Students Win Top Awards in Mediation Tournament

Competing against nine other teams from colleges in Iowa and Illinois, MUM students took a number of top awards in a mediation tournament held on campus last month, including the overall championship.

Lauren Webster tied for first place in the Individual Mediator category with Elle Lannon from the University of Dubuque.

In addition, Ms. Webster and Nashon Yisrael tied for first place in the Client/Advocate category, with Tal Ron coming in second.

The MUM team of Ms. Webster, Mr. Yisrael, and Mr. Ron won the team award for Client/Advocate and won the Tournament Championship cup.

Also competing for MUM were Janet McDonald, Himanshu Ramsamooj, Jim Marazita, and Shawn Daudi.

“The tournament went very smoothly,” said Vicki Alexander Herriott, MUM team coach and tournament organizer. “I’m very proud of all the MUM participants. They did a great job of integrating what they had learned in their Mediation and Negotiation class. They were a calming influence as mediators, and were creative problem solvers as Advocates and Clients.”

The competition gives awards to individuals in the categories of Mediator and Client/Advocate and team awards for the same categories, and then an overall championship cup.

This is the sixth year MUM has hosted the annual Peacemaker’s Intercollegiate Mock Mediation Tournament.

MUM Signs Agreements with Bali’s Warmadewa University

A visit by a delegation of educators from Bali has resulted in a formal agreement that describes four areas of collaboration with Warmadewa University and an agreement for a collaboration with SMA Negeri Bali Mandara School.

The Warmadewa collaborations include their medical school, agriculture program, management department, and biology department.

“We were very impressed with their open-heartedness and clear appreciation of Consciousness-Based education and the value it can have for their island,” said Bill Goldstein, MUM dean of global development.

The goal of the memoranda of understanding that were signed is to launch phase I projects of a manageable size that can be quickly and effectively implemented as building blocks for larger successes.

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The initial phase of the medical school collaboration will entail offering short courses on the Transcendental Meditation® technique, Consciousness-Based® education, and integrative medicine to the faculty of the medical school, many of whom have already learned the Transcendental Meditation technique.

The ultimate goal will be to develop a joint or dual-degree medical program that would include Maharishi Ayurveda® and integrative medicine.

Similarly, a first step in the collaboration with the management department will be to offer short courses to Warmadewa faculty and executives on topics such as sustainable business, leadership, communication skills, employee health and wellness, peak performance, creativity, and stress management.

Some of these courses have been developed, and others will be created, with instruction to be online, on-site, or a combination of the two.

Many opportunities for collaboration exist in the area of sustainability, given that Warmadewa has significant agricultural land available for a sustainable agricultural initiative. This could include a demonstration farm, System of Rice Intensification project, medicinal Ayurvedic herb garden, community sustainability center, sustainable house design, and a training program in low-cost agriculture.

There was also deep interest in MUM's research programs in neurophysiology and epigenetics. An initial goal is to set up a brain lab and brain and genetics research programs. Spearheading this initiative will be MUM professor and geneticist Supaya Wenuganen, who is originally from Indonesia and speaks the native language of Bali.

Short courses will again be the focus for the collaboration with SMA Bali Negeri School, where the 300 students are already practicing the Transcendental Meditation technique and are intending to learn the TM-Sidhi® program.

The headmaster of the school invited MUM to offer his students short courses in areas such as entrepreneurship, leadership, public speaking, sustainable agriculture, and sustainable business.

The next generation of young leaders on campus began participating last month in a new program to apprentice under MUM's senior leaders.

As part of the MUM Apprenticeship Programme, graduates of the Enlightened Leadership Program will work under President Dr. Bevan Morris, Executive Vice-President Craig Pearson, and each member of the executive committee.

The goals are to develop a relationship with each senior leader, to learn how that person's area of the University functions, to understand what the components are, and then to form teams of four or five to work on specific projects. The apprentice teams will meet with each senior leader twice a month.

“It’s thrilling to see how eager everyone is to participate in the Apprenticeship Programme, both senior leadership and the next-generation leaders,” said Adrienne Schoenfeld, executive director of Enlightened Leadership International.

Those involved are young students, staff, and faculty who have participated in the eight-month Enlightened Leadership Program over the past three years, with a fourth rotation currently under way. Ms. Schoenfeld expects around 30 graduates of ELP, called Global Ambassadors, to participate as apprentices.

The junior leaders are presented with the mission, vision, and action steps of specific areas and then decide which resonates with them for their long-term career goals. They then make a commitment to focus on an area and after six months complete an evaluation to see whether it’s a good fit and the progress made.

In order to have a broader perspective on the University, some will explore an additional area of focus by joining another apprenticeship team.

“It’s a rare opportunity to have this sort of personal relationship with the leaders on campus,” Ms. Schoenfeld said. “Both generations are able to get to know and understand one another. The rapport and trust that develops will foster confidence and continue a smooth transition into the future. The opportunity to learn and work closely with our senior leaders is priceless.”

The Apprenticeship Programme was launched internationally last summer in the Netherlands with members forming teams to work on projects under leaders of Maharishi’s organizations. Participants will meet there again January 7–15 for the next ELI summit.

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Runners Finish Second at Keosauqua Competition

Last month on a perfect October day, the MUM running club took part in the annual Lacey-Keosauqua State Park run, with two members winning second place in their age division and coach Peter Mannis coming in first in his division.

In the 10-kilometer race, MUM student Tsegay Gebrewahd won a second-place medal in a time of 53:23 in the 20–34 division.

In the 5K race, Barbara Hays won a second-place medal in the 50–64 division in a time of 31:18. Club coach Mannis was the 4th overall finisher in the 5K race and won first place in the 65+ group with a time of 22:44.

Other 5K runners and their times were Bibek Karki (25:10), Eric Caplan (28:34), Gudete Bessi (29:32), Edward Caplan (31:18), Shane Orne (35:46), and Rick Dunstan (45:27).

Those who took part in the two-mile trail walk were Therese Schenosky, Santoria Rush, Andrew Chien, Florence Bannout, and Pankaj.

The next event for the club will be the Fairfield Recreation Center’s annual Turkey Trot on November 14.

For more information, see the club’s Facebook page at www.facebook.com/MumRunningClub.

95 More Computer Students Arrive

Last month an additional group of 95 Computer Professionals students arrived on campus, joining the 182 students already on campus who are enrolled in the MS in computer science.

In addition, there are currently 650 Computer Professionals students who are in the practicum phase of the program working in businesses around the US — bringing the total to over 920 students.

The newly arrived students come from 20 countries, including Bangladesh, Brazil, Cambodia, China, Colombia, Egypt, Eritrea, Ethiopia, India, Indonesia, Iran, Jordan, Mongolia, Morocco, Nepal, Pakistan, Palestine, Philippines (had been living in Singapore), Uzbekistan, and Vietnam.

Peter Freund Publishes Book on Varna Shiksha

Following his discovery of a lost Vedic text, faculty member Peter Freund has published a translation of the Varna Shiksha along with commentary.

Titled Varna Shiksha: The Qualities, Colors, Genders, and Devatas of the Letters of the Sanskrit Alphabet, the book also includes a comprehensive understanding of Shiksha according to Maharishi Vedic ScienceSM, in which Shiksha is understood as the Vedic science of speech.

Dr. Freund describes how all the Sanskrit vowels and consonants arise out of the collapse of “A” to “ka,” and then sequentially give rise to the Veda and the entire creation.

This book is the first and only translation of this text — and is the final stage of a series of events that began when Dr. Freund and PhD student Vivek Vaidyanath discovered the only copy of this text while searching though photographs of palm leaves, obtained from a library in Mysore, India.

Palm leaves were used like paper for writing down ancient Vedic texts. Varna Shiksha was found hidden in one bundle of palm leaves. Dr. Freund transcribed the text from an obscure script called Grantha into Sanskrit, and then translated the Sanskrit into English.

“Varna Shiksha is an amazing find because it is the only text that lists in detail the qualities of each of the letters of the Sanskrit alphabet,” said Richard Wolfson, who assists Dr. Freund.

The book is available as a paperback book and as a Kindle ebook on Amazon.com.

Dining Hall Menu Online
Visit mum.edu/menu

Dr. Schneider Addresses Holistic Medicine Doctors

Doctors wanting to learn more about treating the body by managing the brain recently had the opportunity to hear a talk by Robert Schneider, MD, FACC, dean of the Maharishi College of Perfect Health.

Dr. Schneider was part of a gathering of nationally recognized medical doctors in integrative medicine invited to speak and conduct workshops at an event in Grand Rapids, MI, titled “Medicine Beyond Medication: Rethinking Brain Health.” He was invited to speak on the topic mind-body-heart, with other speakers addressing topics such as nutraceuticals, biofeedback, and stress management in health promotion.

Dr. Schneider spoke on how one can manage heart health by managing one’s mind and brain with the Transcendental Meditation technique.

“There was a lot of respect from the other speakers, who are some of the top professionals in the field,” Dr. Schneider said. “Several of them referred to the Transcendental Meditation technique and its scientifically documented effects on heart and mind health.”

As part of his presentation, he spoke about the new integrative medicine MD MS program MUM is offering in conjunction with St. Martinus.

“They were each touting some particular approach, such as biofeedback, and their jaws dropped when they heard that we have built a medical school program around the notion of improving health by improving the brain.”

Last summer Dr. Schneider was also invited to address Brazil’s leading cardiologists at the annual interventional cardiology congress. Cardiologists in this field treat coronary heart disease with high tech interventions, such as angioplasty.

His opening address to the Congress was titled “Integrative Medicine for the Interventional Cardiologist.”
New Book Unlocks Secret of Brain of World-Class Performers

Seeking to understand what’s different about the brains of world-class performers, faculty members Harald Harung and Fred Travis have published a series of studies on top athletes, managers, and musicians — findings that are now being presented in a new book.

Titled *Excellence Through Mind-Brain Development: The Secrets of World-Class Performers*, the book describes the key to high performance: an integrated brain.

Using EEG and a measure developed by Dr. Travis, the authors have found that world-class performers tend to get high scores on the Brain Integration Scale. In addition, they tend to report peak experiences such as greatly expanded awareness, effortless action, a sense of invincibility, and peak performance.

The book details a sequence of fundamental shifts to new realities in the way the brains of top performers function, and in the way they look upon themselves, others, and the world.

The authors write, “For success, who we are is far more important than the knowledge, skills, and relationships we have and what we do — because with higher mind-brain development, our knowledge and skills become more useful, our relationships more enriching, and our actions more effective.”

The book also presents research showing that the Transcendental Meditation technique is the most effective technique for fostering mind-brain development.

Published by Gower, a major academic press, the book can be ordered from www.brainintegrationsystems.com.

Students Honor Local Farmers

Farmers selling their produce at the Fairfield Farmers Market on a Saturday late last month received a nice surprise when MUM students came bearing gifts.

The idea arose during a recent course on organic agriculture when the students suggested to professor A. Thimmaiah that they’d like to show their appreciation for the local farmers.

In collaboration with the Southeast Iowa Food Hub, they planned an event for 9:00 a.m.–noon during the Saturday Farmers Market that included a booth where they passed out free cookies, cake, watermelon, and other treats.

During the morning they also went to each farmer and presented him or her with a gift and said how wonderful it is that he or she is producing food for us.

“There was a lot of emotion,” Dr. Thimmaiah said. “The farmers didn’t expect their activity to be appreciated.”

Using a refractometer provided by a Fairfield business called The Sky Factory, the students also tested the produce being sold to determine its nutrient density. Under the tutelage of Faith Reeves, they would test a drop of juice to determine the total amount of soluble sugars, which is an indirect indication of nutrient density, Dr. Thimmaiah said.

The students promoted the event through posters and announcements in the local media.

According to Dr. Thimmaiah, locally grown produce is much better for the environment because it eliminates the use of fossil fuels to transport food thousands of miles. It is also often grown with no or fewer chemicals, making it safer.

“Safe food is a birthright,” Dr. Thimmaiah said. “It’s better for humans, better for the soil, and better for the planet.”