Dr. Tony Nader Joins Social Media

Tony Nader, MD, PhD, director of the worldwide Transcendental Meditation® organization, has recently begun outreach on social media in response to the desire of the general public to know who is leading the Transcendental Meditation organization, said his publicist Adrienne Schoenfeld.

As international director, Dr. Nader guides the worldwide organizations responsible for furthering and expanding the Transcendental Meditation program and Maharishi’s contributions to many fields, including education, health, architecture, defense, and practical technologies of human development.

Ms. Schoenfeld said he’s using social media to bring the science of consciousness to new audiences through videos, live streaming, and interactive Q&A events. “He’s creating an online space for engaging conversations about consciousness and all fields of life – from health, education, and science, to love, human relationships, and world peace,” she said.

Dr. Nader, an MIT- and Harvard-trained neuroscientist, is posting to Facebook (facebook.com/DrTonyNader), to Twitter (@DrTonyNader), and on Instagram (drtonynader).

An in-depth article on Dr. Nader can be found at goo.gl/wi7T2V.

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Students Screen New TV Series, Get Jobs in Hollywood

A screening of the student-produced TV series was held earlier this month at the Orpheum Theater in Fairfield, with viewers being surprised by the professionalism of the work – professionalism further attested by the fact that several of the seven graduates are already working in Hollywood.

The TV track in MUM’s David Lynch Graduate School of Cinematic Arts began in January 2016, and filming of the 10 episodes took place October–December, 2016. By graduation 2017 the students had edited and produced their series.

“People loved it,” said Professor Michael Barnard of the screening this month. “They were generally surprised. The series isn’t like student work. It’s quite sophisticated – well acted and produced. It’s not perfect, but is high quality – similar to what you would see on Netflix.”

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Winter Clothing Drive

Donate clean warm winter items from infant to adult sizes. Bring to Argiro student lounge Nov. 15–Dec. 15. All clothes are free to MUM students/staff.
The 10 episodes total about 115 minutes, and were shown one after the other.

Titled *The Next Town Over*, the series is set in a small town in Iowa, and begins with the town being “thrown into confusion and grief when the beloved woodshop teacher, Edward Price, is killed in an isolated car accident,” according to the website.

On the day of the funeral, storms and tornado warnings force the residents to take shelter, with the various episodes revolving around the interactions of those sheltering in locations such as the local church, a bar, and the high school.

According to the synopsis, “The intensity outside increases along with the events inside, and secrets once thought safely veiled in history begin to unravel in light of Edward’s mysterious death.”

“It’s a little dark and intense – a dramatic story,” Mr. Barnard said.

While pleased with the quality of the students’ work, Mr. Barnard said that equally impressive was how the students grew as individuals.

“This is a Consciousness-Based film school,” he says. “We can teach people to transcend. It was a transformational experience for them, and deeply affected them on a personal level.”

A number of Hollywood veterans helped teach the program, including Bill Borden, who has produced dozens of movies. He is continuing to work on the project and has teamed with Hollywood film director and editor Duwayne Dunham to produce an alternate 80-minute version with six episodes that he intends to show at film festivals such as Sundance and South By Southwest.

Funding is being provided by Joanna Plafsky, a generous supporter of MUM’s film program.

Each student was involved in writing, directing, editing, and producing the episodes. Behind-the-scenes videos that include clips from the episodes can be found at dlmsafeseries.com.

Stephen Siemens, one of the students now working in Hollywood, so impressed a guest lecturer with his expertise in visual effects that the person hired him on the spot. Stephen left for Los Angeles the day after graduation and immediately began contributing to top movies.

Faculty are intent on finding the best ways to assess whether students are actually learning, and to that end a team of eight attended the three-day Assessment Academy in Chicago last month offered by the Higher Learning Commission, the agency responsible for accreditation of schools in the north central U.S.

Though not officially part of the accreditation process, the Academy is offered to institutions committed to creating systemic, comprehensive assessment systems with the aim of improving student learning. Assessment is also the focus of MUM’s Quality Initiative project, which is required as part of MUM’s upcoming accreditation visit in 2020.

MUM began the four-year project two years ago, and during the most recent training session the MUM team evaluated their original plan and the progress they have made. In addition, they received feedback and mentoring from assessment experts.

“The purpose of this initiative is to improve student learning on campus by better equipping our faculty and administrators to assess student learning outcomes,” said Professor Chris Jones, leader of the team.

The project aims to improve the assessment on three levels: in the classroom, in academic programs, and in the institution as a whole. During the past two years, with the help of students, faculty, and administrators, the team has begun gathering evidence on student learning outcomes and, among other initiatives, introduced at the classroom level a “student learning chart” that will eventually be part of every class syllabus. Most of the faculty have been trained in the creation and use of these charts.

At the program level, each academic program has identified five student learning outcomes. At the institutional level, the University has identified nine essential learning outcomes: development of consciousness, health, holistic thinking, creativity, critical thinking, communication, problem solving, teamwork and leadership, and local and global citizenship. The objective for the next two years is to clearly define these essential learning outcomes and have the program and classroom learning outcomes align with them.

The ultimate goal is to help all students make substantial progress in the achievement of these nine essential learning outcomes, as well as other outcomes necessary for their academic program.
New MA in Reading Vedic Literature Enrolls 20 Students

A new master's program in which students read the Vedic literature in Sanskrit began this fall, with 20 students enrolled.

The students attend class on Saturday afternoons and spend six hours each week, an hour a day, reading designated sections of the Vedic literature.

They also keep a journal to give expression to their personal experiences based in their reading.

The students read for the “sound value” of the passages — the traditional method of studying the Vedic literature.

The goal of the program is to accelerate the growth of higher states of consciousness as described by Maharishi and to enliven the qualities of consciousness embodied by selected branches of the Vedic literature.

The courses include videotaped talks by Tony Nader, MD, on the human physiology as the expression of the Vedic literature.

Each course is 12 weeks, and three courses are offered per year. The program takes 3 1/2 years to complete. See www.mum.edu/ma-in-reading-the-vedic-literature.

Art Exhibit and Fundraiser Coming December 15

A special art exhibition gala will be held Friday, December 15, at 7:30 p.m. in Unity Gallery with each ticket holder being guaranteed a piece of art worth at least $500.

Tickets are $200 each, limited in number, and must be purchased in advance.

Over 20 artists are participating in the fundraiser, including Ben Gardner, Joey Fauerso, David Dunlap, Katy Kirbach, Bill Witherspoon, Jill Brown, Richard Beymer, Laurel Farrin, Madeline De Joly, Sean Downey, Doug Beube, Jim Shrosbree, Dale Divoky, Gyan Shrosbree, Hilary Nelson, Surya Gied, Mara Winningham, Peace Project Ceramics, and more.

The proceeds will support a new scholarship program for art students that will help select talented students continue their education with the department’s BFA/Graduate School Preparation track and the new MA in Studio Art program.

“We have a high rate of acceptance placing students in top graduate MFA programs, and we want to give future students a bit of a financial boost in their commitment to MUM,” said art department administrator Genevra Bell. “Plus, these works of art are a great opportunity to purchase a holiday gift.”

The exhibition will be open to the public to view from December 11-15 at Unity Gallery, located in the MUM library building.

For information or to purchase a ticket please email art@mum.edu or visit the Facebook page facebook.com/artmum.

Aikido Club Members Pass Tests, Progress Toward Black Belt

After recently passing the fifth level of testing at a seminar in Missouri, MUM Aikido Club president Megann Kammerman and master's student Mahmood Ali are making significant progress toward achieving a black belt.

In early November they passed the 2nd Kyu test during a seminar at the University of Missouri under the scrutiny of nationally acclaimed instructor John Chiaro-lanzio, a fifth-degree black belt from New York.

This brings them within just one more level before beginning training for a blackbelt test. Ms. Kammerman has been practicing aikido for 2.5 years and Mr. Ali for four years. Aikido is purely a defensive martial art based on blending and harmonizing with one’s practice partner.

A total of seven members of the MUM Aikido Club and its sister organization the Fairfield School of Aikido traveled to the regional seminar at the University of Missouri in Warrensburg, with five of them taking promotional tests.

The chief instructor of the Fairfield School of Aikido, Motier Haskins, a sixth-degree black belt and faculty member at University of Iowa, praised the students.

“All five of our students are relatively new to Aikido, with five years or less of participation,” he said. “This level of testing is quite rigorous, both in proficiency of technique and overall physical conditioning. I was very proud of them to test in front of one of the U.S. Aikido Federation’s senior instructors and several other regional aikido instructors, most of whom have 20–30 years of experience.”

The MUM Aikido Club offers three training sessions a week for students, staff, and faculty. For more information, email dtodt@mum.edu.

Public TV Features Alumni Solar Energy Business

Earlier this fall Iowa Public TV aired a 12-minute segment on Troy and Amy (Greenfield) Van Beek and the successful business they founded: Ideal Solar Energy. See goo.gl/xPFZkW.

MUM Online

The Essence of Buddhism

Course Starts January 5

The Essence of Buddhism in Light of Maharishi’s Science of Consciousness is a revitalizing look at the teaching of Buddhism. This course is taught by Dr. Evan Finkelstein, renowned for his eloquent lectures on religion and philosophy.

The first lesson can be viewed for free. See www.mum.edu/mum-online/noncredit-courses. Questions? Please contact de@mum.edu.
**Winter Wellness Through Maharishi AyurVeda**

**BY DR. DINESH GYAWALI**

Winter in Iowa can be hard on our health and well-being, with Kapha and Vata doshas often getting out of balance.

One’s digestive fire (Agni) gets stronger while at the same time problems can arise with breathing, sinus congestion, bones and joints, skin, and more. Here are some Maharishi AyurVeda™ tips to consider:

- **Start your day with a glass of warm water.** Optionally, you can squeeze 1/2 of lemon/lime into it and add a teaspoon of honey. Make sure to stay hydrated with warm water and/or varieties of herbal teas, such as Vata tea, Kapha tea, and Sniffle Free tea from MAPI.
- **Favor fresh, warm, well cooked, and mild-to-moderately spiced food over cold, raw, uncooked, and processed food.** Since cold weather stimulates one’s appetite, you can eat larger meals. Spices such as cumin, coriander, cinnamon, dried ginger, pepper, and long pepper can be helpful.
- **Body massage (abhyanga) with a suitable oil not only moistens the skin but also helps with purification.** If needed, you can do a dry massage (gharsana) followed by abhyanga.
- **Having a regular bed time and rising time is important.** Favor a good night’s sleep and avoid daytime naps.
- **Get exercise (yoga, cardio, weights etc.) according to your strength and avoid excess outdoor activities.** It’s a time to hibernate, and a time for self-reflection and going within, including taking advantage of the opportunities for extended practice of the Transcendental Meditation and TM-Sidhi® programs.
- **One teaspoonful of Maharishi Amrit Kalash® nectar twice a day helps promote immunity against possible imbalances.**

For further help, please contact MUM’s Integrative Wellness Center in the Women’s Peace Palace Monday–Friday, 10 am–4 pm.

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**Chamber Singers to Present Holiday Concerts**

The Chamber Singers of Southeast Iowa invite everyone to “Winter’s Light,” this year’s holiday concerts, on Saturday and Sunday, December 9 and 10, at 7:30 p.m. at the First Presbyterian Church, 200 S. Main St. – one block south of the town square.

The concerts will feature seasonal themes of joy and wonder, reverence and peace, including familiar holiday tunes in unexpected arrangements, a majestic Renaissance masterwork, and new works by cutting-edge contemporary composers.

The choral selections will range from the 1600s to the present day, from ancient polyphony to modern harmonies, delightful world music, and vocal jazz.

Guest instrumentalists Lise Marcell on piano and MUM professor Karen Aoki on flute will play two sonatas by Telemann and Handel to complement the choral selections. With MUM alumnus Michael Fitzgerald on percussion, they will also accompany several of the choral works.

The Chamber Singers began in 1991 as the MUM Chamber Singers, and many current and former Maharishi School/MUM faculty, staff, and students sing with the group. In 26 years of community concerts, the singers have performed over 500 choral works from 40 countries in a wide range of vocal styles.

The Chamber Singers look forward to sharing this music with the MUM and Fairfield community. There won’t be an admission fee, but a free-will offering at the door will be greatly appreciated. For more information about the Chamber Singers, call (641) 472-1539.

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**Annapurna Menu**

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