“MUM Quest”: Students Dive into Fun-Filled, Two-Hour Celtic Adventure

Magic, dance, and art were at the heart of the two-hour adventure that involved over 80 students last month as part of MUM Quest: a series of events this academic year based on teamwork, fun, and fantasy, all with the purpose of engaging students and fostering connectedness among them.

Planned by alumnus Chris Grace and student Haley Spitzfaden, the inaugural quest had six teams of students trekking across campus to engage in challenges in four different locations, with teams earning points based on the quality of their teamwork, enthusiasm, and achievement of goals.

The Green team earned the most points, and is now in the lead in the competition to win the MUM Cup, a trophy to be presented at the end of the academic year.

“The Quest was as magical as promised and even more,” said Alexandria Van Boven. “I was stumped and enthralled by the magic that was performed and had to ask my more left-brained friends how liquids changed colors and fire burst out of nowhere before our very eyes. My favorite aspect was the history of Fairfield that was intertwined with our tasks. The Quest was the most mythical and mystical event MUM has ever put on.”

The quest began with an 8-minute video that presented an alternate history of Fairfield and MUM campus, based on a 19th-century diary found during the demolition of Carnegie Hall. It’s a history involving Freemasons, magic, a uniquely powerful energy vortex in Fairfield that’s in danger of being lost, and the immediate need to re-enliven this vortex by priming three “ley lines” that intersect on campus. The participants had until sundown to achieve this; otherwise, the vortex would be lost forever.

The video, which begins with President John Hagelin reading from the diary in Gaelic and translating it, can be viewed at https://goo.gl/nvBgCz.

The goal was to re-enliven the ley lines by completing four challenges. The faith challenge, which involved walking on water, took place by the library. The art challenge, south of Henn Mansion, entailed giving each team a canvas to create a design, with each canvas ultimately becoming part of a larger design.

The magic potion challenge, which took place at the Tower of Invincibility, entailed thinking specific thoughts, which then caused a liquid to change color. And the dance challenge, in the former volleyball court on the hill east of Maharishi School, entailed dancing in three circles in time with four drummers.
At the end there was a grand finale with all of the teams coming together under the pine trees at Waterworks Park. Here the teams brought together things from each of the challenges, and in doing so, they primed the ley lines, which were associated with mind, beauty, and faith.

The students assembled their canvases into a larger image of the tree of life that incorporated the keystone from the former Barhydt Chapel on campus.

Then, accompanied by music from bagpiper Tim Britton, they performed one final spell from the diary to open the vortex, with each team bringing one piece of the spell.

“A goal of the quest was for the students to escape the ordinary world for two hours and cross a threshold to experience something magical,” Mr. Grace said.

Having opened the energy vortex, the students then celebrated with a pizza party in the park.

The Gaelic diary will be on display in the student lounge in the Argiro Student Center in the coming weeks, as will be the student’s final canvas—a 20-foot work that will span the entire south wall.

“The Quest was the beginning of a journey,” said Cris Evergreen, Student Body President. “The first of its kind, it opened me up to the magic of what’s possible when we work together. It was light-hearted and fun. I look forward to seeing what the game masters conjure up for next time.”

More adventure is scheduled for this academic year.

FROM THE FOUNDER

“T
he quality of kindness and delicacy of heart develops as the heart begins to melt from the experience of bliss and the great happiness of transcendental Being. The heart becomes softer, and then a man cannot by nature be harsh or displeasing to anyone. Speech will flow naturally in all harmony.”

— Maharishi Mahesh Yogi, Science of Being

New Study Finds Unique EEG Patterns During Transcending

A recent study of EEG patterns during the Transcendental Meditation® technique found evidence that the mind shifts between being lost in thought and experiencing transcendence.

To see how these two phases of meditation differ, the study identified known “microstates” in brain functioning—specific EEG patterns in the brain, each one lasting 50-100 thousandths of a second. The researchers then compared the pattern of microstates during the experience of transcending to the pattern when the mind was off on thoughts during Transcendental Meditation practice.

To mark these periods, subjects pressed a button during the Transcendental Meditation practice, when they noticed that they were caught up in thoughts. After the button-press, they continued with their practice. The 40-second period after the button press was labeled “undirected mentation,” when the mind was completely caught up in thoughts. The 40-second period after the button press was labeled transcending.

During transcending, the microstate named “Category C” was lower compared to during undirected mentation. Since this microstate is associated with internally generated thoughts and evaluative processing, it indicates that transcending involves a quieter state of mind.

“This pattern of microstates gives insight into the nature of transcending,” said Professor Fred Travis, coauthor of the study. “Before the button press, the person’s mind was moving from thought to thought without awareness of what was going on. Yet even this undirected mentation involved more evaluation than what occurs during transcending, as suggested by decreased incidence and duration of Microstate C during Transcendental Meditation practice.”

The use of microstates to look at EEG activity is very different from earlier studies that looked at EEG coherence, Dr. Travis said. Coherence gives a picture of the activity in one frequency between pairs of EEG sensors. Microstates identify temporary stable states of the whole brain, including all frequency bands.

“It’s like looking at the brain as a topology, with different microstates being like changing landscapes,” Dr. Travis said.

The study, titled “EEG microstates during different phases of Transcendental Meditation practice,” was published in Human Brain Mapping.

The Review

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Published biweekly during the academic year.

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Dr. Wallace to Offer Course on Gut Health

A course on how to heal your gut, taught by pioneering researcher Keith Wallace and Maharishi Self-PulseSM expert Andrew Stenberg, will be offered by Continuing Education on four consecutive Sundays, October 15–November 5, 1:30–3:30 p.m.

Dr. Wallace recently published the book Gut Crisis: How Diet, Probiotics, and Friendly Bacteria Help You Lose Weight and Heal Your Body and Mind. The book links the latest findings about the microbiome with the ancient Ayurvedic knowledge about digestion, ama, and disease processes.

Dr. Wallace has developed a unique and practical short course on this topic, titled “Heal Your Gut,” and has invited Mr. Stenberg, an expert educator and practitioner of Maharishi AyurVedaSM, to teach with him.

Participants will have the opportunity to go through a diet-based gut healing process at home, using Maharishi AyurVeda principles.

Those who haven’t already taken the Maharishi Self-Pulse course with Mr. Stenberg are recommended to take the pulse course offered mid-October.

David Lynch Donates $50,000 to Maharishi School

BY LEANNE HAYS

Filmmaker David Lynch recently agreed to serve as co-chair of Maharishi School’s campaign to develop the school – and also donated $50,000 toward the effort.

The campaign is based on a five-year plan by Maharishi School’s board of directors that will grow and sustain the school well into the future.

In appreciation for Mr. Lynch’s contribution, the school made a video thanking him. He loved the video, sending the school this note:

Dear Maharishi School students, teachers, and staff, thank you so much for sending that great video! It thrilled me to my soul! What a great blissful group! I love Maharishi School! Hip Hip Hooray!

Jai Guru Dev, Your Friend, David

Mr. Lynch has practiced the Transcendental Meditation technique since 1973 and in 2005 launched the David Lynch Foundation in 2005 to bring Transcendental Meditation to those who need it most, including veterans with PTSD, at-risk children, and prisoners.

Alumna Heads “Love Summit” Business Conference

The Love Summit, an international business conference created by 2011 grad Samantha Thomas, will be held in Cincinnati October 12 and 13.

The event brings together business, government, and thought leaders from around the world to discuss how love is a viable factor for improving the triple bottom line of business – people, planet and profit. The conference is open to the public. See dreamchange.org.

Ms. Thomas is the executive director of DreamChange, a nonprofit organization founded in 1987 by bestselling author John Perkins to help raise humanity’s consciousness and inspire more sustainable ways of living.

19 MBA Students Receive Scholarships

In recent months 19 MBA students received the Institute for Management Accountants scholarship for study resources for the Certified Management Accountant (CMA) examinations.

Students were nominated by the faculty based on grade point average and commitment to take the CMA exams within the next two years. Each recipient will receive waiver of the exam registration fees, waiver of both CMA examination fees (first attempt), and free materials from the Wiley academic publishing company to prepare for the exams.
Courses in Hawaii
Jan. 15–Feb. 27 Entail No Additional Fees

Two courses on the Big Island of Hawaii will be offered to students January 15–February 27, and this year’s offering will entail no additional fees, other than the cost of airfare and transportation.

The focus will be transformative leadership and deep sustainability. Whereas last year’s program was more focused on practical sustainability and the built and natural environment, this year’s courses will be “more philosophical and human development-oriented, all within a rich, robust cultural environment, distinct from the Mainland,” said Professor Devon Almond, who will be leading the courses.

There will be a greater emphasis on the social-cultural aspects of the human and natural environments.

Also included will be field visits to sustainability and cultural practitioners across the Big Island. Students will visit an intentional community, learn about Hawaiian cultures and sustainability, receive training in interpersonal communication, conduct service work with native Hawaiian non-profit organizations, and plant sandalwood trees.

Students will again stay at the Kohala Institute, which is located on 2,400 acres on the Big Island.

For more information, see www.mum.edu/hawaii. Or email Dr. Almond at hawaii@mum.edu.

MUM Runners Win Medals in 5K Race in Washington, Iowa

Last month the MUM running club celebrated the beginning of its 10th year by participating in the 18th annual Washington Iowa Hospice 5k run in Sunset Park, with student Virginia Lagunas winning the women’s race in a time of 26:15.

Ms. Lagunas received two medals – one for being the overall female winner and one for winning her age group (13–18). She also won $50 for winning the women’s race and a $20 gift certificate as an attendance prize.

Student Tara De Santis was the second overall woman finisher and won a first-place medal for winning the 19–29 age division in the women’s race.

Staff member Mariam Daudi was second in the women’s 30–39 division in a time of 33:03.

Club coach Peter Mannisi was the second overall male finisher in the race, with a time of 22:20 – good for first place in the 60+ age group.

The club will next participate in the Lacey-Keosauqua Park 5k and 10k races, as well as the 2-mile trail walk on Sunday, October 15.

See the club’s Facebook page under “MUM running club.” Runners and walkers of all abilities are welcome.

For more information about the club, email coach Mannisi at petermannisi@yahoo.com.

5 Units Left in MUM North Campus Village Phase 5

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