MAHARISHI UNIVERSITY OF MANAGEMENT

Engage the Managing Intelligence of Natural Law to Work for You

UNIVERSITY REPORT
2002–2003
About Maharishi University of Management

Maharishi University of Management was founded by his Holiness Maharishi Mahesh Yogi in 1971 to create enlightenment for every individual and peace for the world. Its method for accomplishing this is Consciousness-Based education, which has been introduced to the world by Maharishi and which develops the total potential of every student’s brain, the cosmic creativity latent within every student. This approach to education maximizes every aspect of students’ success in personal and professional life.

At the foundation of Consciousness-Based education is practice of the Transcendental Meditation® and TM-Sidhi® programs, including Yogic Flying. More than 600 scientific research studies conducted at more than 200 universities and research institutions in more than 30 countries have shown that these programs produce unprecedented results in all areas of life, based on developing the latent potentials of the brain. These include rapid growth of intelligence and creativity, improved academic performance, and improved health and well-being. Scientific studies also have shown that at times when very large groups gathered to practice these programs, there was a marked increase in global harmony, which immediately declined when the groups dispersed.

Academic programs at Maharishi University of Management include bachelor’s, master’s, and doctoral programs in the sciences, arts, humanities, and management. The University’s theme is “Engaging the managing intelligence of Natural Law to work for you.”

Our students represent 64 countries, with approximately half the student body coming from outside the United States. The student body lives harmoniously as a world family, dedicated to gaining knowledge and to making the world a better place.

Faculty include internationally recognized scholars and researchers with degrees from well-known universities, such as Oxford, Harvard, Columbia, Dartmouth, and MIT. The University is accredited by The Higher Learning Commission and is a member of the North Central Association www.ncacihc.org, 312-263-0456.

The University campus is also home to Maharishi School of the Age of Enlightenment, a kindergarten-through-12th-grade school that uses a Consciousness-Based approach to education, coupled with a traditional curriculum. Maharishi School has won hundreds of state and national awards in competitions in science, mathematics, art, writing, theater, sports, creative problem solving, and other areas.

All the problems in the world, from crime to drug abuse to international conflict, can be traced to one fundamental cause—the failure of modern education to develop the total potential of students’ brain physiology. When the brain is not fully developed, then people make mistakes and create problems and suffering for themselves and others. Maharishi University of Management is dedicated to helping governments, schools, colleges, and universities worldwide adopt Consciousness-Based education. This is the key to creating a world characterized by peace and prosperity, harmony and fulfillment.
Our great and beloved faculty member, quantum physicist Dr. John Hagelin, has recently founded the U.S. Peace Government to create peace and harmony in national and global life, and prevent the existing government from facing problems and failures. And he has called for lovers of peace to establish a $1 billion Endowment Fund for Permanent World Peace.

The annual bill for U.S. security is: $400 billion for the military and $40 billion for homeland security — plus $87 billion for one year’s occupation of Iraq. The result: national security has not been achieved at all, and young Americans in Iraq are being attacked daily from every side by the terrorists.

In fact, nothing to create peace has worked so far because nothing useful has been tried. But now thanks to the Founder of our University, His Holiness Maharishi Mahesh Yogi, the solution to the problem of terrorism and war is in our hands.

A $1 billion Endowment Fund would provide enough annual income to support a permanent group of peace-creating peace professionals, 40,000 strong, at our sister institution in India, the Maharishi Veda Vijnan Vishwa Vidya Peetham. This group will create coherence in world consciousness, neutralizing existing negativity and violence and preventing the birth of any enemy to the U.S. or any other nation.

We hope also that 8,000 Vedic Pandits may come to the U.S. itself to study here under the auspices of our University. These students will in their study hours gather in a group to practice Yogic Flying and perform Vedic Yagyas to create coherence in the collective consciousness of the nation and the world — and avert the dangers that have not yet come. Just as money has been given to the military, now it should be given to peace-creating groups to save national life from further destruction.

This approach works, as has been repeatedly demonstrated by scientific research, and its mechanism is clearly understood through the most profound principles of the Quantum Field Theory.

The wise do not continue to do what does not work.

It is time for those philanthropists and philanthropic organizations to create permanent peace, and they can do it with one four hundredth of the annual defense budget.

But if they don’t do it now, they will later on realize they should have done it.

Dr. Hagelin advises the nation to do it quickly, before it is too late. We are proud of him and all the faculty members who have joined to create a Peace Government to quietly bring peace to the human race, and bring fulfillment to the existing governments of the world, making them prevention-oriented and problem-free.

Soon our student numbers at Maharishi University of Management and Maharishi School will exceed 8,000 as the world awakens to the vast superiority of Consciousness-Based education, which enables students to engage the managing intelligence of Natural Law to work for them. Also, the students in all schools and colleges will practice Yogic Flying every day. Then the youngsters of the world will create a coherent atmosphere in global life without any extra expense to anyone.

But until then, establishing permanent, professional peace-creating groups is the immediate need of the human race, and these groups should be supported by the peace-loving leaders of every society.

This peace-creating program is the gift of God to the human race. And as Maharishi asked recently in his weekly address to the press: “If you don’t use the gift of God, what are you using?”

Jai Guru Dev

His Excellency Dr. Bevan Morris
President and Chairman of the Board of Trustees

The new academic year has started with great momentum. We had our largest entering class in a decade. Our students this year represent 64 countries worldwide. Our Institute for Natural Medicine and Prevention just received a $2.1 million grant from the National Institutes of Health for continuing research on the Transcendental Meditation program and hypertension. We are demolishing all the remaining "pod" buildings. We are finalizing the design for new residence halls — to be funded by investment (inquiries are welcome!). The publicity for the University and the community remains extraordinary — particularly here in Iowa.

Thank you to our donors for their wonderful support. I invite everyone to visit and experience this enlightened campus and community. May we rapidly grow to become 8,000 Yogic Flyers to create peace for our world family.

Craig Pearson, Ph.D.
Executive Vice-President
University Moves Ahead with Transformation of Campus

It is a bold vision: demolish all the old buildings on campus and build all new structures.

And it is an urgent vision: buildings with an improper orientation and design hold back the University’s progress.

Better to build an all-new campus with buildings in accord with Natural Law, that is, according to ancient principles of Maharishi Sthāpatya Veda™ design. The result is greater support of Nature for the University — and greater happiness, health, and success for the occupants.

Two new classroom and office buildings were inaugurated in late spring, bringing the total to four major buildings that have been constructed in the past five years. Counting housing and other construction, there are now well over two dozen new structures on campus that are in harmony with Natural Law.

In addition, 13 small dormitories have been demolished this past year, bringing the total of razed buildings to 26, or more than 35% of the 71 that the University inherited, and the remaining 18 small dormitories are being demolished in the current year.

New Building for the University’s Consciousness-Based Health Programs

In June, the University community inaugurated the new building in Maharishi Vedic City that houses the University’s Maharishi Consciousness-Based Health Care programs and the Institute for Natural Medicine and Prevention. Its 12,000 square feet include 23 offices and four classrooms to accommodate the approximately 60 faculty, students, and administrators.

The Maharishi Veda Bhavan Building

Maharishi Veda Bhavan opened its doors in May and is the new home of the Department of Maharishi Vedic Science and the Department of Education. It has two floors totaling 8,000 square feet, with 22 rooms in all — including classrooms, offices, a computer room, and the Rosenfield Family Maharishi Vedic Reading Room and Library.

For more information on campus reconstruction, visit www.mum.edu/news/reconstruction/.
National and International Media Cover the University, the Community, the Research, and the University’s Founder

From the Today show to Larry King Live, the message of Consciousness-Based education has been broadcast to the world this past year — an extraordinary wave of publicity by any measure.

A year ago University Founder and Founder of Consciousness-Based education His Holiness Maharishi Mahesh Yogi was the sole guest on Larry King Live one Sunday evening — an appearance that marked the beginning of a wave of success.

After that interview Maharishi began holding weekly Global News Conferences. Media around the world have participated, with reporters asking questions of Maharishi on every subject, from brain functioning to building Peace Palaces, from government to God. And scores of news reports in major newspapers have followed.

In response to many of these questions, Maharishi emphasized the role of Consciousness-Based education in developing total brain functioning as the foundation of individual enlightenment, world peace, and ideal global administration.

Governments, he said, should “wake up to their responsibility” to provide students with the most complete, scientific knowledge of Natural Law — now available in his Vedic education — so that all people in every country can use their full brain potential and rise to higher states of consciousness. “Then everyone will behave spontaneously in accord with Natural Law so they will not create problems for themselves or others.”

Media Team Has Unprecedented Success

A new media team was assembled to support the founding, by esteemed faculty member His Excellency Dr. John Hagelin, of the U.S. Peace Government, a complementary government that will govern from the level of collective consciousness, as well as to publicize our University and School.

This team organized press conferences around the country, resulting in coverage by newspapers and TV in many major cities. And they focused on alerting the media to campus events, such as the Yوجic Flying competition, again garnering major publicity.

A June press conference about the Nataki Talibah Schoolhouse of Detroit, where students practice the Transcendental Meditation technique, led to major national publicity, including a very positive five-minute report on NBC’s Today show.

Newspaper and magazine coverage included the following:

- Time magazine — “The Science of Meditation”
- Des Moines Register — “Maharishi Research Gains Respect”
- Body & Soul magazine — “Transcendence in the Heartland”
- Better Homes & Gardens — “Calm in the Classroom”
- Chicago Sun Times — “Experiencing the Lightness of Being in Iowa”
- Dallas/Fort-Worth Star Telegram — “A Meditation on the Way to Wellness”
- Minneapolis Star Tribune — “Iowatopia: Transcendental Relaxation on the Cosmic Plains”
- Yoga Journal — “Everyday Enlightenment”
- Detroit Free Press — “Meditation Key to Education, Say Detroit School Officials”

For more news coverage, visit www.mum.edu/news/welcome.html.
Faculty Member John Hagelin Founds U.S. Peace Government

In order to establish permanent, professional Yogic Flying groups that will create coherence in collective consciousness, Dr. John Hagelin in July launched the U.S. Peace Government.

Speaking at a press conference in Washington, D.C., Dr. Hagelin, director of the University’s Institute of Science, Technology and Public Policy and a renowned quantum physicist, said that in many respects the U.S. Peace Government will be America’s primary government, because it will govern the nation from the crucial level of collective consciousness.

The U.S. Peace Government will engage professional Yogic Flying groups to create coherence and support the creation of a group of 8,000 Yogic Flying Vedic Pandits in the U.S. and 40,000 Yogic Flying Vedic Pandits in India in order to foster world peace.

Peace Government Will Create Peace

“By establishing peace-creating groups across America, the U.S. Peace Government will defuse the acute societal stress that fuels violence, crime, drug abuse, and other life- and health-afflicting behaviors, thereby directly improving the health, wealth, and destiny of the country. Therefore, its impact will be profound and far reaching,” Dr. Hagelin said.

“This complementary government will not compete with the existing government, which is largely concerned with crisis management. Instead, the U.S. Peace Government will implement scientifically proven programs to effectively prevent problems — in health care, education, defense, the economy, energy, agriculture, and the environment.”

Peace Palaces

These programs will be offered and administered through 100–200 Peace Palaces in major cities across the country. These will be centers for prevention-oriented health education and natural medicine; for Consciousness-Based education; for sustainable, organic agriculture; and for other prevention-oriented programs.

The U.S. Peace Government is composed of 400 of America’s leading experts on the deepest principles of Natural Law.

For more information on the U.S. Peace Government, visit www.uspeacegovernment.org.
Maharishi Vedic City Moves Ahead on Organic Ag Project

A new enterprise of Maharishi Vedic City — growing organic fruits and vegetables year-round in greenhouses — is now underway following the purchase of land, a ceremonial inauguration, and Maharishi Vedic City’s first municipal note issue to start up the operation.

The enterprise, named Maharishi Vedic City Organic Farms, is located on 160 acres of certified organic land three miles north of Maharishi Vedic City. The land was purchased at auction in April. A main goal is to create revenue that will help support a peace-creating group of Yogic Flying Vedic students in Maharishi Vedic City.

In early May a groundbreaking ceremony was held and a week later the City Council passed a resolution for the $3.3 million note issue.

The project will also promote the health of the residents of Maharishi Vedic City and the region, and support economic development, said Mayor Robert Wynne.

In addition to being organic, the produce will be grown using Vedic technology to produce greater nutrition.

Greenhouses will be constructed a few acres at a time, with the first crops in each greenhouse expected to be harvested within three months after construction is completed. The goal is to grow to 100 acres of greenhouses.

Mayor Wynne said organic agriculture is the fastest growing segment of the agriculture economy. It is an $11-billion-a-year industry that has been growing at an average of 23 percent per year for over a decade.

Maharishi Vedic City, located two miles northwest of Fairfield, was incorporated in 2001 and has approximately 175 residents.

Maharishi Vedic City Bans Non-Organic Food

In January Maharishi Vedic City passed an ordinance banning the sale of non-organic food in the city in order to protect the health of its citizens.

The city allows the sale of food certified under the USDA’s National Organic Food Program, or other food that is grown without the use of pesticides or genetically modified organisms. An Organic Standards Board was established by the City to offer support to food providers in the city in locating approved foods that are hard to find, and establish a list of approved foods and suppliers.

University Expands Presence in Maharishi Vedic City

The main campus of Maharishi University of Management in Fairfield is now being extended to Maharishi Vedic City, where a satellite campus is underway.

In addition to the new building for the University’s Consciousness-Based health programs, the University and Maharishi Vedic City officials are planning to build dormitories to house peace-creating experts.

Also, last fall the University’s Institute of Science, Technology and Public Policy raised over $1 million to purchase The Mansion Hotel and a neighboring building to serve as the Capital of the Global Country of World Peace in Maharishi Vedic City. These buildings are for the use of His Majesty Raja Raam and the ministers of the Global Country of World Peace.
Maharishi Speaks to Students

University and Maharishi School students this year had the good fortune to have the Founder’s attention on numerous occasions and to have him directly address them, including an address at graduation.

Some of his most cherished comments came during a press conference, when he was asked a question by student Michael Fredrickson, the valedictorian of this year’s graduating class. Mr. Fredrickson asked Maharishi about the priorities of college students, and Maharishi replied, in part:

“Experience that storehouse of infinite creativity, which is in the nature of your Self. Through the practice of Transcendental Meditation and its advanced techniques and Yogic Flying, you’ll find that your thoughts will be picked up by Natural Law and there is nothing impossible with the support of Natural Law.

“In Bhagavad-Gita it says: Yogastah kuru karmani. That means, established in a unified state of intelligence perform action. This is management. Skill of management is that you manage by managing your Self in your own inner silence, in your own Unified Field.

“Management means you should know how to do least to accomplish maximum. Get to that fine level of intelligence from where you promote your thought, and the thought will engage total power of Natural Law, infinite creativity of Natural Law. This is not an advice to work hard for success. This is advice to get to the master key for all success.

“I’m talking from experience and from the authenticity of the Vedic Literature. Supreme importance is in the field of your own self-referral consciousness. Use it in your life and you will manage big, huge things.”

Spotlight on Successful Alums

Charles Fritsch, V, graduated in 1978 with a B.A. in psychology. He is president of MBA Hotel Brokers in Maryland and has spent 18 years in commercial real estate development, management, financing, and brokerage. Charlie received the Ideal Alumni Award 2003 for all of his many personal and professional successes, including active participation in Maharishi’s programs. He is a member of the Board of Trustees of Maharishi Peace Palace in North Bethesda, MD, has actively promoted Maharishi’s peace programs, has donated funds to demolish one of the old residence halls on campus as part of the ongoing effort to reconstruct the campus, and has two daughters attending the University.

Jennie Rothenberg graduated in 1997 with a B.A. in literature and then became a teacher of the Transcendental Meditation technique. In 2000 she enrolled in the University of California at Berkeley and earned a master’s in journalism. Since finishing her M.J. in 2002 she has written for the Atlantic Monthly online, the Chicago Tribune, and other publications, as well as writing for Maharishi University of Management and the Institute of Science, Technology and Public Policy.

Laura Valls-Quevedo graduated in January of 2000 with a B.A. in psychology and then joined the Institute for Natural Medicine and Prevention, the research unit of the College of Maharishi Vedic Medicine. As the data manager for the Institute, her activities include supervising data entry and performing verification and validation of all clinical trial data from the research on the Maharishi Vedic Approach to Health™.

Dan Zajic graduated in 2001 with a B.S. in computer science and in 2002 with an M.S. in computer science. Currently living in Ashland, Oregon, Dan does software development and systems administration for Point of Choice and Plenable Solutions. He also runs a consulting business from his home and is developing two small-business e-commerce websites for clients.

For more information on alumni success stories, visit www.mum.edu/comments/alumni/.
Graduation 2003
Awards Ceremony

Each year the various majors recognize their outstanding graduates in a ceremony held the evening before commencement. This year’s recipients of the outstanding student award included the following (along with excerpts from their comments when accepting the award).

Elisa Fritsch (Literature)
“I’d like to thank Maharishi because it’s wonderful for curious and spiritual students to have a University where they can develop themselves and their consciousness. . . . I think I’ve transformed many, many times in my four years here into a better person, and I know that’s all because of the development of my consciousness.”

Jesse Berkowitz (Management)
“I’ve always thought that a degree in management at Maharishi University of Management is really a degree in life, a degree in living a life of fullness and ultimately a life of perfection. The education here goes far beyond the typical curriculum that simply prepares students for their career or job. Our system of learning is designed to cultivate enlightenment, the pinnacle of human life.”

Seema Sahani (College of Maharishi Vedic Medicine)
“It has been and continues to be a total blessing to be given Maharishi’s knowledge and to be a Consciousness-Based health consultant. . . . My experiences at the College of Maharishi Vedic Medicine have been so profound.

“I have had the opportunity to help babies, little children, mothers-to-be, and people with chronic disease. Each time I took the pulse of these individuals . . . I was enlivening Veda in their physiology. I was able to enlighten and fully enliven their health through Nadi Vigyan, pulse diagnosis, and through simple recommendations, giving my patients the knowledge to live perfect health every day.”

Michael Fredrickson (Maharishi Vedic Science)
“This major in Maharishi Vedic Science has been incredible. It really is the study of fullness of life. And it’s been my very great fortune as part of my studies to become a teacher of the Transcendental Meditation technique and just see how people benefit so greatly from learning this treasure of wisdom.”

Graduation 2003 — Richard Thompson, Ph.D. Recipient
At the 2003 commencement ceremonies, Richard Thompson, a native of Trinidad and Tobago, was awarded a Ph.D. in management. He also received the Veda Vyasa Award in recognition of his original contribution to the discipline of Maharishi Vedic Science™. In his dissertation, Dr. Thompson showed how successful distance education collaborations can be promoted by strengthening cultural integrity through direct experience of the field of Natural Law that underlies culture.

For more student comments, visit www.mum.edu/comments/students/.
Survey Shows Students Actively Engaged in Learning

Seniors’ responses put Maharishi University of Management among the top bachelor’s and master’s institutions nationally, in a new survey cosponsored by the Carnegie Foundation for the Advancement of Teaching and the Pew Forum on Undergraduate Learning.

The National Survey of Student Engagement (NSSE) measures students’ academic engagement, a strong predictor of how much they will absorb and retain. The students’ responses put Maharishi University of Management among the top eight percent in four out of five “benchmarks of effective educational practice.” (See graphic.)

The January newsletter of the National Association for College Admission Counseling (NACAC) praised the NSSE for measuring “what college students are getting out of and putting into their college experience.” The survey is considered the most comprehensive objective measurement of the quality of education at American colleges and universities — more meaningful than the practice of ranking institutions numerically. “College ratings and rankings don’t measure what kids do at college — which is go to school.” (NACAC newsletter.)

Eric Sickler, principal consultant with the educational marketing company Stamats Communications, commented on the level of engagement of the students here. “Engaged students are increasingly difficult to ‘create,’ but my sense is that Maharishi University of Management has an arsenal of genuinely unique tools to engage students more fully than most colleges and universities.”

Students Excel in Knowledge of Self

The survey also showed that the students at Maharishi University of Management have a much greater understanding of themselves compared to students at other schools. Compared to other students taking the survey, Maharishi University of Management seniors were much more likely to report that they understood themselves better as a result of their education.

Other items on the survey rated high by the students included “Understanding people of other racial and ethnic backgrounds,” “Developing a personal code of values and ethics,” “Contributing to the welfare of the community,” and “Environment encourages contact among students from different economic, social, and racial or ethnic backgrounds.”

The survey also showed that, compared to other schools, M.U.M. students asked more questions in class, engaged in more class discussions, and gave more class presentations.

“This is yet another expression of the success of Consciousness-Based education, of developing students’ total brain functioning,” said Dr. Scott Herriott, dean of faculty.

For more information on the results of the survey, visit www.mum.edu/comments/nsse.html.
University Unveils Plan for Campus in Accord with Natural Law

A new plan for an environmentally friendly campus was unveiled in February, in keeping with the University’s mission of living in accord with Natural Law.

The plan stipulates that the University will “redesign and rebuild a sustainable campus in accord with Maharishi Sthāpatya Veda design.” Moreover, the plan states that the University “will strive to make the campus a national model of energy and resource efficiency and the land a basis for food self-sufficiency.”

“Being in accord with Natural Law includes being in harmony with the natural environment,” said Executive Vice-President Dr. Craig Pearson. “Maharishi’s technologies for creating enlightenment for the individual and peace and prosperity for the world provide the critically essential foundation for all efforts to preserve our beautiful planet.”

Work has begun on three greenhouses that will help provide fresh, healthy, organic produce for the dining hall. Other plans include new buildings that use sustainable features such as passive solar energy, geothermal energy for tempering building temperatures winter and summer, and energy-efficient lighting.

The popular recycling collection sites on campus will be expanded along with the tonnage of materials recycled in all categories. Other new measures include the use of soy-based printing inks and earth-friendly biodegradable cleaning products.

Clara Martinez tends to potato plants in a research greenhouse on campus. Professor David Fisher is breeding a strain of potatoes resistant to the Colorado Potato Beetle. This is an important step in developing a Natural Law-based system of plant breeding because it demonstrates that one can restore natural pest resistance in crops, thereby making it unnecessary to use synthetic poisons and genetic engineering.

New Sustainable Living Program to Focus on Integration of Skills

Building on the momentum of the successful Eco-Fairs, the workshops offered by famed experts in sustainable communities, and the mounting enthusiasm of the Permaculture Club, the University has developed a new program in sustainable living in the biology department.

The discipline of sustainable living entails all of Maharishi’s Vedic Technologies for living life in accord with Natural Law and, on that foundation, such areas as renewable energy, energy-efficient building design, community design, ecological landscaping. The foundation and goals of this program are expressed in Maharishi’s Master Plan for the Creation of Heaven on Earth and further elaborated in Maharishi’s program to eliminate poverty in the world.

“There’s no real university program that puts together the diverse knowledge bases needed to create a sustainable community,” said Dr. David Fisher, director of the new program. “The experts who have visited say that there’s a great need for an academic program that integrates all the areas necessary for creating sustainable communities.” The program in sustainable living aims to meet that need and will create consultants who will help plan sustainable communities.

The curriculum will offer courses in areas such as earth science, Maharishi’s program to remove world poverty, the hazards of genetic engineering, Maharishi Vedic Organic AgricultureSM, and environmental planning and landscaping.

Dr. Fisher said that sustainable communities are increasingly popular and have features such as an edible landscape, systems for collecting rainwater from roofs, solar energy, and organic gardening.

For more information on the sustainable living program, visit www.mum.edu/sustainable/.
Research Partnerships Expand to 10 Institutions Nationwide

As the nation warms up to the need for a more natural system of treating and preventing illness, the University’s Consciousness-Based health programs continue to lead the way.

Ten major academic medical centers around the country are now partnering with the Institute for Natural Medicine and Prevention, which is the research unit of the Consciousness-Based health programs.

These include Cedars-Sinai Hospital in California, the University of Illinois, the University of Pennsylvania, the University of California at Irvine, the University of Hawaii, Howard University, Drew University in New Jersey, the Medical College of Wisconsin, and the Morehouse School of Medicine in Georgia.

A year ago the University of Iowa Hospitals and Clinics announced a research partnership with the Institute, leading to a front-page article in the Des Moines Register headlined “Maharishi’s Medical Research Gains Respect.”

These research collaborations continue to demonstrate the effectiveness of a Consciousness-Based approach to health.

The Institute has received nearly $20 million in funding from the National Institutes of Health National Center for Complementary and Alternative Medicine.

In June the University’s Maharishi Consciousness-Based Health Care programs moved into a new facility located in the heart of Maharishi Vedic City. Constructed according to the life-supporting principles of Maharishi Sthāpatya Veda design, the two-story building will house the College’s educational programs and medical clinic, as well as the research activities of the Institute for Natural Medicine and Prevention.

The University offers a bachelor’s degree in which students are trained as consultants and a Ph.D. program in physiology. Both offer training in Maharishi Consciousness-Based Health Care programs.

Cardiovascular Research Reviewed in New Study

Evidence for the effectiveness of the Transcendental Meditation technique in treating cardiovascular disease was bolstered by a study published in May in Behavioral Medicine that shows that there is now a significant body of peer-reviewed research.

The article draws together recent research demonstrating the positive effects of the Transcendental Meditation technique on a wide array of risk factors and shows how this technique can halt or even reverse negative changes in the body that cause the disease and that can lead to death.

Authors of the study included faculty members Dr. Ken Walton, Dr. Robert Schneider, Dr. Sanford Nidich, and Dr. John Salerno.

Faculty Present at Centers for Disease Control

Faculty members Dr. Alarik Arenander and Dr. Amparo Castillo-Richmond gave presentations at a conference held by the Centers for Disease Control and Prevention (CDC), the lead U.S. federal agency for protecting the health and safety of the residents of the U.S.

They gave an overview of complementary and alternative medicine, with a special focus on the extensive research on the Transcendental Meditation technique.

Maharishi University of Management’s new building for Consciousness-Based health programs of Maharishi and the Institute for Natural Medicine and Prevention

For more information on the Consciousness-Based health programs, visit www.mum.edu/colleges/vedic_medicine.html.
Study Abroad Includes Australia, Greece, India

A record number of students studied abroad this past year, heading to Australia, Greece, and India. Each year students head to distant locales as part of the Rotating University.

In India the students toured 12 cities in five weeks, studied Maharishi Vedic Science, and visited educational institutions established by Maharishi. At the conclusion, Maharishi spoke with them via conference call:

“It was very good. You had a tour of the land. And always there are ups and downs, but nevertheless, the seed is always in the custody of the total mechanics of evolution of the whole tree. Seed has whole tree within it. Total Knowledge in the seed. And where is the seed of it? In the Self of everyone. The Self of everyone, as you have realized, you have been under the education of enlightened professors of the University, who have instilled in your consciousness the seed of Total Knowledge.

“Through your daily program of meditations and study you are enlivening your own field of intelligence, total intelligence. It’s very fortunate that you are growing to be highly enlightened and this tour of India has given you a kind of physical ground. And you carried, wherever you went, you carried that vehicle of Total Knowledge, consciousness. And you absorbed the memory, memory of how the Movement in India was started—started from the Self within.”

In Australia the students took a course in Leadership and Adventure Sports, and studied Maharishi’s principles of leadership as applied to group dynamics and team building.

In Greece, over 60 students immersed themselves in Greek culture and thought, studying, for example, how the Socratic philosophers' views on virtue are fulfilled by developing higher states of consciousness.

University Continues Collaboration with Oxbridge U. in China

The collaboration with the Oxbridge University Business School in Beijing, China, has continued to develop.

Faculty traveled to Beijing to teach management courses. This coming year Oxbridge students will enroll in Maharishi University of Management programs via distance education.

For more information on the Rotating University program, visit www.mum.edu/programs/international/.
Faculty Research Maharishi Vedic Science

Maharishi University of Management faculty continue to demonstrate the extraordinary effects of Maharishi’s Vedic Technologies, including the Transcendental Meditation technique. And they actively share this research with their colleagues in various disciplines, presenting at conferences and publishing in academic journals.

Dr. Travis Publishes Research on Cosmic Consciousness

Research by Dr. Fred Travis on individuals experiencing Cosmic Consciousness was published in the journal *Biological Psychology*. The study identifies the specific EEG patterns of 17 subjects who are having experiences of Cosmic Consciousness, and compares this group to two control groups.

Dr. Travis found that people having experiences of Cosmic Consciousness show distinctive EEG patterns during activity that suggest the maintenance of transcendence with waking processes. The research also suggests they have more precise and accurate thought processes when faced with complex tasks.

Specifically Dr. Travis looked at the brain’s “preparation response” during a simple task and a complex task, that is, the brain’s activity immediately preceding a mental task.

He found that the subjects having experiences of Cosmic Consciousness have an EEG signature during these tasks that is the same as the EEG signature typically experienced only during transcendence by those who practice the Transcendental Meditation technique.

Further, he found that they exhibit a more appropriate preparatory response—they allocate mental resources precisely and only when they are needed, or in the familiar phrase, “according to the need of the time.”

“The Cosmic Consciousness group appeared to remain at a balance point—more self-referral,” Dr. Travis said. “When it’s time for them to act, that’s when the thought comes up and the whole system plunges into action.”

Dr. Travis’s pioneering research establishing the physiological markers of higher states of consciousness was covered in *Yoga Journal, Wired,* and other magazines, as well as by “The Deborah Ray Show,” a nationally syndicated radio program. He is also increasingly being requested by academic journals to judge the merit of scientific studies that have been submitted.

For more information on faculty research, visit www.mum.edu/research.html.
DEPARTMENT NEWS

Dr. Arenander Speaks on Brain Research

Dr. Alarik Arenander, director of the Brain Research Institute, has been establishing ties with Iowa brain researchers and therapists and is giving them a vision of the role that can be played by the Transcendental Meditation technique.

Dr. Arenander gave a keynote address at a conference on helping people with traumatic brain injuries at the annual meeting of the Brain Injury Association of Iowa. Shortly after that, he spoke at the annual meeting of the Iowa Rehabilitation Association, explaining the ways in which the Transcendental Meditation technique can help individuals who are mentally or physically disabled.

Dr. Arenander and faculty member Fred Travis also spent 12 days at the Henry Ford Hospital in Detroit and the University of Michigan in Ann Arbor conducting research on the brain dynamics of the Transcendental Meditation technique and giving presentations on brain-consciousness studies.

Dr. Arenander is increasingly in demand as a public speaker, including a lecture last fall on “Mapping Human Consciousness” to a large audience at the Mind Science Foundation in San Antonio, Texas.

Dr. Arenander also recently represented the University at the Global Dharma Conference, which was attended by several thousand young Indo-Americans. His presentation, “Brainwaves of a Yogi,” covered the latest research on the unique characteristics of the brains of individuals who are experiencing Cosmic Consciousness as a result of practice of the Transcendental Meditation technique.

For more information on the Brain Research Institute, visit www.brainresearchinstitute.org.

BRAIN RESEARCH INSTITUTE

Changing electromagnetic fields in the brains of subjects experiencing Transcendental Consciousness. Center: a single frame from a computer-generated, 3-D color movie (top-down view) showing the brain’s electromagnetic activity patterns (in blue) during the experience of the Transcendental Meditation technique. Right: A top-down view showing the distribution of magnetic potentials across the brain during meditation (see scale on left).
School Students Win Awards at World Creativity Competition

After another dominant performance at the state level, four first-place Maharishi School teams went on to the global finals of Destination Imagination, a competition that involves creativity, teamwork, short performances, and problem solving.

Three of these teams placed in the top 10 in the global competition, each competing in a particular category against 50 other teams from around the country and the world. No other school in the world has had as many teams place in the top 10 in world competitions as Maharishi School.

Students Named National Merit Scholar Finalists

Nicole Windenberger, Amy Hart, Caitlin Allen, and Sarah Neate were named National Merit Scholar Finalists this year. This distinction is given to students who have a record of very high academic performance, who are endorsed and recommended by their school principal, and who earn outstanding S.A.T. scores.

Eighth-Graders Win Awards at State Science Fair

Two eighth-grade Maharishi School students won awards at the recent State Science Fair held in Ames. Atish Dey won fourth place and Mehul Kar won sixth. Mr. Dey’s research showed that children who go to bed early were much better at math and spelling than those who go to bed after 9:30 p.m.

Eighth-Grader Earns Third Place in State Math Competition

Maharishi School eighth-grader Noah Caplan finished in third place at the state MathCounts competition, earning him a place on the team that trav-
eled to Washington, D.C., to represent Iowa at the national competition. The Maharishi School team as a whole placed 12th.

The competition focuses on problem-solving skills and has questions that are typically more difficult than those on college entrance exams.

Girls Volleyball Wins District Championship
This year for the first time the girls volleyball team wound up the season in first place in their conference and capped that success by winning the district championship. Three players were named first team all-conference, two were named to the second team, and two more received honorable mention.

Soccer Team Wins Division Championship
The boys varsity soccer team won the division championship and enjoyed the best soccer season in Maharishi School’s history. Nine players were named to the all-Southeast Iowa Superconference soccer team.

Tennis Players Finish Fifth at State
The sophomore doubles team of Melodia and Coral Morales won at the regional level and finished in fifth place at state, their only loss being to the eventual champions.

Boys Golf Sixth at State
The boys golf team shot a school record 305 in the district final, coming in second and earning a berth at state, where they finished sixth.

School Student Wins $5,000 Equestrian Scholarship
Maharishi School eighth grader Chetana Daniels was awarded the R. W. Mutch Foundation Equitation Scholarship for her equestrian abilities and horsemanship. The $5,000 scholarship allowed her to train for two weeks with the nation’s top professional at the Winter Equestrian Festival in Palm Beach, Florida.

“This ever-growing legacy of success at Maharishi School is the result of Consciousness-Based education. When students are developing their total brain physiology, they succeed at whatever they do,” said Ashley Deans, Director, Maharishi School of the Age of Enlightenment.

For more information on Maharishi School athletics, visit www.maharishischooliowa.org/activities/athletic.htm.