New Course by Dr. Nader on Chapter 7 of Bhagavad Gita Begins March 5

A new 16-lesson videotaped course on chapter 7 of the Bhagavad Gita by Tony Nader, MD, PhD, will begin on campus Monday, March 5.

Videos of each lesson will also be made available online.

The course will begin with an overview of Maharishi's commentary on the first six chapters of the Bhagavad Gita. Dr. Nader will then offer a verse-by-verse examination of Maharishi's commentary on chapter 7.

Each lesson includes a recitation by Maharishi Vedic Pandits, a reading of the verse and commentary, Dr. Nader's comments and clarifications, and questions from the audience. Professor William Sands will lead the course and the discussion after each lesson.

The first lesson will be free. Part 1 of the course consists of lessons 1–8 and will be held on Monday and Thursday evenings, March 5–29, from 7:45–9:15 pm in Dalby Hall and online.

The course fee is $95 (or $65 for students/staff/fixed income). For more details, see git7.eventbrite.com.

Hugh Jackman, Jerry Seinfeld Help Launch New Book on Transcendental Meditation

A new book on the Transcendental Meditation® technique by Bob Roth was launched at an event in New York City last week, with actor Hugh Jackman and comedian Jerry Seinfeld on hand to endorse the book and talk about their experience with Transcendental Meditation. See a replay at www.tm.org/strength-in-stillness.

Mr. Roth will be on campus on Sunday, February 18, for a book signing at 1:30 pm in Dalby Hall.

Mr. Roth has taught the Transcendental Meditation technique to thousands, including well-known people such as Oprah Winfrey, Mr. Jackman, Tom Hanks, Katy Perry, Ellen DeGeneres, David Letterman, and Martin Scorsese. And now many of them are lining up to endorse his book, Strength in Stillness: The Power of Transcendental Meditation.

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Testimonials on Amazon include Arianna Huffington, founder of Huffington Post, actor Michael J. Fox, and actor/comedian Russell Brand.

Mr. Roth has been invited to talk about the book on the TV shows Good Morning America, The Ellen DeGeneres Show, and The Dr. Oz Show, all of whose hosts have learned the Transcendental Meditation technique from Mr. Roth.

His book, published by Simon & Schuster, begins by explaining three reasons why meditation has become so popular: an epidemic of stress, the fact that modern medicine hasn’t been successful in addressing this epidemic, and the increasing amount of scientific research that validates the benefits of meditation.

The chapters are short, and each ends with a “Meditative Moment,” a personal story narrated by someone who appreciates the benefits of Transcendental Meditation, including Mr. Jackman, Mr. Seinfeld, Lena Dunham, Russell Brand, Katy Perry, Ellen DeGeneres, and others.

The first part of the book explains what the Transcendental Meditation technique is and how it works, and includes an easy-to-understand discussion of the research that shows how Transcendental Meditation differs from other types of meditation.

Mr. Roth explains the steps to learning, describes the benefits, including research studies, and tells about the personal transformation of schoolchildren and others who have learned the Transcendental Meditation thanks to sponsorship from the David Lynch Foundation.

Later in the book Mr. Roth tells his own story about growing up and how he came to learn Transcendental Meditation as a teenager at the University of California – Berkeley.

The book concludes with a Meditative Moment from Tony Nader, MD, PhD. He tells his experience of being a medical student in Lebanon during that country’s civil war in the 1970s and how Transcendental Meditation helped him.

The book is available on Amazon for $16 and in the MUM Store.

FROM THE FOUNDER

“T

he state of Cosmic Consciousness is one where the mind lives in eternal freedom, remaining unbound by whatever it experiences during all activities in the relative world. This freedom from the bondage of experience gives the mind a status of Cosmic Consciousness, a condition of eternal freedom in all the relative states of life – waking, dreaming, and sleeping.”

— Maharishi Mahesh Yogi, Science of Being

Dr. Gyawali Speaks at Georgetown University on Ayurvedic Herbs

Professor Dinesh Gyawali gave an invited, all-expenses-paid presentation last month at Georgetown University on the scientific evidence for the effectiveness of ayurvedic herbs.

He was invited by the director of the MS in Physiology – Complementary and Alternative Medicine to speak to faculty and students about his dissertation research.

For his dissertation, Dr. Gyawali performed a systematic review and meta-analysis of research worldwide on ayurvedic herbs – an approach considered to be the highest form of scientific evidence because it combines the results of many randomized controlled studies to arrive at a conclusion.

Focusing on herbs for cholesterol and cardiovascular disease, he found there is good quality evidence for the use of ayurvedic herbs for lowering cholesterol, both bad LDL cholesterol and total cholesterol. He also found evidence for the effectiveness of herbs for hypertension and coronary heart disease, though the quality of evidence was moderate.

His research was supported by a grant from the University of Maryland and will be published by the Cochrane Collaboration, the highly renowned organization for ascertaining the scientific evidence for medical treatments.

Dr. Gyawali gave a one-hour presentation, followed by a one-hour lunch in which students had the opportunity to ask questions. He spoke extensively about the Transcendental Meditation technique, Maharishi AyurVedaSM, and the knowledge offered at Maharishi University of Management.

“They were all very curious,” Dr. Gyawali said. “These are future doctors who will concentrate on alternative approaches. They’re very open-minded and very enthusiastic about integrative medicine. They were also very keen on visiting Fairfield and learning more about what we’re doing here.”

Dr. Gyawali also had a meeting with the department head of the MS in complementary and alternative medicine and discussed possibilities for collaboration with MUM.

Dr. Gyawali is a professor in the Department of Physiology and Health. An ayurvedic physician (vaidya) from Nepal, he teaches the Maharishi AyurVeda students who serve as wellness consultants at the Integrative Wellness Center on campus.

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Chancellor of Indian Medical University Invites Collaboration

India is increasingly showing an interest in Maharishi AyurVeda, including the country’s minister for ayurveda and yoga and the chancellor of a leading medical university, who is eager to collaborate with MUM.

Professor Robert Schneider, MD, FACC, was recently invited to give a keynote presentation at an international ayurveda congress in Pune, India. While there he had a long meeting with Shripad Naik, India’s minister for traditional systems of health (AYUSH). Mr. Naik pledged his support for MUM’s program of Maharishi AyurVeda research and clinical practice.

Dr. Schneider’s presentation to the congress, held at D.Y. Patil University, explained how Maharishi AyurVeda is much broader than the herbal medicine practice common in India and around the world. It also considers the ultimate cause of disease and aging, which is the loss of connection to the body’s inner intelligence.

The vice chancellor of D.Y. Patil University, Dr. P.N. Razdan, presented Dr. Schneider with a plaque on behalf of the chancellor, and expressed their university’s interest in a strong academic association with MUM, including student exchanges in multiple departments.

“I received very positive feedback on my presentation,” said Dr. Schneider, dean of MUM’s College of Integrative Medicine. “Participants in the congress felt that they gained an expanded and holistic perspective on ayurveda, and were inspired. There’s now a higher level of appreciation of the contributions of Maharishi AyurVeda in India and worldwide than ever before.”

MUM Poets in New Benefit Anthology

Six MUM poets are represented in a new anthology that also includes nationally renowned poets, with the proceeds benefiting those in the world impacted by terrorist attacks and political oppression.

Students Enjoying Study in Hawaii

While MUM students in Fairfield brave the cold, 26 students are currently studying in Hawaii, learning about sustainability, group processes, and indigenous culture.

Activities have included partnering with a native Hawaiian nonprofit organization to care for and nurture the land. The students spent a full day hiking down into the sacred Waipio Valley, where they helped to revitalize ancient agriculture practices by clearing a plot of forest and planting ‘ipu and kalo (pictured above).

The students are staying at the Kohala Institute, which resides on a 2,400 acre property. The executive director of Kohala introduced the students to the cultivation of native kalo (taro).

Other activities have included a camping trip and assisting in reforesting native sandalwood trees on the mountainside of Mauna Kea.

The course, titled Deep Sustainability and Transformative Leadership, is being taught by Professor Devon Almond.
New Online Course on Vastu Green Now Available

MUM Online is now offering a four-lesson course on the basic principles of Maharishi Vastu® architecture and how to apply them.

Titled “Vastu Green: Building in Tune with Natural Law-Based Design and Construction,” the course aims to give participants the knowledge they need to work with an architect or designer to create an ideal Maharishi Vastu home.

Maharishi Vastu-designed homes are said to contribute to health, well-being, family harmony, peace, and abundance.

The lessons are presented by Jonathan Lipman, AIA, NCARB, a top practitioner of Vedic architecture. He has had a distinguished career spanning architectural practice, historic preservation, museum curating, and academia. He has guest lectured at Harvard, Yale, Columbia, Cornell, and other top universities, and at the Museum of Modern Art, the Smithsonian, and the National Building Museum.

Lesson 1 explains what Vastu is; lesson 2 covers site considerations and proper orientation of entrance and rooms; lesson 3 includes discussion of building with natural, non-toxic materials and using the latest green technologies, as well as video tours of three homes; and lesson 4 presents an expanded vision of Maharishi Vastu, including designing and building for schools and businesses.

The course fee is $99. For more information or to purchase the course, see mumdistancelearning.org/course/vastu-green.

PTSD Study Receives Wide Media Coverage

A new study showing that just one month of practicing the Transcendental Meditation technique can significantly improve symptoms of post-traumatic stress disorder (PTSD) received coverage in scores of publications in the U.S. and India.

As described in the January 31, 2018 issue of The Review, the study found that 80% of the subjects had their symptoms reduced to below the clinical level according to a standard measure of PTSD.

The news was covered by publications such as Healio, an online source for mental health professionals, PsychCentral, a leading independent mental health and psychology network, ScienceCodex, Hindustan Times, OutlookIndia, The Asian Age, and Deccan Chronicle.

The research was supported by funding from the Wege Foundation of Grand Rapids, Michigan, and by the Maharishi Foundation.

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