

Record 555
students graduate

Faculty spread Maharishi's
knowledge worldwide

The magic of
restful alertness

Come as a student,
graduate as a CEO

MAHARISHI UNIVERSITY OF MANAGEMENT UNIVERSITY REPORT

2017 -2018





“The potential of every human brain is unbounded, infinite. Everyone is equipped with the physical machinery in his brain physiology to experience that level of intelligence which is the ocean of all knowledge, the ocean of all energy, intelligence, and bliss.

“Fragmented, intellect-predominant education in universities today does not utilize the total creative potential of the brain. Utilizing only a small part of the brain, such education over time disables other parts of the brain from functioning.

“Through Consciousness-Based education, Maharishi University of Management will take away the inadequacies of education by offering total knowledge to unfold the total brain potential of everyone so that man may use the full creative potential with which he is really born to live perfection in life.” – Maharishi Mahesh Yogi

As we look back on calendar year 2018, we see so many reasons to be grateful! We have witnessed such inspiring achievements... and such unprecedented growth. We are grateful for our amazingly dedicated faculty and staff, for our enthusiastic students—and to all of you who have supported Maharishi’s precious, historic University over all these years. And today, as we enter 2019, we see:

- The largest mid-year student intake in MUM’s 50-year history, with nearly 300 new students having just arrived for this spring semester.
- Our Computer ProfessionalsSM (ComproSM) department expanding its marketing reach to many new countries, bringing a record February enrollment – despite the prevailing visa headwinds we have faced.
- We have new academic initiatives sprouting up all across the world, including exciting new partnerships with top universities in China, India, South Africa, and Ethiopia.
- We have strengthened our undergraduate programs and added enticing new ones, including online offerings that have become a major growth engine as well as practical internships that lead to immediately viable career paths.

- We have just launched a *Capital Campaign* to substantially upgrade all facets of campus life. And three major projects have already been fully funded: a brand new residential Visitors Center; a complete renovation of our HighRise residence halls; and a new “Changemakers–Global Leadership Center,” building careers centered around service to others – including advanced professional training for TM teachers and for the graduates of our burgeoning Maharishi AyurVedaSM & Integrative Medicine program.
- A new strategic succession plan, known as *Vision 2025*, has helped promote talented younger administrative staff and faculty to directorship positions in many departments. The University’s academic and administrative vitality is stronger than ever.
- We have assumed a national leadership role in campus sustainability with our new 1.1-megawatt *Solar MegArray* – one of the most advanced solar power plants on earth. This is a giant leap towards the fulfillment of our Presidents’ Climate Commitment to achieving a carbon neutral campus.
- The prestigious medical journal *The Lancet–Psychiatry* recently published groundbreaking research on PTSD, led by Dr. Sandy Nidich and our oth-



er brilliant MUM faculty and funded by a \$2.4 million grant from the U.S. Department of Defense. This study has opened the gates to the broad utilization and funding of TM for veterans and active duty servicemen and women.

- Widespread faculty and staff pay raises have been achieved through generous donor support (*thank you!*) and through our expanding operating budget.

All these inspiring achievements would not be possible without your generous support over all these years. I thank you for your generosity and vision.

With my best wishes for your success, health, and happiness,

John Hagelin, President

MAHARISHI UNIVERSITY OF MANAGEMENT UNIVERSITY REPORT

2017 - 2018

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SOLAR ARRAY

to provide a third of campus power

Work began during the summer of 2018 on a 1.1-megawatt solar array that's expected to provide approximately one-third of the electricity used on campus. The five-acre array is on MUM land that borders the west side of campus and is connected by an underground cable to the University's substation. Excess energy is stored in a state-of-the-art battery bank for use during the night and during times of peak energy needs.

The project, which cost over \$2 million and is owned by an independent company, was funded by private investment and by a loan from MUM that was made possible by donations, including a \$100,000 grant from the Wege Foundation. In addition, the graduating class of 2017 made a donation to the pre-development costs for the project.

The array, which is one of Iowa's largest, is expected to save the University hundreds of thousands of dollars over its 25-year life.

Overall, 43% of the University's electricity will come from sustainable sources, due also to smaller solar installations on campus, a wind turbine, and the fact that Alliant Energy gets 15% of its electricity from wind farms.

The array was installed by Ideal Energy, co-founded by MUM alumni Amy and Troy Van Beek. Their highly successful company was featured this past year in a 12-minute segment on Iowa Public TV. See the video at goo.gl/xPFZkW.



Troy and Amy Van Beek, MUM alumni

ChangeMakers conference inaugurates new MUM theme

Many of those attracted to MUM want to change the world. And in keeping with that spirit, a new series of “changemaker” events was inaugurated in the spring of 2018 with a conference that drew over 600 participants.

Titled “ChangeMakers: Disruptors Transforming the World for Good,” the conference featured influential changemakers such as filmmaker David Lynch; visionary Fr. Gabriel Mejia, who has rescued 100,000 street children in Medellin, Colombia; Laura Dawn, a founding member of Move-On.org; and changemaking leaders from the David Lynch Foundation’s inner-city programs in Chicago.

The series, which is a partnership between the David Lynch Foundation, MUM, and Student Government, is

expected to draw national attention to MUM.

Student Government took a leading role in helping event producer Michael Sternfeld make the event more student-centered. They also launched ChangeMaking Month – a series of workshops, art displays, films, and an open mic. The month included a four-part workshop by Dylene Cymraes, a student who is an experienced facilitator.

In addition, student Corine Alexandra Brooks, who was intrigued by speaker Barry “Ra” Frye and his rehabilitation program for gang members in Chicago, subsequently organized a weeklong retreat on campus for Mr. Frye’s youth group, Pride ROC Chicago. The retreat included visits to



Father Gabriel Mejia and Bob Roth

local farms, hands-on experience on the MUM Regenerative Organic Agriculture Farm, a discussion about preventing violence, and a performance at Dalby Hall.

Videos from the ChangeMakers conference can be viewed at www.mum.edu/changemakers-event-2018.

Online degree offerings continue to expand

Enrollment continues to surge in MUM’s online offerings, with over 100 students enrolled just in the MS in Maharishi AyurVedaSM and Integrative Medicine and new degree offerings being launched.

Plans for the 2018/19 academic year include a BA in Ayurveda Wellness and a BA in Liberal Arts. Both are “degree-completion programs” for students who have already done extensive coursework at another university.

The Ayurveda Wellness program will offer the core of the curriculum that’s already being offered on campus. Students will gain proficiency in the practical applications of Maharishi AyurVeda in their own lives and in the lives of others.

The program will prepare students

to be health consultants and educators and will include two, 2-week clinical residencies, in which the students come to the Fairfield campus for intensive training at the campus Integrative Wellness Center.

For more information, see www.mum.edu/online-ba-in-ayurveda-wellness.

In addition, adults who have earned college credits but haven’t finished a degree will now be able to complete their education online by enrolling in the new degree in liberal arts.

Students will be able to transfer up to 90 credits of the 128 needed to graduate. The goal is to help students achieve the outcomes of a liberal arts



Vaidya Manohar Palakurthi, a leading Maharishi AyurVeda expert, instructs student in pulse diagnosis.

education, including personal health, clarity of purpose, and a variety of skills essential to professional success, such as critical thinking, personal communication, and integrative thinking.

For more information, visit mum.edu/online.

Other online degree programs include the MBA, the low-residency MS in screenwriting, and the MA in Maharishi Vedic ScienceSM.

MUM and Iowa receive national recognitions

U.S. News & World Report ranks Iowa as top state in U.S.

Iowa came out on top in the Best States rankings released by *U.S. News & World Report*. Iowa’s ranking was based on scores in a broad range of categories, including #1 rankings in infrastructure and broadband access. Other categories where Iowa made the top 10 include health care (#3), opportunity (#4), education (#5), and quality of life (#9). To see the full ranking, including category scores, go to www.usnews.com/news/best-states/rankings.

Overall	State
#1	Iowa
#2	Minnesota
#3	Utah
#4	North Dakota
#5	New Hampshire

U.S. News & World Report features MUM/Fairfield as a “healthiest community”

In a series of articles on Healthiest Communities, *U.S. News & World Report* published a feature about MUM and Fairfield, highlighting the community’s emphasis on health and quality of life, the entrepreneurial spirit, and the increasing unity in the midst of diversity. The article can be accessed at bit.ly/2MbyOe7.



MUM listed in Princeton guide to green colleges

MUM was among the 375 schools listed in *Princeton Review’s Guide to 375 Green Colleges, 2017*. They reviewed over 2,000 colleges and selected the 375 most environmentally responsible schools. MUM received a score of 92 out of 99. For more information see www.princetonreview.com/green-guide.



Online MBA in sustainability rated #5 in nation

The website *MBA Central* ranked MUM’s online MBA in Sustainability among the top 10 in the country, placing it as #5. Criteria included affordability, support for students who need to study online, average class size, and percentage of faculty with the highest degrees in their field. The writeup on *MBA Central* included details about MUM, Consciousness-BasedSM education, and accreditation, as well as extensive detail specifically about MUM’s MBA in sustainability. See goo.gl/vZRNqX for more information.



In addition, the website *Online MBA Today* included MUM’s MBA in Sustainability in their Top 20 Online MBA in Environmental Sustainability Programs, with MUM being ranked #14. The ranking is based on tuition cost, accreditation, early career salary data, and prestige. See bit.ly/2LDXhfG.

MUM data science program named best in Iowa

The data science track in the MS in Computer Science was named the best master’s program of its kind in Iowa by the website *DataScienceGraduatePrograms.com*. The judges looked for courses such as inferential and descriptive statistics, linear and logistic regression, time series and forecasting, and probability theory, as well as coding courses in Python and Java. They also considered data analysis techniques such as data mining, machine learning, and advanced visualization, as well as the credentials of the professors and placement of graduates. Other schools receiving the award included Stanford, Carnegie Mellon, and Brown University. See bit.ly/2NOri06.



New master's programs launch

MA in reading the Vedic literature and MA in art

Two new master's programs launched this past academic year: an MA in reading the Vedic literature and an MA in art.

Students in the MA in reading the Vedic literature attend class on Saturday afternoons and spend an hour a day reading designated sections of the Vedic literature. They also keep a journal about their experiences based on their reading.

The students read for the "sound value" of the passages. The goal is to accelerate the growth of higher states of consciousness and enliven the qualities of consciousness embodied by selected branches of the Vedic literature. The courses include videotaped talks by Maharishi and learning about the

research of Tony Nader, MD, PhD, on the human physiology as the expression of the Vedic literature.

See www.mum.edu/ma-in-reading-the-vedic-literature.

In addition, an MA in art began spring semester 2018 with the goal of preparing students for an MFA program in art at another university. The two-semester MA helps students develop their work, assemble a portfolio, create an artist's statement, and more. The studio-based curriculum includes seminars, supportive critiques from faculty,



and feedback by visiting guest artists.

The program also serves those who simply want to have a year-long opportunity to develop their art. In addition, secondary education teachers may enroll to upgrade their academic credentials.

Olson Family Amphitheater



Funded by Marty and Peggy Olson of California, the Olson Family Amphitheater has now become a part of campus life. It includes a stage, seating for over 100 people, landscaping, and hookups for sound, cable TV, and Internet. The amphitheater is part of Younger Park, which lies east of the Argiro Student Center and is named for long-time MUM donor Gil Younger. More developments are being planned for the park.

North Campus Village

50 more townhomes and condos planned



After selling all 56 townhomes in the current phase 5 development in North Campus Village, Vastu Partners is now planning a new phase of affordable housing with a wider range of options, from condominiums starting at \$74,500 to townhomes with three bedrooms and a basement starting at \$179,000.

Construction of phase 6, which lies west of the current North Campus Village, began the summer of 2018.

The larger townhomes will be 1,500–2,200 square feet, with basement, three bedrooms, and 1.5–3 baths. Condominiums of 650–700 square feet will start at \$74,500, with eight units per building. Each condominium will have a bedroom, bathroom, kitchen, and dining room. But in keeping with a new trend in the U.S. and other countries, there will also be a communal kitchen and dining room.

In addition to the smaller and larger

units, plans include more townhomes similar in size to those currently being built, but starting at the lower price of \$99,500. These homes will have 1,150 square feet, two bedrooms, and 1.5 bathrooms. The lower cost is a result of there being five townhomes per building rather than three in the current development.

Single-story townhomes are also planned, with three units per building. The price will start at \$122,500 for two bedrooms and one bath.

The homes are actually being sold below cost, thanks to state and local incentives available for affordable housing.

All of the units are built according to Maharishi Vastu® design, which is said to enhance health and well-being. Phase 6 is expected to take three years to complete. See vastupartners.com for information. Email info@vastupartners.com.

Trees slow traffic

Daffodils beautify

An additional 76 trees were planted on campus during the academic year, in this case with the express purpose of slowing traffic on Highway 1, which goes through campus. Research suggests that drivers coming into town from the north will be more inclined to slow down if they sense they're entering a residential area. Experts have found that properly spaced trees of a particular height will create this effect. The trees were planted along both sides of the highway where it enters campus.

In addition, volunteers planted 2,000 daffodil bulbs in the fall of 2017 that were donated by alumna Margaret (Margo) Hensel, who has been a landscape designer for over 30 years.

In the spring, crowds of golden daffodils bloomed near the new amphitheater, in the Crow Creek area, and on old campus.

The volunteers on these projects included AmeriCorps members who are being hosted on campus. This dynamic group also installed 434 LED light bulbs in HighRise 144 dormitory during renovations. They also won an award from the AmeriCorps organization for their partnership with MUM in creating a Leadership in Sustainability certificate. Green Iowa AmeriCorps is committed to environmental stewardship through residential energy efficiency service, environmental education, and community engagement.



USDA Rural development grant

MUM's School of Business received a USDA rural business development grant for \$46,500 to provide free seminars and workshops for businesses in Jefferson County.

This program is designed to offer technical assistance, training, education, and mentoring to help develop or expand small and emerging private businesses in rural areas. The grant funded 15 free one-hour seminars and 20 free four-hour workshops taught by MUM faculty members and invited guests.

According to David Goodman, the grant administrator, the grant served to aid economic development and help create and retain jobs in Jefferson County.

RECORD 555 STUDENTS GRADUATE

Former government official Scott Gould gives commencement address

Commencement 2018 set an all-time record: 555 students from 49 countries received their diplomas. A highlight was speaker Scott Gould, a distinguished former government official who shared his wisdom about how to proceed in the next phase of their lives.

Those receiving degrees included 112 undergraduates, 62 of whom studied on the Fairfield campus and 50 located at Maharishi Invincibility Institute in South Africa. Of the 434 graduate students receiving diplomas, 387 earned a master's degree in computer science. Five students were awarded a PhD.

The graduates hailed from 49 different countries, including 99 from the U.S., 92 from Nepal, 56 from Ethiopia, 42 from Bangladesh, 37 from China, and 5 from India.

Focus on getting the big things right

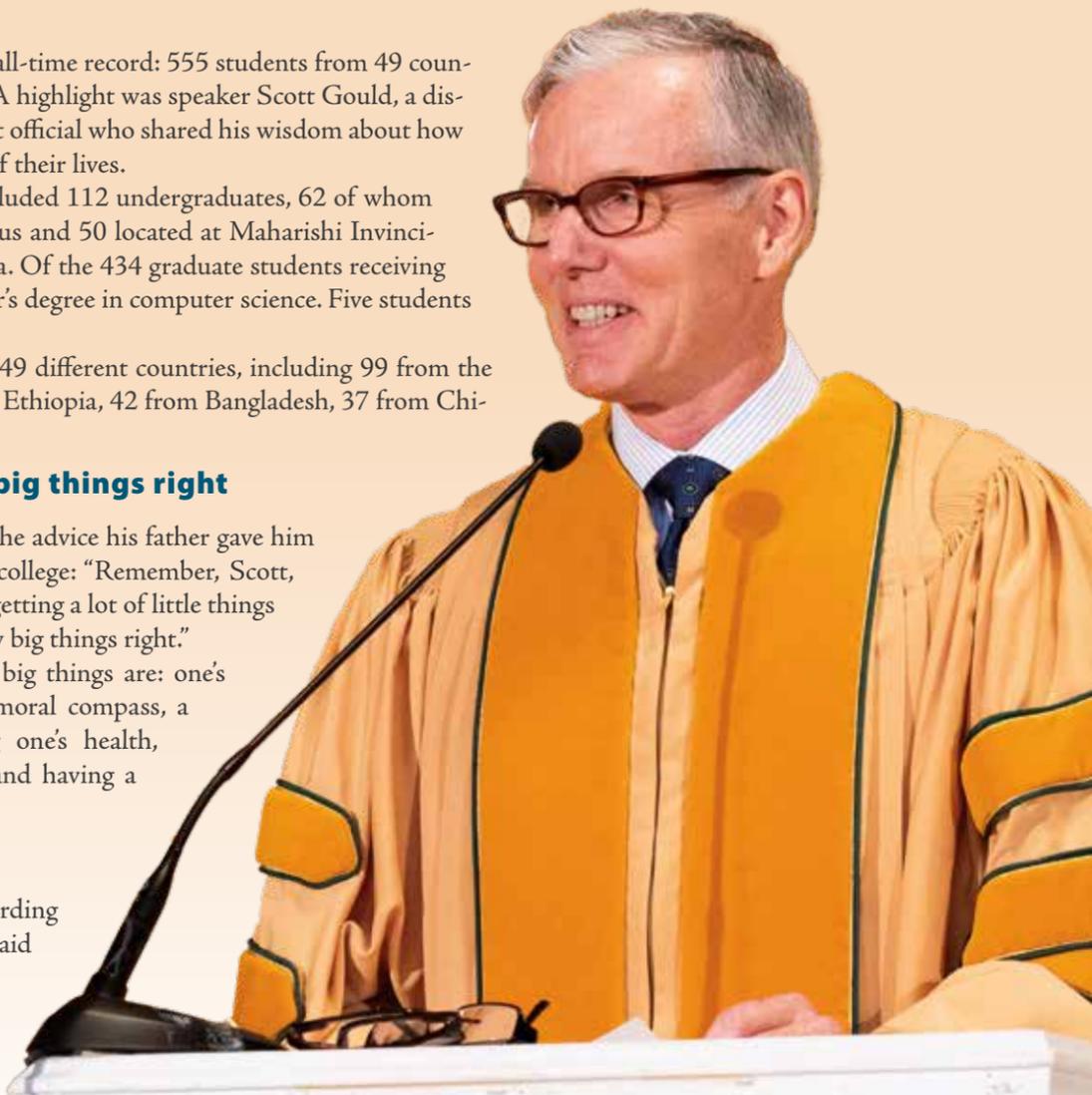
Dr. Gould began by quoting the advice his father gave him at his own graduation from college: "Remember, Scott, happiness in life is not about getting a lot of little things right; it's about getting the few big things right."

And for Dr. Gould, those big things are: one's place in a faith tradition, a moral compass, a commitment to maintaining one's health, love for family and friends, and having a vocation.

Follow your heart

His advice was detailed regarding choosing a vocation. First, he said it's important to find something you like.

He told about how, at the age of 28 when he had



finished his active duty commitment as a naval officer, he saw an ad for a management position with a truck-leasing company. He called the CEO, who seemed impressed with his qualifications.

But then the CEO asked, "So, do you like trucks?"

At that point, Dr. Gould realized his heart wouldn't really be in it. "I knew immediately that I didn't like trucks near as much as this guy and that it wouldn't be a fit. Make sure your heart's in it no matter where it leads."

Pick something you're good at

He also emphasized that it's important to choose a path that matches one's skill set. "Find the thing you are suited to do by temperament and skill," he said, whether that entails building things, leading people, advising others, performing service, working as an individual, or working as part of a team.

Serve others

Beyond that, he told the graduates, "It's not just about you," and encouraged them to serve others in order to make the world a better place. He quoted an old maxim: "Service is the rent that each of us pays for living."

Dr. Gould himself is an example of service, having spent 26 years as a captain in the U.S. Navy and Naval Reserves. He also served as chief financial officer and assistant secretary for administration at the U.S. Department of Commerce. He was deputy assistant secretary for finance and management at the U.S. Department of Treasury. And he was deputy secretary of the U.S. Department of Veterans Administration. This entailed being chief operating officer for the largest direct health care system in the U.S. with 314,000 members serving 8.5 million veterans.

In addition, he's a long-time teacher of the Transcendental Meditation® technique.



Dr. Gould receives honorary doctorate degree

He encouraged graduates to serve in areas such as the military, nonprofit organizations, education, business, medicine, and science.

Find opportunities

Finally, he told graduates to watch for opportunities and then jump at them. "If you see something you want, have the courage to go after it."

He shared an experience about reading a news story that the Massachusetts legislature had dissolved the government of Chelsea, a town of 40,000 people near Boston, due to its financial problems.

Dr. Gould, who holds an MBA and an EdD and who had experience that taught him how to operate at the interface between the public and private sector, knew he was just the right person to step in.

He called Governor Weld and said, "I want to help." Four weeks later he was appointed by the governor to be part of the receivership team. They changed the way the city operated and within 10 months had submitted a balanced budget.

The value of Transcendental Meditation

Dr. Gould also emphasized the extraordinary advantage had by graduates of Maharishi University of Man-

agement.

You know how to access the most settled state of your own awareness and engage in the world, confident that the balance of the two will naturally yield the best results over time.

Trust that process. Maintain your practice. Know that everything changes. Long after a particular job is done, your capacity to meet the next challenge will rely on your faith, health, family and your evolving ability to choose the right direction in a changing world.

It will give you an edge. Some perspective. A bit more equanimity. A steadier pulse in a fight.

Tactics for success

He concluded by giving the graduates practical advice on how to succeed. He urged them to put others in front of themselves, express thanks and appreciation, choose their boss wisely, seek out gaps in the work environment that they can fill with their unique skill set, and continue learning.

"Class of 2018, you have arrived, in my view, just in time to solve the problems that a generation ago you could not," Dr. Gould said. "Engaged in the right vocation and armed with your MUM education, you have a chance to change the world and live a life worth living."

FACULTY SPREAD MAHARISHI'S KNOWLEDGE WORLDWIDE

India, Brazil, Bali, Rwanda, South Africa

In Bali, Fred Travis was the featured speaker at a conference hosted by the minister of education. In India, Bill Goldstein gave a presentation that was invited by the chief minister of Andhra Pradesh, addressing an audience of 3,000. In India Scott Herriott taught Transcendental Meditation to the head of a university system of 65,000 students and formalized a collaboration. In Brazil faculty researchers spoke about Transcendental Meditation and Maharishi AyurVeda at a conference focused on incorporating integrative medicine into the healthcare system.

The world is increasingly embracing Maharishi's knowledge, with the 2017/18 academic year being a banner year for the faculty. They brought out Maharishi's knowledge at the invitation of government officials, shared the stage with luminaries such as Bill Gates and the Dalai Lama, addressed large audiences, and taught the Transcendental Meditation technique.

India

Professor Herriott wins over MIT World Peace University

India, of course, has been the country most eager to learn about Maharishi's knowledge. In an effort to become a science-based, developed nation, many



MIT World Peace University in Pune, India. Professor Scott Herriott (center) is presented with a "Dedicated Lifetime Achievement Award" in recognition of his vision, dedication, and devotion toward "innovative practices in the field of education and research."

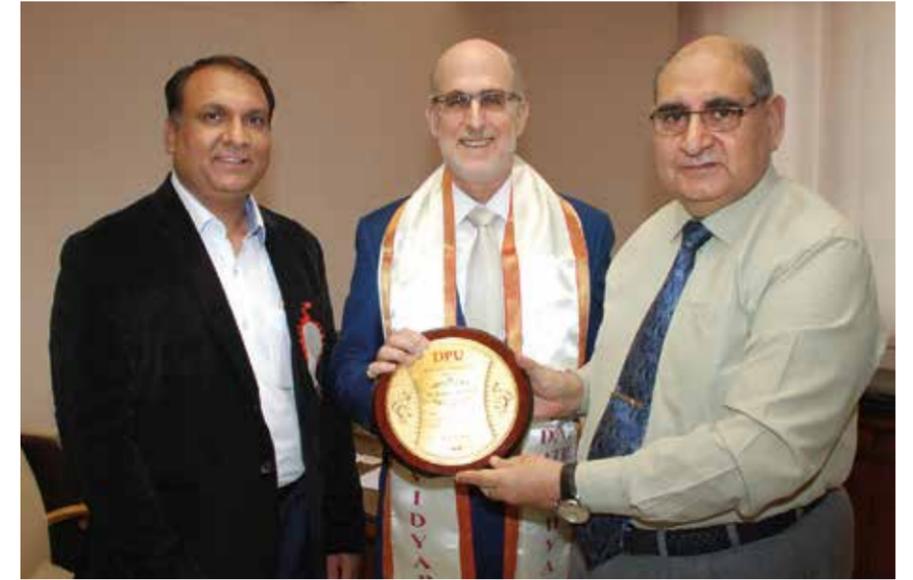
have lost touch with their Vedic tradition. MUM faculty are embraced because they not only embody the Vedic knowledge and are helping to re-enliv-

en it, they can also put it in a scientific context.

One of the newest developments has been the embrace by a large, private



Dr. Herriott gives plenary addresses at the Second National Teachers Congress.



Dr. Schneider is presented with a plaque by the vice chancellor of D.Y. Patil University, Dr. P.N. Razdan.

university system with over 65,000 students: MIT World Peace University in Pune. The university first learned about MUM after two earlier brief visits by faculty on recruiting tours in the East, and invited further contact and collaboration.

That set the stage for professor Scott Herriott's amazingly successful visit in September of 2017. He spent 17 days there, giving talks, meeting with the founder, and teaching the Transcendental Meditation technique. He taught the founder and scores of faculty and students to meditate, and many more signed up to learn.

"The founder was so impressed with the idea of Consciousness-Based education that he arranged for me to give a lecture to all the faculty at the location in Pune," Dr. Herriott said.

And the university was so impressed with Dr. Herriott that they presented him with a "Dedicated Lifetime Achievement Award" in recognition of his vision, dedication, and devotion toward "innovative practices in the field of education and research, with complete faith in the teachings of the great saints, seers, and scientists of the world, while championing the noble

practice of yoga and Transcendental Meditation in promoting the culture of peace in the world."

Giving a plenary address along with the Dalai Lama

MIT World Peace University was again the venue in January of 2018, with two faculty being invited to give plenary addresses to some 2,000 college professors at the Second National Teachers Congress – with the Dalai Lama himself being among the other invited speakers.

Dr. Herriott did double duty. He gave a plenary address about the experience of the fourth state of consciousness, and how every student can come to think and act spontaneously in harmony with the laws of nature, citing research on the Maharishi Effect. In addition, he and professor Vicki Herriott also taught Transcendental Meditation, with over 100 students and faculty having learned by the time they left.

Professor Anil Maheshwari's plenary address discussed the ultimate goal of education: to help students prepare to live a blissful life by developing the students' consciousness through transcendence.

In October of 2018, Dr. Herriott returned to MIT World Peace University for a large celebration inaugurating their World Peace Library in the presence of the president of India and the Dalai Lama. Dr. Herriott gave a plenary talk titled "A Universal Values-Based Education Must Be Consciousness-Based Education." He also taught the Transcendental Meditation technique to more faculty and students to prepare for faculty exchange with MUM and for MUM to be more involved in teaching their world peace curriculum.

Dr. Schneider meets with India health minister

Perhaps the faculty member who has done the most to bring Maharishi's knowledge to India has been Dr. Robert Schneider, MD, FACC, often being invited to give keynote addresses at medical conferences. He was at it again in late 2017, giving a keynote presentation at an international Ayurveda conference in Pune, meeting with a government health minister, discussing an MUM collaboration with the vice chancellor of a leading medical university – and, like Dr. Herriott, receiving recognition.

“Bali has great respect for the Vedic tradition ... they embrace the transcendent and are very open to the knowledge that Maharishi brought out.”

—Dr. Travis



Bali’s minister of education is now strongly supporting bringing the Transcendental Meditation technique to schools there. He hosted a conference on education for peace attended by 185 high school principals and teachers – with Fred Travis as the main speaker.

His presentation to the congress, held at D.Y. Patil University, explained how Maharishi AyurVeda is much broader than the herbal medicine practice common in India and around the world. It also considers the ultimate cause of disease and aging, which is the loss of connection to the body’s inner intelligence.

“I received very positive feedback on my presentation,” said Dr. Schneider, dean of MUM’s College of Integrative Medicine. “Participants felt they gained an expanded and holistic perspective on Ayurveda, and were inspired. There’s now a higher level of appreciation of the contributions of Maharishi AyurVeda in India and worldwide than ever before.”

The vice chancellor of D.Y. Patil University, Dr. P.N. Razdan, presented Dr. Schneider with a plaque on behalf of the chancellor, and expressed their university’s interest in a strong academic association with MUM, including student exchanges in multiple departments.

While in India he had a long meeting with Shripad Naik, India’s minister for traditional systems of health (AYUSH). Mr. Naik pledged his support for MUM’s program of Maharishi AyurVeda research and clinical practice.

Bill Goldstein addresses an audience of 3,000

Professor A. Thimmaiah met with the chief minister of the state of Andhra Pradesh when he visited Iowa, and was subsequently invited to address a conference on agriculture. But when the time came, he was unable to attend, and Bill Goldstein, MUM dean of global development who had also met the chief minister, agreed to take his place since he was already traveling internationally.

Speaking to an audience of over 3,000 immediately following a talk by Microsoft founder Bill Gates, Mr. Goldstein gave a 20-minute presentation about MUM’s program in regen-

erative organic agriculture and professor John Fagan’s Health Research Institute.

Bali

Minister of education strongly supports Transcendental Meditation

Bali’s minister of education visited campus in 2015 as part of a delegation, and is now strongly supporting bringing the Transcendental Meditation technique to schools there. So it’s no surprise that he hosted a conference on education for peace attended by 185 high school principals and teachers – with Fred Travis as the main speaker.

The spring 2018 conference was held in the auditorium of the governor of this Indonesian island, and now an additional 81,000 students in Bali may be learning the Transcendental Meditation and TM-Sidhi® programs as a result of Dr. Travis’s presentation.



Faculty members Bill Goldstein (left), A.Thimmaiah, and Scott Herriott (third and fourth from left) and Michael Busch (far right), met with the chief minister of Andhra Pradesh when he visited Iowa.



John Fagan addresses Brazil’s First National Congress on Complementary and Integrative Medicine in Public Health.

“Bali has great respect for the Vedic tradition,” Dr. Travis says. “Even the ornamentation on the houses uses all the details from Sthapatya Veda. They embrace the transcendent and are very open to the knowledge that Maharishi brought out.”

In 2015 MUM formalized a partnership with Warmadewa University, and while in Bali Dr. Travis set up an EEG brain center at Warmadewa and trained 15 personnel how to use it. The dean of the medical school there is eager to expand the practice of the Transcendental Meditation technique and to track the progress of his students using EEG.

The EEG lab will also be used for the newly inaugurated Peaceful Brain Project to follow the progress of students at the 14 schools and universities in Bali where Transcendental Meditation has already been introduced and the many additional schools that will be starting the program.

In addition to the 14 schools where

thousands of students are already practicing Transcendental Meditation, there are 37 schools in which faculty have learned, with plans to teach the students in the coming months.

Workshop on organic farming

Bali’s minister of education is also interested in organic farming, and invited Professor A. Thimmaiah to present a two-week workshop to create a curriculum that combines principles of modern regenerative organic farming with the traditional Balinese knowledge of food and agriculture. Dr. Thimmaiah also led field workshops that taught simple, low-cost methods of organic farming to 35 teachers from five vocational schools and high schools.

Dr. Thimmaiah explained the importance of the Transcendental Meditation technique in helping farmers to connect to the earth, soil, and plants. All of the students at these schools will be learning Transcendental Meditation.

Brazil

Helping Brazil on their path to adopting integrative medicine

Brazil has also been very welcoming to Maharishi’s knowledge, with MUM faculty making a significant contribution to the country’s new plan to introduce integrative medicine.

In the spring of 2018 six faculty participated in Brazil’s First National Congress on Complementary and Integrative Medicine in Public Health, held in Rio de Janeiro. Robert Schneider, Sandy Nidich, and John Fagan spoke at the event, as did emeritus professor David Orme-Johnson. John Hagelin and Fred Travis sent presentations.

“This initiative by the federal government of Brazil is real,” Dr. Schneider said. “This is a major step of government implementation that will entail bringing Maharishi AyurVeda, Transcendental Meditation, and oth-



Professor Leslee Goldstein, teaching the Transcendental Meditation technique to 50 women in a rural village in partnership with African Healing Exchange, an organization devoted to restoring resiliency to Rwandan women impacted by poverty and by the tragic genocide in the 1990s.

er prevention-oriented, natural health approaches to the people of the country through their national health care system.”

Because of his international prominence, Dr. Schneider was invited to give a keynote address on the opening day of the conference. He spoke about how stress in modern society accelerates the aging process and how managing our minds can slow the aging process, citing research on the Transcendental Meditation program, heart health, and telomeres.

The other researchers offered presentations on Transcendental Meditation technique and post-traumatic stress disorder, DNA expression, unified field-based medicine, changes in the brain, and the effect on society.

Dr. Schneider said Maharishi AyurVeda and Transcendental Meditation were prominent at the conference among the range of modalities that will be introduced into Brazil’s healthcare system.

Addressing the nature of consciousness

MUM faculty are appreciated internationally not only for their insight into the personal and social benefits of the Transcendental Meditation technique, but also their deep insights into, and research on, consciousness.

In the fall of 2017 Fred Travis was invited to present his perspective at two conferences on consciousness in Brazil hosted at top universities in Rio de Janeiro and São Paulo. The conference in Rio took a multidisciplinary approach to the topic – physics, epistemology, spirituality, neuroscience, and philosophy – with Dr. Travis speaking about Maharishi’s understanding of consciousness as primary, underlying all of existence, as well as speaking about his EEG research on the Transcendental Meditation technique.

In São Paulo, the focus of the conference was specifically the science of consciousness, with Dr. Travis invited to give a presentation on research on

meditation. Speaking to an audience of 350, he described research showing that different meditation techniques have different effects on the brain. And he presented his finding on the unique EEG signatures associated with Transcendental Consciousness.

Rwanda

Improving the lives of impoverished single mothers

Faculty are also sometimes on the front lines, bringing the Transcendental Meditation directly to those most in need. That’s been the role of research professor Leslee Goldstein, who has both researched the benefits for single impoverished mothers in Africa and also taught Transcendental Meditation there.

She traveled to Rwanda in November of 2017 to speak about her dissertation research on 81 women in Uganda whose quality of life significantly



The world is increasingly embracing Maharishi’s knowledge, with the 2017/18 academic year being a banner year for the faculty. They brought out Maharishi’s knowledge at the invitation of government officials, shared the stage with luminaries such as Bill Gates and the Dalai Lama, addressed large audiences, and taught the Transcendental Meditation technique.

improved after learning the Transcendental Meditation technique.

In her presentation she shared her findings on decreased stress, increased self-efficacy, and improved mental and physical health. She also presented a two-hour workshop that covered 40 studies on how Transcendental Meditation helps in areas such as blood pressure, drug addiction, PTSD, and anxiety.

“I received a great response to my presentations,” Dr. Goldstein said. “They were attended by professors, students, and professionals in the field of psychology from Eastern Africa, as well as Westerners involved in non-governmental organizations and foundations. I made a lot of contacts, some of whom expressed interest in partnering with me on Transcendental Meditation projects and learning the technique themselves.”

While in Rwanda most recently Ms. Goldstein was also involved in teaching the Transcendental Meditation technique to 50 women in a rural village

in partnership with African Healing Exchange – an organization devoted to restoring resiliency to Rwandan women impacted by poverty and by the tragic genocide in the 1990s through teaching them the Transcendental Meditation technique.

South Africa

Peak performance and brain integration

Bali, Brazil, South Africa – Fred Travis’s globe-hopping continues to take him to distant corners of the planet. “It’s very fulfilling personally, and also professionally, to bring this knowledge to the world,” he says. “I almost feel like it’s my responsibility.”

In South Africa in May 2018 he spoke to about 150 leading CEOs, psychiatrists, and scientists in management at the Gordon Institute of Business Science – a top business school. He talked about transcending and peak performance and explained that a cer-

tain level of mind-brain development underlies excellence in all fields. And he presented his research that backs that assertion: three studies on top-level managers, professional athletes, and professional classical musicians that found that they all have higher levels of brain integration.

He explained that the Transcendental Meditation technique develops greater brain integration.

The institute promoted Dr. Travis’s presentation to all their members, and then later posted videos on their YouTube channel: part 1 (tinyurl.com/y7k7jpgd) and part 2 (tinyurl.com/y9nay3ch). Dr. Travis also gave a talk to 70 members in the sports science department at the University of Johannesburg.

Faculty at Maharishi University of Management have for many years brought Maharishi’s knowledge to other countries, but as this past year shows, the world is waking up as never before – and the faculty are playing an important role in this awakening.

THE MAGIC OF EXPERIENCING RESTFUL ALERTNESS



“Maharishi said that restful alertness is the key to Transcendental Meditation. It’s a very different kind of rest than sleep. It’s rejuvenating and healing, as evidenced by a wide range of clinical studies, while at the same time it allows the person to experience deeper mental states – with profound implications, such as an ongoing experience of transcendence.” —Professor Fred Travis

Research shows Transcendental Meditation is very different from other meditation techniques

About 10 years ago, 16 women braved a powerful magnetic chamber to be subjects in a study to find out what happens deep in their brains when they practice the Transcendental Meditation technique. Each person in turn lay down on a platform to be rolled inside a large cylinder.

Once inside, the apparatus was turned on, and the person meditated for 10 minutes. The 110-decibel vibrating of the metal coils, the claustrophobic enclosure, and the supine position weren’t ideal for the practice. Yet the results were clear. Their minds settled down, despite the circumstances, and their brain activity was shown

to be different from that seen during other meditation practices.

That study, published this past year, revealed a unique state of restful alertness.

The key to Transcendental Meditation

“Maharishi said that restful alertness is the key to Transcendental Meditation,” said professor Fred Travis, a coauthor of the study. “It’s a very different kind of rest than sleep. It’s rejuvenating and healing, as evidenced by a wide range of clinical studies, while at the same time it allows the person to experience deeper mental states – with profound implications, such as an ongoing experience of transcendence.”

In Transcendental Meditation, we open ourselves to that infinite, unbounded field of pure consciousness

that not only lies within us but underlies all of existence.

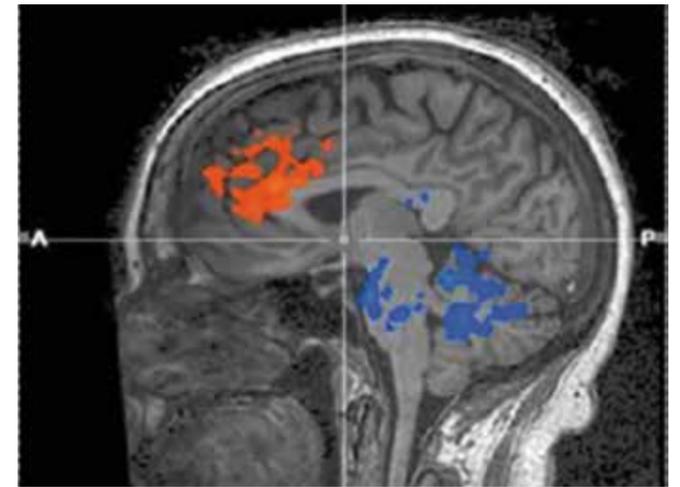
The mind must be alert to have this experience of transcendence, of pure awareness. Sleep is a restful state, but it’s characterized by an absence of awareness. Someone who’s concentrating is alert, but is so focused that there’s no sense of that underlying, unbounded field of pure consciousness. Instead, Transcendental Meditation enables a relaxing of mind and body, a settling down of awareness, while at the same time the mind remains alert.

Increased activity in the frontal cortex indicates alertness

So what would this state of restful alertness look like in the brain? That was what Dr. Travis and Michelle Mahone, then a doctoral student at the



A new study using functional magnetic resonance imaging (fMRI) allowed researchers to see deep into the brain during the practice of Transcendental Meditation, offering clear support for the assertion that it produces a state of restful alertness.



The fMRI study found that activity in the frontal cortex increased (highlighted in red), indicating alertness, and that activity in the pons and cerebellum decreased (highlighted in blue), indicating rest.

California School of Professional Psychology, sought to find out.

They used functional magnetic resonance imaging (fMRI) to get their answer. This powerful magnetic chamber can look inside the brain and body by sensing blood flow. This would reveal which parts of the brain had greater blood flow during practice of the Transcendental Meditation technique – thereby indicating which parts of the brain were more active. Would they see a pattern of activity that correlates with restful alertness?

Indeed they did. First of all, they found evidence that the mind remains alert. Alertness is a function of the front part of the brain called the prefrontal cortex. If a person is sleeping, there’s reduced activity in this region. If one is attentive and alert, then this region is active. The fMRI apparatus showed increased blood flow in the prefrontal cortex. This is also seen in other types of meditation.

Decreased activity in the pons and cerebellum indicates rest

But what about the regions of the brain having to do with resting? Would they see a reduction in blood flow to areas

that are involved in mental focus and physiological arousal? Indeed they did – in contrast to other approaches to meditation.

The researchers found there was decreased blood flow to a structure deep in the brain called the pons. This area of the brainstem modulates a person’s overall state of arousal and governs breath and heart rates. The decrease in activity in this brain area indicates a quiet mind and a resting body.

The researchers also found a decrease in blood flow to the cerebellum. This region in the back of the brain modulates the speed and variability of information processing. Whether you’re focusing on solving a problem or talking with a friend or playing tennis, the cerebellum is playing a key role in managing the flow of information.

The decrease in activity in the cerebellum suggests that the body reverts to a more automatic mode without the need of cognitive effort to exert control.

Other meditations don’t show decreases in these areas, because they typically involve concentration or continuous monitoring of one’s subjective or physiological state. The brain is alert but, unlike in Transcendental Meditation, mind and body are both active.

Together the decrease in activity in the pons and cerebellum during Transcendental Meditation suggests an overall reduction of the active, thinking mind. It’s as if the brain is at a balance point: it’s resting and quiet and ready to act when needed.

It’s in this quiescent state that our true nature begins to filter into awareness. Maharishi said that Transcendental Meditation gives the experience of restful alertness, and our awareness expands as we have experiences of the underlying field of pure consciousness.

Convincing scientists that Transcendental Meditation is effortless

For those who practice Transcendental Meditation, these findings are no surprise. It’s what we experience when we meditate. But for those who don’t practice, there has been a reluctance, especially among scientists, to accept that this simple practice of effortlessly repeating a mantra can trigger a shift into a sort of automatic mode that entails alertness and rest at the same time.

Some researchers have insisted to Dr. Travis that Transcendental Meditation must involve some kind of focus, some kind of intention and discrimina-

The fMRI study found that activity in the frontal cortex increased, indicating alertness, and that activity in the pons and cerebellum decreased, indicating rest. Other meditations don't show decreases in these areas, because they typically involve concentration or continuous monitoring of one's subjective or physiological state. The brain is alert but, unlike in Transcendental Meditation, mind and body are both active.

tion. But neurophysiological evidence continues to mount that it is, just as Maharishi said, a state of restful alertness.

This fMRI study is just one of three areas of research by Dr. Travis that show what's happening during the Transcendental Meditation technique is a state of restful alertness that's different from other approaches to meditation. The other indicators are alpha1 brain waves and the activation of the brain's "default mode network."

"Some researchers just won't accept that Transcendental Meditation is effortless, but the evidence keeps mounting up," Dr. Travis said.

Unique brain wave patterns

Most of Dr. Travis's brain research has involved electroencephalography (EEG), and he has also used these EEG findings to show other meditation researchers that Transcendental Meditation is different.

For years, researchers classified meditation techniques as one of two types: open monitoring or focused attention. Open monitoring is the general category that includes mindfulness meditation, which typically entails monitoring one's breath, bodily sensations, feelings, or thoughts in a non-judgmental way. Focused attention is the category for meditations that involve concentration or contemplation or focus.

Researchers would often classify Transcendental Meditation in the focused-attention category because of the use of a mantra. They often described Transcendental Meditation as focusing or concentrating on a mantra.

In 2010 Dr. Travis published a pa-

per that looked at dozens of EEG studies conducted on many different types of meditation. He showed that open-monitoring meditations were typically associated with theta brain waves and that focused-attention approaches were associated with gamma waves. However, Transcendental Meditation, unlike other meditations, is associated with alpha1 brain waves.

His review of meditation studies shows that there are actually three categories of meditation: open monitoring, focused attention, and automatic self-transcending, with Transcendental Meditation being the primary technique in the latter category. That review is now Dr. Travis's most-cited paper, with around 350 citations. Research reviews published in recent years have tended to adopt Dr. Travis's approach of using three categories and often will explain that although the Transcendental Meditation technique uses a mantra, it doesn't involve concentration or focus.

The significance of alpha1 brain waves

What's the significance of the alpha1 brain waves observed during Transcendental Meditation?

In general, alpha brain waves (8–12 cycles per second) are associated with a state of relaxation. And nearly 50 years ago the first studies on Transcendental Meditation showed that the practice was associated with alpha waves.

But in recent years neuroscientists have discovered an important distinction: there are two different types of alpha waves. The waves at 8–10 cycles per second, referred to as alpha1, are

associated with increased blood flow in the frontal area of the brain. This is just what was seen in the fMRI research above – indicating alertness.

What's actually creating the alpha1 brain waves? It's the firing of neurons in the core of the brain to the surface in a feedback loop.

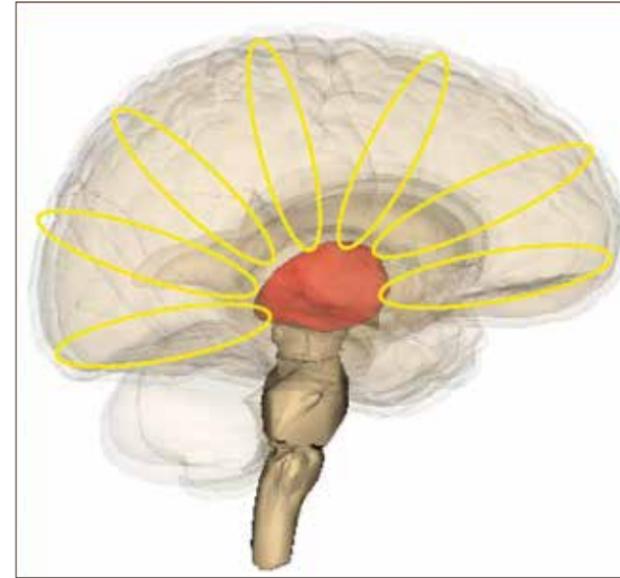
Think of your brain as a group of people, some standing on the ground, some at higher levels on platforms above them, and some on the platform at the top. Someone at the bottom says, "I'm here." Then, in turn at each level of the platforms above, someone says, "I'm here," until someone at the top says, "I'm here." It's a feedback loop, indicating that we're all here and we're awake and ready to act.

Like that, the brain has a feedback loop from the core of the brain to the surface. These loops take 1/10 of a second, and therefore generate a brain wave that's 10 cycles per second: alpha1.

This feedback loop is how the brain maintains wakefulness or alertness. Of course the brain is usually doing much more than just being awake. If one is focused on reading a book, for example, faster beta and gamma brain waves are also seen – waves that are associated with processing input from the senses and performing a task.

But in Transcendental Meditation as the mantra becomes refined, beta and gamma waves subside leaving the alpha1 wakefulness circuits to support the experience of inner wakefulness. One is alert but one's awareness is completely inward.

In other words, a state of restful alertness.



Alpha1 brain waves, seen in Transcendental Meditation, are the result of core-to-surface feedback loops and are the basis of wakefulness and alertness.

Switching on a natural inward-directed state of the brain

Yet one more area of research by Dr. Travis has also shown neurophysiological evidence for this unique state of restful alertness: Transcendental Meditation has been found to activate the brain's "default mode network."

For years researchers were curious to see what areas of the brain were associated with using one's brain in a particular way. They used EEG, fMRI, positron emission tomography (PET), and other imaging technologies. For example, when subjects memorize a list of words and repeat them, the researchers see beta brain waves in the frontal cortex.

But between times, when subjects weren't focused on an actual task, the brain would show a sort of a lower-key background activity. For years researchers ignored this, intent on studying specific aspects of content. Then one researcher, Marcus Raichle, realized that this background activity was itself associated with a specific pattern of activity and that it may have an important function. In the past 15 years,

this background activity has come to be called the default mode network. It's a mode that the brain automatically switches into when one is daydreaming and not focused on anything in particular – a natural inward-directed state of the brain. Researchers call it "undirected mentation." This style of brain functioning is linked to higher levels of creativity and higher levels of general intelligence. In a sense, given the opportunity, the brain just sort of does its own thing. This default network becomes active within a fraction of a second after a person finishes a task.

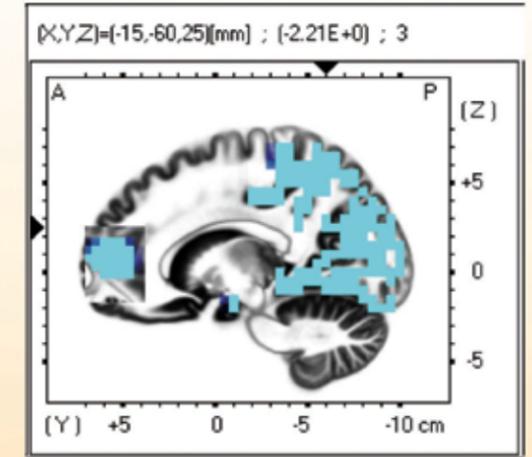
The significance of the default mode network isn't yet completely understood, but increasingly researchers are hypothesizing that it has an important role. And individuals with various pathologies, such as Alzheimer's and autism, show abnormal activity in the default mode network.

In 2010 Dr. Travis published a randomized controlled trial that found that the Transcendental Meditation technique tends to activate this natural inward-directed state of the brain. Every other meditation has been found

to deactivate it. In short, other meditations typically entail training one's brain, but Transcendental Meditation rests the brain.

It's all based on the unique experience of restful alertness, an experience that is now scientifically understood thanks to the research of Dr. Travis and his colleagues.

Default Mode Network



The areas highlighted in blue show high levels of connectivity when the brain's default mode network is activated. Transcendental Meditation has been shown to activate the default mode network.

Unique experience of restful alertness

This restful alertness is the hallmark of the Transcendental Meditation technique, which is easy and natural and effortless. It naturally lets the brain settle down to a quieter state, while remaining alert. And in this state of restful alertness, one increasingly opens one's awareness to what Maharishi called "pure awareness": one is aware, but without an object of thought. This is transcendence.

Over time that transcendence, that pure awareness, begins to be experienced outside of meditation, leading to experience of cosmic consciousness, when that experience of pure awareness is always present during waking, sleeping, and dreaming.

Every other meditation has been found

COME AS A STUDENT GRADUATE AS A CEO

Management students create businesses while still a student



Professor Cliff Rose

Professor Cliff Rose knew exactly what to do when a chain of 26 elder-care facilities hired him to increase occupancy from the current 62%. He got together a focus group of adult children who were at an age when they may be helping their parents choose a facility. And he asked them, What famous person would you find to be the most credible?

The clear winner was Shirley Jones, the mother in the hit TV series “The Partridge Family.” Cliff contacted her agent, worked on branding, created an ecommerce campaign that included 26 websites, hired Ms. Jones as the spokesperson – and boosted occupancy to 105% (meaning that they had a waiting list).

Cliff is an expert at brand development and advertising, and over 30 years he’s worked with companies such as Walt Disney, Ralston Purina, Carnival Cruise Line, Air France, and Kroger. And he’s hired promoters such as singer Olivia Newton-John, Mariette Hartley (known for the TV series “The Rockford Files”), Valerie Harper (“Rhoda” TV series), Jim McKay (host of “Wild World of Sports”), and Dick Butkus (pro football player, sports

commentator, and actor). He’s produced thousands of radio commercials, hundreds of TV commercials, and over a hundred websites.

After decades in the business, friends said to him, “Cliff, you’re good at this. You should teach your skills to the younger generation. You’ve been based in Fairfield over 15 years. Why not teach at the college there?”

The Creative Entrepreneur Program is born

Cliff liked the idea and worked with Vicki and Scott Herriott, heads of the management and business department, to start up the Creative Entrepreneur Program. It would take the students far beyond classroom learning, such that they would, while a student, create businesses from the ground up.

It began as a single course three years ago and is now a semester-long sequence of courses in MUM’s block system, with three groups of students having taken the sequence. The students come up with a concept, develop a business plan, write an executive summary, put together a marketing plan, and develop a financial plan. They also write TV and radio spots as well as print ads. And they prepare a PowerPoint presentation in which, just like the TV program “Shark Tank,” they pitch their idea.

Aditi Gentsch’s unique aromatherapy oils

Student Aditi Gentsch was already an entrepreneur. She grew up on her parents’ farm near Fairfield and began, at the age of 12, creating salves for the

Cliff Rose worked to start up the Creative Entrepreneur Program. It would take the students far beyond classroom learning, such that they would, while a student, create businesses from the ground up.

Aditi Gentsch credits the Creative Entrepreneur Program for playing a major role in her new business. “It allowed me to refine who I am as an entrepreneur. It gave me a lot of clarity why it’s important to me to bring out wholeness, consciousness, and liveliness through these products.”



Aditi designing her new website AditiBotanicals

horses. Soon family and friends began making requests for various ointments. Aditi Botanicals was born, and for the past 20 years she’s been selling a range of products, such as cleansers, hydrators & toners, moisturizers & serums, eye cream, lip balm, body care, and perfume. (See www.aditibotanicals.com.)

“The first time I inhaled the delicious aroma of calendula flowers infusing their healing properties into warm olive oil, I knew this was my passion,” she writes on her website. “In the spring, I coaxed the delicious perfumes from lilac blossoms, honeysuckle, violets, and rose petals. During summer, I’d pick dandelion, plantain, red clover, and comfrey, then set them beneath the brilliant Midwestern sunshine to dry. When fall was in the air, I

would dig up echinacea root to make a medicinal tonic.”

After 15 years of selling products (and also becoming a pilot), Aditi enrolled at MUM, intent on taking her business to a new level.

While in the Creative Entrepreneur sequence she realized that she had the knowledge to create a new product that could be very marketable: an aromatherapy line that would be like no other.

She’d spent years studying herbology, the Charaka Samhita, the primary ancient Vedic text related to promoting health, and Maharishi AyurVeda and had realized that all essential oils currently on the market were missing one ingredient: wholeness. Typically these fragrances are created by extracting particular chemicals from a plant:

that’s why they’re called “essential.”

But by fragmenting a plant, by distilling it down, important qualities are lost. Yes, lavender has specific molecules that scientists now know affect the olfactory area of the brain, thereby creating a feeling of relaxation. But it also has molecules that have an enlivening effect. The synergy is important.

Aditi had realized a number of years ago that it would be better to create aromatherapy that maintained the integrity of the whole plant. And as a fun experiment, she created a fragrance that she shared with some friends. They loved it.

What was the catch? It cost \$350 per ounce to make.

Yet the idea stayed with her, and during her recent semester in the Creative Entrepreneur Program, she had



Nic Pace - Creative Entrepreneur Program student

"I feel like most universities offer some book definitions and monotonous classroom work, but MUM's program is different. I really enjoyed my experience in the classroom. Cliff was the best support – one of the best teachers I've had. He's been around it all and is willing to share anything and everything – the pleasant and the not-so-pleasant. He was beyond helpful." —Nic Pace

the opportunity to work out the details. She created a company with the French name Voulu Effet, which translates as "desired effect."

On the market in the coming months

She's now developed 10 formulas and hopes to have her new products on the market in the coming months. She is currently having friends test them, with very positive feedback so far.

In addition to respect for the wholeness of the plants, her marketing angle also includes the fact that science now understands much more clearly how aromatherapy products work.

"In the past five years, researchers have been discovering how specific molecules interact with the olfactory areas of the brain," Aditi said. "What was long known anecdotally by herbologists and traditions such as Ayurveda is now being supported by scientific research."

Hence the name of her company and the tagline, "The effects are known."

She credits the Creative Entrepreneur Program for playing a major role in her new business. "It allowed me to refine who I am as an entrepreneur. It gave me a lot of clarity why it's important to me to bring out wholeness, consciousness, and liveliness through these products."

She said the program also gave her confidence that she can be successful in this market. "It's been a challenge to maintain the integrity of my products over the years, given the temptation to use distilled and fragmented essences, but now I see this as my competitive advantage."

Branding is an important focus, given the unique nature of her formulas. "I'm finding that I have to come up with a new way of talking about these products so that I can clearly communicate how they differ from the essential oil products currently on the market."

She says that the program teaches students in a way that she's never seen before, including connecting the students with mentors who have years of experience as entrepreneurs.

Nic Pace – yoga pants made from recycled fibers

For Nic Pace, the program helped him to see exactly what it would take to bring his product to market: yoga pants made from recycled fibers.

He had a number of possible products that he was interested in launching, but during the program's "creative boardroom" sessions, when all the students in class focus on a specific business idea, he realized that this was the

one he really wanted to do – and that would have a definite market.

His interests include both fashion and sustainability. In recent years companies have figured out how to take old clothing and break it down to the constituent fibers, and then to use those fibers to make cloth. Nic liked the idea of having a product that would upcycle something that would otherwise go in a landfill.

And he liked the idea of designing yoga pants. He practices yoga and hadn't been able to find the sort of pants that he'd really want to wear. He realized, given the huge surge in popularity of yoga, that others may be looking for the same thing. Plus, he says, someone who is into yoga is typically also the sort of person who is eager to save the environment.

But where to start? In particular, Nic had no idea how much it would cost to create and launch such a product. The Creative Entrepreneur Program helped him fill in all those details.

Financial plan was key

"Doing a financial plan and going through the numbers helped me to see that it's plausible," he said. "I'm really comfortable with the idea now that I know the specifics. The numbers helped to quantify the venture and to



Cliff mentoring student Megan Shay.

Cliff's ultimate goal, and the goal of the Creative Entrepreneur Program, is to create a prosperous student community with good jobs for everyone – and successful alumni who are eager to give back to the University.

see the bigger picture. Previously I'd wondered how it could be monetized."

Nic has now contacted suppliers of fabrics made from upcycled yarn and found that they're open to working with startups. He's currently working on a minimum viable product that he will show to suppliers as well as to companies whom he'd contract with to manufacture his pants. He's doing the design of the first pants himself, but will ultimately also work with other designers once he has established his line of yoga pants.

"I feel like most universities offer some book definitions and monotonous classroom work, but MUM's program is different. I really enjoyed my experience in the classroom." He says that the students work on their own to come up with some ideas, but then much of the class time is discussion-based, brainstorming and working through the details.

Nearly 20 experienced entrepreneurs help mentor students

Cliff is himself amazed at how well the program has gone, and in part credits the willingness of experienced entrepreneurs to work with the students. "Finding mentors is a daunting challenge for universities that teach entrepreneurship. Most universities aren't able to offer what we do because they simply don't have entrepreneurs so readily available to serve as mentors."

Support from fellow students, faculty, and mentors

Perhaps most important, he says, is the support of his fellow students, teachers Cliff Rose and David Goodman, and mentors who are themselves experienced entrepreneurs. He met with a number of entrepreneurs

during his courses, and will now be paired individually with a mentor.

He credits Cliff with creating a supportive and helpful environment. "Cliff was the best support – one of the best teachers I've had. He's been around it all and is willing to share anything and everything – the pleasant and the not-so-pleasant. He was beyond helpful."

The experience of Almar Meijles was similar to Nic's. "My previous business studies seriously lacked practical work and experience. I finally got the practical training and experience I wanted – it helped me to conceptualize and start my business."

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He points out that entrepreneurs are typically very busy and don't have time to help students. But Fairfield is different, and nearly 20 entrepreneurs who

have themselves shepherded startups to great success are now working with the students.

Cliff says the curriculum is now set and professors David Weisman and Sabita Sawhney are integral parts of the program. And, with mentors in place, and students rich with ideas, the big need is seed capital to test the ideas. His goal is to raise a pool of \$100,000–\$200,00 per year. "I'm confident we'll see this come together," he says.

Helping Fairfield – and MUM – prosper

Ultimately his goal, and the goal of the Creative Entrepreneur Program, is to create a prosperous student community with good jobs for everyone – and successful alumni who are eager to give back to the University.

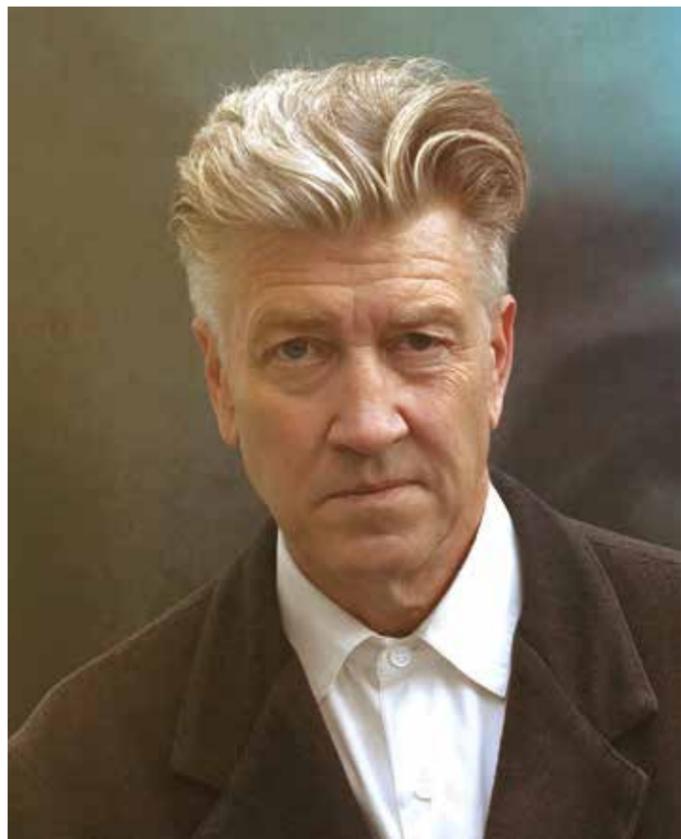
Aditi plans to manufacture her aromatherapy formulas locally. "One of my goals is to add value to Fairfield," she says. "I love Fairfield and want to support the local economy and the people who like to live here."

For more information about the Creative Entrepreneur Program and to see the impressive background of some of the highly experienced mentors, see www.mum.edu/ba-in-creative-entrepreneurship.

The David Lynch key to writing for film and television:

“MEDITATE AND CREATE!”

The world’s only Consciousness-Based MFA in screenwriting



“If filmmaking were intellectual, you could learn to make a film from a book. There is something else going on. And that something else going on is fed by diving within.”

—David Lynch, founder of The David Lynch Graduate School of Cinematic Arts at Maharishi University of Management

It’s often said that creativity can’t be taught. But what if it were possible to encourage a process that allows artists to explore creative ideas that already exist deep within? A process that leads to profound insights and expansive imagination?



“Transcendental Meditation takes me deep, but it also relieves anxiety. I think with anxiety I’m more apt to dismiss ideas, whereas with the meditation, I just allow them in. I don’t second-guess myself.” —Tracy Flannigan



“This program breaks away from the competitive, monotonous, and outdated nature of many other schools, classes, and workshops.” —Craig Draheim, student from Ann Arbor, Michigan

That’s exactly what the Master’s of Fine Arts in Screenwriting at the David Lynch Graduate School of Cinematic Arts at Maharishi University of Management aims to do. It teaches the nuts and bolts of screenwriting, along with the Transcendental Meditation technique, which helps students develop the ability to create visionary art.

“I wouldn’t have pursued a screenwriting program outside of this one,” says student Michael K. Jackson, who works in magazine production in Los Angeles. “It’s one thing to know how to write something. It’s another to have something to write about. This program respects creativity. It’s honored and nurtured.”

Now in its second year, MUM’s MFA in Screenwriting is one of the fastest growing programs at the University, with a full class of first-year students along with a full, returning second-year class. While many small-university MFA screenwriting programs are struggling to attract students, this one has its pick of applicants.

“Our MFA in Screenwriting offers something no other program in the world can,” says Professor Dorothy Rompalske, the program’s creator and director, and a screenwriter herself. “Through the practice of Transcendental Meditation, we create a connection of consciousness with the creative writing process. When you do that, amazing things can happen.”

First and only Consciousness-Based screenwriting program

Within the all-encompassing container of MUM’s Consciousness-Based education, screenwriting students access the vast ocean of creativity within – pure consciousness – through their daily practice of the Transcendental Meditation technique.

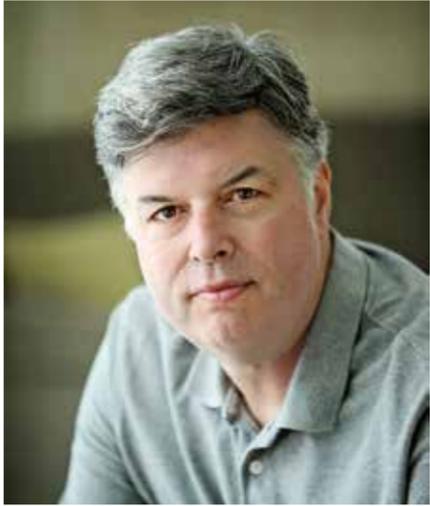
“That’s the biggest difference,” says Marcia Buhler, a student who worked in TV production and taught scriptwriting in Wisconsin over a 25-year corporate career. “I have more ideas. The flow runs deep. I don’t feel frustra-

tion if I don’t get it right away. I have more ideas than I could possibly even work with at this point.”

Filmmaker David Lynch, the school’s founder, has said, “If filmmaking were intellectual, you could learn to make a film from a book. There is something else going on. And that something else going on is fed by diving within.”

“Transcendental Meditation takes me deep, but it also relieves anxiety,” says Tracy Flannigan, a writer who supports herself in part by renting part of her home to vacationers. “I think with anxiety I’m more apt to dismiss ideas, whereas with the meditation, I just allow them in. I don’t second-guess myself.”

The MFA program is structured in a two-year, low-residency format, which means students aren’t asked to uproot their lives, relocate, or change jobs or lifestyles. The only travel required takes place at the start of each semester with an immersive 10-day residency at MUM. While on campus, students experience lectures, panel discussions,



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master classes, staged readings, and workshops. They learn the Transcendental Meditation technique in their first residency and expand their connection to their Transcendental Meditation practice each time they return.

Personal journey while working with film industry mentors

At home, students engage in distance learning under the mentorship of an experienced film-industry professional. As they draft scripts for film and television, they benefit from guided exercises, analyses of published screenplays, screenings, and group discussions.

“The instruction is top-notch, with every instructor bringing professional credentials and experience to our classes,” says Marcia Buhler, adding that it’s “the perfect mix of hands-on and remote learning. I have no doubt I’ll be well prepared to write professional screenplays at the conclusion of this program.”

Many students have come to the program after experiencing frustration with more traditional teaching methods.

“This program breaks away from the competitive, monotonous, and outdated nature of many other schools, classes, and workshops,” says Craig

Draheim, a student from Ann Arbor, Michigan.

Adds Michael Jackson, the student from Los Angeles, about his prior classroom experiences: “It was always about, ‘Get this on this page,’ or ‘Do this.’ It was never, ‘Where does creativity come from? How can you nurture it?’ This MFA isn’t just about screenwriting; it’s also about inner growth. For me, it’s very much been a personal journey, which is what I was seeking.”

Creative oasis: Immersive residencies with Hollywood luminaries

During the residencies, students benefit by being free of the distractions of home. At MUM, they immerse themselves in the restful alertness of their Transcendental Meditation practice, even as they do their creative work and attend workshops under the guidance and care of staff and instructors.

Many students find inspiration in Fairfield. “There’s a vibe I’ve never felt in any other place,” says Jackson. “A warmth, an acceptance. There’s something happening below the surface. It’s very special.”

“I leave Fairfield feeling illuminated and eager to begin every moment to follow,” says Tom Miller, a first-year student from Gainesville, Florida.

Student work often explores transformational themes rife with personal and existential meaning, but they are free to write about any subject that holds power or interest for them.

Guest speakers are an important part of the curriculum and have included Hollywood luminaries such as E. Max Frye, the Academy Award-nominated screenwriter of *Foxcatcher*; Peter Farrelly, writer/director of the hits *Dumb and Dumber*, *There’s Something About Mary*, and *Shallow Hal*; author Dara Marks, a script doctor who’s highly in demand; and Glenn Gers, writer of such Hollywood hits as *Fracture* and *Mad Money*, and writer/director of the independent films *Disfigured* and *Like Share Follow*.

As with all MUM curricula, the “Science and Technology of Consciousness” is the core course that allows students to delve into the study of consciousness as the unifying basis of all branches of knowledge.

Learning the biz from the pros

In the MFA’s final semester, attention turns toward the business of screenwriting, when students learn how to market their work – and themselves. A key course, “Advanced Business and Marketing for the Entertainment In-



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dustry,” brings to campus industry pros for training in best practices for pitching, publicizing, and selling film and television projects. In lectures and small groups, students hone their skills.

The MFA program culminates in a final residency, in Los Angeles, when students meet with industry professionals. “They gain valuable insights from agents, producers, and studio executives,” says Professor Rompalske.

“Catching the Big Fish” in a like-minded community

During both the distance learning and on-campus segments, the aspiring screenwriters make close connections with like-minded peers who share a passion for inner development and creative expression.

“Deep bonds are formed,” says Professor Rompalske. “Our students thrive in an atmosphere of love and support they haven’t necessarily found in other programs. And through the practice of Transcendental Meditation, they find their unique voices and grow as artists.”

“I know something unique and remarkable about every one of my classmates,” says Tom Miller, the student from Gainesville. “The diversity in age, socioeconomic status, gender, orientation, color, class, creed of my fellow students is so refreshing, and the bonds we’ve formed will no doubt be for life. The talent these grad students bring to the table honors the program and Maharishi, and will help change the world for the better. I’ve never felt such energy and excitement at any other sc

Program namesake David Lynch has long advocated that the depth of consciousness cultivated by the Transcendental Meditation technique – by transcending the temporal or everyday world – supercharges the creative process, imbuing it with depth and untold potential. “You can stay in the shallow water,” he is known for saying, “but if you want to catch the big fish, you’ve got to go deeper.”

The director perhaps best captured the heart of the MFA program with the rallying cry that has become the motto of the school bearing his name: “Meditate and create!”

Professor Rompalske: “Our students thrive in an atmosphere of love and support they haven’t necessarily found in other programs. And through the practice of Transcendental Meditation, they find their unique voices and grow as artists.”



PRESIDENT HAGELIN ELEVATES ROLE OF YOUNG ADMINISTRATORS

“These very dedicated, talented and accomplished young leaders are building the bright future of our University,” Dr. Hagelin said. “They constantly demonstrate their brilliance and their vision for moving MUM forward. In collaboration with our longstanding cabinet members, they are continually upgrading and expanding the University’s operations and successes.”

When John Hagelin became president two years ago, he found it “strengthening and reassuring” to be working with highly experienced, lifelong administrators who serve as his cabinet. But at the same time, he was also somewhat concerned: many among this group of long-serving veterans were nearing retirement age. What could be done to ensure MUM’s long-term sustainability?

Dr. Hagelin’s solution has been to elevate younger administrators to leading positions, and to add 10 of them to his cabinet. This new group is sometimes referred to as the “young cabinet.”

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Carolina Passos, director of human resources at MUM, is playing a prominent role in the young cabinet. After earning an MA from MUM in 2006, she returned with her husband in 2015 and joined the human resources team. She quickly showed her leadership skills and headed a number of important areas, including training and development, performance evaluation, and implementing a new database of all faculty and staff.

A native of Brazil with two children in Maharishi School, she came to MUM with more than 12 years of



Carolina Passos

experience as an HR manager and HR consultant working with large companies in Brazil such as Petrobras, Brazil’s leading energy company.

She worked closely with then-director Stan Lamothe, and then took over



Young cabinet members. Front row left to right: Tiago Passosi, director of development; Leslie Doyle, director of Student Support Services, student satisfaction and retention specialist; Patrik Siljestam, comptroller. Rear row left to right: Taniya Hallman, registrar; Gwen Stowe, director of admissions; Eric Liu, director of MUM Online and Continuing Education; Aster Hesse, associate dean of admissions; Maryam Naraghi, principal designated school official. Not shown in photo: Selin Ozbudak, associate director of Enrollment and Student Affairs; and Carolina Passos, director of human resources.



Patrik Siljestam

as director when Stan began working with Maharishi Foundation. In his email to MUM staff and faculty announcing the change, he praised Ms. Passos, saying, “Those of you who have had the pleasure of working with Car-

ol know her to be extremely capable and efficient, fair, compassionate, an excellent communicator and mediator, always ready to lend a helping hand and provide kind assistance to all who ask.”

Patrik Siljestam, comptroller, is another example of a young administrator who’s stepped up, and who is now on the president’s cabinet. He learned the Transcendental Meditation technique as a young child living in Ideal Village in Sweden. He came to MUM in 2009 as an undergraduate student and graduated in 2011 as valedictorian.

He then became an MBA student in the evening/weekend program, working days in MUM’s office of strategic planning, synthesizing and analyzing data for MUM’s 5-year strategic plan.

“Patrik was a great asset in my office,” said David Todt, who has played a major role in MUM’s strategic planning efforts. “He could do anything with a spreadsheet. He was very capable.”

When MUM’s comptroller left in 2017 for another position, Patrik, at age 30, was appointed to this important role in the University’s accounting office.

“I feel immensely fortunate that our ‘young cabinet’ has been willing to take on such significant responsibilities at our University so early in their careers,” Dr. Hagelin said. “They are already strengthening MUM at every level – and will continue to do so. They will ensure a vital continuity of experience and knowledge as the University expands and moves into the future.”

Presentations

Dr. Thimmaiah teaches agriculture to refugees



Professor A. Thimmaiah offered a workshop in Fargo, North Dakota, to Bhutanese refugees, helping them to learn to grow their native foods while also learning to heal themselves and the planet. Sponsored by Lutheran Social Services, the workshop was the first of five meetings with Dr. Thimmaiah in which the refugees had the opportunity to learn about, and begin practicing, regenerative organic agriculture. The event was an emotional experience for the refugees, Dr. Thimmaiah said. He was able to speak to them in Hindi, and because of the years he spent in Bhutan introducing organic agriculture, he was familiar with the villages they were forced from in the early 1990s due to their having ancestry in Nepal.

speaks in Denver

Dr. Thimmaiah was invited by the Uberoi Foundation to present at a conference that was focused on addressing issues related to the environment, climate change, and sustainability from the perspective of the four dharmic traditions: Hinduism, Buddhism, Jainism, and Sikhism. Dr. Thimmaiah, a native of India, spoke from the perspective of Hinduism and the need to transcend from sustainable agriculture to the deeper level of regenerative organic agriculture. He explained that inner sustainability is as important as outer sustainability and that people must change from within in order to change the world. Craig Pearson, MUM vice-president of academic affairs, was also invited to participate and was asked to summarize the conference and make concluding remarks.



Dinesh Gyawali on ayurvedic herbs



Dinesh Gyawali traveled to a number of conferences during the 2017/18 academic year to present the results of his dissertation – a meta-analysis of research on the effectiveness of Ayurvedic herbs for cardiovascular risk factors. He gave a poster presentation at a conference on integrative medicine in Baltimore sponsored by the National Institutes of Health and other leading institutions. In Dallas he spoke at a conference sponsored by the National Ayurvedic Medical Association, and at Georgetown University in Washington, DC, he gave an invited, all-expenses-paid presentation on the scientific evidence for the effectiveness of ayurvedic herbs.

Dr. Maheshwari presents on data analytics in South Korea

Anil Maheshwari was invited to South Korea to present at the International Conference of Information Systems on “Teaching data analytics from natural law.” He explained that teaching the multidisciplinary field of data analytics requires an overarching framework that transcends and subsumes all the referenced fields. He said that natural law provides an unchanging framework and a stress-free and sustainable path to continued learning. He presented seven key natural law principles, along with examples of their applications in teaching data analytics.



Books and Journals

Faculty publish paper on improving internet performance



Professors Renuka Mohanraj and Steve Nolle published a paper in the *International Journal of Wireless Communications, Networking and Mobile Computing* that presents a new control mechanism to fix network congestion. They offered an algorithm that analyzes data packet traffic and identifies the optimal communication path for reducing data collisions, thereby increasing the ratio of packets successfully transmitted – and ultimately improving performance.

These trajectories then fill in the missing data. They suggested converting geo-coordinates into semantic tags and also using a clustering methodology to recover missing values.

Professor Shad coauthors paper on location data

Professor Shafqat Ali Shad coauthored a paper in the journal *Applied Artificial Intelligence* that showed how to improve location data such as that used in mobile devices. The authors proposed a method for predicting movement and building trajectories of the location of the mobile device.



These trajectories then fill in the missing data. They suggested converting geo-coordinates into semantic tags and also using a clustering methodology to recover missing values.

Anil Maheshwari's books on big data now published in Chinese



Two books by Anil Maheshwari on big data and data analytics that were originally published by McGraw-Hill have now been published in Chinese editions by a top tech publisher in Taiwan. His book titled *Data Analytics Made Accessible* gives a concise and accessible overview of data analytics and provides a toolset of the major data

mining techniques and platforms. His book *Big Data Made Accessible* covers big data tools such as MapReduce, Spark Streaming, Hadoop, and NoSql. Both have been top sellers on Amazon.

Sculpture Magazine features professor Jim Shrosbree

Faculty artist Jim Shrosbree was featured in the May 2018 issue of *Sculpture Magazine*, an international monthly magazine dedicated to all forms of contemporary sculpture. The article is related to professor Shrosbree's exhibit at Paul Kotula Projects in Detroit and describes his sculptures as non-representational, yet familiar, and being made of materials such as clay, fabric, and even auto body putty. In the extended interview, professor Shrosbree discusses the sources of inspiration for his work and how his pieces resonate with the viewers.



Professor Shrosbree was also featured in issue 5 of *Maake Magazine*. (See www.maakemagazine.com/jim-shrosbree.) In addition, he was awarded a competitive grant from the Pollock-Krasner Foundation, which provides financial assistance to individual visual artists of established ability.

Faculty poems published in anthology

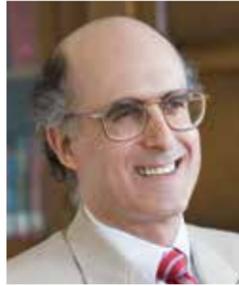
Faculty members Nynke Passi and Suzanne Vesely (retired) are represented in a new anthology that also includes nationally renowned poets, with the proceeds benefiting those in the world impacted by terrorist attacks and political oppression.



Titled *Carrying the Branch: Poets in Search of Peace*, the book has been published by Glass Lyre Press of Glenview, Illinois. Other MUM poets represented include staff members Bill Graeser, Paul Stokstad, Rustin Larson, and Ken Chawkin. The anthology can be purchased on the publisher's website (goo.gl/cpb2dH) and on Amazon.

Research

Increased blood flow to heart in cardiovascular patients



The Transcendental Meditation technique was shown to increase blood flow in the hearts of subjects recovering from a heart attack, according to a study led by Robert Schneider, MD, FACC. Decreased blood flow to the heart is the main problem in a heart attack, so rehabilitation focuses on increasing that flow. The study was conducted in collaboration with physicians at Columbia Presbyterian Hospital in New York. Dr. Schneider presented the results at the annual meeting of the American Heart Association in Anaheim, California.

Help for alcohol addiction



A study coauthored by Sandy Nidich and published in the *Journal of Substance Abuse Treatment* found that practice of the Transcendental Meditation® technique was able to help those with an addiction to alcohol. Subjects in the research included 60 people who had been admitted to a treatment facility, half

of whom learned the Transcendental Meditation technique. The study found that those in the Transcendental Meditation group were less likely to have returned to heavy drinking three months later. None of those who closely adhered to the recommended routine of meditating twice daily had gone back to drinking heavily compared to 42% in the control group who had relapsed.

Medical association recommends meditation for heart disease

After a broad review of the scientific research, a September 2017 scientific statement by the American Heart Association recommended meditation be considered to help prevent and treat heart disease as an adjunct to conventional care. Titled "Meditation and Cardiovascular Risk Reduction," the statement surveyed research on all six of the contributing

Unique EEG patterns during transcending



A study of EEG patterns during the Transcendental Meditation technique found evidence that the mind shifts between being lost in thought and experiencing transcendence. Coauthored by Fred Travis, the study identified known "microstates" in brain functioning – specific EEG patterns in the brain, each one lasting 50-100 thousandths of a second – and compared the pattern of microstates during the experience of transcending to the pattern when the mind was off on thoughts during Transcendental Meditation practice. The study was published in *Human Brain Mapping*.

Relief from post-traumatic stress



Veterans of the wars in Vietnam, Persian Gulf, Somalia, Iraq, and Afghanistan suffering from post-traumatic stress disorder (PTSD) found significant relief from their symptoms as a result of practicing the Transcendental Meditation technique, according to a study led by alumnus Robert Herron and published in *Military Medicine*. The 41 veterans and 5 active-duty soldiers in the study had been diagnosed with clinical levels of PTSD, as measured by the PTSD Checklist-Civilian (PCL-5). After one month, 87% had a clinically significant decrease of more than 10 points. The reduction was so great that 37 participants (80%) had their symptoms reduced to below the clinical level for PTSD. The research was supported by funding from the Wege Foundation of Grand Rapids, Michigan, and the Maharishi Foundation.

factors to cardiovascular disease, not just blood pressure. Compared to other meditations, the Transcendental Meditation research was the most diverse and deepest, including, for example, studies on improved atherosclerosis, decreased insulin resistance, and reductions in the rate of heart attack, stroke, and death. See <https://goo.gl/uwFNy5>.

Research

Journal of Math and Consciousness publishes second and third issues



Two additional issues of the *International Journal of Mathematics and Consciousness* have now been published. An issue published in the fall of 2017 featured a 200-page paper titled "The Magical Origin of Natural Numbers" by Paul Corazza, and an issue published the summer of 2018 featured a paper by Cathy Gorini titled "Geometry for the Artist" and one by Dr. Corazza titled "Mathematics of Pure Consciousness."

In his first paper Dr. Corazza writes that the largest mathematical infinities, called large cardinals, are not well understood in modern mathematics because the intuition

underlying the modern-day concept of mathematical infinity is not sufficiently developed. Based on the wisdom of the ancient sages and quantum field theory, he suggests that an underlying field gives rise to this sequence of numbers. And he proposes a new axiom, called the Wholeness Axiom.

In his second paper, Dr. Corazza offers a mathematical model of pure consciousness. He shows that in a natural expansion of the universe of mathematics by ideal elements, there is a unique set Ω whose only element is itself, and which is equal to the set of all possible transformations from itself to itself. All "real" mathematical objects can be seen to arise from the internal dynamics of Ω .

Dr. Gorini's paper explores how topics such as symmetry, perspective, fractals, non-Euclidean geometries, and topology are connected to art and how the understanding of consciousness developed by Maharishi helps one to see connections between art and geometry.

The articles are available for free at ijmac.com/papers.

Increased self-efficacy in Ugandan mothers



A single-blind, controlled study led by research professor Leslee Goldstein showed that the Transcendental Meditation technique was able to help 81 single, disadvantaged, illiterate mothers in Uganda deal with high levels of stress while improving their health, well-being, and ability to support themselves and

their children. Standardized measures found improvements in self-efficacy, perceived stress, and mental and physical quality of life.

Further questionnaires after 8 and 36 months suggested that the women enjoyed improved health, better relationships with others, and increased employment rates. Published in *Health Care for Women International*, the study was coauthored by Sandy Nidich, Rachel Goodman, and David Goodman.

Recognition

President Hagelin receives Doshi Bridgebuilder Award

President John Hagelin received the Doshi Family Bridgebuilder Award as the culminating event at an Ayurveda conference at Loyola Marymount University in Los Angeles. Named for its benefactors, Navin and Pratima Doshi, the annual award honors an individual or organization dedicated to fostering understanding between cultures, peoples,

and disciplines. Dr. Hagelin was recognized for connecting modern science and spirituality. Mr. Doshi is an engineer, attorney, and investor who has long been a leading proponent of the Vedic heritage of India and its role in the modern world. His goal is to build bridges between East and West.

Cinematic Arts

Film screened, wins award at world's top fantasy film festival

The thesis film by Agnes (Baginska) Peel-McGregor, a 2016 graduate of the David Lynch Graduate School of Cinematic Arts, premiered at the world's top festival for fantasy in 2017. It was one of 23 short films out of over 2,000 submissions to make it into the Official Fantastic Selection of the Sitges International Fantastic Film Festival in Spain.

Titled *Last Tree Standing*, the film also won six Awards of Excellence at the 2018 Iowa Motion Picture Association's annual awards ceremony. It received the top award for director (short-form), editing (short-form), original score, screenplay, soundtrack audio mix, and visual effects. In addition, it was nominated for the 2017 Australian Screen Music Awards.

The 30-minute film is the futuristic story of Treeman, a half-tree, half-man character in the year 2071, when all trees are gone in a dystopian world except for the remnants embodied by Treeman. Taken for a freak, he's captured. But then Lexie, played by Maharishi School's Sage Jarmosco, embarks on a dangerous mission to free him.

A two-minute trailer can be viewed at goo.gl/Mexpw7.



Agnes Peel-McGregor at Sitges, ZPM Film

Students screen TV series, get jobs in Hollywood

A highly professional student-produced TV series was screened at the Orpheum Theater in Fairfield, and soon after graduation several of the seven graduates were already working in Hollywood. The TV track in MUM's David Lynch Graduate School of Cinematic Arts began in January 2016, and by graduation 2017 the stu-

dents had edited and produced their series. A number of Hollywood veterans helped teach the program, including Bill Borden, who has produced dozens of movies.

Titled *The Next Town Over*, the series is set in a small town in Iowa, and begins with the town being "thrown into confusion and grief when the be-

loved woodshop teacher, Edward Price, is killed in an isolated car accident."

On the day of the funeral, storms and tornado warnings force the residents to take shelter, with the various episodes revolving around the interactions of those sheltering in locations such as the local church, a bar, and the high school.

Student Activities, Media and Communications

Student-organized adventure quests highlight past year



Magic, dance, art, puzzles, mysteries, food, music – two wildly popular adventure quests dreamed up by student Haley Spitzfaden and alumnus Chris Grace were a highlight of the year, offering fun and fostering camaraderie and a team spirit among the ethnically diverse student body.

Modeled after Harry Potter's Triwizard Tournament, the two-hour MUM Quest in September plunged 80 students into a magical realm for two hours, during which the teams worked together to save Fairfield. Six teams trekked across campus to engage in challenges in four different locations, with teams earning points based on the quality of their teamwork, enthusiasm, and achievement of goals.

The quest began with an 8-minute video that introduced the fictional adventure, including President John Hagelin reading from a diary in Gaelic. The video can be viewed at goo.gl/eenhtt. A two-minute video with scenes from the event is available at goo.gl/N5xdEe.

A quest in May involved over 150 students and included 1930s dress, live jazz, Italian cuisine, and then magic and a puzzle journey as teams raced each other to be the first to catch a secret thief present on each team. Based on the plot from the fall Quest, faerie mischief was very much afoot due to a portal the students accidentally opened. A three-minute video is available at youtu.be/mFe_GIkQSIg.

Students publish literary magazine

Students in the BFA in Creative Writing program published the first issue of *Metafore*, an online literary magazine that featured an accomplished group of international writers, including the American transcendentalist poet Erik Pankey of George Mason University. It can be viewed at www.metaforemagazine.com. The magazine pub-

lishes poetry, fiction, and creative nonfiction. This first issue also featured photos of sculptures by artist Nicole Winning. One of the goals is to include diverse literary voices – including the marginalized – and use literature as a tool for humanizing different communities.



Business Management

MBA team earns top score in global simulation



A team of MBA accounting students finished in the 99th percentile in an online integrated decision-making simulation that involved 1,271 master's-degree-level teams worldwide. Members included Ram Neupane (Nepal), Merveille Tiani (Cameroon), and Pondpat Tohsanguanpun (Thailand). This is the 14th consecutive time over the past seven years that at least one group of MBA students has finished in the top tenth percentile. Others in the top 10th percentile included DePaul University, Indiana University, Kansas State University, Pennsylvania State University, and the University of Massachusetts. The simulation entails managing short-term and long-term metrics across eight rounds of decision-making, with each round representing one year.

Jagruti Solanki Receives National CPA Award



MUM alumna Jagruti Solanki received the 2018 Innovative Practitioner Award from the American Institute of Certified Public Accountants (AICPA) and CPA.com for her role as a pioneer in blockchain accounting at the CPA-led business advisory firm Aprio.

"Since Aprio began working with its first blockchain client over five years ago, Jagruti stepped up and dove deep into the accounting nuances, developing best practices for our blockchain clients," said Mitchell Kopelman, partner-in-charge of the Technology & Blockchain Practice at Aprio. In recognition of her leadership, Jagruti was promoted to partner on January 1, 2019.

Jagruti is proud of receiving the AICPA award as a non-native woman in a male-dominant industry. She is also eager to support fellow MUM alumni and has helped place an MBA student at Aprio.

Student earns prestigious SAP certification



MBA student Khoa Nguyen passed an extremely challenging certification exam related to business process integration offered by SAP, the world's leading maker of software for managing business operations and customer relations. Professionals skilled in applying SAP software

in large corporations are highly sought worldwide. Specifically, Mr. Nguyen, who is from Vietnam, passed the SAP TS410 exam, which is typically taken by SAP consultants and project managers. This exam verifies that the candidate has the core knowledge about business processes and their integration using the SAP S/4HANA 1610 software. The management department offers an MBA with a specialization in SAP in which the students learn about these powerful reporting and data analysis tools for decision-making, including the use of SAP Business-Objects enterprise software. The courses prepare students for SAP certification exams and for professional positions.

Sustainable Living

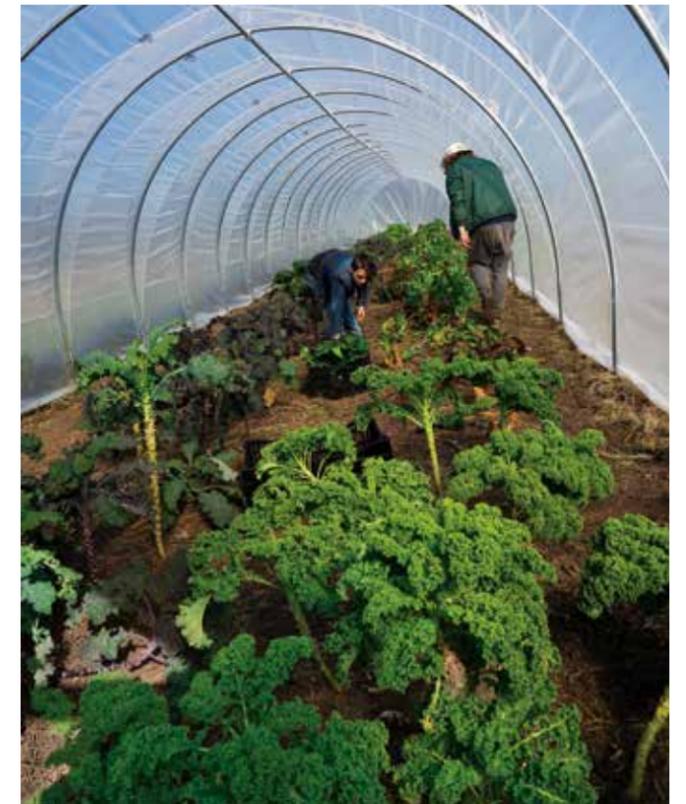
Students build charging station for electric cars



Eleven students in a course on energy and sustainability built a charging station for electric cars. The station is attached to the Sustainable Living Center grid and uses excess energy from the wind turbine and solar panels that power the building. The 40-amp station is now the second one available in front of the Sustainable Living Center. Both are free for anyone to use. The students learned about volts, amps, joules, watts, and ohms – and the mathematics needed to compute usage requirements, enabling them to calculate the energy requirements of a solar installation.

Farm sells veggies via membership program

Students studying regenerative organic agriculture launched a membership program that delivered a weekly box of fresh vegetables to subscribers. Referred to as community-supported agriculture (CSA), the program entailed pre-purchasing a share of the produce that the farm grew the 2018 season. A \$320 membership provided members with \$400 worth of produce during the 16-week growing season, including lettuce, spinach, seasonal salad mixes, tomatoes, peppers, cucumbers, zucchini, squash, broccoli, peas, culinary herbs, and even flowers. Produce was also sold at the farmers market. The aim of the program is to provide scientific knowledge and hands-on experience in regenerative organic agriculture.



Sports

Aikido club members progress toward black belt



Megann Kammerman

After passing the fifth level of testing at a seminar in Missouri, MUM Aikido Club president Megann Kammerman and master's student Mahmood Ali are making significant progress toward achieving a black belt. They passed the 2nd Kyu test under the scrutiny of nationally acclaimed instructor John Chiarolanzio, bringing them within just one more level before beginning training for a black belt. Ms. Kammerman has been practicing aikido for two and a half years and Mr. Ali for four. Aikido is a defensive martial art based on blending and harmonizing with one's practice partner. The MUM Aikido Club offers three training sessions a week for students, staff, and faculty.

Running club coach sets 5K record



MUM running club coach Peter Mannisi set an Iowa record with a time of 22:36 in the 70+ age category in the 5K race at the Drake Relays. The previous record, set in 2014, was 25:07. He not only bested the 7 runners in his age group, but also the 14 in the 65–69 group and the 16 competitors in the 60–64 group. He was the 45th overall finisher in the race among all age groups, comprising 721 runners.

Mr. Mannisi has been an important inspiration for the club, and members have enjoyed success competing in a number of 5K and 10K races. Students winning first-place medals in various races included Virginia Lagunas (in the 13–18 age group), Zara Colazio (13–18 group), Tara De Santis (19–29 group), Sara Narantsetseg (20–34 group), and Nguyen Mau Khoa (20–34 group).

Alumni News

David Navarrete teaches Iowa architects



Alumnus David Navarrete ('92, '93), who is director of research initiatives and content development at Fairfield-based Sky Factory (skyfactory.com), has become an expert in using photo-realistic images of nature to alter people's perception and experience of interior space. Sky Factory manufactures and sells ceiling and wall panels that give the illusion of viewing the sky or nature scenes through a skylight or window. He has presented at conferences, published in scholarly journals, and most recently presented a continuing education course at the Iowa Convention of the American Institute of Architects.

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Nathaniel Campbell receives praise for his novel



Nathaniel Campbell (2008) is enjoying success with his debut novel, published in July 2017. It was number one on the *Chicago Tribune's* "The ultimate summer reading list." Titled *Found Audio* and published by Two Dollar Radio, it was reviewed twice by *Publisher's Weekly*, which called it a "bona fide literary page-turner" and included it in their list of "Writers to Watch Fall 2017." *Kirkus Reviews* described it as "A dizzying epistolary novel about dreams, perception, and the human psyche." The book is a cerebral thriller that takes readers on a journey around the globe in search of the legendary city of dreams, based on a series of mysterious audio recordings by an adventure journalist.

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Alumni News

Janga Kowo named to top government post



Janga Kowo, a 2010 graduate of the MBA in accounting, was named Comptroller and Accountant General of the Republic of Liberia. After graduation Mr. Kowo returned to Liberia and worked in a number of different sectors, while also becoming active in Congress for Democratic Change, the main opposition political party. He was named the party's National Secretary General. In December of 2017, his political party won the presidential elections, and the new president, George M. Weah, nominated Mr. Kowo for the position of Comptroller and Accountant General. The Liberian Senate then confirmed him for the position.

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Samantha Thomas heads "Love Summit" business conference



Samantha Thomas (2011) has created The Love Summit, an international business conference that brings together business, government, and thought leaders from around the world to discuss how love is a viable factor for improving the triple bottom line of business – people, planet, and profit. Ms. Thomas is the executive director of DreamChange, a nonprofit organization founded in 1987 by bestselling author John Perkins to help raise humanity's consciousness and inspire more sustainable ways of living. See dreamchange.org.

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Yodit Denekeew crowned Miss Ethiopia USA



Alumna Yodit Denekeew (MBA 2015) was crowned Miss Ethiopia at the 2017 Miss Ethiopia USA Pageant in Washington, DC. The mission of Miss Ethiopia USA is to recognize women who are involved in promoting the Ethiopian culture and supporting humanitarian causes. As Miss Ethiopia USA, Ms. Denekeew used her title as a platform to empower young women to pursue higher education. She implemented her plans under the aegis of the United Nations Entity for Gender Equality and the Empowerment of Women through fundraising events and traveling to Ethiopia to spread her message. She is currently working as an auditor at a public accounting firm in the Washington, DC area. See missethiopiasapageant.com.

Maharishi School

Shristi Sharma

Wins science fair awards



Ninth-grader Shristi Sharma won first place in the Computer Science category at the State Science and Technology Fair of Iowa with a project titled “Phishing: Don’t Take the Bait, Protect Your Sensitive Information.” She also won an Intel Excellence in Computer Science and a \$200 cash award. Plus, she was invited to attend the Intel International Science

and Engineering Fair in Pittsburgh, PA.

Her research entailed sending fraudulent emails to employees at five companies to see whether those companies that had offered training to employees would be less vulnerable. She found that the companies that had previously trained their employees were 4.5 times less likely to fall for the attacks.

Daniel Zhu

Named National Merit Finalist

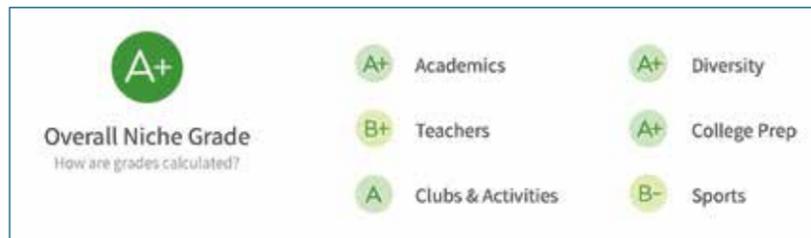


Senior Daniel Zhu was named a National Merit Scholarship finalist. He earned this distinction by first being among the top 16,000 of the 1.6 million students nationwide who took a qualifying test – thereby being named a semifinalist. And then, based on his meeting high academic standards and other requirements, he was named a finalist.

Finalists competed for more than 7,500 National Merit Scholarships worth \$32 million offered by the National Merit Scholarship Program, corporations and businesses, and the colleges that the students will be attending. Daniel had already received a full scholarship from Grinnell College, and was awarded an additional \$8,000 scholarship due to his being named a National Merit Scholar.

Maharishi School named Iowa’s #1 private school

Niche.com has ranked Maharishi School #1 out of 35 best private high schools in Iowa and #1 out of 22 best private K–12 schools. The rankings are based on an analysis of academic and student life information from the U.S. Department of Education, as well as test scores, college data, and ratings of users of the website.



The website gave Maharishi School an A+ in academics, college preparation, and diversity, and an A in clubs and activities. They also ranked Maharishi School as #1 out of the 54 most diverse high schools in Iowa.

See www.niche.com/k12/maharishi-school-fairfield-ia.

Pranav Chhalliyil

Selected to be science ambassador

Maharishi School 11th grader Pranav Chhalliyil was selected by the Biotechnology Institute in Washington, DC, to be one of their ambassadors, which entails his promoting science education to kindergarten through 8th grade teachers and students. He was selected as a result of winning the Biotechnology Institute’s GenePool competition last year, his strong communication skills, and his volunteer work teaching students in underdeveloped countries.

Ambassadors in the BioGENEius Champions program create videos that help teachers and their students understand and apply the scientific method to a hypothesis. Each video shows how a hypothesis can be scientifically investigated. Teachers can then have their students replicate the experiment. The videos become part of the BioGENEius Champions web series and will be available online via the institute’s YouTube channel.

The Biotechnology Institute sent filming equipment to Pranav, and he recorded himself doing an experiment that entailed extracting DNA from fruits like strawberries and explaining the scientific principles behind the experiment. He also took footage of various aspects of his life for a documentary-style introduction about him. After recording, he sent the files to professional editors arranged by the institute.

The focus of the program is to underscore the need to apply the scientific method to the natural curiosity of children.

“I’m honored to be a part of this wonderful program and promote science education to K–8 school students across the nation,” Pranav said. “And I enjoyed shooting a video about everything I do, as well as my community. I talked about my project, meditation, school, community service, my business, image consulting, cooking, painting, etc. It was a lot of fun, and I’m grateful for the wonderful community here.”

In the video he also encouraged students to apply for the Summer Bridge bioSTEM Champions Challenge, a virtual competition with focus on applying the scientific method.

Pranav also participated in the Iowa Regional Junior Science and Humanities Symposium (JSHS) and won third place. Participants presented the results of original research before a panel of judges and an audience of their peers. He received \$1,000 and as well as an all expenses-paid trip to



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—Pranav Chhalliyil

the 56th National JSHS Symposium in Huntsville, Maryland, where he earned fourth place. He presented a poster that combined his findings from the past three years of research on the oral microbiome.

Maharishi School

School students compete in national rocketry event

Team America Rocketry Competition in Washington, DC, recognized team coach Rick Rudloff with an Outstanding Advisor plaque. This year six teams from Iowa qualified for the national competition, with three being from Maharishi School.



Three teams of Maharishi School students qualified for a national rocketry competition held in Washington, DC, with two of the teams finishing in the top 10 out of over 100 competitors, earning 7th and 10th place. In addition, last year's 4th-place team was invited by NASA to compete in the 2018 Student Launch held at NASA's Marshall Space Flight Center in Huntsville, Alabama.

The competitions entail designing and building a rocket that will rise to

an exact distance and stay aloft a specific period of time – and descend gently enough to preserve the integrity of a fragile payload.

Due to the success of such a small school competing nationally, the Team America Rocketry Competition in Washington, DC, recognized team coach Rick Rudloff with an Outstanding Advisor plaque. This year six teams from Iowa qualified for the national competition, with three being from Maharishi School.

The challenge in the Washington, DC, competition was to have their rocket fly to an altitude of 800 feet and return to earth in 41–43 seconds. Their rockets were required to carry two eggs. If the eggs broke during the flight, they were disqualified.

The NASA competition involved sending a rocket one mile in the air while carrying a science experiment. Unfortunately, a crucial part broke during the flight, resulting in Maharishi School's rocket's staying aloft much longer than the target time.

However, the team did receive second place for their educational engagement throughout the year. They educated the younger students about rocketry and built displays to show their accomplishments during farmers' markets and during Fairfield First Fridays.

The student teams competing in Washington, DC, included eighth-grade girls Elan Jenkins, Adel Cynolter, and Drishikaa Thimmaiah; senior boys Daniel Zhu, Kai Vessey, Karthik Vempati, and Li Wang; and Orion Riley, Bella Unger, Bhavani Allison, and Hela Holbert.

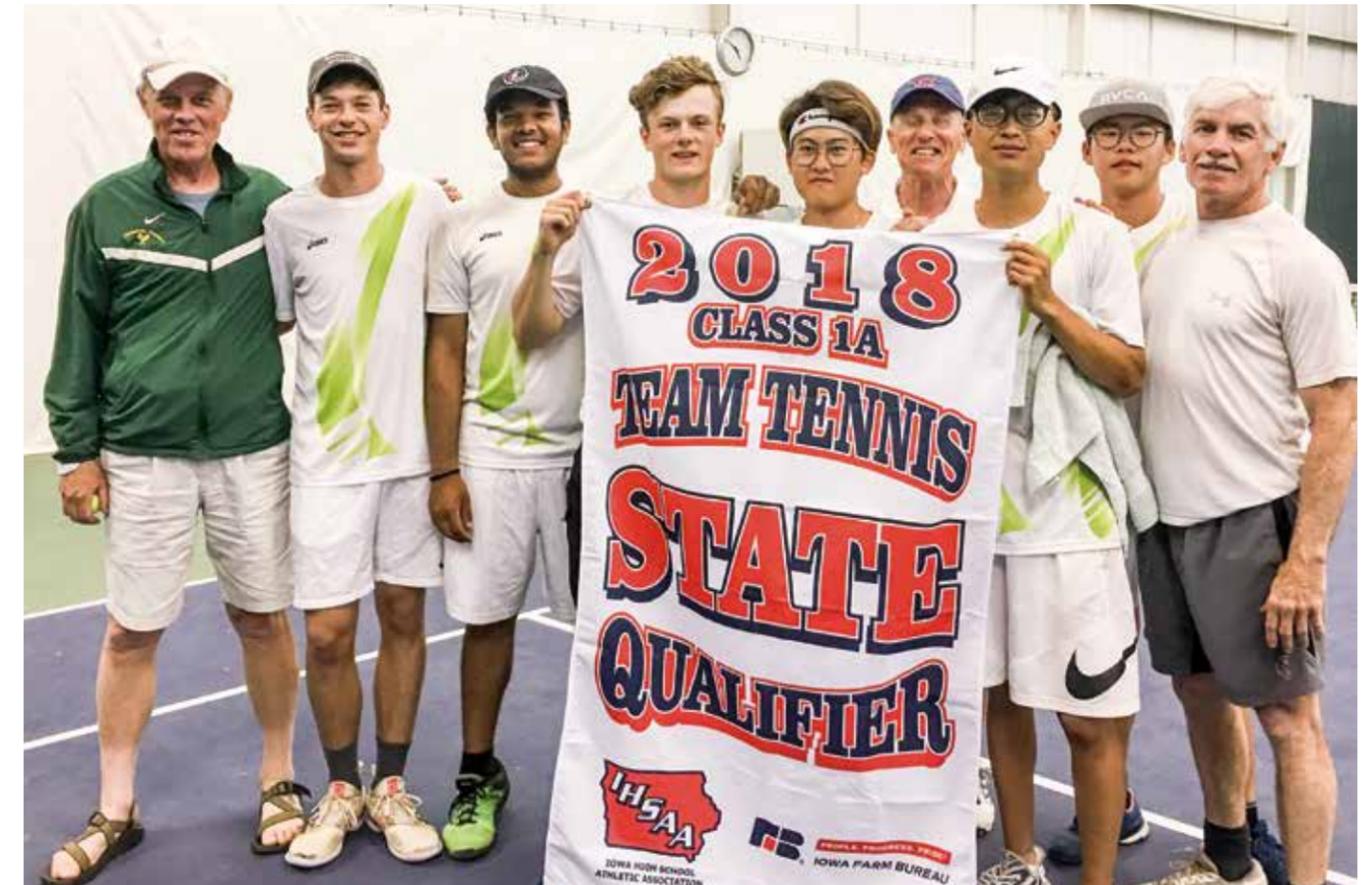
The NASA team included the four senior boys as well as Lulu Miller, Yenet Deribe, Deepika Vempati, and Shristi Sharma. Miles Falk was also involved.

An Alliant Energy Foundation grant of \$1,250 helped support the students' involvement in the competitions.

School tennis team

earns second at state competition

Continuing a tradition of being one of the best teams in the state, the boys tennis team made it to the state championship match. It was the team's 14th appearance in the final – a state record.



Continuing a tradition of being one of the best teams in the state, the boys tennis team made it to the state championship match, losing to their perennial rival from Dubuque. It was the team's 14th appearance in the final – a state record. The team also had a second-place finish in the separate state doubles competition, and a seventh-place finish in state singles.

The doubles team of Kai Vessey and Devan Burke qualified for state by winning the district championship, and then winning three matches at state before losing a very

close match in the final. Daniel Zhu, the #3 player on the team, won the district competition and competed in singles at state, losing in the second round to a seeded player, and then winning two matches in the consolation round to earn seventh.

The other players on the team were David Zhang, Bhavani Allison, and Karthik Vempati. Ms. Allison played on the boys team due to there not being enough players to field a girls team this year.

News from the

DEVELOPMENT OFFICE

Wege Foundation grant of \$524,000 ups total to over \$1.4 million in gifts

Support from the Wege Foundation continues to flow to Maharishi University of Management, with a 2018 grant of \$524,000 that brought the total to over \$1.4 million in gifts.

Inspired by MUM Trustee Laura Wege and Chris Wege, the funds have been used for everything from fixing up the Argiro Student Center to purchasing locally grown Maharishi Vedic Organic produce for the dining hall.

The Wege Foundation was established by the late Peter Wege, son of Peter M. Wege, who in 1912 founded Metal Office Furniture, the company that became today's Steelcase, the world's largest producer of office furniture. Based in Grand Rapids, Michigan, the Wege Foundation has as its mission "Planting seeds that develop leaders in economicology, health, education, and arts, and enhance the lives of people in West Michigan and around the world."

"This is the fourth consecutive year we have received grant support from the Wege Foundation, and we are so grateful for these thoughtful, high-impact gifts," said Craig Pearson, vice president of academic affairs.

"We're especially grateful to Trustee Laura Wege and Dr. Chris Wege for inspiring and helping facilitate these grants from the Wege Foundation. The foundation has helped support and improve the University across the board – endowment, academics, facilities, energy, communication, and more."

Of the current grant, about \$200,000 is going toward fixing up the Argiro Student Center and repairing Henn Mansion. Another \$100,000 is going toward the new solar array that will help power campus. Improving education is a major focus, with \$100,000 earmarked for faculty and staff development, such as attending professional conferences, conducting research, and bringing in outside experts to speak in classes.

Also, \$25,600 is designated for purchasing locally grown Maharishi Vedic Organic vegetables. The funding includes \$45,000 for improvements to faculty on-campus housing and \$36,000 for Maharishi School to support program and instructional development. In addition, \$17,500 will go toward helping create interdisciplinary learning communities – a new approach to education that helps students synthe-



MUM Trustee Laura Wege and Chris Wege



A few of the projects the Wege Foundation grant have supported. Clockwise - Argiro Student Center, solar array, locally grown Maharishi organic produce, Henn Mansion

size knowledge and develop critical thinking skills.

Past support has included donations toward the endowment fund, construction of the Sustainable Living Center, a 42,000 kilowatt solar array, training in interpersonal communication and leadership, and roof repair for the women's dome. In addition, in 2004 the late Peter Wege personally donated \$50,000 to help fund the installation of geothermal heating and cooling systems for several small dormitories.

For more information, see wegefoundation.com.

Legacy Campaign Receives \$7 Million in Pledges

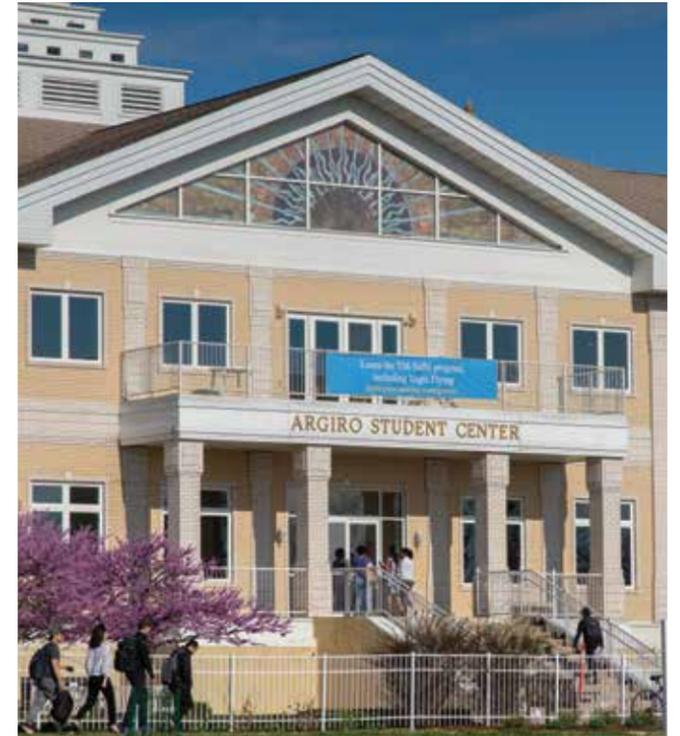
A new campaign that invites MUM supporters to give bequests had reached \$7 million in pledges by the spring of 2018.

"We're very grateful for the response we've received," said Brad Mylett, vice president of development. "These precious gifts as they continue to grow will help ensure a foundation of stability that will keep MUM strong and viable for generations."

Donors are making gifts to MUM via wills, charitable trusts, life insurance, annuities, real estate, and other means. According to the Legacy Giving website, these gifts can offer financial benefits, such as avoiding capital gains taxes on donations of stocks, bonds, and real estate. Gifts can range from a coin collection to a vacation cottage or land.

Those interested in planning a gift can now take advantage of MUM's professional advisory committee composed of trust officers, attorneys, accountants, financial planners, real estate brokers, and others who specialize in estate planning.

Extensive information is available at mum.giftlegacy.com, including videos and calculators. In addition, those wishing to speak with an expert financial advisor can set up an ap-



pointment by calling (641) 472-1180 or emailing planned-giving@mum.edu.

Annual Fund meets target of \$2.25 million

MUM and the University's generous supporters achieved the ambitious Annual Fund target of \$2.25 million for the 2017–2018 fiscal year.

The Annual Fund is crucially important, supporting all aspects of the University's operations and expansion — from student scholarships to faculty salaries; from marketing and admissions to designing and launching exciting new academic programs.

Thanks to your support this past year, we enrolled a total of 1,800 new and continuing degree-seeking students; our spring semester saw a 70% increase in standard undergraduate and graduate students compared with the previous spring.

MUM now accepting cryptocurrency donations

Cryptocurrencies such as bitcoin have become popular – and are generating wealth for those who invested early or participated in mining them.

In keeping with the times, MUM is now accepting donations in the form of cryptocurrency. In 2009, one bitcoin could be purchased for 6¢. In December of 2017, the price for one bitcoin was close to \$20,000. Some feel that the price could go as high as \$1 million by 2020. While no one knows what will happen, those who are bullish on cryptocurrency – and are eager to endow MUM with a stake in the cryptocurrency future – can now donate bitcoin and other cryptocurrencies.

For more information and a step-by-step guide, see giving.mum.edu/how-to-give-digital-currency.



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