Continuing Ed: Bevan Morris on Personal Memories of Maharishi

Former MUM President Bevan Morris will offer a continuing education course in March and April in which he will share his memories of Maharishi and reflect on the gifts he gave the world.

Dr. Morris worked very closely with Maharishi for nearly 50 years, and is ideally placed to offer deep insight into Maharishi’s vision for the world.

Dr. Morris will explore:

• How Maharishi started his worldwide organization, and how spontaneously it developed year after year, reaching every corner of the planet
• What Maharishi did to transform the knowledge and technologies available to the world in every field during 53 years of service to Guru Dev
• The nature of the golden age of the human race that is now rising as a direct result
• Reflections of personal experiences of Maharishi’s cosmic genius and supreme achievements.

The course will be held March 11–April 18, Monday & Thursday evenings in Dalby Hall and online.

The course fee is $125 or $75 discounted rate for MUM staff, IAA grant recipients, and others. A prerequisite for the course is practice of the Transcendental Meditation® technique. For details, please see mum.edu/tmhistory.

President John Hagelin Honored with “Lifetime of Peace Award”

MUM President John Hagelin received the David Lynch Foundation’s prestigious “Lifetime of Peace Award” during the Foundation’s 14th annual Change Begins Within benefit gala at The Plaza Hotel in New York City in December.

“Dr. John Hagelin is a true renaissance man,” said Bob Roth, CEO of the David Lynch Foundation. “He is a world-renowned quantum physicist, educator, public policy expert, and leading proponent of peace. He has dedicated the past 40 years of his life to establishing the scientific understanding and benefits of Transcendental Meditation for creating true peace in the life of the individual, community, nation, and world.”

The David Lynch Foundation is a non-profit organization that addresses the epidemic of trauma and toxic stress among at-risk populations via the Transcendental Meditation technique. It has provided scholarships for more than 1 million adults and children to learn the practice.

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“I am the most fortunate educator in the world,” Dr. Hagelin said in receiving the award. “I have been associated for decades with Consciousness-Based education – the most successful educational experiment of our time. And I am incredibly grateful to the David Lynch Foundation for its creativity and remarkable capability to expand on that success. This unique approach is now in literally thousands of public schools around the world.”

During the event the David Lynch Foundation launched a new initiative to prevent and treat substance use disorder – a national nightmare that afflicts over 20 million Americans.

In addition to President Hagelin, the David Lynch Foundation honored Chandrika Tandon, philanthropist, Grammy-nominated artist, and humanitarian, as well as Peter Dodge, founder and president of the Peter G. Dodge Foundation, with “Change Begins Within” awards.

Entertainment was provided by comedians Jerry Seinfeld, John Mulaney, Mike Birbiglia, and Vanessa Bayer.

Rec Center Gets New LED Lighting

Upgrades at the Recreation Center continued over winter break, with the completion of the new floor surface on the four south courts, the installation of large ceiling fans, and new LED lighting throughout the building.

According to Rec Center co-manager Soren Pearson, the lighting is a huge improvement. Not only will it use one-third the electricity, but the LED lights provide a more uniform illumination.

“The old lights created shadows, were hot, and often created a loud buzzing sound,” Mr. Pearson said. “People are very happy with the new lights and floor. I’ve been receiving emails remarking on the transformation.”

The nearly $350,000 project was funded in part by over $270,000 in donations, and a rebate from Alliant Energy of around $17,000 due to the energy-saving features of the lighting. Approximately $52,000 still needs to be raised to cover the cost of the improvements.

“At the suggestion of a major donor to the project, the facility has been christened the Grace Ananda Recreation Center.

The cool and quiet LED lights are warranted to last for 10 years.

Future plans include new lighting for the weight room and dance floor.

Advanced Pulse Reading Course Begins February 15

Dr. Manohar Palakurthi will offer an advanced course on Maharishi Pulse reading beginning February 15.

This long-distance course is designed to enliven the knowledge of Maharishi Pulse reading and enhance correct practice according to Maharishi’s guidelines. It is for professional practitioners as well as for those who want to enhance their self-pulse reading practice.

A prerequisite for this advanced course is the 16-Lesson Maharishi Self-Pulse course or three Maharishi Self-Pulse courses taught by Andrew Stenberg.

This four-part course will be held one weekend per month, Friday evening 7:45–9:15 p.m., Saturday afternoon and evening 1:30–3:30 and 7:45–9:15 p.m., and Sunday afternoon 1:30–3:30 p.m. (Friday evening, February 15, will begin at 8:00 p.m.)

The course fee is $125 per weekend or $75/weekend for full-time MUM or Maharishi School staff, faculty, and students, or full-time Governors, IAA grant recipients, and anyone who is retired and on a fixed income and cannot otherwise afford the course. Also, MUM alumni can get 10% off the full course fee.

Dr. Manohar, who worked closely with Maharishi for many years, is one of the world’s most experienced practitioners of Maharishi AyurVeda. He is professor of Maharishi AyurVeda at MUM and guides the clinical training for the master’s program in Maharishi AyurVeda.

For information and to register, see www.mum.edu/advancedpulse.

FROM THE FOUNDER

“Obviously the cure for all such suffering is to create a situation in the mind whereby it becomes and remains unwavering and steady. This is achieved by expanding the conscious area of the mind and thereby making it strong. As a result of strengthening the conscious mind, a better coordination between mind and nervous system is established, and a smooth and efficient functioning of the body is the natural result.”

— Maharishi Mahesh Yogi, Science of Being
New Book by Keith & Samantha Wallace on Diet

On the heels of their successful book published in mid-2017 titled Gut Crisis, Professor Keith Wallace and Samantha Wallace have now published a new book titled The Rest and Repair Diet: Heal your Gut, Improve Your Physical and Mental Health, and Lose Weight.

In keeping with their first book, the authors sought to follow a diet known to improve digestion and found that a side benefit was weight loss—without trying.

According to the authors, the usual advice to eat less and exercise more in order to lose weight may not be sufficient because it doesn’t take into account the conditions of one’s gut.

The book’s Rest And Repair Diet is “designed to detox and allow your gut to repair itself, with weight loss as a side benefit. The diet makes use of your body’s natural ability to heal itself and restore your microbiome.”

The microbiome is defined as all of the microorganisms that live in or on a person—including their genetic material.

The Rest and Repair Diet uses the time-tested approach of Ayurveda, which emphasizes making sure one’s digestion is working properly. This is done by first removing the toxins from one’s digestive system and body, and then rekindling digestive power.

According to the authors, resting and detoxifying one’s gut allows the body’s own repair system to kick in and re-establish balance, healing the gut lining and resulting in better digestive functioning.

The Rest and Repair Diet is a simple step-by-step diet that allows both vegetarians and meat eaters to detoxify, heal the gut, improve digestion and health, and lose weight.

There are three main phases in this diet: 1-week prep detox program, 3-week rest and repair phase, and the self-discovery lifestyle program.

The latter phase entails keeping a food and lifestyle journal to help clarify how changes in food and lifestyle affect both one’s body and mind.

The book is available on Amazon for $15.99.

MBA Alumna Wins National Award for Innovation

Jagruti Solanki, a certified public accountant and 2009 graduate of MUM’s MBA Accounting Program, recently received the prestigious 2018 Innovative Practitioner Award for her breakthrough auditing of blockchain companies.

In addition, she has been named partner for the accounting firm Aprio, LLP, a 600-employee regional CPA firm headquartered in Atlanta, GA.

Ms. Solanki received her award for innovation from CPA.com, which was founded by the American Institute of CPAs. CPA.com is dedicated to helping companies address the challenges of the digital age.

With more than five years in the field of blockchain auditing, Ms. Solanki’s team at Aprio has developed accounting and financial reporting best practices that help companies navigate the domestic and international accounting and tax challenges associated with tokenization, initial coin offerings, and cryptocurrency.

Blockchain is a digital public ledger that was originally developed to maintain a record of bitcoin transactions. Blockchain technology is now widely used internationally for a wide range of purposes.

Ms. Solanki speaks at conferences across the U.S. where she shares insights, best practices, and pitfalls related to blockchain accounting, auditing, taxation, regulatory issues, valuation, and cyber security risk considerations.

“We’re very proud of Jagruti’s accomplishments, both when she was a student at MUM and now as an accomplished accounting professional,” said professor Andrew Bargerstock, who mentored Ms. Solanki during her MBA work. “Her achievements demonstrate what a commitment to excellence can produce in career advancement.”

Students Publish New Issue of Literary Magazine Metafore

Students in the BFA in creative writing recently published the Winter 2018 issue of their literary journal entitled Metafore.

The 163-page issue includes fiction, nonfiction, poetry, and paintings. Contributors range from high school students to university professors, and include a published novelist who has written for The History Channel, an acupuncturist, a mountain climber, multimedia artists, a social worker, and more. Many of the contributors have published widely in literary journals.

Metafore, which is open to everyone, publishes “poetry, fiction, & creative nonfiction that not only reflect the beauty of the superficial experience of the world but that also call forth the profundity—the beyondness—that can be found in all of life, if only we open ourselves to it.”

It is available at www.metaforemagazine.com/issues.

Students involved in producing this issue included Megann Kammerman, Candice Rankin, Isabella Oates, Brian Stair, Maggie Ventsias, and Sam Winter, as well as recent alumnus James Davidson, with the support of faculty advisor Leah Waller.
February 8 Event to Focus on Effect of College on Brain

The MUM ChangeMakers series will continue on February 8 with a special event titled, "Is College Bad For Your Brain?"

It will explore how the national epidemic of stress can often be overwhelming for college students in their pursuit of higher education.

Mental health challenges, substance abuse, and poor lifestyle choices undermine student learning outcomes and a successful college experience, said organizer Michael Sternfeld. Nationwide, three out of four students report feeling stressed; 39% of college freshman report symptoms of anxiety or depression; 40% of college students binge drink; and there has been a 30% rise in mental health support requests.

Sponsored by the David Lynch Foundation and Maharishi University of Management, the conference will feature a powerful panel of thought leaders – neuroscientists, educators, psychologists, and students.

The conference will 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. Several MUM students, including former Student Government President Chevonne Height, will be featured on a panel.

The speakers will include Dr. Hassan Tetteh, cardiologist and chief informatics officer for the U.S. Navy, who will bring a unique medical perspective to the conference.

After two tours of duty in Iraq, and as command surgeon for the prestigious National Defense University, which trains the elite officers in the military, Dr. Tetteh saw first-hand the effects of stress in these high-stakes, life-and-death environments.

But after several personal life-altering experiences, he found a calling to heal others, in particular by helping them to cultivate a deeper mind-body connection. His favorite John Steinbeck quote captures this feeling, "A sad soul can kill you quicker than a germ."

To this he adds that "Identifying the goals, beliefs, and human connections that enrich our souls can be just as essential to healthy living as any medical treatment."

Also featured will be clinical neuropsychologist Bill Stixrud, who has worked closely with students to help them manage their stress and become more proactive in creating their college success.

Dr. Stixrud clearly described the issues college students face in a recent article in the New York Times titled "When a College Student Comes Home to Stay."

He wrote, "As we see it, there are two critical issues at hand. First, college life is a highly dysregulated environment with inconsistent sleep patterns and diets, little structure, and an abundance of binge-drinking, pot-smoking, and abuse of stimulants like Adderall.

"Second, students haven't been given control of their own lives until way too late. It may be just too much to ask students to go from parental control to near-total freedom."

Dr. Stixrud has found that the most effective way to relieve the problem is regular practice of stress-reducing meditation.

MUM Professor Fred Travis will be on hand to help explain how the Transcendental Meditation technique relieves stress and will conduct a live EEG demonstration to demonstrate the inner workings of stress on the brain.

Other speakers will include Vicki Alexander Herriott, Carla Brown, Steve Langerud, Craig Pearson, and Dave Zobeck.

The event is timed to culminate orientation week for new and returning students.

Free and open to everyone, it will be on Friday, February 8, at 7:30 p.m. in Dalby Hall. It will subsequently be webcast on February 13.