Students Organize ChangeMaking Month

Coinciding with the ChangeMakers conference on April 6–7, Student Government has launched ChangeMaking Month – a series of workshops, art displays, films, and an open mic – all designed to get students thinking about what it takes to become a changemaker in the world.

A highlight of the series is a four-part workshop by Dylene Cymraes, an MUM student who’s an experienced facilitator and the author of multiple books. The workshop is designed to help students find their passion, convert it into a clear mission, and begin to take the first action steps to launch it into the world.

Speaking in a video addressed to the students, Student Government President Cris Evergreen said, “The idea of the workshop is to hone in on what it is exactly you want to do when you leave MUM, the ideas you have to make the world a better place – and how you can make that come to fruition.”

Other activities include a “World Café” event on Saturday afternoon after the conference in Festival Hall during which students will have the opportunity to ask a panel of guest speakers questions such as, How do we give our initiatives life, and How did you change the world?

A closing reception for speakers and students will be held in Vishwa Shanti Café after the panel.

ChangeMaking Month will culminate with the highly popular Open Space Technology event on April 15.

Students can check the MUM App for more details regarding the schedule of events.

CONTINUED ON PAGE 4

ChangeMaker Conference to Include David Lynch and Former Creative Director of MoveOn.org

A slate of prominent speakers for the April 6–7 ChangeMakers conference is now set, including Laura Dawn, former national creative director for MoveOn.org, and filmmaker David Lynch, founder of the David Lynch Foundation, who will speak via Skype.

Other speakers will include Father Gabriel Mejia, who is renowned for rescuing children in Colombia and who was recently awarded the World’s Children’s Prize, as well as three changemakers from Chicago’s inner city who are working with the David Lynch Foundation.

The free conference, entitled “ChangeMakers: Disruptors Transforming the World for Good,” will explore what it takes to become a changemaker and will feature those who serve as exemplary role models of how Father Gabriel Mejia and David Lynch will headline the ChangeMakers conference. Each has been instrumental in helping others, especially young people, to make radical changes in their lives.

CONTINUED ON PAGE 4
U.S. News & World Report Ranks Iowa as Top State in U.S.

Iowa came out on top in the Best States rankings released late last month by U.S. News & World Report.

Iowa’s ranking was based on scores in a broad range of categories, including #1 rankings in infrastructure and broadband access. Other categories where Iowa made the top 10 include health care (#3), opportunity (#4), education (#5), and quality of life (#9).

The high ranking for health care is based on top-10 rankings in child wellness visits, health care affordability, low infant mortality rate, Medicare quality, insurance enrollment, health care access, and health care quality. However, Iowa ranks #37 for obesity.

Factors entering into the rating for education include being ranked #1 in the graduation rate for public high schools and #3 for the graduation rate for four-year public colleges.

To see the full ranking, including category scores, go to www.usnews.com/news/best-states/rankings.

FROM THE FOUNDER

“This meditation is a technique for surrendering to the all-mighty power of nature and arriving at the absolute, eternal field of divine intelligence. Having reached that plane, the individual begins quite automatically to enjoy the power of nature for his own good. This is only possible on the level of cosmic law; it cannot be from the level of human understanding.”
— Maharsi Mahesh Yogi, Science of Being

MUM to Offer Online Bachelor’s Degree in Liberal Arts

Adults who have earned college credits but haven’t finished a degree will now be able to complete their education online by enrolling in a new bachelor’s degree in liberal arts that will be offered beginning this fall.

“This is an initiative to help adult students with busy lives complete their degree,” said Cheryl Michie, associate director of MUM Online. “They can fit in their classes around their schedule, whether it be work or raising a family.”

Students will be able to transfer up to 90 credits of the 128 needed to graduate.

The goal of this degree program is to help students achieve the outcomes of a liberal arts education, including personal health, clarity of purpose, and a variety of skills essential to professional success, such as critical thinking, personal communication, and integrative thinking.

Core offerings will include Physiology, the Science and Technology of Consciousness, and Writing for Professional Development. Electives will includes courses such as Quest for Self-Knowledge.

Students will be required to learn the Transcendental Meditation® technique before enrolling.

The program is also available to MUM students who may need to finish up their degree online at a distance. Plus, full-time students on campus will now have the option of earning a bachelor’s degree with liberal arts as their major.

The online BA will offer four courses per semester, with students having the option of taking however many their schedule will allow – one course if they’re busy or even all four courses if they’re eager to finish more quickly.

Each course will be eight weeks long, with two courses being offered concurrently during each of the two consecutive eight-week periods during the semester.

The online format will contain video lectures, online assignments, and online forums for discussion. Faculty will also offer regular webinars that allow live interactions with the students.

While the new program is primarily intended for adults who have already earned college credits, it may be possible for a student to begin his or her degree program online. “We invite anyone in this situation to contact us to discuss various options,” Ms. Michie said.

This new offering will complement the master’s degree programs already being offered by MUM Online.

For more information about the BA in liberal arts, email admissions@mum.edu or visit mum.edu/online.

MUM Online

Vastu Green

Spring special: $59!

In four comprehensive lessons, you’ll learn basic principles of Maharishi Vastu® architecture and how to apply them. For information, see www.mum.edu/mum-online/noncredit-courses.

Information about Fairfield

fairfieldinfocenter.org
Arts & entertainment, businesses, celebrations, clubs, events, food, housing & lodging, jobs, health services, parks, shopping, tours, and more.

The Review

Editor: Jim Karpen
Contributing Writer: Livia Cole
Maharishi University of Management
1000 N. 4th St., MR #694
Fairfield, IA 52557
jkarpen@mum.edu
641-472-0778
www.mum.edu/the-review/recent-issues
Published biweekly during the academic year.

© 2018 Maharishi University of Management
Maharishi Vastu®, Transcendental Meditation®, Maharishi Ayurveda, Maharishi Vedic Science, Maharishi School, and Maharishi University of Management are protected trademarks and are used in the U.S. under license or with permission.
Brain Imaging Shows Restful Alertness During Meditation

The Transcendental Meditation technique is said to lead to a state of “restful alertness,” and now a new study in Brain and Cognition using brain imaging supports the assertion that during the practice one's mind is alert but that both mind and body are in a deep state of rest.

Functional magnetic resonance imaging (fMRI) patterns of 16 subjects during their practice of the Transcendental Meditation technique found that, like meditations that involve focused attention or open monitoring, there was increased activity in the areas of the prefrontal cortex related to attention – indicating alertness.

However, unlike other meditations, during Transcendental Meditation there was also decreased activity in the areas related to arousal – indicating deep rest.

The restfully alert state gained during Transcendental Meditation is more than a concept, said coauthor Fred Travis. “These blood flow patterns give a physiological picture of the reality of restful alertness in the mind and body.”

Increased blood flow to prefrontal cortices

The subjects, who had been practicing Transcendental Meditation an average of 34 years, were each tested as they meditated for 10 minutes while the blood flow in their brain was monitored by an fMRI scan.

Compared to just resting peacefully with their eyes closed, the fMRI scan found an increase in blood flow in the bilateral anterior cingulate gyrus and bilateral dorsolateral prefrontal cortices – areas of the brain's prefrontal cortex associated with attention and executive functions such as decision making, reasoning, working memory, inhibition, and reward anticipation.

Frontal blood flow is also reported during other meditations and indicates that the mind is alert.

Decreased blood flow to pons and cerebellum

However, unlike other meditations, during the Transcendental Meditation technique there was a decrease in blood flow to the pons and cerebellum. The pons modulates the individual's overall state of arousal and governs breath and heart rates.

“The decrease in activity in this brain area supports the experience during Transcendental Meditation of a deeply silent mind and rested body,” Dr. Travis said.

The cerebellum modulates the speed and variability of information processing, both related to coordination and motor control and to cognitive functions such as attention and language. The decrease in activity suggests that the body reverts to a more automatic mode without the need of cognitive effort to exert control.

Together the decrease in activity in the pons and cerebellum activity suggests an overall reduction in cognitive control and executive processing during Transcendental Meditation – as if the attentional system is at a balance point ready to act when needed.

Dr. Schneider Completes Duke U. Leadership Program

Eager to bring the knowledge of Maharishi AyurVeda to even more people, Professor Robert Schneider, MD, FACC, last month completed the Leadership Program in Integrative Healthcare offered by Duke University Integrative Medicine.

“I want to expand our integration of Maharishi AyurVeda programs into conventional health care,” said Dr. Schneider, dean of MUM's College of Integrative Medicine. “This leadership program helps to connect the knowledge that we have with what others are doing in the area of integrative health in terms of clinical practice and education.”

The yearlong program included three, three-day in-residence workshops as well as online coursework. Participants learned a range of leadership skills, such as group process, fostering transformation, and collaboration. Management skills ranged from learning financial statements to clinic and hospital management.

Dr. Schneider's immediate goals are to continue to educate others about Maharishi AyurVeda, as well as to build partnerships with groups, organizations, and individuals – with the ultimate goal of building a prototype Maharishi Integrative Health Center.

He said this was an opportunity to network with other leaders in integrative medicine, and that he found that a number of them had learned the Transcendental Meditation technique.

Online MBA in Sustainability Ranks #14 in Nation

The website Online MBA Today has published its ranking of the Top 20 Online MBA in Environmental Sustainability Programs, with MUM’s program being ranked #14.

The goal of the website is to connect prospective online MBA students to high-quality educational opportunities.

The ranking is based on four factors: tuition cost, accreditation, early career salary data, and prestige.

The MUM MBA is not only accredited by the Higher Learning Commission, one of six accrediting institutions recognized by the U.S. Department of Education, but holds a business accreditation from the International Accreditation Council for Business Education.

Prestige is calculated from other educational ranking systems, such as the Princeton Review and Financial Times Global Online MBA Ranking.

Recycled Clothing – 25% Discount for Students

Students can now get a 25% discount on the already-low prices at My Lucky Day, which offers quality second-hand clothing.

Save money, save the environment. Six blocks south of campus at 401 N. 4th St.
any individual can harness his or her unique talents to radically improve the lives of friends, family, countrymen, or the global family.

The event, the first event in a new ChangeMaking series, is being hosted by the David Lynch Foundation, in collaboration with MUM and the Abramson Center for Peace.

Guest speakers will include:

- **Father Gabriel Mejia**, from Colombia, who has rescued and transformed the lives of more than 100,000 abandoned children and young adults through the 52 centers run by his Hogares Claret Foundation.

- **Filmmaker David Lynch**, whose David Lynch Foundation has used the Transcendental Meditation technique to transform the lives of more than 500,000 at-risk children, veterans with PTSD, women and children who are survivors of violence and abuse, prisoners, and Native Americans. He will lead a session via Skype that will explore his changemaking process both as an artist and through the work of his foundation.

- **Laura Dawn**, who was one of the founding members of political action group MoveOn.org. She is a cofounder of the cultural strategy firm Art Not War. Her forte is viral content creation and high-level collaborations between renowned artists and grassroots activists to spur action for social change.

- **Nakisha Hobbs**, the principal and co-founder of Village Leadership Academy, which incorporates the David Lynch Foundation’s Quiet Time program as its foundation. The academy aims to transform urban youth into the next generation of changemakers.

- **Barry “Ra” Frye**, who grew up on Chicago’s South Side and had to overcome his own experience with PTSD before returning to his neighborhood to transform the challenges of gang violence by regenerating its leaders with the Passages program. Both he and Ms. Hobbs assist with the collaboration between the David Lynch Foundation and the Crime Lab at the University of Chicago.

- **Dusty Baxley**, a U.S. Army veteran Army Ranger who specialized in combat parachute assault. After returning to civilian life, he saw many of his fellow veterans suffering from depression and responded to the need by dedicating his life to helping heal veterans suffering from PTSD.

- **Daron Murphy**, cofounder with Laura Dawn of the cultural strategy firm Art Not War. He worked for two years as principal of the creative and production team responsible for all television, radio, and online video content for MoveOn.org. He has also had a career as a musician and was a guitarist for Moby. He is married to Laura Dawn, who was lead singer for Moby.

The conference, which is free and open to the public, will be held in Dalby Hall. The opening session will be Friday, April 6, 7:45–9:30 p.m., and the event will continue in Dalby on Saturday morning, 9:45 a.m.–12:15 p.m.

### “Solis” Coming in May: Seeking Vendors & Performers

An all-day “Solis” festival on May 20 will celebrate the sun, warmer weather, and the transition from spring into summer. There will be local vendors, fun activities, great entertainment, and lots of family fun! We are accepting reservations for vendor spots as well as performers for entertainment. Email apinder@mum.edu.