Students Place in National Mediation Tourney

On the heels of second-place finishes in a regional mediation tournament on campus, a team of MUM students traveled to Arlington, Texas, where they were one of only four teams to qualify for the semi-finals in both the mediator category and the advocate/client category.

The team of Tal Ron (from Israel), Mirah Dumasia (from New Zealand), and Almar Meijles (from the Netherlands) took seventh place in both categories at the National Undergraduate Mock Mediation tournament sponsored by the International Academy of Dispute Resolution.

“MUM was by far the smallest school in the tournament, competing in the semi-finals against much larger schools,” said professor Vicki Herriott, the team’s coach.

The MUM team went head-to-head with teams from schools such as Boston University, the University of Texas at Dallas, the University of Texas at Arlington, Holy Cross, the University of San Diego, the University of Dubuque, and Principia College.

Professor Herriott is proud of the team’s performance, but feels the most important reason to compete is to give the students the opportunity to meet students from all over the country and share in a common endeavor to learn to use mediation as a means to resolve conflict.

“Students are much more confident in their skills both as advocates for a position and as facilitating mediators after participating in the mock mediation tournament,” she said.
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There were two key findings that suggest the technique is effortless and natural. First, the students who had been meditating for a month reported the same frequency of experiences of Transcendental Consciousness as those who had been meditating for five years.

“This supports the understanding that Transcendental Meditation uses the natural tendency of the mind to transcend — to move from active thinking to deep, inner silence,” Dr. Travis said. “Extensive practice doesn’t make a natural process go any better.”

The second finding deals with activity in the “default mode network” (DMN), which is a large-scale brain network involving areas in the front and back of the brain that are active when one’s eyes are closed and one is following internal thoughts. DMN activity is high when a person just sits with his or her eyes closed, and low when one opens one’s eyes and interacts with the world.

The study reports that activity in the DMN remained high during Transcendental Meditation practice. In contrast, it decreases in all other types of meditation — since they involve focus and control of the mind. Indeed, the study found that the default mode network was as high during Transcendental Meditation practice as during eyes-closed rest, which is used as the benchmark for default mode network activity.

However, Dr. Travis found two important differences between Transcendental Meditation and eyes-closed rest. Eyes-closed rest had more beta brain waves in areas of the brain associated with memory and motor aspects of speech production, perhaps reflecting the mental chatter that goes on when one’s eyes are closed, Dr. Travis said.

Transcendental Meditation had more theta brain waves in orbitofrontal areas associated with reward anticipation.

“This could indicate the movement of the mind to more charming levels of thought during transcending,” Dr. Travis said. “The meditators’ attention was absorbed in the inner march of the mind, attracted by the increasing charm of finer levels of mental functioning.”

FROM THE FOUNDER

“Education should be such that it develops the full man. Education today fails to develop man’s full potential. It fills the conscious mind with information on serious subjects but fails to unfold the subconscious and real inner content lying in the depth of one’s consciousness. Transcendental Meditation will bring fulfillment to education.”

— Maharishi Mahesh Yogi, A Living Saint for the New Millennium

Chinese Delegations Continue to Visit Campus

China’s interest in Maharishi University of Management continues, with two delegations visiting in recent weeks, including entrepreneurs, artists, and journalists.

In late October a 12-member delegation from the Yitian Group of Langfang City near Beijing came for a four-day visit. The Yitian Group is a business conglomerate covering real estate, urban development, schools, greenhouses and agriculture, and retirement residences.

“The chairman of the Yitian Group is very interested in what we have done and achieved as a university and as a Transcendental Mediation organization,” said Zhu Yunxiang, MUM vice president of Asia Expansion.

The association came about after Mr. Zhu visited the Yitian Group in 2014 and 2015 to promote Consciousness-BasedSM education and other facets of Maharishi’s knowledge, including Maharishi Vastu® and Maharishi Vedic Organic AgricultureSM. At that time the Yitian Group and MUM signed an agreement to collaborate.

As a result, the chairman of the Yitian Group sent his top management to visit campus, including his assistant and deputy general manager. The delegation also included government officials who have been supportive of the Yitian Group’s expansion and collaboration.

In addition, earlier this month a group of 25 Chinese artists, organizers, and journalists visited MUM on the second stop of their first world tour and performed in the Argiro Student Lounge.

The seven performers exhibited a variety of Chinese cultural traditions, including dough modeling, snuff bottle painting, facial painting, calligraphy, seal carving, and diabolo (a type of Chinese yo-yo that balances a spinning object on a string between two sticks).

In addition, two well-known folk musicians performed on the traditional instruments known as Erhu and Guzheng.

The journalists in the delegation included reporters from the Chinese Xinhua News Agency, the Beijing Daily Group, and the Beijing TV station.

The goal of the group is to introduce the beauty of the Chinese cultural heritage and promote understanding and friendship between the two countries.
AmeriCorps Offers Free Energy Audits, Weatherization

Again this year Green Iowa AmeriCorps volunteers are offering free energy audits. Plus, this year weatherization and other resource conservation measures are also free, thanks to support from Alliant.

This includes replacing incandescent bulbs with LED bulbs, insulating areas such as electrical outlets where energy is leaking, filling gaps with caulking or foam, and installing low-flow shower heads and faucets.

The volunteers, who have an office on campus, are available to anyone in Jefferson County.

To schedule an energy audit, community members can call 472-7000, ext. 4212 or email greeniowamum@gmail.com.

In addition, the volunteers are focused on community education. One current project is to create a sustainability orientation video that will be shown to all new students on campus to acquaint them with what MUM is doing to be more sustainable and what they can do to promote sustainability.

“We’re constantly looking to collaborate, to create educational events, and to help others promote their events related to environmental stewardship and energy efficiency,” said Alexandra Crow.

Currently they are organizing volunteers to help with the a greenhouse project. Anyone interested in helping put together a special solar roof greenhouse is invited to email greeniowamum@gmail.com.

In addition, they are planning an educational presentation on how this solar roof greenhouse design is especially energy efficient.

The volunteers recently helped promote a public panel discussion on the future of sustainable energy that featured G.P. Yeh, a world-renowned physicist who specializes in sustainable energy.

Other recent events have included promoting and organizing activities related to America Recycles and National Take a Hike Day.

The group is also collaborating with local organizations such as the Sustainable Living Coalition and the Southeast Iowa Food Hub. Plus, they plan to collaborate with MUM’s new certificate program in regenerative organic agriculture that begins in January.

Chamber Singers to Present Holiday Concerts

The Chamber Singers of Southeast Iowa will present “Inspire!,” their new holiday concert, on Saturday and Sunday, December 3 and 4, at the First Presbyterian Church in Fairfield at 7:30 p.m.

The December program provides a range of uplifting holiday songs, both sacred and secular — from the rich textures of Renaissance polyphony to traditional carols in unusual arrangements and just-published works. Lifting lullabies, Caribbean and African rhythms, pulsing Glorias, celebrated folk tunes, and winter-wonderland fun share the stage with masterworks of reverence and joy from centuries past.

“The holiday season brings anticipation, introspection, hope, celebration, and joy — the dawning of new light and renewal for ourselves and the world,” says Elaine Reding, musical director of the Chamber Singers. “This beautiful program will help reawaken these unifying themes and the connection between heaven and earth that we celebrate in song.”

Guest trio Karen Aoki, Lise Marcell, and Donna Nelson will play a Bach cantata to complement the choral offerings. Along with percussionist Michael Fitzgerald, they will also accompany some of the songs.

Soon after their December concerts, the Chamber Singers will travel to New York to perform Kim André Arnesen’s Requiem on January 16 in Carnegie Hall. For more information, and to support the trip, please visit GoFundMe.com/chamber-singers, or contact the FACC at (641) 472-2787 to make a tax-deductible Chamber Singers gift.

School Student Participates in World Food Prize Institute

Maharishi School student Melat Gebremariam was one of 200 students from the U.S. and abroad selected to present at the World Food Prize Global Youth Institute last month in Des Moines.

The Youth Institute was held as part of the Borlaug Dialogue International Symposium, which drew 1,500 people from more than 60 countries to discuss the world’s hunger and food security issues.

The World Food Prize was founded to improve the quality, quantity, and availability of food in the world.

Ms. Gebremariam presented a paper on the theme “Feeding Innovation, Fighting Hunger” to a group of World Food Prize Laureates and other experts and scientists.

Participants also helped package meals for Outreach, a hunger-fighting organization that serves people in the United States and internationally. And they took part in roundtable discussions with experts in industry, science, academia, and policy on the final day of the program.

Videos for Sale

Through December the MUM Library is selling its entire collection of VHS (videocassette) movies for 25 cents each. Look for the red signs on the shelves in the periodical room. Credit cards accepted.

MUM Online: Save $5 on Short Courses

Use the coupon code save5 and receive $5 off on all the short courses. Go to mum.edu/online and click on short courses to register now. Courses are:

- Inner State of Yoga
- We Create Our Reality
- Biodynamic Agriculture
- Economic Sustainability
New Book on Mental Health Available

Jim Brooks, a psychiatrist and teacher of the Transcendental Meditation technique, has recently published *Reflections on Maharishi AyurVeda and Mental Health*.

Dr. Brooks addresses the inability of modern medicine to prevent and treat chronic mental disorders such as depression and anxiety that are leading causes of morbidity, disability, and loss of quality of life.

He proposes an effective solution found within the world’s most comprehensive and ancient system of natural medicine — Maharishi AyurVedaSM.

He says the Maharishi AyurVeda approach to mental health will have a major impact on how medicine understands, prevents, and treats mental disorders.

Topics covered include The Human Psyche: A Model from Quantum Physics; Maharishi AyurVeda and Therapy; Psychotherapeutic Use of Vedic Literature; and The Bhagavad-Gita: A Model for Vedic Counseling.

The book is available at the University Store and on the internet at mumpress.com.

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