Bali Delegation Includes Minister of Education

A delegation of nine officials from the Indonesian island of Bali visited campus earlier this month, including the minister of education and the head of a university, to discuss collaborations with Maharishi University of Management.

As a result of the visit, MUM President Dr. Bevan Morris and Warmadewa University Rector Prof. Dr. Dewa Putu Widjana signed a memorandum of understanding that outlined initial plans for collaborating in the areas of medical education, sustainable living, management education, and K–12 education.

Other visiting officials included the dean of the medical program, the head of the molecular biology laboratories, two representatives from Warmadewa’s development collaboration office, and the principal of a school.

During their visit, the delegation met with various MUM departments, toured Maharishi Vastu® architecture buildings, visited Maharishi School, visited the Pandit campus and other Maharishi Vedic City attractions, heard a presentation on research on the Transcendental Meditation technique, and more.

Warmadewa University, founded in 1984 and located in Denpasar in Bali, has over 6,000 students and over 275 teaching staff. It offers 14 undergraduate and 4 graduate programs.

The Transcendental Meditation technique is already part of the curriculum at a Bali high school for underprivileged and talented students. With support from the Ministry of Education, all 400 students practice the technique.

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From left to right: Daniel Nola and Laïla Sadat-Sharifi (MUM grads), Professor Paul Morehead, Professor Robert Schneider, LuizHenrique (MUM grad), Ruchi Anderson, and Francesca Restea pioneer the first MD MS class at St. Martinus University in Curacao.

MD MS in Integrative Medicine Program Launches in Curacao

A new MUM medical program in integrative medicine offered in partnership with St. Martinus University Faculty of Medicine in Curacao enrolled its inaugural class this fall, and instruction in this pioneering approach to medicine has now begun.

The students in the four-year program earn an MS in Maharishi AyurVedaSM and Integrative Medicine from MUM and an MD from St. Martinus.

“This is the first medical program that teaches integrative medicine throughout the four years of medical school,” said Robert Schneider, MD, dean of the Maharishi College of Perfect Health. “There’s no other program in the world that is as comprehensive and systematic in its approach.”

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The students spend an hour a day studying Maharishi AyurVeda and other systems of medicine, and correlate this with modern medicine, which they study the rest of the day. Twice a day they practice the Transcendental Meditation® technique to enhance their learning abilities and become models of ideal health for their patients.

In addition, the modern medical curriculum at St. Martinus has been organized around the eight major organ systems that Maharishi AyurVeda identifies as the fundamental elements, or prakritis, that create the human body and the whole universe.

MUM professor and associate dean Paul Morehead taught the first course in the MD MS program on the basic principles of Maharishi AyurVeda and integrative health. Dr. Schneider joined the students and faculty in Curaçao to inaugurate, teach, and guide the new program.

In their first year, the students study the normal structure and function of human physiology. In the second, they learn about abnormal function, or pathophysiology. In their third and fourth years, they learn clinical diagnosis and treatment of the eight systems of the body.

Dr. Schneider said the need for this program is urgent because there are many chronic diseases that aren’t treatable with modern medicine. Maharishi AyurVeda can have a major impact on treating and preventing chronic and lifestyle-related diseases, which make up most of a doctor’s practice.

“People are searching for treatments that are effective and without harmful side effects,” Dr. Schneider said. “When patients ask their doctors for advice about natural and preventive approaches, most doctors don’t know how to counsel them. We train doctors to use these methods in a scientific framework with best practices of modern medicine.”

Dr. Schneider has been working with Keith Wallace, Dr. Morehead, and other MUM faculty since 2008 to develop this new medical school program for a new phase of health care.

Three of the five initial students are graduates of MUM’s pre-integrative medicine program.

FROM THE FOUNDER

“Like that, in the school age, every child must be educated in how to think this Consciousness-Based education — how to think. When you know how to think, then you know how to manipulate the thought. The thinking level is a very, very profound level of life. From there, life will be life lived in waves of bliss.”
— Maharishi Mahesh Yogi, July 12, 2006 press conference

Do It Yourself in New Campus “MakerSpace”

In keeping with the nationwide trend of community-based makerspaces, which make a variety of tools and technologies available to all comers, MUM now has its own makerspace available to the entire Fairfield community.

The tools offered include a new 3-D printer that one can use to print 3-D objects that are designed on a computer using computer-assisted design software or that are downloaded from the Internet.

Other offerings in the makerspace include a wood shop, metalworking shop, electronics lab, bike shop, sewing room, greenhouse, and kitchen.

The makerspace is located in the workshop of the Sustainable Living area of the science wing of the library building. Plans include eventually relocating it to a space in Fairfield.

Those interested in using the makerspace can receive one-on-one training as well as attend workshops on topics such as computer programming, carpentry, clothing repair, canning, bike repair and maintenance, and more.

The facilities coincide with a new MUM course that will introduce students to the maker movement and the growing trend toward doing it yourself.

The course will be taught by Lonnie Gamble with assistance from Rich Dana, director of microenterprise development for the Sustainable Living Department.

The details for implementing Fairfield’s makerspace, nicknamed “Re-Make” by Mr. Dana, were developed by recent graduate Samara Burns as her senior thesis. She has been instrumental in helping to organize the makerspace along with Mr. Dana, MUM carpenter Larry Queen, and others.

“We want to channel the members’ do-it-yourself efforts into recycling, refurbishing, and finding creative ways to reuse things, rather than buy new, cheap plastic junk,” Mr. Dana says.

The makerspace is open this fall from 3:30–8 p.m. on Wednesday and Friday, and 12:30–5:30 p.m. on Saturday. Membership is free to students and $20/month for others. The membership fee covers the costs of supplies and equipment. A 30-day free trial is available.

Email Mr. Dana at rdana@mum.edu to make an appointment to visit or to receive tool training and certification.

For more information or to sign up for a membership, see www.meetup.com/Fairfield-Makers-Meetup. See also www.facebook.com/FairfieldMakers.
Tree Campaign Includes 39 Newly Planted Fruit Trees

Earlier this month 39 apple, cherry, and peach trees were planted by volunteers around the Women's Dome, and five trees were planted north of the Punj Tennis Center as a class project in September in a course on International Education for Sustainability taught by Gabriel Akura.

The trees around the Women's Dome, which are all 5 to 8 ft. high, were purchased thanks to the 2015 class gift. In addition to the recent planting, this past year Green Iowa AmeriCorps planted 200 tree seedlings.

Many more trees are expected to be planted in the coming year. According to Tom Brooks, vice-president of expansion and sustainability, a tree committee has been formed to develop a tree care plan for the campus and to organize for new trees to be planted.

The committee is currently writing a grant for an additional 100 trees that will be planted in May of 2016 if the grant is approved. Other than the old part of campus and along the creek, there were few trees when MUM arrived in 1974. A campaign that began in the late 1970s planted the hundreds of trees that have helped to beautify campus in recent decades.

Mr. Brooks said that Iowa is currently losing many tree species due to pests and disease such as the emerald ash borer. MUM has lost dozens of trees over the past few years.

Those interested in supporting the tree initiative, whether through a donation or as a volunteer, may contact Mr. Brooks at tbrooks@mum.edu or Dan Wasielewski at dwasielewski@mum.edu.

New Translation of Upanishads Available

Faculty members Vernon Katz and Thomas Egenes have recently published a new translation of the Upanishads, a beloved section of the Vedic literature of India that reveals the essence of the Vedic wisdom and the path to enlightenment.

Titled *The Upanishads: A New Translation*, the book was published by Tarcher/ Penguin press and is available on Amazon.com and most bookstores.

Over a span of 15 years, Dr. Katz and Dr. Egenes met in Italy, England, and Fairfield for one month each year to translate — from the original Sanskrit — the universal truths of the Upanishads.

In his preface, Dr. Katz recounts that he first learned about these texts more than 65 years ago in a small seminar at Oxford University conducted by the eminent Sanskrit scholar Dr. Radhakrishnan, who later became the second president of India. The introduction by Dr. Egenes leads the reader to an understanding of Maharishi’s profound contribution to the Upanishads and the Vedic literature, which is the direct experience of pure consciousness.

Dr. John Hagelin writes that the authors “masterfully illuminate the core message of the Upanishads: that life in its essence is wholeness and bliss — a reality that can be, indeed should be, the living experience of everyone on earth.”

Dr. Katz is trustee emeritus and visiting professor at MUM. He received his doctorate from Oxford University and assisted Maharishi with his translation of the Bhagavad-Gita. His other books include *Conversations with Maharishi, Volumes I and II*.

Dr. Egenes is an associate professor in the Maharishi Vedic ScienceSM department. His six other books include a Sanskrit primer, *Introduction to Sanskrit*, that’s used at universities around the world, including Harvard University.

New Study Shows Improvement in Allergies

The herbal formula Maharishi Anrit Kalash Ambrosia™ (MAK 5) has been shown to improve seasonal respiratory allergies in a new study published in the *Ayurveda Journal of Health*.

The double-blind, randomized, placebo-controlled trial involved 54 subjects from the MUM and Fairfield communities who had a history of seasonal allergies during the months of May and June. Symptoms included sneezing, itchy eyes, and nasal congestion.

The study, by Jay Glaser, Don Robinson, and Keith Wallace, found a progressive decrease in symptoms in the treatment group compared to controls, whose symptoms remained elevated.

The researchers suggested possible mechanisms for the finding and said that animal studies show that MAK 5 appears to modulate immune function, as allergies are known to be an overreaction of the immune system.

MAK 5 may act to prevent inappropriate responses to non-threatening antigens such as pollen, thereby conserving the immune response for real pathogens.

Research suggests MAK may make immune cells more discriminative regarding conditions under which they proliferate. The effect may also be due to MAK’s antioxidant properties.

They suggest that MAK 5 may be considered an alternative therapy for those who suffer seasonal rhinitis, especially for those who don’t tolerate standard medications or who prefer non-pharmacological approaches.

Anecdotally, the researchers note that those with severe symptoms have been able to control them with doses as large as four tablets twice a day.

Open Positions

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

Low-Cost Taxi Service

Cost: $2 each way within city limits. Call: to schedule, 1-800-227-6390. 9:00 a.m.–6:00 p.m., Monday–Friday.

Dining Hall Menu Online

Visit mum.edu/menu

Receive Campus Events via Email

Send an email to domenews@mum.edu to sign up to receive campus events and announcements via email.
MUM Receives Recognition for Diversity

MUM has been ranked #36 among the best colleges for diversity nationwide by College Factual, a website that uses customizable tools and outcomes-based rankings systems to guide students through the college selection process.

A number of factors were used to determine the diversity ranking, which includes both research universities and liberal arts colleges. The overall diversity ranking takes into account the ethnic diversity of the students, male to female ratio, and geographic origin, including number of international students.

In addition to MUM’s placement in Overall Diversity, the institution also scored well in Top Gender Diversity, earning a 19 spot out of 1,564.

According to the website, both of these reflect MUM’s high quality of education compared to other schools.

View all of MUM’s rankings at www.collegefactual.com/colleges/maharishi-university-of-management/rankings/badges/.

For more information about College Factual’s rankings, visit www.collegefactual.com.

MUM’s South Asian Legacy Club invites you to celebrate...

Diwali

November 7th at 8pm
Dalby Hall
205

Come enjoy South Asian songs, dances, and a fashion show followed by Aarti and Prasad
Free for Everyone