Construction of Affordable Homes Begins in North Campus Village

In December construction of two three-unit townhomes began as part of a new phase of development in North Campus Village that will offer as many as 50 new homes at affordable prices over the next two years. See vastupartners.com.

The prices will range from $89,999 for a 1-bedroom, 1-bath home that’s part of a “twin home” or duplex to $104,500 for a townhome with 2 bedrooms, 1 1/2 bathrooms, living room, dining room, and kitchen. Prices for townhomes with larger lots range up to $120,500.

According to Martin Brett, whose company Vastu Partners, Inc. is the developer of the project, a confluence of factors has created an opportunity to offer more affordable housing: using “production building” and support from the city and state in response to a housing shortage in Fairfield.

Graduation Address by Jim Carrey Viewed Over 10 Million Times

The 2014 commencement address by actor Jim Carrey has now been viewed over 10 million times on YouTube. In addition, it’s now typically the third search result when one searches for “Jim Carrey” on YouTube.

A graph of the steadily increasing number of views can be found online at tinyurl.com/zxf78q.

The graph shows two large jumps, the first coming in November 2014 after he spoke about MUM on the talk show hosted by Ellen DeGeneres. The second jump came in May 2015 when his talk was mentioned in many news stories on the best commencement addresses.
Mr. Brett said that the city began contacting developers two years ago urging them to construct more homes after an extensive survey found a serious housing shortage, with the most urgent need being lower-priced homes.

In addition, the housing study, which was organized by Adam Plagge of the Fairfield Economic Development Association, was exactly the information needed by developers to apply for state grants and local tax incentives that will help cover infrastructure costs.

Also helping to keep costs low is Mr. Brett’s partnership with Doug Bachar, of DRB Contracting, Inc, who helped to develop design elements that could take advantage of production building and a construction schedule that would take advantage of economies of scale.

“Most of the credit goes to Doug, who has helped to take production building to the next level,” Mr. Brett said. “We’ve spent a long time figuring out how to get the best value, how to get the most square feet at the lowest price.”

Mr. Brett says that North Campus Village, which already has 60 homes built between 2002–2010, has been very successful. Residents appreciate being within walking distance of campus and Maharishi School, being close to Jefferson County Trail, and being an intentional community with shared values.

The newest phase of the development will be on the northwest corner of North Campus Village. Currently, 10 townhome buildings are planned, with three townhomes each, and five twin homes are planned, each with two homes.

The east portion of the development has some flexibility of housing types, with room for single-family homes, more townhomes, or duplexes, depending on what people need.

Mr. Brett expects the first two buildings to be done by June. He also expects to begin construction of a new building each month starting this spring, with all 15 buildings projected to be finished in two years.

Already, 30 parties have paid a refundable deposit in order to reserve one of the homes. For more information, contact Mr. Brett at 641 919-7545.

FROM THE FOUNDER

“We are very fortunate to be enjoying this great gift of the Tradition of the Vedic Masters. What the world needs is a strong Vedic community. What the world needs is a strong Vedic India. What the world needs to be is a strong Vedic world. ‘Vedic world’ means a world of knowledge, and a ‘world of knowledge’ means a world of no mistakes, world of no failures.”

— Maharishi Mahesh Yogi, January 12, 2005 press conference

100% of Dining Hall Food Waste Now Being Composted

Since early December, all of the food waste from Annapurna Dining Hall — leftovers from veggie prep, leftover food in serving trays at the end of a meal, and diners’ uneaten food deposited in the colored bins — is being composted, amounting to about 720 lbs per day.

The compost is used by the MUM Student Organic Farm, which grows vegetables year-round for sale to the MUM dining hall and to local customers.

“It’s a closed-loop system,” says project leader Monica Moscovici, in that the compost nurtures produce sold to the dining hall, a portion of which then again becomes compost.

While composting has been going on for some time, the move to 100% was made possible by the installation of a shed near the dining hall that enables food service staff to store the waste from dinner until it can be picked up the next morning.

The current location of the compost is at the Student Organic Farm fields east of the outdoor tennis courts on campus, but thanks to a $20,000 grant from Iowa’s Department of Natural Resources, in the spring a new compost facility will be built on the northwest corner of campus that will include a 90-foot hoop house.

The new structure will control the moisture and control the freezing temperatures at night. “It will also provide shelter for the workers from blizzards, ice, and wind,” says the intrepid Ms. Moscovici, who currently braves the elements to attend to the compost with assistance from work-study students, volunteers, and farm manager Steve McLaskey.

In the past, MUM was paying a company in Eddyville to take away food waste for composting, and then paying again for delivery of compost by the same company, said Ms. Moscovici, alumna of the sustainable living program and current Green Iowa Americorps volunteer.

When her course on living soil visited the operation in Eddyville on a field trip, Ms. Moscovici came away with a vision to create a similar operation on campus.

“When we visited it, I realized we could be doing a much better job and make organic compost with our organic food waste,” she said.

More information is available at www.guerillacompost.com. Free tours are also available. Volunteers and donations are welcome. Call or text (201) 410-3639, or email mmoscovici@mum.edu.

The Review

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Peter Warburton to Again Offer Total Knowledge Courses

Peter Warburton, PhD, will be returning to MUM in June/July to offer four weeks of Total Knowledge courses, which he presented last summer and were enjoyed by over 400 people.

These courses were developed under Maharishi’s guidance during the last four years of his life and are currently only offered by Dr. Warburton.

“These courses offer a systematic unfolding of Maharishi’s insight into the structure of the Absolute, the field of Unity, Brahm, and its manifestation in the field of diversity while remaining nothing other than Totality. The course includes discussion, charts, exercises, and tapes of Maharishi, which together with extended practice of the Transcendental Meditation® and TM-Sidhi® programs morning and evening lead naturally to the dawning of Total Knowledge in the awareness of the participants.

“If you are interested in grasping the total view of Maharishi’s knowledge, as he propounded it during the final years of his life, this course is for you,” said Eugene Leicht, another course participant.

On Sunday evening, June 19, at 8:00 in Dalby Hall, Dr. Warburton will offer a free talk giving an overview of the Total Knowledge course and how it originated. This talk will be open to the community.

Prerequisites for the course are instruction in the Transcendental Meditation technique and completion of STC 108 or equivalent; or completion of the TM-Sidhi course.

For info, see mumtotalknowledge.eventbrite.com.

Free Mental Health Resource Available

MUM has recently enrolled in Ulifeline, a confidential online mental health resource center where university students can easily search for the information they need regarding their emotional health.

While university students are the primary audience for Ulifeline, the site is available to anyone in the MUM community and to alumni.

Ulifeline provides information and resources that allow students to get help immediately. To access this resource, visit www.ulifeline.org/mum/get_help_now.

Ulifeline also offers the Self-Evaluator, an instrument developed by the Duke University School of Medicine that screens for the 13 most common mental health disorders in university students. This screening helps students understand their thoughts, feelings, or behaviors and how to reach out for help. Visit www.ulifeline.org/mum/self_evaluator.

New Book on Ancient Musical Scales of India

Staff member Jonathan Worcester has recently published a book that reveals the tonal foundation of the ancient musical scales of India and explores the logic of this system.

Titled The Scales of Heaven and Earth: The Tonal System of the Ancient Music of India, the book draws upon three ancient texts that describe the microtones (Srutis), notes (Svaras), and basic scales (Gramas) that were fundamental to the ancient music.

The book presents the relevant original Sanskrit passages with their translations, and contrasts this ancient system with the natural temperament of modern Indian classical music and the equal temperament of the West.

Mr. Worcester has tested the ancient scales and has found that the music produced with them is aesthetic and uniquely beneficial.

The book also recounts points in San-gita Ratnakara suggesting absolute pitch and proposes starting points for research in this area. The text includes numerous charts and basic calculations for instrument making and tuning.

“The precise intervals between the notes of the scale are an important part of music and produce a subtle effect,” Mr. Worcester says. “The ancient system of India has a unique value and is worthy of investigation and use.”

The book is available in paperback for $15 on Amazon.com.

A Message to the Community

The Maharishi Jyotishis have informed us that the next 4–5 weeks are a particularly important time, and that it would be extremely helpful to have as much coherence in the U.S. as possible. Everyone is aware that we are facing a challenging period. We are seeing wide swings in the financial markets, deep political divisions and extremism, and violent outbreaks in the U.S. and in many countries.

Maharishi has given us the supreme technologies of Yoga and Yagya to transform times like these into periods of positive transformation; we must simply employ them to a sufficient degree.

There are over 1,500 Sidhas and Governors in Fairfield and Maharishi Vedic City. It would be good if all of us could participate in group programs during this delicate period, especially from February 20–March 15, but also on a continuing basis throughout 2016.

Raja John Hagelin
Dr. Bevan Morris
New Maharishi Self-Pulse Reading Courses in March

Andrew Stenberg will return to Fairfield in March to teach a new round of his popular Maharishi Self-PulseSM Reading courses. These classes are offered through Continuing Education and will be held in the evenings beginning March 7.

Maharishi Self-Pulse reading is a powerful Ayurvedic technique to increase happiness, and improve health by balancing the three doshas: vata, pitta, and kapha.

The entire course consists of five parts with eight lessons each. Parts one, two, and four will be offered at this time.

“I took part one last August, and now whenever I feel overly rushed, or anxious about something, I feel my pulse for a couple minutes, and I immediately feel calmer and happier,” said Mary Leete. “Andrew is an amazing teacher. I tried to learn Maharishi Self-Pulse reading before, but in Andrew’s class, I really understood it.”

Part one, which will be held on Thursday evenings, covers the proper technique for taking the pulse and how to analyze it for imbalances. Part two, which will be on Monday evenings, explores the concept of ojas and how it can be felt in the pulse, and how it can be increased to improve digestion and health. Part four, which will be held on Wednesday evenings, explores the subdivisions of the pulse and offers specific diets, herbs, and lifestyle changes to restore balance.

These courses are designed not just for people who are new to Maharishi Self-Pulse reading, but also as substantial refresher courses for those who have experience with Maharishi Self-Pulse reading.

Lesson 1 on Thursday, March 10, will be free and open to the community, starting at 7:45 pm in Dalby Hall.
For more information, visit tinyurl.com/jjuqr4o.

Faculty Exhibit Opens Friday

A new exhibit of work by MUM art faculty will open on Friday, February 26, at Unity Gallery in the Library.

The exhibit will feature work by Jill Brown (projected video on translucent forms), Gyan Shrosbree (painting), James Shrosbree (sculpture and drawing), Dale Divoky (ceramic/plexiglass sculpture), and Mara Winningham (ceramic, paper, and wood).

The opening reception will be held Friday, February 26, from 7:30–9:00 p.m. The show will run through March 24.

Alumnus Presents TEDxHouston Talk

MUM business Alumnus Alex Cequea recently gave a talk at TEDxHouston titled “What Can Travel Teach You About Empathy?”

In his inspiring presentation that brought his audience to tears, he illustrated the difference between sympathy and empathy through his anecdotal experiences abroad.

He urged people to leave the U.S. in order to get a feeling for different cultures around the globe and to learn about empathy.

His presentation can be viewed at youtu.be/ehO9nCMGE-Q.

Receive Campus Events via Email

To be added to the mailing list, send an email to domenews@mum.edu.

Annapurna Menu

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