Top Journal Publishes New Study Showing Reduced PTSD

Media around the world reported on a study published by *Lancet Psychiatry*, a top journal, that found that the Transcendental Meditation® technique significantly reduced post-traumatic stress disorder in veterans compared to the standard treatment.

After three months of practice, 61% of the 68 subjects in the Transcendental Meditation group had a clinically significant reduction in symptoms compared to 42% in the group that used the standard treatment. In a second control group, which received health education, 32% of the subjects showed a clinically significant reduction.

In addition, the participants in the Transcendental Meditation group were more likely to participate in the treatment sessions than those in the standard treatment group.

Standard treatment, referred to as “prolonged exposure,” entails veterans re-experiencing their trauma through remembering and engaging with situations that remind them of the trauma in order to eventually diminish their stress response. Some 30–45% of veterans typically withdraw from the treatment because it’s so unpleasant.

“New treatments, including options not involving exposure to the traumatic experience, are needed for veterans who do not respond to treatment or drop out due to discomfort,” said MUM researcher Sandy Nidich, first author of the study.

Other MUM coauthors included Maxwell Rainforth, Robert Schneider, John Salerno, and Carolyn Gaylord-King.

CONTINUED ON PAGE 2

MUM Now Offering MBA, Management PhD at Shanghai Jiao Tong University

MUM’s graduate programs in management are now being offered in Shanghai, China, in collaboration with Shanghai Jiao Tong University, the oldest university in China with about 40,000 students.

The first course, taught by MUM Professors Fred Travis, Yunxiang Zhu, and Lijuan Cai, began in October with 18 students, half MBA and half PhD.

The graduate programs are low-residency, oriented toward working professionals. The students go to campus on weekends for classroom instruction while also receiving instruction online. The classes taught by MUM faculty are offered in Chinese through an interpreter.

MUM’s partnership with Shanghai Jiao Tong University was inaugurated in a ceremony in late June. It was attended by, left to right, Vicki Herriott, dean of faculty, Scott Herriott, provost, and professors Yunxiang Zhu and Lijuan Cai.
More than half the instruction is by MUM professors and the rest by Shanghai Jiao Tong University faculty members from the Antai School of Business, considered by the Financial Times to be the top business school in China.

The first course, World-Class Brain for Success in Life, connected principles of the Science and Technology of Consciousness to management.

“The students are top-level people, such as top managers at the largest auto manufacturer and largest real estate business in China,” Dr. Travis said. “They deeply appreciate what they’re learning – a larger vision of the mind.”

The students learned about the levels of the mind and transcendence, and how this not only benefits the individual but also the organization.

“They appreciated how Transcendental Meditation gives organizations an extra edge,” Dr. Travis said. “Their dean is very enthusiastic about the process.”

Focus on Brain Integration

A new book by Harald Harung and Dr. Travis, World-Class Brain, was used in the course, with the first weekend of instruction drawing from the beginning chapters. This part of the book talks about the most important factor common to individuals who perform at a high level: greater brain integration.

The students then learned the Transcendental Meditation technique from Yunxiang Zhu and Lijuan Cai. Then the second weekend of the course, after the students had the experience of transcending, the course covered the latter chapters of the book: how to develop brain integration, peak experiences, and the benefits of the Transcendental Meditation technique for the individual and society.

“The students were very open to the idea of collective consciousness,” Dr. Travis said. “It’s part of their tradition that the individual is the basis of the family, the family the basis of the environment, and the environment the basis of society.”

Dr. Travis gave the students two assessments before they began Transcendental Meditation and after one week of practice. The students were shown to have reduced levels of perceived stress after just one week.

Shanghai Jiao Tong University is considered to be one of the top nine universities in China, comparable to the Ivy League universities in the U.S.

Enthusiastic Students

Dr. Yunxiang Zhu said the CEOs and top professionals in China are very eager to hear about consciousness and brain development.

“Our students enjoyed learning Transcendental Meditation and their experiences,” he said. “They appreciated the connection with Chinese traditional wisdom such as the teaching of the Dao and Confucian.”

“They seem free and eager to grow and develop,” Dr. Travis said. “They’re open to new ideas and are wanting to excel.”

MUM’s programs are offered in collaboration with Shanghai Haizhe Education Service, an organization affiliated with Shanghai Jiao Tong University.

While in China Dr. Travis traveled to Beijing and Taiwan to give presentations. He also taught a six-hour course in Hangzhou to CEOs and professionals.

CONTINUED FROM PAGE 1

FROM THE FOUNDER

“T he idea of oneness of life goes so deep in the aspirant’s consciousness that the association of his mind with the experiences of the wakeful state, the dreaming state, and the deep sleep state do not weaken the conviction that he is himself imperishable, unchanging, eternal, absolute Being.”

— Maharishi Mahesh Yogi, Science of Being

December 8 Event to Focus on Effect of College on Brain

The MUM Changemakers series will continue on December 8 with a webinar titled “Is College Bad For Your Brain?”

Last spring the MUM community came together with great enthusiasm for the Changemakers event featuring disruptors such as David Lynch and Father Mejia.

The energy of that event continues with a new webinar series beginning with an exploration of the national epidemic of stress that can often be overwhelming for college students in their pursuit of higher education, said organizer Michael Sternfeld.

Mental health challenges, substance abuse, and poor lifestyle choices undermine student learning outcomes and a successful college experience.

In collaboration with the David Lynch Foundation, this webinar will explore disruptive interventions and showcase MUM as a university that is reversing this trend by putting stress-reducing meditation at the core of the curriculum rather than as a peripheral add-on as done at other universities.

The event features visionary speakers from the fields of education, neuroscience, and psychology. Professor Fred Travis will conduct a live EEG demonstration demonstrating the inner workings of stress on the brain.

Several MUM students, including Student Government President Chevonne Height, will also be featured on the conference panels.

The event is free and open to everyone.
MUM to Inaugurate Solar Array Dec. 14

MUM’s new solar array will be inaugurated at an event Friday, December 14, beginning at 2:45 p.m. in Dalby Hall.

The 1.1-megawatt, five-acre solar array west of campus will provide one-third of all the electricity used by MUM.

The MEG'Array Solar Power Plant is the first system in the Midwest to combine two leading-edge technologies on a large scale: active tracking and vanadium-flow batteries. In active tracking systems, the solar panels follow the sun as it moves across the sky, yielding 20–25% more energy than a fixed tilt array.

Each row of panels in the MEG'Array includes its own motor controlled by software that allows rows to move independently of each other and remember the best angles for maximum energy production throughout the seasons.

The vanadium-flow batteries will store energy for use at night, on cloudy days, and during peak energy usage times. These batteries are capable of operating for decades without any loss of efficiency.

The solar array is being installed by Ideal Energy, a Fairfield company founded in 2009 by MUM alumni Troy and Amy (Greenfield) Van Beek. As the CEO of Ideal Energy, Mr. Van Beek has brought the company to a leadership position for the solar industry in Iowa and the U.S. He has spoken to national, and international leaders in Washington, D.C. and at the United Nations about the fundamental relationship between sustainable energy and national security.

The MEG'Array Solar Power Plant is owned by an Iowa LLC that will sell electricity to MUM at considerable savings to its current energy costs. The solar facility operates “behind the meter,” meaning that all the electricity produced by the solar panels and batteries directly powers the campus.

MUM Trustee Tom Factor is the managing partner of the LLC that owns and operates the MEG'Array. He began his involvement in renewable energy at MUM in 1992 and has since pioneered the development of 60 Midwest wind farms generating over 8,000 megawatts of wind power. He now serves as a trustee with a focus on helping the university achieve its goal of carbon neutrality.

The inauguration on Friday, December 14, will begin at 2:45 p.m. in Dalby Hall and will feature President John Hagelin and Mr. Factor, along with video presentations by Ideal Energy. At 3:30 p.m. the event will move to the site of the solar array west of campus to “flip the switch” on the array. (Bus transportation provided).

The MEG'Array Solar Power Plant will serve as an energy research facility, with studies being conducted by Ideal Energy, MUM’s Sustainable Living Department, and the Iowa Economic Development Association. This project represents a unique leadership role for the university and community, and the research it generates will help validate solar energy as a solution for colleges, factories, and government policy makers.

New Flooring, Fans To Be Installed in Rec Center

New flooring will be installed in the four courts in the south half of the Recreation Center over Christmas break, replacing a badly cracked and damaged surface that’s been in use for nearly 30 years.

These courts are used for basketball, volleyball, pickleball, soccer, badminton, table tennis, and more, in addition to providing a running/walking track around the perimeter.

In addition, four large “smart fans” with a diameter of 24 feet will be installed above courts 1, 3, 5, and 7. The fans will have sensors that will control operation depending on whether the facility needs to be cooler or warmer.

In hot weather, the fan speed will increase as the floor temperature rises, offering a cooling breeze. The fans are much larger in diameter than the current ceiling fans and will have more of a cooling effect, said Recreation Center co-manager Soren Pearson.

In colder weather, the fans will minimize the temperature differential between the floor and ceiling, such that warmer air is directed downward.

The flooring on the four south courts is a special surface that’s firm enough for activities such as dribbling a basketball, yet has a rubber base so that the impact when exercising is much more gentle than surfaces such as wood or concrete.

The current rubber base will be left intact, and a new upper layer of vulcanized urethane sheeting will be placed over the worn surface after the flaws have been ground down. The material to be used is Greenguard Gold certified, which ensures that a product has met rigorous and comprehensive standards for low emissions of volatile organic compounds. The material is also fire resistant and recyclable.

The new flooring will include markings for three dedicated pickleball courts.

The resurfacing of the courts and installation of the fans are being made possible by $270,000 in donations, mostly from active Recreation Center members.

The installation over Christmas break is expected to take two to three weeks, during which time the facility will be closed. The Fieldhouse will be available to those eager to get exercise while the Rec Center is closed.

Mr. Pearson said that pending funding, the next phase of upgrades will replace current lights with LED lighting, providing much longer life, significant energy savings, immediate illumination, and cool operation. The older, high-temperature halogen lights take five or more minutes before they fully illuminate.

Also tentatively planned for phase 2 would be a new surface for the tennis courts.

Student Holiday Vendor Fair
Saturday, Dec. 8, 1–7 pm
Argiro Student Center Lobby
• crafts • food • art • jewelry
• crystals • resale items
• hand-made clothing items
• lotions/soap • and more!
Chamber Singers to Present Holiday Concert
The Chamber Singers of Southeast Iowa will present “Follow That Star,” their annual holiday concert, on Saturday and Sunday, December 8 and 9, at 7:30 p.m. at the First Presbyterian Church, 200 S. Main St. in Fairfield.

This year’s program spans four centuries of holiday music, including Renaissance and Baroque masterworks by Orlando Gibbons and J. Michael Bach, and new works from famed contemporary composers such as Eric Whitacre and Ola Gjeilo.

The Chamber Singers will also perform familiar carols in dynamic modern arrangements, blending the best of ancient tradition and modern renewal.

The concert will include songs of winter that present poetic descriptions of the splendor of the season. Song styles range from six-part polyphony to lively vocal jazz and pop arrangements, plus settings accompanied by piano, flute, cello, and percussion.

The choral works will be complemented with instrumental music by an accomplished trio.

“The Chamber Singers ring in the holidays with a wonderful mix of old and new, enlivening the richness of the spirit of the season – joy, reflection, reverence, and exhilaration,” said Elaine Reding, music director of the group. “The uplifting choral works we present in this year’s program are filled with profound meaning and light-hearted joy. We look forward to sharing these heartwarming songs with the Fairfield and Southeast Iowa community, inspiring everyone to ‘follow their star’ to inner and outer joy and fulfillment.”

The concert is free but a freewill offering at the door will be greatly appreciated.

For more information, call (641) 472-1539.

Newly Renovated Photography Studio in Verrill Hall
BY CHRISTOPHER F. DARDEN

Good news for those who wanted a new photography studio at MUM: This semester has seen the opening of a recently renovated studio in Verrill Hall that includes new lighting equipment, an editing station, DSLR cameras, and more.

The man behind these renovations is Gareth Bell. As the new equipment specialist in the Department of Media and Communications, one of his first tasks after being hired was to secure a better location for the digital photography classes where portrait photography could be possible.

“The entire process of research, pricing, planning, cleaning, decluttering, etc. happened steadily over the course of the year,” he said. “Slowly but surely, the space was cleared and cleaned and was ready for a fresh look.”

The photography studio now has a selection of lighting equipment, a permanent “infinity wall” painted white for a clean background. A second area offers a selection of different colored paper backgrounds, providing a variety of different functions and styles.

An editing station includes an iMac with editing software so that photographers can organize and edit their work.

Also available are a few basic DSLR cameras.