Young Leaders to Head to Netherlands in January

As part of a campaign to help create peace in the world through the creation of groups of Meditators and Sidhas practicing Maharishi’s technologies, a number of young leaders on campus will head to the Netherlands January 8–15 to participate in a Global Summit organized by Enlightened Leadership InternationalSM. During the summit these members of the MUM branch of ELI will meet with Maharaja Adhiraj Rajaramm and leaders of the Global Country of World Peace, and will actively participate in sessions focused on a media initiative to bring Maharishi’s message to the next generation, said Adrienne Schoenfeld, executive director of ELI.

The current campaign, in response to recent world events, is focused on inspiring all those interested in learning the Transcendental Meditation technique as well as already-practicing Meditators and Sidhas to “harness the maximum power of natural law” together in groups.

Ms. Schoenfeld said that over 2,500 Meditators and Sidhas have joined the facebook group #take20 for World Peace, which posts details of group meditation and Yogic flying® times and locations in cities around the world. Visit tmyfly.org for a map of Yogic flying times.

This campaign is using the hashtags (social media keywords) #take20 and #Yfly on all social media sites to bring awareness to the Transcendental Meditation technique and Yogic Flying as a way to create lasting peace.

The Facebook page can be found at www.facebook.com/groups/take20.
University of Texas-Dallas, the University of San Diego, the University of Dubuque, and Principia College.

In the individual category, the client advocate team of Tal Ron and Nahshon Yisrael earned fifth place out of 64 competitors.

In addition, the team of Janet McDonald, Lauren Webster, and Nahshon Yisrael received a first-place Spirit of Mediation award in the mediator category, which is chosen by the competitors. The MUM mediators received perfect scores from their co-mediators in all three preliminary rounds.

Students from Ms. Herriott’s Business Law class also participated in the two-day World Congress on Mediation sponsored by the International Academy of Dispute Resolution and held last month at the Drake University Law School.

They heard presentations from professionals from the United States and Great Britain who are actively involved in mediation as mediators, advocates, or clients. In addition to attending lectures, students were able to participate in workshops with other students and professionals.

Presentation topics included the Psychology of Mediation, Handling Difficult Clients, Transformative Mediation, Family Mediation, Mediation in the Muslim World, Justice in Mediation, Mediation in Sexual Abuse cases, and How to be a Peacemaker.

A new study published last month in PLOS One found that the Transcendental Meditation® technique and lifestyle changes both appear to stimulate genes that produce telomerase, an enzyme that’s associated with a decrease in cellular aging, reduced blood pressure, prevention of cardiovascular disease, and reduced mortality.

Specifically, these approaches were found to activate two genes that code for telomerase, which adds molecules to the ends of chromosomes, or telomeres, protecting them from deteriorating.

“The finding that telomerase gene expression is increased, and that this is associated with a reduction in blood pressure in a high-risk African-American population, suggests that this may be a mechanism by which stress reduction improves cardiovascular health,” said Robert Schneider, MD, FACC, coauthor of the study.

Earlier research on the Transcendental Meditation technique had found cardiovascular improvements and a reduction in death rates, as well as a substantial reduction in physiological age compared to chronological age. The new study examined what was happening at the level of DNA, showing that the Transcendental Meditation technique increases telomerase gene expression and suggesting that this may contribute to the cardiovascular and aging effects.

This pilot study, which was the central part of Shanthi Duramani’s PhD dissertation in physiology at MUM, included 48 men and women with high blood pressure. Half were assigned to a group that learned the Transcendental Meditation technique and received a basic health education course.

The other half were assigned to a group that focused on achieving significant lifestyle modifications such as weight reduction, reducing salt intake, engaging in regular physical activity, and moderating alcohol. They also participated in support groups and group exercises to support them in making substantial lifestyle changes.

After 16 weeks, both groups showed significant increases in telomerase expression and significant reductions in blood pressure. There was no significant difference between the changes in the two groups.

“Shanthi approached her PhD research in a very focused and systematic way,” said John Fagan, MUM professor of molecular biology and senior author on the study. “The result is valuable new information, relevant both to cardiovascular disease and to the molecular mechanisms related to the practice of the Transcendental Meditation technique.”

“These findings are very encouraging for prevention,” said Dr. Schneider, dean of the Maharishi College of Perfect Health. “They show that both the Transcendental Meditation technique and active lifestyle modification can contribute to heart health.”

FROM THE FOUNDER

“A ll these big, huge efforts in politics have to be superseded by peaceful performance, the technique of engaging total natural law in our own minds and accomplishing anything. You move the mountain through thought.”

— Maharishi Mahesh Yogi, July 2, 2003 press conference

New Study Shows Increases in Telomerase Gene Expression

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Course on Travel Photography to Head to Grand Canyon

Students are invited to participate in a course that will head to Havasu Falls in the Grand Canyon during the April block.

Participants will have the opportunity to practice a wide range of photography skills, challenge mind and body, and form lasting professional connections.

The course will include two weeks of classroom training and two weeks of travel, with daily assignments in both periods and a final project at the end. The classroom training will prepare students for the rigors of the trip by teaching best practices and by lectures on landscape and nature photography.

At Havasu Falls students will have access to the unbounded beauty of grand vistas and high-contrast landscape that create unique and dramatic photo opportunities, said Gabe Romero, who will be leading the course.

The student group will be separated from the busy tourist area in a remote and spiritual location in the Grand Canyon on Native American land. This access is available only to special groups and by advanced arrangement.

Limited space is available. Photography equipment will be provided by the Media and Communications Department. Accommodations will include both camping and hotels.

The cost of $1,300 includes flights, activities, meals, and transportation.

For additional information contact Mr. Romero at gromero@mum.edu.

MUM Hosts Tibetan Buddhist Rinpoche

Recognized as a reincarnation of a 15th century master, Chogyal Rinpoche spent a week on campus last month and learned the Transcendental Meditation technique.

Rinpoche, who has founded an orphanage, a charitable foundation, and a number of institutes, gave a presentation on campus about his life as a monk (which began at age five), his study, his reincarnation, his desire to help others, his establishment of institutes to help the disadvantaged, and his meditation.

Hosted by Bill Goldstein, dean of global development, he visited many departments on campus and even had his EEG taken during Buddhist meditation and during Transcendental Meditation.

“All who met Rinpoche were delighted by his happiness and openness,” Mr. Goldstein said. “We plan to work together on the development of an ideal sustainable village with MUM students participating in its creation as part of their field projects.”

Rinpoche learned of MUM during a visit to China when MUM student Zoey Jiang and some of Rinpoche’s followers in China who have learned the Transcendental Meditation technique encouraged him to visit campus.

During his presentation, Rinpoche said he felt MUM is “Heaven on Earth.” He marveled at Maharishi’s achievement and said he will follow Maharishi’s steps to help the world.

Low-Cost Taxi Service Available

A low-cost taxi service is available within city limits for $2 each way. Call 1-800-227-6390 to schedule. The service operates 9:00 a.m.–6:00 p.m., Monday–Friday.

Student Sculpture Accepted for National Exhibit

A ceramic teapot by BFA student Kurits Kujawski is one of 61 pieces that have been accepted for a national exhibit of student work to be held in Kansas City next spring.

There were over 600 works submitted for this prestigious show. In addition, Mr. Kujawski is one of just 16 undergrad students who had their work accepted.

The 2016 National Student Juried Exhibition, which is being sponsored by the National Council on Education for the Ceramic Arts, will be held at the Leedy-Voulkos Art Center March 4–April 30 in conjunction with the NCECA 50th Anniversary Conference in Kansas City, Missouri, March 16–19.

Once the work has been installed in the gallery, the jurors will present cash and gift certificate awards for those pieces they deem to reflect a high level of artistic excellence.
Campus Residents Donate Blood

Nine units of blood from 17 donors were collected last month by the Mississippi Valley Regional Blood Center donation truck parked next to Argiro.

“When I saw the truck in front of Argiro, I decided to give some blood for the first time,” said student Tara De Santis. “It was a very rewarding experience.”

She said the nine units collected will eventually help save over 27 lives and that one in three persons will need blood in his or her lifetime. One can donate blood up to six times a year.

Student Tara De Santis donates blood during the recent blood drive on campus.

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