MAHARISHI UNIVERSITY OF MANAGEMENT

UNIVERSITY REPORT
2008 – 2009
MAHARISHI UNIVERSITY OF MANAGEMENT

ABOUT MAHARISHI UNIVERSITY OF MANAGEMENT

“It’s a great, great work that has developed, that a few people Yogic Flying and the world will be spontaneously in terms of harmony — harmony in the world, harmony in the world. Throughout the globe there will be no ups and downs. The world will ever be in peace, harmony, happiness, invincibility.”

— Maharishi Mahesh Yogi, January 11, 2008, Address

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Our Unique Approach to Education

MAHARISHI UNIVERSITY OF MANAGEMENT was founded by His Holiness Maharishi Mahesh Yogi in 1971 to foster enlightenment in individuals and peace in the world through Consciousness-Based® Education. At the foundation of this unique approach is the practice of the Transcendental Meditation and TM-Sidhi® programs, including Yogic Flying®. Research verifies both the benefits to the individual and the societal effects of group practice of these techniques.
Universities look to their Boards of Trustees to protect and nourish the academic community, provide financial resources, help move the institution forward, and ensure that the University adheres to its mission, as the University is in their Trust.

Maharishi University of Management has always been fortunate in having a responsible, dedicated, and generous Board. All of us in the University have been deeply grateful for this blessing over our 38-year history.

I became a Trustee and then Chair of the Board of Trustees in 1979, before I became President of the University (in 1980). I have been greatly honored to carry on this role as Chair of the Board for 30 years now. But during the annual Commencement Board meeting last June, I was especially struck by the Trustees’ excellent leadership and their vigilance to fulfill the goals Maharishi defined in 1971. And I thought it would be so helpful if we could inspire more of the Trustees to become even more deeply involved.

For this reason I suggested to the Board that I relinquish the Chairmanship of the Board, and proposed that Dr. John Hagelin be Honorary Chair (to honor his supreme role but not add to his already considerable responsibilities); that Dr. Jeffrey Abramson (brilliant leader and supporter of Consciousness-Based education programs and the world’s foremost green/Vastu developer) become Chair; and that Dr. Vincent Argiro (former faculty member, creative genius, entrepreneur, and very generous supporter of the University) be Vice-Chair. This plan was heartily endorsed by the whole Board.

The Board’s new leadership has plunged into creating even more dynamic leadership for expanding the University. They have expanded existing committees and created new ones, each with a strong leader and powerful membership.

We have also added five new outstanding Trustees this year, bringing even greater power to the Board:
- **Ed Malloy** — Mayor of Fairfield
- **Jim Danaher** — entrepreneur and philanthropist
- **Eric Schwartz** — sponsor of the new Sustainability building and Fairfield business leader
- **Dr. Larry Chroman** — Minister of Trade and Commerce of the Global Country of World Peace
- **Dr. Paul Gelderloos** — former faculty member, highly successful Dutch businessman, and generous supporter of Consciousness-Based education programs worldwide.
- **Dr. Bob Roth** — National Director of Expansion for the Transcendental Meditation program U.S.

I am honored to continue my role as President of the University, and am very grateful to have the support of our estimable Executive Vice-President Dr. Craig Pearson, the whole Executive Council, and the Faculty Senate of the University as well as all our dear, devoted administrators, many of whom have been faithfully serving for 30 years or more.

Maharishi was deeply fulfilled by the progress his University has made, and especially by the experiences of higher states of consciousness in the Golden Domes from the students, faculty, and administrators. These experiences are reaching heights unprecedented in modern times—Pure Being becoming manifest, bliss becoming blissful, intense silence flowing with unlimited dynamism, profound intimacy with the laws of nature themselves, and the support of that great power of Nature in thinking and action.

May we realize Maharishi’s every great thought for this University and the nation as soon as possible, and make our University live on for thousands of years as a lighthouse to the world.

Jai Guru Dev

Dr. Bevan Morris, President and Prime Minister, Global Country of World Peace

Dr. Bevan Morris, Prime Minister, Global Country of World Peace
As of June, the number of adults learning the Transcendental Meditation technique in 2009 had almost tripled — and in May more people learned than in any month in the past 15 years.

This increase is in addition to the more than 70,000 at-risk children who have learned the Transcendental Meditation technique through the scholarships offered by the David Lynch Foundation during the past year in the U.S. and Latin America.

In addition, more meditators contacted the organization that teaches the Transcendental Meditation technique to take the free refresher courses than at any time in history.

Paul McCartney Offers “Change Begins Within” Benefit Concert

Helping to spur interest was a concert held in April, when an A-list of musicians and entertainers came together to endorse the Transcendental Meditation technique and offer a concert that rocked Radio City Music Hall in New York City. They included Paul McCartney, Ringo Starr, Donovan, Jerry Seinfeld, Sheryl Crow, Moby, Eddie Vedder, Ben Harper, Jim James, Bettye LaVette, Paul Horn, Laura Dern, Mike Love, Howard Stern, and Russell Simmons. Noted filmmaker and Maharishi University of Management Trustee David Lynch hosted the event.

The event raised over $1 million for the David Lynch Foundation for Consciousness-Based Education and World Peace — and brought worldwide media attention to the benefits of the Transcendental Meditation technique. This, along with reduced course fees, the new TM.org website, and a renewed emphasis on the training and recertification of teachers of the Transcendental Meditation technique, have helped to produce the sharp rise in the number of people learning to meditate.

Paul McCartney — “It was a great gift,” said Sir Paul at a pre-concert press conference. “It came at a time when we were looking for something to stabilize us at the end of the crazy 60s.” And in a later interview he told David Lynch, “The idea of what you’re doing, of putting this into schools, I think is a fabulous thing.”

Ringo Starr — “It gives me great pleasure to be part of this evening. I feel the aims of this charity are wonderful... My mantra is a gift Maharishi gave me, something I could use and something no one could take away. It’s one of the few things I was ever given that means so much to me.”

Moby — “One of the things that impressed me so much about [the Transcendental Meditation technique] was its simplicity. It’s not ideologically driven, it’s not dogmatic, it’s a simple practice that calms the mind.”

Powerful Endorsements

All of the performers donated their services for the concert. And during a press conference, in interviews, and during the performance, all endorsed the value of the Transcendental Meditation technique for culturing a healthier mind and body.

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Howard Stern — “I’ve been meditating for 38 years. I say to people, Maharishi was a living saint for what he has done for the world. I am so proud to stand before you tonight and say, somewhere Maharishi is looking at this crowd saying, this is wonderful, this is a fulfillment of desires.”

Sheryl Crow — “This event to me is one of the most important events to happen at this moment in history. Our kids are living with this chaos, this stress. . . . The message that should be sent all around the world is that all of us on this planet can talk about peace, but peace begins within all of us. . . . This is the right thing to do, this is what should be in the school system, but also should be part of our daily lives.”

New Websites Catch the Wave
New websites helped support the renewed interest in the Transcendental Meditation technique. In the works for over a year, they helped present the technique and its benefits to those searching for more information. They answer common questions and offer videos that show the success of the practice.

TM.org is a general introduction, DoctorsOnTM.org documents the medical benefits using studies and comments by medical doctors, and TMEducation.org similarly uses professionals and research to show the benefits in education.

Schools Eager to Introduce Meditation
The David Lynch Foundation has sponsored projects to bring a quiet-time period in 15 schools in the U.S. and over 350 worldwide — with very impressive results. And many schools in the U.S. are on a waiting list for programs, as funds are raised and professionals are hired to over-see the programs.

In October 2008 an education summit in New York City brought together administrators from schools who had introduced a quiet-time period in their schools and over 375 people interested in introducing programs in schools. They included leaders in education, health, and business, including superintendents, principals, and guidance counselors from 160 schools in the greater New York City area, as well as philanthropists and heads of foundations.

This event, sponsored by the U.S. Committee for Stress-Free Schools, and local events coinciding with the McCartney concert are bringing this new initiative to the attention of schools nationwide.

Native Americans Adopt Meditation
In addition to the programs in schools, another wave of interest in the Transcendental Meditation technique is taking place among the Native American community. Leading the way is the Winnebago community in Nebraska, where 25% now practice the Transcendental Meditation technique, and the Passamaquady tribe in Maine.
Enrollment Rises to Over 1,200 Students

Again this past academic year enrollment peaked at over 1,200 students, matching last year’s record. While enrollment in the professional graduate programs was down due to the economy, new undergraduate enrollment rose significantly.

New Undergraduate Enrollment Surges

Undergraduate enrollment took a leap forward in January, when a total of 66 new undergraduate students arrived on campus, marking an unusually large spring entry — and a 113% increase over a year earlier. Also enrolling in January were 29 new graduate students, which represented a 107% increase over January enrollment a year ago.

Then in August, the numbers were again excellent. The University enrolled 117 new undergraduate students and 80 new graduate students. This was the largest entry of new undergraduate students in over 20 years.

Total enrollment peaked at over 1,200 students in October 2008, when the Computer Professionals Program brought almost 90 new students to campus, and again in the spring. Enrollment for fall 2009 is again expected to surpass 1,200 with the arrival of Computer Professionals students in October.

About 60% of the University’s students are on campus and the rest are Computer Professionals or Accounting MBA students finishing their degrees via distance education, as well as students enrolled in MUM programs at the University’s partner institution in China.

New Initiatives for 2009/10 to Improve Retention

Nationwide about 50% of students in a freshman class end up graduating, and Maharishi University of Management has a plan in place to increase enrollment by making sure that as many students as possible are retained.

Working groups of students and faculty spent months meeting, getting feedback from students, and looking at areas that could be improved. The result is a range of initiatives planned for 2009/10.

These include a stronger freshman orientation program, a student-organized peer-mentoring program (big-brother, big-sister program), more support for students needing extra help to make the grade, and more career support so that students can be confident that they’ll find employment.
A range of steps taken this year, from geothermal heating and cooling to planting native prairie, show that Maharishi University of Management is walking its talk about sustainability and honoring its commitment to becoming a carbon-neutral campus.

Geothermal Heating and Cooling To Be Rolled Out Campuswide
A key component of the University’s plan to save money and help the environment by only using renewable energy sources is the installation of geothermal technology. A small storage building, the Science Wing of the Library, six small residence halls, and Henn Mansion have become a pilot project for testing the efficacy of geothermal systems.

Geothermal technology involves drilling holes in the ground, inserting loops of tubing, then circulating water through it. The ground in southeastern Iowa is a constant 55 degrees Fahrenheit, and heat is either extracted or rejected as the water is circulated through the tubing by using a special heat pump, providing about 95% of the heating and cooling for a building while using about 10% of the amount of energy typically required.

The pilot project is being funded by the University; future installations will depend on grants, loans, and donations.

$18,000 Campus Prairie Grant Supports Sustainable Landscape
The University has received an $18,000 grant from the Iowa Living Roadway Trust Fund to reconstruct native prairie on 14 acres located on the center of campus adjacent to Highway 1. Site preparation began last spring, and planting will begin in 2010.

Native prairie is a sustainable approach to landscaping because it doesn’t require any care other than annual controlled burning and because the unusually deep root systems enrich the soil with extensive biomass that absorbs rainwater and creates fertile topsoil.

This three-year project will create native prairie parkland with a wide diversity of species, mown paths and borders, park benches, educational kiosks, and plant identification signs.

Campus Organic Farms Receives $13,000 Grant
A $13,750 grant from the Leopold Center for Sustainable Agriculture is supporting research into growing vegetables in large gutter-connect greenhouses in winter without added heat by using an extra layer of plastic directly over the plants.

$50,000 Grant from Kresge Foundation
The Kresge Foundation’s Green Building Initiative awarded a $50,000 planning grant for the Sustainable Living Center that is now under construction.

$12,000 Grant Supports Campus Recycling
A $12,000 grant from the Iowa Department of Natural Resources is supporting the construction of more recycling sheds on campus, the construction of mobile recycling stations in the dorms, and an awareness campaign to increase the amount of recycling on campus. Also, the University has now had two Annual Great E-Waste Roundups, collecting tens of thousands of pounds of computers, printers, monitors, and other electronics — taking advantage of a service by Apple that offers free pickup.

For more information on the College of Perfect Health, see www.iowasource.com/health/2008_10_med.html
University Takes Active Measures to Deal with Economic Downturn

Like other organizations, Maharishi University of Management has been affected by the worldwide economic downturn, experiencing a revenue shortfall last year of about $2 million. University administrators and Trustees have been working to meet the challenge.

The Source of the Challenge
For more than 10 years, our Computer Science Professionals Program has been a major source of both students and revenue. These students study on campus for about eight months, then take a job with a U.S. company and finish their studies by distance education. They pay a relatively small portion of their tuition upon enrollment (about $5,000) and the rest when they find employment.

This creative structure has made our program the largest graduate computer science program in the country, and our students have been hired by more than 800 U.S. companies. Inspired by this success, several years ago we created an accounting track in our MBA program using the same model.

But the downturn in the job market has slowed the hiring of students in both of these programs. The slower pace of hiring means reduced revenue to the University — resulting in a cash flow deficit of about $2 million.

Supporting Job Placement and Reducing Costs
In 2001–02, the last economic downturn, we faced a similar situation. Eventually most of the students were placed. It simply took longer.

We are again confident that the students will eventually be placed and the income stream will be back on track. But we have mobilized support for placing students, including giving them more in-depth training in job searching skills, providing a coaching program to help them stay motivated, and hiring a professional firm to make sure their resumes truly reflect their skills and abilities.

We have taken many other steps to reduce costs, including a temporary 10–15% reduction in pay for many faculty and staff, trimming spending in a range of areas, and extending our lines of credit.

Planning for the Expansion of Academic Programs
The economy may have slowed temporarily, but our enrollment keeps growing, and this growth will also help us move out of the current challenge.

The undergraduate program in Sustainable Living, which had 70 majors last year, will grow by another 30 this year. The Communications and Media program started with 12 students two years ago, grew to 37 last year, and will have 60 or more students this year. We have also launched an English as a Second Language program, which has 26 students this year, mostly from China.

We have prepared strategic plans to support the growth of each of these dynamic programs.

Donors Continue to Generously Support the University
Despite the economy, our donors have continued to give generously. In June we met our annual fund goal of $1.9 million, and the number of donors increased over the previous year.
University Outsources Food Service and Facilities Management

Increased quality of service and lower costs were the motivation for the University’s contracting with Aladdin Food Management Services and Aramark to handle food services and facilities management. Both companies not only are highly respected in the industry but also have shown a deep commitment to the values represented on campus, from high-quality organic food to sustainability in every facet of campus life.

Aladdin Food Services

Aladdin, a highly experienced company that operates college food services nationwide, assumed management of the campus dining hall and café on July 1, 2008. Prior to the changeover, Aladdin brought in experienced professionals for several months to train the staff in areas such as “batch cooking,” seasoning, texture, color, flavor, time-and-temperature principles (related to safety), and sanitation.

Not only are the diners at Maharishi University of Management pleased with the result, but Aladdin itself is pleased to have taken the step of offering an all-organic menu. After the CEO of the Trusthouse Services Group, which owns Aladdin, visited campus in the fall of 2008, he decided that Aladdin would make organic dining their market niche.

The company has since rolled out a modified program of organic offerings at other schools, and has gotten a great response. “I’m happy this worked out, and frankly, Maharishi University of Management was the catalyst to make this happen,” said Jim McKee, the Aladdin vice president who oversees the MUM account. “This modified program is probably two years ahead of the industry. I still maintain that MUM’s 100% organic is 10 years ahead of where the rest of the world needs to be. It is the right thing to do, and I’m glad to be a part of it.”

Aramark

As of June 1 of this year facilities management at MUM has been in the hands of Aramark, one of the leading facilities management companies worldwide and ranked number one in Fortune magazine’s 2009 list of “World’s Most Admired Companies.”

The move is expected to take the University’s facilities management to a new level while also saving money and being more sustainable. Aramark serves over 600 colleges and universities, and brings experienced management, well developed systems, and resources that will make campus facilities more effective and more efficient.

Aramark is handling maintenance of all buildings and mechanical systems, as well as custodial services and grounds. Their state-of-the-art equipment not only does a better job but is also greener. Their floor machines, for example, don’t use chemicals but clean effectively via the use of ionized water.

Aramark’s Craig Wagner, the new director of Facilities Management, said that he has been using green-certified equipment for a number of years. “I’m a firm believer in sustainability and this equipment has worked very well at other universities where we’ve implemented it.”
Students Win Awards in Film, Athletics, Chess — and Mediation

It was yet another successful year for film students. And the soccer team again showed that it’s the team to beat in the region. But this year, for the first time, students competed in mediation, earning sixth in a national tournament.

Wormtooth Nation, a feature film by recent graduates Geoff Boothby and Cullen Thomas that was done in 2008 as their senior project, has been winning recognition and awards, including the top award — a Gold Eddy — in the Student Long-Form category at the 2009 Cedar Rapids Independent Film Festival.

Student Feature
Film Wins Top Award

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The film, which was originally released serially online, also received two nominations for Webby Awards, the leading international award honoring excellence on the Internet. Also, at the annual Iowa Motion Picture Association Awards, the film won three top awards, often called “Iowa Oscars”: Screenplay-Produced; Directing-Long Form; and Original Music Score. The film was also an official selection of the Iowa Independent Film Festival.

Student Wins Award for Documentary

Amine Kouider, a student in media and communications, earned first place in the student category at the international Landlocked Film Festival 2008 for his 13-minute documentary film about the art and artistic experience of Malek Salah, one of the most famous artists in Algeria. This is the second top award Mr. Kouider has received for his film.

Students Place Sixth in National Mediation Tournament

Competing in a field of 32 teams from around the country, a team of Maharishi University of Management students placed sixth at a national mediation tournament held in Chicago. In addition, student Ray Baptiste placed eighth individually out of the nearly 100 students competing. The students’ success was remarkable, given that they had much less experience than the other participants.

Soccer Team Wins Soccer Championships

Students at the University fielded two soccer teams, coming away with two championships, one in a tough Iowa City league in the fall and the other in an indoor league during the winter in Ottumwa.

The MUM United team went undefeated in the Iowa City Kickers Soccer Club Adult League, while the MUM Flyers team placed fourth behind the two other strong teams. And in the eight-team indoor regional soccer league held in Ottumwa, both teams made it to the final, earning first and second place.

Running Club Takes First Place in Ottumwa

The MUM running club took first place in its initial team competition in the Southeast Iowa Komen Race for the Cure in Ottumwa. The event, which covered 3.1 miles and which had over 2,700 participants and over 40 teams, raised money for the fight against breast cancer.

Student Wins Third in Regional Chess Tournament

Competing against 16 of Iowa’s top-rated players, Yonas Kiros, an unrated chess player and a computer student from Ethiopia, secured a two-way tie for third. It was his first USCF-rated tournament, and he surprised many of the higher rated players with his skill. Also, Edi Shivaji won first in a community chess tournament.

To see the award-winning movie Wormtooth Nation, visit theskyisfree.com
Curriculum Again Includes Study Abroad — And a New Alternative Teacher Certification Program

The University’s study-abroad program, called Rotating University, has been revived after a hiatus of several years due to safety concerns. And a new program that trains experienced professionals to be classroom teachers in a shorter time than the usual education certification will begin in January.

Students Travel to South Africa
In February and March, 11 students enjoyed four weeks in South Africa that proved to be a rich blend of travel, study, cultural interchange, safaris, and group practice of the Transcendental Meditation and TM-Sidhi programs.

Students first spent a week before the trip learning about the history, languages, and geography of South Africa. They then ventured abroad, with their itinerary including Johannesburg, Durban, Cape Town, Kruger National Park, and Ezemvelo Nature Reserve. They also spent several days with the students of the Maharishi Invincibility Institute in South Africa, and conducted a youth conference to build relationships between the two schools and among the youth in both nations.

Leadership and Adventure Sports in Hawaii
Six students in a course on leadership in outdoor adventure sports spent three weeks in Hawaii on the Island of Maui, with each student taking a turn leading a three-and-a-half-day segment of the course.

Their responsibilities included finding out what was available in a particular area, establishing a format and structure, arranging activities, planning meals, buying the food, setting an itinerary, and figuring out how the group would get from one place to the next. It presented each person with several group and leadership challenges, and in the process the students learned firsthand a much deeper understanding of what it means to be a leader.

Rotating University courses for the 2009/10 academic year will include Nepal, India, New Zealand, and Hawaii.

$50,000 Grant Funds Alternative Teacher Certification Program
A $50,000 grant from the Iowa Department of Education funded the development of a new program that will offer fast-track teacher certification to individuals who have a bachelor’s degree and at least three years’ work experience, and who aren’t able to leave the workforce for the time normally required to earn a graduate degree.

Under the new program, the students will spend two months on campus being introduced to key teaching concepts, two months as an intern in a classroom, and then six weeks completing online coursework.

Then the student receives a teacher intern license, which authorizes him or her to teach at any secondary school in Iowa. After completing an additional 12 weeks of advanced summer courses at a distance, the student then receives a master of arts in teaching and a teaching credential.

The program will first be offered beginning January of 2010.

Read about the Rotating University at http://www.mum.edu/about/study_abroad.html
Maharishi University of Management
Graduation 2009 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.

Austin Ayer, MBA in Business
I really enjoyed my last semester participating in the Maharishi Organic Agriculture project, and it was a great lesson in the practical value of what we learn here. When I first went for my internship, I was excited to prove myself. But I got off my routine, working very hard and getting tired. I started to make more mistakes, so I realized, “Oh, no, I’m on Purusha, I should be doing the Purusha program [extended practice of the Transcendental Meditation and TM-Sidhi programs].” And I came back to that and noticed how much more bliss and how much more support of Nature I had, and how alert I was. I started to make some very intuitive breakthroughs, demonstrating the idea of doing less and accomplishing more. The major fulfillment for me came when my boss, who had a very professional, classical management training, started to really support me to be on the Purusha routine because he saw that I would be able to do a lot more from that level of silence than just working hard and burning myself out.

Jeremy Jones, B.A. in Business
It’s amazing to be able to infuse the unbounded experience that I have meditating in the Dome into all of the boundaries of the business world. You go to class and the textbook is telling you to do this and do that. But when you actually start doing anything, it’s nothing like the textbook. The ability to infuse that unboundedness lets you go outside the boundaries, push them further.

Genevra Daley, B.F.A. in Art
My development as an artist and as a person has been great and obvious. Besides the advancement of technical skills, the faculty developed the refinement of the artist’s perception. The students are not taught how to draw what they think a tree looks like, but rather, how to actually see the tree in front of them. With the refinement of the artist’s perception, the artist’s environment becomes infinitely more inspiring and meaningful. Although other schools may be aware of this refinement, the art faculty here emphasize this growth and encourage students to expand their awareness past the boundaries of what students initially consider art. The process fortifies the artist’s creativity and develops the student as a whole. The stronger, more self-assured student is able to let the old clichés of the starving, mad, insane, depressed artist fall away. There is no question in my mind that the art professors at MUM made my education both worthwhile and of the highest quality.

To read about successful alumni, see www.mum.edu/alumni
Dr. Vincent Argiro

University Trustee Vincent Argiro Inspires Graduating Students with His Vision

Dr. Vincent Argiro, a University Trustee and generous benefactor, delivered the 2009 commencement address, telling the graduating students the story behind his success, characterizing the transformed world that they face, and giving them nuggets of wisdom to take away with them.

Dr. Argiro joined faculty in 1986 to teach neuroscience, cell biology, and developmental biology and to do research. Prior to arriving at the University and while here, he developed 3D imaging software to facilitate his research. In 1988 he founded Vital Images, Inc., to market this software and eventually shifted his full-time focus to the company, retiring in 2006. With more than 300 employees, the company is a major supplier of 3D visualization and analysis software.

During his presentation, Dr. Argiro explained how unusual it was for a researcher to take this step of becoming an entrepreneur. He credited his father and grandfather, who were practical men, as well as University colleagues and administrators, who urged him to bring his software to market. Dean of faculty Robert Wynne said to him, “You are an entrepreneur,” and Dr. Argiro embraced that notion. He plunged ahead, learned as he went, and his new company thrived. “You can’t think outside the box if you can’t see the box,” he told the graduating students. “By seeing the box, you think outside the box.”

“You are my heroes,” he told the graduates. “You represent the wealth of this institution.” You are entering a world in transformation, he told them. Everything is now interconnected, and the great need to be in tune with nature and create a sustainable future. He quoted Buckminster Fuller, “There is no energy shortage, there is no energy crisis, there is a crisis of ignorance.”

And he closed with this charge to the graduates: “Graduates of 2009, become wealthy through generosity, become healthy through self-love, take courage through humility, give compassion through devotion, achieve dynamism through silence, gain totality through unity.”

Father Gabriel Mejia Receives Honorary Doctorate

Father Gabriel Mejia, a Catholic priest who directs 47 shelters for homeless children and youth offenders in Colombia and throughout South America, received an honorary doctorate of world peace. More than 3,600 young people at these shelters have learned the Transcendental Meditation technique.

In accepting the award, Father Mejia spoke about learning about the Transcendental Meditation technique 20 years ago and then visiting the University. He described the serious problems poor people face and said, “With this beautiful knowledge we now have the chance to change the world where we live. When we are tender,” he continued, “we are compassionate and happy, and we share a path of spirituality and coherence.” Individual transformation is the key, he observed. “When we make a change in our heart, the universe is moved.”

To read more about Father Mejilla’s work, see tinyurl.com/yafh79l

Father Gabriel Mejia

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Transcendental Meditation Program
Buffers Students against College Stress

A study led by faculty researcher Fred Travis and done at American University in Washington, D.C., found that students who practice the Transcendental Meditation technique are more resilient to the acute academic, financial, and social pressures of college life.

Published in the peer-reviewed *International Journal of Psychophysiology*, this is the first randomized, controlled study of the effects of the Transcendental Meditation technique on brain and physiological functioning in students.

At posttest, the meditating students had higher Brain Integration Scale scores, more alertness, and faster habituation to a loud tone — they were less jumpy and irritable. The nonmeditating control group had lower Brain Integration Scale scores, and an increase in sympathetic reactivity and sleepiness, showing the detrimental effects of college life.

“It was quite impressive that these differences showed up in just 10 weeks,” Dr. Travis said.

Dr. Travis’s other achievements include:

- **An article in the FBI Law Enforcement Bulletin** — Dr. Travis discussed the potential benefits of the Transcendental Meditation technique for those in law enforcement experience the worst of life and need an inner shield just as they need a bulletproof vest.

- **A book chapter accepted for publication in The Postconventional Personality: Perspectives on Higher Development** — Dr. Travis and Sue Brown researched ego development using subjects experiencing higher states of consciousness. The chapter presents a theoretical discussion of the relation between brain development and stages of cognitive- and ego-development. It then presents empirical data from individuals reporting inner wakefulness during sleep — a marker of Cosmic Consciousness.

- **Presentations in U.K. and Norway** — During a presentation at Norway’s Olympic College, Dr. Travis explained how the effects of the Transcendental Meditation technique on the brain can help consolidate a skill and improve performance in competition. In England he gave a credit-bearing presentation to educators in Skelmersdale on how the brain is involved in learning, how stress can interfere, and how the Transcendental Meditation technique buffers this stress. In London he spoke to the Institute of Educators and to the Institute of Directors, which comprises top-level businessmen in England. Also on the schedule was a well received two-hour press conference at the Royal Geographic Society in which he explained how the Transcendental Meditation technique can be applied in business and education. And at Cambridge he spoke to about 90 faculty and students.

- **Presentations at Israeli Universities** — In November and December Dr. Travis addressed academic departments at all major universities in Israel on how the Transcendental Meditation technique reverses the adverse effects of stress and fatigue on the brain. He also spoke to 65 senior researchers in the Weisman Institute, equivalent to the National Institutes of Health, on the fourth and fifth states of consciousness: Transcendental Consciousness and Cosmic Consciousness.

**Dr. Schneider Presents in New Delhi**
Robert Schneider, M.D., dean of the Maharishi College of Perfect Health, was invited by India’s Ministry of Health and Welfare to participate in a panel sponsored by the Department of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH).

Dr. Schneider, who is a member of the international committee for global standards of Ayurvedic education, reported on the Consciousness-Based educational system at the Maharishi College of Perfect Health. The College offers 40 Vedic approaches spanning mind, body, and environment.

**Dr. Schneider and Dr. John Hagelin Speak in Athens**
Dr. Schneider and physics professor
and University Trustee John Hagelin were invited to give a special training session to graduate medical students and professionals at the University of Athens, in Greece.

The session consisted of an intensive two days of seminars on the theory and research behind the Transcendental Meditation program and the Maharishi Ayur-VedaSM program, including the research on the technique’s effect on health. This series of lectures was part of a yearlong graduate program on stress management. The 23 top professors from around the world in the science of stress and stress management were invited.

Grant Supports Computer Scanning of Sanskrit Texts
Adjunct faculty member Peter Scharf received a major grant from the National Endowment for the Humanities to scan 162 Sanskrit manuscripts of the Mahabharata and the Bhagavata Purana and integrate the image files with machine-readable texts, lexical resources, and linguistic software. This integrated manuscript research environment will then be made universally available in The Sanskrit Library, an online digital library launched by Dr. Scharf 10 years ago.

The grant, awarded to Brown University, where Dr. Scharf teaches Sanskrit and Indian literature, includes a sub-award to Maharishi University of Management to contract professor Ralph Bunker to develop software for the project.

Faculty Publish Study on World-Class Performers
A study coauthored by Harald Harung and Warren Blank and MUM faculty Fred Travis and Dennis Heaton and published in the journal Management Decision examined truly successful managers and athletes to determine if they frequently experience higher states of consciousness. The researchers concluded that these top performers did indeed enjoy peak experiences more frequently than their less-successful colleagues, and many also partake in activities such as meditation.

The paper also discusses studies on brain integration in practitioners of the Transcendental Meditation technique. The brain integration of the top CEOs and athletes was higher than the brain integration of people who had been practicing the Transcendental Meditation technique for seven years, but less than the brain integration of people who had practiced it for 21 years.

Dr. Nidich Presents on Reduced Stress in Public School Adolescents
At-risk adolescents can reduce their level of stress when practicing the Transcendental Meditation technique at school, according to a study of 106 students presented at the annual meeting of the Society of Behavioral Medicine by Sanford Nidich, professor of education and physiology and lead author on the study.

The meditating students showed significant reductions in anxiety, emotional problems, hyperactivity, and total student problems, and improved overall mental health after an average of four months compared to controls.

Ken Daley Directs $100,000 Grant to Jefferson County
Ken Daley, head of the Department of Exercise and Sport Science, is the project coordinator on a $100,000 grant awarded to the Jefferson County Board of Health. The funding is from the U.S. Department of Health and Human Services via the Harkin Wellness Grant program and the Iowa State Legislature’s support of local health initiatives.

The goal is to develop a countywide wellness initiative that will address wellness issues by gathering baseline health and fitness information and coordinating projects targeting nutrition, physical activity, and tobacco use prevention. The project began on October 1, 2008, and will continue until September 30, 2010.

Dr. Schmidt-Wilk Reappointed Editor of Journal
Management professor Jane Schmidt-Wilk was reappointed to a three-year term as editor of the Journal of Management Education, an award-winning, peer-reviewed journal that is a leading publication for college-level teachers of management. The board of directors of the OBTS Teaching Society for Management Educators appointed Dr. Schmidt-Wilk to a second term because of the outstanding contribution she has made to the continuing quality and standing of the journal.

Jim Shrosbree’s World Peace Ceramics Displayed
Art professor Jim Shrosbree continues to spearhead a project to create plates, platters, and other functional works of art — the sale of which supports the creation of groups of Vedic Pandits who practice the peace-creating technologies introduced by Maharishi. This past year these world peace ceramics were exhibited in Santa Fe, New York City, and Detroit. In addition, David Lynch TV has produced a video about professor Shrosbree and his widely admired art. dlf.tv/2009/jim-shrosbree/
Maharishi School Students Win Awards

Maharishi School students racked up a bunch of awards again this year, notably establishing themselves as among the best science students in the state. They also excelled in a range of other competitions, from tennis to photography.

Students Represent Iowa at International Science Fair

Nine students in the state of Iowa were selected this spring to represent the state at an international science fair, where they competed for awards with five of the best science students in the world — and three were from Maharishi School of the Age of Enlightenment.

Pandora Wadsworth and Yogita Singh

The students were selected because they took home the top awards at the Iowa State Science and Engineering Fair held at Iowa State University. Pandora Wadsworth and Yogita Singh won the highest award, the Grand Champion Trophy, with their project titled “A Study on Ozone in a Small Midwestern Town.” And Raph Burne received a first place in engineering.

The three students then went to the International Science and Engineering Fair in Reno, Nevada, in May and won additional awards.

Mr. Burne received the Navy-Marine Award and an $8,000 scholarship to any college. And he finished in 4th place overall in his category of Energy and Materials Engineering, receiving $500. Ms. Wadsworth and Ms. Singh were awarded third place by the American Meteorological Society and shared a prize of $500.

Also, excelling at the state level were Atreya Dey, who received first place in the biochemistry category, and Minna Mohammadi won second in biochemistry. Pearl Sawhney earned third in medicine and health science, while Dominic Borg took third in cellular and molecular biology. The V.O. Hasek award, given each year to honor the teacher of the senior champions school, was presented to their teacher, Dr. Mousumi Dey.

In addition, in a competition sponsored by the Iowa Junior Academy of Science that was by invitation only, Maharishi School students Pearl Sawhney and Mr. Burne received top awards and will be the two students representing Iowa in San Diego, California, at the National Academy of Sciences meeting in February, 2010.

Group Mime Wins Top Award at State Speech

A group mime won the top award in that category at the state speech association competition, receiving the IHSSA All-State Critic’s Choice Award, which deemed it the best group mime of 2009 in the state.

The Iowa High School Speech Association All-State Festival selected six out of nine entries from Maharishi School for recognition at the All-State Festival this year. Only the top performances from each of the state-level competitions receive such an honor.

The winning mime was developed by the performers and the coaches, Brendan Thomas and Alana Waksman. The performers were Essa Johnson, Angelia Mahaney, Paris Lamoureux, Caroline Fulcher, Pearl Sawhney, and Minna Mohammadi.

Top Awards at State Destination ImagiNation

Students also won top awards at Destination ImagiNation.
the state Destination ImagiNation competition, which entails group performance, construction of props, and creativity. Nearly 100 teams from all over Iowa competed at the Iowa affiliate tournament. Of the eight teams representing Maharishi School, four became state champions by winning first place in their respective categories, two teams won second place, one team fifth, and one team ninth.

**Tennis Team Wins Second at State**

Maharishi School tennis players again qualified for the state competition, with the boys earning second place in the team competition and fourth place in the doubles competition.

Also qualifying for state was Thomas Weiss, the only 9th grader among the 16 players competing for the state singles title, and the doubles team of Angela Sickler and 9th grader Minna Mohammad, who finished in eighth place. In the 22 years of the School’s tennis program, the boys tennis team has been among the elite “final four” at state 12 times, including the past five years in a row.

Taking fourth place in doubles were 11th grader Joseph Gelfand and 10th grader Derek Thatcher. Others playing at the state team competition included Sam Arsanjani, Jay Stewart, and Brenton Schwartz.

In golf, Maharishi School’s John DeAngelis won both the conference and sectional championships, and barely missed qualifying for state.

**Photography Awards**

Three Maharishi School students won awards at the 2009 Photography International Education Association (PIEA) International Photography Competition.

Winning honorable mention were Avanish Kuntla and Michael Corazza, while Sebastian Lacasse received an exhibitor award. There were 115 photographs that received recognition and will be in the touring exhibit, which began in Las Vegas in March and will tour the world for three years.

**Art and Photo Awards**

Three Maharishi School Upper School students also won awards at the Southeast Iowa Superconference Art Competition. Mary Henderson, a senior, placed second in the drawing category, Eric Caplan, a junior, placed second in the ceramic category, and Dodie Thiell, a sophomore, placed first in the photography category for her black and white “Untitled” photograph. Grace Hartnett, a junior, won second place in the judges’ choice category for her color photograph. Teachers are Greg Thatcher and Sharon Koelblinger.

**Photo Hangs in Nation’s Capitol**

Pearl Sawhney has a photo on display for a year in the U.S. Capitol Building as a result of winning the grand prize in the 2009 Congressional Art Contest. She and her parents received free airfare to attend a formal reception in Washington, D.C., honoring the winning artists from each of the 435 congressional districts.

In the second congressional district, seven of the 12 works of art recognized came from Maharishi School. In addition to Ms. Sawhney’s award, Sokhara Shreck received a third-place award. Her photo will be on display in Congressman Dave Loebsack’s Washington, D.C., office.
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.
New Planned Giving website

The MUM Office of Planned Giving has created a Planned Giving website in conjunction with a professional estate planning company to assist you in your planned giving activities. This website includes detailed information on estate planning options, interesting weekly articles on personal finance, and useful tax news updates, all in a user-friendly format.

As alumni or friends of Maharishi University of Management, you value MUM as the world’s first Consciousness-Based educational institution and the lighthouse of education for enlightenment for our world family. All planned gifts to MUM, both large and small, are an investment in the University’s future strength. Your legacy gift will help to safeguard ideal education, while offering you and your family financial and tax benefits.

We invite you to visit us at mum.giftlegacy.com and explore the opportunity to include the University in your estate plans. Our website provides you with interactive tools useful in evaluating the many options available in making a planned gift to the University in light of your personal desires and financial situation.

We hope this website will help you identify the best way to fulfill your wish of perpetuating Maharishi’s vision of enlightenment for every individual and peace for the world through Consciousness-Based education while accomplishing your own estate planning goals.

Please share this website with your own professional advisors as you discuss your retirement, estate, and gift plans with them.

Contact us:
If you have any questions or would like more information, please contact us:
• Phone: (641) 472-1180
• E-mail: PlannedGiving@mum.edu

The Office of Planned Giving has estate planning consultants who would be happy to respond to your inquiries and/or work with your professional advisors.

Extended to December 31, 2009: Opportunity to transfer up to $100,000 from IRA accounts

The Emergency Economic Stabilization Act of 2008 extended the Qualified Charitable Distribution from an IRA through 2009. This means that you can donate your required minimum distribution from your IRA (up to $100,000 for 2009) to an eligible charitable organization such as MUM, and avoid paying income taxes on the distribution. A distribution from your IRA to an eligible charity will be free of income tax if:
• Taxpayer/donor is at least 70½ years of age.
• Distributions are made from a traditional IRA or Roth IRA.
• The gift is $100,000 or less each taxable year.
• Funds are transferred directly by the IRA trustee.
• To take advantage of this opportunity for 2009 you must act before the end of the year.

You can count the qualified charitable distribution as all or a portion of the required minimum distribution.

If you meet these requirements, you pay no income tax on the IRA distribution nor can it be deducted as a charitable contribution.

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 the University’s Development Office at 641-472-1180 or send an email to development@mum.edu with any questions.
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 below, are student tuition and your Annual Fund donations. Together these account for 87% 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.
Members and Friends of Maharishi University of Management:

It is our distinct honor to be called to serve Maharishi’s pioneering institution of Consciousness-Based education at this critical time in its history and in the history of humanity. Honor means nothing without responsibility. Ours is clear — to lead our distinguished Board of Trustees to a new level of creative thought, meaningful vigilance, and unwavering support for the students, faculty, staff, administration, and alumni of this precious community of seeker-scholars.

The need of our time is both inspiring and sobering. The opportunities for growth and greater outreach of our programs and curricula has never been greater. At the same time, the global and national financial crisis has put unprecedented demands on our stewardship of its resources. We understand that the last year has been one of accomplishment in the face of difficulty. We understand that the changing and broadening face of our student community requires fresh thinking about the scope and process of our educational mission. We understand that there is much untapped potential and excellence in many individuals and groups within our community.

It is our purpose and design to create an upsurge in the energy of the Trustees directed both to the traditional modes of oversight such as strategy, finance, and academics, but also to many new areas, such as community well-being, business development, and sustainability.

Our board consists of almost forty accomplished women and men of extraordinary talent and experience. We have asked them all to become more engaged with the substance of the issues, challenges, and opportunities of this time, and to apply themselves earnestly in support of the administration and of the whole community. You may have noticed that some of us have been more present on campus — attending classes, asking questions, listening to suggestions. This will continue and expand. Let us know what we can do to support your treasured aims.

We are in your service,
Jeffrey Abramson, Chair
Vincent Argiro, Vice-Chair
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 support for living expenses
  — U.S. citizens can receive a grant of up to $800 a month based on attendance in the Dome.

To apply, 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.

2009
• September 1–14
• October 2–5
• November 13–16
  David Lynch Weekend
• December 4–7

2010
• January 22–25
• February 19–22
• March 19–22
• April 9–12
• May 7–10
• June 4–7
• July 16–19

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.