HONORING OUR FOUNDER

His Holiness
Maharishi Mahesh Yogi
Founder of
Maharishi University of Management
Message from the President and Executive Vice-President

Our University was born in the Unity Consciousness of His Holiness Maharishi Mahesh Yogi, the great Vedic sage of India, who revived in one generation the total Vedic wisdom, including all its technologies of consciousness, and applied them throughout the world, changing the very nature of time.

He no longer is amongst us on this earth, yet he is omnipresent in the knowledge he gave, and in the enlightened educators he trained.

He founded Consciousness-Based education, which develops the total brain functioning of the children, and makes their enlightened awareness the source of invincibility for every nation in the world.

Thanks to Maharishi, we now have everything to enrich education through all future generations of the world: Total Knowledge of the Laws of Nature, discovered embedded in the Self of everyone; Transcendental Meditation, and its advanced techniques, including the Transcendental Meditation-Sidhi program and Yogic Flying; techniques to teach all fields of knowledge sequentially emerging from and converging into the Unified Field; knowledge and experience of the seven states of consciousness; fortune-creating buildings; pure, organic food; the power of Vedic sound from the field of Transcendental Consciousness to transform life; enlightenment-based education as the means to the perpetual peace of the world; and so much more.

Maharishi gave a beautiful farewell message on January 11th of this year that will always stir the heart so much of all of us at Maharishi University of Management and Maharishi School of the Age of Enlightenment, and we want to record it in our University Report in this unforgettable year.

"Jai Guru Dev. I am grateful for this warm send-off of Invincibility to the whole world for all times. It has been my pleasure at the feet of Guru Dev, to take the light of Guru Dev and pass it on in my environment. Now today, I am closing my designed duty to Guru Dev. And I can only say, 'Live long the world in peace, happiness, prosperity, and freedom from suffering.'

"Today, this farewell marks the establishment of Invincibility for all mankind under the capable silent rulership of Maharaja Raja Raam and under the capable guidance of all the Ministers and all the glorified minds in terms of all dignity, the light in Invincibility for every country.

"And this is my satisfaction, and I offer this to the lotus feet of Shri Guru Dev. Jai Guru Dev.

"Prime Minister, offer my everything to the blessings of Guru Dev and continue with the world in peace, prosperity, and happiness. This formation of Trust, of Brahmamand Saraswati Trust [Endowment Fund for global invincibility], is going to be a glory for all the future of life on earth, on the individual level and on the national level. All Glory to Guru Dev. Jai Guru Dev. Jai Guru Dev.

"Express my delight for all the millennium to come that the world is going to be a happy world. All Glory to Guru Dev.

"Brahmanand Saraswati Trust is going to take the lighted lamp every morning and every night that is going to come. The future of the world is bright, and that is my delight. Jai Guru Dev."

Maharishi University of Management and Maharishi School of the Age of Enlightenment will do justice to the knowledge that Maharishi gave to us, and ensure that no child will ever lack for the experience and understanding of the Self, and everyone will live totality in Unity Consciousness, and the world will live long in peace, happiness, prosperity, and freedom from suffering.

Jai Guru Dev

Dr. Bevan Morris

Dr. Craig Pearson
Argiro Student Center Opens

The long-anticipated grand opening for the Argiro Student Center took place on February 1 with ceremony and a deep appreciation for the generous contribution of Trustee Dr. Vincent Argiro and of Dr. Maggie Argiro.

Designed by architect Jonathan Lipman, the $7.5-million, 50,000-square-foot Student Center features two dining halls, banquet room, café, lounge, 350-seat auditorium, store, mailroom, offices for student-related activities, a state-of-the-art kitchen, recreation room, classroom, and an exercise and dance studio.

The building is constructed according to principles of Maharishi VedicSM architecture, which supports the health, well-being, clarity, and success of the occupants. In addition, the Argiro Student Center also incorporates a range of environmentally friendly features that qualify it for LEED certification, including use of daylighting, a heat exchange, nontoxic materials, extra efficient insulation, and planned rainwater catchment and wind generator.

Vincent and Maggie Argiro

Dr. Vincent Argiro received his B.A. degree at Yale and his Ph.D. in neural sciences from Washington University. He joined Maharishi University of Management faculty in 1986 to teach neuroscience, cell biology, and developmental biology and to do research.

Under federal and state grants, Dr. Argiro developed 3D imaging software to facilitate research on brain development. He founded Vital Images, Inc., in 1988 and eventually shifted his full-time focus to the company, retiring in 2006.

The company is now public (NASDAQ:VITAL), employs over 300 people, and is a major supplier of 3D visualization and analysis software to the medical industry, including use in conjunction with CT, MR, and PET image data, for diagnosis and treatment planning. In 2005, he won an Ernst & Young Entrepreneur of the Year award.

Dr. Maggie Argiro earned her M.A. in Professional Writing at Maharishi University of Management and worked for Vital Images for a number of years as director of marketing communications. She returned as part-time faculty here, teaching professional writing.

In 2002, she attended the Enlightenment Conference, and in 2005, the Governor Recertification Course, earning a Doctorate of World Peace.

Maharishi Peace Palaces Open

Two Maharishi Peace Palaces on the west side of campus opened in April. The two 12,000-square-foot buildings, one for men and one for ladies, offer a range of services to the community, including instruction in the Transcendental Meditation® technique, Residence Courses, a day clinic for Maharishi RejuvenationSM treatments, and advanced techniques. Each building has eight guest rooms that are being used for Residence Courses and housing for Invincible America Assembly participants.

For more information and a photo gallery, see www.mum.edu/campus/student_center.html
The Vedic Pandits began arriving in the fall of 2006, initially staying on the M.U.M. campus as facilities in Maharishi Vedic City were prepared for them, and as construction of new facilities was begun. By 2007, facilities for 400 Pandits had been built. And in late summer, the 660-person, 96,000-square-foot campus expansion was completed and the remaining Vedic Pandits arrived.

Also during this time the Vedic Pandits on the M.U.M. campus moved to their new housing in Maharishi Vedic City, freeing 200 rooms for additional students and Invincible America Assembly participants.

With the full complement of Vedic Pandits in the community, the daily Super Radiance numbers rose to around 2,200.

This rapid expansion of the Vedic Pandit campus was made possible by donations and loans from many generous people.

**Square Root of 1% Creates Coherence**

Scientific research shows that large groups such as the Assembly help create peace. Group practice of the Transcendental Meditation and TM-Sidhi® programs, including Yogi Flying®, fosters harmony in society and reduces crime, war, and other negative tendencies. The size of the group needs to exceed the square root of one percent of the population of a given area. That figure for the United States is 1,743.

**More Construction Planned for Vedic Pandit Campus**

As the recent expansion was being completed, Raja Robert Wynne, mayor of Maharishi Vedic City, announced the next goal: construction of a large Mandap building in which all the Vedic Pandits could gather to perform certain Maharishi Vedic Technologies of Peace. This hall would also accommodate visitors. Surrounding the hall would be several smaller Mandaps for different Vedic performances. The cost of the large Mandap building is $1 million, the smaller Mandaps $100,000 each. For more information and to contribute, visit us online at www.maharishivediccity.net/contribute.

**Summer Assembly and Guru Purnima Celebration**

The Super Radiance numbers in the Golden Domes in the summer of 2008 were maintained at a high level despite the departure of the students, in part because of the arrival of Vedic Pandits, but also due to the arrival of hundreds of people to participate in a festive, month-long assembly.

A highlight of the assembly was the celebration of Guru Purnima, on July 18, a traditional day in the Vedic tradition to acknowledge those who maintained the Vedic knowledge across the millennia. A group of 121 Vedic Pandits came to the Maharishi Patanjali Golden Dome and performed Maharishi Vedic Technologies before a large audience.

For an aerial view of the pandit campus, see [www.globalcountryofworldpeace.org/video/aerial_view_of_campus.html](http://www.globalcountryofworldpeace.org/video/aerial_view_of_campus.html)
University Enrollment Sets Records

Enrollment at Maharishi University of Management continues to surge, setting new records in the 2007/2008 academic year. The number of students hit a peak of more than 1,200 students in May, including those finishing their degrees via distance education and students enrolled in China.

The M.S. in Computer Science is the largest academic program, with 633 students as of May 2008. The Accounting Professionals program is the second largest, with 167 students.

The trend has continued in the fall of 2008, with 203 new students enrolling — 114 undergraduate students and 89 graduate. This represents a 37% increase in new students compared to a year ago and a 44% increase in new undergraduates.

As of early November, there were 1,241 students enrolled, including 89 new students who arrived in October for the Computer Professionals Program. Students in this program come from around the world, with the recent arrivals hailing from Cambodia, Cameroon, Colombia, Egypt, Eritrea, Ethiopia, India, Indonesia, Moldova, Nepal, The Philippines, Serbia, Sri Lanka, Ukraine, and Vietnam.

Total enrollment has now exceeded the record set in May and has doubled over the last three years and tripled since 2000.

Lynch Foundation Donates $1 Million to Boost Enrollment

The University’s efforts to increase enrollment got a boost when the David Lynch Foundation for Consciousness-Based Education and World Peace announced a plan to provide $1 million in scholarships for students to learn the Transcendental Meditation technique and attend the University.

This year’s David Lynch Weekend offered attendees who applied for admission the opportunity to receive a scholarship to learn the Transcendental Meditation technique, with 58 taking advantage of the offer.

Lynch Foundation Funds Meditation in Schools

In addition, the David Lynch Foundation is funding teaching the Transcendental Meditation technique at a number of public and private schools in the United States and worldwide, eventually offering a large pool of prospective students for Maharishi University of Management. Tens of thousands of students worldwide have received scholarships to learn the technique and are practicing it twice daily in school during a regularly scheduled quiet time.

DavidLynchFoundation.tv

Being Launched

To foster the increasing interest in the Transcendental Meditation technique, the DavidLynchFoundation.tv website is being launched in the fall of 2008 to produce documentaries that showcase the effects of the Transcendental Meditation program in the lives of students, artists, and others.

A group of our 2008 graduates, including those who have won awards for their videos, have been hired to create the films.

The launch of this website will coincide with the theatrical release of Dr. Lynch’s new film, tentatively titled Catching the Big Fish: The Documentary, about his tour of Europe and Israel in the fall of 2007. During this tour, he spoke to large audiences and government officials about the Transcendental Meditation technique, consciousness, and creativity.
University Announces Plan to Offer M.D. Degree

The University Board of Trustees has approved a plan to establish the M.U.M. College of Perfect Health, which will offer a medical degree with specialization in integrative medicine starting in 2010 or 2011.

This will be the first medical school in the world to train physicians both in the best practices of modern medicine and the best knowledge and practices of prevention-oriented natural medicine.

**An Integrated Approach**

Integrative medical training will include complete training in modern medicine along with thorough training in Maharishi Ayur-Veda™ and a working knowledge of other major systems of traditional and natural medicine.

A premed undergraduate major will start in spring semester 2009 and will prepare students to apply to either the M.U.M. College of Perfect Health or any medical college or naturopathic medical college in the U.S. or Canada.

**Gaining Accreditation**

Robert Schneider, M.D., F.A.C.C., dean of the new college, is leading a core group of faculty, staff, and consultants in applying for accreditation for the college to the Liaison Committee of Medical Education, which is the nationally recognized accrediting authority for U.S. and Canadian schools offering the M.D. degree.

Curriculum development entailed many years of preparation by the Ministry of Health of the Global Country of World Peace under the direction of Maharishi Mahesh Yogi. The curriculum is being further elaborated to comply with L.C.M.E. requirements. The first phase of teaching facilities are already available at Headley Hall in Maharishi Vedic City.

At the time of submitting the accreditation application, the program must be ready for student intake, including core faculty, first-year curriculum and lesson plans, laboratories, classrooms, an expanded library, and arrangements for student clinical training in hospitals. This is expected to take 18 months to organize with another six months needed for L.C.M.E. evaluation and a site visit.

**Large Demand Expected**

The program is unique in offering comprehensive integrative medical training. The University expects great interest in the degree because of this uniqueness and because there is a shortage of doctors in the United States and not enough places in current medical schools to fill the need.

Fundraising has begun, with the goal of raising approximately $3 million to cover startup and the first two years of operation. Because of high interest in this type of medical education and treatment, financial self-sufficiency through tuition and other income is expected after the first few years.

**Plans for Building a Teaching Hospital Here**

The M.U.M. College of Perfect Health plans to collaborate with clinical partners — hospitals and medical centers — in the U.S. and around the world, including India, where students can rotate for their clinical training. The long-term goal will be to build the University’s own teaching hospital, the Maharishi Health Center, the first in the world to utilize the most advanced diagnostic and treatment modalities of modern medicine and the full range of available side-effect-free, scientifically verified methods of natural medicine.

For more information on the College of Perfect Health, see www.iowasource.com/health/2008_10_med.html
**Grant to Fund Research on Algae for Biofuel**

Maharishi University of Management Research Institute received approval in principle from the Iowa Power Fund for a grant to fund research on making biodiesel fuel from algae. The board voted to proceed with the grant subject to a technical review, negotiation on payments, and contract.

The grant will support a quarter-acre greenhouse for the algae as a test site. The bodies of algae are about 50% oil, which can be refined into biofuel. Research elsewhere has mostly been limited to laboratory scale, so the current research will explore the possibility of industrial production and whether it can be cost effective. The research will focus on extraction of oils and other useful products using enzymes.

Algae has the advantage that it’s easily grown, uses light to produce energy for the plant, and uses carbon dioxide from the atmosphere, producing oxygen as a byproduct.

M.U.M. Research Institute is partnering with Valcent, a Texas-based company that has already developed a bioreactor to produce algae. Also partnering with the research institute is Biomed, Inc., of Missouri, which has a 25-year history of enzymatic extraction from algae and will be heading up the extraction research.

Sustainable Living professor Jimmy Sinton wrote the grant proposal and will be directing the bioreactor project.

Valcent has already run trials for three months that confirmed a yield of 30,000 gallons of biofuel per acre per year in Texas. They estimate that full-scale production in the desert areas of the Southwest could produce as much as 100,000 gallons per acre per year once all the details are worked out. In contrast, an acre of soybeans or corn grown for fuel produces from 30–200 gallons. Moreover, algae can be grown on land that cannot otherwise be used to grow food.

Though Mr. Sinton does not expect to achieve such high levels in the Iowa climate, he hopes to compensate for the lower yield by producing ethanol from the carbohydrates and high grade hydrolyzed protein for human consumption.

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**Donations Support Construction of “Ultimate Green Building”**

Donations totaling some $800,000 by alum Dr. Steve Guich and by Eric and Mary Sue Schwartz, founders of Cambridge Investment Group, have made it possible to begin construction of the $2 million, 7,000-square-foot Sustainable Living Center, the most revolutionary green building ever constructed.

Located north of the Library, the building will house the Sustainable Living Program, including classrooms, a research lab, greenhouse, a recycling center, a metal and wood workshop, kitchen, and offices.

Construction began in October 2008 and is expected to be completed in late fall 2009. News of this remarkable building received national media coverage, with Forbes, the Chicago Tribune, and others referring to it as “the ultimate green building.”

Features of the off-the-grid Sustainable Living Center include:

- **Extensive use of daylighting** — A unique architecture will capture sunlight and direct it throughout the building to provide all of the lighting for about three quarters of the day.
- **Solar panels and wind turbine** — Electrical power will come from photovoltaic panels and a wind generator. A generator fueled by student-manufactured biofuel will provide backup energy.
- **Natural cooling system** — Night air will be used to cool the thermal mass walls, which then hold the cool temperature and radiate it during the day. Also, the building will absorb...
very little heat because of these walls and Vedic verandas on the east and west. Cooling will also be provided by geothermal tubing.

- **Natural heating system** — The building will use radiant in-floor heat supplied by solar water-heating panels, with a biofuel-powered generator as a backup. In addition, heat will be conserved by insulation as well as heat storage in the thermal mass walls. Also, the building will recapture the heat from the ventilation system rather than exhausting it.

- **Use of rainwater** — A rainwater catchment system will collect 90% of the rainwater on the roof and route it into a cistern for nonpotable uses. The remaining 10% will be routed into a UV treatment system for consumption.

- **Treatment of wastewater** — Wastewater will be treated by a leech field, in which bacteria digest the matter, and then a green-plant mediated living system in the greenhouse will be used to remove the excess nitrogen.

- **Earth block construction** — The building will be constructed from earth blocks made by the Sustainable Living students using a mixture of compressed clay and sand.

  The building’s features will qualify it to receive the highest level of certification from LEED (Leadership in Energy and Environmental Design). It will also comply with the healthy-building principles of Bau-Biologie. And the aim is to meet the Cascadia "Living Building Challenge" — and it may be the first building ever to reach this benchmark.

  Most importantly, construction will be in accord with Maharishi Vedic architecture, which fosters the health, happiness, mental clarity, and success of a building’s occupants.

For more information on the Sustainable Living Center, see [www.iowasource.com/eco/2008_04_mum.html](http://www.iowasource.com/eco/2008_04_mum.html)
Students Win Film, Management Awards

Students in the Communications and Media major again showed their talent and skill by winning top awards in regional film competitions. Not to be outdone, students in management were among the top three teams in a national competition.

Student Wins Top Award for Documentary Film
Amine Kouider won the top student award at the Iowa Motion Picture Association Annual Awards for his 13-minute documentary about an Algerian artist.

Mr. Kouider’s winning documentary details the art and artistic experience of Malek Salah, one of the most famous artists in Algeria. The documentary opens with a quote from Maharishi, and then Mr. Salah explains that his career as a full-time artist began with his learning the Transcendental Meditation technique in 1977.

Famed filmmaker David Lynch saw Mr. Kouider’s film and said to Mr. Kouider, “I love that guy’s work, I love that guy, I love what he says, and I love the way you showed it.”

Student Film Wins Second Award
A film directed by student Geoff Boothby, which won the top award in the student category in the Iowa Motion Picture Association competition in 2007, won another award in 2008: a Silver Eddy in the Student Short Film category at the Cedar Rapids Independent Film Festival.

The 22-minute film, titled We Are Theo, is a mock-heroic epic laced with delightful humor and filmed on campus. It had a cast of 30. The script was coauthored by Mr. Boothby’s classmate Cullen Thomas, who was also the director of photography and the film editor.

Mr. Boothby and Mr. Thomas also completed a 90-minute feature film, titled Wormtooth Nation, in May as their senior project and will be submitting it to competitions. It premiered on the Internet in May and June as a nine-episode Web series.

Student-Built Wind Generator Goes into Operation
A wind generator built by students is now creating current to help power the classroom in the Sustainable Living department housed in the Sustainability Wing of the Library.

The wind generator, located behind the Sustainability Wing, is mounted on a 30-foot tower. Almost silent, it can generate up to 2,000 watts of power. In combination with solar panels, it will eventually provide all the power for the Sustainable Living department.

Students Third in International Business Simulation Competition
A team of four management students who had taken a course on Principles of Business Success placed third in an international business simulation competition.

The computerized simulation pro-

To see Amine Kouider’s award-winning film, visit tinyurl.com/3u46wd
M.B.A. Student Assists Fairfield Economic Development

In November the Fairfield Economic Development Association hired Samuel Busch, a candidate in the M.B.A. in Sustainable Business, for the new position of part-time administrator.

Originally from Baltimore, Maryland, Mr. Busch graduated from DeVry University and Keller Graduate School of Management. He also served eight years with the U.S. Marine Corps, with four years of active duty. His undergraduate degree is in computer information systems and his master’s is in project management.

He discovered Maharishi University of Management while researching the topic of consciousness, was “absolutely astonished” by its approach, and enrolled in the M.B.A. in Sustainable Business.

Students Learn Beekeeping, Build Campus Beehives

Sustainable Living students took a three-day workshop on keeping honeybees as part of a course on Planning a Family Farm.

Besides learning the theory of beekeeping and watching video tutorials, the students also built hives and honeycombs, which have now been put into use to establish five honeybee colonies on the Sustainable Living mini-farm on campus.

Students Study Fruit Production in Florida

Eight Sustainable Living students and faculty member Alex Kachan spent four weeks in February and March in southern Florida studying exotic tropical fruit production. The venue was a successful 150-acre tropical fruit and bamboo farm in Homestead, Florida.

Famed Cookbook Author Speaks at Student Eco-Fair

Savoring the flavor and saving the Earth were twin themes of the student-organized Eco-Fair, which highlighted “artisanal foods” and the Slow Food Movement, with famed author Deborah Madison leading off the events. She is the author of a number of award-winning vegetarian cookbooks and has been featured in the New York Times, the Washington Post, USA Today, the Boston Globe Magazine, and other publications. She has also appeared on the Today show numerous times.

To see a video of the construction of the wind generator, see tinyurl.com/6kl78n
Maharishi University of Management
Graduation 2008 Awards Ceremony

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

**Varsha Solanki — B.A. in Physiology and Health**
“My favorite class without a doubt was Maharishi Self-Pulse Diagnosis. The most fascinating aspect about pulse diagnosis is the ability to detect balances and imbalances within the physiology. Pulse Diagnosis is useful both in restoring balance and in prevention of disease. The ‘aha’ of my studies was how simple it is to prevent disease and how complex it is to restore balance. I have seen and experienced the value of prevention for perfect health. For health care today, prevention of disease is essential.”

**Anna Bruen — B.A. in Sustainable Living**
“What is sustainable living? What does it mean to be sustainable? If you ask a professional or look it up in a dictionary, you’ll get something about using resources in a way that the Earth can naturally replenish them. But that’s just one part of what is taught in Maharishi University of Management’s Sustainable Living department. The other thing that is taught is how to live an abundant life in harmony with nature, which is really profound if you take a moment to think about it, and take a moment to think about the practical aspects and tools that go along with learning how to do that. So I feel really honored to have been able to participate in this program.”

**Cullen Thomas — B.A. in Literature and B.A. in Communications and Media**
“The study of literature is the study of the human condition, the study of human nature. This University operates on a unique premise, that every discipline of thought and action pursues the ultimate human condition, the condition of perfect action established in the practical awareness of unity.

“There is no knowledge so important as Self-knowledge. I’m honored to accept this award, but the real honor is spending five years in the company of so many whose eyes and minds are so open to see beauty and seek truth, and whose hearts are so steeped in appreciation for the profound.”

**Asher Ferguson — B.A. in Maharishi Vedic Science**
“By the end of my Australian high school I falsely felt I had gained a large amount of knowledge but quickly realized there are endless fields of which I knew nothing. My thirst for knowledge grew so strong that I wanted to know everything.

“Fortunately, I found Maharishi Vedic Science. Maharishi Vedic Science is the study of pure knowledge or Atma. Atma is the home of all knowledge, the Unified Field from where all diversity emerges. Combining the development of consciousness through the practice of the Transcendental Meditation technique with the intellectual understanding of Maharishi Vedic Science, my thirst has been quenched.”

For profiles of more alumni, see www.mum.edu/alumni.html
The commencement address by Dr. Settle can be found at tinyurl.com/5zsnxb
The Complete Book of Yogic Flying

In the late 1970s, wars raged in many areas of the world — Central America, Southern Africa, the Middle East and Iran, and Southeast Asia — and tension was rising between the U.S. and the Soviet Union. At the end of September 1978, the Nicaraguan village of Esteli, ravaged by the country's civil war, issued a desperate message through United Press International: “Anyone who can help, please help.”

This simple plea gave rise to the most innovative and spectacular peace-keeping mission in history. More than 1,400 young men were flown into different countries in these trouble spots. They were not soldiers bearing arms. They were not diplomats hoping to negotiate peace treaties. They did not meet with political or military leaders. They spoke with almost no one. They simply checked into hotels and, twice each day, practiced Yogic Flying.

Almost overnight, the negativity and violence in the most troubled areas of the world were calmed — and an ancient technology for creating and maintaining peace received dramatic confirmation and scientific verification.

This initiative, Maharishi’s World Peace Project, is chronicled in Dr. Craig Pearson’s much-anticipated new book, The Complete Book of Yogic Flying. The book also describes the inside stories of other peace-creating initiatives such as the Taste of Utopia Assembly, the International Peace Project in Israel, the National Demonstration Project in Washington, D.C., and many more around the world.

This 684-page, full-color volume, rich with photographs, presents a full picture of Maharishi’s extraordinary technologies of consciousness, the Transcendental Meditation and TM-Sidhi programs, including Yogic Flying. We learn how they create greater integration in brain functioning and, on this basis, benefit all areas of life.

There are chapters on higher states of consciousness, fulfilling desires through softest thought, the physics of flying, the Maharishi Effect, the discovery of total Natural Law in human physiology, and Maharishi’s theory of government.

Each page is graphically engaging, and the book is full of quotations by Maharishi, experiences of people who practice Yogic Flying, and hundreds of striking pictures of people up in the air.

The book includes an introduction by Dr. John Hagelin, foreword by Dr. David Lynch, preface by Dr. Douglas Birx, and afterword by Dr. Bevan Morris.

All profits from the book, which costs $49, go to support peace-creating groups of Yogic Flying Vedic Pandits.

It can be ordered online at www.mumpress.com. Or call (800) 831-6523 (U.S. and Canada) or (641) 472-1101 (international). It will also be available at the M.U.M. Store.

“Beautifully written and, one hopes, it will have a major impact on world affairs.”
— Robert Stowe, Ph.D., Deputy Director of the Science, Technology, and Public Policy Program, Kennedy School of Government, Harvard University

“The Complete Book of Yogic Flying is a remarkable book ... well worth reading and applying in our schools and colleges.”
— Ralph A. Wolff, Ph.D., Executive Director, Accrediting Commission for Senior Colleges and Universities, Western Association of Schools and Colleges, Alameda, California
Ken Daley Visits Congress, Meets with Senators and Representatives

Ken Daley, head of the Department of Exercise and Sport Science, was sponsored by the American Heart Association to go to Washington, D.C., to meet with Iowa’s Senators and Representatives to urge them to pass specific legislation focused on health issues.

He met with Senators Tom Harkin and Chuck Grassley, with Representatives Dave Loebsack and Tom Latham, and with staff members for Representative Leonard Boswell.

Mr. Daley was tapped by the American Heart Association because of his expertise on the federal act known as No Child Left Behind. He has also worked with the American Heart Association at the state level in the past, is involved with teacher preparation for physical educators in Iowa, and is the advocacy director for the Iowa Association of Health, Physical Education, Recreation, and Dance.

Dr. Hart Receives State Achievement Award

Eric Hart, adjunct associate professor of mathematics, was awarded the Lifetime Achievement Award of the Iowa Council of Teachers of Mathematics for his work in helping to provide a world-class math education for all Iowa students.

His achievements include his work in math education for over 25 years, national recognition as an expert in discrete mathematics, over 130 presentations at conferences, and work on the Iowa Core Curriculum.

Students, Faculty Attend Climate Conference at Grinnell

Three students and two faculty members attended the “Changing the Climate on Campus” conference in Grinnell, Iowa.

Sustainable Living faculty members Lonnie Gamble and Alex Kachan spoke about Maharishi University of Management’s progress in the various areas of sustainability and distributed pamphlets about the University’s Sustainable Living Program.

The conference was dedicated to campus sustainability and brought together faculty, students, and administrators from colleges and universities across Iowa to learn how their schools can be more energy efficient and, ultimately, carbon neutral.

Study: Transcendental Meditation Technique Most Effective

A meta-analysis by Maxwell Rainforth found that the Transcendental Meditation technique is more effective at producing reductions in high blood pressure than other forms of relaxation, meditation, biofeedback, or stress management.

The meta-analysis, which appeared in *Current Hypertension Reports*, studied 107 published studies in peer-reviewed journals that met state-of-the-art criteria for high scientific quality. The studies used repeated blood pressure measurements, and participants with high BP were randomized to either a stress-reduction technique or placebo-type control for at least eight weeks.

Statistically Significant Reduction in Blood Pressure

The six randomized controlled trials on the Transcendental Meditation technique included in the meta-analysis showed statistically significant average reductions of 5.0 points on systolic blood pressure and 2.8 on diastolic blood pressure. The randomized controlled trials on the other stress reduction programs did not show significant reductions.

The blood pressure changes associated with the Transcendental Meditation technique were consistent with other controlled studies showing reductions in cardiovascular risk factors, improved markers of heart disease, and reduced mortality rates among participants in the Transcendental Meditation program.

The meta-analysis was coauthored by faculty members Drs. Robert Schneider, Sanford Nidich, Carolyn Gaylord-King, and John Salerno, as well as Dr. James Anderson, professor of medicine at the University of Kentucky.

The studies on the Transcendental Meditation technique were conducted at five independent universities and medical institutions, and the majority of them were funded by grants from the National Institutes of Health.

The complete meta-analysis by Dr. Rainforth can be found at tinyurl.com/5vvm4o
Maharishi School Students Continue to Excel

Again this year students at Maharishi School excelled in various competitions — in the sciences, arts, and sports — showing once more that Consciousness-Based education fosters intelligence, creativity, and well-being.

School Tennis Coach Receives Honor

The National Federation of State High School Associations selected Maharishi School Coach Lawrence Eyre to receive the 2007 Central Sectional Coach of the Year award for boys tennis.

The central section includes the states of Illinois, Indiana, Iowa, Michigan, and Wisconsin. As the central sectional winner, Mr. Eyre becomes a finalist for the national coach of the year award.


In his 20 seasons with Maharishi School, Coach Eyre’s players have earned 16 state championships (7 in singles, 5 in doubles, 4 in team tennis) and 7 runner-up finishes (1 in singles, 2 in doubles and 4 in team tennis) in Iowa 1-A tennis.

School Students Win Top Awards at State Science Fair

Maharishi School ninth graders Raph Burne and Atreya Dey won top honors at the State Science Fair, earning an all-expenses-paid trip to represent Iowa at the International Science Fair in Atlanta, Georgia.

This is a rare honor because only two students in the state and their sponsoring teacher are selected each year to receive a fully funded trip.

The two students won other awards, as did the 10th grade team of Matt Fleshman and Joseph Gelfand. And in the junior high school division, eighth grader Pearl Sawney also came away with a number of awards.

Mr. Burne’s project was titled “Sound Insulation: What Material Insulates Best in Different Climates?” Mr. Dey studied “Which is the Best De-Icer: Organic, Inorganic, or a Combination of Both?” The duo of Mr. Fleshman and Mr. Gelfand looked at “Water Purification: Natural vs. Manufactured.” And Ms. Sawney researched the topic “Can Vegetarianism Reduce Obesity?”

School Student Wins Top Award for Mime at State Event

Maharishi School senior David Boyle brought home the State Banner for Solo Mime at the Iowa High School Speech Association’s annual All State Speech Festival.

Mr. Boyle’s winning mime was the first he had attempted. He was coached by Thomas Selleck, who studied mime in Paris with Marcel Marceau’s teacher, Etienne Decroux.

Besides Mr. Boyle, a “TV News” team comprising Emily Wofford, John DeAngelis, Ty Huggins, Jordan Stakland, Josh Posner, and Yale Shaw was selected to perform at the festival.

The Acting Ensemble team of Ryan Stakland and Holden Ketterhagen received honorable mention at the state level but did not perform at the festival.

For more information on Maharishi School, visit www.maharishischooliowa.org
School Tennis Players
Third in State Tournament
Maharishi School tennis teams enjoyed another successful season competing against much larger schools, sending a number of players to state, and coming away with two third-place finishes.

Competing without their number one player, who was injured early in the season, the boys team made it to the final four. They lost their semifinal match 5-4 in an excruciatingly close contest, but then handily won 5-0 to secure third place.

In the individual competition, the doubles team of Owen Blake and Luke Hillis came in third, losing to the eventual champions. Also going to state were Joseph Gelfand in singles, Sam Johnson and Derek Thatcher in doubles, and Benji Jones in the team competition.

The girls had a 12-1 record in dual competition, their only loss being the regional final to the eventual state champion. In addition, Bonnie Carter and Sheila Higgins qualified for the state competition in doubles.

In other strong athletic performances this year, golfer John DeAngelis qualified for state, as did the girls 200-meter relay team and the boys 800-meter relay team. Also competing at state in track was Rose Hoffman.

For a list of recent achievements, see www.maharishischool.iowa.org/achievements/2007-8achievements.html

School Student’s Photo Hangs at Nation’s Capitol
Alysia Belilove won the top award in the 2nd Congressional District of Iowa for her photo “Foot Soles,” which is now representing Iowa for a year in the Cannon Tunnel Gallery of the United States Capitol Building in Washington, D.C.

In addition, Ms. Belilove received three airline tickets to Washington, D.C., to attend the reception for the winning images.

Maharishi School students won six awards out of seven in the 26th Congressional Arts Competition, hosted by Congressman Dave Loebsack of Iowa. The 2nd District of Iowa entered 146 pieces altogether.

Additional Photography and Art Awards
Again this past year, students competed in international, national, and regional competitions, coming away with many awards:

- Four Maharishi Middle and Upper School photography students won awards in the 2008 PIEA (Photo Imaging Education Association) International Photography Competition.
- Five students won awards in the 2008 Texas A&M University-Commerce Third Floor Photographic Society National High School Shoot-Out, including a first-place finish by senior Owen Blake (left).
- Upper School photography students came away with seven national awards at the 2007 Association of Texas Photography Teachers Fall Photography Contest, including two first-place awards won by Deena Thiel (right).
- And in conference competition, the students came away with 13 art and photography awards out of the 15 works they submitted to the 2008 Southeast Iowa Superconference Art Show at Iowa Wesleyan College in Mt. Pleasant. Five of the awards were first places.
- The students’ teachers are Carolyn Waksman, photography, and Greg Thatcher, art.
We extend our greatest appreciation and recognition to all our generous donors who have supported the Annual Fund during the past fiscal year. Your gifts support student scholarships, recruiting, campus reconstruction and beautification, faculty and staff programs, debt reduction, academic support, and many other programs. Your continued generosity is vital for the growth and progress of Maharishi University of Management and all its programs throughout the world.
Giving Options

This transitional period with a volatile stock market inspires creative planned giving. Here are a few ideas that don’t involve Wall Street.

Gifting Real and Personal Property

It’s possible to give real property, both residential and commercial, to a charity such as the University while retaining a life estate. This means you can continue to live in or use the property during your lifetime, and then the property passes directly to the University. It is not included in your estate, and you get an income tax deduction at the time you make the gift and create the life estate.

Personal property such as paintings or sculpture can also be given to the University. If artwork has greatly appreciated in value, heirs may be forced to sell it to pay the estate taxes.

You can permanently avoid tax on the deferred gain in your retirement plan by making the University the beneficiary of the plan.

Designating a charity such as the University as the beneficiary of your IRA or other retirement plan [401 (k), 403 (b), Keogh or SEP] is always a good tax-saving idea. Retirement plan assets left to anyone other than a spouse may be subject to both income and estate taxes, which could result in as much as 65% going to taxes. If you name a charity as beneficiary, all taxes are avoided.

It’s easy to make this designation. Just request a new beneficiary designation form from the institution handling your IRA or your retirement plan administrator. Fill out the form using the tax identification 42-1315493 to name Maharishi University of Management the beneficiary.

William and Winifred Sinden — Establishing the first Charitable Remainder Trust for the University

In the early 1970s the Sindens purchased 100 shares of Wal-Mart stock for approximately $4,000. By the early 1990s, the 100 shares had grown to 1,600 shares valued at approximately $40,000.

They considered liquidating their investment and reinvesting — but they would have paid more than $12,000 in capital gains tax thus losing a significant portion of the appreciated value.

They felt they could not afford to make an outright gift to a charitable institution because they needed additional income.

Working with their investment advisor they established a Remainder Trust and decided with their financial manager and trustee approval to sell the Wal-Mart stock and reinvest it.

There were no tax consequences, either for them or for the University. They received substantial payments each year which they used for living expenses and even reinvested some of it, allowing them to increase their estate for their children.

The great generosity of the Sindens resulted in a gift this year from the Sinden Charitable Remainder Trust of over $91,000, which supported sustainable features for the Argiro Student Center.

If you would like to support the University and its goals, this is a wonderful way to do it.

Please consult your tax professional if you are contemplating a planned gift, and feel free to call Vicki Alexander at the University’s Office of Planned Giving at 641-472-1180 with any questions.

For more information on donation options, visit mum.edu/donors
**DONOR SUPPORT**

**Why We Need Your Support**

As a private institution, we do not receive public tax support. And as a relatively new institution, our endowment has grown to only a modest size so far.

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 77% of the income we use to operate the University each year.

In the past year, we received more than $4 million in donations, including support for the Annual Fund, which helps enormously with operating expenses.

We are so grateful for what our open-hearted family of donors contributes to Maharishi University of Management year after year.

And now we are hosting the Invincible America Assembly, which is creating such marvelous effects in our country and in the world. The associated costs are largely being carried by the University — and so your support is more vitally needed than ever.

We extend our deepest gratitude to all of you for your contributions — generous, wise, and visionary. We are on the threshold of creating an Invincible America and a peaceful world — the fulfillment of our mission as a University.

“As we all know, this is a challenging time of transformation for the world. I feel that it is also a time of great opportunity for us to fully materialize Maharishi’s vision for the University, the United States and the world. To help take advantage of this window of opportunity, I am planning to substantially increase my annual donations to the University. I wish that I could do much more, but I know that my little stick will help move mountains.” —David Hanson
Your generosity to the University over the years is now bearing fruit as never before — enrollment continues to increase and the campus is being transformed. It is so satisfying to see Consciousness-Based education being widely recognized and appreciated as the solution to today’s educational problems. Everything we have desired for so long is coming to fruition — even to the point of bringing invincibility to our nation.

On behalf of the trustees, faculty, students and administrators, thank you so much for your continuing support.

Jai Guru Dev
Michael Spivak
Treasurer
Invincible America Assembly

If you aren’t already enjoying the marvelous experience in the Golden Domes and contributing to national invincibility and world peace, please come and join the Invincible America Assembly.

- **Come for any length of time**
  - There is no course fee (living expenses need to be covered).
- **Receive a grant**
  - You can receive $700 per month to cover living expenses if you are a U.S. citizen and commit to doing the extended daily program for three months.

To apply for the Invincible America Assembly or to learn the TM-Sidhi program, see invincibleamerica.org.

**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.

- **January 16-19, 2009**
- **February 20-23, 2009**
- **March 20-23, 2009**
- **March 27-30, 2009**
- **April 17-20, 2009**
- **May 8-11, 2009**
- **June 5-8, 2009**
- **July 17-20, 2009**

Contact our Office of Admissions at 800-369-6480 or 641-472-1110 Monday–Friday, 10 a.m.–noon and 1–4 p.m. Central Time or e-mail admissions@mum.edu. See www.mum.edu/visitors. Free lodging and meals for high school and college students.