Student to Appear in MTV Reality TV Series True Life

BY KATIE KELAFANT

MUM student Kat Kanan will be featured on MTV’s True Life reality TV show in an episode titled “I Am The Black Sheep,” which is set to air in the coming weeks.

According to the website, True Life provides a “window into the struggles, hopes, and dreams of young people.” Each episode is narrated by the person being featured and “documents the unusual — and often remarkable — circumstances of real individuals.”

The show has long been Ms. Kanan’s favorite, and for years she responded to casting calls on the MTV website.

Her work paid off. While she was living in Keokuk, Iowa, she was selected. Filming began after she moved to Fairfield to attend MUM. The footage focuses on her everyday life, which includes going to class, modeling, making music, and spending time in Fairfield.

“I wanted the episode to showcase MUM,” Ms. Kanan said. “I feel like it’s had a very positive effect on me.”

She said her debilitating anxiety has been nearly eliminated thanks to her practice of the Transcendental Meditation® technique. She’s found MUM’s accepting and open-minded atmosphere to be one of the University’s best qualities and says that the supportive environment has helped her to grow in new ways.

Construction of New Park East of Argiro Now Being Planned

As part of the campus master plan, the design of a new park on the sloping land east of the Argiro Student Center is currently being developed by a landscape architecture firm, with construction possibly taking place as soon as this summer.

The new park will be called Younger Park in honor of Gil Younger, who was a generous benefactor of Maharishi University of Management for over 30 years.

An initial design of the park (see illustration above) by campus architect Jon Lipman includes an amphitheater, watercourse, paths, fountain, and various sustainable features. The park will be an attractive, environmentally friendly space that will bring together students, faculty, staff, and visitors.

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FROM THE FOUNDER

“Veda is the voice of the Transcendent. Those studying the Veda are fortunate; each word is deeply embedded in the transcendental, unmanifest field—each word of the Veda fully embedded in the transcendental, self-referral field.”

— Maharishi Mahesh Yogi, July 20, 2005 press conference

Dr. Travis Collaborating with Other Top Meditation Researchers

Faculty researcher Fred Travis and 20 top meditation researchers from around the country have now held a series of three meetings with the goal of exploring the future of meditation research and to look into the similarities and differences among the various approaches to meditation.

Dr. Travis was invited to participate because of his numerous studies and because he is the only researcher documenting the experience of higher states of consciousness. The meetings are being held at the Institute of Noetic Sciences and the famed Esalen Institute.

“The first meeting served to break the ice and decide on an angle for collaborative research,” Dr. Travis said. “They were very respectful of the research on the Transcendental Meditation technique. In the second meeting, they were very candid and asked pointed questions, such as whether the technique is really effortless and whether Pure Consciousness is really the experience of awareness without an object of awareness.”

In the third meeting, the researchers generated a survey that asks meditators about their experience during meditation. With some 700 responses so far, the researchers are finding that the transcendent has been experienced across traditions, suggesting that it’s an important area of research that needs careful scientific investigation.

Since Dr. Travis is the only researcher with publications that have studied the neurophysiology of transcending, and since the Transcendental Meditation technique is unique in its ability to systematically allow practitioners to transcend, the researchers look to him to help them understand this facet of meditation.

The nine researchers who met in November, many of whom are also practicing clinicians, are now writing a white paper that documents the findings of their questionnaire.

In addition, Dr. Travis is coauthoring a paper with Helane Wahbeh, a professor in the Department of Neurology at Oregon Health & Science University, on Samadhi and how it’s described in different traditions.

Another goal of the group is to create a website in which meditators log in to take five to six psychological tests. The website then generates a profile of the meditator that provides a measure of depth of experience, compassion, mindfulness, and higher states of consciousness.

“A real collaborative spirit is developing,” Dr. Travis said. “These researchers respect that the Transcendental Meditation technique is unique and needs to be included in the conversation.”

Open Positions

Interested in a career at MUM? Current job openings at MUM and other locations can be found at:

lotusjobnetwork.org

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“We are planning to transform the entire landscape of central campus,” said Executive Vice-President Craig Pearson. “Younger Park will border a pedestrian mall that will replace the road that currently runs through campus. New parking lots will be created on the periphery, and the whole campus will become more friendly to pedestrians.”

Dr. Pearson said the master plan includes a new library/information center on the east hill opposite the Argiro Student Center and a residence hall slightly down the slope from the northeast corner of Argiro.

The master plan has been circulated among the donors, and the initial interest was in funding Younger Park as a first step.

In 1959 Mr. Younger founded the successful California-based company Trans-Go. He used his engineering genius to develop ShiftKit®, which solved chronic mechanical problems of automobile transmissions during that era. In 1971 he learned the Transcendental Meditation technique, and was trained as a teacher in 1972. He received an honorary Doctor of World Peace in 2006 from Maharishi University of Management.

“Gil Younger was a great, great man,” said MUM President Dr. Bevan Morris. “He was one of our greatest benefactors and protectors, compassionate to us all, extending always the love in his unbounded heart to us all, and appreciating our efforts.”
Craig Pearson Enjoys Successful Book Tour

A successful book tour last fall by MUM Executive Vice-President Craig Pearson resulted in hundreds of people learning more about higher states of consciousness — and hundreds of books being sold.

Dr. Pearson is the author of *The Supreme Awakening: Experiences of Enlightenment Throughout Time — and How You Can Cultivate Them*. The book collects and explains experiences of higher states of consciousness as described in the writings of famous people in history such as Laozi, the Buddha, Plato, St. Teresa of Avila, Wordsworth, Emerson, Thoreau, Emily Dickinson, Lucy Maud Montgomery, Einstein, and many others.

Dr. Pearson’s tour included venues on the East Coast, in Chicago, and in California during five separate outings totaling over three weeks. Many of the presentations were at centers that teach the Transcendental Meditation technique, while others were mainly for the general public.

“These experiences really resonated with people,” Dr. Pearson said. “Many wanted to talk and share their own experiences and to understand them in light of higher states of consciousness. They had some amazing experiences that I was able to help clarify.”

The presentations were well received, and many more venues requested presentations than Dr. Pearson was able to accommodate.

During each presentation Dr. Pearson would show PowerPoint slides, read experiences of enlightenment, explain these experiences, and answer questions.

“People were really inspired,” Dr. Pearson said. “Some learned the Transcendental Meditation technique, and others who were already practicing it decided to learn the TM-Sidhi program.”

Dr. Pearson has also offered presentations via Skype and Adobe Connect.

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Library Adds Ebooks, Doubles Size of Collection

The MUM Library recently subscribed to an ebook service, giving access to over 132,000 ebooks and doubling the size of the Library’s book collection.

The ebooks are readable in any web browser and cover the entire range of subject matter, from art and business to social science and technology.

The titles are from leading university presses, such as Oxford University Press, MIT Press, Cambridge University Press, University of California Press, and Harvard University Press, as well as from academic publishers such as Elsevier, Sage Publications, and Wiley.

The books can be accessed via the Library’s website at mum.edu/library. See the link at the top of the page. Remote users will need to log in first and then select EBSCO Ebooks Search from the listing of accessible resources.

One can search by subject, author, and/or title, as well as use boolean operators. It’s also possible to limit searches by date, language, and whether a download is available. Many of the books can be downloaded to mobile devices.

Patrons needing help searching the collection can contact the reference librarian Martin Schmidt at the reference desk, or dial ext. 3733.

The ebooks are provided by EBSCO, which offers a wide range of database services to libraries.

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New MUM Website Launches

A newly designed MUM website with features such as blogs and “blogletters” launched last fall.

The site now uses the Wordpress platform, which allows it to scale attractively to any size screen, including the small displays on mobile devices.

The “What’s Happening” area of the website now features blogs related to news, events, and achievements. In addition, there are six blogs from various academic departments.

Visitors to the site can sign up to receive “blogletters,” which are emails that contain collections of recent blog postings.
Conversations with Maharishi Volume 2 Now Available

A second volume containing transcripts of Maharishi’s answers to questions by Vernon Katz on the Brahman Sutra has now been released by MUM Press. Titled Conversations with Maharishi: Maharishi Mahesh Yogi Speaks about the Full Development of Human Consciousness, Volume 2, the new book adds depth to Maharishi’s basic message of the primacy of consciousness and the unity of all things. It also contains an index that covers both volumes.

“The conversations recorded here with such love and fidelity will serve as an inspiring guide to higher states of consciousness for generations to come,” said Dr. John Hagelin.

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