AmeriCorps Offering Free Energy Audits and Weatherization

Green Iowa Americorps is once again providing free energy audit and weatherization services to the Jefferson County area with support from Alliant Energy, MUM, and other local organizations.

The goal is to lower utility bills by reducing water and energy usage.

AmeriCorps volunteers begin with comprehensive testing for gas leaks and carbon monoxide. They also do a walkthrough assessment. Next, their team uses a “blower-door test” to determine the home’s air infiltration rate and whether there are leaky areas.

Then the team will weatherize the home, sealing air leaks and providing further energy efficiency measures.

All members of the community are eligible for this service, though priority is given to those with a low income, the disabled, the elderly, and veterans.

Call (641) 472-7000, ext. 4212 or email greeniowamum@gmail.com to schedule a free energy audit.

MUM Listed Among Green Colleges


They reviewed over 2,000 colleges and selected the 375 most environmentally responsible schools. MUM received a score of 92 out of 99.

For more information see http://www.princetonreview.com/green-guide.

President Hagelin Receives Doshi Bridgebuilder Award

Last month President John Hagelin received the Doshi Family Bridgebuilder Award as the culminating event at an Ayurveda conference at Loyola Marymount University in Los Angeles.

Named for its benefactors, Navin and Pratima Doshi, the annual award honors an individual or organization dedicated to fostering understanding between cultures, peoples, and disciplines.

Dr. Hagelin was recognized for connecting modern science and spirituality. In presenting the award, Mr. Doshi said, “Your accomplishment includes the widely accepted theory of galactic super-symmetric particles produced during the Big Bang. You are among very few who applies this knowledge and the knowledge of the sciences of yoga and the Vedas for the benefit of humankind, accepting the primacy of mind and consciousness over matter, unlike scientists deeply submerged in materialism.”

CONTINUED ON PAGE 2
When Being is infused into the minds of individuals and natural way, great harmony is produced in the atmosphere, tension is released, and the world is made better for people to live in.”

— Maharishi Mahesh Yogi, Science of Being

**Medical Association Recommends Meditation for Heart Disease**

After a broad review of the scientific research, a September 2017 scientific statement by the American Heart Association recommended meditation be considered to help prevent and treat heart disease as an adjunct to conventional care.

Unlike a 2013 AHA statement that examined a range of alternative approaches for lowering blood pressure, the current statement exclusively focuses on meditation and the research on all six of the contributing factors to cardiovascular disease, not just blood pressure.

“It’s the first time in the modern history of health care that an established medical body has recommended meditation in the treatment and prevention of heart disease,” said Robert Schneider, MD, FACC, dean of MUM’s College of Integrative Medicine.

Dr. Schneider explained that it’s long been a goal to have the Transcendental Meditation technique recognized in a major medical guideline. He said that physicians, who don’t ordinarily have the time to follow the research in science journals, rely on such professional guidelines in their clinical practice.

“This is the culmination of 30 years of federally sponsored clinical research by our institute and others,” Dr. Schneider said.

The statement reviewed five different approaches to meditation, with the majority of studies being on the Transcendental Meditation technique and mindfulness meditation. Dr. Schneider said that, compared to other approaches, the Transcendental Meditation research was the most diverse and deepest, including, for example, studies on improved atherosclerosis, decreased insulin resistance, and reductions in the rate of heart attack, stroke, and death.

“The recent AHA scientific statement on meditation and cardiovascular risk reduction is groundbreaking in the acknowledgement that meditation may present a valuable adjuvant approach to traditional medical and lifestyle therapies for controlling risk factors and helping prevent cardiovascular diseases,” said Dr. Robert Brook, a professor at the University of Michigan and chair of the expert panel that authored the previous AHA statement on blood pressure.

“The statement correctly recognizes limitations of previous studies and the fairly unique data in regards to the benefits of Transcendental Meditation for preventing clinical events, and I hope will reawaken an interest in a robust collaborative research effort.”

**The Review**

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Dr. Thimmaiah
Teaches Agriculture to Bhutan Refugees

Bhutanese refugees are learning to grow their native foods while also learning to heal themselves and the planet, thanks to a recent workshop with Professor A. Thimmaiah in Fargo, North Dakota.

Sponsored by Lutheran Social Services, the workshop was the first of five meetings with Dr. Thimmaiah over the coming year in which the refugees will have the opportunity to learn about, and begin practicing, regenerative organic agriculture.

The event was an emotional experience for the refugees, Dr. Thimmaiah said. He was able to speak to them in Hindi, and because of the years he spent in Bhutan introducing organic agriculture, he was familiar with the villages they were forced from in the early 1990s due to their having ancestry in Nepal.

Dr. Thimmaiah was invited to be involved with the project after representatives of the Lutheran Social Services found an article online about his transformation of the agricultural system in Bhutan.

“I was invited to assess their agricultural knowledge, and then build on that knowledge by integrating regenerative organic practices,” he said. “Because I was able to speak in Hindi and knew their villages, they really opened up. They felt as if I was part of their family.”

There are 450 people in the refugee community in Fargo, as well as refugee communities in five other cities in North Dakota. Dr. Thimmaiah will work with the Fargo group in an advisory role to help build up this four-acre pilot project, and then may help initiate similar projects with the other groups.

“We want to heal the earth and heal the people,” he said. “Our goal is to change their worldview towards treating nature as we treat ourselves.”

Dr. Thimmaiah was also recently invited by the Uberoi Foundation to present at a conference in Denver. The focus of the conference was on how to address issues related to the environment, climate change, and sustainability from the perspective of the four dharmic traditions: Hinduism, Buddhism, Jainism, and Sikhism.

Dr. Thimmaiah, a native of India, spoke from the perspective of Hinduism and the need to transcend from sustainable agriculture to the deeper level of regenerative organic agriculture. He explained that inner sustainability is as important as outer sustainability and that people must change from within in order to change the world.

“Solutions are available but aren’t being adopted because there is no change happening within,” he said. “We need to treat the earth as an extension of ourselves. We need to close our eyes and go within, and unless we do that we can’t recognize the similarities between the earth and ourselves.”

Craig Pearson, MUM vice-president of academic affairs, was also invited to participate and was asked to summarize the conference and make concluding remarks.

This past summer Dr. Thimmaiah was also invited to speak at five universities in Taiwan because of his expertise in biodynamic agriculture.

Running Club Earns Four First-Place Medals at Keosauqua

The MUM running club took part in the annual Lacey-Keosauqua Park races last month, with club members winning four first-place medals in their age division and two members winning second place medals.

In blustery conditions Sara Nantssetseg won a first-place medal in the 5-kilometer race in the women’s 20–34 age group in a time of 28:36. Club coach Peter Mannisi won first place in the 65+ male age group in a time of 23:26.

In the 10K race Zara Colazio won the 13–19 women’s group in a time of 53:53. Nguyen Mau Khoa won the 20–34 male age group in a time of 50:28.

Winning second-place 10K medals were Diana Yamaletdinova (women’s 20–34 group) in a time of 54:51 and Sophana Pan (male 20–34) in a time of 52:09.

Two club members were just out of medal contention in third place: Mahood Ali - Shamiri was third in the 20–34 male division with a time of 52:34 and Shady Ahmad was third in the 35–49 male division in a time of 1:01:20.

“All the students did a great job running on a course that has challenging hills,” coach Mannisi said.

School Student Named National Merit Semifinalist

Maharishi School senior Daniel Zhu has been named a National Merit Scholar semifinalist as a result of his high scores on the qualifying test taken by students nationwide.

Of the 1.6 million students who took the Preliminary SAT/National Merit Scholarship Qualifying Test, 16,000 were named semifinalists.

Daniel will now compete for finalist standing by meeting high academic standards and other requirements. Finalists are then considered for National Merit Scholarships and will also often receive scholarships from the college or university they choose to attend.

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Learn more at mum.edu/mum-online/noncredit-courses. Or contact de@mum.edu.
Students Launch Online Literary Magazine

Students in the BFA in Creative Writing program recently launched *Metafore*, a new online literary magazine that will publish poetry, fiction, and creative non-fiction.

According to the website, the editors are looking for submissions that “not only reflect the beauty of the superficial experience of the world but that also call forth the profundity – the beyondness – that can be found in all of life, if only we open ourselves to it.”

“*Metafore* was founded with the purpose of promoting writing that fits within our literary paradigm here at MUM,” said James Davidson, editor-in-chief. “We hope to connect writers with awareness and experience of the transcendent with an appreciative audience.”

The submission deadline for the inaugural issue, which will be coming out in December, is November 21.

Submission is open to anyone except current students. Mr. Davidson said that serious literary magazines and journals affiliated with institutions typically bar those connected with their institution from submitting. However, *Metafore* is accepting submissions from alumni.


Company Donates 700 Ergonomic Chairs to MUM

A manufacturer of a new kind of ergonomic chair has donated 700 to MUM.

The chair, which might be described as an accordian-like stool, has no back and is slightly unstable, allowing one’s body to be slightly in motion as one sits.

The company, ergoErgo, says that this “active sitting” wakes up one’s body. Unlike traditional static sitting, the chair is said to engage one’s core muscles, keep the spine supple, improve circulation, and make breathing easier.

The chairs are currently being distributed on campus. For more information, see ergoergo.com or contact kdaley@mum.edu.

Exhibit of Paintings, Sculpture, and Mixed Media Opens Nov. 10

An exhibit of paintings, sculpture, and mixed media, curated by Emily Susanin Kessinger of Yellow Door Gallery in Des Moines, will be open at Unity Gallery on Friday, November 10, with a reception from 7:30 to 9:30 p.m.

The show, titled *If Not For Space*, will feature work by MUM faculty artists James Shrosbree and Gyan Shrosbree, as well as work by noted artists Andrew Casto, Laurel Farrin, and Ben Gardner.

Mr. Casto is a ceramicist and associate professor of art at the University of Iowa whose work has won numerous prestigious awards. Mr. Gardner is an associate professor of art and design and department chair at Drake University. And Ms. Farrin is an associate professor and head of painting and drawing at the University of Iowa.

Unity Gallery is located in the library on the west side of Highway 1. The exhibit will run through December 3. Hours are Monday–Friday, 9:30 a.m.–7:15 p.m., and Saturday, 9:30 a.m.–4 p.m.

Information about Fairfield

fairfieldinfocenter.org

Sculpture by Andrew Casto will be on display in Unity Gallery November 10–December 3.

Annapurna Menu

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