FORMER JAPAN PRIME MINISTER DELIVERS COMMENCEMENT ADDRESS

Students learn to give health consultations

Reintroducing Vedic India at New Delhi conference

Maharishi School alumni return to teach
MAHARISHI UNIVERSITY OF MANAGEMENT was founded in 1971 by Maharishi Mahesh Yogi, an enlightened sage from the Himalayas. It is the first university in the world to offer Consciousness-Based education — education that has at its core the experience of inner silence, the field of pure consciousness, fulfilling the ancient dictum of Delphi: Know Thy Self.

Every academic discipline is studied rigorously. Students explore the latest advances in each field, while at the same time appreciating the unity of all knowledge, and its intimate connection to the Self. It is important to visit Maharishi University of Management to experience first hand how different this is. Students from 80 countries live together in harmony and mutual admiration. The atmosphere is full of peace. The alertness of the students and their enthusiasm for knowledge is impressive. The flow of creativity makes life fun.

A healthy, restful lifestyle and sustainable principles predominate. The dining room serves organic vegetarian food. Natural health care rooted in the ancient tradition of Maharishi AyurVeda is part of everyday life. Life in harmony with Natural Law is the watchword here. Every faculty member and student practices the Transcendental Meditation technique twice a day, to experience inner silence and awaken holistic brain functioning. And they take pride in the fact that by practicing Transcendental Meditation and its advanced program of Yogi Flying as a group they are a powerhouse to dissolve stress and strain in national consciousness, creating a basis for permanent world peace.

MUM researchers since 1974 have been publishing powerful studies on how problems of disease, crime, and international conflict have been prevented through Consciousness-Based technologies.

We invite you to come and breathe that special air that this system of education has created. You will be warmly welcomed by all.

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MESSAGE FROM OUR FOUNDER

“What is lacking is knowledge of the full value of life in the cosmic realm — unlimited value. Ignorance about that makes one remain limited to small, small engagements and small, small doings. That will never satisfy anyone; it doesn’t satisfy anyone. Nothing can satisfy anyone other than the knowledge of one’s unbounded value: ‘I am Totality; I am Brahm, Totality; I am everything.’”

— Maharishi Mahesh Yogi

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UNIVERSITY REPORT 2014-2015
CONSTRUCTION OF NEW PARK EAST OF ARGIRO STUDENT CENTER MOVING FORWARD

As part of the campus master plan, a new park on the sloping land east of the Argiro Student Center is being planned. Named Younger Park, it honors the late Gil Younger, an exceedingly generous benefactor of Maharishi University of Management for over 30 years.

The first step in transforming the entire landscape of central campus, the park will include an amphitheater, watercourse, paths, fountain, and various sustainable features. It will border a pedestrian mall that will eventually replace the road that currently runs through campus. Parking lots will be installed on the periphery, and the whole campus will become friendlier to pedestrians. The park is based on designs by campus architect Jon Lipman and developed by RDG Planning & Design.

The master plan also includes a new library/information center on the east hill opposite the Argiro Student Center and a residence hall slightly down the slope from the northeast corner of Argiro. In 1959 Mr. Younger founded the successful California-based company TransGlo. He used his engineering genius to develop ShiftKit®, which solved chronic mechanical problems of automobile transmissions during that era. In 1971 he learned the Transcendental Meditation® technique and was trained as a teacher in 1972. He received an honorary Doctor of World Peace in 2006 from Maharishi University of Management.

UNIVERSITY SETS ALL-TIME ENROLLMENT RECORD

Enrollment at Maharishi University of Management continues to grow, setting a new all-time record this year with a total of 1,579 students enrolled in the spring 2015 semester. Much of this growth is due to the continued expansion of the Computer Professionals Program, which constitutes over half of that record enrollment.

In addition, 130 MUM students at the Maharishi Invincibility Academy (MII) in South Africa were enrolled as MUM students. The students at MII do their first two years of coursework as MII students, then complete their third and fourth years as MUM students via distance education, earning an MUM degree in business.

The enrollment this year included the first-ever student who attended a high school where the students learn the Transcendental Meditation technique thanks to the support of the David Lynch Foundation. As he completed his first year of studies, he ran for the position of President of Student Government — and won. Hand-in-hand with the record enrollment, a record number of students graduated in 2015 — 391 students received diplomas.

FAIRFIELD RECEIVES RECOGNITION AS HEALTHY COMMUNITY

A trail system, healthier food in restaurants and workplaces, a variety of fitness programs — these factors and more have led to Fairfield officially being certified as a Blue Zones Community.

The designation is in reference to worldwide research that studied “Blue Zones” — communities where people have the longest lifespans. The Iowa Blue Zones Project brings the best practices of these communities to participating cities.

The project is the centerpiece of Iowa’s Healthiest State Initiative, a privately led, publicly endorsed initiative intended to inspire Iowans and communities throughout the state to boost well-being. Fairfield community leaders, volunteers, and organizations have been working to achieve certification status since October 2012, when the community was named a Blue Zones Project demonstration site.

Ken Daley, head of MUM’s Department of Exercise and Sport Science, played a key role in Fairfield’s success. He chairs Fairfield’s Blue Zones Power Nine Board, the team that led the effort. And he has served as one of the core members for the Maharishi University of Management team that helped the University officially receive the designation as a Blue Zones Worksite.
CAMPUS NEWS

MUM HOSTS AMERICORPS VOLUNTEERS

Four alumni of the Sustainable Living program worked on campus as Green Iowa AmeriCorps volunteers this past year, helping the University and Jefferson County increase energy efficiency. AmeriCorps volunteers serve for 11 months and receive a stipend during that time.

During the cold months, the team focused on energy audits and free or low-cost weatherization. They also offered a variety of free lectures and workshops to the community related to sustainability. While their mission was to serve all of Jefferson County, the University was a special focus due to being the team's host site.

The volunteers were part of Green Iowa, a state AmeriCorps program that has existed since 2009. AmeriCorps is a division of the Corporation for National and Community Service, a federal program created by President Bill Clinton in 1993.

MUM was one of six Green Iowa host sites in the state and was invited to participate because the University is considered a leader in sustainability. Due to the program's success, it has been renewed for the 2015/16 academic year.

SUSTAINABILITY ACHIEVEMENTS — AND RECOGNITIONS — CONTINUE

Sustainability has continued to be an emphasis at Maharishi University of Management. This past year included a number of achievements and recognitions.

Ranked # 4 in nation —

The website EnvironmentalScience.org released their first annual Top Environmental Science Schools rankings, placing MUM #4 in their list of the 50 top colleges. The rankings are based on published surveys, student data, and other school and career data. Also figuring into the ranking is the percentage of total students graduating with an environmental science degree. In addition, the myActions website gave MUM a Silver Level Student Actions Award, which honors under-graduate schools for student demonstrated leadership, momentum, and impact of green, caring, and healthy actions. Past recognitions have included being named a Sierra Club Cool School and inclusion in the Princeton Review's Guide to Green Colleges.

MA in Sustainable Living —

Due to the success of the BA, MUM has launched an MA that emphasizes a hands-on approach and an orientation toward those who want to make a change in the world. This unique program applies MUM's integrated knowledge to bring individuals and human society in accord with the laws of nature by enlivening their unified source. The students address major challenges in the community and work on a field project.

Solar panels for Men’s Dome —

A total of $112,000 in donations from the Wege Foundation and from Jeffrey Abramson, chair of the Board of Trustees, funded the purchase and installation of 126 solar panels that help provide electricity for the Men’s Dome. The Wege Foundation donation was inspired by new Trustee Laura Yelin and by Chris Wege. A ground-mounted array on the west side of the Dome is providing an estimated 37.8 kilowatts of electricity. It will produce an estimated 42,000 kilowatt hours annually, enough to power the Men’s Dome during the winter months and to cover up to one-half of the energy requirements during the summer.

Student-built solar bike station —

A new bike repair station built by Sustainable Living students features a solar-powered air compressor for inflating tires, as well as bike tools, a work light, and a USB charger. Constructed as part of a class on renewable energy projects, the low-cost station was made from recycled and salvaged materials.

Recycling abandoned bikes —

Over 50 abandoned bikes were gathered up by students, fixed, and made available for a very low cost. Any bike that had two flat tires and a completely rusted chain was loaded onto a truck and taken to the Sustainable Living Department's bike shop. The bikes were held for 10 days, and if no one reported a missing bike, then a work/study student began fixing it for eventual redistribution to students who need bikes.
COMPUTER SCIENCE MS ENROLLS 892 STUDENTS — AND STILL GROWING!

By last spring, enrollment in the Computer Professionals program had risen to an amazing 892 students. Here at MUM we now have one of the largest and most successful MS programs in computer science in the US.

How did that happen?
Mongolia, Ethiopia, Bangladesh, Nepal, India, Jordan — each year hundreds of students arrive from around the world, coming from a total of 89 countries so far.

During their eight months on campus, they learn the Transcendental Meditation technique, take the Science of Creative Intelligence® course, and take computer science courses, all full time. They then spend the remaining time of their enrollment working as practicum students in paid positions at US companies.

Their practicum is a required component of the program, and is supervised and graded by faculty. Simultaneously students take four additional courses to complete their academic work. After two and a half years they’ve earned a Master of Science degree and have gained experience working at one or more US companies. They’re able to pay tuition, room, and board from money they earn during the practicum.

Continuing expansion
The 892 computer science students, comprising those on campus and those in practicum positions around the US, constitute over half the students at MUM, making it the University’s flagship program.

And the program is expected to continue growing — many more are applying. New faculty are being added, more classroom and office space has been created, residence hall rooms are being renovated, and all other areas of campus involved are also being expanded. Since 2001 the department has been housed in the McLaughlin Building (see sidebar on page 13), and now a larger additional classroom and office building is being planned.
MEET ALI ALRAHALEH

"With all the chaos of the city, and my fast-paced life, my 20-minute meditations are awesome moments of peace and quiet."

A typical student is Ali Alrahleh, who arrived here from Jordan in October 2013. He was enjoying a successful career in Jordan, working as a software engineer for Yahoo. But he was eager to take his skills and professional experience to a new level.

He did well, earning As in all his courses. When he began his curricular practical training, he was hired by Walmart Labs in Sunnyvale, California, as a senior software engineer.

His advanced training in the MS program quickly paid off. For example, his employer asked him to find the correlation between message size and application name in one month’s worth of data, which amounted to 10 terabytes. That’s a very large amount, known in the industry as “big data.” Applying the techniques he learned in his course on big data, Ali solved the task in a single day.

Later Ali was tasked with solving a complicated, non-reproducible bug in a multithreaded application — a bug his colleagues had spent two weeks trying to solve, but with no luck. The issue was constraining production. Using the knowledge he gained in his parallel computing course, Ali again solved the problem in one day.

A win-win-win situation

“The Computer Professionals program is a win-win-win situation,” said Craig Pearson, MUM executive vice-president.

“Students win because they have an opportunity to come to the US, earn an American MS degree, and get work experience in a US company as part of that degree. They wouldn’t be able to do this otherwise.

“Companies win because they get the skilled people they need. They also find that our students often have a special level of presence that they recognize and value.

“The University wins because the students are full-paying, talented, and serious-minded, and they contribute to our wonderful international diversity. And because they love their experience at MUM, they’re looking for ways to give back.”

The students thrive, the employees thrive, and the University thrives.

How it all began

Today the applications are flooding in from around the world, but it wasn’t always this way. When the MS program was launched in 1985 by Bruce Lester and Greg Guthrie, its enrollment was 15–20 students each year. But by the early 1990s enrollment had declined to 5–10 students. Something new was needed — some way to attract students beyond those already familiar with the Transcendental Meditation technique and the University.

The program’s leaders — Greg Guthrie, department chair, Keith Levi, associate chair, and Elaine Guthrie, director of MUM international admissions — considered how to make the master’s degree program more accessible to more students. And they came up with a new format for the program.

One issue was cost. It was comparable to other US universities but different. To help students with the cost, MUM established assistantships (in which they assist faculty with their research) to help fund most graduate students. In addition, these students are often eligible for US government student loans and grants for the remainder of the cost. But MUM didn’t need teaching or research assistants, and international students don’t qualify for US financial aid.

A new approach

So the group wondered whether companies in Fairfield might offer assistantships by having the students work in technical positions. Students would be in class half a day and work for half a day. In this approach, moreover, students would receive “real world” on-site experience by applying the technical knowledge they were gaining in their classes.

The timing was right. At that time, the latter 1990s, local technology companies such as Telgroup and USA Global Link and software companies such as Fairfield Software were growing rapidly and looking for software engineers. Still, it was a stretch: Companies were committing to hiring students who would work just half a day — and whom they hadn’t even interviewed.

Keith and Elaine combed through students’ applications, used that information to create résumés, and took these résumés around to local companies.

Telgroup stepped up first. They would hire eight students — enough to start the new Computer Professionals program. This opportunity enabled Telgroup to satisfy its growing need for local technical software talent while also cultivating possible full-time future employees.

“That was a big step for us,” Keith said. “We could then justify starting the program. Telgroup took a risk in trying this new format, and it might not have happened if they hadn’t made this commitment. We owe a lot to the Fairfield community for working with us and hiring our students.”

This was the model for the next several years: placing students in Fairfield companies for their practicum, where they worked half a day. In 1996, the first year of the Computer Professionals program, 14 students were enrolled.

In 1997 enrollment rose to 27. In 1998 it climbed to 43. In 1999, the total dropped back to 23. This enrollment was good, at least on par with other MUM graduate programs.

Taking it to the next level

With its low initial cost, the program proved attractive to international students, who are able to come to the US, earn their degree, and get high-level work experience. The department was getting many more applicants than in the past — most of them international.

But the model had two inherent problems. There were only so many practicum opportunities for software engineers in a small town of 9,500. And working just half a day was not ideal. The companies would have preferred full-time people.

Enter Ron Barnett. A teacher of the Transcendental Meditation technique, an experienced entrepreneur, and a savvy marketer, Ron joined the team as a marketing and business manager. He and the existing team proposed a new model. Why, they asked, should we limit the students’ practicum opportunities to Fairfield?

Why not go national? Ron envisioned students taking courses full time on campus for some months, then doing their practicum at a company somewhere in the US.

With the new model in place, Ron set to work connecting with prospective students. The best place to find them, he reasoned, would be Internet websites where they’d posted their résumés. MUM partnered with these websites and obtained lists of email addresses.

Ron then sent emails telling them about a new MS program that would give them an opportunity to earn an MS degree in the US, get US work experience, and pay for the costs from money earned while working. It worked. In 1999, 23 students were enrolled. In 2000, the first year of the new model, enrollment jumped to 112.

Social media a key

Enter Craig Shaw. Enrollments had consistently ranged from 75 to 150 for almost a decade, making it the...
University’s largest program. Then Craig, who had taken over the marketing position in 2008, discovered social media and saw its potential. In early 2014, he told the Board of Trustees he thought the department could recruit up to 300 new students the following year. “They dropped out of their chairs,” Craig says. Over the course of three years, that would mean as many as 900 enrolled students.

In fact, the department ended up recruiting 300 students even more quickly. In the 2014-15 academic year, the year of Craig’s prediction, they recruited 360. The program had approximately doubled in size. Now the Computer Professionals program expects 380 new students in the following year.

Helping students find practicum opportunities

Combining professional experience with traditional academic coursework isn’t new. But it’s uncommon in graduate programs and unheard of at this scale. Finding practicum opportunities for hundreds of students can be challenging. Given the changing economy and job market, this has meant new and innovative ways to approach the placement of students.

Led by Peter Vonderheide and Julie Stephens, the Computer Professionals Career Center educates the students in US business practices, particularly the expectations of information technology practices, and provides employment support until students graduate. The team of internship job search trainers and coaches, led by Jim Garrett, cultivates interviewing and résumé-writing skills.

In the past five years, 99% of students have found practicum positions.

Consciousness-Based education

Many students come to learn computer science and gain US-based technical professional experience. Developing their consciousness is lower on their list.

“But once they’re here, they come to understand and appreciate the Transcendental Meditation technique,” said Greg Guthrie, now dean of the College of Mathematics and Computer Science. “When they’re in their practicum phase and send us regular progress reports, many talk about how challenging and busy their work is and how the Transcendental Meditation technique helps. They continue the routine they learned while on campus.”

Ali, the student from Jordan, says he especially appreciated the Transcendental Meditation technique when he began his practicum in San Francisco. As his responsibilities accumulated, he found he really needed periods of quiet in his daily routine.

“With all the chaos of the city, and my fast-paced life, my 20-minute meditations are awesome moments of peace and quiet,” he says. “I can rejuvenate myself and my mind twice daily and gain energy to continue my routine, doing sports and working. It makes me so creative and makes my thinking vast. I think the Transcendental Meditation technique is the best thing I ever learned in my life, and now I see its effects much more.”

Not without risk

The huge success of the Computer Professionals program doesn’t come without a risk. Students pay only a small amount of money up front. This means the University takes a risk — it has to cover most of students’ costs while they’re in the full-time on-campus phase.

But what if the economy tanks? Tech jobs are among the first to go — meaning far fewer practicum opportunities. That’s what happened when the dotcom boom ended in 2001. Just as the program had switched to the new model of placing students around the US, opportunities dried up. The University struggled financially because placements were slower than predicted, thereby impacting projected income. But eventually the economy picked up, and students were able to begin finding practicum positions.

It happened again in 2008 when the Great Recession hit. The program had hundreds of students needing to be placed. It took a massive effort, but the students began finding positions as the economy started to rebound in 2009.

In every case, the department works to mitigate risk through careful screening and generally accepts only strong applicants with several years of prior professional experience.

Currently there’s a big demand nationally, and the students can often choose the position that offers the best experience.

Collective achievement

“This innovative and successful program has been the result of many people working together across the University,’ Dean Greg Guthrie says. The result: a new model not only for an academic program but also for University organization.

The Computer Professionals program has evolved into a complete business center within a department, including its own recruiting, admissions, academics, placement, and administrative structures — it’s a mini-university within MUM.

“We are all grateful for everyone’s contributions — faculty, staff, administration, and of course all the students who have come to MUM and experienced the transformative power of Consciousness-Based education,” Dr. Guthrie says. “We expect that for years into the future our graduates will continue to tell us about their continuing success, prosperity, and happiness.”

Generous donors fund facilities for Computer Professionals program

The successes of the Computer Professionals program wouldn’t have been possible without generous donor support.

Ted and Barbara McLaughlin donated the money needed to construct a new office/classroom building for the computer science department at just the moment when the program had begun expanding. Finished in 2001, the Maharishi Vastu architecture building houses offices and five classrooms/computer labs.

More recent renovations have created additional office and classroom space. In 2014 a Trustee pledged $1 million for renovations that created six additional classrooms, 16 additional offices, and 38 residence hall rooms. “This donor recognized that by supporting this program, the whole University would become stronger financially,” Dr. Pearson said. “Gifts to this program have a strong multiplier effect.”

At the current growth rate, the program will soon require a second, larger building. This building, already in planning, will again depend on donor support.
An outstanding series of MUM graduation speakers — U.S. Senator Tom Harkin, actor Jim Carrey, broadcast journalist Candy Crowley — now includes a former prime minister: Dr. Yukio Hatoyama, who served as prime minister of Japan in 2009–2010. Dr. Hatoyama presented the 2015 commencement address at Maharishi University of Management to a record 391 graduating students.

**Practicing Transcendental Meditation for 26 years**

He spoke movingly about how his 26-year practice of the Transcendental Meditation technique has helped him personally and supported his family life. His anecdotes included one about his son who showed unusual compassion in helping his classmates study for an exam by creating practice tests for them, and he attributed his son’s concern for the welfare of his classmates to the compassion fostered by his practice of Transcendental Meditation.
Maharishi's solution for creating peace

Compassion, peace, happiness, and fraternity — these were the themes.

He defined fraternity as a blend of self-dignity and respect for the dignity of others. He said this principle of fraternity can promote mutual understanding between nations and help resolve disputes using constructive dialogue. "Exercising force never leads to essential or lasting resolution of any differences or disputes," he said.

Dr. Hatoyama praised Maharishi for realizing that the road to world peace is through the peace of individual human beings who practice the Transcendental Meditation technique. And he held up a photo of Maharishi that he has carried with him ever since he and his wife Miyuki began Transcendental Meditation 26 years ago.

He spoke about the body of scientific evidence demonstrating that the group practice of the Transcendental Meditation and TM-Sidhi programs has a positive effect on lowering crime rates and conflicts and expressed his hope that world peace would be achieved more quickly through this group practice.

"In my belief, by its very nature, the bonds of fraternity between individual human beings evolve to the level of fraternity between nations, to fraternity between entire regions, then to peace around the world," Dr. Hatoyama said.

A tour of the community

While in Fairfield, Dr. and Mrs. Hatoyama visited Maharishi School, the MUM Center for Brain, Consciousness, and Cognition (EEG lab), the Sustainable Living Center, and the Patanjali Golden Dome, where they were given a Yogic Flying® demonstration.

From engineering professor to prime minister

Dr. Hatoyama holds an undergraduate degree in engineering from the University of Tokyo and a PhD in engineering from Stanford. He was a professor of engineering at Tokyo Institute of Technology and at Sen-shu University.

His political career began in 1986, when he was elected to Japan's House of Representatives. He was instrumental in forming two political parties and was credited by Time magazine with helping Japan take steps toward a multi-party system after decades of single-party government. He became president of the Democratic Party of Japan in 2009 and led the party to an electoral victory.

He had a long list of achievements despite his relatively short time in office, including greater spending on education and student scholarships and free support services for people with disabilities. Under his leadership, Japanese relations with China became more cordial.

Member of a distinguished family

Dr. Hatoyama is a member of a distinguished Japanese family that has a long history of government service. His great-grandfather was the speaker of the House of Representatives in Japan's legislature in the late 19th century. His grandfather was prime minister of Japan in the 1950s and helped secure membership in the United Nations for Japan. His father was Japan's foreign minister. His younger brother served as Minister of Internal Affairs and Communications.

His family also has a long history in higher education. His great-grandfather, after stepping down from government service, became president of Waseda University, and his great-grandmother co-founded Kyoritsu Women's University.

MUM President Dr. Bevan Morris met Dr. Hatoyama in Tokyo when he visited Japan in November 2013 and found him to be a "man of remarkable warmth and sweetness, and fascinated by Consciousness-Based education and by Maharishi University of Management." He was taught the Transcendental Meditation technique by MUM alumnus Shizuo Suzuki, who leads the Transcendental Meditation organization in Japan.

During the graduation ceremony Dr. Hatoyama was awarded an honorary degree of Doctor of Laws.
LEARNING THE ANCIENT ART OF PULSE ASSESSMENT: MAJOR IN MAHARISHI AYURVEDA DRAWS LARGE NUMBER OF STUDENTS

When Liis Mattik touches your pulse, she’s not counting heartbeats. She’s sensing whether you have imbalances resulting in physical, mental, and emotional issues. Prevention, she says, entails correcting these imbalances even before symptoms arise.

Liis is practicing the ancient art of Maharishi Ayurveda pulse assessment, a skill she learned by studying under 17 different Vaidyas: doctors from India who are steeped in the timeless knowledge of Ayurveda and who had been approved by Maharishi for their expertise in pulse assessment. She’s practiced this art in several different countries and around the US — and now she’s teaching it to MUM students. The major in Physiology and Health had the largest number of undergraduate students on campus as of mid-2015. Students conducted over 150 wellness consultations for campus residents as part of the practicum.

Students conduct over 150 wellness consultations

And for the first time this past year, upper division students in that program took a new practicum course that entailed doing wellness consultations at the MUM Integrative Wellness Center under the supervision of Jim Davis, DO, and Maharishi AyurVeda Vaidya Dinesh Gyawali. Students conducted over 150 wellness consultations for campus residents as part of the practicum.

“Students began by practicing Maharishi AyurVeda pulse assessment in courses on pulse, diet, and wellness consultant training,” said Liis, director of the BS program in Physiology and Health. “And then they really build their confidence by practicing at the Integrative Wellness Center on campus. They take a person’s pulse, give beneficial recommendations.”

Maharishi JyotishSM, one of the 40 approaches of Maharishi AyurVeda, examines the relationship of the Grahas (heavenly bodies) to the individual physiology. Students learn the importance of the interconnectedness of the individual and the environment for maintaining optimum health.
mendations, and then during follow-up meetings they see how much their client has improved. Our students love to see how much they have helped people.”

Abigail Neal said the practicum was the most rewarding part of her Physiology and Health degree. “I gained confidence, practical experience, and a deep, lasting integration of the science of Maharishi AyurVeda,” she said. “I gained confidence in the areas of communication, pulse, and the ability to apply the knowledge with precision for each unique constitution.”

Student Peter Chojnowski is one of those who benefited from having a consultation. He didn’t have any particular health problem, he said, but was eager to receive any recommendations that would help restore balance, since that’s the key to good health.

“I got some useful suggestions,” he said. “They recommended herbs and spices that I can put on my food.”

“The pulse never lies”

According to Maharishi AyurVeda, the physiology is governed by three doshas, or body types. These doshas are in balance, then one enjoys happiness and health. If they get out of balance, then disease or psychological discomfort follows.

A person trained in Maharishi AyurVeda pulse assessment can feel any imbalance and then recommend changes in lifestyle and diet, as well as herbs, aroma oils, specific Maharishi Yoga asana positions, and other approaches to help bring the doshas back into balance.

But it’s much more than feeling an imbalance, Liis says. Fundamental to Maharishi AyurVeda pulse assessment is the experience of wholeness and pure consciousness — a deeply settled experience of that field of life that underlies everything, the field of infinite silence. It’s from there that the impulses of the doshas manifest, bringing health or disease, happiness or misery, to that person.

And tuning in to those doshas lets her know the person in a deep way.

“It’s a very profound opportunity to get to know someone as they really are,” Liis says. “Even if I’m experiencing someone’s hurt, anger, or pain, there’s a deep underlying wholeness of who the person really is. And if the person is blissful, I feel it myself.”

Maharishi AyurVeda pulse assessment allows her not only to know people’s physical state but also their emotional and mental state.

“The pulse never lies,” she says.

Making recommendations

Another key part of a wellness consultation is giving recommendations. The students learn to detect imbalances and how to correct them — before problems arise.

Liis gives an example of a pitta imbalance. Pitta is associated with heat, and an imbalance can result in a range of health problems, depending where this heat is localized in the body. “We can advise the person to stop eating spicy foods and favor cooling foods. We can recommend using a particular aroma oil, or going swimming, or avoiding competitive situations. This corrects the imbalance before symptoms arise — before the person gets an ulcer.”

If a person has a kapha imbalance, the health consultant might recommend lighter and spicier foods along with more exercise so that the imbalance doesn’t reach the symptom phase and become a sore throat.

Modern medicine talks about prevention, she said, but that typically means using diagnostic procedures such as a mammogram or colonoscopy. These technologies simply discover disease after it has already manifested.

“Maharishi liked to say, ‘An ounce of prevention is worth a ton of cure,’” Liis said. “Ultimately the result is a life filled with enthusiasm and happiness.”

Career opportunities and graduate school

Students have a choice of two tracks in their major: the wellness consultant track and the pre-med track. In both tracks, students learn to become Maharishi AyurVeda wellness consultants. In the wellness consultant course they study Maharishi AyurVeda pulse assessment; Maharishi AyurVeda diet, digestion, and nutrition; Maharishi Yoga asanas; and more as they learn to prevent illness and then practice their skills at the campus Integrative Wellness Center. This is the core for both tracks. Wellness consultants also study aromatherapy in depth.

The pre-med track adds a full curriculum of science courses — biology, chemistry, physics, biostatistics, and psychology. These are necessary for admission to medical schools or other graduate medical programs such as naturopathy, osteopathy, or chiropractic. Treatment was primarily symptom-based, rather than prevention-based. Those interested in further study now have a range of options at MUM. In 2014 the University began offering a distance education MS in Maharishi Ayurveda and Integrative Medicine. The department plans to offer a full-time on-campus version of this program in 2016.

Those who want to learn to treat disease should work toward the MS or MS/MD, Liis advises.

Maharishi’s revival of Consciousness-Based health care

As always, credit goes to Maharishi for appreciating the profound basis of health care — experience of the transcendental — and for reviving Ayurveda on this basis. Liis says that in the 1980s when Ayurveda began to be more widely known, it was primarily symptom-based, rather than prevention-based. Treatment was primarily with herbs.

Maharishi recognized that the art of pulse assessment, with its basis in the experience of the transcendental through the Transcendental Meditation technique, was the true means of creating health. He also brought to light a much wider range of Consciousness-BasedSM therapies for creating mind-body balance, including approaches involving sound, vibration, Maharishi YagyaSM performances, guta, purification procedures — some 40 approaches in all.

Today, Maharishi University of Management is teaching this profound knowledge to a new generation of practitioners, who are bringing it to the world.
Since I have been president of Maharishi University of Management, I have traveled to more than 120 countries around the world, presenting Consciousness-Based education to government leaders, scientists, business executives, and students. Everywhere I go, I am inspired by the receptivity for this new knowledge—which rises with each passing year. But by far the most encouraging presentation took place last February in India—a turning point, I feel, in the destiny of India’s 1.3 billion people.

India’s current government, under the leadership of Prime Minister Narendra Modi, has expressed the desire that India’s ancient Vedic wisdom should be understood for what it is: a science, with powerful technologies of consciousness to enrich human life. That such a wish should be expressed by a head of government is itself a significant sign of rising collective consciousness.

Accordingly, a conference on this topic was held in New Delhi last February. Entitled “International Conference to Re-Establish Ideal Vedic India,” the event was held from February 20–22, 2015. It included over 120 delegates from 40 countries as well as 500 delegates from India.

The conference featured presentations by leading Indian scientists and spiritual leaders, India’s Minister of Science and Technology, and representatives from Maharishi University of Management. Our University was represented in force: altogether 11 trustees and faculty gave presentations at the conference (see page 26). The presentations showed scientifically that Vedic wisdom...
benefits every area of human life and endeavor.

I was honored to give a presentation on Maharishi University of Management and our community here in Fairfield, Iowa, which is a living example of the implementation of these scientific technologies of consciousness in the heartland of America.

The audience was amazed to learn that these technologies are in full use at our University by a community of individuals from 80 countries, representing every religion and culture — and that the result is a place of Vasudhaiva Kutumbakam — “The world is my family.”

I informed the Indian scholars that here in Iowa is a Consciousness-Based educational institution that for 44 years has offered superior academics together with the unification of all fields of knowledge, development of higher consciousness, awakening of creativity, and a high quality of life. Visitors who see it have called it a miracle.

In the keynote address, Professor Tony Nader, MD, PhD, described how the classic Vedic expression Veda’ham (I am the Veda) is now understood in scientific terms. Maharishi explained to Professor Nader that the Vedic sounds are the vibrations of natural law, the unmanifest reverberations within the unified field. Professor Nader revealed to the conference that these same vibrations are replicated in the structure of the human physiology, and this explains the capability of the human body to live in Unity Consciousness, the highest stage of human development.

We are working to implement Maharishi’s programs in many Indian organizations, with a goal of training one million Indian students in the Vedic technology of Yogic Flying to create coherence and harmony in world consciousness, and establish perpetual world peace.

At the conclusion of my presentation, I posed this question to the conference participants: If this implementation of Vedic wisdom can happen in America — including the creation of a whole new city in Iowa, Maharishi Vedic City — then why not in India?

The historic International Conference to Re-Establish Ideal Vedic India has been captured in a 200-page book that includes the full text of many presentations and summaries of the others, as well as hundreds of photos and slides.

The book captures the remarkable depth of the talks and the shared commitment to enliven Vedic civilization in India so that India once again becomes a lighthouse of knowledge for the world.

The keynote speaker of the conference was Professor Tony Nader, MD, PhD, who electrified the audience when he brought home the reality that our human physiology reflects the Veda and Vedic literature in every cell, organ, and system. His talk, included in its entirety in the book, created a bridge of understanding between the Vedic reality of life — so meaningful to the spiritual leaders in the audience — and the perspective of modern science so familiar to the scientists and educators in attendance. In addition, other presentations included in the book illustrate how the conference spanned the spectrum of Vedic and scientific knowledge: from the quiet words of His Holiness Swami Vasudevananda Saraswati Maharaj, Shankaracharya of Jyotir Math, to the dynamic presentations of quantum physicist Dr. John Hagelin.

Throughout the conference the speakers, representing leading spiritual organizations, government agencies, universities, and Maharishi’s global organizations, returned again and again to the central theme that the Veda is the unifying basis of life, and that the world is one family.
Dr. John Hagelin showed how Atma (pure consciousness) in the Vedic tradition is identical to the unified field of natural law described mathematically in quantum physics.

Dr. Susie Dillbeck described how Consciousness-Based education develops higher consciousness in students, increasing alertness and receptivity to knowledge.

Dr. Michael Dillbeck presented the scientific research on how group practice of the Transcendental Meditation and TM-Sidhi programs, including Yogic Flying, creates peace and harmony in society, even in war zones.

Dr. Fred Travis showed how brain functioning becomes optimized during Transcendental Meditation practice in a live EEG demonstration.

Dr. John Fagan highlighted the need for pure, organic food for good health, and the value of Maharishi Vedic Organic Agriculture.

Dr. Robert Schneider showed how Maharishi AyurVeda is uniquely effective in preventing heart disease.

Dr. Keith Wallace put forward the scientific definition of the fourth state of consciousness, Transcendental Consciousness or Samadhi.

Dr. Cathy Gorini explained how the mathematics of everything emerges out of zero and how this concept originates in Vedic mathematics.

Dr. Neil Paterson described the power of Vedic recitations by enlightened Vedic Pandits to relieve stress and strain in national consciousness and create an invincible state of national life.

Trustee Ram Shrivastava spoke about his experience as a student of Maharishi University of Management in the US, and his inspiration to duplicate this for all the youth of India.

The conference brought together the “world’s leading AyurVedic practitioners and researchers to showcase scientifically verified solutions to today’s problems in the fields of individual and public health.” The Congress was sponsored by three major organizations: the All-India AyurVedic Congress, the International Maharishi AyurVeda Foundation, and the International Academy of Ayurveda in Pune.

I spoke there, as did faculty members Dr. John Hagelin, Dr. John Fagan, Dr. Michael Dillbeck, Dr. Robert Schneider, and Dr. Keith Wallace. Other speakers included Professor Tony Nader, Dr. Rainer Picha, Dr. Walter Mölk, Dr. Candace Badgett, Dr. Stuart Rothenberg, and Dr. Nancy Lonsdorf, together with leading Ayurvedic practitioners and researchers from India and other parts of the world.

One of the main speakers and the principal organizer was Padma Bhushan Vaidya Devendra Triguna, the son of the great Dr. Brihaspati Dev Triguna and president of the All-India Ayurvedic Congress — who now plans to introduce Maharishi’s Consciousness-Based health programs to the 400,000 Vaidyas who are members of his organization.
Talking about his young cadre of teachers, administrators, and coaches, Maharishi School director Richard Beall clearly feels inspired. And maybe also a bit relieved. A new generation is stepping up to the helm. And they arrive as experts in Consciousness-Based education, having grown up in this system of education.

As the new school year began in 2015, nine of his staff attended Maharishi School of the Age of Enlightenment, eight of them graduates. Some also graduated from Maharishi University of Management. “They bring a depth of both knowledge and inner experience that would be beneficial for any school, but they’re particularly committed to be at Maharishi School,” Richard said. “They realize the potential with the next generation.”
“Leadership in action: Jeremy and Tasha Jones

Jeremy Jones graduated from Maharishi School in 2005 and went on to earn a BA and MBA at MUM. He is a certified teacher of the Transcendental Meditation technique. Who better to take Consciousness-Based education into the future?

Miranda Mallard, who teaches music to students from kindergarten through 12th grade. The School had unexpectedly lost a very good music teacher and was urgently looking for a replacement. Miranda was hired, and, according to Richard, she “took the music program to a whole new level.”

In addition to forming orchestras and choirs, this past year she also taught a wildly popular course in which the students wrote, performed, and recorded their own music. And then, calling their ensemble The Minors, they produced their own CD at a professional studio. This is just the sort of hands-on experience that really motivates students, Richard says. All the songs from the 2015 album by The Minors, titled Safe Space, are available for purchase at that link.

Richard also praises Michael Cook, an Upper School projects teacher. Until recently he had been teaching biology, creating instructional materials that “are as good as anything in the field and that include deep SCI connections,” Richard says. In a lesson on ecological niches, the students researched and created a set of playing cards with images of animals and information on the interactions of different species within an ecosystem. The students then played a game that taught them about sustainability among animals of different species and how they interact with each other.

The new young leaders are also stepping into administrative roles, with Richard highlighting Celeste (Riegel) Siemsen’s performance as Administrative Director at the School.

“She’s taken on a tremendous responsibility,” Richard says. “It’s both a challenge for her and an opportunity to demonstrate her many skills.” He says she has a strong creative streak that she applies to all kinds of design projects, to administrative programs, and to personnel matters.

“And, like the other young teachers, she’s demonstrated an abiding commitment to our School and its future.”

Brendan Thomas is another good example. He excelled as a Maharishi School student in theatrical perfor-
Incorporating best practices

The newcomers bring deep understanding and experience of Maharishi’s knowledge, Richard says, and use best practices in the classroom.

“When Maharishi founded the School, he not only wanted to bring knowledge for inner development but also best practices. These teachers have really mobilized us to adapt our teaching styles to the technologies and insights that are being used in education today.”

A good example is Richard Incorvia, who together with fellow teacher Barbara Hays brought recognition to the School for their project-based learning in the Middle School. He had taught at a public school, but really wanted to teach in the context of Maharishi School. He taught for five years in the Middle School and helped the whole School to see how project-based learning can transform education. The projects included creating a temporary restaurant, starting a newspaper, doing a regular radio interview show, and many more — often gaining the attention of local media.

A documentary about the success of Richard’s and Barbara’s project-based approach can be viewed online at www.whatschoolcanbe.com.

Young teachers with new ideas and new approaches — how do the long-time teachers mesh with them? Director Beall says there’s been a “beautiful synergy with the veteran teachers. They are all greatly appreciative of each other’s assets and experience.”

He says that the success of the School’s faculty is built on collegial respect and appreciation.

A promising trend for the future

These nine staff represent a trend, Richard says: a new generation of alumni who have left Fairfield and gone out into the world for a time and then who have made a conscious decision to come back and settle for a while.

“They are really familiar with the School’s special atmosphere and know they want to teach here and perpetuate this approach to education. With the ownership they feel with the School, they want to guide it in a way that will be exciting and sustainable.”

There’s now a critical mass of young teachers that may encourage even more to come, he says. Three of them are also parents of young children, and view Fairfield as a family-friendly community.

“The kids can relate to our new teachers. They’re conversant with the students’ interests.” And they really enjoy teaching, Jeremy was once asked, If you were wealthy and could do anything you want, what would you do? Jeremy’s answer: teach math.

Q&A with Jeremy and Tasha Jones: Leading a New Generation of Teachers at Maharishi School

Q: What drew you to teaching?
Jeremy: I’ve been enjoying teaching in some form since I started tutoring in college. In 2012, I was considering a few different career opportunities and I came across the question, “If you had all the money you could ever want, how would you spend your time?” I surprised myself when one of my answers was teaching math. Maybe it’s the challenge of explaining a complex concept. Maybe it’s the opportunity to provide something of value to the upcoming generation. Whatever it is, I’m excited to keep doing it.

Q: What do you hope to accomplish as chair of the Upper School Academic Council?
Jeremy: Our goal is to support a culture of innovation and collaboration among the faculty. We’re also rolling out some exciting new programs while embracing the strengths of Consciousness-Based education. We have a great faculty team this year.

Q: What’s the key to making the Science of Creative Intelligence (SCI) relevant to the students?
Tasha: Understanding big ideas and being able to apply them to different areas is relevant to everyone. When the specific skill sets needed for jobs are changing so quickly, being able to abstract and transfer learning for new applications and feel stable in one’s self is important. Our SCI class gives us time to do this and learn principles that support deep thinking. Telling students about principles doesn’t build deep thinking, but asking them to make abstractions, think critically, ask questions, and explore connections builds creativity and critical thinking, and helps them build a framework of big ideas.

Q: What are elective projects important to learning?
Tasha: Elective projects give time for students to integrate cross-curricular learning through engaging in an area in which they’ve expressed interest. They also allow time for independent project proposals, which can be faculty and community supported and provide endless opportunities to students with specialized interests. My hope is that when students are given the chance to do something they’re interested in, time to iterate, and support to do it well, the joy of the process and outcomes will inspire students and they’ll appreciate the value of all the subject skills come together. Sometimes a small school could feel limiting because we can’t offer endless courses, but in this case it’s to our advantage because we can support individual student interests.

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Achievements - Faculty

Dr. Schneider Speaks to Health Officials and Medical Professionals in Germany, China, India, and Brazil

Interest in the cardiovascular benefits of the Transcendental Meditation technique is rising worldwide, with Robert Schneider, MD, FACC, bringing his message to health officials and medical professionals in Germany, China, India, and Brazil this past year.

Meeting with India Health Minister

A highlight of Dr. Schneider’s busy travel schedule was a meeting with Shripad Naik, the newly appointed minister of the Indian government’s Ministry for Ayurveda, Yoga, Unani, Siddha, and Homoeopathy (AYUSH). He discussed potential collaborations between the Indian government’s AYUSH and MUM’s Institute for Natural Medicine and Prevention, including a chair of Ayurveda, and education and research on Ayurveda and Yoga.

Dr. Schneider was in India to deliver an invited address at the World Ayurveda Congress as a guest of the Indian government. He also participated in a presentations to the Congress by the new prime minister of India, Narendra Modi, who is concerned with modernization has resulted in hundreds of people learning more about higher states of consciousness. The meeting resulted in hundreds of people learning more about higher states of consciousness.

Germany, China, Brazil

In addition, both the German and European heart associations are now evaluating research on the Transcendental Meditation technique as a treatment for high blood pressure and prevention of heart disease, thanks to visits by Dr. Schneider.

Dr. Schneider was invited to present at the national meeting of the German hypertension association. He met with the leaders of the national and continental heart associations and both enthusiastically agreed to consider similar reviews for Germany and Europe.

He also gave presentations at two top medical schools in Hong Kong, with both showing an interest in the clinical benefits and in collaboration. He presented the latest medical results and explored possibilities for collaboration with MUM’s emerging medical school programs. In Brazil Dr. Schneider delivered the opening address at the Brazilian Interventional Cardiology Association annual meeting titled “Mind-Body-Heart: The Science of Transcendental Meditation in preventing and treating cardiovascular disease.”

Journal Highlights MUM’s Lean Management Application

An article summarizing a step-by-step project to improve lean processes at MUM was published by the peer-reviewed journal Quality Assurance for Higher Education.

Written by Andrew Bargerstock, director of the MBA program, and administrator Sylvia Richards, the article describes how the business department’s academic assessment process was streamlined and simplified by conducting a kaizen (process improvement) event using the classic Lean Six Sigma methodology.

The specific application was the report completed at the end of each course by faculty in the business department in order to improve the quality of individual courses. Due to a lower than expected compliance rate, dean Scott Herron had targeted this process as a good pilot study for a kaizen event.

Department administrator Richards oversaw the two-week project to improve the process, with the result being that compliance rates improved dramatically.

Craig Pearson Enjoys Successful Book Tour

A successful book tour by MUM Executive Vice-President Craig Pearson resulted in hundreds of people learning more about higher states of consciousness — and hundreds of books being sold.

Dr. Pearson is the author of The Supreme Awakening: Experiences of Enlightenment Throughout Time — and How You Can Cultivate Them, which collects and explains experiences of higher states of consciousness as described in the writings of the Buddha, Plato, St. Teresa of Avila, Wordsworth, Emerson, Thoreau, Emily Dickinson, Einstein, and many others.

He spoke in venues on the East Coast, California, and Chicago, as well as a number of radio interviews. The presentations were well received, and many more venues requested presentations than Dr. Pearson was able to accommodate.

A second, expanded edition has now been published. It adds more experiences and includes an interview with a person who, after years of practice, suddenly began experiencing pure consciousness all the time, along with walking, dreaming, and sleeping — and his consciousness continued developing from there.

Dr. Travis Collaborates with Top Meditation Researchers

Faculty researcher Fred Travis and 20 top meditation researchers from around the country have been exploring the future of meditation research and looking into the similarities and differences among the various approaches to meditation.

Dr. Travis was invited to participate because of his numerous studies and because he is the only researcher documenting the experience of higher states of consciousness. The meetings are being held at the Institute of Noetic Sciences and the famed Esalen Institute.

The researchers created a survey that asks meditators from all traditions to answer 20 questions about their experience during meditation. They are now writing a white paper that documents the findings of their questionnaire.

Another goal of the group is to create a website that generates a profile of the meditator and provides a measure of depth of experience, compassion, mindfulness, and higher states of consciousness.

The Fourth Annual Deep Green Symposium and Deep Sustainability Colloquy

The University’s first annual Colloquy on Deep Sustainability, hosted by the Sustainable Living Department, invited 20 top experts from around the country to participate in a discussion about the future direction of sustainability initiatives.

Deep sustainability is a worldview that moves sustainability beyond energy efficiency and substituting newer technologies for older technologies. It takes a more fundamental and holistic approach and challenges people to rethink the fundamental nature of their relationships with each other and with the entire earth — and redefines what it means to be truly human.

The Fourth Annual Deep Green Symposium, hosted by the Management Department, featured 16 invited speakers, including two from Harvard University, one from India, and many from MUM and around the country to present their research and perspectives on sustainability.

The speakers presented their research from philosophical, technical, and continental heart associations and both enthusiastically agreed to consider similar reviews for Germany and Europe.

The researchers created a survey that asks meditators from all traditions to answer 20 questions about their experience during meditation. They are now writing a white paper that documents the findings of their questionnaire.

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ACHIEVEMENTS - STUDENTS

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TWO MBA TEAMS FINISH IN TOP 15% IN SIMULATION

Both MBA teams from MUM who participated in an online business decision-making simulation finished in the top 15% of 68 graduate-level teams, with one team finishing in the 95th percentile and the other in the 88th for the four-week period ending March 17, 2015.

The CAPSIM Foundation Simulation is a continuous event available online where participant teams earn points for optimizing a set of both short-term and long-term performance metrics.

Other schools participating included California State University, Villanova, Drexel, and the University of Houston.

Organized in groups of 3-5 students, the MBA teams from MUM have finished #1 in the world in 2011, 2013, and 2014. Over the past four years, 18 of 19 MUM teams have finished in the top 15th percentile in the graduate-level competition.

BUSINESS STUDENTS WIN TOASTMASTER AWARDS

Two MUM business students received awards at a meeting of the Fairfield Toastmasters Club. MBA student Luke Hillis won an award for his prepared speech “Getting to Bed on Time” and Ivan Garcia for his prepared speech “Getting to Bed on Time” and Ivan Garcia for his prepared speech “Getting to Bed on Time” and Ivan Garcia for his prepared speech “Getting to Bed on Time” and Ivan Garcia for his prepared speech “Getting to Bed on Time” and Ivan Garcia for his prepared speech “Getting to Bed on Time” and Ivan Garcia for his prepared speech “Getting to Bed on Time” and Ivan Garcia for his prepared speech “Getting to Bed on Time” and Ivan Garcia for his prepared speech “Getting to Bed on Time.”

Mr. Hillis is a member of Toastmasters. Mr. Garcia and classmates in a management course on communication attended as guests. Along with Mr. Garcia, three other students bravely volunteered to present during the impromptu talk portion of the meeting.

STUDENT FILM SHOWN AT INTERNATIONAL FILM FESTIVAL

A short film by undergradu ate student Marina McKay was one of 100 selected to be shown at the international Haikurts Microfilm Festival, in Barcelona, Spain.

The Haikurts format is modeled on the structure of haiku poetry: film submissions must have three shots, lasting 5, 7, and 5 seconds, for a total of 17 seconds. The filmmaker’s challenge is to tell a story within those 17 seconds.

Ms. McKay’s film, entitled “A Game of Chess,” starred fellow Media & Communications student John Per solus. The action is centered around a chess move and counter move that perplexes one of the competitors.

The film can be viewed at tinyurl.com/oycwz2l.

DOCTORAL STUDENT WINS SCHOLARSHIP TO CONFERENCE

Doctoral student Leigh Lester-Holmes won a full scholarship to the 2015 Doctoral Institute and the Organizational Behavior Teaching Conference in La Verne, California.

The scholarship was sponsored by the Organizational Behavior Teaching Society, whose mission is to improve the quality and highlight the importance of teaching and learning about managing organizations.

At the conference she made a presentation with other Doctoral Institutions participants titled “Inside Out: How Learning in Community Reflects How We Teach.” She also co-present ed on the topic “Using Entrepreneurship to Create Learning Communities in Organization Behavior.”

To win the scholarship, applicants provided a curriculum vitae, an essay in which they design their perfect faculty position, and a letter of reference from someone in their doctoral program.

STUDENT WINS SECOND PLACE IN MEDIATION TOURNAMENT

MBA student Dileep Krishnamurthy earned second place in the Client Advocacy category in an invitational mediation tournament hosted by the University of Wisconsin—Platteville.

Twelve teams from six schools competed in the one-day event. MUM participants in the tourney were students in Vicki Alexander Herrriot’s mediation and negotiation course.

STUDENT HELP FAIRFIELD BY DOING WATER TESTING ON CROW CREEK

A major volunteer effort by Sustainable Living students is assisting the city of Fairfield in improving wastewater quality. Both the city and campus have struggled with wastewater overflows during storms. The situation arises because of the juxtaposition of the systems that handle storm water runoff and sewage, the result being that untreated wastewaters flows into Crow Creek. Sustainable Living students became interested in the issue during a course on water management taught by Dina Chammas. As part of the course they worked with the city to do a survey of the wastewater systems and to do water assessment testing. After the course, the students formed a water club to continue the water assessment testing, spending a large amount of volunteer time, including vacations. The resulting data has been helpful to the city.

Running Club Wins Ottumwa Race for Fifth Time

For the fifth time, the MUM running club won the timed team award at the annual Komen Race for the Cure in Ottumwa. The timed team award is for the fastest combined time of the team’s top five runners in the 5-kilometer race.

Leading the way for the running club was Vinodthan Nayagar, who won a first-place trophy in the 25–29 age division with a time of 20:49. Club president Aaron Shoemaker won the second-place medal in that division in 21:00.

Club coach Peter Mannisi won the trophy for the 65+ age group in 21:16. Mahmood Ali Mansoor (23:09) and Jaime Ulloa (24:01) were the other team members helping the team to the first-place team award.

ALUMNA PRESENTS IN PUERTO RICO AFTER WINNING COMPETITION

Recent Sustainable Living graduate Claudia Perez gave a presentation in Puerto Rico, all expenses paid, thanks to her senior thesis project winning a competition sponsored by the American Council On Renewable Energy (ACORE).

In her senior project Ms. Perez advocated for renewable energy in her native Puerto Rico. Part of the project was to submit a proposal to ACORE’s Renewable Energy Youth Ambassador Program.

Following a lengthy application and review process, ACORE selected her project proposal. Titled “Promoting Renewable Energy in Puerto Rico,” the project focused on scaling up renewable energy, especially solar energy, in Puerto Rico.

Ms. Perez was invited to attend ACORE’s Renewable Energy Latin American & Caribbean Conference & Exhibition. She presented her project proposal to top policy makers, investors, technology developers, and other experts in the renewable energy field throughout Latin America, the Caribbean, and the US.

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ACHIEVEMENTS - MAHARISHI SCHOOL

SCHOOL STUDENTS WIN HIGHEST AWARDS AT STATE SCIENCE FAIR

Students from Maharishi School were the Grand Honorary Champions in both the junior and senior division at the Science and Technology Fair of Iowa — the second year in a row they have swept both awards.

Maharishi School senior Bimba Shrestha and his Fairfield High School partner Doga Ozesmi won the senior division, and Maharishi School eighth-grader Pranav Chhalliyil won the junior division.

In addition to the top awards, the two students won a host of additional honors.

Bimba and Doga also won first place in Computer Science, as well as winning the Intel Excellence in Computer Science Award and the Mu Alpha Theta Innovation Award. Plus, they qualified for an expenses-paid trip to the Intel International Science and Engineering Fair in Pittsburgh.

Pranav Chhalliyil, who also qualified for an expenses-paid trip to Pittsburgh, placed first in the Microbiology division for the 8th grade and earned the Broadcom championship as well as the Discovery in Science Award.

Pranav's project was titled "The Efficiency of Mouth Cleaning Methods on Oral Bacterial Count Analyzed Using Quantitative Polymerase Chain Reaction (qPCR) Method." He tested eight different oral cleaning methods and determined that two, "Toothpaste Brushing + Tongue Cleaning" and "Finger Rubbing + Water Swishing," were the best.

Using cameras, the system locates dark spots against a reflective background. If the spot matches certain criteria, like size, shape, and independence, it’s identified as an insect. Once the insect is identified, a laser can be used to eradicate the pest.

Maharishi School sent 11 teams to the Destination Imagination state competition, and five teams returned as state champion teams.

These teams represented Iowa at the global finals in Knoxville, Tennessee, where one team took a 5th-place award and two others finished 9th and 15th.

The fifth-place team included Tomas Bousquet, Nathaniel Zhu, Marcus Schoenfeld, Caleb Mullenneaux, and Jordan Town. The ninth-place team won a special creativity award, considered the most prestigious of all the awards.

An international nonprofit volunteer organization, Destination Imagination teaches the creative process, from imagination to innovation.

SCHOOL STUDENTS WIN FIRST IN ENTREPRENEUR COMPETITION

During a five-week summer entrepreneurial course at Babson College, Maharishi School senior Zhou Huijun (Queen) was part of a team that won first place among 19 teams for their design of a nonprofit tutoring organization.

Ms. Zhou said her experience in Destination Imagination at Maharishi School prepared her for being successful in her Babson experience.

"On the second day of the course, one of the students told me, Queena, you really think outside the box."

The projects were judged by two professors and one venture capitalist. Ms. Zhou’s first-place team presented their project on the last-day showcase ceremony, attended by faculty, students, alumni, and the business community.
Eight Maharishi School students won awards at the Southeast Iowa Conference Art Exhibition, hosted by Southeastern Community College in Burlington.

With 15 schools competing, Rain Spotted Elk won first in mixed media and honorable mention in photography, and Lucy Tongyao Wary took first in ceramics.

Others winning awards included Ivan Yifan Liu, Chandre Morales, and Jonah Marks.

The entries were judged on creativity, originality of theme, quality of composition, technical handling of the material, and basic design principles.
Devanna De La Puente, International Award for Peacemakeing

Devanna De La Puente (BA in business, 2003) won the 2015 Marsh Award for Innovation in Peacemaking and Peacekeeping in recognition of her work in preventing and responding to sexual and gender-based violence when displacement strikes in the Asia-Pacific region.

The award, made in association with Wilton Park, the British forum for global change, was presented at a ceremony in Bangkok by the British Ambassador to Thailand. It honors “extraordinary, unsung heroes” and recognizes an individual from outside the UK whose work makes an “innovative difference” to areas of conflict and peacekeeping.

Ms. De La Puente works for the United Nations Population Fund and has played a key role as the Inter-agency Regional Emergency Gender-Based Violence Advisor for Asia and the Pacific as part of a global effort to protect women. For example, she led violence prevention and response efforts following Cyclone Pam in Vanuatu in March of 2015, and the Nepal earthquake in April of 2015.

Other crisis situations include Typhoon Haiyan in the Philippines, conflict and communal violence in Myanmar, and long-running conflict situations exacerbated by natural disasters in Pakistan and Afghanistan.

Robert Abreu, Peace Corps in Namibia

Robert Abreu (BA in sustainable living, 2013) entered the US Peace Corps after graduating and taught English as a second language in a remote village in Namibia. He also taught basic information science and remote village in Namibia. He also taught basic information science and

Samantha Thomas, Executive Director of DreamChange

Samantha Thomas (BA in sustainable living, 2011) has been the executive director of DreamChange the past three years and created its new signature event: The Love Summit, an annual conference designed to show corporate and government leaders that creating loving businesses can be the most powerful tool for mitigating environmental and social issues — while also creating thriving enterprises.

DreamChange is a nonprofit organization founded in 1987 by New York Times best-selling author John Perkins to help raise humanity's consciousness and inspire more sustainable ways of living.

After graduating in 2011 she moved to New York City to work in the green fashion industry as a freelance model and event facilitator, but soon began searching for more meaningful work. After attending a business leadership workshop by Perkins and learning about DreamChange, she became inspired and moved to the Pacific Northwest to join the organization as an intern.

She soon became project manager and then was promoted to executive director.

Samantha is also proud to be a member of the Global Shapers Community, a network of 4,500 young people worldwide selected by the World Economic Forum for their exceptional potential and achievement.

NEXT GENERATION

DYNAMIC YOUNG LEADERS

The initiative to train the next generation to take Maharishi’s knowledge into the future is bearing fruit, with dynamic young leaders stepping up to play a major role.

One such leader is Adam Delfinner, from Australia. A graduate of the MA in Maharishi Vedic Science who anticipates receiving his PhD in June of 2016, Adam has helped establish a Consciousness-Based education school in Bali and in April of 2015 co-organized an Experience the-Self course and Enlightened Leadership International (ELI) Summit there. Plus, he heads a center for Transcendental Meditation instruction in Perth. In addition, he is currently playing an important role in Bali as preparations continue for the largest international Transcendental Meditation teacher training course in decades that will be hosted by ELI.

“Adam is a committed, focused, brilliant leader,” said Adrienne Schoenfeld, who founded Enlightened Leadership International, the organization that's training young people worldwide to take the helm of Maharishi's organizations. “Plus, he has an incredible heart.”

Adrienne credits Adam with having an integral role in expanding ELI. She had begun the Enlightened Leadership Program on the MUM campus, and when Adam and his wife Natalie heard about it, he wanted to establish a branch in Australia. “That was the first international branch, and quickly other countries followed suit,” she said.

“I want to do everything I can to bring the knowledge and experience of all of Maharishi's programs to the entire world,” Adam says. "Enlightened Leadership International is that precious vehicle for ensuring that this total knowledge of life is available not only for the current generation, but for all future generations to come. It is dedicated to seeing that all human beings live in happiness and harmony and come to directly experience their birthright: a perfectly integrated life, in enlightenment."

Mariam Daudi, a full-time Transcendental Meditation teacher in Manhattan, is another example of a dynamic young leader. She received her MBA from MUM in 2008 and was selected as the outstanding student — in addition to being student body president.

She’s now playing an important role as one of the organizers of the ELI Young Governors Association, which will connect young Transcendental Meditation teachers from around the world twice a month. The association will offer a network that shares knowledge, best practices, and networking opportunities, plus gives teachers support from their peers throughout their teaching career. There will also be conference calls from experienced senior teachers and global administrators. This network of support for the young teachers will help create a smooth transition for them.

“Mariam is a dynamic, focused force who brings great spirit and energy to ELI, and a great amount of love and care to every initiative she focuses on,” Adrienne said.

Andrew Rushing, currently an MUM student and a graduate of the Enlightened Leadership Program, has been a champion of ELI Purusha, which is a branch of ELI that he started that involves the Maharishi Purusha program, a group of men in West Virginia who spend much of their day in long periods of meditation.

“Andrew lives that silent Purusha value,” Adrienne says. “He’s very passionate about Maharishi’s knowledge and is focused on finding ways to connect the next generation of men to that knowledge on the level of both silence and dynamism.”

She’s especially impressed with the initiative he has shown in connecting and being connected with other young leaders. “Andrew has attended every summit we’ve held, and always calls upon his own inner creativity to do whatever it takes to participate. He’s sold a lot of Chai to be able to travel to these courses.”
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