

---

---

## ACADEMIC PROGRAMS

---

---

---

### THE FIRST-YEAR PROGRAM

---

The first-year program at Maharishi University of Management provides a unique vision, a completely original angle, on how to approach and succeed in life. We ground our curriculum in a vision of human potential that includes higher states of consciousness, and in an understanding of the fundamental unity of life. Our program provides not only intellectual understanding of this new vision, but also technologies for realizing this vision. These two together, intellectual understanding and the experience of personal growth, lead to a most fulfilling and productive life.

Profound intellectual awakening and growth of consciousness deepen with each year at the University. But the first year at Maharishi University of Management is especially important in this transformation. It consists of a sequence of courses that introduces the core curriculum of the University, develops effective thinking, research, speaking, writing, and teamwork skills, and exposes the student to a remarkable breadth and depth of knowledge in this first year.

Besides other course work, students who are enrolled in the first-year program receive instruction in Self-Pulse Assessment, or Maharishi *Nadi Vigyan*. This simple and profound technology from Maharishi Consciousness-Based Health Care<sup>SM</sup> allows the individual to accurately assess the level of balance of the whole physiology. The pulse contains the level of functioning of the three fundamental principles of intelligence governing the physiology: the principle of movement and communication; the principle of transformation and metabolism; and the principle of structure and cohesion. The goal is for the students to be able to measure the basic level of balance, which can then guide their dietary choices and daily routine to maintain balance and vitality.

### COURSES

#### **FOR 108 Self-Exploration and Transcending (2 credits)**

This forest orients you to the university and to Consciousness-based education. You will learn the Transcendental Meditation technique, and begin to explore the theoretical foundation for higher states of consciousness available through TM practice. If you

already practice Transcendental Meditation, this forest will include a review of the principles and mechanics of the practice, based on your experience and questions.

**STC 108 Science and Technology of Consciousness (4 credits)**

This course discusses the full range of consciousness from individual experience to a fundamental field of intelligence that underlies all of life and how this is unfolded through Consciousness-Based education. As part of this course you will participate in 3-4 day base camp that focuses on team building, group processes, and leadership skills.

**FOR 109 Self-Exploration and Transcending — Advanced Seminar (2 credits)**

In this seminar students will select a fundamental principle, concept or theme from Maharishi Vedic Science, research it, and lead the class discussion on their topic. This course will include extensive reading of the Vedic Literature, discussion of advanced concepts from selected readings and videotapes, and extended Development of Consciousness for deeper experiences.

**STC 109 Science and Technology of Consciousness: M.S.A.E. Track (4 credits)**

This course gives the student extended time to read the Vedic Literature in Sanskrit and to explore higher states of consciousness both experientially and theoretically. As part of this course you will participate in 3-4 day base camp that focuses on team building, group processes, and leadership skills.

**ESS 101 Health and Fitness Practicum: Physical Activity to Promote Longevity and Fitness for Life**

In this innovative and unique course, students exercise daily, chart their activities, and report their achievement at the end of each month. Each year every student receives a fitness assessment and a personally tailored workout program. Students are then assessed again at the end of the year. A computerized system helps students track their progress and generates a regimen of exercises.

**ESS 103 Base Camp: Creating Harmony within the Diversity of Students, Faculty, and Administration**

Integrated into the Science and Technology of Consciousness (STC) course is a four-day retreat where students, faculty, and staff go to a wilderness area for a camping trip to help build friendships and understanding between all three groups with the goal of establishing cooperation for future endeavors. Whereas the STC course enriches the mind and spirit with new ideas about human potential, Base Camp enriches the body and soul, with opportunities to enjoy some beautiful countryside with new friends. Activities may include canoeing, biking, and hiking, as well as learning “outdoor” skills.

### **PH 101 Physiology Is Consciousness: Awakening the Cosmic Potentiality of the Human Brain**

The course will explore the new paradigm in science that the “Physiology is Consciousness.” Current concepts of mind and body will be understood in terms of this new paradigm. The human brain is unique in the universe. The unfathomably complex fabric of the brain neuropil rivals the billions of galaxies. This course examines the contribution of the Vedic tradition of knowledge to our understanding of brain structure and function, and hence, the potential that lies within every individual. The exponential growth of modern scientific understanding during the last 100 years, primarily the last 50 years, has created a situation in which we have an urgent need to understand the relationship between consciousness and our physiology. This course will present facts of brain structure and function in light of Maharishi Vedic Science and the Discovery of Veda and Vedic Literature in human physiology. We will examine how our brain constructs reality at every moment and how the transcendental field of life, the home of all the Laws of Nature, is the source of these myriad physiological impulses seamlessly orchestrated to produce what we call human experience. We will learn how the experience of unboundedness, the Self of every individual, can transform our physiology and awaken the total creative potential of the brain in enlightenment, the birthright of every human being. (4 credits)

### **FOR 103 Health-Related Fitness: Physical Activity to Promote Longevity and Fitness for Life**

This course presents the latest knowledge from Western science and the Maharishi Consciousness-Based Health Care program concerning the optimum daily routine for establishing the foundation for lifelong excellent health and growing enlightenment. The major focus will be on the details of the ideal routine of sleep, diet, exercise, meaningful activity, recreation and the importance of the regular experience of pure consciousness for optimum health and evolution. This course will combine both lectures and physical activity labs. (2 credits)

### **PHYS 110 Foundations of Physics and Cosmology: Discovery of the Unified Field and Its Practical Applications for Perfection in Life**

The course gives a deep and non-mathematical understanding of the differences between classical and quantum physics. It explains the meaning and mechanics of unification and symmetry and the main concepts of unified quantum field theories and superstring theory. It shows that at the basis of the universe lies a complete unified field, a self-interacting entity from which all particles and forces arise through the process of spontaneous symmetry breaking. The course gives students experience and understanding of the interconnectedness between the laws of physics, the universe, and themselves. (4 credits)

**WTG 191 College Composition 1: Clear and Graceful Prose — Coherent Minds  
Expressing Themselves through Traditional Writing Forms**

This course presents students with the challenge of reconciling seemingly opposite perspectives — writing as an ongoing process of discovery and writing as the creation of a finished work. Students develop greater facility with the writing process and strengthen foundational skills. Connections between reading and writing are fostered as students read and discuss a narrative text. (4 credits)

**WTG 192 College Composition 2: Exploring Academic Writing — Knowledge as the Basis of Successful Communication and Self-Expression**

This course develops students' abilities to use language for different purposes, subjects, and audiences, focusing on both exposition and persuasion within the academic context. Students read and discuss published works that reflect the variety of thinking and writing across the disciplines. (4 credits) *Prerequisite:* WTG 191 or appropriate assessment

**Plus one course in mathematics selected from the following:**

---

**MATH 152 Elementary Algebra: Using Variables to Manage the Total Possibility of Numbers and Solve Practical Problems**

The infinitely flexible language of algebra is used to quantify and model mathematical patterns and relationships. Topics include operations on algebraic expressions, linear equations, the coordinate plane, inequalities, factoring, and simple quadratic equations. (4 credits)

**MATH 153 Intermediate Algebra: Using Variables to Manage the Total Possibility of Numbers and Solve Practical Problems**

This course extends Elementary Algebra to develop further algebraic models. Students study polynomials, rational expressions, quadratic equations, complex numbers, and graphing in the coordinate plane. (4 credits) *Prerequisite:* MATH 152

**MATH 266 Geometry for the Artist: Applying Abstractions of Shape and Form to Create Beautiful Concrete Images**

Geometry, the study of shape and form, is an essential tool for the visual artist. Topics in this course include symmetry, Euclidean and non-Euclidean geometry, perspective and projective geometry, and fractals. Materials fee: \$10 (4 credits) No prerequisite

**MATH 161 Functions and Graphs I**

**MATH 162 Functions and Graphs II**

A mathematical function quantifies the relationship between two related quantities and can be used to model change. Functions and their graphs are essential to all branches of mathematics and their applications. (4 credits each)

TOPICS 1 — domain and range, average rate of change, graphs, functions (linear, exponential, logarithmic, and quadratic), and applications. *Prerequisite:* MATH 153

TOPICS 2 — trigonometry, algebra of functions, compositions and inverses of functions, functions (trigonometric, power, polynomial, and rational), and applications.  
*Prerequisite:* MATH 161