Book on Integrative Ayurveda Published

A new book offers a practical roadmap for integrating Maharishi AyurVeda® practice into conventional health care delivery systems.

Coauthored by Charles Elder, MD, adjunct professor of physiology and health at MUM, and Leslie Elder, MD, the 191-page book is titled Picture of Health: Transform your self-care and health care through Ayurvedic and Integrative Medicine. It was published in August by The Permanente Press and is available at pictureofhealthmds.com.

The authors are conventional medical doctors, long-time practitioners of the Transcendental Meditation® technique, and Maharishi AyurVeda-trained physicians who have both had a clinical practice in a large medical center that’s part of the Kaiser Permanente integrated managed care consortium.

“The fact that we both have this background and have successfully integrated Maharishi AyurVeda approaches into our practice makes our book unique,” Dr. Charles Elder said. “It serves as a manual for how to introduce Maharishi AyurVeda to a general patient population, and integrate it into conventional care.”

He said patients and their doctors want better access to holistic care for prevention and management of chronic disease and that Ayurveda offers unique and potent clinical tools.

“How can our health care system best integrate Ayurveda in a way that is authentic and practical, yet compatible with the conventional medical culture? In this book, we draw upon our years of clinical experience to bridge that gap,” he said.
CONTRIBUTED FROM PAGE 1

MUM Online has been located in a suite of offices in the central lobby area of dormitory 107. The physiology and health department has been located in the science wing of the library. And the business department has been located in Foster Hall, a Parsons College building on the far south side of campus that isn’t conveniently accessible for students needing to meet with their faculty.

Gate Ridge Court, which was owned by NYA, was built according to principles of Maharishi Vastu® architecture and stands out as an airy, elegant, modern building.

The center of the building is an open courtyard, with a garden terrace for enjoying the outdoors. Each office features large windows to the outdoors and a soft color palette of warm cherry and golden hues. The building includes both single-room offices and suites.

It was completed in 2002 on land purchased by the university. At various times, the university has rented portions of the building, including to house the business department. But several years ago, most of those portions were vacated to save money, and these departments, including accounting and business, re-located elsewhere on campus.

Gate Ridge Court was originally intended to provide a healthy, high-quality work environment for small businesses, especially for those who wanted to be close to the Golden Domes for the group practice of the Transcendental Meditation and TM-Sidhi® programs.

“The building was designed to be an incubator for new business,” said Doug Greenfield, of Greenfield Properties and general contractor for the building.

The university had long hoped to purchase the building and in the past six months was able to complete the negotiations, Mr. Brooks said.

FROM THE FOUNDER

“When, with continued practice, the mind becomes more and more familiar with Being and eventually becomes rooted in its very nature, even when the mind is engaged by the outside surroundings, Being remains permanent on the level of the conscious mind.”

— Maharishi Mahesh Yogi, Science of Being

New Issue of Journal of Math and Consciousness Now Available

Papers by Tony Nader, who is the head of Maharishi’s organizations worldwide, and MUM Professor David Scharf are featured in a new issue of the International Journal of Mathematics and Consciousness now available for free online at ijmac.mum.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 he discusses topics such as the time duration of a “bit of consciousness”, the nature of nothing, nothingness, and concept; the self of an entity; the origin of space and time; and the distinction between singularity and consciousness.

Dr. Scharf’s 45-page 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: that brain injuries impair cognitive function, supposedly proving the mind is dependent on the brain, and that the physical domain is causally closed, implying that the mind is reducible to the brain or is otherwise irrelevant.

He shows that neither of these dogmas 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.

He concludes by proposing that “an individual mind is only a surface-level manifestation of consciousness.” Kant’s transcendental idealism and Maharishi Vedic Science describe the steps by which pure consciousness expresses itself. Unified field theory in physics today is also tending toward regarding consciousness as primary.

Receive The Review via Email

Send an email to jkarpen@mum.edu to be added to the list.

The Review

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Information about Fairfield

fairfieldinfocenter.org

Arts & entertainment, businesses, celebrations, clubs, events, food, housing & lodging, jobs, health services, parks, shopping, tours, and more!
Virginia Lagunas Wins 5K Race in Washington, Iowa

The MUM running club competed in two races on the same day earlier this month, with student Virginia Lagunas running in both and winning the women’s 5K race in Washington, Iowa. She earned a first-place medal and also a $50 prize with her time of 26:31.

She accomplished this feat having already run a 5K race earlier in the day, where she came in second.

Other first-place winners in the 20th Annual Hospice 5K Memorial Run/Walk held at Sunset Park in Washington were Henok Mekonnen in the 30–39 male group with a time of 22:44, and coach Peter Mannisi in the 60+ male age group with a time of 23:13.

Also competing were Elizabeth Carranza and Rocio Cumplido.

“The race was awesome,” Ms. Cumplido said. “It was meant to help raise money for a hospice in Washington County. Along the road there were posters that had pictures of people who had passed away in the hospice, which made me feel like I was running with angels. The organizers of the race kept on cheering everyone to keep on going despite feeling the struggle. It was a beautiful experience and I am glad I was part of it.”

Earlier in the day other members of the club took part in a 5K/10K race that was held at Lacey-Keosauqua State Park.

The club dominated, winning the overall first-place medal, five first-place age group medals, and four second-place age group medals.

Winning the 5K in a time of 23:19 on a hilly course was Maharishi School student Dominic Depoux. He also received the first-place medal in the male 15–19 age group.

Other age group medal winners in the 5K and their times were Chaiden Miller (male 14 and under) in a time of 24:13, Benjam Gebru (male 35–49) 25:37, Percy Phan (female 15–19) 33:45, and club coach Peter Mannisi (male 64+) in 24:18.

Second-place age group medals in the 5K were won by Daeock Kim (male 15–19) 24:17, Virginia Lagunas (female 21–34) 31:34, and Thu Tran (female 15–19) 45:35.

In the 10K race, Maharishi School PE teacher Zara Colazio was the second overall finisher and second place age group medal winner in the female 21–34 group in a time of 50:33.

Other finishers and their times were: Skylar Halley 27:45 and Matthew Park 32:55.

The Washington race was originally scheduled for September, but was postponed, leading to the club participating in two races on the same day, with coach Mannisi and Ms. Lagunas running in the Keosauqua race in the morning and the Washington race in the afternoon.

MS in Computer Science 2nd Largest in Country

According to data just released by the U.S. National Center for Education Statistics, Maharishi University of Management has risen to #2 nationally among U.S. postsecondary education institutions for the number of master’s degrees in computer science awarded in the 2017-18 academic year (the most recent year for which data is available).

The data comes from the Integrated Postsecondary Education Data System (IPEDS) report submitted to the government each year by all U.S. colleges and universities.

Holding the number 1 spot was the University of Southern California, with 872 graduates. MUM’s total number of MS in computer science grads that year was 389.

This was followed by the University of Central Missouri, 352, Columbia University in New York, 343, and the University of Illinois at Springfield, 338.

Some 230 institutions awarded a CS master’s degree in 2017-18. In 2016-17, MUM was #5 nationally in this category.

Reference: nces.ed.gov/ipeds/use-the-data.

Nakita Bruno Presents at Conference, Launches Organization

After presenting a paper at a conference in Ottawa, Canada, on social change, PhD student Nakita Bruno was inspired to launch an organization to help create a better world.

The conference, titled “Meeting Points: Imagination and Space for Social Change,” explored how to bring together multiple stakeholders “to respond to growing tensions in communities and social constituencies around issues such as inclusion, representation, and sustainable engagement.”

Ms. Bruno, a PhD student in management, gave a presentation on sustainable imagination and innovation, emphasizing that higher levels of psychological development can propel a shift in how mankind perceives reality and perform action that drives environment leadership. She presented a theoretical model that establishes the relationship between sustainable innovation and higher states of human psychological development.

She had the opportunity to talk to one of the keynote speakers, who inspired her to start a group at MUM called the Heaven on Earth Project.

“It’s aligned with Maharishi’s teachings,” she said. “The goal is to create a space for current students and alumni to co-create Heaven on Earth by taking simple concrete steps.”

It will be an interactive online space that connects at least once a month. For information, email nbruno@mum.edu.

Notice: Improper Recycling Costs MUM Money

Many people are putting their recycling materials in plastic bags before tossing them in the yellow-topped dumpsters.

The recycling company will not accept items in plastic bags, instead sending them to the landfill and charging MUM a substantial fee.
Paintings by Glenn Goldberg on Exhibit in Unity Gallery

Paintings and drawings by New York artist Glenn Goldberg are being exhibited in Unity Gallery through November 16.

Mr. Goldberg is an artist and musician, born in The Bronx, working in Brooklyn, and living in Manhattan.

His work is in numerous collections, including the Metropolitan Museum of Art, the National Academy of Arts and Letters, the Brooklyn Museum of Art, the National Gallery of Art, and the Museum of Contemporary Art in Los Angeles.

He received his MFA from Queens College City University of New York. He is a Guggenheim Fellow and is a professor at The Cooper Union School of Art and Queens College CUNY.

He’s known for his non-objective work and mod designs. Natural objects, such as birds, flowers, cells, or water, are often elements in his work.

Unity Gallery is located in the MUM library. Hours are Monday–Friday, 8:00 a.m.–10:00 p.m., Saturday, 9:30 a.m.–4:00 p.m., and Sunday 7:00–10:00 p.m.

Videos from Recent Reunions Now Available Online

Photo montage videos from two reunions held in September are now available at alumni.mum.edu/september-reunions.

One reunion celebrated MIU graduates from the classes of 1977–79, and the other brought together those active in teaching the Transcendental Meditation® technique in the 1960s and 1970s.

The first event included approximately 90 attendees. The second event, entitled the Movement Originals Reunion, attracted 300 participants.

An aspect of both weekends was an exhibit in Unity Gallery of selected items from the new Maharishi Global Archives and Collections Project. It featured memorabilia from the early days of Maharishi’s initiatives to introduce the Transcendental Meditation technique around the world.

The web page above includes three short videos, two with photos from the various gatherings and one highlighting the Unity Gallery Exhibit.

Free Investment Training Preview

When – November 5, 3:30

Where – Festival Hall, Argiro Student Center

Who – MUM Professor Andrew Bargerstock

For the past 8 years, Dr. Bargerstock has been teaching online investment courses for the investment education company Rule #1 Investing. Dr. Bargerstock’s mentor is Phil Town, who was taught by an associate of Warren Buffett. Rule 1 methods taught by Dr. Bargerstock attempt to produce a minimum of 15% rate of return on long-term investments.

Attend this preview to qualify for the free 6-hour training to be held on Saturday (11/16) and Sunday (11/17) from 1-4 p.m.

Annapurna Menu

Find the dining hall menu online at mum.edu/menu