Scott Gould, former Deputy Secretary of Veterans Affairs and a supporter of the David Lynch Foundation, will deliver the 2018 commencement address.

Dr. Gould’s varied career in government includes chief financial officer and assistant secretary for administration at the U.S. Department of Commerce; and deputy assistant secretary for finance and management at the U.S. Department of Treasury.

His varied career in business includes vice president for public sector strategy at IBM Global Business Services; CEO of the O’Gara Company, an investment services firm; and COO of Exolve, a technology services company.

Dr. Gould served in the U.S. Navy for 27 years, including as a naval intelligence officer.

As the Deputy Secretary of Veterans Affairs, he was a supporter of the David Lynch Foundation, including appearing at a fundraising event in 2012 for Operation Warrior Wellness, which supports teaching the Transcendental Meditation technique to veterans.

During his tenure the Veterans Administration allocated $5 million to study the effects of several meditation techniques as a treatment for post-traumatic stress disorder.

Dr. Gould is also a coauthor of The People Factor: Strengthening America by Investing in Public Service, which offers management tools for improving the public sector.

Dr. Travis in Bali: 81,000 Students to Learn Transcendental Meditation

Some 81,000 students in Bali may be learning the Transcendental Meditation® and TM-Sidhi® programs as a result of a presentation there by Professor Fred Travis last month.

Dr. Travis was the main speaker at the Second Annual International Conference on Education for Peace attended by 185 high school principals and teachers. He spoke about the benefits of the Transcendental Meditation and TM-Sidhi programs and the value of introducing them into education.

The event was also the inauguration of the Peaceful Brain Project. Dr. Travis gave an EEG demonstration showing the greater brain integration present when one practices the Transcendental Meditation technique.

“After my presentation they all wanted to introduce a program in their schools, which would entail 81,000 students learning Transcendental Meditation,” Dr. Travis said.

The event was held in the auditorium of the governor of Bali, and was hosted by Bali’s minister of education.

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During his two weeks in Bali, Dr. Travis also set up an EEG brain center at Warmadewa University and trained 15 personnel how to use it. The dean of the medical school at Warmadewa is eager to expand the practice of the Transcendental Meditation technique and to track the progress of his students using EEG.

The EEG lab will also be used for the newly inaugurated Peaceful Brain Project to follow the progress of students at the 14 schools and universities in Bali where Transcendental Meditation has already been introduced and the many additional schools that will be starting the program.

“Bali has great respect for the Vedic tradition,” Dr. Travis said. “Even the ornamentation on the houses uses all the details from Sthapatya Veda. They embrace the transcendental and are very open to the knowledge that Maharishi brought out.”

Adam Delfiner, who received a PhD in Maharishi Vedic ScienceSM from MUM, is closely involved with the World Peace Bali Schools Project, which is led by I Wayan Sutrisna, a Balinese Transcendental Meditation teacher and managing director of the project.

In addition to the 14 schools where thousands of students are already practicing Transcendental Meditation, there are 37 schools in which faculty have learned, with plans to teach the students in the coming months. Dr. Delfiner will also be instrumental in bringing the practice to over 100 additional schools that have expressed interest. For information, see www.wpbsp.org.

In addition to Bali, Dr. Travis spent a week in Malaysia where he gave presentations to doctors, educators, and those involved in teaching the Transcendental Meditation technique.

He also spoke and gave an EEG demonstration at the school in Alor Star, Malaysia, that enrolls high-risk students. Over 300 have learned the practice. Dr. Travis helped the faculty understand the value of Transcendental Meditation and answered questions from the students.

“It's very fulfilling personally, and also professionally, to bring this knowledge to the world,” Dr. Travis said. “I almost feel like it's my responsibility.”

FROM THE FOUNDER

“We have seen that it is impossible to determine the absolute usefulness of an action on the intellectual level. When the individual mind becomes attuned to the cosmic law, action and behavior are in harmony with the stream of evolution. Only then can the individual perform really useful action.”

— Maharishi Mahesh Yogi, Science of Being

New Study Shows Benefits for Deprived Mothers in Uganda

A study published in Health Care for Women International shows how the Transcendental Meditation technique can empower women's lives, using measures of self-efficacy, perceived stress, and mental and physical quality of life.

The practice was shown to help single, disadvantaged, illiterate mothers in Uganda deal with high levels of physical and psychological stress in their daily lives while improving their health, well-being, and ability to support themselves and their children.

The research was led by Professor Leslee Goldstein and conducted under the auspices of the United Women's Platform for Empowerment and Development (UWOPED), a registered nongovernmental organization that offers training and educational programs to impoverished women to build practical skills to empower their lives and increase their competencies and productivity.

UWOPED founder Brenda Nakalembe learned the Transcendental Meditation technique in 2012, and due to the benefits she experienced, decided to offer it as one of her training programs to help women cope with challenges.

Ms. Nakalembe collaborated with the African Women and Girls Organization for Total Knowledge (AWAGO) to provide instruction in the Transcendental Meditation technique. Licensed in 2011, AWAGO offers programs to develop the full potential of women and girls in Uganda.

AWAGO's certified Transcendental Meditation teachers initially taught the technique to 60 women in the village of Nsambya in Kampala, the capital city of Uganda. After observing the benefits experienced by their neighbors, 81 more women requested to learn. UWOPED and AWAGO then elected to invite these 81 women to participate in a single-blind, controlled study.

Of these 81, 42 of the women learned Transcendental Meditation immediately, and the rest (39), were put on a waitlist to learn the technique after three months, serving as a control group.

Assessment after three months of practicing Transcendental Meditation found benefits on standardized measures of self-efficacy, perceived stress, and mental and physical quality of life. Further questionnaires after 8 and 36 months suggested that the women enjoyed improved health, better relationships with others, and increased employment rates.

The study was coauthored by Sandy Nidich, Rachel Goodman, and David Goodman.
Student’s Case Study Wins International Award

A case study written last fall by MBA student Lani Aulicino in a course on Managing Change for Sustainability has won an international award.

She was one of 17 winners of Flourish Prizes out of 503 submissions to AIM2Flourish, a United Nations-supported global learning initiative in which students write about business innovations for good. The competition is based around 17 sustainable development goals identified by the UN, with one winner related to each goal.

Ms. Aulicino’s case study was related to goal #15, Life on Land, which is to “Protect, restore, and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss.”

She wrote about Fairfield’s Soil Technologies Corporation, which uses the intelligence of micro-organisms to provide sustainable eco-agricultural alternatives to chemical inputs.

The company markets living, microbiological soil applications that increase biodiversity in soils and lead to healthier ecosystems while also lessening or eliminating the need for toxic chemicals. Their products help reverse land degradation and prevent water pollution from runoff.

Ms. Aulicino’s case study, titled “Applied Biological Wisdom,” described the work and mission of Soil Technologies and the inspiration that spurred Jim Schaefer to found company. She outlined the success of the business and the ways in which their products benefit both the users and the environment.

She wrote the case study as part of MUM’s MBA emphasis in sustainable business. During the course, taught by Dennis Heaton, students interviewed and wrote about business innovators who are having a positive impact.

“When we were asked to do a case study on a business of our choice that addressed one of the UN’s Sustainable Development Goals, I chose Soil Tech because I saw an opportunity to shed some light on a business I feel is providing positive alternative solutions to otherwise unintentionally harmful practices, right here in our small, rural community of Fairfield,” Ms. Aulicino said. “I’m glad it won, because I’m sure there are a lot of individuals and companies who could benefit from their work.”

Her case study can be viewed at goo.gl/ZfoDkz.

As part of the award, Soil Technologies has been invited to be featured in a virtual celebration during the week of May 7–11 that will be hosted on the social channels of AIM2Flourish and that will include photos and videos.

Faculty Aid Rollout of Integrative Medicine in Brazil

Brazil is one of the first non-Asian nations to introduce integrative healthcare into the national healthcare system, and MUM faculty are significantly contributing to the initiative, including giving presentations last month at Brazil’s First National Congress on Complementary and Integrative Medicine in Public Health, held in Rio de Janeiro.

Professors Robert Schneider, Sandy Nidich, and John Fagan spoke at the event, and President John Hagelin and Professor Fred Travis sent presentations.

In recent years Dr. Schneider, dean of MUM’s College of Integrative Medicine, has been travelling and meeting with government officials worldwide on the need for innovative and holistic approaches to prevention and treatment for individual and public health.

“This initiative by the federal government of Brazil is real,” Dr. Schneider said. “This is a major step of government implementation that will entail bringing Maharishi AyurVeda, Transcendental Meditation, and other prevention-oriented, natural health approaches to the people of the country through their national health care system.”

During his keynote address on the opening day of the conference, Dr. Schneider spoke about how stress in modern society accelerates the aging process and how managing our minds can slow the aging process, citing research on the Transcendental Meditation program, heart health, and telomeres.

During the conference Dr. Nidich gave a presentation on his latest research showing that the Transcendental Meditation technique can help treat post-traumatic stress disorder in veterans. Dr. Fagan spoke about research showing that Transcendental Meditation can affect DNA expression. Dr. Hagelin sent a video on unified field-based medicine, and Dr. Travis’s presentation was on how Transcendental Meditation changes the brain.

Dr. Schneider said that Maharishi AyurVedaSM and Transcendental Meditation were prominent at the conference among the range of modalities that will be introduced into Brazil’s healthcare system.

He attributes this to the fact that he and other integrative medicine experts have served as consultants to the government in the past. In addition, there is now a track record of the success of Transcendental Meditation in Latin America due to the work of Father Gabriel Mejia and Jose Luis Alvarez Roset and his team.

Volunteers Invited to Help Plant Trees

Green Iowa AmeriCorps is inviting volunteers to help plant trees along the east side of Highway 1 on Saturday, April 28, 10:30 a.m.–12:30 p.m. and 1:30–3:30 p.m.

The planting will match the planting that was done last fall along the west side of Highway 1 as it enters campus from the north. The two rows of trees will give the roadway more of a feeling of being a residential area—which, research shows, has the effect of slowing traffic.

The 44 trees to be planted are being provided by Alliant Energy’s Branching Out program. They include prairie crab-apple, redbud, American hornbeam, and tulip tree.
Unity Gallery
Exhibiting Artwork by Terry Conrad

Unity Gallery is exhibiting work by Terry Conrad through May 11, with a closing reception with the artist on Friday, May 11, 7:30–9:30 pm.

Mr. Conrad is an assistant professor in printmaking at the University of Iowa. In addition to printmaking, he works in writing, sculpture, and collage.

He has exhibited widely in the U.S., as well as internationally. His awards for printmaking include the 2017 New York Foundation for the Arts Fellow in Drawing, Printmaking and Book Arts; and the 2015–16 Grant Wood Fellow in Printmaking. His residencies include Frans Masereel Centrum (Belgium), Penland School of Craft (North Carolina), and the Vermont Studio Center.

In 2014, he was awarded a SPAF/NYSCA grant to develop the Adirondack Forum, a collapsible venue made of old printing blocks and other found wood that functioned as a meeting place, performance space, and classroom.

He previously taught at Skidmore College. He received his BFA from Alfred University and his MFA from Cranbrook Academy of Art.

Unity Gallery is located in the MUM library. Hours are Monday–Friday, 9:30 a.m.–9:00 p.m., Saturday, 9:30 a.m.–4:00 p.m., and Sunday, 7:15–9:00 p.m.

For more images and information, see cargocollective.com/terryjamesconrad.

Student Events
Restructured to Meet Needs of All

Student events will now do a better job of meeting the needs of all students following a day-long brainstorming session, hosted by facilitator Dylene Cymraes, to answer the question, What would inspire more magic, wonder, and whimsy at MUM?

Specifically, the discussion found that student events often didn't meet the needs of the full spectrum of extroverted and introverted students, so, where appropriate, a wider variety of activities are now being planned during each event, said Chris Grace, assistant director of student activities.

For example, a recent student-run social event included the usual dancing, deejay, and strobe lights, but also a separate area for quieter activities such as card games, ping pong, and Jenga.

“We want to support fun for all students,” Mr. Grace said.

If you have more ideas for varied activities, please email stuact@mum.edu.

Bhagavad-Gita 2 (Ch. 4–6)

April 16–June 24. There’s still time to join this course. Once you register, you’ll have access to the course for six months to one year.

This course covers Maharishi’s commentary on chapters 4–6 of the Bhagavad-Gita, which provides a systematic exposition of the development of consciousness, its relationship to knowledge, and its application to improve the quality of individual and collective life.

The instructors are Tom Egenes and Viji Hobbs.

Learn more at www.mum.edu/mum-online/noncredit-courses. Questions? Please contact de@mum.edu.