Students Engage in Changemakers Workshop Series

In the spirit of the June 8 Changemakers event on manifesting one’s great ideas, students have organized Changemakers Month, with a series of workshops to help students take practical steps toward realizing their dreams.

The Tuesday evening workshops began with a session on “vision boarding,” in which students created a visual montage that expressed their ideal future.

The following week featured Paul Morehead, Jr. and Michael Sternfeld conducting “Your Inner Game,” a workshop on how students can align with their inner selves to manifest their creative ideas.

Entrepreneur Hal Goldstein and students from the Creative Entrepreneurs class led the third workshop, titled “What’s Stopping You: How to Turn Those Walls into Ramps.” Professor Goldstein led students through exercises to clear the path for their own manifestation.

Coming up on June 4 will be inspirational video night, with students Enrique Baker and Leo Alexander hosting an event in which students submit their favorite short inspiring and uplifting videos. The goal will be to inspire the students for their next project or adventure.

The students created Team Changemakers to help organize the workshops.

“Kevin Harrington of TV’s “Shark Tank” will be among the speakers at the free Changemakers event on Saturday, June 8.

Kevin Harrington of TV’s “Shark Tank” Fame to Headline Upcoming Changemakers Event

Participants will learn to manifest their best ideas during the free day-long Changemakers event on Saturday, June 8, that will feature Kevin Harrington of TV’s “Shark Tank” fame and other cutting-edge speakers.

The morning session, titled “Becoming a Transformative Entrepreneur,” will focus on transforming a great idea into an entrepreneurial success. The speakers will include a business entrepreneur, an artist entrepreneur, and a social entrepreneur. The afternoon session will be modeled after the popular “Shark Tank” TV show in which entrepreneurs present their ideas to venture capitalists. Five student finalists will pitch their creative ideas to a panel of expert judges while competing for cash prizes and scholarships.

CONTINUED ON PAGE 3
New Study Shows Reduced Violence in Cambodia

The group practice of the Transcendental Meditation® and TM-Sidhi® programs in Cambodia between 1993 and 2008 was associated with a 96.2% decline in sociopolitical violence in that war-torn country compared to violence in the preceding three years, according to a new peer-reviewed study by PhD graduate Lee Fergusson and research professor Ken Cavanaugh.

According to the authors, the likelihood that this reversal in the rising 1990–1992 trend of violence occurred randomly was found to be one chance in 10 million.

“Maharishi Vedic University was established by Maharishi in Cambodia on January 1, 1993, for the declared purpose of bringing peace and prosperity to Cambodia,” Dr. Fergusson said. “The positive influence of the MVU meditating groups was recognized by officials of the Cambodian government.”

The late King Norodom Sihanouk was quoted as saying, “Maharishi Vedic University is playing an important role in human resource development and in [the] restoration of peace and expansion of prosperity throughout the country.”

The reduction in violence began in January 1993, when more than 550 students began practicing the Transcendental Meditation technique together twice daily in a group at Maharishi Vedic University in Cambodia. Also, 100–200 students practiced the TM-Sidhi program together twice a day in a group as part of their Consciousness-BasedSM education curriculum starting in 1994.

Across three MVU campuses, up to 1,250 students contributed to increased coherence in collective consciousness through their daily group Transcendental Meditation practice during 1993–2008.

Other published research by Dr. Fergusson, professor and founding director of Maharishi Vedic Research Institute, Australia, documents the dramatic economic and social transformation of Cambodia after the founding of MVU.

FROM THE FOUNDER

“In Transcendental Meditation, when the mind transcends the subtlest state of thinking, it arrives at the state of Being. It is the state of no experience because the whole field of relativity has been transcended. It is just the state of transcendence, the state of existence, pure consciousness, is-ness, am-ness.”

— Maharsi Mahesh Yogi, Science of Being

Running Club Wins Ottumwa 5K Race

The MUM running club continues to dominate the annual 5K race in Ottumwa, winning the timed team award for the 8th time and also winning first place in several age categories.

The club participated in Ottumwa’s Komen Southeast Iowa Race for the Cure earlier this month.

The timed team award consists of the combined times of the team’s top five runners. The MUM runners who helped the team to win the award were Kirby Shields, Virginia Lagunas, Daniel Sterk, Vinodthan Nayagar, and coach Peter Mannisi, with a combined time of 1:57:04.

Individually, three club members won first place in their age groups. Virginia Lagunas was first in the female 20–24 group in a time of 25:18, Kirby Shields won the male 25–29 group in 22:44, and coach Mannisi won the 70+ group in 22:14.


Third place age group winners were Vanan Nayagar (55–59) in 27:59 and Dulce Noj (25–29) in 29:01.

Other runners competing included Mariam Daudi, Ben Gare, Brian Levine, and Pathu Nayagar.

Next up for the club will be the Gothic House 5K in Eldon, Iowa, on June 8.

For information about the club, contact club president Kirby Shields at kshields@mum.edu or coach Mannisi at petermannisi@yahoo.com.

Solis Festival Rescheduled

Due to rainy weather, the Solis Festival has been rescheduled for June 23.

Published biweekly during the academic year.
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Headlining the morning speakers will be Kevin Harrington, a famous entrepreneur who appeared as one of the original “sharks” on the “Shark Tank” series. He invented the infomercial format, pioneered the “As Seen On TV” brand, and has developed over 500 products yielding $5 billion in global sales.

The author of two books, Act Now and Put a Shark in Your Tank, he is committed to empowering the next generation to greatness. In his presentation via Skype, he will distill the essence of entrepreneurial success from his varied experiences.

Kathryn Frazier

Also speaking will be Kathryn Frazier, known as the “Rock Star Whisperer.” Arriving in Los Angeles from her roots in Chicago and Michigan, she built one of the most successful PR businesses in the music industry, representing artists such as Justin Bieber, Daft Punk, Lauren Hill, and The Weeknd.

While her job has long been to help artists achieve fame, Ms. Frazier has more recently become a resource for helping them figure out how to deal with it. Confronted with the depression, anxiety, and addiction they were experiencing, she became a life coach, counseling her clients on how to stay on an even keel in the midst of fame.

She will explore how she interwove her PR and coaching businesses to become an entrepreneurial powerhouse.

Mar Michelle Häusler

Mar Michelle Häusler is a former London financial trader who left the finance world on a quest for a deeper understanding of new ways of economics and money. After completing her master's degree in economics in the U.K., she journeyed to the jungles of Brazil, where she worked with local communities to develop INKIRI$, a community currency that changed the way locals collaborate.

Building on this experience, she created the Give & Take Lab – a gamified experience for students that uses social currency to teach about the UN Sustainable Development Goals while empowering individuals to tackle world sustainability issues.

Ms. Häusler will offer her deep insights into social entrepreneurship.

Joe Sugarman

Judges for the “Shark Tank”-like contest in the afternoon will include the speakers from the morning as well as entrepreneur emeritus and legendary copywriter Joe Sugarman, recognized as the first person to introduce the use of toll-free numbers and the originator of product concepts such as the pocket calculator, the digital watch, and BluBlocker sunglasses.

Peter Janssen

Rounding out the judging panel will be venture capitalist Peter Janssen, who recently launched the biggest private virtual network (VPN) in the world.

He has 30 years of investment banking experience, funding companies for the betterment of mankind.

The afternoon session, titled “Becoming a Big Fish,” is presented by the Concept to Market Institute, a new degree and certificate program at MUM that is training the next generation of ground-breaking entrepreneurs.

“Whether we plan on being entrepreneurs or not, an ‘entrepreneurial mindset’ may be the most important skill set for anyone working in the 21st century,” said organizer Michael Sternfeld. “Noted author John Spencer summarized it well when he said, ‘Not every student will become an entrepreneur, but they will all someday need to think like one.’”

This free Changemakers event, “How to Manifest Your Great Ideas,” will be held in Dalby Hall on Saturday, June 8. The morning session will begin at 10:00 a.m. and the afternoon session at 2:00 p.m. The Changemakers series is cosponsored by the David Lynch Foundation and MUM.

See mum.edu/changemakers2019.

Faculty Present at Ayurveda Conference

As MUM trains hundreds of students in the practice of Maharishi AyurVedaSM and integrative medicine, faculty continue to establish MUM as a leader in the field by presenting at conferences, most recently at the National Ayurveda Medical Association annual meeting.

Professor Robert Schneider, MD, spoke about yoga therapy and chemo-therapy in Ayurveda while Dinesh Gyawali, PhD, presented on the Ayurvedic approach to addiction.

“Contemporary practitioners tend to view Ayurveda in terms of body or physiology,” said Dr. Schneider, dean of the College of Integrative Medicine. “That’s only one third of the story because original Ayurveda requires three pillars of health: mind, body, and environment, all grounded in the inner self or Atma or the unified field.”

He presented a broad understanding of Yoga in Ayurveda that emphasizes union with one’s inner healing self. He said meditation is a vehicle for achieving this union, as evidenced by scientific research on the health benefits of the Transcendental Meditation technique.

Dr. Schneider also presented insights of modern medicine on Jyotish or Vedic astrology in Ayurveda. He explained that modern medicine recognizes the timing of disease onset and treatment in chro-nomedicine. He described how Jyotish helps to fulfill the goals of medicine for personalized, preventive, predictive, and participatory health care.

Dr. Gyawali’s talk began by exploring two underrepresented branches of Ayurveda, Agadhatantra and Bhutavidya, that are relevant to treating addiction.

He also presented the current scientific evidence for these treatments and evaluated the quality of the research. He concluded with a discussion of Ayurvedic protocols for managing addiction, as well as aspects of Vedic counseling.

“People are looking for solutions to deal with addiction, and it has become more relevant than ever to rediscover the ancient Ayurvedic wisdom on these issues,” Dr. Gyawali said.
Professor Saad Selected to Speak to Industry Leaders

Computer industry leaders learned about MUM’s approach to teaching web application programming thanks to a presentation at a prestigious conference by Professor Asaad Saad earlier this month in Utah.

The conference was hosted by Angular, makers of a leading framework for Javascript and web programming, and attended by over 1,200 professional developers. Not only is the conference highly selective regarding speakers, the organizers also require a review and practice of the talks, as well as providing professional presentation coaching.

Professor Saad’s talk was entitled “Why We Teach Angular to Our Computer Science Master’s Students.” He explained how MUM decided to teach Angular to its master’s students and how the framework helps build robust enterprise-level applications. In addition, he explained some of the main features of Angular and how they are well engineered compared to other frameworks and libraries. Also, he showed survey results of the most common interview questions about Angular and explained how to answer the most frequent question, which is about the Change Detection Algorithm.

“It was an extraordinary experience to share the stage with top Angular developers from Google and around the world,” Professor Saad said. “Also, I had a chance to meet in small groups with other Angular developers from around the U.S. and help them understand and design better code architecture.”

Professor Saad has 17 years of experience in web development and has worked for major companies, including Yahoo Middle East, Amazon Middle East, and the Abu Dhabi Government. He has also worked as a project manager, system architect, and senior software engineer on many projects for the United Arab Emirates government.

His talk can be viewed on YouTube at bit.ly/2HpWEU1.