
“I n this University of Management in Fairfield the students learn how to make use of the Total Brain. And they will be the administrators of Heaven on Earth.

There is only one university, only one university. Quickly adopt the knowledge that is available in this University in Fairfield and you will really create a country.”

— His Holiness Maharishi Mahesh Yogi,
Global Press Conference

Our Unique Approach to Education

M aharishi 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.ncacine.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.

MAHARISHI UNIVERSITY OF MANAGEMENT IS AN EQUAL OPPORTUNITY INSTITUTION.

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Interest in the University is beginning to surge. New student enrollment is up markedly over last year, and visits to our website have soared to a pace of 2.3 million per year. And the recent tour of East Coast universities by our Trustee David Lynch, along with His Excellency Dr. John Hagelin and Dr. Fred Travis, have stimulated tremendous interest in the Transcendental Meditation program among college students.

We are also continuing to transform our campus, with new roads and the beginning of construction on our beautiful new 50,000-square-foot student center. We extend an open invitation to all our out-of-town friends to come back for a visit. As ever, our highest goal remains building the University to 8,000 Yogic Flying students, to create perpetual peace for our world family.

We offer our most profound thanks to all of you who have supported Maharishi’s great University year after year after year, and we look forward to even greater achievement this coming year.

Jai Guru Dev

Craig Pearson
Executive Vice-President
Heralding *Sat Yuga* at Regal Golden Jubilee Guru Purnima

University Founder, His Holiness Maharishi Mahesh Yogi, hosted a royal Golden Jubilee Guru Purnima celebration in Holland in July. The regal event featured magnificent white tents with chandeliers and red carpet, flower-lined walkways, excellent food, and processional motorcades led by Scottish bagpipers. Maharishi proclaimed that the age of ignorance and suffering, *Kali Yuga*, had come to an end and *Sat Yuga*, an age of “mass enlightenment,” had dawned.

More than 2,000 Governors of the Age of Enlightenment (teachers of the Transcendental Meditation program) traveled to Holland for the celebration. University leaders, faculty, staff, students, and alumni formed a large number of the 750 Americans there.

Guru Purnima has always been a special annual celebration in which gratitude is expressed and gifts offered to the Holy Tradition of Masters who preserved the knowledge that Maharishi now brings to the world. During this very special Guru Purnima, Maharishi explained, he was offering a special gift to his teacher, Guru Dev — the full fifty years of his achievements — the fruits of the very knowledge he received from his Guru Dev. It has been entirely through Guru Dev’s blessings, Maharishi explained, that a golden age is now dawning on earth.

**Reconstruction of the World**

Maharishi’s gifts included his continuing plans for reconstructing the world on all levels to achieve lasting world peace and happiness for all. He urged everyone to live and work in *Vāstu* — “fortune-creating buildings,” constructed using the principles of Maharishi Vedic™ architecture.

And he set in motion the process of rebuilding all the buildings in the world, summoning the heads of some of Europe’s major construction firms to Vlodrop to discuss partnering with the Global Country of World Peace to build “Peace Colonies” — communities of fortune-creating buildings — as well as Peace Palaces, universities, colleges, and schools. Many agreements were signed during the days of the celebration.

Maharishi made clear that “global reconstruction” also means reconstruction of education, health, and agriculture, so as to provide for the health and happiness of all people and peace for the world.

**Extended Practice of the Transcendental Meditation and TM-Sidhi programs**

Another most precious gift from Maharishi provides the opportunity for many people to enjoy a lengthened practice of the Transcendental Meditation and TM-Sidhi programs,
allowing even deeper experience of pure consciousness and more rapid growth to enlightenment. Maharishi explained the longer program was for leaders and emphasized that the whole future of our University lies in everyone doing the longer program.

**Maharishi University of Management an Incubator of Personnel for Peace**

Maharishi inaugurated the Global Country of World Peace in 2000 as the global organization offering the means to achieve perfection in all areas of life. Maharaja Nader Raam was appointed its leader, and so far 22 Rajas, or administrators, have been trained to implement ideal administration worldwide. Maharishi University of Management has provided many of the leaders of the Global Country of World Peace.

University President Dr. Bevan Morris was appointed Prime Minister of the Global Country of World Peace, in recognition of his years of experience in implementing Maharishi’s plans around the world. Dr. Morris has been the University’s President and Chairman of the Board of Trustees since 1980, leading the University in its development of doctoral programs, construction of the Golden Domes, construction of Maharishi School, international expansion, and the reconstruction of the campus according to Maharishi Vedic architecture. Under his dynamic leadership, we now have a model of ideal education that can be replicated around the world.

Faculty member Dr. John Hagelin was appointed Minister of Science and Technology of the Global Country of World Peace. As director of the University’s Institute of Science, Technology and Public Policy, Dr. Hagelin has played a foundational role in bringing to the world the scientific basis for the knowledge that Maharishi has brought out. His Institute has also been instrumental in organizing many of Maharishi’s initiatives in recent years, such as establishing an endowment for peace-creating groups of Yogic Flyers.

**Maharishi University of Management and Maharishi School of the Age of Enlightenment** continue to foster a strong bond with Maharishi’s programs in India, in particular by helping to support financially the many institutions he has established to train Vedic Scholars so that the special knowledge of the Land of the Veda is never lost again. Maharishi currently has 175 groups of 350 young Vedic Scholars each doing Maharishi Yagya performances for peace.

**We are proud to recognize the role of other University leaders and alumni in the Global Country of World Peace:**

**Raja Dr. Robert Wynne**
— Raja of Vedic America
Professor of Management, Trustee, Mayor of Maharishi Vedic City

**Raja Dr. Michael Dillbeck**
— Raja of Chicago
International Vice President, Trustee, Maharishi University of Management

**Raja Dr. Rogers Badgett**
— Raja of Atlanta
Trustee, Maharishi University of Management

**Raja Dr. Tom Stanley**
— Raja of Denver
Trustee, Maharishi University of Management • Former Maharishi International University B.A. and M.A. student

**Raja Dr. Graham de Freitas**
— Raja of Minnesota
M.A., Ph.D., Maharishi University of Management • Former professor of Maharishi Vedic Science

**Raja Dr. John Konhaus**
— Raja of California
M.A., Maharishi University of Management • Former instructor of Maharishi Vedic Science

**Raja Dr. Kingsley Brooks**
— Raja of New England
M.A., Maharishi International University • Former Executive Assistant to the President

**Raja Dr. Howard Chandler**
— Raja with Universal Domain
M.S., Ph.D., Maharishi University of Management

**Raja Dr. Bob LoPinto**
— Raja of Potomac Vedic America
B.A. in Business, Maharishi University of Management
New Study: Live Longer via the Transcendental Meditation technique

A study published in May in a top medical journal showed that the Transcendental Meditation technique reduces death rates by 23%. The news was picked up by hundreds of media outlets worldwide, and included coverage in the New York Times, Guardian Unlimited, WebMD, the Sydney Morning Herald, Pravda, the Boston Globe, ABC News, and Reuters.

“It was historic,” said Robert Roth, who heads the University’s media team. “This was the biggest, most positive press coverage on the health benefits of the Transcendental Meditation technique that we’ve ever had, and it opened wide the discussion of the value of the Transcendental Meditation technique for extending life span — not just reducing stress and high blood pressure.”

Published in the American Journal of Cardiology, the study tracked 202 subjects for up to 18 years who had originally participated in research on the effectiveness of the Transcendental Meditation technique on hypertension compared to several control groups.

Compared to control groups, the group practicing the Transcendental Meditation technique showed a 23% reduction in the rate of death from all causes, a 30% reduction in the rate of death from cardiovascular disease, and a 49% reduction in the rate of death from cancer.

“Research has found the Transcendental Meditation program reduces risk factors in heart disease and other chronic disorders, such as high blood pressure, smoking, psychological stress, stress hormones, harmful cholesterol, and atherosclerosis,” says Robert Schneider, M.D., FACC, principal author of the study and director of the University’s Institute for Natural Medicine and Prevention. “These reductions slow the aging process and promote the long-term reductions in death rates.”

The study was funded, in part, by a grant from the NIH National Center for Complementary and Alternative Medicine. University faculty coauthors of the study included the late Charles Alexander, Ph.D., Maxwell Rainforth, Ph.D., John Salerno, Ph.D., and Sanford Nidich, Ed.D. Other collaborators included Frank Staggers, M.D., of the West Oakland Health Center, Arthur Hartz, M.D., and Stephen Arndt, Ph.D., of the University of Iowa, and Vernon Barnes, Ph.D., of the Medical College of Georgia.

The study originated from the doctoral dissertation of Dr. Barnes.

Senator Harkin Meets with Researchers

United States Senator Tom Harkin visited campus last fall and met with University researchers.

The visit was initiated by Senator Harkin when he was planning a trip to Fairfield to give a talk to a conference. He has long had an interest in alternative medicine and was eager to meet the researchers and to learn about the University’s wellness program.

Senator Harkin is the ranking Democrat on the Senate subcommittee that funds the National Institutes of Health, whose National Center for Complementary and Alternative Medicine has provided some $20 million in funding for research at the University.

After an hour-long meeting in the Dreier Building, Senator Harkin said, “You are all into preventive care — I am very proud of you for what you do.”

Tom Brooks presented the University’s organic farming operation, and Senator Harkin was very impressed that the University grows its own food.

The next day he was given a short tour of Maharishi Vedic City, including The Raj Health Spa and the organic agriculture greenhouses, where he was presented with some fresh vegetables.
Thousands of Students Attend Talks by David Lynch, Dr. Hagelin, and Dr. Travis

This fall thousands of students at top universities attended presentations on Consciousness-Based education by University Trustee David Lynch, an award-winning filmmaker, and faculty members John Hagelin and Fred Travis.

Mr. Lynch has formed the David Lynch Foundation for Consciousness-Based Education and World Peace, which is seeking to raise $7 billion to cover the cost of instruction in the Transcendental Meditation technique for any student who desires to learn. In addition, the foundation will conduct follow-up research to measure the benefits enjoyed by those who take up the practice.

The goal of the presentations, entitled “Consciousness, Creativity, and the Brain,” was to familiarize students with the Transcendental Meditation program and its effects on the brain, the mechanics of creating world peace, and the goal of the foundation to introduce this knowledge to students around the country.

Those who attended were invited to fill out a card requesting information, and thousands did so.

The group presented at top East Coast universities such as Yale and Brown. And in early November they were scheduled to present at West Coast schools such as the University of Southern California and U.C. Berkeley.

Huge crowds — as many as 1,800 — turned up at each of the events and filled the auditoriums, with hundreds being turned away for lack of seating.

During the presentations, Mr. Lynch spoke about the benefits he has realized from practicing the Transcendental Meditation technique for 32 years. Dr. Hagelin, who many of the students knew from his appearance in the movie What the Bleep Do We Know?, spoke about the deep laws of nature revealed by science and the mechanics of creating world peace.

Dr. Travis spoke about the effect of the Transcendental Meditation technique on the brain, and gave a live demonstration of the EEG patterns that occur during the practice.

The tour also included a press conference in New York City entitled “Is Business Bad for Your Brain?” Major media and corporate CEOs attended, and again heard from Mr. Lynch, Dr. Hagelin, and Dr. Travis, as well as University Trustee Bud Liebler, a former senior vice president at Chrysler Corporation. The subject in the EEG demonstration was University Trustee Jeffrey Abramson, a top real estate developer in the Washington, D.C., area.

Mr. Lynch’s foundation recently partnered with other foundations in a $1.2 million grant to study the effects of Transcendental Meditation on brain functioning, academic performance, learning disorders, anxiety, depression, and substance abuse among students.
A new Center for Brain, Consciousness, and Cognition has been established on campus, with all-new, state-of-the-art EEG equipment. Called ActiveTwo and produced in the Netherlands by BioSemi, the new equipment is the only system with “active sensors,” allowing the researchers to record EEG while subjects are moving — including Yogic Flying.

“The new equipment is amazing,” says Fred Travis, director of the Center. “The sensors can be applied in one-eighth of the time it took with the old equipment. Also, this system has 32 rather than 9 EEG sensors, so we get a much better picture of brain functioning.”

The technology is also highly portable, allowing Dr. Travis to take it to his research subjects rather than requiring them to come to campus. Prior to the purchase, Dr. Travis rented the system and took it to Norway for research on Olympic gold medalists. It fit into a carry-on and went with him on the plane. He had the equipment up and ready to begin taking EEG measurements within 15 minutes after arriving.

The research on EEG has culminated in recent years with the identification of distinct brain waves in those reporting experiences of higher consciousness.

Dr. Travis and colleagues have developed a “brain wave signature” characteristic of subjects having experiences of Cosmic Consciousness. This signature includes higher frontal EEG coherence, indicating greater integration of brain functioning; higher alpha and lower gamma power, which indicates that individuals are processing experience more in terms of wholes and less in terms of surface values; and more appropriate brain preparatory responses that match task demands.

For more information on the Center for Brain, Consciousness, and Cognition, visit www.mum.edu/cbcc/
Students to Receive New Brain Integration Report Card

Students now have the opportunity to chart the development of the full potential of their brains via a new “Brain Integration Report Card” that includes the results of EEG measurements of their brain waves, scores on standardized assessments of psychological growth, and evaluation of their subjective reports of inner experience.

“On average, people change careers up to six times, so the information they learn today may be obsolete in seven years,” says professor Fred Travis, director of the EEG lab and originator of the new report card. “The most enduring benefit any university can provide a student is an integrated brain physiology — the basis of the ability to think clearly, maintain broad comprehension, and make the right decisions.”

Maharishi is so inspired by this report card that he wants every school and Maharishi Peace Palace in the world to have it.

The five components of the Brain Integration Report Card include:

1. Brain Integration Scale, a composite of three EEG patterns during tasks that indicate higher brain functioning;
2. Emotional Stability Scale, which measures a student’s level of emotional stability during tasks with varying levels of challenge;
3. Gibbs’ Moral Reasoning Scale, which assesses one’s moral reasoning;
4. Constructive Thinking Inventory, which indicates a person’s success in working with others and the ability to think through situations; and
5. Development of Consciousness, a self-report measure of the frequency of experiences of pure consciousness during practice of the Transcendental Meditation technique, in activity, and during sleep, as well as instances of smoothness and success in daily life.

EEG research at Maharishi University of Management in the U.S. demonstrates that listening to Vedic sounds recited by the Vedic Pandits of India creates highly coherent brain functioning.

Dr. Travis and colleagues have developed a “brain wave signature” characteristic of subjects having experiences of Cosmic Consciousness.

“The most enduring benefit any university can provide a student is an integrated brain physiology — the basis of the ability to think clearly, maintain broad comprehension, and make the right decisions.”

To hear a brief talk by Dr. Travis, visit www.mum.edu/brain/welcome.html
Construction of Student Center Begins

Construction of the new student center—a 50,000-square-foot building with three floors that will house the dining commons, student union, and kitchen—began on Victory Day in October.

The student center will be constructed according to principles of Maharishi Vedic architecture, which will foster greater health, happiness, and clarity among those who use it.

As of late August generous supporters of the University had already given $1.1 million of the $5.5 million budgeted for the new building. Fundraising is still in the initial stages, and the plans have been previewed to only a small number of University supporters so far.

The generous support of the new student center will be of inestimable value to the expansion and success of the University. In appreciation, the University is offering to name this student center, or any of its key rooms and spaces, after supporters, their family, or a loved one. These naming opportunities range from $25,000 for the Visitor’s Gallery to $250,000 for the Grand Banquet Hall to $2 million for the student center as a whole.

It will be located just off Highway 1 on the site of the former Learning Center. The top floor will be for dining, with verandas on three sides for outdoor dining, and with large windows on all sides for views of the campus. The main level will include a 300-seat auditorium/theater, bookstore, café, lounge, student government offices, and exhibition room. The lower level will feature the mail room and student mail boxes, the housing office, and open exercise space.

The student center will take advantage of a number of “green” features to minimize energy consumption and maximize comfort for those inside. These will include passive solar design and solar hot water heating, and an innovative heating system that will recapture the large amount of heat generated by the kitchen equipment and use it to preheat the mechanical system’s incoming fresh air in the winter.

The building will also make use of natural daylight through additional high windows (clerestories) in the larger rooms, with reflective “light shelves” under them — which throw natural light more deeply into the rooms and reduce the amount of artificial light needed.

Plans for Sustainable Living Center

A new Sustainable Living Center being planned for campus was introduced at this year’s Eco-Fair. Features of the first green campus building include passive solar heating, rain
catchment, eco-friendly bathrooms, and construction materials of post and beam and straw bale with earth plaster finish.

Built according to principles of Maharishi Vedic architecture, it will be a living, evolving building where the building itself is an educational tool. Students will be continually adding to, or altering, the building and grounds as well as systematically checking its effectiveness. It will even include removable wall panels so that students can install and test new wall construction materials on an ongoing basis.

Other proposed features of the building include the ability to monitor and record its performance in regard to energy efficiency and sustainability.

**Six New Student Residences Now Occupied**

Six new student houses and a store are the latest additions to campus, as the University moves ahead on the goal of replacing all of the old buildings with new ones designed according to Maharishi Vedic architecture, thereby enhancing the residents’ health, happiness, and well-being.

The “home-style” residences were manufactured in the fall and arrived on campus in December. They each have eight bedrooms with private baths, as well as a kitchen and living room. They are constructed of natural materials and use geothermal technology to conserve energy.

“The new residences are very nice,” said student Richard Andrews. “There’s a feeling of happiness and lightness, and a profound but simple feeling of settledness that I’m enjoying more and more.”
Greenhouse Supplies Campus Food Year Round

Highly nourishing, locally grown vegetables are now offered on campus year round, thanks to the efforts of a small but dedicated crew of staff members and a one-acre greenhouse put into production beginning last fall.

Maharishi University of Management Farms provided food for the dining hall through the winter this year, as well as supplying vegetables for the new Golden Dome Market, which opened in February. And during the summer months, Maharishi University of Management Farms also has 11 acres under cultivation.

Over the year, the operation produced up to 300 pounds of vegetables a day for the dining hall, and 200 pounds per day for the Golden Dome Market. During the summer, if the weather is good, Maharishi University of Management Farms is able to supply almost the entire needs of the campus dining service.

Organic and Vedic
The food is grown according to organic standards, and those overseeing the operation expect to receive organic certification in the coming months. The ultimate goal is to be Maharishi Vedic Organic Agriculture™, which will entail appropriate performances by Vedic Scholars. Until then, the University’s farmers inspire the natural intelligence in the plants by playing Maharishi Gandharva Veda™ music.

Vegetables, Berries, and Fruit
For the dining hall, Maharishi University of Management Farms grows greens, plants in the broccoli/cabbage family, melons, squash, tomatoes, eggplant, peppers, and more. Smaller quantities of a greater variety of vegetables are grown for the Market, including specialty vegetables such as okra and bitter melon.

This spring Maharishi University of Management Farms expanded its fare under cultivation, adding a three-acre orchard and berry farm that includes 150 fruit trees and a half acre each of strawberries, raspberries, and asparagus. The first berries are expected in the spring of 2006. The apple, pear, cherry, and plum trees will take four years to produce. The plants will take two to three years to reach full production.

Edible Flowers and Other Experiments
The farm crew continues to experiment with many varieties of vegetables to determine which are the most hardy and most appropriate for the greenhouse and local growing conditions. They are also trying other lines of produce, such as edible flowers and Asian greens, to see how they grow and how they are received by customers.

For information on Maharishi Vedic Organic Agriculture, see www.mvoa.com
They have tried over 200 items, including about 30 different types of tomatoes and peppers, some of which grow early in the season and some later. Some are hybrids, some are heirloom, with different varieties having different resistances to diseases. The goal is to test many varieties while still providing crops.

Edible flowers made available at the Golden Dome Market included petals of calendula (also known as pot marigold) and borage. Calendula is recommended for rice dishes, salads, and as a coloring for cheese and butter. Borage flowers and young leaves are often used to garnish salads, dips, and cucumber soups.

Maharishi University of Management Farms has also experimented with growing cut flowers.

Golden Dome Market
Golden Dome Market, constructed according to principles of Maharishi Vedic architecture, offers not only fresh produce, but also grocery items, convenience items, snack foods, MAPI products, and gift items. A café, located in the loft area with seating for 40 patrons, opened this fall.

The produce arrives from the fields around 3:00 p.m. every day and is extremely popular. Typically much of it has sold by the next morning. The store is especially busy before and after the group practice of the Transcendental Mediation and TM-Sidhi programs in the Domes in the afternoon.

Customers appreciate the flavor, freshness, and variety, as well as the fact that it’s grown in an environment nourished by Maharishi’s technologies for consciousness.

Full-time University personnel also shop in the store and received a substantial discount on the produce. Maharishi University of Management Farms also provides produce for the co-op that serves University staff members.

Maharishi Vedic Organic Agriculture for the World
Maharishi’s plan to reconstruct the world includes the reconstruction of agriculture. This includes constructing and instituting Maharishi Vedic Organic Agriculture — a proven, highly advanced system of organic agriculture — around the world.

This program of agriculture is key, in that it will help to fund the reconstruction of the buildings in the world and help alleviate poverty. The plan is to put 150 million hectares into organic production. According to the Food and Agriculture Organization of the UNO, there are one billion hectares of unused land with agricultural potential in the world. Generally, countries that are poor have vast unused lands.

It is estimated that the agriculture project will generate $75 billion in profit per year after providing investors with a generous and secure return. Investors are currently being invited to support this project for world peace.

For information on the Maharishi Vedic Organic Agriculture Institute, see www.mvoai.org
Close to 100 faculty from the University and from Maharishi School, along with more than 200 Governors of the Age of Enlightenment from around the country, attended the Governor Recertification and Refresher course at the Vedic Scholar campus in Maharishi Vedic City. Many more Governors in 10 locations around the world, including Canada, England, Holland, Germany, Switzerland, Serbia, and Lebanon, also participated. Course participants in all locations were able to interact with Maharishi through live Internet connections.

Governors learned how to set up Maharishi Enlightenment Centers that will offer all of Maharishi’s programs promoting the development of enlightenment for the individual and invincibility for the nation. These centers will operate in leased facilities such as in malls until funds are raised for the construction of Maharishi Peace Palaces, which will be permanent homes for these programs in every city with over 100,000 people.

During the course, the Governors participated in a ceremony honoring the Tradition of Vedic Masters and ushering in Sat Yuga, a time of perfect peace and harmony and heavenly life on Earth.

“This course has given me a much deeper understanding of Maharishi’s plans to structure Heaven on Earth,” said Cathy Gorini, dean of faculty. She and the other faculty and administrators appreciated the opportunity to stay abreast of these most recent developments, to have daily interaction with Maharishi, and to refresh their ability to teach this timeless knowledge.

More such courses will be offered by the Global Country of World Peace with the goal of training enough Governors to open 3,000 Maharishi Peace Palaces — 2,400 in the United States and 600 in the rest of the world. In addition, Teacher Training courses are being held for Citizen Sidhas to become Governors of the Age of Enlightenment. Later, such courses will be held for Meditators.

For more information about the new Governor Recertification and Refresher course or Teacher Training courses, visit www.vedicamerica.com.
New accounting and science teacher education programs begin

Beginning with computer science, and now expanding to accounting and teaching, the University’s master’s level professional training programs are drawing large numbers of students from around the world. In addition, the management program in China is growing rapidly.

The master’s level professionals programs are especially popular internationally because students are placed in paid internship positions around the U.S. after completing 6 to 10 months of course work on campus. They then complete their degree via distance education. Money earned in their internship positions covers much of the cost of their education.

**Computer Professionals Program**

The Computer Professionals Program continues to bring large numbers of students, with about 110 enrolled on campus as of May and over 200 enrolled via distance education. The students in this program come almost exclusively from other countries, with over half of the current group being from Ethiopia.

Most of those admitted have not only top academic preparation but also substantial professional experience. These students are being placed in top companies in the U.S., including over 20 with Microsoft.

**Teachers Advantage Program**

Based on the success of the Computer Professionals Program, a similar program in the education department began this fall, providing opportunities for math and science educators from abroad to earn a master’s degree and gain teaching experience in the U.S.

Students in the Teachers Advantage Program typically have two or more years of experience teaching math and science. They spend six months on campus studying the structure of American education and the methods of teaching science or mathematics in the U.S., then are placed in teaching positions around the country. Students with a teaching degree but no professional experience will spend over 10 months on campus, including student teaching, and then will be placed in schools.

**Accounting Professionals Program**

Also, a new Accounting Professionals Program began this fall, offering an M.B.A. with emphasis in accounting.

Students, who already have had at least two years of experience in accounting, will spend six months on campus and then complete their degree over a two-year period while working full time in practical training accounting positions with U.S. companies. The focus of the curriculum will be preparation for the exam in Certified Management Accounting, a credential recognized worldwide.

**250 New Students in China**

In addition to the professionals programs at the Fairfield campus of Maharishi University of Management, the undergraduate and graduate programs in management offered in China have also been attracting students, with 250 new students enrolled this fall.

The University collaborates with Capital University of Economics and Business in Beijing to offer a Maharishi University of Management degree, so far primarily in management but also now in computer science. Faculty from the Fairfield campus travel to China to teach along with Chinese faculty and teaching assistants. Chinese teachers are being trained to teach Consciousness-Based education, and will be playing an increasing role.
Maharishi’s address to the class of 2005 at Maharishi University of Management on June 25, 2005:

“Jai Guru Dev. It gives a great satisfaction to see unity walking in and out of the University, which was established so many years ago. And now the walking out of the unity from this University is going to establish unity all over the world.

“These are the days International University of World Peace is being created. And these expressions of unified wholeness of Total Knowledge will be the radiating stars which will teach in all these universities. Wherever they are, they will be wholeness of life, unified, shining in their own eternal peace of life.

“This is the time. All these years, as I said, the unity lively in the world has created a Government of Peace on Earth — a Unified Field of administering all diversity in perfect order. This day has come. It comes as quite a satisfaction of the purpose of establishing this University thirty years ago.

“Very good. University has done well. And the teachers of this University, and the students of this University, have created a beautiful, a beautiful, a beautiful mosaic of differences in the world. The establishment of the Capitals of Global Administration — the Capitals of Administration of World Peace — is something we feel we have done well.

“Our University students: wherever they are, they shine as stars in space. And this tradition of the University creating lighted stars all over — here, there, everywhere — great satisfaction. It’s a great satisfaction to the tradition of this knowledge, the Vedic knowledge. It’s a great satisfaction to the masters of our tradition. And we bow down to this great, eternal tradition of Guru Dev, Brahmmananda Saraswati. Guru Dev, Brahmmananda Saraswati, vijayate.”

University Founder Addresses 2005 Commencement Ceremonies

This year’s graduation ceremony culminated with an address by the University’s Founder, His Holiness Maharishi Mahesh Yogi, via video conference. Maharishi gave his blessings to the graduates, to the faculty, and to the whole gathering.

Maharishi spoke movingly of the rise of unity in the graduates and their teachers, and his kind and appreciative words show that this unity has brought him satisfaction and fulfillment.

“University President Dr. Bevan Morris said that Maharishi’s words are a “very high tribute from the greatest Vedic sage of the ages to his graduates and his University, and they move the heart so deeply.”

Alek and Benek Lisefski were covaledictorians for the class of 2005.
Maharishi University of Management
Graduation 2005 Awards Ceremony

Each year the academic departments recognize their outstanding graduates in a ceremony held the evening before commencement. Some of their comments upon receiving the award are excerpted below.

Nitin Shetty
M.S. in Computer Science

“I would like to thank this University and every staff member working here for changing my understanding about life overall. Before I came here my view of life was totally materialistic, going out for fast cars. Someone owning a jet plane was my model.

“When I joined this University, I realized that it’s not just the money. There is something more: that the highest state of consciousness is necessary for success in life.

“And I could see the living example of this here in the form of our professors and staff. They taught me simple living and high thinking. They serve here with a purpose. That is something really interesting for me, and it’s going to go along with me all through my life.

“This University is much ahead of its time. Today the world is waking up to the benefits of daily routine, meditation, asanas, and Stīpātaya Veda design, and this campus provides an ideal environment to practice all this.

When you see the benefits, you start believing it. And when you go out of this University, that’s what motivates you to follow this daily routine and what you learned at this University.”

Jenoa Cohn
Master of Business Administration

“I used to be a success in the very traditional sense of the term: that you work very, very hard and then you make lots of money. And at M.U.M. I’ve been given such an inspiring new vision of success: to create my own framework infused with values of social and environmental responsibility and the desire to leave the world a better place as a result of my actions.

“Most importantly, I have come away from M.U.M. a happier and healthier person, so much more established in my Self. And this is something that no words could possibly express — how grateful I am to Maharishi and Guru Dev and the Holy Tradition for bringing out this knowledge which has been such a guiding light in my life.

“With this my desire is to return to my community and to give back all the love and compassion and inspiration and everything that I’ve gotten from M.U.M. And it’s my great joy to be returning and working with my mom setting up an Age of Enlightenment Center in Phoenix.”

Troy Hankonen
M.A. in Education

“My professors have given me tools of action such that I am able to transfer knowledge, deep knowledge that will take every student to the experience of their highest selves. I could not imagine studying anywhere else. I’d like to appreciate greatly all my teachers because they have been strong role models.”

Maria Chookolingo
B.A. in Management

“What I found most rewarding at this University were all the relationships I developed, not only in my department but everywhere with everyone. It was just so wonderful. Maharishi says something like, the world is glamorous but the spirit is glorious. And I just have to thank everyone for making me live a life full of glory.”
Research Studies
Brain’s Response to Vedic Sounds

A new phase of brain research was inaugurated this summer by Maharishi when he invited faculty members Fred Travis and Alarik Arenander to begin studying the brain’s response when individuals listen to recitation of the Vedic sounds.

The researchers have hypothesized that the Vedic Literature doesn’t simply consist of stories, but rather is a specific pattern of sounds that create a specific effect on the brain.

They are using the latest EEG system which allows them to quickly apply 32 sensors that more globally identify EEG patterns as individuals listen to recitation of the Vedic sounds.

The EEG patterns of 12 subjects have been recorded, and Dr. Travis and Dr. Arenander are now analyzing the data and are finding some interesting patterns emerging.

Their next step is to use other, more sophisticated analyses of the patterns, such as phase synchrony and multiple discrete analysis.

Study Shows Repair of Heart Damage

A study presented by faculty researcher John Salerno at the International Conference for Hypertension in Blacks showed that people who have seriously enlarged hearts as a result of heart disease can reverse some of the damage by practicing the Transcendental Meditation technique. The research studied 102 African-American men and women with a heart condition known as elevated left ventricular mass.

This research was done as a collaboration between the Maharishi University of Management research team led by Dr. Robert Schneider and Drew Medical University in Los Angeles and was supported by a $2 million grant from the National Institutes of Health National Heart, Lung and Blood Institute.

Grant Funds Study of Peak Performance

Professor Fred Travis and adjunct professor Harald Harung received a grant to study peak performance. They are conducting EEG and other research on world-class performers, about half of them athletes, to determine whether their extraordinary success is correlated with experiences of higher states of consciousness.

The grant is funded by Bergen University in Oslo, Norway, where Dr. Harung is an associate professor of management. The study is focusing on about 30 individuals.

Dr. Nidich Speaks on Enlightenment at Conference

Sanford Nidich, professor and associate director of the University’s Institute for Natural Medicine and Prevention, was invited to be a featured speaker at the annual O.C. Tanner conference on religion, spirituality, and culture. He spoke about Maharishi Vedic Science™ and discussed how Total Natural Law and higher states of consciousness experienced through the Transcendental Meditation and TM-Sidhi programs bring fulfillment to the fields of health, education, and world peace.

Dr. Nidich’s talk covered subjective experience of higher states of consciousness, examples of major religions expressing these higher realities of life, the understanding of the Unified Field of Natural Law from the perspective of modern theoretical physics, and research on brain functioning.

New Book on Solution to Terrorism

A new book now available in bookstores explains how Maharishi’s Vedic defense technologies, such as the group practice of the Transcendental Meditation and TM-Sidhi programs, can solve the problem of terrorism.

Coauthored by Robert Keith Wal-
lace, chairman of the Department of Physiology and Health at Maharishi University of Management, and Jay Marcus, a Fairfield attorney, this very readable book is titled *Victory Before War: Preventing Terrorism through the Vedic Peace Technologies of His Holiness Maharishi Mahesh Yogi*.

The foreword was written by Dr. John Hagelin, director of the University’s Institute of Science, Technology and Public Policy, and the afterword was written by University President Dr. Bevan Morris.


### 20 Research Studies Published by Journal

A special issue of the *Journal of Social Behavior and Personality* dedicated to the late Charles Alexander includes 20 studies on the application of Maharishi Vedic Science in fields such as psychology, health and aging, management, public policy, and collective consciousness and peace studies.

#### Effects of Group Practice on Fairfield Residents

One of the most striking studies reports fluctuations in hormone levels of residents of Fairfield not practicing the Transcendental Meditation technique corresponding to changes in the size of the group practicing the Transcendental Meditation and TM-Sidhi programs in the Domes.

Researchers Ken Walton, Ken Cavanaugh, and Nirmal Pugh studied the levels of cortisol (a hormone associated with stress) and serotonin (a hormone associated with mental well-being) over a 90-day period in six subjects. They found that increasing the number of Yogic Flyers in the Domes correlated with a decrease in cortisol and an increase in serotonin. The statistical method of time series analysis suggested a causal effect.

#### South Entrances, North-Facing Beds

In one of two studies on the topic of Maharishi Sthāpatya Veda design, a team of researchers led by Fred Travis found that homes with a south entrance had 75 percent more burglaries than homes with other orientations.

A second study looked at whether the orientation of one’s bed can affect health and well-being and showed that individuals sleeping with their heads pointing north had significantly lower scores on the Mental Health Inventory compared to those who slept in other directions.

In addition, those with south entrances had significantly poorer overall scores on the standardized Mental Health Inventory and more financial problems than individuals with north, northeast, or east entrances.

### Cognitive Development in Children

Three studies in the issue show that children between the ages of five and ten who learn the Word of Wisdom technique speed up their passage through the classic stages of cognitive development defined by Jean Piaget.

In addition, two of the studies show that children who meditate also demonstrate greater analytic ability, conceptual maturity, and sustained attention, as well as marked increases in general intelligence as measured by standardized tests.

### Personal Development in Alumni

A longitudinal study by Raja Howard Chancellor, Charles Alexander, and Dennis Heaton showed that alumni of Maharishi University of Management continued personal development for at least ten years after graduation while comparison groups of alumni from other colleges over the same period either regressed on the measures or showed no development.

The research used standard measures of personal development including assessments of ego development and principled moral reasoning.

**Available from Maharishi University of Management Press**


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For more information about Maharishi University of Management faculty, visit www.mum.edu/admin/faculty
School Wins
All-State Banner for Radio Broadcasting

Maharishi School students again were among the best at the Iowa High School Speech Association All-State Festival, winning the Critic’s Choice Banner in the new category of Radio Broadcasting.

The Critic’s Choice Banner is the highest accolade possible in the competition, and this is the fourteenth such banner to be awarded to Maharishi School — more than any other school in the state.

Freshmen Nathaniel Alexander, David Fulcher, and Lanie Goldstein wrote and performed the required international, national, and state news, weather, and sports, a special feature, and an original commercial.

Jason Parkin of KCCI Channel 8 in Des Moines, the judge in the competition, said that the winning broadcast was what he had “been waiting for all day. These students blew me away.”

Lanie Goldstein, Nathaniel Alexander, and David Fulcher won a top award at the state speech competition.

For more information on Maharishi School, visit www.maharishischooliowa.org

Maharishi School Tops the World in Creativity Competition

The extraordinary success of Maharishi School students in competitions again demonstrates in an outward way the effectiveness of inner development through Consciousness-Based education. This was most evident in an international creativity competition, in which the students achieved stunning results.

In the Destination ImagiNation world competition held in Knoxville, Tennessee, Maharishi School students won more first- and second-place awards than any other school in the world.

Destination ImagiNation is an international creative-problem-solving program that develops cooperative teamwork and critical thinking, as well as building technical and performance skills. The participants come up with ingenious and often wildly entertaining solutions to complex challenges. There are five separate problem challenges for each of three levels of education: elementary, middle, and secondary.

In describing the unusual creativity of the Maharishi School team winning the Renaissance Award, the judges said, “This team took the challenge of designing a technical ‘modement’ to make sound above and beyond. A motorized corkscrew rotated three dowels, each connected to separate disks that used a piston-style configuration to convert angular momentum into linear movement. This motion was used to rotate three dimmers up and down. This created a warbling sound from a radio. Now, if you can understand any of that, you can understand why this team should win this award. And we won’t even tell you about the suspension cage!”
Student Wins Top Science Awards

Parsha Hobbs won the Discovery Young Scientist Challenge award, first place in the Junior Biological Division, and the Junior Division Championship for her project, “The Effect of Lavender and Chamomile Essential Oil Blend on Sleep,” at the Eastern Iowa Science and Engineering Fair. Eight other Maharishi School students also won awards.

Picture above: Middle School science teacher Mary Tarnoff (left) with Mollie Cutler, Parsha Hobbs, and Leya Alderfer (front row), and Mira Moore and Maria Aalto (back row).

School Tennis Teams Compete at State

Maharishi School tennis players had yet another solid year, with both the girls and the boys competing at the state tournament in both individual and team competitions, with several third-place finishes.

In the state team competition, the girls were among the final four for the second year in a row, again finishing in third place.

In the individual competition, the doubles team of seniors Melodia and Coral Morales advanced to the state semifinals, losing a tough match to the eventual champion and then winning their final match to secure third place.

Sophomore Avery Gibson, who played in the number one spot for the team this season, qualified for the state singles competition and earned fifth place. Also competing for the girls in the state team competition were Tasha Blitz, Dariana Travis, and Deborah Swartz.

The boys team not only earned a spot in the final four of the state team competition, but for the first time ever, had all six players qualify for the individual competition.

The boys earned third place in the team competition. In the individual competition, senior Jeremy Jones finished seventh in the singles competition. In the doubles, sophomores Cooper Rose and Mehul Kar also finished seventh. Also qualifying for state were junior Dhruv Kar, sophomore Devon Jarvis, and freshman Owen Blake.

Girls Basketball Team Wins District Championship

The girls basketball team enjoyed another outstanding season this year, ending with a record of 20-5 and winning the district championship. They nearly made it to the state tournament, losing the regional final 57-53 after leading much of the game.

Leading the charge was junior Sofia Iwobi, who led the team in nearly every category: scoring, rebounds, assists, steals, and blocked shots. Ms. Iwobi averaged 18 points, 13 rebounds, and 5 steals per game and was named to the second team all-state, as well as to first team all-conference and to the all-district team. She was also named Basketball Player of the Year by the Ottumwa Courier.

For more on Maharishi School student achievements, visit www.maharishischooliowa.org/aboutSchool/achievements.htm
Invest in the Future of Maharishi University of Management

Many of us own stock these days. Owning stock is an investment in the future of a particular company, but it might be used to make an investment in the future of our world family by supporting Maharishi University of Management, the first Consciousness-Based institution of higher education in the world.

Why give stock instead of cash? TAXES!
A gift of appreciated stock to the university eliminates the capital gains tax on the appreciated value of the stock and may also reduce your income tax. If you sell your stock and donate the funds to the University, you will pay capital gains tax on the difference between the purchase price and the sale price.

However, donating the stock creates a win-win-win situation:
1. You receive an income tax deduction for the full current market value of the stock.
2. You pay no capital gains tax.
3. The University benefits from the current market value of the stock and the total cost of the gift for you will be less than if you gave cash.

Retirement on the horizon?
If you have lots of highly appreciated, low-yielding stock and retirement is on the horizon, you may have a problem. If you sell the stock and put your money in a higher-yield investment, you will have to pay a hefty capital gains tax on the appreciation and will therefore have less to invest.

What can you do? Can a charitable gift be the answer?
If you establish a Charitable Remainder Unitrust or Annuity Trust with the University as the beneficiary, the trust can sell the stock with no capital gains consequences, reinvest in a more profitable stock or fund, and distribute an income stream to you for the rest of your life.

A gift of appreciated stock to the University eliminates the capital gains tax on the appreciated value of the stock and may also reduce your income tax.

What have you accomplished?
You have made a magnificent and generous gift to the University for which you can take a charitable income tax deduction. The tax savings from this deduction combined with the savings on capital gains taxes you didn’t have to pay, because the trust sold the stock, will provide benefits during the current tax year. In addition, you will earn an income stream for life.

If you are interested in tailoring these ideas to fit your specific needs, please feel free to contact us. We are happy to correspond by e-mail or letter or talk with you or your financial advisors.

Please contact Vicki Alexander, Director of Planned Giving, at 641-472-1180 or valexand@mum.edu.

For more information on donation options, visit mum.edu/donations

Other Ways to Give

New Construction—Help build a new building by contributing annually toward the University’s loan payments—an easy way to make an enormous contribution toward rebuilding the campus.

Lead Trust—Give assets to the University for a period of years through a charitable lead trust and receive a tax deduction.

Annual Fund—Make a gift to the Annual Fund by check, credit card, or automatic monthly charge to your credit card, debit card, or bank account.

Life Insurance—This is an excellent way for a young donor to make a major future gift to a charity. All premium payments to a life insurance policy where a nonprofit is the beneficiary are tax deductible, and if one donates a paid-up policy to a nonprofit organization, all the premium payments that have been made to purchase the policy are deductible at the time the gift is made.

Special 2005 Tax Ruling
An individual may deduct charitable contributions of cash made between Aug. 28 and Dec. 31, 2005 in an amount up to 100 percent of the individual’s adjusted gross income for the year. Under normal rules, the annual deduction is limited to 50 percent of adjusted gross income. This does not apply to gifts of stock.

For details, please call the Development Office at (641) 472-1180.
Why We Need Your Support

Your support is vital. In the past year, we received over $3 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 79% 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 endowment we do not yet have.

You are part of this same team, along with our many other dedicated donors. Working together, we offer something critically needed today.

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

ACADEMICS

Maintaining the Highest Quality Academic Instruction

About 11% of our budget funds all academic activities, including:

- Academic programs — We offer 3 Ph.D. programs, 8 master’s degree programs, 10 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 Professionals 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 13% 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.
Operating revenues do not include research grants and restricted donations.

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

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### Average Donation per Donor

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Come for a Visit

 Visitors Weekends
These weekends are designed especially for prospective students and their parents — but are open to anyone who wants to sample life at the University.
- December 2–5, 2005
- January 13–16, 2006
- February 17–20, 2006
- March 3–6, 2006
- April 21–24, 2006
- May 5–8, 2006
- June 2–5, 2006
- July 7–10, 2006

Free lodging and meals for high school and college students.

 Residence Courses
A weekend of extra meditation for those who practice the Transcendental Meditation technique.
- March 17–19, 2006
- May 5–7, 2006
- June 2–4, 2006

 World Peace Assemblies
Extended practice of the Transcendental Meditation and TM-Sidhi programs.
- December 27–January 2, 2006
- February 16–18, 2006
- March 17–19, 2006
- April 1–9, 2006
- May 5–7, 2006
- June 2–4, 2006
- July 17–24, 2006

 Super Radiance Program and Creating Coherence Program
Come and enjoy doing your program in a large group in the Golden Domes of Pure Knowledge.

Applications for World Peace Assemblies, Super Radiance, and Creating Coherence need to be made in advance by phone. Please call 641-472-1212. Hours: 11 a.m.–noon and 1:30 to 4 p.m. Monday through Saturday. Please do not begin traveling before being accepted to Super Radiance or CCP.

Contact our Office of Admissions at 800-369-6480, or 641-472-1110 Monday–Friday 10 a.m.–4 p.m. Central Time (closed during lunch hour), or e-mail: admissions@mum.edu.