Our Unique Approach to Education

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 results include rapid growth of intelligence and creativity, improved academic performance, and improved health and well-being.

Scientific studies have also shown that when large groups have gathered to practice these programs, there was a marked increase in global harmony, which immediately declined when the groups dispersed.

Our academic programs 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 60 countries. 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.ncahigherlearningcommission.org, 312-263-0456).

Our 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.
Now that our Founder His Holiness Maharishi Mahesh Yogi has introduced Total Knowledge into education, a new era of the human race has begun.

Fragmented knowledge in education has created a world of problems and suffering, and struggles and strife.

The power of Total Knowledge in education by contrast can be seen in a single glance into the eyes of a student at Maharishi University of Management or Maharishi School of the Age of Enlightenment. Their eyes are the window to a consciousness that is wide-awake inside, and very deeply, genuinely blossoming in purity, tenderness, and happiness.

**Definition of Total Knowledge**
What does Maharishi mean when he says Total Knowledge?

Maharishi explains Total Knowledge in three languages:

- Physical science — accessing the Unified Field of Natural Law
- The science of consciousness (Vedic Science) — awakening Ātmā, the Self — self-referral consciousness
- The religious texts of the world — experiencing the light of God within.

**Benefits of Total Knowledge**
Everything Maharishi offers to the world is practical and real, driven by the benefits it creates for the human race.

The benefits of Total Knowledge Maharishi defines as follows:

- Eliminate struggle and strife and suffering from life
- Fulfill desires through the support of Natural Law and enjoy a life of all possibilities
- Create national invincibility and world peace.

Maharishi is today preparing detailed curricula, which include applying Total Knowledge to bring fulfillment to 14 fundamental values of life: science, education, health, management, political science, economy, defense, agriculture, architecture and city planning, music, law, engineering, religion, and world peace.

**Students — the Hope for a Peaceful and Happy World**
Growing up enlightened, the young people of today will give a leadership to the world that will discard destructive and corrupt patterns of the past, and create a truly prevention-oriented administration for life to be without suffering for anyone.

But students can change the world completely even now, while they are still students. Vedic middle schools and high schools established around the U.S. can create intense coherence in the collective consciousness of their city through group Yogic Flying in the students’ daily routine, and defeat crime and other negativity in their city.

**Groups of 8,000 Students — Yogic Flying in an Uninterrupted Ring**
And Maharishi has called for the establishment of three groups of 8,000 students in Maharishi Vedic City, Iowa — a group of men, a group of ladies, and a group of Vedic medical students. The students will practice Yogic Flying together in their own new grand flying hall for 8,000 — an uninterrupted square ring up to half a mile around, where students fly the whole way around during each flying session.

The result will be the whole of U.S. national consciousness so integrated that it will be impenetrable to any negativity from outside the nation, and will avert the birth of any enemy to any nation.

The objective of this University and School is to spread itself in all these directions, and achieve its potential as the most powerful force for peace ever.

We ask you to join us in this. What could be a better achievement than this, with one’s own precious birth on earth in this age when a colossus of the Vedic Tradition — His Holiness Maharishi Mahesh Yogi — strode the earth.

Jai Guru Dev

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

Each passing year brings such a wonderful wave of new achievements to our campus community. This past year saw growth in enrollment, growth in media coverage, growth in the number of visitors to our website, growth in our collaboration with China — and growth in our new greenhouses and on our seven-acre farm, as we began producing most of our own organic vegetables.

The face of the campus continued to be transformed. All the remaining “pods” and the Learning Center were demolished. We have prepared the ground for a new kitchen. New student residences are under construction — so now students will start living in buildings designed according to Natural Law.

We owe such gratitude to our wise and generous family of donors. Thank you for all your support year after year. To those of you outside Fairfield: Please join us in creating groups of 8,000 Yogic Flyers here — and in creating permanent peace for our world family.

Jai Guru Dev

Craig Pearson
Executive Vice-President
Dr. John Hagelin Wages Peace

Faculty member Dr. John Hagelin and his Institute of Science, Technology and Public Policy continue to focus on creating peace in the world — raising funds to support large groups of Yogic Flyers, holding press conferences, meeting with government leaders, hosting Maharishi’s ongoing weekly press conferences, and, as President of the U.S. Peace Government, holding meetings in Washington, D.C.

Washington, D.C. Press Conference Offers Advice to Candidates
In October Dr. Hagelin held a press conference at the national offices of the U.S. Peace Government in the Jefferson Hotel in Washington, D.C. and offered pre-election advice to the candidates for president.

Dr. Hagelin urged them to immediately establish a group of 8,000 peace-creating experts who will achieve what more than $120 billion and hundreds of thousands of U.S. troops have failed to do — win the peace in Iraq and secure the safety of all Americans.

Funds Raised for 500 Vedic Scholars
Dr. Hagelin’s Institute helped to spearhead a $5.8 million fundraising campaign to build facilities and bring 500 Vedic scholars to Maharishi Vedic City. The Vedic scholars, aged 18–21, will help foster peace in the world through their recitation of all branches of the Vedic Literature and their Maharishi Yagya™ performances, as well as their group practice of the Transcendental Meditation and TM-Sidhi programs.

The Vedic scholars will also offer Maharishi Yagya performances for individuals. On Vedic holidays the Vedic scholars will contribute to the festive atmosphere by taking part in processions. There may be opportunities for people to hear the Vedic recitations and to witness the Vedic performances.

In addition to Vedic performances for peace, the Vedic scholars may also do performances for the growth of plants, thereby supporting the Maharishi Vedic Organic Agriculture™ enterprise in Maharishi Vedic City.

Dr. Hagelin Hosts Maharishi’s Weekly Press Conferences
Dr. Hagelin continues to host the weekly press conferences with Maharishi that have been broadcast from Maharishi Vedic City for over two years.

Highlights from these press conferences are now being made available on DVD. The press conferences are available worldwide via the Maharishi Channel and the Internet.

In July the U.S. Peace Government obtained a new national Capital in New York City.

Meeting with Danish Minister of Defense
In May Dr. Hagelin traveled to Copenhagen, Denmark, to speak at a number of events that attracted large crowds, includ-
Dr. Hagelin spoke about the scientific research showing that a group of 500 Yogic Flyers would strongly reduce negative influences in Denmark with its 5 million inhabitants. A larger group of 1,000 would be sufficient for all the Scandinavian countries.

**Press Conferences Present Maharishi’s Offer to Establish Peace-Creating Group**

Dr. Hagelin also hosted press conferences last fall in New York City and Washington, D.C. in which he presented Maharishi’s offer to establish a peace-creating group via a $1 billion endowment. He was accompanied by well-known executives and by award-winning film director David Lynch. Mr. Lynch, Dr. Hagelin, and other Trustees have been actively approaching wealthy individuals to offer them the opportunity to create this endowment.

**Wave of Media Coverage Follows Press Conferences in New York City and Los Angeles**

Dr. Hagelin used the occasion of a new study by University Ph.D. graduate Vernon Barnes to hold major press conferences in New York City and Los Angeles this spring. The research, which appeared on April 2 in the *American Journal of Hypertension*, showed that teens can reduce high blood pressure by practicing the Transcendental Meditation technique.

The wave of media coverage included reports by NBC, CNN Global News, CNN Medical News, CNN Headline News, CBS News, MSNBC News, CTV News in Canada, FOX, BET, the *New Yorker*, *People* magazine, and *Business Week*.

In addition, there were hundreds of reports in newspapers, on local television and radio shows, and on the Internet, including *Newsweek*, *USA Today*, the *New York Times*, *Newsday*, *Atlanta Journal Constitution*, *Miami Herald*, *Orlando Sentinel*, *Los Angeles Times*, *Seattle Post-Intelligencer*, and *Toronto Star*, as well as top medical magazines on the Internet, such as *WebMD*, *HealthDay*, and *Medical News Today*.

The Los Angeles press conference featured His Holiness Maharishi Mahesh Yogi via satellite, and included film director David Lynch and actress Laura Dern.

**Educators’ Conference in Washington, D.C.**

In March over 250 educators and officials attended a one-day conference in Washington, D.C. hosted by Dr. Hagelin. The conference focused on the benefits of Consciousness-Based education, with over 75 participants signing up to attend a follow-up workshop on how to implement Consciousness-Based education in schools.
Students Enjoy Special Program for Evolution of Consciousness

Amidst a frenzied youth culture in America it’s notable that students choose a University where silence is the basis of the curriculum. And it’s remarkable that among those students are a self-selected few who choose a lifestyle focused on inner values — the student Purusha™ and Mother Divine™ programs.

“My heart feels full,” says Taylor Stone, a member of the Purusha program for men. “There’s nothing more fulfilling than a full heart.”

This fullness, he says, has been enhanced by his participation in the student Purusha program. Those who participate live in a separate residence hall and give special attention to staying rested, focusing on Maharishi’s knowledge, and minimizing distractions, including an emphasis on gender separation.

“There are fewer distractions, and I have a deeper experience during my practice of the Transcendental Meditation and TM-Sidhi programs,” Mr. Stone says. “A lot of students are being drawn to this program, to a more evolutionary life.”

There has been a resurgence of participation in the program this past year, particularly among the young men, with around a dozen students in their late teens and early 20s having joined.

The Sanskrit word “Purusha” refers to the deepest, silent value of existence. The Purusha program is for male students. For the ladies, the option is called the student Mother Divine program. The name “Mother Divine” refers to the creative, evolutionary power of Nature lively within the deepest value of silence, of the transcendent.

The members of the student Purusha and Mother Divine programs meet once per week to learn more about Maharishi’s knowledge. Each program also has a separate dorm, a separate section of the dining hall, and separate sections in the Men’s and Ladies’ Domes.

Alan Hosler, director of student Purusha, says that there is an emphasis on quiet pervading the residence hall where the students live. Staying rested is a key element to having the deepest experience in their Transcendental Meditation and TM-Sidhi programs, so the students are quiet and in their rooms by 9:30 p.m. and in bed by 10:00 p.m.

Austin Ayer, a second-year student, appreciates all of these features of student Purusha. “My experience on student Purusha has been one of blossoming totality,” he says. “I feel like a lotus flower that has been provided with all the elements necessary for its optimum growth. The company of a group of some of the wisest Governors, special knowledge programs, and the quietest dormitory on campus are only a few of the benefits of student Purusha. Since joining this program, the unfoldment of my potential has occurred at a breathtaking pace.”

Student-Organized Peace Conference Draws Hundreds

A student-organized peace conference early this fall drew approximately 650 people, including about 400 who came from the region and from as far away as California and Florida.

News of the conference was carried nationwide by CNN, the Associated Press, and National Public Radio, as well as by many local newspapers and radio and television stations.

The speakers included Dr. Robert Muller, former assistant secretary general of the United Nations, award-winning film director David Lynch, and Dr. John Hagelin, director of the University’s Institute of Science, Technology and Public Policy.

A recurring theme was the effectiveness of and need for Maharishi’s technologies for peace.
University Partners with Second Chinese University

Early this year Maharishi University of Management signed an agreement with the Beijing Institute of Civil Engineering and Architecture to offer bachelor’s degrees to Chinese students.

This new agreement also includes the University’s other China partner, International Business School of Yangjing Overseas Chinese University in Beijing. The two Chinese universities will offer the first two years of an undergraduate degree, and Maharishi University of Management will offer the third and fourth years. All students will earn degrees from Maharishi University of Management.

Dual-degree Programs a Prestigious Credential in China

The dual-degree programs offered by the partnering institutions are considered to be a prestigious credential and will include the study of business and computer science.

Already this fall over 100 students have received admission from Maharishi University of Management and have enrolled as first-year students in this new collaboration.

Degree Programs Receive Official Recognition

Through the efforts of the two Chinese partners, these dual-degree programs received approval last December from the Academic Committee of the State Department of China, which means that the above-mentioned Maharishi University of Management degrees are now officially recognized by the Chinese government.

The joint Beijing Institute/Maharishi University of Management degree was listed in materials received by Chinese students who recently applied for the yearly nationwide entrance examination.

First Students Graduate in China

The University has now graduated its first groups of students enrolled in China. In January four students received their M.B.A. degrees from Maharishi University of Management. And in July a group of 19 undergraduate students received their Bachelor of Arts degrees in business administration.

The commencement address at the July graduation was given by Dr. Robert Keith Wallace, the University’s founding president and member of the Board of Trustees.

Fairfield and China Students Study Together

Students from the Fairfield and China campuses had the opportunity to meet each other and tour China together as part of the four-week Rotating University course that took place earlier this fall.

The subject was Chinese Culture and Business, and highlights included the Forbidden City, the Terracotta Warriors in X’ian, and Shanghai, as well as a side trip to Tibet.
University Researchers Recognized Nationally for Expertise in Natural Medicine and Prevention

The Department of Physiology and Health continues to lead the nation in the study of natural medicine and prevention, receiving yet another major grant and now being sought by major national medical centers to collaborate on research.

University Institute Receives $2 Million Research Grant
The Department’s Institute for Natural Medicine and Prevention last fall received a $2 million grant from the National Institutes of Health for continuing research on the effect of the Transcendental Meditation technique in reducing mortality rates of African-Americans with heart disease. This funded research has been going on for five years at the Medical College of Wisconsin and has shown reduced heart disease and death rates among practitioners of the Transcendental Meditation technique. Because of these encouraging results, the new award allows the subjects to be followed for an additional four years.

Major Medical Research Centers Seek University Expertise
The researchers at the Department of Physiology and Health are increasingly being asked to collaborate on major grants in the area of natural medicine and prevention, as their expertise is now nationally recognized.

Five major national medical centers, located in Atlanta, Philadelphia, and Los Angeles, have included the Department of Physiology and Health in recent grant proposals, all of them focused on the application of Maharishi Consciousness-Based Health Care in areas such as HIV, AIDS, metabolic syndrome (including obesity), atherosclerosis, and heart failure.

This trend shows that the knowledge of Maharishi Consciousness-Based Health Care is now becoming integrated into the medical establishment across the country.

Physicians Earn Credit for Learning about Maharishi Consciousness-Based Health Care
Physicians who attended a national medical conference held at the Department of Physiology and Health last fall were able earn credit toward their continuing medical education requirement by learning about the use of the Maharishi Consciousness-Based Approach to Health in the prevention and treatment of cardiovascular disease. The conference was also available for credit on the Internet.

Top medical researchers from around the country presented results of 15 years of federally funded studies.

For information on the Institute for Natural Medicine and Prevention, visit mum.edu/inmp.
One-Acre Greenhouse and Seven-Acre Garden Feed Campus Residents

In recent months the University has taken major steps toward the goal of producing all of its own food via Maharishi Vedic Organic Agriculture, thereby providing the healthiest possible dining while also saving money.

In late spring the agriculture team planted seven acres of vegetables on certified organic land south of Maharishi Vedic City. In addition, a one-acre greenhouse has now been constructed and is being used this fall as cool weather settles in. Two small greenhouses in the heart of campus are also bearing produce.

The seven-acre garden is being used to grow lettuce, chard, kale, squash, melons, tomatoes, peppers, cucumbers, broccoli, and more — just about every kind of vegetable served in the dining hall. In addition, vegetables are being sold locally to help raise funds for the University.

This fall, planting moved into the new greenhouse. It is allowing the continued growing of produce during the cold fall weather — and cold-adapted vegetables in deep winter.

The greenhouse, which requires four full-time workers, is expected to grow $250,000 worth of vegetables per year — and serve the entire needs of the dining hall when it’s too cold to plant outside.

In addition, tree seedlings are now growing in a fenced area near the campus greenhouses and will be the beginnings of an orchard.

Sprouts Grown on Campus

Since last fall, all sprouts served in the dining hall — as many as 20 different varieties — have also been produced on campus, saving $10,000 per year as well as providing the freshest, purest, and healthiest quality.
This research is unique in the world. For the first time in this scientific age there is a pool of individuals who are not only having these experiences, but who are available to be studied.

Most recently faculty researchers Fred Travis, Alarik Arenander, and David DuBois published a study in the June issue of the journal *Consciousness and Cognition* that further characterizes the state of Cosmic Consciousness and offers subjects’ fascinating descriptions of themselves.

Three Groups of Subjects
This research compared the responses of three groups of subjects. The first group — nonmeditating subjects — described themselves predominantly in terms of their thoughts, feelings, and behavior: “I guess I’m open to new experiences…” or “I tend to appreciate those things that are different…” or “I kind of like to forge my own way.” They were “embedded” in or identified with their thoughts, feelings, and actions.

A second group of subjects, who had practiced the Transcendental Meditation technique for an average of eight years, described themselves as directing thinking and behavior — the first stages of the self “de-embedding” or separating from the processes of thinking and behavior. “I’m my own capabilities; my ability to learn,” said one. Another said, “I am my ability to perceive and be aware.” Yet these subjects still described themselves primarily in terms of what they did.

Subjects Experience Enlightenment
A third group of subjects, who had practiced the Transcendental Meditation technique for an average of 24 years, described themselves as separate from what they were thinking or doing — their identities, their selves were completely “de-embedded” from the processes of thinking and behavior. “My self is immeasurably vast…” on a physical level — not just restricted to this physical environment,” said one. And another said, “It’s my Being. There’s just a channel underneath that’s just underlying everything. It’s my essence there and it just doesn’t stop where I stop.”

The researchers term this style of functioning as Self-referral. In this state, the Self has its own status. It is defined in terms of its own structure, independent of objects and processes of knowing.

An Object-Referral/Self-Referral Continuum of Self-Awareness
A main discovery of this new research is that individuals can be classified according to a continuum, ranging from ordinary waking experience on one end to the experience of Cosmic Consciousness on the other. The researchers term it an Object-Referral/Self-Referral Continuum of Self-Awareness.

This continuum is based on descriptions of higher states in Maharishi Vedic Science and descriptions of self-awareness, and on brain-wave patterns during tasks in

Information on the Institute for Research on Higher States of Consciousness can be found at www.mum.edu/irhsc
individuals reporting the experience of witnessing sleep for at least one year.

**Enlightenment Now Scientifically Described from Three Different Angles**

The implications of the data, the researchers say, are that enlightenment can be scientifically described. They have now used three different angles to scientifically describe enlightenment. One angle is the current study, which looked at responses during unstructured interviews.

The second angle, also in the current study, used factor analysis of scores on standard personality tests that measured inner/outer orientation, moral reasoning, and anxiety, as well as a personality inventory test.

The three groups showed significant differences, and analysis of the data suggested that the level of the subjects’ experience of higher consciousness accounted for over half of that difference.

Overall, the group of subjects meditating an average of eight years had significantly higher moral reasoning and happiness, greater emotional stability and inner motivation, and lower anxiety than the group who hadn’t yet learned the technique. And the group experiencing higher consciousness showed an even greater contrast.

**Distinct Brain-Wave Patterns**

The third angle, analysis of brain-wave patterns, was reported in an earlier study. The subjects having experiences of enlightenment were found to have distinct brain-wave patterns. With growth of higher states, the frontal lobes become more coherent in their functioning. The frontal lobes are the seat of moral reasoning, decision making, planning, working memory, and sense of self. Higher coherence in frontal areas supports higher levels of moral reasoning, planning, and sense of self in these subjects.

**Higher Consciousness Open to Everyone**

The subjects in the study were people in business and management and various other professions. “The implication is that one need not withdraw from the world to enjoy the sublime experience of enlightenment day by day,” Dr. Travis said. “One can simply enjoy the practice of — and the cumulative benefits of — the Transcendental Meditation technique and other technologies that His Holiness Maharishi Mahesh Yogi has graciously introduced to the world.”

---

**Research on Cosmic Consciousness**

Research measuring subjective experience and brain functioning led to the discovery of an Object-Referral/Self-Referral Continuum of Self-Awareness. As a result of practice of the Transcendental Meditation technique, one progresses from a sense of self identified with one’s thoughts and actions to the experience of Self as independent of thoughts and actions.
Maharishi University of Management Graduation 2004 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).

Shujaa Mjasiri (Master’s of Business Administration)

“Learning hasn’t always been easy for me. When I graduated from high school, I was barely able to read and write at the fifth-grade level. But as a result of practicing meditation, as a result of being here at Maharishi University of Management, as a result of being in the M.B.A. program, I have found that it can be easy to learn.

“My greatest appreciation goes to Maharishi and the Tradition of Masters. I’ve come to understand exactly how to have a life that’s not overwhelmed by stress.

“My life has been just another example that Consciousness-Based education works and that it has the potential to solve the massive problems present in urban schools and public education today. And so I’m dedicating my life to bringing Consciousness-Based education to urban schools.”

Vidya Kesler (B.A. in Management)

“You may ask how a university could take the responsibility and task to bring fulfillment to an entire student body. Surprisingly, the answer is simple: by contacting the field of infinite possibilities and infinite potential.

“Through the practice of the Transcendental Meditation program, very naturally and spontaneously you begin to live those infinite qualities and feel that happiness and fulfillment.

“I happen to deeply believe in the effectiveness of the Maharishi University of Management product — Consciousness-Based education. It has made me feel like I can be anything I want and that I can achieve great success in my personal and professional life.”

Radim Schreiber (B.F.A. in Art)

“It’s a great honor to receive this award. I’m grateful to Maharishi, Maharishi University of Management, and the art faculty for showing me the right direction in my life. I have realized that beauty and wonder are all around us and within us, and it is up to the artist to bring these values to the awareness of other people for better appreciation and understanding.”

Emily Marcus (B.A. in Maharishi Consciousness-Based Health Care)

“I’ve been so fortunate to be in the Maharishi Consciousness-Based Health Care program for the past two years because here in this program we’ve really been able to study what I think is the most profound knowledge available. It’s the knowledge of our own pure consciousness and how that expresses itself as our own physiology and as the entire universe. It’s not only taught me how to care for the health of myself and of others, but it’s also expanded my heart and the fine perception of pure consciousness.”
At the 2004 commencement ceremony, four students received doctoral degrees after having spent the past few years reading the Vedic Literature in Sanskrit and writing dissertations about their experiences. And their experiences were profound.

Sanskrit is not just the ancient language of ancient texts from India. Rather, as His Holiness Maharishi Mahesh Yogi points out, it is the language of Nature. The Vedic Literature, he explains, expresses the eternally reverberating Laws of Nature that govern the universe. It is the blueprint of creation and of the human physiology — and reading the Vedic Literature in Sanskrit, Maharishi explains, produces a profound effect on mind and body.

“Reading the Vedic Literature in sequence is the procedure to spontaneously train the brain physiology and the whole physiology of speech to function in the most orderly way so that every thought, speech and action is spontaneously promoted in the evolutionary direction of Natural Law, and thereby spontaneously enjoys full support of the evolutionary quality of intelligence that upholds order and evolution in the entire universe.”

— Maharishi in Vedic Knowledge for Everyone: Maharishi Vedic University Introduction

Ph.D. Graduates Enjoy Profound Experiences Reading the Vedic Literature in Sanskrit

David Pohlman

“During my time of reading the Vedic Literature in Sanskrit I experienced tangible and accelerated progress in the direction of higher states of consciousness. I experienced the evolutionary effect of the Vedic sounds reverberating in my nervous system and physiology for hours after reading the Vedic Literature. I felt peaceful, blissful, expanded. My progress was beyond what I had experienced with the Transcendental Meditation and TM-Sidhi programs alone.”

Tina McQuiston

“The program for reading the Vedic Literature at Maharishi University of Management was a profound experience of evolution on all levels of life. Reading the sounds of the Veda transformed every part of my life towards more support of Nature, fulfillment of desire, more bliss, more happiness, and more deep experience of the Self and higher states of consciousness.”

Patricia Oates

“From the beginning I noticed greater support of Nature, a sense of inner power, and expansion of Self. Other benefits and experiences unfolded over time, including enhanced perception and opening of the heart. After two years of reading, I had daily experiences (during periods of rest) of waves of energy and physiological bliss accompanied by inner light or flashes of light — an experience which waxed and waned in direct proportion to the number of hours I read each day.”

Keith Wegman

“Reciting the Vedic Literature day after day for several years has been one of the greatest joys and blessings of my life. I feel so beautifully transformed from the whole process. With this program, Maharishi has really given everyone — in any phase of their life — a new means to accelerate their own enlightenment.”

For more information on the Ph.D. in Maharishi Vedic Science, visit mum.edu/cmvs/phd
Faculty Research in 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.

ARTICLES

Dennis Heaton, Ph.D., Jane Schmidt-Wilk, Ph.D., and Fred Travis, Ph.D., published an article in the *Journal of Organizational Change Management* that surveys methods for researching the practical applications of spirituality for the individual, organization, and society.

“We point out that researching spirituality in organizations can be understood in terms of two complementary approaches: subjective and objective,” Dr. Heaton said. “The Transcendental Meditation and TM-Sidhi programs, subjective methods of researching one’s own consciousness, allow one to personally participate as an instrument for transformational change in organizations.”

Dr. Heaton also coauthored an article on Natural Law-based environmental management published in the *Journal of Human Values*. The article presents Natural Law-based Environmental Management as a way of rebalancing environmental management and explains that Natural Law, the intelligence that maintains order and progress in the physical world, is inherent in our own consciousness. And it tells how the Transcendental Meditation technique helps thoughts and actions to be orderly and evolutionary.

For more information on faculty research, visit [www.mum.edu/research](http://www.mum.edu/research)
Robert Schneider, M.D., was one of 15 researchers in the U.S. invited by the National Institutes of Health (NIH) to travel to India last fall for a workshop about research on traditional Indian systems of medicine that involved top medical officials, researchers, doctors, and government representatives from India and the U.S.

Dr. Schneider, director of the Institute for Natural Medicine and Prevention, spoke on the 40 approaches of the Maharishi Consciousness-Based Approach to Health.

India’s Minister of Health presented an award to Dr. Schneider on behalf of the Indian government, recognizing the important role being played by the Institute for Natural Medicine and Prevention in bringing the knowledge and practices of traditional Vedic medicine to the West and the world at large. The presentation was broadcast on major news shows. Dr. Schneider also met with Indian officials, including the Secretary of the Ministry of Health and Family Welfare.

Dr. Schneider’s review of the Consciousness-Based Approach to Health highlighted the completeness of the knowledge and technologies contained within the ancient Vedic tradition that Maharishi has made available.

In addition, Dr. Schneider gave a presentation at the annual meeting of the American Heart Association, detailing a study that for the first time looked at the long-term effects of the Transcendental Meditation technique on hypertension in a controlled experimental setting.

This yearlong study took place in Oakland, California, and as with earlier studies, involved African-Americans, who are at greater risk for heart disease. Most research studies involve subjects for just 12 weeks, in part because it is often difficult to get compliance for longer periods of time. The fact that a large percentage of the subjects continued with the practice for a year is itself significant, Dr. Schneider said. He attributed this success to the natural and effortless nature of the technique.

The annual meeting of the American Heart Association is the largest in the country, with some 35,000 cardiologists attending. Dr. Schneider was the only researcher selected to present a mind/body approach at the conference.

Alarik Arenander, Ph.D., director of the University’s Brain Research Institute, gave an invited presentation on complementary and alternative medicine at a major national medical conference sponsored by the Centers for Disease Control and Prevention. He gave a short overview of various modalities of complementary and alternative medicine and their influence on brain and health. He spoke about the trend in the U.S. toward embracing these ancient practices. And he went into more detail on the effect of the Transcendental Meditation technique on cardiovascular disease.

Dr. Arenander was able to introduce the comprehensive vision of the Maharishi Vedic Approach to Health programs and the definitive approach to prevention: Vedic education.

The audience, which included employees of the Centers for Disease Control and Prevention, especially appreciated the extensive and clear data on the impact of the Transcendental Meditation technique on cardiovascular health.

Ken Walton, Ph.D., presented a paper at an international conference in New York City showing that practice of the Transcendental Meditation program helps prevent the excessive increase of the stress hormone cortisol in older women and thereby reduces risk for cardiovascular disease in this high-risk population.

Sanford Nidich, Ed.D., and Randi Nidich, Ed.D., presented two research studies on the effects of the Transcendental Meditation program with breast cancer patients at the 17th annual World Congress on Psychosomatic Medicine in Hawaii. The research showed that women diagnosed with breast cancer significantly improved in all areas of quality of life — emotional, functional, physical, and spiritual well-being as well as mental health, vitality, and overcoming depression.
Consciousness-Based Education Bears Fruit at Maharishi School

A school like no other — Yogic Flying, study of Sanskrit, Total Knowledge, deep experience of pure consciousness, and more — all leading to both inner and outer development.

National Magazine Recognizes Success of Maharishi School

A cover story in the May issue of *Worth* magazine on America’s most effective non-traditional schools included Maharishi School as one of seven outstanding schools.

The schools chosen for inclusion offer a unique learning experience in addition to first-rate academics. Other criteria included development of leadership skills, values, and wisdom.

The article talks about the students’ practice of the Transcendental Meditation technique that results in clearer and more creative thinking. And it notes that the benefits are apparent in every measurable area of student performance, from test scores to athletics.

School Students Excel at Global Creativity Competitions

After winning seven first-place awards at the state level, Maharishi School teams finished in third, fourth, fifth, and eleventh place at the global finals of the Destination Imagination competition held in Knoxville, Tennessee. Over the years they have had more top-10 placements than any other school in the country.

The Upper School boys’ “rap opera” took third place and received the coveted Renaissance Award for exceptional engineering, performance, and “awe-some teamwork and cooperation.”

The students presented original, creative solutions to challenges they had been working on for months, utilizing theatrical skits, technical inventions, hand-built weight-bearing wood structures, and improvisational skills.

Group Mime Wins Top Award at State Speech Competition

Last month five groups of Maharishi School students performed at the prestigious Iowa High School State Speech Association All-State Festival in Ames, with their group mime winning the coveted Critic’s Choice All-State Banner for Outstanding Group Mime.

The All-State Banner is the highest accolade in the competition. Maharishi School has won 13 banners — more than any other school in the state.

Award-winning film director David Lynch attended a performance of the students’ entries in the all-state festival and was thrilled with what he saw. “I’ve seen some great performances . . . in film and in theater, but I’ve never seen

For more information on Maharishi School, visit www.maharishischooliowa.org/
anything like I saw that night,” Mr. Lynch said. “Such honesty, naturalness, intelligence — it was phenomenal. And these were not professional actors but students.”

Students Host Successful Peace Exchange
A peace exchange spearheaded by the Maharishi School student club — Students Creating Peace Network — brought 80 high school students of diverse backgrounds together in May, including 55 Native Americans from four different tribes in South Dakota and Nebraska; students from Scattergood Friends, a Quaker school in West Branch, Iowa; students from Fairfield High School; and students representing a Baha’i youth organization in Des Moines.

Three Named National Merit Finalists
Three students were named finalists in the 2004 National Merit Scholarship program: Rachel Gibson, Mallinda Gosvig, and Jennie Hirsch.

Students named finalists are among the nation’s elite, constituting less than 1% of their cohort. Over the past five years Maharishi School students have achieved this distinction at a rate approximately 10 times the national average.

From left: Mallinda Gosvig, Rachel Gibson, and Jennie Hirsch were named finalists in the 2004 National Merit Scholarship program. Maharishi School students have achieved this distinction at a rate 10 times the national average.

Boys Golf Second at State
The boys golf team earned second place with their two-round total of 620, just eight strokes behind the champion. Will Carlisle was fourth individually, shooting a 147.

Girls Tennis Third at State
The girls tennis team qualified for the state competition, taking third place — the farthest a girls team has ever gone. And the doubles team of Coral and Melodia Morales made it to the state semifinals, where they lost to the top-seeded team and ended up in fourth place.

Girls Basketball Wins District Championship
The girls basketball team enjoyed their best season ever this year, capping a 17-6 season with their first Class 1A district championship. The team advanced to the regional semifinal, where they lost to 13th-ranked Fort Madison Aquinas.

Girls Volleyball Wins Division Championship
The girls volleyball team also enjoyed its most successful season, winning its division in the Southeast Iowa Super Conference and setting a school record with 23 victories.

The team had a good shot at going to the state tournament, but lost to eighth-ranked Marquette in the district semifinal match.
Residence Halls Being Built as Campus Reconstruction Moves into New Phase

The vision of reconstructing the entire campus according to Maharishi Sthāpatya Veda® design continues at a relentless pace, with old buildings being demolished and new ones being constructed.

Construction of New Residence Halls Begins
Residence halls are the focus of the next phase of campus reconstruction, and work is now under way on the first seven buildings.

Each new residence hall will have eight student rooms, each with a private bath, as well as a sitting room, kitchen, and laundry room. There will also be a shared storage space for each cluster of four buildings.

The new residence halls are being manufactured by the same company that is providing the facilities for the 500 Vedic scholars in Maharishi Vedic City.

The residence halls are being constructed according to principles of Maharishi Sthāpatya Veda design and will be made of non-toxic materials. Rather than being funded by donations, as many of the other new buildings have been, the residence halls are being funded by investors.

Golden Dome Market
A new building near the Ladies’ Dome is nearing completion and will house Golden Dome Market. This new facility will sell fresh Maharishi Vedic Organic™ vegetables as well as gift items. A café that seats 40 people will offer convenient dining morning and afternoon after group program.

New Kitchen Planned
Campus dining moved to the Student Union in the spring. Food preparation has continued in the former facility, but plans are now in place for the construction of a new kitchen, making way for the demolition of the former dining hall.

The new dining facility will be a U-shaped complex open to the east with the kitchen being the main building on the west end and the dining halls the two wings on the north and south sides. Since the kitchen is the main building, it can be built first and the wings added later. Construction may begin this year.

Other Reconstruction News
Landscaping has now been done where buildings were removed, as well as around the west side of the Maharishi Patanjali Golden Dome. The former west entrance to the Dome, known as the small dome, has been removed.

The Ladies Dome has recently undergone extensive renovations, including a new roof. This has been funded in part by over $116,000 in donations.

A village of 12 small homes is being developed north of the campus swimming pool. And the installation of the first small homes to replace the mobile homes in Utopia Park began this fall.

42 New Buildings
There are now 42 new buildings on campus that have been constructed according to principles of Maharishi Sthāpatya Veda design, creating a wave of harmony and coherence.

For more information on campus reconstruction, visit mum.edu/reconstruction.
Why We Need Your Support

Your support is vital. In the past year, we received over $3.8 million in donations, including generous support from you for the Annual Fund, which helps with operating expenses, and for the Capital Campaign, which among other things is helping to reconstruct the campus.

Our two major income streams, as you can see on the chart at right, are student tuition and your Annual Fund donations. Together these account for 73% of the income we use to operate the University each year. If you were to look at a similar chart from other colleges and universities, you would see two major differences:

1. State colleges and universities would show a large portion of the pie from “tax revenues,” because they receive substantial support from state taxes.
2. Private colleges and universities would show a much larger portion of the pie from “endowment income.” Older private institutions, with tens of thousands of alumni, are supported by endowments ranging from hundreds of millions to billions of dollars.

As a private university we enjoy no tax support. As a young institution, we have just the beginning of an endowment.

This means we must operate our University without a major source of revenue that other institutions enjoy. Despite this challenge, we have created the highest quality university education in the world.

How do we do it? We are fortunate to have a human endowment — an exceptionally dedicated and talented faculty and staff. Working essentially as volunteers, they contribute their expertise in teaching, research, and management. They make up for the $50–100 million teaching, research, and management.

The ongoing violence we see around the world, particularly in the Middle East, underscores the failure of modern education — and the urgent need to make our Consciousness-Based approach available everywhere.

By incorporating the technology for developing total brain functioning into educational systems everywhere, we can ensure that no child ever grows up to be a terrorist — that all children grow up to enjoy life in accord with Natural Law, life in higher states of consciousness, life in a world at peace.

In this, Maharishi University of Management has been the pioneer. We have been so fortunate to have people such as you recognize the vital need for this approach to education and support the University financially.

How to understand our expenses

Maintaining the Highest Quality Academic Instruction

About 23% of our budget funds all academic activities, including:

- Academic programs — We offer 3 Ph.D. programs, 6 master’s degree programs, 11 bachelor’s degree programs, and our innovative First-Year program. In addition to providing the highest level of traditional academic training, our programs actually increase students’ intelligence, creativity, self-development, moral development, field independence, orderly brain functioning, and health.
- Faculty — Our faculty are among the best teachers in the world, and their research on Consciousness-Based education and Maharishi Consciousness-Based Health Care is gaining wide attention.
- Library — Our library is a recognized leader in online services.
- Campus computing network and labs — The University continues to upgrade its computer facilities.
- We have created exciting new academic programs and continue to develop our successful Computer Science Co-op program.

FACULTY PUBLICATIONS AND PRESENTATIONS

Getting the Knowledge Out

The academic budget also supports the faculty’s successful work in popularizing Consciousness-Based education and health care. The faculty are very effective in publishing their work in journals and presenting it at professional conferences. The response from educators and scientists around the country has always been positive and is becoming more so.

BUILDINGS AND GROUNDS

Maintaining Our Physical Plant

We spend 11% of our annual operating budget on maintaining and cleaning our 1.2 million square feet of building space and our 272 acres.

FOOD SERVICE

Nourishing the Body

We spend 14% of our annual budget in the kitchen on food and paying the Food Service staff. Our Food Service does something virtually unheard of among colleges and universities — we prepare almost all main dishes using fresh vegetables and fruits, and we bake most of our own breads and desserts. Our Food Service is almost completely organic, and now we are growing an increasing proportion of our own vegetables.

MEDIA

Letting the World Know

Our media team organizes and promotes Maharishi’s weekly global press conferences and has stimulated unprecedented media coverage for the University, the community, and Maharishi’s programs nationwide.
2003–2004 OPERATING BUDGET REVENUES

- Student Tuition and Fees 56%
- Annual Fund and Other Gifts 17%
- Endowment Income 11%
- Auxiliary Enterprises 8%
- Other Income 8%

Operating revenues do not include research grants and restricted donations.

2003–2004 OPERATING BUDGET EXPENDITURES

- Academics 23%
- Food Service 14%
- Buildings and Grounds 11%
- Administration 10%
- Debt Service 6%
- Insurance 11%
- Benefits 6%
- Student Services 3%
- Recruiting 8%
- Fund Raising 1%
- Utilities 7%

Operating expenditures do not include those funded by research grants and restricted donations.

The charts below show Annual Fund donations by fiscal year and average donation per donor to the Annual Fund.

### Annual Fund Donations by Fiscal Year

<table>
<thead>
<tr>
<th>Year</th>
<th>Donation Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1998/99</td>
<td>$1,026,247</td>
</tr>
<tr>
<td>1999/2000</td>
<td>$980,754</td>
</tr>
<tr>
<td>2000/01</td>
<td>$1,062,405</td>
</tr>
<tr>
<td>2001/02</td>
<td>$1,125,944</td>
</tr>
<tr>
<td>2002/03</td>
<td>$1,500,774</td>
</tr>
<tr>
<td>2003/04</td>
<td>$1,512,947</td>
</tr>
</tbody>
</table>

### Average Donation per Donor

<table>
<thead>
<tr>
<th>Year</th>
<th>Average Donation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1998/99</td>
<td>$648</td>
</tr>
<tr>
<td>1999/2000</td>
<td>$658</td>
</tr>
<tr>
<td>2000/01</td>
<td>$675</td>
</tr>
<tr>
<td>2001/02</td>
<td>$693</td>
</tr>
<tr>
<td>2002/03</td>
<td>$1,075</td>
</tr>
<tr>
<td>2003/04</td>
<td>$1,034</td>
</tr>
</tbody>
</table>