Study Abroad in Kenya Next June

Students and members of the community will have the opportunity to study in Kenya next June, including doing projects in Kenyan schools and visiting a game reserve and a national park.

The course will be led by professor Gabriel Akura, a native of Kenya who has a doctorate in teaching and learning, as well as a graduate certificate in tropical biology and conservation.

The course will entail working on projects related to sustainability in schools in Nairobi and western Kenya, including schools where students practice the Transcendental Meditation® technique. For example, course participants will work with the global one Kibera School in Nairobi’s Kibera slum to set up a small learning garden where children will learn about simple permaculture and closed-loop systems.

Students will also seek solutions to sustainable development problems. This will entail learning about the key biomes found in East Africa and understanding the principles of biointensive farming.

In addition, the class will create a curriculum that can be used in local school settings. And they’ll develop social media platforms to spread the word about sustainability education projects.

Participants will also tour the world-famous Masai Mara Game Reserve and the Lake Nakuru National park, home of a million flamingos.

The course will take place June 10–21, 2017.

For more information, please email gakura@mum.edu.

CONTINUED ON PAGE 2

Infosys Founder Offers Scholarships for Ag Students

S.D. Shibulal, a cofounder of technology giant Infosys, and Mrs. Kumari Shibulal received a Maharishi Award at the Fall Celebration last month, at which time they announced that their foundation would be providing scholarships totaling $100,000 for students from India who enroll in the new Regenerative Organic Agriculture Program that will begin in January.

Infosys is a global leader in technology services and consulting, with clients in more than 50 countries.

The Shibulals were honored with an award for their charitable work, which includes organizing social programs for the underprivileged in India in the areas of education, child cardiac surgery, pension plans, and organic farming.

The scholarships will cover 50% of the tuition for eligible applicants from India — 10 scholarships per year for two years.
CONTINUED FROM PAGE 1

The Shibulals founded the Sarojini Damodaran Foundation in 1999 out of a sense of responsibility towards society. The foundation began by offering scholar- ships and gradually expanded its reach to a range of causes, including education, cardiac care, pension projects, nutrition, organic farming, arts, culture, and sustainability in different parts of India.

“The Sarojini Damodaran Foundation, under the leadership of Mrs. Shibulal, has empowered thousands of economically deprived youth, women, and families in India,” said professor A. Thimmaiah, who is friends with the Shibulal family. “Every year they are reaching out to more and more people who need help. Confucius once said, ‘Humility is the solid foundation of all virtues.’ Their humility and generosity is exemplary for other successful business leaders to emulate and serve humanity and mother Earth.”

Scholarship recipients will enroll in the new 10-month certificate program in regenerative organic agriculture that will begin in January. It will combine classroom instruction with six months of field work learning all facets of organic agriculture.

FROM THE FOUNDER

“F or invincibility, the body should be healthy, the mind should be healthy, intellect should be healthy, and ego should be healthy. It is not which one is important; it is every one is important. These are the units of life; they make life — the body, mind, intellect, ego, the behavior, the environment. Each is equally important for integrated life.”
— Maharishi Mahesh Yogi, Feb. 1, 2006 press conference

New Study Finds Reduced Stress and Trauma in Prisoners

A study published earlier this month found that after four months of practicing the Transcendental Meditation technique, inmates at two Oregon prisons had a 47% reduction in trauma symptoms, including anxiety, depression, dissociation, and sleep disturbance, and a significant decrease in perceived stress, compared to non-meditating controls.

The results, published in The Perma- nente Journal online, showed an even greater reduction of 56% in those with the highest level of trauma symptoms.

According to lead author Sandy Nidich, prisoners have one of the highest rates of lifetime trauma of any segment of society, with recent surveys showing that 85% have been a victim of a crime-related event, such as robbery or home invasion, or physical or sexual abuse.

Trauma is associated with higher rates of recidivism (returning to prison) and mental and physical health conditions, including cardiovascular disease.

“These findings, along with previous published research on veterans, active military personnel, international refugees, and other at-risk populations provide support for the value of the Transcendental Meditation program as an alternative treatment for posttraumatic stress,” said Dr. Nidich, director of the MUM Center for Social and Emotional Health.

A study published earlier this month found that after four months of practicing the Transcendental Meditation technique, inmates at two Oregon prisons had a 47% reduction in trauma symptoms, including anxiety, depression, dissociation, and sleep disturbance, and a significant decrease in perceived stress, compared to non-meditating controls.

The participants were assessed using two standardized instruments: the Trauma Symptoms Checklist and the Perceived Stress Scale.

“I have watched inmates learn the Transcendental Meditation technique and become more human after a long and isolating period of becoming less human,” said coauthor Tom O’Conner, assistant professor of criminal justice at Western Oregon University. “Transcendental Meditation helps awaken, deepen, and solidify the kind of transformational process that we so badly need in our overburdened and costly correctional system.”

Other MUM authors include Randi Nidich, senior researcher at the MUM Center for Social-Emotional Health and Consciousness, and alumna Angela Seng.

MUM Online: Reading Sanskrit

Reading the Vedic literature in Sanskrit is a technology of Maharishi Vedic Science™ to accelerate the unfold- ment of higher states of consciousness. In this 10-lesson course, students will learn to read the Devanagari script, focusing on reading for the sound value. Students will also study fundamental principles of Maharishi Vedic Science. Starts October 31. See tinyurl.com/z7yeq9g. Use the code “save10” for a discount.

Rudra Abhishek on KHoe

Help create a peaceful and positive national consciousness. Campus radio station KHoe 90.5 FM is playing Rudra Abhishek from midnight to 6:00 a.m. until the elections.

The Review

Editor: Jim Karpen
Contributing Writer: Livia Cole

Maharishi University of Management
1000 N. 4th St., MR #694
Fairfield, IA 52557

jkarpen@mum.edu
641-472-0778
www.mum.edu/review

Published biweekly during the academic year.

© 2016 Maharishi University of Management
Transcendental Meditation®, Maharishi Vedic Science, and Mahari- shi University of Management are protected trademarks and are used in the U.S. under license or with permission.
Work Begins on New Center for Organic Agriculture

Work is now underway on a new complex north of campus that will comprise classrooms, offices, a greenhouse, a composting facility, kitchen, produce processing areas, 26 acres of land, and more.

A groundbreaking was held on October 11 for MUM’s new Center for Regenerative Organic Agriculture, which lies immediately north of the grain elevator that borders campus, and immediately east of Highway 1.

The Center will be the home for the certificate in regenerative organic agriculture scheduled to launch in January.

An existing 4,800-square-foot sheet metal building on the property that had been used for storage is being completely remodeled into a modern multipurpose classroom and office building, thanks in part to a generous donation from Soil Technologies, a local company headed by agronomist Jim Schaefer.

The building will include a classroom for up to 80 students, with a divider for transforming it into two smaller classrooms. There will also be conference rooms and areas for processing harvested produce that include facilities for cleaning, drying, and packing, as well as both cool and cold storage.

A fully equipped kitchen will be available for classes related to gastronomy. Plus, the building will include showers.

The south side of the building will have an attached greenhouse for starting seeds. Also onsite will be small buildings for storing tools and implements. Plans include additional greenhouses of various types.

Also planned for construction is a 90-foot hoop house that will shelter MUM’s new composting facility, thanks to a $20,000 grant from Iowa’s Department of Natural Resources.

The Center will be developed in three phases, with the renovation, composting facility, and irrigation lines constituting the first phase.

The second phase will include installing an irrigation pond and planting orchards and nut groves.

The third phase will include woodland and prairie restoration, as well as installing a larger pond.

Students in the new 10-month certificate program in regenerative organic agriculture will each be given up to a full acre to cultivate their crops based on the business plans they develop.

MUM is partnering with five international organizations to offer the program, which is being headed by professor A. Thimmiah.

For more information, see www.mum.edu/roa-certificate. Or send an email to sustainableliving@mum.edu.

Alumna Linda Egenes Publishes New Retelling of The Ramayana


The Ramayana, the most widely read epic in the world, tells the story of the enlightened heroes Rama and Sita and the relationship that unfolds between them. It’s also a hero’s quest, a struggle between good and evil, and contains layers of wisdom and philosophical discourses as well.

The book was released last month by TarcherPerigee, an imprint of Penguin Random House, and sold over 2,100 copies in the first week.

The Ramayana is available at the Transcendental Meditation Information Center at 110 N. Main in Fairfield, at Revelations, and online at Amazon.com.

It contains an introduction by alumna Michael Sternfeld, a Ramayana scholar and producer.

As part of the “October Surprise” events this month, Ms. Egenes will present a talk titled “Dharmic Dilemmas of the Ramayana (and what we can learn from the them)” on Wednesday, October 26, at 8:00 p.m. in Dalby Hall.

This is the fifth book by Ms. Egenes and Dr. Reddy, including three books on Maharishi AyurVeda, most recently Super Healthy Kids: A Parent’s Guide to Maharishi Ayurveda.
New KHoe Show Features Local Performers

Campus radio station KHoe 90.5 FM is now airing a new, half-hour music program called *Let Your Heart Sing* that features local performers such as Jane Roman Pitt, Emily Levin, Brad Moses, Mother Divine, Diana Leighton, Deborah Henning, Rick Stanley, and many others, with occasional songs by national artists like Joni Mitchell, John Denver, and Karen Carpenter.

Hosted by Fairfield singer-songwriter Sheila Moschen, the program has themes such as “Gratitude,” “Guru Purnima,” “Mother Divine,” “Father’s Day,” “Autumn,” and “Peace and Harmony.”

Ms. Moschen’s song, “Catching the Big Fish,” inspired by David Lynch’s book of the same name, showcases her voice and lyrics that reflect the essence of the book.

Listeners are invited to submit their songs for the show. “Send me your original tune,” Ms. Moschen said. “If it’s a good fit for our show, I’ll play it.” Send it to sheilastunes@gmail.com.

*Let Your Heart Sing* airs on KHoe daily at 1:00 p.m. and 8:00 p.m. Archived shows may be heard at KHoe.org.

---

Save Your Brain Campaign

Launching Brain Health Kits
Knowledge & Products to Avert Aging Dangers
Basic – Silver – Gold – Platinum
Kits for Every Budget

Sign Up to Get Free Information
Click on Contact for Form
Buy Local - Anti-Aging Company
Large percentage of profits go to Global Peace Initiatives