

New Research
by Dr. Fred Travis

Maharishi
Global Archives

Guggenheim Fellowship
to Jim Shrosbree

Dr. Tony Nader
Visits Campus

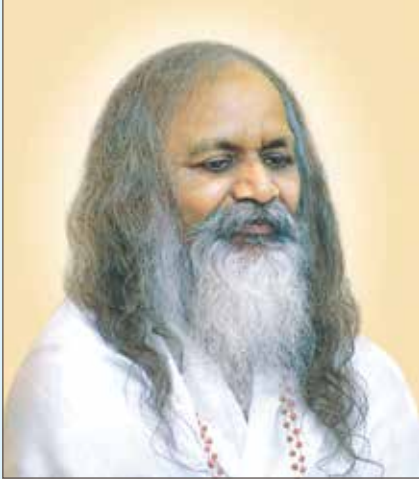
MAHARISHI INTERNATIONAL UNIVERSITY UNIVERSITY REPORT

2018 -2019



Capital Campaign Success Stories

- Newly named Wege Center for the Arts
- Guest and Conference Center
- Grace Ananda Sports and Recreation Center
- HighRise residence halls
- Argiro Student Center
- Historic Henn Mansion
- Verrill Hall



As a result of this educational approach, students grow in the awareness that all streams of knowledge are but modes of their own intelligence. They come to feel at home with everyone and everything. - Maharishi Mahesh Yogi

MESSAGE FROM OUR PRESIDENT

In this past year, we've seen growth and achievements across all areas of our university. Our enrollments have surged, besting even our most hopeful projections. New student entries (not including the Computer Professionals program) are up by 55% over last year, and total non-ComPro enrollment has surged by 40%.

Our ComPro program is also having a record year to date. And, for the second year in a row we have more students enrolled in our online programs than in our on-campus programs – and the potential for further online expansion is virtually unlimited.

Our campus beautification and renovation projects, supercharged by a fantastically successful Capital Campaign conducted by the Development Department last year, have transformed nearly every major campus building. We have just opened a beautiful new visitors center, a state-of-the-art Maharishi AyurVeda integrative health center, and a thoroughly upgraded recreation center. And we are just now launching what

will be a truly glorious renovation of the arts center. All this is, of course, thrilling to our students, faculty, administrators, and visitors.

Our brilliant and dedicated faculty – and our very inspiring students – continue to dazzle the world with their groundbreaking research, prestigious awards, publications, and presentations.

In December we “flung open wide the gates of the Domes” to include TM meditators in our daily group programs - thereby boosting our peace-creating influence and making all our MIU students and meditating townspeople feel included, welcome, and treasured.

In this 2018-2019 Annual Report, you'll find many inspiring details and stories about all these wide-ranging achievements – successes that would not have been possible without the unparalleled generosity and vision of our wonderful family of donors, along with every member of our university and Fairfield/Maharishi Vedic City community.

All of you, by contributing your skills, talents, and financial support



to MIU's initiatives, are fulfilling Maharishi's vision of a bright and lastingly peaceful world.

Thank you so very much for what you do for our university! Let us continue to work together and grow together to enjoy ever more waves of success and expansion in the years ahead.

With warmest wishes,

John Hagelin, President

UNIVERSITY REPORT

2018 - 2019

CAMPUS NEWS

- 4 | Quantum Paradox Solved
- 5 | Dr. Tony Nader's Visit
- 6 | Online Enrollment Brings Consciousness-Based Education to a Wider Audience
- 7 | New Maharishi AyurVeda Integrative Health Center
- 7 | MIU #2 in Nation for MS Degrees in Computer Science
- 8 | Reunion of Original Transcendental Meditation Teachers
- 9 | ChangeMakers: Second and Third Conferences
- 9 | More Townhouses in North Campus Village

ACHIEVEMENTS

- 28 | Faculty
- 32 | Students
- 38 | Maharishi School

DEVELOPMENT DEPARTMENT

- 42 | Our Supporters
- 60 | Wege Foundation
- 62 | Development News

FEATURES

10 | Graduation 2019

Educator-Innovator Nakisha Hobbs Delivers Commencement Address



12 | Capital Campaign Success

18 | Enlivening Our Wakefulness Brain Circuitry

An Interview with Dr. Fred Travis

20 | Surge in Computer Professionals Program

22 | Department of Defense-Funded Research on PTSD in Veterans

24 | Maharishi Global Archives and Collections

26 | Guggenheim Fellowship Awarded to Jim Shrosbree

John Hagelin delivers keynote at “Copenhagen II: 100 Years After”

Quantum Paradox Solved

Dr. Hagelin delivered a tour-de-force mathematical and visual presentation establishing that the unified field is fundamentally a field of consciousness.



John Hagelin, keynote speaker

University president John Hagelin was invited to give the keynote address at a prestigious physics conference in Los Angeles in October. The conference reviewed 100 years of largely fruitless efforts to resolve quantum mechan-

ics' most troublesome enigmas since its founding a century ago. When the original keynote speaker, Nobel laureate Murray Gell-Mann (a leading figure in quantum theory) died unexpectedly several months ago, Dr. Hagelin was called to take his place – to reflect on Gell-Mann's groundbreaking work and to present his own work.

Dr. Hagelin delivered a tour-de-force mathematical and visual presentation establishing that the unified field is fundamentally a field of consciousness. Building on that conclusion, he put forth an elegant solution to the mystery of the “collapse of the wave function” and its associated paradoxes like “Schrödinger's Cat” (which, according to quantum mechanics, is both alive and dead). As part of his address,

Dr. Hagelin detailed the sequential emergence of consciousness laid out in Maharishi's *Apaurusheya Bhashya*, which coincides in striking mathematical detail with the stage-by-stage emergence of the universe described by superstring theory.

Audience members were stunned to see such a profound and compelling link between consciousness and the physical world, and to see how that connection automatically resolves some of the most difficult paradoxes of quantum theory.



Left to right: Dr. Eric Strauss, Dr. Menas Kafatos, Dr. Navin Doshi, and MIU President Dr. John Hagelin.

Head of the international Transcendental Meditation organizations

Tony Nader Visits Campus

Dr. Nader conducted a question & answer session on a wide range of topics such as higher states of consciousness and interpersonal relationships.

Dr. Nader spent several sunny spring days here meeting with students, the Maharishi School community, Invincible America Assembly participants, and, via video conference, TM practitioners around the world. In Dalby Hall, Dr. Nader conducted a question & answer session with a panel of our students, covering a wide range of topics such as higher states of human consciousness, interpersonal relationships, and the practicalities of work-life balance. Nader also hosted a livestream video on Facebook about finding one's life purpose, geared toward the student-age population.

Dr. Nader has been connecting extensively with young people around the world through social media. For most of our students, this was their first time meeting him in person. He said that more and more people are asking, What is consciousness? His express goal is to answer from the perspective of scientific research and the Vedic Science brought to light by Maharishi.



Tony Nader greets students in Dalby Hall, Argiro Student Center.

Tony Nader, MD, PhD, MARR, is an author, medical doctor, and neuroscientist trained at M.I.T. and Harvard University, as well as a globally-recognized scholar in the fields of meditation, yoga, and consciousness. As Maharishi Mahesh Yogi's successor, Dr. Nader is the head of the international Transcendental Meditation organizations, and oversees Consciousness-Based programs in fields including education, health, and business in more than one hundred countries.



Online Enrollment Brings Consciousness-Based Education to a Wider Audience

For the second year in a row, fall enrollment of new students in online programs has exceeded enrollment of new students on campus.

As of early September, 158 new students enrolled in online programs compared to 144 students enrolling on campus (not counting the students in the MS in computer science). Similarly, last year 101 new students enrolled in online programs and 94 on campus.

“The availability of online learning brings the appeal of Consciousness-Based education to a much wider audience, and the year-over-year growth is an indication that our programs are really resonating among prospective students,” said Rod Eason, vice president of enrollment management and student life.

The new online enrollment includes 49 undergraduate students in the BA

in Ayurveda Wellness, a program that began in January. In addition, eight students enrolled in the new BA in Applied Arts and Sciences. Together, these 57 new undergraduate students compare to 50 new undergraduate students on campus.

“It’s heartening to see that our new, online students are every bit as enthusiastic about Consciousness-Based education as our on-campus students,” said Chris Jones, dean of assessment and undergraduate studies. “They have also bonded as an online community in a sweet and profound way. Online is definitely a growth area for the university at this time.”

Interest in online study of Maharishi AyurVeda and Integrative Medicine is even more robust at the graduate level, with 67 new students enrolling in this master of science degree, with a total enrollment of 163 students.

“This master’s program has come along at just the right time, when the need for holistic, prevention-based health care has never been greater,” Dr.

Eason said. “It aligns perfectly with MIU’s mission to improve the quality of life everywhere.”

Overall, not counting students in the MS in computer science, the total enrollment this fall is 760, with 353 online students and 407 on-campus students. Total enrollment at the university as of early September was 1,750, including 739 students in the MS in computer science and 151 students at Maharishi Invincibility Institute in South Africa.

It’s heartening to see that our new, online students are every bit as enthusiastic about Consciousness-Based education as our on-campus students.

– Dean Chris Jones



Paul Morehead, PhD, videotaping a lesson for online students in the Ayurveda Wellness program, which leads to certification as a Maharishi Ayurveda Wellness Consultant.



Vaidya Manohar Palakurthi with Jim Davis, DO, monitoring students in the practice of pulse diagnosis during their on-campus clinical residency.

New Integrative Health Center on West Campus Is Open to the Public

While there has been a clinic on campus for many years that offered health consultations, beginning October 14 this service was greatly expanded to include Maharishi AyurVedic cleansing and detoxification treatments.

The new clinic is located on the west side of Highway 1. A major impetus for establishing a full-service treatment facility on campus has been the success of MIU's graduate and undergraduate programs in Maharishi AyurVeda and Integrative Medicine. As of this year, these programs enroll over 200 students and are continuing to expand exponentially.

MIU is the first university in the US offering accredited bachelor's and master's degrees in Maharishi AyurVeda, and it now houses the first university-sponsored Maharishi AyurVedic clinic in the country.

The new Maharishi AyurVeda Integrative Health Center, organized largely by David Lonsdorf and Tom Brooks, offers AyurVedic cleansing treatments known as "Panchakarma." The treatments are given in silence to create a profound inner experience which many people describe as deeply luxurious and relaxing (see back cover). Panchakarma is beneficial for countering toxin accumulation, which is implicated in cardiovascular disease, Alzheimer's, dementia, arthritis, and many allergies. Toxins can also exacerbate common symptoms such as fatigue, weakened immune system, obesity, mental dullness, and depression.

For more information or to make an appointment call 641-472-1275. Or go to www.MIU-clinic.org.



New Health Center comprises 10,000 sq-ft of Vastu space.



Women's Panchakarma treatment room.

MIU #2 in Nation for MS Degrees in Computer Science

According to data just released by the US National Center for Education Statistics, Maharishi International University has risen to #2 nationally among US postsecondary education institutions for the number of master's degrees in computer science awarded in 2017-2018.

230 institutions awarded the computer science master's degree in 2017-18. The top 15 schools included Stanford University, University of California at San Diego, University of Southern California, University of Central Missouri, Columbia University in NYC, University of Illinois at Springfield, Illinois Institute of Technology, Arizona State University at Tempe, and Massachusetts Institute of Technology.

Data is from the Integrated Postsecondary Education



2019 MIU Commencement, June 22.

Data System (IPEDS) report submitted each year by all US colleges and universities.

Reunion of Original TM Teachers

Over the weekend of September 20-22, the Development Office hosted a “TM Movement Originals Reunion,” a first-of-its-kind event for TM teachers from the 1960s and 1970s. Over 300 participants gathered on campus, and it was a mega-hit from start to finish. By popular request, a second reunion is in the planning stages for October 9 -11, 2020.

Many guests had never been to Fairfield, and many more had not been here since the 1970s.

Festivities began with a Friday night formal dinner. The Argiro Student Center’s Festival Hall and the north dining hall of Annapurna were filled to capacity and the atmosphere became magical as everyone caught up and socialized with old friends.

Tony Nader, university president John Hagelin, former presidents Dr. Bevan Morris and Dr. R.K. Wallace, and others shared memories and insights from their time with Maharishi. Many guests had the opportunity, formally and informally, to share their own dearly-held stories of their experiences with Maharishi.

An awards ceremony honored those who were made teachers of TM in Rishikesh, India, in the 1960s.



Teachers of Transcendental Meditation from the '60s and '70s, pictured here in Dalby Hall.

Looking to the present and the future, guests also enjoyed sharing experiences with a panel of current young TM teachers - people in their 20s and 30s who have made the same profound commitment to teaching and preserving Maharishi’s precious knowledge that the “originals” did 40 and 50 years ago.

A major destination was Unity Gallery’s exhibit of the newly established Maharishi Global Archives and Collections. On display were literature and memorabilia from Maharishi’s multitude of initiatives around the world, now archived at MIU.

When asked what transpired over the 3 days, one participant summed it up: “We laughed, got reconnected with old friends, got our hearts warmed and uplifted, and generally had a spectacularly wonderful time! We loved every minute of it. Everything was spot on. Complete perfection.”



Second and Third

ChangeMakers Conferences

“Is College Bad for Your Brain?” was the title of the second ChangeMakers conference held on February 8, 2019. It explored the national epidemic of stress-related problems that can prove overwhelming for college students in their pursuit of higher education. The conference’s goal was to showcase MIU as an institution of higher learning 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.

A panel of five students discussed their experiences dealing with stress and the transformations they have undergone at MIU. Speakers included neuroscientists, psychologists, educators, and students. Former student-government president Chevonne Height participated in a live EEG demonstration conducted by Professor Fred Travis, showing the coherence creating benefits of the TM technique.

“How to Manifest Your Great Ideas” was the theme of the third ChangeMakers conference on June 8, which opened with Kevin Harrington, inventor of the Infomercial format and one of the original “sharks” on the hit TV show “Shark Tank.” Kathryn Frazier spoke next about her journey of building a successful PR business in the music industry and becoming a life coach, and former London financial trader Mar Michel-

Häusler talked about her path to social entrepreneurship.

The afternoon session, “Becoming a Big Fish,” took the form of a Shark Tank-like event, where five students pitched their business ideas in three minutes. Presented by MIU’s Concept to Market Institute, the session started with a keynote address by direct-marketing legend Joe Sugarman.



Students Emily Mauntel, Kent Kachejian, and Chevonne Height participate in a lively exchange moderated by Michael Sternfeld.

North Campus Village Phase Six

55 More Townhouses

North Campus Village has had five phases of construction, all of which have sold out quickly. Construction is currently underway for Phase 6 of the village community, with 55 additional townhouses planned.

While Phase 5 had three homes per building, Phase 6 will have a mix of three- and five-unit buildings, some with one story, some with two.

The new phase will feature a wide variety of options, with some of the townhouses having three or four bedrooms and a full basement at a base price of

\$231,500. The price of a one-bedroom, one-bath home will start at \$82,500.

The strong demand is due in part to people from around the country and the world wanting to move to Fairfield to be close to MIU. Many are teachers of the Transcendental Meditation technique who have spent time at the university in the past. “This is their intentional community of choice,” said developer Martin Brett. “They want to live in this community of meditators and live in a home built according to Maharishi Vastu design.”

This will be the final development in North Campus Village. Mr. Brett said any further low-cost developments will depend on whether the state continues to offer the incentives that make it feasible to build them.



GRADUATION

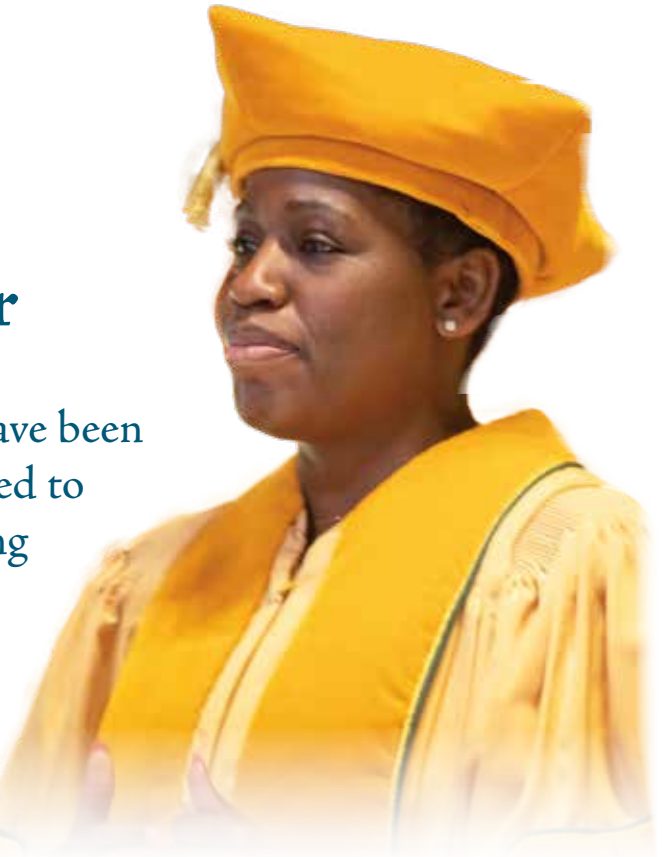
2019

One of the best graduation weeks ever

“I just want to remind you that you have been equipped with everything that you need to be successful in this world. By engaging in the act of transcendence, you have the crucial skill to transform, and will continue to transform, yourself as an individual.”

– Nakisha Hobbs

Nakisha Harris Hobbs is the co-founder and principal of the Village Leadership Academy in Chicago, with an innovative curriculum that includes the Transcendental Meditation technique. Ms. Hobbs is also associate director of the Office of Early Childhood Development in the Illinois Department of Human Services, where she oversees a \$1.3 billion budget. Ms. Hobbs has redefined the purpose of urban education and implemented innovative components such as world studies and social justice curricula and the World Scholar Program.



Nakisha Hobbs was awarded an honorary doctoral degree in education for her life-long service in addressing inequities in education.

On June 22, MIU graduated a record 592 students. Most of these students were from the US, Nepal, and Ethiopia. Of these graduates, 389 were from our Computer Professionals program and 55 students were from the Maharishi Invincibility Institute in Johannesburg, South Africa, where they received MIU BA degrees in business, and MBAs.



Chris and Laura Wege were awarded Doctor of World Peace honorary degrees for their lifetimes of public service and contributions to education.



Navin Doshi, aerospace engineer, businessman, philanthropist, author, and scholar, received an honorary doctorate for his lifetime of peace-making philanthropic endeavors. Next to Dr. Doshi is his brilliant wife, Pratima - the inspiration for the newly funded *Pratima Doshi Chair of AgroEcology* in MIU's Regenerative and Organic Agriculture Program.



Deepak Baskota received an honorary doctorate for his work in establishing a nationwide, cooperative movement in Nepal. He has given presentations on Transcendental Meditation to more than 40,000 people and has organized more than 5,000 students who now enjoy Transcendental Meditation in private and government schools.

The week leading up to graduation

At MIU, the week leading up to graduation day is incredibly rich and festive, and 2019 was no exception. Toward the beginning of that week, members of the Board of Trustees began arriving from around the country and, in some cases, from around the world. Graduation Day falls on a Saturday, and the Trustees hold all-day meetings on Wednesday, Thursday, and Friday. These meetings culminate weeks of preparation because the Board of Trustees reviews the accomplishments of the whole university and its plans for the upcoming year.

Celebratory events took place each of the three evenings. Wednesday night, the annual assessment and achievement awards were presented to selected faculty and administrators. It's always remarkable to see how much is accomplished in a short time at a relatively small school.

Thursday night, Mr. Navin Doshi was presented with an honorary doctorate in recognition of his outstanding lifetime achievements in aerospace engineering, business, economics, and philosophy, and for his philanthropic work in education, applying ancient wisdom to modern issues.

Friday night, the night before graduation, is usually the annual Com-

mencement Picnic, which offers an opportunity for graduating students and their families to socialize with faculty in an informal setting. If it rains, as it did this year, that event is held indoors. Minus the al fresco experience, it was still a joyous, celebratory atmosphere filled with meeting and greeting among all sectors of our university.

Following the picnic was the Student Awards Ceremony, where outstanding students in each undergraduate program were honored. At Commencement, honorary Doctorates of World Peace were presented to Laura and Chris Wege and to Deepak Baskota, for their lifetimes of dedication to public service and education.

CAPITAL CAMPAIGN SUCCESS

These campus improvement milestones are made possible by the generosity and vision of our amazing donors.

Last year's Capital Campaign was a resounding success, with total donations exceeding \$3 million (see page 61). Highlighted by \$750,000 in gifts to transform Building 152, designated funds for the Capital Campaign poured in. MIU was able to upgrade almost all major structures on campus, notably...

- newly-named Wege Center for the Arts
- Guest and Conference Center
- Grace Ananda Sports and Recreation Center
- historic Henn Mansion
- all HighRise residence halls
- Argiro Student Center
- Verrill Hall

And in the academic arena...

- The Wege Foundation has yet again gifted both faculty development and faculty research. For more about the foundation and the Weges, please see page 60.
- Navin and Pratima Doshi provided vital funding for the new *Pratima Doshi Chair of AgroEcology*, to lead the Regenerative and Organic Agriculture Program.

Wege Center for the Arts

In recognition of the generous support from Laura and Chris Wege and the Wege Foundation, the Arts Center has been named Wege Center for the Arts.

This 30,000 square-foot building is being upgraded and remodeled to improve comfort, convenience, and functionality for both the Fine Arts and the Cinematic Arts & New Media departments.

Most visible will be a remodel of the western façade. Hidden behind a garden trellis for several decades, the western front with its dramatically sloping

roof will be extended outward into a majestic glass enclosure.

This enlarged, light-filled space will serve as MIU's new Unity Gallery, formerly located in the main library. Revolving art exhibitions here will be visible from outside the building as well as inside. The gallery will be lit at night to showcase featured artwork.

This \$450,000 renovation project

will continue into spring 2020 and will involve multiple phases of exterior and interior work, including a complete upgrade of the existing HVAC system and a new stairway and facelift for the eastern façade.



Guest and Conference Center

Building 152, formerly a student residence hall, has been transformed into an upscale guest and conference center. Both Buildings 152 and 153 are now beautifully ready to accommodate MIU students, visitors, and our ever-burgeoning campus population, including CIC, TM retreats, and more.

Potential occupants and visitors:

- ✦ MIU students participating in Forest Academies and TM retreats
- ✦ Visitors Weekend prospective students and their families
- ✦ Students in the university's low-residency programs, such as the bachelor's in AyurVedic Wellness, the master's in Maharishi AyurVeda and Integrative Medicine, and the master's in Screenwriting
- ✦ Course participants in the semiannual Center Invincibility flying blocks
- ✦ Visiting faculty and guest lecturers
- ✦ Participants in the TM Teacher Originals reunions
- ✦ Alumni attending class reunions



Gate Ridge Court | Henn Mansion

MIU purchased the Gate Ridge Court building to accommodate increased student enrollment.



Gate Ridge Court is a 26,500-square-foot building located on the far west side of campus. The Business Administration, Distance Education, and Physiology and Health departments will consolidate all their activities there. These departments are scattered across campus, with classrooms in one building and administrative offices in others. Consolidation was recommended last year by the Higher Learning Commission, the regional accreditor for the north-central United States.

Students and professors alike will enjoy improved departmental logistics as well as the solar-powered rooms of Gate Ridge Court. An additional benefit of this building is its construction according to Maharishi Vedic Architecture principles, which are considered to be conducive to creativity and harmony for the occupants.



Historic Henn Mansion, built in 1857, renovated to last another 100 years

Henn Mansion houses MIU's Development department. Last year this north-facing building underwent extensive structural reinforcement of all the exterior walls and main floor substructures with new foundations added to increase stability, strength, and rigidity. In addition, new roofing was installed, old windows and framing were replaced, and the white trim and north balcony were repainted. The building now features a new and wider sidewalk up to the front entrance, with plans for outdoor lighting and landscaping by Jim Shaw in the works.

Argiro Student Center | Verrill Hall

As MIU's central hub of student life, the Argiro Student Center remains a primary focus for improvements to optimize its appeal and functionality.

This summer the east entrance was remodeled to include a classic limestone stairway. Among its many benefits, limestone is highly durable and well suited to this heavily trafficked stairway. Also, as a material of choice in prominent



buildings around the world, limestone adds to the Argiro Center's iconic and timeless beauty.

Inside Argiro, the serving area of Annapurna dining hall has been upgraded with new tile flooring and additional kitchen and serving equipment, including a panini bar, a sandwich maker, and service options for both sides of the salad bar. A new enclosure for busing dishes has improved traffic flow and created a more enjoyable dining experience. And a newly constructed wall now sequesters staff traffic as the elevator bringing food and supplies from the downstairs kitchen is unloaded. In addition, all the rooms connected with Annapurna have been outfitted with an upgraded ventilation mechanism.

Last, but far from least, MIU's premier classroom - Dalby Hall - now has new carpet, fresh paint, and new, state-of-the-art, audiovisual equipment to support the highest-quality filming and live webcasting.

Verrill Hall has undergone additional improvements to make room for the ever-expanding Computer Professionals Program.

Verrill Hall is used extensively for both classrooms and administration. Upgrades include opening an additional classroom, improving existing lighting and ventilation, and painting and upgrading the hallways. Landscaping and a water feature by James Bedinger grace the north entrance.



HighRise Residence Halls

The HighRise student residences continue to be upgraded, creating welcoming new homes for more than one hundred ComPro students arriving on campus every season.

This year, HighRise 142 received a complete makeover similar to last year's renovations of HighRises 143 and 144. Upgrades include a complete retooling of plumbing and water supply systems, and renovated student-living quarters with comfortable new furniture.

In addition, HighRises 140 and 141 have improved air quality systems that introduce 2,000 CFM (cubic feet per minute) of fresh air into the building day and night. All five HighRises are dehumidified throughout the year to optimize air quality.



Grace Ananda Recreation Center

The 60,000-square-foot Grace Ananda Recreation Center is one of the largest indoor sports facilities in the state of Iowa.

Recent upgrades feature the installation of a martial arts space, a floating dance floor, three additional pickleball courts (now a total of six courts), and renovation of the rock climbing wall. The entire space has LED lighting, high-tech ceiling fans to cool in summer and push warm air down in winter, and cushioned, high-performance quality flooring.



CONSCIOUSNESS-BASED EDUCATION ENLIVENING OUR WAKEFULNESS BRAIN CIRCUITRY

Dr. Fred Travis explains his recent important research on Consciousness-Based education

Dr. Travis, to start out, please define Consciousness-Based education.

Consciousness-Based education (CBE), fundamentally, is taking the parts of knowledge in a particular discipline and connecting them so that they can be understood as one entity, one wholeness. And then connecting that wholeness to the innermost self of the student. So Consciousness-Based education takes the complexity of any field and structures its diverse parts into a wholeness that connects with the wholeness of the student. In short, it connects parts to their whole, and the whole to one's self. That is the essence of what we do in all our classes at MIU.

How is all this "connecting" implemented?

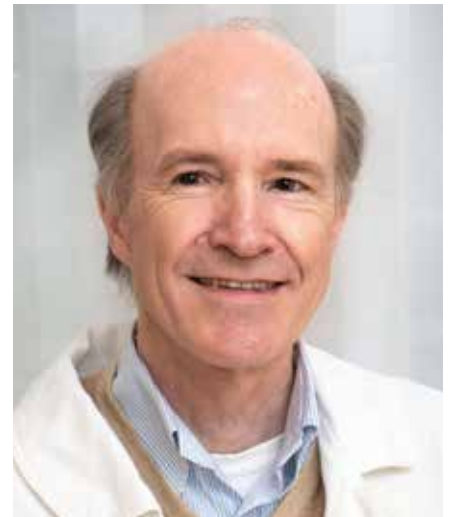
This connecting is accomplished on two levels: first, by using specific teaching techniques in the classroom and second, by adding the experience of transcending to the curriculum.

A course-overview chart is created

for every course. This chart presents the whole of the course, the themes of each week, and the topic of each day. At any time, students can see how what they are covering in class fits into the larger picture. A Unified Field Chart is also created for each course. This chart presents the structure of the discipline from more abstract to more expressed. Each lesson is placed in this larger whole. These and other charts train the student's attention to move from the point to the whole and back again.

The second level of connecting part and whole in Consciousness-Based education is adding Transcendental Meditation to the curriculum. The students explore parts, then at the end of the day they close their eyes and explore their innermost nature through TM practice.

Transcendental Meditation adds a new type of experience. It's not an experience of something - something that is seen or heard or touched or tasted or smelled. Rather, transcending is the experience of wakefulness itself, be-



yond thinking, feeling, sensing, or evaluating. The experience is of that part of us that is universal, not localized, expanded. CBE students experience their universal nature as part of the class experience.

Every experience changes the brain. With regular TM practice, the wakefulness circuitry that supports the experience of transcending during TM practice begins to be self-sustaining and quietly permeates daily activity. Greater inner silence and stability allows us to better deal with the challenges of daily life.

With the technique of TM, we've added silence to education. Students can explore the nature of their self. It's

not another piece of information that we've added to the field of education. It's "knowingness," it's wakefulness itself. Without this tool, CBE would just be another philosophy, another theory.

When you know who you are, you have a stable basis for gaining knowledge. That is what is meant by our Consciousness-Based approach to education.

So Consciousness-Based education understands consciousness to be more than our changing, conscious experiences.

Yes. In Consciousness-Based education, we understand that conscious experiences and cognitive tools are important. The student needs to learn facts and develop problem-solving and analysis skills. In addition, the silent, more expanded value of consciousness is available when students close the eyes and transcend. The student discovers that unbounded, unlocalized, pure wakefulness, consciousness, is their own fundamental nature and the basis of the world around them.

The result is a delightful educational environment! I love teaching here. We arrive in class in the morning and everyone has already practiced TM. Everyone's feeling bright and clear, well-rested, eager to learn. We focus on the discipline for 1 and 3/4 hours, then before the lunch break we meditate for 10 minutes. So, we're looking outside to explore the world, and then we're looking inside to explore the self. Back and forth, inward and outward. We go to lunch, we come back, another two hours on the course material and finish with another 20-minute meditation.

What exactly is your recent research on CBE?

A study currently under review reports brain integration of 27 students who were measured as freshman and as seniors. Over their time at MIU, their level of brain integration significantly increased. Higher brain integration is seen in high-level performers and is correlated with faster brain functioning and greater creativity.

In this study, we also measured the level of cognitive functioning. Over their time at MIU, these students decreased in mood disturbances and increased in emotional-behavioral coping levels and self-esteem. This research is bringing out the practical value of Consciousness-Based education for making a real difference in students' lives.

What do these findings mean?

It means that colleges can teach you facts and figures, but also they should teach students how to be more alert, more wakeful, and more aware of things around them. In terms of an analogy, you can teach a novice cook how to prep vegetables, what angle to hold the knife, the best cutting board, the perfect lighting, and so on. But you also want to teach how to sharpen the knife. Then all of their actions will be easy and more successful.

In terms of college education, MIU teaches students facts and skills, but MIU also teaches students the Transcendental Meditation practice to deal with stress and to be more awake and aware of their surroundings.

On the outside, MIU looks like any other school. Students attend classes and professors teach the traditional disciplines. The difference here is that

students have the ability to increase awareness itself. If you look closely, you'll notice our students are happier. It's a wonderful thing to be growing in consciousness. This just isn't the trend for the general population, especially at institutions of higher learning where mental health issues such as depression, anxiety, eating disorders, and addictions are at crisis levels.

For the college years, how does Consciousness-Based education help students make positive, life-supporting choices?

Consciousness-Based education is a game-changer. When you transcend you're stepping out of habitual patterns. You're stepping out of habitual thoughts and feelings, stepping out of categories, stepping out of all mental activity, of all models of who you are. You experience your essential nature. After TM practice, it's like coming back anew. You look at all the old habitual patterns in a different way, and so you have the ability to change and grow. Plus, regular transcending gives you more mental energy. You have the mental get-up-and-go to consider a change. CBE allows you to have a different picture of who you are, and then you have a different vision of where you want to go. And you have the mental energy to actually push that change through.

So this is what you see at MIU. It's hard to quantify. It's subtle. I would say our students have more of a sense of direction; they're happy; they're excited. They're not overwhelmed by the craziness of the world we live in. Instead, they're excited about the possibilities of how things can be changed.

The difference at MIU is that students have the ability to increase awareness itself. When you transcend, you experience your essential nature, pure awareness.

GREAT STRIDES IN COMPUTER PROFESSIONALS PROGRAM GROWTH

A record-breaking-size class

The Computer Professionals Program (ComPro) was founded in 1996 and has been growing ever since, despite fluctuating markets and world affairs. Just a few years ago, ComPro enrolled 300 students a year. “Now, we’re getting over 1,000 inquiries a month, and we enrolled 382 students last year,” said ComPro director Elaine Guthrie. This year saw ComPro’s largest graduating class of over 500 students.

Short track to high-paying jobs

Currently, the US workforce has over 2,500 ComPro graduates. They work primarily in software development, though a data science track is also available. Students spend 8–9 months on campus in the classroom followed by an internship at companies such as Microsoft, Google, and Amazon. Often a full-time job follows, with start-

ing salaries averaging \$90,000 a year. The dramatic increase in current student interest can be attributed first and foremost to the likelihood of a robust salary at a major corporation in a relatively short amount of time.

Consciousness-Based tools and benefits are also a motivating factor. This year, ComPro faculty and administrators comment that their 2019 incoming students view CBE as a competitive edge for entering and succeeding



ComPro Dean Dr. Greg Guthrie and ComPro Director Elaine Guthrie



Ms. Guthrie presenting ComPro in Vietnam last year.



Alumni Andy Zhong – CEO of Billion-Dollar Gaming Company FunPlus

Andy Zhong is a co-founder and CEO of the billion-dollar gaming company FunPlus. In less than 10 years, FunPlus has become one of the most significant companies in the gaming industry, generating over \$1 billion in revenue.

Zhong credits his time in MIU’s MS in Computer Science (2007) as “very helpful,” and he continues his practice of Transcendental Meditation. “At MIU I learned Transcendental Meditation which is a powerful tool to help me be more focused and live in the present,” he said. “It also gives me the ability to inquire deeply and guide my natural curiosity to explore.”

His long-term goal is to make his company one of the top three interactive entertainment companies worldwide and to create the best games and gaming community for over 5 billion people. “We never limit our goals based on what we have accomplished in the past; we always pursue bigger dreams.”

in the job market, a sound reason for choosing MIU over other schools. DataScienceGraduateProgram.com found MIU to be among the very best for data science, giving the program the #1 spot for Iowa in its list of Top Data Science Graduate Programs for 2018.

Drawing large crowds worldwide

Each year, as Ms. Guthrie and her husband, Dean of Educational Technol-

ogy Dr. Greg Guthrie, travel overseas to promote enrollment, their audience turnout increases. Through word of mouth and social media advertising, ComPro’s reputation has gradually made headway worldwide. Currently it is one of the largest and most successful such programs in the US.

Attendance at the Guthries’ international talks tends to exceed each successive year’s projection. Their lectures detail the program requirements and

the benefits of Consciousness-Based education, including introducing the Transcendental Meditation program as the core of education.

“We always meet people who express a great appreciation for the university,” said Ms. Guthrie. “In our talks, we don’t just highlight ComPro. We emphasize Consciousness-Based education and the way it helps create professional success through optimized brain functioning.”



Edwin Bwambale, Microsoft engineer

A few years ago in Kampala, Uganda, two brothers told the Guthries they wanted to get degrees at MIU because two of their brothers had already studied here and gotten great jobs. One of the brothers was Edwin Bwambale, now a ComPro grad employed at Microsoft. Since then, a fifth sibling has enrolled at MIU. Says Edwin, “Our father wants all five of us to have MIU degrees.”

LANDMARK DEPARTMENT OF DEFENSE-FUNDED RESEARCH ON PTSD IN VETERANS

PUBLISHED IN *THE LANCET
PSYCHIATRY*

Veterans with Post-Traumatic Stress Disorder (PTSD) who practiced the Transcendental Meditation technique showed significant reductions in symptoms comparable to and beyond those veterans who utilized a “gold standard” VA-approved psychotherapy called prolonged exposure (PE). Published in a leading psychiatry journal, *The Lancet Psychiatry*, Nov 15, 2018, the study, entitled “Non-Trauma-Focused Meditation Compared to Exposure Therapy in Veterans with PTSD: A Randomised Controlled Trial,” was funded by the Department of Defense, U.S. Army, for \$2.4 million.

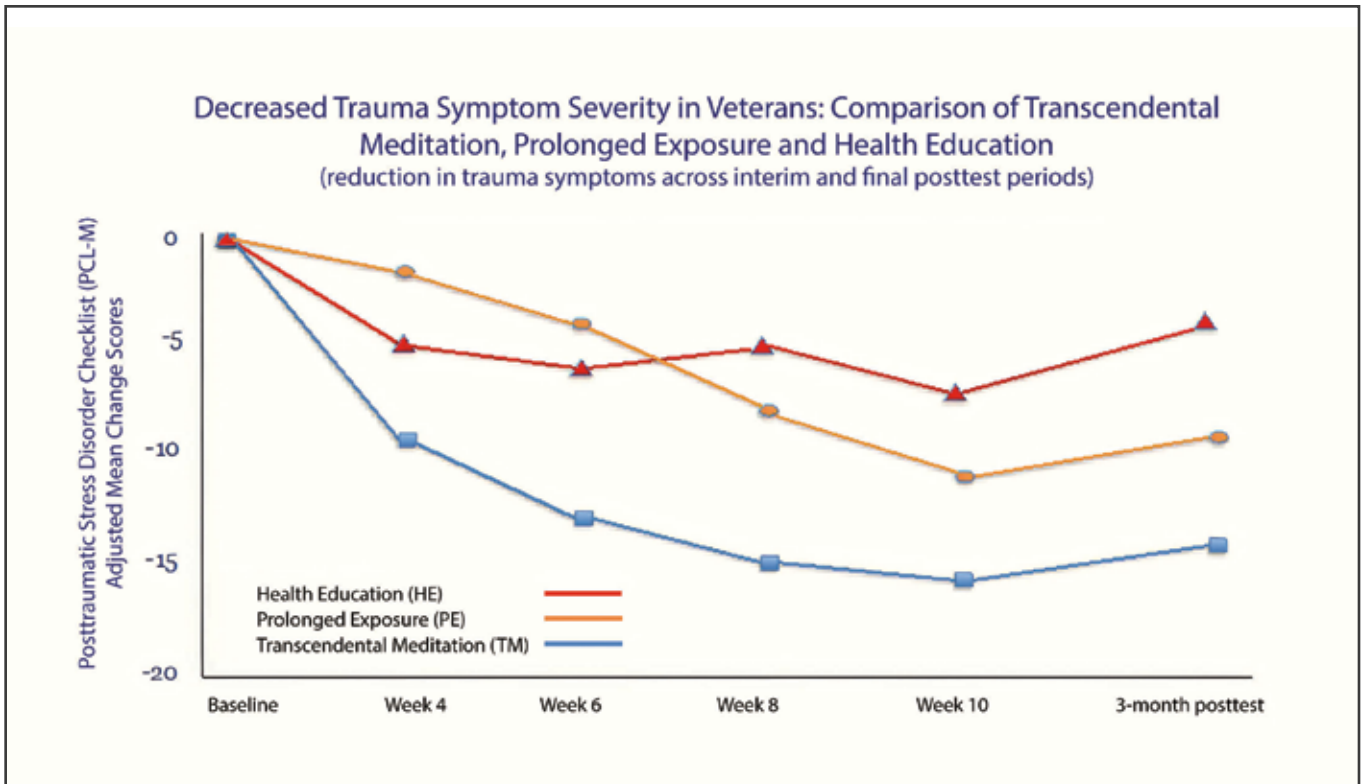
According to Sanford Nidich, EdD, Director of the Center for Social-Emotional Health at Maharishi International University Research Institute and the study’s principal investigator, “This trial provides evidence that Transcendental Meditation is a viable option for decreasing PTSD symptoms in veterans.”

The randomized controlled trial assigned a total of 203 veterans at the VA San Diego Healthcare System to either:

- Transcendental Meditation
- Prolonged Exposure
- health education



Sanford Nidich



This additional evidence-based PTSD therapy will benefit patients both by offering them a greater range of first-line treatment options and by serving as an alternative treatment strategy for those not responding to exposure-based PTSD therapy.

– Dr. Sanford Nidich

Each treatment provided 12 sessions over 12 weeks, with daily home practice.

The TM program was effective within the first month of practice in reducing PTSD symptoms and depression and continued to show improvement over the three-month intervention.

Results presented in the paper further indicated significant reductions in total mood disturbance for those practicing the TM technique. Improved quality of life, which is of major concern for veterans and their families, was also observed within the TM group and not in the other groups.

While Exposure Therapy can be beneficial for many, 30-50% or more of veterans using this approach fail to show clinically significant improvements. Dropout rates can be high, ranging from 30-44%. These relatively high

dropout rates with Exposure Therapy may be due to the discomfort and anxiety during therapy reported by patients.

In contrast, the Transcendental Meditation program is a non-trauma-based therapy, especially applicable for patients who do not respond to, or avoid, trauma-focused therapy. The ease of practice of the TM technique, and the peace and sense of comfort that accompanies TM practice, is not lost on those who want an alternative to Prolonged Exposure.

The simplicity and self-sufficiency of Transcendental Meditation fits well in the military lifestyle. “Consistent with military culture, the TM technique is self-empowering, completely transportable, and inconspicuous,” said Vernon Barnes, PhD, Augusta University, in his editorial comment on the study.

Dr. Nidich adds, “I think it’s inevitable that the United States Department of Defense and the Department of Veterans Affairs will adopt Transcendental Meditation as part of their evidence-based PTSD therapy. The results of practitioners of the Transcendental Meditation program are very consistent. With these kinds of results of veterans using Transcendental Meditation, I have no doubt TM will become widely available; veterans are clamoring for it.”

Co-authors, TM teachers, and staff for the study were Maxwell Rainforth, John Salerno, Robert Schneider, Carolyn Gaylord-King, Thomas Rutledge, Paul Mills, Pia Heppner, Norman Rosenthal, Linda Heaton, Laura Alcorn, Matt Dixon, Norin Isquith, and Therese Gibson.

THE MAHARISHI GLOBAL ARCHIVES AND COLLECTION

finds a home at MIU



Memorabilia and recordings from the entire range of Maharishi Mahesh Yogi's programs over 54 years, to bring enlightenment to every person on earth, have been donated and gathered from around the globe, then categorized, preserved, and protected.

Quietly, for some months now, the large, central room on the bottom floor of the MIU Library has been the gathering place for boxes, books, photographs, news articles, and personal memorabilia. Those of you who were part of Maharishi International University or Maharishi School theater productions in the 1970s through 1990s will remember that room as a repository of costumes and props, and the rehearsal site for Spayde Theater plays.

No more. The space, as well as its significance in MIU history, has been transformed. Items and memorabilia from the entire 54-year history of Maharishi Mahesh Yogi's campaign to bring enlightenment to the world through the Transcendental Meditation program and related technologies from the Vedic tradition have been donated and gathered from around the world, then categorized, preserved, and protected (the most valuable items are in a safe).

At the center of this massive archiving endeavor are Gail Crotta and John Boncheff, co-directors of the newly formed Maharishi Global Archives and Collections (MGAC) at MIU. Both have backgrounds in Maharishi Vedic Science and are long-time TM teachers. They share a powerful commitment to this dauntingly enormous yet crucial project. John Boncheff's commitment arose from hearing Maharishi say, years ago, that it is very important that we document the

steps that transformed the darkness of life in ignorance into the light of heaven on earth, so that future generations will understand the contrast and be motivated to preserve Maharishi's programs. Gail Crotta's commitment is based on personal discussions she had with Maharishi about the need for an archive. Those discussions included a grand vision of majestic buildings to house the collections and offer active exhibits.

The potential benefits from pioneering a digital repository for academic research, broad outreach, dissemination, and historical preservation are huge. Director Crotta explains that, "In an information age, Maharishi's vision can be most efficiently accomplished through the creation of a global digital repository with websites containing high quality reproductions of the original material, which itself is housed in many collections and depositories around the world."

A permanent home of appropriate scale and grandeur for the collections at MIU has not yet been funded. Yet generous donations from MIU Trustees and several private citizens have allowed MGAC at MIU to acquire state-of-the-art scanning hardware and archival software with advanced word-searchable capabilities to begin the process.



The Historic Prints Archives include the 1962 Meditation Guide Course, Catalina Island, off the California coast.

The MIU archive is a physical treasure trove of tens of thousands of items, as well as digitally-recorded artifacts that remain in private hands. Some of these items were on public display in the fall of 2019 at the library's Unity Gallery, first for the MIU Alumni 40th Reunion (September 6-7) and then for the TM Movement Originals Reunion (September 20-22). Visits to the gallery were integrated into the course schedules and were cited as a high point of the entire weekend by many participants.

If you attended one of these courses or were lucky enough to have a private showing, you know that directors Crotta and Boncheff function not

only behind the scenes, but as adept tour guides, drawing attention to one fascinating artifact after another. For now, they and their growing squadron of volunteers will continue to be inspired and to inspire all of us, as they sift through, scan, categorize, archive, protect, and - periodically - share these items with everyone.

The Maharishi Global Archives and Collections Project operates under the supervision of MIU President John Hagelin and a board of long-time certified TM teachers who set policies and procedures. It is coordinated by the MIU Dean of Faculty's office and operates with the participation of both MIU and Maharishi Foundation. Co-Directors Gail Crotta and John Boncheff were appointed by President Hagelin and serve on a voluntary basis.



GUGGENHEIM FELLOWSHIP AWARDED TO JIM SHROSBREE

The many achievements of MIU's beloved, long-time art professor Jim Shrosbree were recognized in April 2019 by the Guggenheim Foundation, which honored him with a 2019 Guggenheim Fellowship. This award is not only a prestigious honor, but also comes with a substantial grant that typically allows recipients



"Talla Hassee (rinse)" by J. Shrosbree

to focus exclusively on their art, research, or writing, for six months to a full year. Professor Shrosbree was one of 168 artists and scientists selected from a group of nearly 3,000 in the Guggenheim Foundation's 95th competition. He was one of only 25 who received the award for their work in the fine arts.

"I'm over the top!" Shrosbree said. "It's hard to quantify the enormous rush of gratitude and appreciation. This award affords freedom to create, so it is a chance to explore materials and size and fund some travel related to my studio practice."

He added that the award is also a benefit to the art department and the university. "The benefit naturally spills into the art department and to the university as a whole, because it stimulates and underlines the value of what is termed 'research' in an academic setting. The value is that each achievement

can open the door for more and greater things to happen both personally and for the community of scholars."

Professor Shrosbree has worked in a variety of media, but has focused on sculptures formed out of simple, yet idiosyncratic materials. Many of his pieces are meant to be mounted on a wall and often have drawn lines or colored shapes placed behind and/or around them. In addition, many have physical connections, like wire, uniting the form and the wall through suspension, tension, and/or balance.

His sculptures, paintings, and works

on paper have been exhibited nationally and internationally, and are included in such collections as Los Angeles County Museum of Art, Detroit Institute of Art, Daum Museum of Contemporary Art, Eli and Edythe Broad Art Museum at Michigan State University in East Lansing, Des Moines Art Center, the Mint Museum in Charlotte, North Carolina, and the University of Iowa Museum of Art.

Professor Shrosbree has taught fine art at MIU since 1979. His work has been generously supported by the Wege Foundation.



Maharishi always emphasized that the role of an artist is to "breathe life into the lifeless." My fascination is in bringing that life spark. It happens when relationships come together in a certain way. I have to push beyond the materiality and the form to make something new in my own process of discovery. The structure for the process becomes a good start but it is only used to provide some parameters for an unknown to emerge. – Jim Shrosbree

PRESENTATIONS

Faculty Give Multiple Conference Presentations During Summer

Faculty traveled to professional conferences in the US and Canada, Nepal, India, and Europe, to give presentations in their areas of expertise.



Robert Schneider gave an invited keynote address at the annual convention of the Islamic Medical Association of North America in Utah. He spoke about the role of the Transcendental Meditation technique in cardiovascular health and began his presentation with a quote from Rumi about returning to the “root of the root of your own soul.”



Andrew Bargerstock participated as an investment coach at a three-day investment seminar in Calgary, Canada. This event, which was attended by 1,500 people, was offered by Rule # 1 Investing, an Atlanta-based hedge fund founded by best-selling author Phil Town.



Emdad Khan presented a paper, “Lifelong Machine Learning with Logic, Semantics, and Natural Language Processing,” at the 2019 World Congress in Computer Science, Computer Engineering & Applied Computing in Las Vegas, Nevada. He explained how these techniques can boost the growth of artificial intelligence.



Dennis Heaton participated in a symposium titled “Managing by the Bhagavad-Gita for Organizations to Become Inclusive” at the annual meeting of the Academy of Management in Boston in August. The symposium was awarded Best Symposium Proposal. He spoke about how enlightened leaders go beyond attachment to narrow self-interest to lead organizations and communities toward inclusive well-being.



Dorothy Rompalske participated in a panel discussion on how to get one’s book published at the annual conference of the University Film & Video Association in Minneapolis. The panel focused on publishing opportunities with Michael Wiese Productions, with whom Ms. Rompalske has recently signed a contract to write a book on how meditation can be used in the creative process of screenwriting. She also appeared on the panel “The Future of Story” at the Playwrights Center in Minneapolis.

Professor Saad Speaks to Industry Leaders at Prestigious Angular Conference



Computer industry leaders learned about MIU's approach to teaching web-application programming thanks to a presentation delivered by Professor Asaad Saad.

The conference, in Salt Lake City, was hosted by Angular, makers of a leading framework for Javascript and web programming. Attended by over 1,200 professional program developers, the conference organizers were highly selective about the quality of speakers, requiring review and practice of the talks, and providing presentation coaching.

Entitled "Why We Teach Angular to Our Computer Science Master's Students," Professor Saad explained how MIU's Computer Professionals program faculty arrived at the decision to teach Angular to its master's students and how the framework helps build robust, enterprise-level applications. "It was an extraordinary experience to share the stage with top Angular developers from Google and around the world," said Professor Saad, who has 17 years of experience in web development and has worked for major companies, including Yahoo Middle East, Amazon Middle East, and the government of United Arab Emirates in Abu Dhabi. For the United Arab Emirates government Mr. Saad served as a project manager, systems architect, and senior software engineer on many projects. His Angular Conference talk is on YouTube.

https://www.youtube.com/watch?v=YilT45_-esk

Faculty Present at Ayurveda Conference



Robert Schneider



Dinesh Gyawali

Dr. Gyawali's talk explored two underrepresented branches of Ayurveda, *Agadhatantra* and *Bhutavidya*, that are relevant to treating addiction. He discussed the Ayurvedic protocols for managing addiction as well as aspects of Vedic counseling. "People are looking for solutions to addiction, and it has become relevant to rediscover the ancient Ayurvedic wisdom on this issue."

Two faculty members presented at the National Ayurveda Medical Association's annual meeting in April in Scotts Valley, California. Professor Dinesh Gyawali, PhD, presented on the Maharishi AyurVedic approach to addiction, and Professor Robert Schneider, MD, presented on yoga therapy and chronotherapy in Ayurveda.

Dr. Schneider, dean of the College of Integrative Medicine, noted that, "Contemporary medical practitioners tend to view Ayurveda in terms of body or physiology. That's only one third of the story. Original Ayurveda requires three pillars of health: mind, body, and environment, all grounded in the inner Self - *Atma*."

Schneider presented an understanding of yoga in Ayurveda that emphasizes union with one's inner Self. He

said the Transcendental Meditation technique is a vehicle for achieving this union, as evidenced by scientific research on the health benefits of TM.

Dr. Schneider also explained that modern medicine recognizes the timing of disease onset and treatment in chronomedicine. He described how Maharishi Jyotish helps fulfill the goals of chronomedicine for personalized, preventive, predictive, and participatory health care.

RESEARCH

Student participation in long-term TM and TM-Sidhi program study Peace and Social Coherence in Cambodia



Lee Fergusson



Ken Cavanaugh

According to a new, peer-reviewed study by PhD alumni Lee Fergusson and research professor Ken Cavanaugh, group practice of the Transcendental Meditation and TM-Sidhi programs in Cambodia between 1993 and 2008 was associated with a 96.2% decline in social-political violence compared to violence in the preceding three years.

The study was published this year in *Studies in Asian Social Science* (www.sciedupress.com/journal/index.php/sass/issue/view/789). It is the first study to use an explanatory, mixed-methods, research design to explore the growth of social coherence using time-series analysis and qualitative-content analysis of news articles. The researchers analyzed monthly data on the level of socio-political violence obtained from automated content-analysis of news reports performed by a leading, independent, research organization.

Statistically, the likelihood that the reversal of violence occurred randomly was one chance in 10 million.

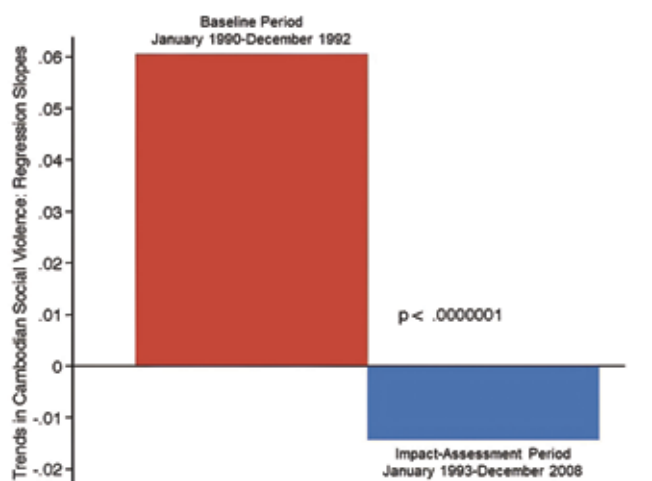
The positive effect of these programs was predicted in advance of the group practice. Said Dr. Fergusson, “Maharishi Vedic University (MVU) was established in Cambodia in January 1993 for the express purpose of bringing peace and prosperity to Cambodia. When the violence calmed down, the positive influence of the meditating groups was recognized by officials of the Cambodian government.” The late King Norodom Sihanouk publicly stated, “MVU is play-

ing an important role in restoration of peace and expansion of prosperity throughout our country.”

Reduction in violence began as soon as 550 students gathered to practice the Transcendental Meditation technique twice daily at Cambodia’s Maharishi

Vedic University. By the following year, 100–200 students began practicing the TM-Sidhi program twice daily in a group. Across three MVU campuses in Cambodia, up to 1,250 students contributed to increased coherence in collective consciousness in their country.

Reductions in Social-Political Violence in Cambodia Resulting From Group Practice of the Transcendental Meditation and TM-Sidhi Program



Reference: L. Fergusson & K. L. Cavanaugh (2019). Socio-political violence in Cambodia between 1990 and 2008: An explanatory mixed methods study of social coherence. *Studies in Asian Social Science*, 6(2), in press.

BOOKS AND JOURNALS

International Journal of Mathematics and Consciousness

New Tony Nader and David Scharf Papers



Tony Nader



David Scharf

Papers by Dr. Tony Nader and Professor David Scharf are featured in a new issue of the *International Journal of Mathematics and Consciousness* now online at ijmac.MIU.edu. The journal is dedicated to the mathematical description and understanding of consciousness, and Dr. Nader's 13-page

paper responds to questions that arose from his premier paper in the journal in which he proposed an axiomatic theory about consciousness and its relationship to matter. That paper was titled "Consciousness Is All There Is: A Mathematical Approach with Applications."

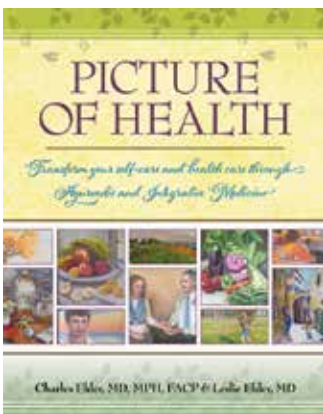
In this new paper Dr. Nader discusses topics such as the self of an entity, the origin of space and time, and the distinction between singularity and consciousness.

Dr. Scharf's paper is titled "Two Dogmas of Materialism: Toward a Consciousness-Based Framework for Understanding Mental Causation." His discussion wrestles with the current

notion that consciousness and mind are entirely dependent on the brain, a thesis that's usually referred to as materialism.

Dr. Scharf points out the problems with the materialist theory of mind and discusses the two "dogmas" that underlie this theory. He shows that neither of them stands up to scrutiny and uses quantum field theory to outline a model of mind-brain interaction, which he calls the "transmission model." He then describes previous analyses that clearly explain how this transmission model can work, including the Consciousness-Based paradigm described by Immanuel Kant and Maharishi Mahesh Yogi.

Picture of Health authored by MDs



A new book, *Picture of Health: Transform Your Self-Care and Health Care Through Ayurvedic and Integrative Medicine* by Drs. Charles and Leslie Elder, offers a practical roadmap for integrating Maharishi AyurVeda practices into conventional health care. Charles Elder, MD, MPH, FACP and adjunct professor of physiology and health

at MIU, and Leslie Elder, MD, who also illustrated the book, are long-time practitioners of Transcendental Meditation and are Maharishi AyurVeda-trained physicians. Charles has served as a primary care internist at Kaiser Permanen-

te Northwest for 26 years and holds a Senior Investigator appointment at Kaiser's Center for Health Research where he has investigated a range of federally-funded studies evaluating mind-body and other complementary medicine interventions. Leslie practiced urgency-care medicine for 15 years, during which time she also maintained a private, integrative-medicine practice focused on Ayurvedic herbal and dietary therapeutics. She is a vegetarian cook and fine artist.

Published in August 2019 by Permanent Press, *Picture of Health* is a succinct, user-friendly manual for preventive measures and for management of chronic disorders. "The fact that we both have this allopathic background and have successfully integrated Maharishi AyurVeda into our practice makes our book unique," Charles said. "It draws upon our years of clinical experience to bridge the gap between conventional, medical culture and authentic Maharishi AyurVeda."

CINEMATIC ARTS

Lauren LeBritton Wins Award

at Iowa film festival

Lauren LeBritton wrote, directed, and co-edited *The Playhouse*, a 30-minute film that was nominated for the Iowa Motion Picture Association's 2019 Awards and won a trophy for best original music score.



Lauren graduated Magna Cum Laude in June 2019

Lauren created *The Playhouse* during a four-month module with a crew of four film-student colleagues and a cast of 15 MIU and Maharishi School students and alumni. The light-hearted comedy is about a group of high school thespians fighting to keep their performance space from being sold to a villainous buyer.

Lauren came to MIU from New Hampshire wanting a non-traditional education and

was drawn to the health benefits of the Transcendental Meditation technique. "In my teen years, I wanted to make music and possibly do film work," said Lauren. "I didn't realize that it would be possible to accomplish all this - and more - during my undergrad years. Everything is so accessible at MIU because it's smaller, more centralized. You have time with the professors and the equipment, unlike in other schools with huge programs."

Lauren recorded her first album as part of her senior year project as well as produced her first music video. She is publishing her work via online streaming platforms such as Spotify and YouTube.

Before coming to MIU, I couldn't have imagined how much better off I would be physically and mentally, and that I would be graduating with all this knowledge to create music and film-making of my own. – Lauren LeBritton



Classmates critique and admire photographs during a class in digital photography.

Graduates of MA in Studio Art

receive scholarships to Yale, University of Oregon, and UC Davis

Caroline Lichucki, Geneva Bell, and Younes Kouider received full-tuition scholarships and other awards and are now in highly-ranked Master of Fine Arts programs.

The goal of MIU's Master of Art degree is to give student-artists who want to enter an MFA program the opportunity to spend one full year developing their craft, assembling a strong portfolio, and receiving faculty guidance on applying to top graduate programs.

"Student success in the MA program is dependent upon a combination of talent, receptivity, and dedicated focus," said Professor Gyan Shrosbree. "As faculty, we help students with picking schools, photographing their work, writing essays and artist statements, and helping them practice interviews and presentations."

Caroline Lichucki selected the University of Oregon based on engaging art work by its faculty and grad students. In addition to full tuition, Caroline received a paid teaching-internship for the duration of her studies. "The MA Studio Art program provided an opportunity to push far ahead and grow beyond my former creative and technical limitations," she said.

Genevra Bell chose the University of California at Davis where she will continue artwork in installation, sculpture, and video. The fellowship she received provides full tuition and a generous monthly stipend. "Professors James Shrosbree, Gyan Shrosbree, and Sean Downey were incredibly helpful," she said. "The MA program allowed me precious time to create a portfolio I am



Younes Kouider, Geneva Bell, Caroline Lichucki

extremely proud of, and also enough time to work on my artist's statement and theory, which was necessary for applying to graduate schools. I one-hundred percent would not have gotten into the graduate schools I wanted to attend without having done this MA program."

She also notes the contribution of Transcendental Meditation to her success. "For me, coming to the studio clear-headed and composed, while also excited, full of energy and ideas, is the right combination for my creative process. My TM practice twice a day seems to clear out the background mind-chatter. Then my natural inventiveness flows so easily that I'm in the zone for crafting something fresh and new."

Younes Kouider received a full tuition scholarship to Yale, which he chose from among five other prestigious schools, based on its faculty and competitive environment. He plans to continue his work in sculpture. "The Studio Art MA helped tremendously to get the confidence, the groundedness, the technical knowledge, and the understanding of both the practice of art and the current art world," he said.

Younes also received a scholarship to attend the Skowhegan School of Painting and Sculpture in Maine for nine weeks in the summer of 2020. Established in 1946, Skowhegan is a highly prestigious and intensive residency program for emerging visual artists.

SUSTAINABLE LIVING

Jessica Hernandez is Growing and Making Medicinal Foods and Getting Published

Student Jessica Hernandez's senior project paper on the medicinal uses of 10 Iowa herbs was published in the *International Journal of Complementary and Alternative Medicine*.

Jessica came to MIU from San Antonio, Texas, because she was drawn to learning the Transcendental Meditation technique and liked the idea of studying one subject at a time with MIU's block system. She appreciated the integration of the TM technique into the daily routine. "It's very valuable to sit in silence with other people," she said. "It is powerful because it gives the physiology and the mind the chance to settle down and alleviate some of the stress."

As a teenager, Jessica developed a

passion for growing healthy food and cooking. Eventually she decided to pursue those interests by studying sustainable living at MIU. To get sufficient practice in organic farming, Jessica did internships at the MIU Student Farms greenhouse and a local business called Earth Wisdom. She also took a break from school to manage an almond orchard, work at a fermented food business, and take culinary classes at a community college in California.

For her senior project, she researched the benefits of 10 common

culinary herbs, including basil, chamomile, lavender, and mint. Her paper describes the history and origin of each plant as well as their medicinal uses and lists the advantages of cultivating these herbs in Iowa.

Jessica feels confident about the knowledge and skills she gained at MIU. She is excited to build her own food business based on her experience in organic agriculture, culinary arts, and the healing properties of foods.



Clockwise: Jessica Hernandez adding wood chips to the manure spreader to make organic compost using MIU's cafeteria food waste; using a "persuader" to pound out air pockets in a straw bale wall; meeting a calf on a farm during a class visit.

Peter Ocsody Finishes Doctoral Thesis on Serial-Tech Venturing

Peter Ocsody was one of MIU's five PhD graduates in 2019, and he received the Outstanding Student Award in business administration for his dissertation on the qualities of serial-tech startup founders.

Peter Ocsody learned the Transcendental Meditation technique in Hungary where he studied economics and engineering. He came to MIU in 1991, earned an MBA with an emphasis in organizational development, and completed his coursework for his PhD in management.

He went on to work for several tech-based companies and created his own startups. As a consultant he helped the development of startups and small businesses and produced workshops and courses for aspiring entrepreneurs.

Over the past five years, Ocsody has built an entrepreneurial-accelerator program in Florida. Currently he is the Chief Strategy and Operations Officer at the Southwest Florida Community Foundation Collaboratory which helps develop the entrepreneurial ecosystem in the region. It provides resources and education to venture and social entrepreneurial organizations.

In 2014 Ocsody completed an advanced Project Management Program (PMP) certificate at Stanford University, which inspired him to finish his PhD at MIU. He wanted to discover the inherent qualities that drive entrepreneurs forward in the sequential genesis of multiple tech ventures.

After interviewing 22 serial-tech entrepreneurs, he applied the ground-



ed theory, research methodology, and various software to find shared characteristics which he distilled into four attributes: elastically nonconforming; abstracted serial monetizing; tech passioning; and heroed enterprising. According to his theory, habitual tech startup founders exhibit some mix of these four attributes.

When searching for parallels between Maharishi Vedic Science and his research, he discovered pairs of opposite qualities coexisting harmoniously. "Entrepreneurs need to balance opposites, and the better they are at it, the higher their chance of building a lasting enterprise," said Dr. Ocsody. "That's what you do during the practice of the TM technique. You are more and more able to fluidly integrate

opposites and create wholeness."

From his own experience, he has found that practicing the TM technique helps him maintain inner stability. "Entrepreneurship is highly unpredictable," he said. "You have to have a strong, internal, locus of control, which means that you define yourself by yourself. TM really helps with being self-referral."

The model Dr. Ocsody developed provides practical feedback to entrepreneurs about their strengths and weaknesses to determine what their focus should be. In addition, startup founders can learn in what domains they need supplementation via other entrepreneurs to create a viable enterprise.

After interviewing 22 serial-tech entrepreneurs, Ocsody applied the grounded theory research methodology and various software to find shared characteristics among tech startup founders, which he distilled into four attributes.

BUSINESS MANAGEMENT

Ayesha Sengupta Takes First Place

for dissertation, "Spirituality and the Empowered Woman"

Ayesha Sengupta took first place in the Academy of Management's competition, "Most Promising Dissertation Proposal in Management, Spirituality, and Religion." Ms. Sengupta received a \$1,200 award to attend the annual meeting of the Academy of Management in Chicago, where she presented her proposal.



Professor Dennis Heaton with Ms. Ayesha Sengupta

Ayesha earned a bachelor's degree in psychology from Delhi University and a master's degree in organizational behavior from Amity University, Gurugram, Haryana, India. For her doctoral dissertation in management, she chose to focus on discovering the role of spirituality in the lives of empowered women in leadership roles and how it influences their work environment.

She will be conducting case studies of women and will explore the concepts of workplace spirituality, servant leadership, and the idea of creating a nurturing work environment, where companies not only focus on profit maximization but also on individual personal growth.

Her choice was largely influenced by her mother, Sunita Singh Sengupta, a distinguished professor and author

who started the Integrating Spirituality and Organizational Leadership Foundation in India. Ayesha has helped her mother organize international conferences since she was in high school. It was also her mother who first brought Ayesha to MIU while she was a guest teacher on campus, and Ayesha became intrigued with the unique, stress-free, yet focused system of education.

Another source of inspiration for her research came from the two years she worked as program officer for the nonprofit Amrita Serve, helping villages become self-reliant through organic farming and assisting women to become financially independent by selling their handicrafts.

"Growing up with my mother's leadership provided me the foundation that helped me see things in a cer-

tain light of humility and compassion, which remain my core values," said Ayesha. "But working at this organization truly broadened my perspective, seeing so many women unfold their potential. This is what truly helped me grow in so many ways."

In addition to taking classes, Ayesha works as associate director of career services at MIU. She finds the practice of the Transcendental Meditation technique beneficial in helping her maintain her focus and life balance. "TM connects me to who I am and helps me stay present and grounded," she said.

Ayesha is also volunteering with the Academy of Management to help popularize their Management, Spirituality, and Religion division and to encourage MIU students to get involved.

MBA Team Performs in 94th Percentile

in international business simulation

Three student teams from MIU's MBA program participated in the 2019 spring Capstone online business simulation offered by Capsim Inc., a leading Chicago-based provider of business games. One of the teams achieved results better than 94 percent of the 1,150 graduate-level teams worldwide.



Left to Right: Tsion Woge (Ethiopia), Molla Mekonnen (Ethiopia), Daniel Ayalew Belay (Ethiopia), and Haofang Dong (China).

According to Andrew Bargerstock, Senior Faculty in the MBA Program and Chair of the Accounting Department, who uses the Capstone Simulation in his Enterprise Performance Management course, MIU's MBA teams have participated in this online simulation since 2010. In all 20 events of MIU's participation (two per year), at least one MIU team has finished in the top 10th percentile.

During the course, students learn about Maharishi's Five Qualities of the Executive Mind: comprehension, creativity, initiative, vigilance, and foresight. "Students are asked to select two specific activities from the simulation for each quality and describe how those activities have cultivated each of the five qualities," said Dr. Bargerstock. "Students report their findings in an

essay, which is a valuable reflection of their growing maturity in decision-making."

"From this simulation, I learned that creativity is a key skill in business," said Haofang Dong. "All the groups start on an equal footing. What you do to run the business will make a different story. All aspects of running a business need creativity."

"During the simulation I developed my level of vigilance," said Molla Mekonnen. "As a team member, I was watchful about the competitors' actions. Therefore, I was identifying our strengths and weaknesses in each round in each product segment and the opportunities and threats we would face in the coming rounds."

Learning to work effectively in a team is also an essential skill the simu-

lation cultivates. "We had to adopt certain principles such as: respect for one another, focusing on ideas not people, and the principle of allowing data to lead the way," said Daniel Ayalew Belay. "For example, the executive team members could come up with differing and, at times, conflicting decisions. We were then required to reach a decision based upon consensus."

Other high-performing universities in the top ten percent included University of Northern Iowa, The University of Texas, Ohio University, University of Washington, DePaul University, Brigham Young University, The Citadel, Georgia Institute of Technology, Royal Melbourne Institute of Technology, and Shanghai University of Finance and Economics.

MAHARISHI SCHOOL

Maharishi Upper School

Achieving Twin Missions of Inner Development and College Preparation

Since its founding in 1981, Maharishi Upper School has been carefully balancing twin missions: preparing its students for college admissions while also developing a profound inner foundation of coherence, clarity, and confidence. That is our Consciousness-Based approach

and goal: 200% of life, inner and outer fullness.

Each day the school seeks to balance these two complementary goals. In recent years, the school's academic rigor has intensified, with 10 Advanced Placement courses now offered to students. All the more reason to ensure

that along with enhanced academic depth, the commitment is sustained to students' twice-daily practice of yoga *asanas*, *pranayama*, and Transcendental Meditation, along with Maharishi AyurVeda self-pulse diagnosis.

Five Times #1

This year Maharishi School topped all other private schools in Iowa in five of six categories according to the website Niche.com, which ranks schools and colleges nationwide.

- Maharishi Upper School is ranked #1 as Best Private K-12 School.
- Best Private High School in Iowa out of 53 schools statewide.
- Most Diverse Upper School
- Best College Preparatory School
- Best Boarding School

Also, out of 77 schools both private and public, Maharishi Upper School ranked #3 in the category of "Best High Schools for STEM in Iowa" with STEM referring to science, technology, engineering, and math.

Rankings are based on data from the US Department of Education and from reviews from students, parents, and teachers.



World Fair Field International Festival

#1 ranking as the Most Diverse Private High School in Iowa

Maharishi School has earned its #1 ranking as the Most Diverse Private High School in Iowa. It currently has 18 boarding students from Azerbaijan, Brazil, China, Canada, Korea, Vietnam, and the USA. Many international families have moved to Fairfield from all over the world, from Ethiopia, Switzerland, India, Ecuador, and more. Many of the students and their families shared their cultural heritage at the recent World Fair Field International Festival.

That included Simone Cabizuca and her daughter Bruna, who moved from Brazil to attend Maharishi School and MIU (Simone is in the MA in Vedic Science program): “As we navigate our life’s everyday challenges, the happier, more balanced and compassionate we are, the better we can meet life’s situations and demands. It was from this mindset that my husband and I decided to look for a boarding school for our daughter. A school that would provide her not only with opportunities to excel academically but also that would



Left to right: students Zehra Erdem, Julia Cabizuca, and Bruna Inácio Cabizuca, Bruna’s mother Simone Cabizuca (Maharishi Vedic Science MA student), Carol Passos (MIU Human Resources Director), and Catherine McCown (Maharishi School student).

empower her in qualities such as compassion and appreciation.

“We looked for two-and-a-half years, until we finally found Maharishi School, which provides Consciousness-Based education. Relocating from Brazil was a major endeavor. However, it has proved to be one of the best decisions we have ever made as a family.

Our daughter has been making new friends, feeling happy and joyful, while living in the school dorm. She has also been growing in resilience, strength, and self-confidence. She has been having all the support she needs from the school staff, to whom we would like to express our sincerest gratitude and admiration.”

The Next Generation Has Arrived

When Maharishi School was founded in 1975 for children of MIU faculty and staff, no one imagined it would grow into a model for Consciousness-Based education around the world.

Now the school is educating the third generation of families, and is successfully transitioning to leadership by the next generation. Alumni are serv-

ing as teachers, staff, and Board members, including Board Chair Eliana Freeman, shown here with daughter Leni, a Maharishi Children’s House preschool student. Said Ms. Freeman, “I’m honored to be able to pass along the values of Maharishi School that are so dear to me.”

Board Chair Eliana Freeman
with daughter Leni



MAHARISHI SCHOOL

Nurturing the Future

The Children's House at Maharishi School

It's one of the sweetest settings imaginable. And it's full to capacity with our future.

The Children's House at Maharishi School is nurturing preschool and kindergarten students from 18 months to 6 years. Led by Michelle Svenson (MIU Class of 2014), the Children's House has four pillars.

First and foremost is its pillar of Consciousness-Based education. Children practice their Word of Wisdom and learn the 16 Life Principles (precursors to Maharishi's Science of Creative Intelligence). They learn these principles through activities like cooking, art, exploring nature, stories, and songs. Through these enjoyable pur-

suits they find that "there is an inner aspect to everything" and that all of life is interconnected.

Montessori philosophy is the second pillar. Based on trust and respect for a child's inner eagerness to learn, this approach provides a very specific and aesthetically-beautiful set of works within the classroom to foster a wide variety of skills.

The third pillar is called Nature Explore. Designed to inspire joy and a love of nature, Maharishi School designated an outdoor play space that has been certified by the Arbor Day Foundation as a Nature Explore Classroom. In the airy outdoors, concepts of science, the arts, and social-emotional development unfold.

Positive Discipline is the fourth pillar of the Children's House. This



Children's House Director Michelle Svenson

approach to classroom management and social relationships in general respectfully enforces natural boundaries, while it enlivens a child's natural moral compass. It teaches students to focus on solutions rather than problems. The goal is to structure positive relationships for the whole classroom.

Pranav Chhalliyil

One of the most decorated science students in Iowa history

Pranav Chhalliyil graduated from Maharishi School as one of the most decorated science students in Iowa history. He qualified five times, from grades 7-12, for the International Science and Engineering Fair: twice as a middle school observer and three times in competition with the top young scientists from around the world, including 3rd and 4th Place Awards. Among Pranav's other achievements:

- ✦ International GENIUS Olympiad Finalist
- ✦ The only Iowa student chosen for the

- Regeneration Science Talent Search
- ✦ Presented at the Plant & Animal Genome Conference
- ✦ Appointed and served as Biotechnology Institute STEM Ambassador
- ✦ Won the International BioGENEius Challenge GENEPool Competition
- ✦ Won the Iowa BioGENEius Challenge

Pranav received multiple full scholarship offers and is now attending Arizona State University.



Is it possible for a student to be too clever?

Shristi Sharma Stretching the Boundaries of Research

Shristi Sharma might be a case in point. Two years ago (as a 9th grader) Shristi won 1st place in the State Science Fair's Computer Science category with her research on phishing: fraudulent attempts to obtain sensitive information. Last year she chose an entirely different direction in the field, one that both dazzled and disrupted the judging.

Shristi, now a junior at Maharishi School, wondered if she could analyze open access Twitter postings to identify potential threats for school violence. She researched data and analyses from the FBI and other sources, and developed an algorithm that ranked Twitter profiles on a four-level scale, with red being the highest concern. She then applied the algorithm to over 126 million Twitter users and it worked. Some concerning profiles were identified and reported to local officials.

When judges at the regional science fair saw her research, they were astounded. One commented, "She deserves the highest score I've ever given." She was one of the finalists there, and received similar encouragement in the first round of judging at the Hawkeye State Science and Engineering Fair.

But that afternoon, during another round of presentations, she was



informed that her project had to be disqualified because it involved human subjects and she needed written approval in advance from each of them.

That's obviously not possible with 126 million "subjects," so even though the Twitter users had posted voluntarily on their accounts and everything was available in the public domain, the judges had to use the standard type of human-subject criteria to assess her methods. She had essentially leapfrogged the normal judging criteria in developing her method – as practical and profound as it was. Her method also escaped the school's normal human-subject oversight for student

research, for the same reason – this is a different domain that requires new consideration.

To her additional credit, Shristi understood and accepted the judges' decisions.

Shristi has distinguished herself in other areas as well. She earned national recognition for her volunteer service, including founding a Girls Who Code club that has met weekly for the last three years. She also received the President's Volunteer Service Award and a Certificate of Excellence from The Prudential Spirit of Community Awards.

What's next for Shristi? "My interests reflect the growing fields of cybersecurity and computer science; both are areas in which there is a huge gender gap. I aim to close that gender gap by developing technological skills, creating projects, choosing cybersecurity as a career, and teaching other girls to code."

PRESIDENT'S HONOR ROLL OF GIVING

July 2018 – June 2019

TO ALL OUR GENEROUS DONORS, THANK YOU!



I feel blessed to be able to support Consciousness-Based education at MIU, through annual contributions and also through a sizeable bequest to the University. I salute all of you who are similarly blessed! It is hard to imagine a more fundamentally beneficial legacy for our world than to give to Maharishi International University.

– John Clausen

John Clausen's life work has been in the areas of philanthropy, networking, investing, education, and sustainability. Since the late 1960s, he has been studying and exploring dimensions of the evolution of consciousness and culture and pursuing his passionate interest in healthy soil and sustainable food systems.

Mr. Clausen lived in the Findhorn Foundation Community in Scotland from 1974-77 and has been closely associated with the community ever since. He currently represents Findhorn Foundation and Gaia Education at the United Nations Headquarters in New York City. He taught Transcendental Meditation and the Science of Creative Intelligence in the UK and the USA from 1971-1977. He has been practicing Transcendental Meditation for 50 years.

We extend our greatest appreciation and recognition to our top donors who have supported the university during the past fiscal year. Your gifts support student scholarships, recruiting, campus reconstruction and beautification, faculty and staff programs,

debt reduction, academic support, and many other programs.

Your continued generosity is vital for the growth and progress of Maharishi International University and all our programs throughout the world.

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We greatly appreciate the dedicated service of all the faculty and administrators at MIU. President Hagelin is doing such a great job. Thank you for your endeavors to spread creative intelligence to all corners of our beautiful country and world. May 2020 be the best year yet for MIU and TM.

– Rolf and Renee Erickson

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	Robert Ducasse, Jr.		Steve '91 and Isabel '06 Heaton
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 Kiki '89 Kossow
 Amine Kouider '09
 George Kult '90
 David Kupferman
 Jessica Lahr
 Michelene Landseadel-Sanders
 and Michael Sanders
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 Alice McPike-Monk
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 Carol '77 Morehead
 Michael Morgan '76
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 Sheila Moschen



Thank you for the opportunity to support this most worthy goal! This is the greatest university in the world.

– Larry and Louise Allison



December 2019 Donor Appreciation Brunch at The Raj. Top: Annie & Taddy Blecher; Kara Anastasio Hagelin; honored guests.

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Thomas and Irene Murphy
Nancy Musgrave
Derek Nadeau '87 and
Barbara Katz
Rick Nakata
Michael and Brenda Neer
Peter and Margaret Nelson
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James and Cathy Wyckoff
Joel Wysong '81
Pat Yankaus
Oi Har and Yong Yim
Beth Young
Matthias '96 and
Bahine Zenker
Patti Zisman
Martin Zucker

**The following
businesses,
foundations, and trusts
made donations to the
university during the
past fiscal year.**

AAA Analogy Service
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Adio Business Services, Inc.
AmazonSmile Foundation
Amrita Aromatherapy, Inc.
Annapurna Global
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Anti-Aging Company LLC
Arcadia Training &
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Devalila Corporation
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Ellen K. Cone Revocable
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Everybody's, Inc.
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Fidelity Charitable
Filley Construction Co.
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Greater Cedar Rapids
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Inc.
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SEI Industries Ltd.
Seminar Crowds, Inc.
Sidha National Insurance
Silent Partner Grants
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Thaddeus Computing, Inc.
The Bernard A. Nevas Spray
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The Chicago Community
Foundation
The Raj Resorts, Inc.
The Rona and Jeffrey
Abramson Foundation
The Viyu Foundation
The Weise Family Trust U/A
Thiel Accounting & Financial
Services
Thomas D. Groover D.C.,
PLLC

Thompson Leadership
Development, Inc.
UnitedHealth Group
Wege Foundation

**The following
companies and
company foundations
matched employee
donations to the
university during the
past fiscal year.**

American International
Group, Inc.
Collins Aerospace
Edison International
Ernst & Young Foundation
IBM Matching Grants
Program
Microsoft Matching Gifts
Program

NextEra Energy, Inc.
Northwestern Mutual
Foundation
Novartis
Texas Instruments Foundation
The Boeing Company Gift
Match
UnitedHealth Group
Wells Fargo Matching Gifts
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**The following
companies and
individuals made
non-cash gifts to the
university during the
past fiscal year.**

James and Shirley Balne
Abigail Barber
Frieda Barna
Gray Borden Family Trust

Bruce and
Annamaria Curriuan
Peter Dalton '88
Peter and Patricia '84 Dollive
Everybody's, Inc.
Hal Goldstein '75
Charles Hall
David '18 and
June '84 Humphreys
Sid and Evy Kurth
Michael Andrew Law
Rick and Ann Martin
Jessie Nichols '84
Craig '79 and
Melissa '79 Pearson
Roof Management
Bob Truog
Debbie Varnel and
William Ayling

*Heartfelt thanks to all of you from the
Development Team.*



Left to right standing: Theresa Sickler, Marilyn Ungaro, Arbey Ramirez-Garcia, Jonathan Worcester, Paul Stokstad, Francis Hanna, University Vice President for Development Brad Mylett, John Runkle, Eric Stakland, and Valerie Hirschhorn. Left to right seated: Eleanor Jessup, Karen Smith, Director of Development Tiago Passos, and Nora Mylett.

A SPECIAL TRIBUTE

Top cumulative donors (listed alphabetically)

Anonymous (5)	Robert and Susan Daniels	Jim and Betsy Huffsmith	Raam Raj Foundation
Jeffrey and	David Lynch Foundation	The Hurlin Family	Cliff and Kelly '85 Rees
Rona '79 Abramson	Jim and Diane '85 Davis	Greg Karnaze and	Walter and Ellen Reifslager
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Brad Cooke	Chris '78 and Linda Hartnett	Ravi and Naina Patel	Bob and Maureen Wynne
Bruce and	Bruce and	Joanna Plafsky	The Zimmerman Family
Annamaria Currivan	Danielle Hauptman	Dorian and Natalia Punj	

BEQUESTS

Over the course of many years, MIU has received bequests from the following individuals and families. (listed alphabetically)

Estates of...	Peter Graham-Bell	Edward Wilson
Vahan Akullian	Sandra M. Hartley	Norman Zierold
Antoinette F. Alazraki	Anne G. Hildenbrand	
Dr. Julie Anne	Jean-Marie Karst	Trusts of...
Jean A. Austin	Victor Donald Kolb	Margaret Ashelman
Geoffrey Baker	Ellen Masse	James Rankin French
Charles M. Baudoux	Eleanor McColgan	Granville Family
Joseph William Becker	Janet Dorothy McKenzie	Paul A. Handelman
Kayren Berna	John H. Meyers	Jack Lipshultz
Michael Joseph Collins	Gillian Peirce	Frank Lukes
William E. Crist	Maripaz Pimentel	Samuel Polk McIlhenny,
Ron Dean	Ray Pratt	Succession
Jerry Dick	Helen Jocelyn Samson	Rolf A. Merton
Rosalie Euchner	George A. Svilich	Jane Prouty
Gene S. Faber	Joe Milton Tarver, Jr.	Stephen W. Richter
Ilse Fleischman	John Troha	Lillian A. Rossman
Arthur Gabel	David Verrill	Sinden Charitable Remainder
Harriet S. Gilliam	Barbara Wilson	Trust



LEGACY SOCIETY

The following individuals and families are honored as members of the Maharishi International University Legacy Society.

The Legacy Society of Maharishi International University was created to honor those individuals who have the foresight and generosity to invest in the future of the University and help ensure our financial security by including MIU in their estate planning through: gifts by will (bequest) or trust, gift annuities, charitable remainder trusts, lead trusts, and gifts of life insurance and retirement plans.

Diane Aitchison '77
Parker Allison
Maggie Vancik Argiro '89
Vincent Argiro
Lindy Atzenweiler '89
Jeffrey and Virginia Barnes
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William Berno
Ruthann Bollinger
Tom Brooks
Jay Chesnut
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Stephen Collins
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Michael Coon and
 Jenica Waymen
Gerald Custard '06
Ed Davis
Phil Dearborn
Mark and Brianna '92 Delott
George Denniston, Jr.
Wally DeVasier
Cliff '76 and Mary DeVries
John and Leighana Dewey
Michael and Susie Dillbeck
Dave and Cathie Dinsmore

Navin and Pratima Doshi
Peter Ecob
Trudy Eyges
Tom and Roxanne Factor
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William Farver
David '86 and
 Penny '88 Fitz-Randolph
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Gallagher Family Trust
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 Lesley H. '82 Goldman
Catherine Gorini
Fred and Shelley Gratzon
John Hagelin and
 Kara Anastasio
Bryan and Patty '79 Hancock
Shepley Hansen
Shawn Herman '77
Scott Herriott and
 Victoria Alexander Herriott
Donald Hinkley
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Julia and Roger '89 Kent
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Robert and Susan Klauber
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Georgette Lee
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 Sherry '94 Levesque
Isabelle Levi '75
Alan and Melanie Levitan
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Barbara McLeish '87
Bevan Morris
Gordon Morris
James Munro '16
Brad '82 and Nora '16 Mylett
Jessie Nichols '84
Joe and Sue Overmyer
Craig '79 and
 Melissa '79 Pearson
Reilly and Patricia Platt

Nick and Sandra '95 Rosania
Tom and Amy Ruff
Becky Scott and
 Keith Tokerud
Donald Sloan '83
Karen Smith '79
Kelly and Tricia Spencer
Gary Spitz '78
Michael and Rosemary Spivak
Tom Stauss
David '80 and Kathy '86 Streid
David '82 and
 Marilyn '88 Todt
Dan '93 and Susan Tracy
Thomas C. Turpin
Robert and Carol Warlick
Anthony W. Warren
Nancy Watkins
Harold and Stephanie Wilson
Randy '03 and
 Margie '86 Wood
Sandra Woodford
Walter Zimmermann and
 Marita Avante

A number of Legacy Society members have chosen to remain anonymous. If you have not notified us that you have included MIU in your will or estate plan, please send an email to planned-giving@MIU.edu and we will be happy to include you in the honor roll as a member of the Legacy Society.

GIFTS THAT GIVE BACK TO YOU

Charitable gift annuity (CGA)

A gift annuity is a simple contract between you and MIU. You make a gift of cash or property, and you will receive fixed payments at regular intervals for one or two persons. A CGA can have immediate or deferred payments and may provide valuable tax benefits.

Charitable remainder trust (CRT)

A CRT will pay you either a variable or fixed dollar amount – depending on whether you choose a unitrust or annuity trust, respectively – each year for the rest of your life from assets you place in a trust. After your lifetime, the balance in the trust goes to MIU or other charities of your choice.

Charitable lead trust

This charitable trust pays income to one or more charities, typically for a period of years, and then the remaining assets in the trust pass to non-charitable beneficiaries, such as family. Based on the circumstances, the type of property used, and the intended beneficiaries, lead trusts can have significant estate or gift-tax benefits.

Other Tax-Smart Gift Ideas

Bank accounts and CDs

Are you aware that you can name MIU as the beneficiary of unused bank accounts (savings or checking) or on any certificates of deposit that remain upon your passing? Such assets can be designated to pass directly to the University without going through probate. Action step: Visit your bank and request to name a beneficiary on your accounts or CDs. You can change beneficiary designations any time you wish.

Savings bonds

When you redeem savings bonds, you typically pay income tax on the deferred interest. If you never redeem them, either your estate or the person who inherits them will have to pay the tax. The best way to bypass the tax burden and

make a charitable bequest is for you to add a codicil to your will or any amendment to your living trust that leaves your bonds to MIU.

Retirement plan or IRA assets

Because tax laws often subject retirement plan or IRA assets to the highest income tax when paid to your loved ones, leaving these assets to charity may be the most efficient estate-planning option. MIU can receive everything that is donated to it—tax free—from a retirement plan or IRA. Leaving these same assets to your loved ones, however, can expose the assets to income taxes at their ordinary income tax rate.

Real estate

Giving real estate allows you to make a significant gift with a tax-friendly outcome. You can donate real estate in several ways:

- Give the appreciated property directly to MIU. This earns you an immediate tax deduction for its fair market value and eliminates the capital gains taxes when you've owned the real estate for more than one year.
- Make a gift of property through your will or living trust. Made as a part of your estate plan, a charitable bequest gives your estate an estate tax deduction and supports MIU long after you're gone.
- Donate your home but keep living in it. Through a "retained life estate," you make a gift of your home while retaining the right to use and occupy the property during your life. You realize an immediate income tax deduction for a portion of your home's value.

The information in this publication is not intended as legal or tax advice. For such advice, please consult an attorney or tax advisor. References to estate and income taxes include federal taxes only. State income/estate taxes or state law may impact your results.

Wege Foundation

Supporting faculty research and professional development

Thanks to generous annual grants from the Wege Foundation, MIU faculty have had the additional support they need to conduct research, present papers about Consciousness-Based education at professional conferences, strengthen academic programs, bring distinguished guest faculty to MIU, and plan for the upcoming renovation of the MIU Library.

For example, in 2019, Art Professor Jim Shrosbree, who received three Wege Foundation grants to support his work for the last three years, was honored with a Guggenheim Fellowship (see page 26-27).

With Wege Foundation support, physics professor David Scharf attended the World Association for Vedic Studies (WAVES) conference in Dallas with Dr. John Hagelin. The outcomes: MIU will host the next WAVES conference in Fairfield, and Dr. Scharf was appointed to the WAVES Board of Directors. WAVES conferences attract Vedic scholars worldwide, so hosting the next conference gives MIU valuable representation in the international Vedic studies community.

Grants from the Wege Foundation in 2018–2019 supported the renovation of the Arts Center (see page 13),



Dr. Chris Wege and MIU Trustee Dr. Laura Wege. Grants to MIU from the Wege Foundation have been inspired by Chris and Laura Wege, both members of the Wege Foundation Board.

curriculum development and student scholarships at Maharishi School, special events for students organized by the Student Activities office, faculty and staff end-of-year celebrations. "Any time faculty members get supported by a Wege Grant or any other source," Professor Shrosbree said, "it helps further their research, which is important to the university as a whole."

Communication-Skills Video Series

With support from another Wege Foundation grant, MIU professor Amine Kouider and alumnus Lloyd Wilcox are creating a series of communication-skills, training videos based on the book *Cool Mind, Warm Heart*, by adjunct professor Robert Boyer.

Amine and Lloyd wrote the scripts,

and actors include MIU students and staff and Maharishi School students. Each six-to-seven-minute video presents a specific communication skill illustrating it in realistic before-and-after scenes. The videos will be posted on YouTube, free for anyone to watch.

The project was inspired by a com-

munications course that Laura Wege took with Professor Boyer when she was a student here.

This \$8,000 grant is another in a series of Wege Foundation grants to support communication-skills training.

amazon smile



If you shop at Amazon you can donate a tiny portion of the cost of your purchases to help MIU. Select Maharishi International University as your nonprofit of choice, and one half of 1% of all your Amazon purchases will be donated to MIU.

Here's how to do it:

- Go to smile.amazon.com.
- Enter your email and password for your Amazon account.
- Select Maharishi International University as your designated nonprofit.

It's that easy!

Now, whenever you shop with Amazon, go to smile.amazon.com instead. Every item available on Amazon.com is also available here at the same price and with all the same services.

As of November 2019, over \$3,100 has been donated to MIU.

The amount AmazonSmile has donated to charities worldwide, as of Dec 31, 2019, is \$144 million.

WHY WE NEED YOUR SUPPORT

MIU's two major sources of income are student tuition and donor support. Donor support includes the annual fund, capital campaigns, and bequests and endowment donations. For the 2018-2019 fiscal year, student tuition and donor support comprised 88% of our total revenue.

Total donations were **\$5.43 million**, including \$2.25 million for the all-important annual fund.

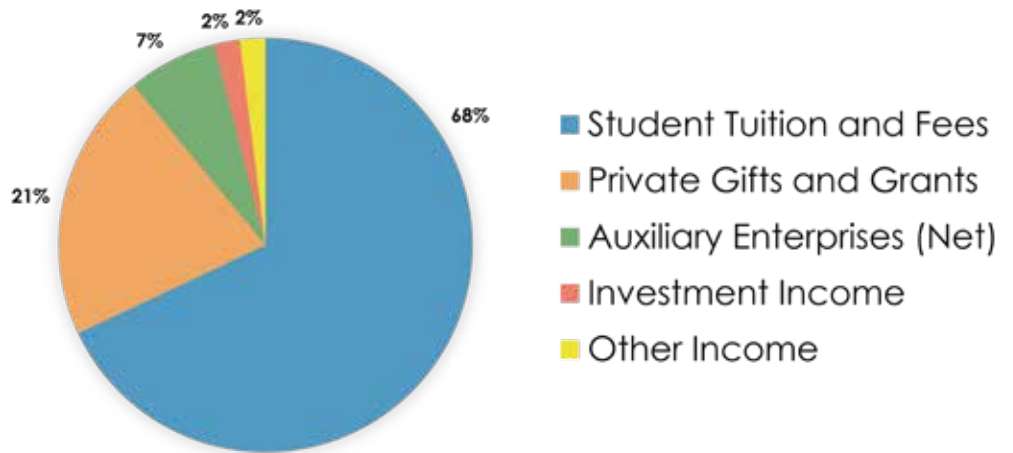
Donor support is absolutely vital to maintain the university's operations and allows us to strategically invest in proven growth areas.

We are so grateful for the tremendous support our open-hearted family of donors contributes to Maharishi International University year after year.

On behalf of the trustees, faculty, students, and administrators, we extend our deepest appreciation to all of you for your continuing generosity.

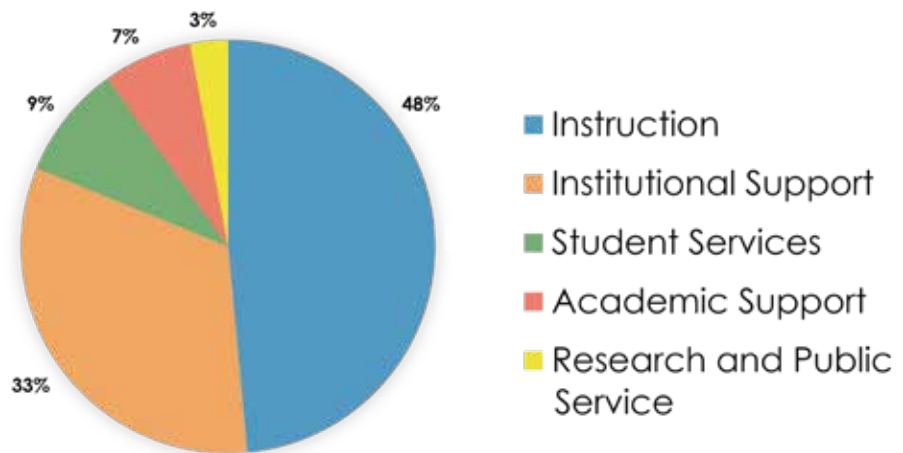
2018-2019 Total University Revenues

Total revenues include research grants and restricted donations.



2018-2019 Operating Budget Expenditures

Operating expenditures do not include those funded by research grants and restricted donations.



ALUMNI REUNION

One hundred alumni from the classes of 1977, '78, and '79 gathered September 6 - 8 for a gala weekend reunion.



Highlights of the alumni reunion weekend included a Saturday lunch hosted on campus through the Alumni Office and a conference call with former Dean of Students Dennis Raimondi. Presentations from President Hagelin and Dr. Robert Keith Wallace were jocular and lively with reminiscing about the early days. They also gave updates on university accomplishments, pointing out how far the campus has come and the renown of our faculty in their respective disciplines. Other highlights included visiting the Maharishi Global Archives and Collections in Unity Gallery and socializing events held in several venues in town.

By every account, a wonderful time was had by all. David Gottsch, class of 1980, from Tampa, Florida, commented, "The reunion brought back many great memories and reminded me of the deep friendships I have from my years here. This weekend reunion was so fulfilling - we had such a good feeling together - that I wound up buying a condo in the North Campus Village so I can easily come and stay whenever I want."





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I recently received Panchakarma at the MIU Clinic. The clinic itself was very peaceful, and everyone I interacted with was so friendly and welcoming. Within the first minutes of *abhyanga*, tears of joy welled up: the treatment was absolutely divine. This was not my first experience with Panchakarma, but it was by far the most profound.

– V. B.



Vaidya Manohar Palakurthi, MIU Clinical Professor of Physiology and Health

