ABCNews.Com Features MUM

As news media poured into Iowa last month to cover the presidential campaign, MUM became part of the news story, with ABCNews.Com posting a 12-minute feature. Other coverage included Spain's main newspaper (El Pais), The Washington Post, and Vice.com.

ABC's Josh Haskell received a tour of the Sustainable Living Center and interviewed professor David Fisher, who explained Consciousness-Based education and the benefits it brings to students.

He also interviewed a computer science class, asking them about the advantages of an MUM education and of their practice of the Transcendental Meditation technique. The students praised the Transcendental Meditation technique and the University for allowing them to think more clearly and learn more effectively in a stress-free environment.

In addition, he filmed the students briefly as they practiced the Transcendental Meditation technique.

See tinyurl.com/z8xjver to view the segment.

A reporter for The Washington Post came onto campus to meet with Executive Vice-President Craig Pearson and researcher Fred Travis. He toured the Sustainable Living Center and linked to the MUM website in the online article.

The Washington DC bureau Chief for El Pais and his photographer met with Lark Svenson at the downtown Information Center and were surprised to find out about MUM. They were eager to include the University in the article they were writing on Iowa and spent time on campus.

CONTINUED ON PAGE 2

Over 100 People Express Interest in Bali Course That Will Train Transcendental Meditation Teachers

An event on campus last month attracted over 100 young professionals and another 60 worldwide via teleconference who are interested in attending a five-month international Transcendental Meditation® Teacher Training Course (TTC) set for September 4 in Bali hosted by Enlightened Leadership International (ELI).

The event, which was the first of a planned series of events, featured presentations by young teachers on the experience of teaching the Transcendental Meditation technique. In addition, organizers explained how they have created a course that will deliver the most nourishing and fulfilling experience possible.

“The large turnout showed that people want this,” said Mustafa Nuristani, associate marketing director for Enlightened Leadership International's MUM branch. “They’re excited about going and doing the TTC with their friends and that their desires have now been addressed, in terms of support and nourishment throughout the entire process.”

Mariam Daudi and Amine Kouider were among the young teachers of the Transcendental Meditation technique who presented at a recent informational event about a forthcoming Transcendental Meditation teacher training course in Bali.
FROM THE FOUNDER

“This is going to be our educational system in the world: Total Knowledge in every university. That we have been doing — establishing universities, schools, colleges — the purpose is to give Total Knowledge, so that, in every fragment of relative life, the Absolute prevails. Everyone lives life like the life of the ocean. The waves go from this end to that end, and silence is maintained at the base of each wave. Silence is maintained at the base of each action of everyone.”
— Maharsi Mahesh Yogi, January 24, 2007 press conference

Expert on Risks of Genetically Engineered Food to Speak

Steven M. Druker, executive director of the Alliance for Bio-Integrity and author of Altered Genes, Twisted Truth, will explain why genetically engineered (GE) foods entail unacceptable risks on Friday, February 26, at 7:45 p.m. in Dalby Hall in the Argiro Student Center.

In her foreword, Jane Goodall has hailed his book as “one of the most important” of the last 50 years, and it has garnered worldwide attention.

His talk at MUM is one of many invited presentations he’s been giving on campuses in the U.S. and Canada, including a seminar at Columbia arranged by one of that university’s most influential biology professors.

His presentation will examine how the genetic engineering of food is unsound from the perspectives of both biological science and computer science.

“Contrary to the claims of its proponents, the massive venture to reconfigure the genetic core of the world’s food supply has not been conducted in alignment with science but in significant conflict with sound scientific principles,” says Mr. Druker, a public interest attorney and a founding faculty member of MUM.

He also cites well-conducted studies that have detected significant harm to the laboratory animals that consumed GE food.

In addition, he says that computer science has learned that altering complex information systems entails inescapable risks — and has established rigorous precautionary measures for managing them. In contrast, the biotechnicians routinely disregard this knowledge and violate the related precautionary principles — despite the fact the cellular information systems they reconfigure are far bigger, far more complex, and far less understood.

He says that the radical way in which biotechnicians alter cellular information systems is not really “bioengineering” but “biohacking,” and IT experts who’ve read his book agree with him.

The Review

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New Administrative Software to Benefit Students

Students will be able to monitor their progress toward their degrees, see what requirements still need to be fulfilled, and more, thanks to a new software system that is currently being installed that will integrate many administrative functions.

The process of converting multiple campus databases into a single system will take months and is expected to go live in January of next year.

The system, called CAMS (Comprehensive Academic Management System), will integrate databases used by the registrar, financial aid, student accounts, student life, faculty, the development office, and housing.

The result will be greater efficiency — and better service.

“So many times I would be in the Enrollment Center helping a student and would have to look in two or three different databases just to get one thing accomplished,” said Dan Steinke, formerly director of MUM financial aid who is now a project manager for the conversion to CAMS.

He also gives an example of the graduate advisor in the Enrollment Center, who currently tracks a student’s progress toward his or her degree by having a spreadsheet for each student. With CAMS, all this information will be quickly accessible — and available not only to the graduate advisor but also to the students themselves. It will be easy to see what courses have been taken and what requirements have been satisfied.

“The students won’t need to come to the Enrollment Center as often,” Mr. Steinke said. “The CAMS student portal will be more self-service. They’ll be able to see their transcript and grades, and the document tracking feature will allow them to send and receive official documents. Everything related to a student will be stored and will be easy to look up.”

All of this information will also be available to faculty advisors when they meet with their students to help them plan their academic schedule.

Another big advantage is compliance with government regulations. Areas such as financial aid have extensive paperwork involved. CAMS tracks and implements those regulations, removing a significant burden from the University and helping ensure compliance, Mr. Steinke said.

The CAMS system is sold by Three Rivers Systems. MUM first explored taking this step some 20 years ago, but the software at that time wasn’t as robust.

Mr. Steinke said that the software has now greatly matured, and it seemed essential for MUM to finally move to an integrated system, especially with the huge growth of the Computer Professionals Program. “CAMS will help MUM scale up to accommodate this growth and set us up for future growth.”

The transition will take a lot of work, involving both MUM personnel and employees of Three Rivers.

“This is a huge undertaking,” Mr. Steinke said. “I’m grateful for the teamwork and input from the staff so far, and look forward to completing this together successfully as a team.”

100 New Computer Students Arrive

Enrollment in the master’s in computer science continues to grow, with 100 students arriving late last month to study toward an MS.

These students joined 177 other computer science MS students who were already on campus, as well as approximately 719 who are scattered around the U.S. as they pursue the practicum phase of their MS degree.

The new arrivals originate from Bangladesh, Brazil, Cambodia, China, Colombia, Egypt, Eritrea, Ethiopia, India, Indonesia, Iran, Jordan, Mongolia, Morocco, Nepal, Pakistan, Palestine, Philippines, Uzbekistan, and Vietnam.

Students in the Computer Professionals Program spend eight months on campus taking courses full time and then work in paid practicum positions while they finish their degree.

An additional 15–18 students are expected to arrive this month.

Study Finds Reduced Stress in Caregivers

A new study involving 23 caregivers, most of whom were taking care of a family member with Alzheimer’s, found that over a two-month period practice of the Transcendental Meditation technique helped to reduce the stress associated with caregiving.

Published in the International Archives of Nursing and Health Care, this pilot study found improvements in perceived stress, spiritual well-being, and mood, as assessed by standard instruments.

In addition, qualitative evaluation of participants suggested improvements in energy level, feeling of calmness and resilience, and reduced anxiety and other psychosocial stress.

“There’s growing evidence that being a caregiver can seriously affect a person’s health,” said professor Sandy Nidich, lead author of the study. “Over 90% of caregivers are family or unpaid professionals caring for family members or relatives, and they often experience psychological, behavioral, and physiological effects that can impair their immune system and even contribute to heart disease. Caregivers show a higher mortality rate compared to the general population.”

The subjects in the study were satisfied overall with their practice of the Transcendental Meditation technique and its benefits, including less psychological distress.

“I started the Transcendental Meditation technique two years ago… the timing was perfect,” said one subject. “I found it pretty easy and it made a lot of difference to me. I just felt calmer, I was much kinder to my mother, I didn’t get as frustrated with her....”

Coauthors of the study, which was funded in part by the David Lynch Foundation, included Randi Nidich, John Salerno, and Brooke Hadfield, all from MUM, and Charles Elder of Kaiser Permanente Northwest.

Receive Campus Events via Email

Send an email to domenews@mum.edu to sign up to receive campus events and announcements via email.
Early Registration Discount of $200 for “Experience the Self” Course

Again this summer MUM will be offering an eight-day Experience the Self course, with a $200 discount available to those who register before the end of February.

The fifth annual course will be held June 25-July 2 and will offer participants the opportunity to experience their deepest selves.

Those who have not yet learned the Transcendental Meditation technique will receive instruction during the eight-day course. Those who already practice will have the opportunity to learn an Advanced Technique of the Transcendental Meditation program.

Participants will enjoy diving deep into profound principles and applications of ancient Vedic knowledge, with special classes including Sanskrit recitation, Vedic literature, Maharishi Self-Pulse™ reading, and Maharishi Yoga® asanas.

Other activities will include a poetry and writers workshop, touring communities designed according to Maharishi Vastu® architecture, learning about sustainable living, and visiting the Golden Domes of Pure Knowledge. Organic cuisine will be available in the campus dining hall.

The Experience the Self course is also designed to allow participants to add their own personal choices into the daily schedule, creating an individualized experience, said organizer Jess Nohle.

People who attended last summer’s course reported wonderful and transformational experiences — and many are planning to come back this summer with friends and family.

If you have family or friends who you think would enjoy this in-residence setting for learning, please share this information with them.

Please visit www.experiencetheself.org for more details and to take advantage of this special offer.

Campus Poets to Offer Reading

Faculty poets Nynke Passi and Leah Waller, and staff member Bill Graeser will offer a poetry reading on Friday, February 26, at 7:45 p.m. at Revelations Cafe in Fairfield.

Mr. Graeser, author of the recently published collection Fire in a Nutshell, has won awards for his poems and has been published in the North American Review and other literary journals.

Ms. Passi and Ms. Waller both earned their undergraduate degrees at MUM and then went on to earn master’s degrees in creative writing.

Ms. Passi’s poems have been anthologized in The Dryland Fish, This Enduring Gift, River of Earth and Sky: Poems for the Twenty-First Century, and the Brook Road Literary Anthology.

Ms. Waller’s work has been published in literary journals, magazines, newspapers, and anthologies. Her book, Under the Cedar Tree, had a soaring debut in Amazon’s top ten best seller list for poetry.

Annapurna Menu

Find the dining hall menu online at mum.edu/menu