Alumni Amy and Troy Van Beek
Invited to Attend Paris Climate Talks

BY LIVIA COLE

Alumni Amy and Troy Van Beek were invited by the National Resource Defense Council to attend the Paris climate talks last December that involved leaders from nations around the world.

Representing their company, Ideal Energy, they were invited as part of the Environmental Entrepreneurs delegation of fifteen business owners.

Their mission at the Paris summit was to show the world that businesses and investors support action on climate change because it is good for the economy and the environment.

“Solar energy is one of the fastest growing industries in the country,” Amy said. “People want to participate.”

Amy and Troy founded Ideal Energy in 2009 to drive change towards sustainable energy and help businesses and individuals invest in clean energy — and save money — by installing solar arrays. Since 2009, Ideal Energy has become one of the largest solar companies in Iowa, with 36 employees.

Amy and Troy became involved with the Environmental Entrepreneurs a few years ago and have been supporting clean energy policy in the U.S. by telling their success stories and those of their clients.

Troy’s activism has taken him to the White House several times to meet with senators and senior presidential advisors.

Amy is working with the Environmental Protection Agency in Iowa on the state’s Clean Power Plan proposal.

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The students worked in 14 teams, with the top prize of $1,000 going to the team that developed an Ayurvedic Chef web application that lets users plan a diet based on Maharishi AyurVeda.

The second-place prize of $600 was awarded to the AgriVeda team, which developed a web app that connects organic farmers with Ayurveda dealers. And the third-place award of $300 went to the Our Vedic Life team, whose app connects people with Maharishi AyurVeda centers and gives insight regarding health issues.

The DevFest was a structured, mentored, on-campus event, with activities such as education in Maharishi AyurVeda, generating project ideas, developing solutions using teamwork, and presenting the results for evaluation.

The projects addressed Maharishi AyurVeda from many perspectives, including educating about diet, herbs, and crops, and addressing life situations such as pregnancy and diabetes.

The audience for the apps is both the general public and wellness consultants. The apps included interactive websites, mobile apps, and Facebook apps.

The projects were judged by an eminent panel of three judges who reviewed the presentations according to predefined evaluation criteria: market attractiveness and business readiness of the project; innovation and quality of technical design and development; and quality of the connection with Maharishi AyurVeda.

The projects will now be pursued by the Ministry of Health of the Global Country of World Peace.

The first prize was sponsored by the International Maharishi AyurVeda Foundation based in Holland and headed by Rainer Picha, the minister of health for the Global Country of World Peace.

The winners were: first place, Ananda Subedi, Rivaj Rimal, Bikub Kariki, Regan Rajak, Pradeep Basnet, and Dheeraj Pandey; second place, Sanjay Paudel, Adam Manandhar, Samir Kariki, Sureendra Maharjan, Hari K. Chaudhary, and Shyamu Neupane; third place, Shailesh Singh, Samrat Bhusal, Rikesh Karkee, Yubraj Pokharel, Tara Prasad Adhikari, and Dharma Kshetri.

FROM THE FOUNDER

“T

his is the education, and this is the Peace Government’s skill of governing: to educate a person to fulfill his desire. Let his mind be on that level of experience of total infinite creativity — that is through Transcendental Meditation and all the knowledge that the Vedic Literature provides.”

— Maharishi Mahesh Yogi, July 2, 2003 press conference

New Publication Explores Neural Correlates of Doshas

A new paper by faculty researchers Fred Travis and Keith Wallace published in the Journal of Ayurveda & Integrative Medicine lays out the possible areas of the brain that are associated with each of the three doshas: basic body types described by Maharishi AyurVeda that are fundamental to mind, behavior, physiological function — and health and well-being.

The hypotheses presented provide a basis for a research program, with doctoral student Anrta Shrivastava doing facets of the research for her dissertation.

A growing body of research on the doshas is finding that each dosha type — Vata, Pitta, and Kapha — is associated with specific blood chemistry and genetic expression, as well as specific physiological states and chronic diseases.

The authors postulate that since metabolic and growth factors are controlled by the nervous system, each dosha type should be associated with patterns of functioning of six major areas of the nervous system: the prefrontal cortex, the reticular activating system, the autonomic nervous system, the enteric nervous system, the limbic system, and the hypothalamus.

They give as an example the prefrontal cortex, which includes the anterior cingulate, ventral medial, and the dorsal lateral cortices. It would be expected to exhibit a high range of functioning in the Vata brain-type, leading to the possibility of being easily overstimulated. A Vata brain-type performs activity quickly, learns quickly, and forgets quickly. This gives an edge in creative problem solving.

The Pitta brain-type reacts strongly to all challenges leading to purposeful and resolute actions. Those with this brain type never give up and are dynamic and goal oriented.

The authors suggest that a model of dosha brain-types could provide a physiological foundation to understand individual differences. These variables can be assessed by standard physiological and electrophysiological measures.

Such a model could also help individualize treatment modalities to address different mental and physical dysfunctions. And it could explain differences in behavior seen in clinical as well as in normal populations.

The Review

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New Study Finds Reduced PTSD, Medication Use

A new study reports that regular practice of the Transcendental Meditation® technique enables some active-duty service members battling post-traumatic stress disorder to reduce or even eliminate their psychotropic medication and get better control of their debilitating symptoms.

Published in the journal Military Medicine, the study looked at 74 active-duty service members with PTSD or anxiety disorder, often resulting from multiple deployments over multiple years, who were seeking treatment at Fort Gordon, Georgia.

Half the service members practiced the Transcendental Meditation technique regularly in addition to their other therapy; half did not. At one month, 83.7 percent of those in the Transcendental Meditation group had stabilized, reduced, or stopped their use of psychotropic drugs to treat their conditions while 10.9 percent had increased their medication dosage.

Of those in the control group, 59.4 percent had stabilized, reduced, or stopped taking psychotropic drugs while 40.5 percent were taking more medication.

Similar percentages held up in the following months and by six months, those in the control group had experienced about a 20 percent increase in their symptoms compared with those practicing the Transcendental Meditation technique.

The primary symptoms include headaches, and memory, sleep, and mood issues.

“Regular practice of Transcendental Meditation provides a habit of calming down and healing the brain,” said lead author Vernon A. Barnes, an MUM PhD alum who is a physiologist at the Georgia Prevention Institute at the Medical College of Georgia at Augusta University.

The Transcendental Meditation technique takes users from a level of active thinking to a state of inner quietness that reduces levels of stress hormones and activation of the sympathetic nervous system, which drives the so-called fight-or-flight response by increasing heart rate and blood pressure, Dr. Barnes said.

The study was supported in part by the David Lynch Foundation’s Operation Warrior Wellness program, which provided funding for the Transcendental Meditation instruction.

School Alum Wins Design Award

Maharishi School graduate Yale Shaw (2009) was recently honored with a silver design award in the 2015 international Spark Design Awards competition for his life-saving medical device, “Epi.”

With more than 500 entries in 10 categories, Mr. Shaw’s award places him in the top 5% of worldwide competitors.

Epi is an auto-injection epinephrine device that is lighter, more stylish, and accessible than previous devices. Users can carry it with confidence, and without social stigma.

When the user senses an allergic reaction, Epi can quickly be accessed to inject epinephrine into his or her muscle tissue, temporarily neutralizing the reaction. Upon injection, Epi triggers its smartphone-integrated application to notify 911 emergency services of the user’s exact location, allergy susceptibility, and personal information.

Mr. Shaw graduated from the University of Iowa and is currently an MFA student in Industrial Design at Academy of Art University in San Francisco.

Sony Pictures Buys Movie by Alumnus

A movie directed by former MUM student and Maharishi School alum Zach Sluser has been purchased by Sony Pictures. Mr. Sluser also co-wrote the script.

Starring Anton Yelchin and Zooey Deschanel, The Driftless Area is about a young bartender who falls in love with a mysterious woman. However, things get complicated when he gets involved with a crook and some stolen money.

The film also stars John Hawkes, Alia Shawkat, Aubrey Plaza, Frank Langella, and Ciaran Hinds.

MUM MBA Named Third Best Online MBA in U.S.

BY EVA SAINT DENIS

Maharishi University of Management’s Online MBA program has been named the third best online master’s in business administration degree program for 2016 by the Online Colleges website.

The criteria for ranking included measures such as admission, enrollment, and graduation rate; breadth of online programs; and cost and student aid.

MUM’s program was listed above schools such as New York University, North Carolina State University of Raleigh, and University of Florida.

MUM’s online MBA program focuses on sustainable business practices. Each semester starts with introductory knowledge on one main component of business (marketing, accounting, operations, etc.) and ends with the integration of sustainability in that context.

The online MBA is offered in conjunction with the Evening-Weekend MBA classes given on campus.

Receive Campus Events via Email
Send an email to domenews@mum.edu to sign up to receive campus events and announcements via email.

Enjoy Courses from MUM Online

From short, low-cost, non-credit courses to full degree programs, MUM Online meets your needs.

MUM Online offers high-quality online learning opportunities for the global community.

See the full range of offerings via our website at mum.edu/online.

Have questions? Email de@mum.edu.
Four New Short Online Courses Open to All

In response to a strong demand for non-credit, online courses that are shorter in length and more affordable, MUM Online is now offering four new short courses with prices starting at $49: The Inner State of Yoga; We create our Reality; Sustainable Economics; and Biodynamic Agriculture.

For more information and to register, go to mum.edu/online and select “Short Courses.”

According to director Cheryl Michie, MUM Online kept getting feedback from people that they wanted to connect with faculty and distinguished guests through short, noncredit online courses.

So they did an in-depth survey of their online students, and the over-300 responses are the basis of a new series of noncredit, self-paced courses. In 4 to 5 lessons, each course goes deep into one subject: from philosophy of yoga to choosing a career, from starting an online business to Indian art.

Inner State of Yoga
The four-lesson course Inner State of Yoga ($49), taught by Bill Sands, explains that yoga is the experience of unity — the union of individual awareness with the infinite creativity and intelligence that lies deep within everyone. The course explores Maharishi’s commentaries on the ancient yoga texts.

We Create our Reality
We Create our Reality ($49), a four-lesson course taught by Fred Travis, looks at the concept of how we create our own reality in terms of brain functioning and the way the brain changes with every experience.

Economic Sustainability
Economic Sustainability ($49) is offered by John Ikerd, book author and professor emeritus of agricultural economics at the University of Missouri.

The pursuit of economic growth has led to an unsustainable economy within an unsustainable society. Professor Ikerd, adjunct faculty at MUM, addresses the defining questions of the 21st century: How can we meet the needs of all in the present without diminishing opportunities for those of the future? How can we create a sustainable economy?

Biodynamic Agriculture
Biodynamic Agriculture ($99), taught by A. Thimmaiah, is a four-lesson course for those interested in advanced knowledge of growing a garden or managing a farm in greater accord with natural law.

This course will help students understand soil as a living entity, soil formation, and agronomic aspects comprising soil fertility, nutrient cycling, and the importance of organic soil matter.

The course will also cover biodynamic preparations and the role of planets and constellations on plants and farming to attune the crops to the biorhythms of nature.

Courses are $25 for faculty and staff.

MUM Online offers high-quality online learning opportunities for the global community with degree programs, certificate programs, and non-credit courses. See mum.edu/online or email any questions to de@mum.edu.

New Edition of Bhagavad Gita Includes Index and Transliteration

A new edition of Maharishi’s translation and commentary on the Bhagavad Gita that includes an index and transliteration of the Sanskrit is now available in paperback and in a deluxe gold-gilded hardcover edition.

While the original version featured Sanskrit text and English translation, this latest edition includes a transliteration of each verse into the English alphabet for those unfamiliar with the Devanagari script. In the past a concordance had been available, but this edition expands on that with a full index for easy referencing.

Order at tinyurl.com/hot4pr7.