New Research: 
**Maharishi Yoga Asanas Increase Happiness**

The practice of Maharishi Yoga\textsuperscript{SM} asanas significantly increases happiness and fosters a greater depth of experience during the Transcendental Meditation\textsuperscript{®} technique, according to a study by alumna Sonja Gobec recently published in the *International Journal of Yoga*.

Maharishi Yoga asanas consists of a series of yoga poses practiced slowly and without strain.

The study, coauthored by professor Fred Travis, included 13 MUM students taking the four-week Maharishi Asana Course and compared them with a matched control group of 13 students taking other courses at the university.

The students were given two assessments, Profile of Mood States and Meditation Depth Questionnaire, as well as a question on degree of happiness that used a 7-point scale.

In her paper, Ms. Gobec suggested that the Maharishi Yoga asanas are an optimal preparation for one’s body and mind to transcend thoughts and mental processes during subsequent Transcendental Meditation practice.

“Stresses in the mind or body (mental or physical pain, for example) keep the mind on the surface and disallow transcending,” Ms. Gobec wrote. “Maharishi Yoga asanas help process and release stresses from the body and mind. Thus, the process of transcending could occur faster and the meditation session could be experienced as deeper, as was reported by the subjects in this study.”

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**Student Farm to Sell Veggies Via New Membership Program**

Community members will now have the option of receiving a weekly box of fresh vegetables with the launch of a new membership program offered by students studying regenerative organic agriculture.

Referred to as community-supported agriculture (CSA), the membership program entails pre-purchasing a share of the produce that the farm will grow this season.

A $320 membership will provide members with $400 worth of produce during the 16-week growing season. Shares will include over 40 different kinds of vegetables throughout the season, such as lettuce, spinach, seasonal salad mixes, tomatoes, peppers, cucumbers, zucchini, squash, broccoli, peas, culinary herbs, and even flowers.

The CSA will launch the week of June 18, and 20 memberships will be available. Those interested may email sustainableliving@mum.edu or call Heather Walden at (641) 233-8919.
The produce from the student farm this summer will also be sold at the Fairfield farmers market and onsite at Cambridge Investment Research, Inc.

“The aim of the program is to provide scientific knowledge and hands-on experience in regenerative organic agriculture,” said professor A. Thimmaiah, who directs the program. “This is the agriculture of the future. We want our students to be changemakers when they graduate and create islands of organic agriculture wherever they go.”

There are currently five students in the program, including Hemanth Kumar Reddy Mukka, who worked in the agrochemical industry in India for seven years, selling fertilizers and pesticides to farmers.

He gave up his job and enrolled at MUM to study organic agriculture.

“Every time I talked to farmers, they just worried about pests and sprayed what we gave them without knowing about its effect on the environment,” he said. “They needed to survive and they didn’t have a choice. I didn’t have any alternatives to offer them. If conventional farming continues the way it’s going, we may not have any resources left for the next generation.”

He was able to enroll at MUM with the help of a full scholarship from the Sarojini Damodaran Foundation, established by Mr. and Mrs. Shibulal. Again next year, the foundation will continue to offer MUM 10 full scholarships to economically challenged students from India.

“We have an amazing group of students,” Dr. Thimmaiah said. “They are very interested in the subtler aspects of agriculture, such as biodynamic agriculture and Maharishi Vedic Organic Agriculture.”

The CSA team includes farm managers Kris Johnson and Steve McLaskey, who have planned the sequence of crops so that customers get seasonal vegetables throughout the 16 weeks.

Rick Ryerse is managing the accounts, and Heather Walden is focused on marketing. Also contributing to the enterprise is Yael Ya’ar.

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FROM THE FOUNDER

“The experience of happiness is a direct means of replenishing life energy and revitalizing the mind. If real happiness is experienced, the replenishment of energy and revitalization of body and mind will be correspondingly great.”

— Maharishi Mahesh Yogi, Science of Being

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School Student Selected to Be Science Ambassador

Maharishi School 11th grader Pranav Chhalliyil has been selected by the Biotechnology Institute to be one of their ambassadors, which entails his promoting science education to kindergarten through 8th grade teachers and students.

He was selected as a result of winning the Biotechnology Institute’s GenePool competition last year, his strong communication skills, and his work teaching students in underdeveloped countries.

Ambassadors in the BioGENEius Champions program create videos that help teachers and their students understand and apply the scientific method to a hypothesis. Each video shows how a hypothesis can be scientifically investigated. Teachers can then have their students replicate the experiment.

The videos become part of the BioGENEius Champions web series and will be available online via the institute’s YouTube channel.

The Biotechnology Institute sent filming equipment to Pranav, and he recorded himself doing an experiment that entailed extracting DNA from fruits like strawberries and explaining the scientific principles behind the experiment.

He also took footage of various aspects of his life for a documentary-style introduction about him. After recording, he sent the files to professional editors arranged by the institute.

The focus of the program is to underscore the need to apply the scientific method to the natural curiosity of children.

“I’m honored to be a part of this wonderful program and promote science education to K–8 school students across the nation,” Pranav said. “And I enjoyed shooting a video about everything I do, as well as my community. I talked about my project, meditation, school, community service, my business, image consulting, cooking, painting, etc. It was a lot of fun, and I’m grateful for the wonderful community here.”

This spring Pranav also participated in the Iowa Regional Junior Science and Humanities Symposium (JSHS) and won third place. Participants presented the results of original research before a panel of judges and an audience of their peers.

He received $1,000 and as well as an all expenses-paid trip to the 56th National JSHS Symposium in early May in Huntsville, Maryland, where he earned fourth place.

He presented a poster that combined his findings from the past three years of research on the oral microbiome.

“The judges, students, and general public at the national JSHS were very fascinated and liked the value of my research,” Pranav said.

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School Students Compete in National Rocketry Event

Three teams of Maharishi School students qualified for a national rocketry competition held in Washington, DC, in mid-May, with two of the teams finishing in the top 10 out of over 100 competitors, earning 7th and 10th place.

In addition, last year’s 4th-place team was invited by NASA to compete in April in the 2018 Student Launch held at NASA’s Marshall Space Flight Center in Huntsville, Alabama.

The competitions entail designing and building a rocket that will rise to an exact distance and stay aloft a specific period of time – and descend gently enough to preserve the integrity of a fragile payload such as an egg.

Due to the success of such a small school competing nationally, the recent Team America Rocketry Competition in Washington, DC, recognized rocketry coach Rick Rudloff with an Outstanding Advisor plaque.

This year six teams from Iowa qualified for the national competition, with three being from Maharishi School.

The challenge for the student teams in the Washington, DC, competition was to have their rocket fly to an altitude of 800 feet and return to earth in 41–43 seconds. Their rockets were required to carry two eggs. If the eggs broke during the flight, they were disqualified.

The NASA competition involved sending a rocket one mile in the air while carrying a science experiment. Unfortunately, a crucial part broke during the flight, resulting in Maharishi School’s rocket’s staying aloft much longer than the target time.

However, the team did receive second place for their educational engagement throughout the year. They educated the younger students about rocketry and built displays to show their accomplishments during farmers’ markets and during Fairfield First Fridays.

The student teams competing in Washington, DC, included eighth-grade girls Elan Jenkins, Adel Cynolter, and Drishikaa Thimmaiah; senior boys Daniel Zhu, Kai Vessey, Karthik Vempati, and Li Wang; and Orion Riley, Bella Unger, Bhavani Allison, and Hela Holbert.

The NASA team included the four senior boys as well as Lulu Miller, Yenet Deribe, Deepika Vempati, and Shristi Sharma. Miles Falk was also involved.

An Alliant Energy Foundation grant of $1,250 helped support the students’ involvement in the competitions.

AmeriCorps Installs 434 LED Bulbs in Dorm 144

Taking advantage of the fact that Highrise 144 dormitory is currently under construction, Green Iowa AmeriCorps members replaced 434 incandescent bulbs with LED bulbs, which are energy-efficient and offer better lighting.

Alliant Energy was a major sponsor of this effort. More dorms will be outfitted with the LED bulbs as Green Iowa is able to coordinate with the resident advisors in the buildings.

LED (light-emitting diode) bulbs use about one-sixth the energy and last 25 times longer than incandescent bulbs, said Kathleen Reed, logistics coordinator for Green Iowa.

“Replacing your home’s five most frequently used lighting fixtures with more efficient models can save you $75 each year,” she said. “LEDs have improved significantly in the last few years.”

The work in Highrise 144 entailed replacing seven light bulbs in each of 62 dorm rooms as well as in the lounges, hallways, and bathrooms.

Ms. Reed said that LEDs are directional by nature, meaning their light emits a focused beam directed toward a specific location without the use of an external reflector, thereby achieving a higher application efficiency than conventional lighting.

“Well-designed LED illumination systems can achieve fantastic lighting effects, not only for the eye but also for the mood and the mind,” she said.

Sculpture Magazine Features Professor Jim Shrosbree

Faculty artist Jim Shrosbree is featured in the May 2018 issue of Sculpture Magazine, an international monthly magazine dedicated to all forms of contemporary sculpture.

The article, by Lenore Metrick Chen, professor of art history at Drake University, is related to professor Shrosbree’s exhibit at Paul Kotula Projects in Detroit.

The article describes his sculptures as non-representational, yet familiar, and being made of materials such as clay, fabric, and even auto body putty.

In the extended interview, professor Shrosbree discusses the sources of inspiration for his work and how his pieces resonate with the viewers.

He says that inspiration entails “finding a proportion of rightness between being rested and being alert.” The process involves opening up the sense of discovery, and that discovery “brings the surprise and the humor” in his work.

Professor Shrosbree was also featured in issue 5 of Maake Magazine. (See www.maakemagazine.com/jim-shrosbree.)

In addition, he has recently been awarded a competitive grant from the Pollock-Krasner Foundation, which provides financial assistance to individual visual artists of established ability.

Other art faculty successes include an exhibit by Gyan Shrosbree as part of the Annual Emerging Artist Exhibition at Cleve Carney Gallery, College of DuPage, in Glen Ellyn, IL, June 1–July 28.

In addition, Hilary Nelson has been awarded a residency at the Vermont Studio Center in January 2019.
Dr. Travis Speaks at Top Business School in South Africa

About 150 leading CEOs, psychiatrists, and scientists in management at the Gordon Institute of Business Science in South Africa learned about transcending and peak performance in early May as a result of a presentation there by professor Fred Travis.

He explained that a certain level of mind-brain development underlies excellence in all fields of life and described his studies on top-level managers, professional athletes, and professional classical musicians that found that they all have higher levels of brain integration.

High brain integration is associated with higher emotional stability, more openness to experience, greater creativity, and greater problem-solving ability.

The institute publicized the presentation to all their members and posted videos of it on their YouTube channel (bit.ly/15Q0qQO).

Dr. Travis also gave a talk to 70 members in the sports science department at the University of Johannesburg.

Four Weeks of Total Knowledge Courses Begin June 24

Beginning June 24, Peter Warburton, PhD, will offer four weeks of Total Knowledge courses, starting with the original one-week course developed under Maharishi.

This course will include videos from previous Total Knowledge courses, as well as rare videos of Maharishi. Dr. Warburton will join the course via Skype.

The following week, entitled “Total Knowledge and the Evolutionary Perspective of Religious Codes,” will explore the role of religion in the world in the past, present, and future. It is the same popular course that was attended by hundreds of people during the summer of 2016 and consists of selected videos from the 2016 course with discussions with Dr. Warburton via Skype.

“Total Knowledge and Para Prakriti” is the title of the new course being offered during the third week, starting July 8. It will be co-taught with Candace Badgett and explores the nature, status, and role of para prakriti – the cosmic, dynamic, creative, primordial mother principle.

These four weeks culminate with the course “Total Knowledge and the Upanishads.” Vernen Katz, author of Conversations with Maharishi, and professor Tom Egenes will help illuminate Maharishi’s Total Knowledge with unique knowledge and insights that came out during Dr. Katz’s interviews with Maharishi.

These courses will also be available online. The fee is $125/week and the first class of each week is free. For more information and to sign up, please visit tk2018.eventbrite.com.

Campus Volunteers Help with Fairfield Beautification

A team of volunteers from MUM is helping to maintain the traffic-calming nodes in the central area of Fairfield as part of an initiative to be more engaged with town activities.

The nearly 50 nodes were created as part of the downtown revitalization and beautification project. The nodes, which feature flowers, shrubs, and artwork, extend slightly into the street at the four corners bordering each intersection.

Volunteers have signed up to visit a node every week or so to pick up trash, weed the flower beds, and keep the area tidy.

This beautification project will continue until October when the volunteers will remove all the dead plants and prepare the beds for winter.

There are also tentative plans to do some painting as a group project, including the gazebo on the Fairfield square.

Anyone interested in contributing may email Tom Brooks at tbrooks@mum.edu.