



## Asociación Educación Basada en la Consciencia

### Dr. Alarik Arenander Perfil, Curriculum y Publicaciones



El Dr. Arenander es sin duda el investigador más pionero en el mundo sobre la mejora de la funcionalidad ejecutiva del cerebro para captar la esencia de la adaptabilidad y plasticidad del cerebro, con objeto de promover la máxima coherencia para crecer hasta los más altos niveles de liderazgo.

Dr. Alarik Arenander, neurocientífico formado en la Universidad de California, Los Angeles, Director del Iowa's Brain Research Institute (Instituto de Investigación sobre el cerebro de Iowa) y Presidente de *The Leader's Brain* (el cerebro del líder - [www.theleadersbrain.org/](http://www.theleadersbrain.org/)). Ha realizado investigaciones pioneras en los últimos 38 años en el desarrollo del cerebro y el potencial humano en instituciones de investigación en los Estados Unidos y Europa.

El Dr. Alarik Arenander ha hecho presentaciones durante casi cuatro décadas en instituciones y empresas en los Estados Unidos, Europa, Asia y África. Entre 2006 y 2008 el Dr. Arenander ha impartido presentaciones a miles de personas en numerosos lugares incluyendo Amsterdam, Berlín, Boston, Bremen, Bruselas, Ciudad del Cabo, Chicago, Copenhague, Des Moines, Hannover, Hartford, Hilo, Johannesburgo, Luxemburgo, Malmö, Munich, Nueva York, Palm Springs, Portland, Providence, San Diego, Seattle, Estocolmo, Utrecht y Washington D.C.

El Dr. Arenander ha presentado a nivel gobierno programas de investigación para el potencial de la persona y estrategias investigadas para mejorar la viabilidad de los negocios, en Estados Unidos, Trinidad-Tobago, Holanda y Sudáfrica, así como a empresas como Ford, General Motors, Daimler-Chrysler, LeaderSource, centro de Danmark para el liderazgo, la Cámara de Comercio de Luxemburgo, etc.

El Dr. Arenander recibió su doctorado en la UCLA (Universidad de California, Los Angeles) y regresó a la UCLA como profesor, antes de fundar el Instituto de investigación del cerebro de Iowa. Durante años ha realizado investigaciones en la Universidad Estatal de Hershey, en MERU en Seelisberg, Suiza, en la Universidad de Wisconsin en Madison y en la Maharishi University of Management, Iowa, Fairfield.

Su carrera profesional ha estado enfocada en el desarrollo del cerebro y el potencial humanos, incluida la investigación básica y aplicada en la relación entre el cerebro, la consciencia y el papel del entorno social, así como la experiencia en el desarrollo del potencial humano y el bienestar

El Dr. Arenander ha recibido títulos en Biología Molecular, Biología Celular y Neurociencia, habiendo estudiado un notable conjunto de técnicas experimentales relacionadas con el

desarrollo del cerebro, que van desde la genética, el nivel molecular, el nivel celular y el cerebro en su conjunto, llegando luego hasta el estadio del desarrollo psicológico y humano.

Director del Research for the Center for Leadership Performance (Investigación para el centro de rendimiento del liderazgo en la Maharishi University of Management). El Dr. Arenander también es Co-Director de investigación para la Fundación David Lynch. También es presidente del EbrainMatrix ([www.ebrainmatrix.org](http://www.ebrainmatrix.org)), organización especializada en programas de salud, educación, negocios y gobierno.

<b>TITULOS DE GRADO SUPERIOR</b>	
1967	Grado (licenciatura) en Biología Molecular, University of Wisconsin, Madison
1971	Máster de Grado en Biología del Desarrollo, University of Wisconsin, Madison
1980	Doctorado en Neurociencia, University of Wisconsin, Madison
<b>EXPERIENCIA PROFESIONAL</b>	
1968-71	Research Assistant, Laboratories of Developmental Biology and Immunology, University of Wisconsin, Madison, WI.
1972-73	Research Assistant, Neuroendocrinology Section, Harbor General Hospital, University of California, Torrance, CA.
1974-75	Lecturer in Neuroscience and Research Associate, Maharishi European Research University, Seelisberg, Switzerland.
1980-82	Research Associate, Developmental Neurobiology Laboratory, Univ. of Calif., Los Angeles, CA.
1982-87	Assistant Professor, Neurosciences, Department of Biological and Physiological Sciences Maharishi University of Management, Fairfield, IA.
1987-89	Research Associate, Molecular Biology, Department of Biological Chemistry and the Brain Research Institute, University of California, Los Angeles, CA.
1989-94	Research Faculty, Neurobiochemistry Group, Mental Retardation Research Center, Neuropsychiatric Institute and Hospital, Department of Anatomy and the Brain Research Institute, University of California, Los Angeles, CA.
1994-99	Director, Maharishi Vedic University, San Diego, CA.
1999-2003	Professor of Physiology, Maharishi College of Vedic Medicine, Professor of Maharishi Vedic Science, Maharishi College of Vedic Science, Maharishi University of Management, Fairfield, IA.
2003-present	Adjunct Research Professor, Physiology, and Maharishi Vedic Science, Maharishi College of Vedic Science, Maharishi University of Management, Fairfield, IA.
1999-present	Director, Brain Research Institute, Institute of Science, Technology and Public Policy, Maharishi University of Management, Fairfield, IA.
1967	Grado (licenciatura) en Biología Molecular, University of Wisconsin, Madison

## SELECCIÓN DE ALGUNAS DE SUS PUBLICACIONES Y PRESENTACIONES

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other early response genes by insulin, hydrocortisone in glial cells. *Soc. Neurosci. Abst. Nov 10, 1991, New Orleans.*

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- Arenander, A., CAM Modalities: Changing Your Brain, Your Behavior, and Your Body, The Centers for Disease Control Annual Prevention Conference "Investing in Health, the Dollars and Sense of Prevention" Chairing the session on Current Trends in Complementary and Alternative Medicine as Tools for the Prevention and/or Treatment of Chronic Diseases, Washington, D.C., February, 2003
- Arenander, A., Transcendental Meditation for Improved Neurocardiac Health, Third Annual Mind and Heart: National Medical Conference, Institute for Natural Medicine and Prevention, Maharishi University of Management, Fairfield, Iowa, and the School of Medicine at Vanderbilt University, Nashville, November, 2003
- Arenander, A., Substance Abuse and the Brain, Georgetown University, Ideal Charter School, and The Covenant House, Washington, D.C.; Iowa Governor's Office of Drug Control Policy, Des Moines, IA; Trinidad and Tobago Ministry of Education, Spring & summer, 2004
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- Arenander, A., What is Human Potential? Myths, Maps & Methods, The Use of Meditation to Develop Higher States of Human Development through Brain Integration, Coudert Institute, Palm Beach, Florida, April, 2004
- Arenander, A., Nourish Your Brain: Preventing Alzheimer's Disease through AyurVedic Strategies. Six-part seminar, The Raj AyurVedic Medical Center, Fairfield, IA, June/July, 2004.
- Arenander, A., Nourishing the Brain—AyurVedic Approaches to Successful Aging and Prevention of Alzheimer's Disease, Jackson Hole Wyoming, August, 2004
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- Arenander, A., Methamphetamine: Substance Abuse, Violence and the Brain, Indian Health Service, Aberdeen, South Dakota, Seminar, February, 2005

- Arenander, A., Nourish Your Brain: Anti-Aging Strategies from Neuroscience and Ayur Veda, Coudert Institute Meeting, Coudert Institute, Palm Beach, FL, Seminar February, 2005
- Arenander, A., Preventing Alzheimer's Disease and Age-Related Disorders, American Health Association, Heritage House, Boca Raton, FL, February, 2005
- Arenander, A., Substance Abuse, Violence and Brain, DOC, Madison, WI, Seminar, February, 2005
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#### SELECCIÓN DE ALGUNOS CAPÍTULOS

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