

ACADEMIC PROGRAMS

THE FIRST-YEAR PROGRAM

The first-year program at Maharishi University of Management provides a unique vision, a completely original angle, on how to approach and succeed in life. We ground our curriculum in a vision of human potential that includes higher states of consciousness, and in an understanding of the fundamental unity of life. Our program provides not only intellectual understanding of this new vision, but also technologies for realizing this vision. These two together, intellectual understanding and the experience of personal growth, lead to a most fulfilling and productive life.

Profound intellectual awakening and growth of consciousness deepen with each year at the University. But the first year at Maharishi University of Management is especially important in this transformation. It consists of a sequence of courses that introduces the core curriculum of the University, develops effective thinking, research, speaking, writing, and teamwork skills, and exposes you to a remarkable breadth and depth of knowledge in this first year.

Besides other course work, students who are enrolled in the first-year program receive instruction in Self-Pulse Assessment, or Maharishi Nadi Vigyan. This simple and profound technology from Maharishi Consciousness-Based Health CareSM allows the individual to accurately assess the level of balance of the whole physiology. The pulse contains the level of functioning of the three fundamental principles of intelligence governing the physiology: the principle of movement and communication; the principle of transformation and metabolism; and the principle of structure and cohesion. The goal is for the students to be able to measure the basic level of balance, which can then guide their dietary choices and daily routine to maintain balance and vitality. Students receive five class hours of instruction in Self-Pulse Assessment during the Science of Creative Intelligence[®] course. During the rest of the first year's required curriculum, there is one 45-minute Pulse and Prevention session in each course. Also throughout the rest of the academic year, students, supervised by their faculty, practice taking their pulse before and after the morning meditation and in the afternoons at the beginning and end of class session.

COURSES

FOR 100 The Science of Creative Intelligence

The semester begins with Maharishi's 33-lesson Science of Creative Intelligence (SCI) course videotaped in Fiuggi, Italy in 1972. In this course Maharishi talks about all the implications for life that derive from daily practice of the Transcendental Meditation[®] technique and the resulting growth of creative intelligence. Maharishi describes the

principles underlying the development of full potential in life and demonstrates the unified expression of creative intelligence in the Laws of Nature. Maharishi integrates the understanding of nature's intelligence provided by modern science (through its objective approach) and by ancient Vedic ScienceSM (which utilizes both objective and subjective approaches to gaining knowledge).

Like all sciences, the Science of Creative Intelligence has an applied and a theoretical aspect: The applied aspect is the Transcendental Meditation program, which provides all human beings with the ability to directly access the field of pure intelligence in the simplest state of their own awareness. Students not yet instructed in the Transcendental Meditation program learn this simple, effortless technique as part of the SCI course. Through regular practice of the Transcendental Meditation technique, students begin to utilize the unlimited potential of their own creative intelligence.

The highlight of the course is Maharishi's description of seven states of consciousness, including the four higher states of consciousness that are the core of Maharishi University of Management's research program on the farther reaches of human potential. The understanding of these higher states of consciousness, and the experience of the first of them — Transcendental Consciousness — through your daily Research in Consciousness program, will begin to establish an inner compass for all good and fruitful directions in life.

ESS 101 Health and Fitness Practicum: Physical Activity to Promote Longevity and Fitness for Life

In this innovative and unique course, students exercise daily, chart their activities, and report their achievement at the end of each month. Each year every student receives a fitness assessment and a personally tailored workout program. Students are then assessed again at the end of the year. A computerized system helps students track their progress and generates a regimen of exercises.

ESS 103 Base Camp: Creating Harmony within the Diversity of Students, Faculty, and Administration

Integrated into the SCI course is a four-day retreat where students, faculty, and staff go to a wilderness area for a camping trip to help build friendships and understanding between all three groups with the goal of establishing cooperation for future endeavors. Whereas the SCI course enriches the mind and spirit with new ideas about human potential, Base Camp enriches the body and soul, with opportunities to enjoy some beautiful countryside with new friends. Activities may include canoeing, biking, and hiking, as well as learning "outdoor" skills. (1 unit)

PH 101 Physiology Is Consciousness: Awakenning the Cosmic Potentiality of the Human Brain

The course will explore the new paradigm in science that the "Physiology is Consciousness." Current concepts of mind and body will be understood in terms of this new paradigm.

The human brain is unique in the universe. The unfathomably complex fabric of the brain neuropil rivals the billions of shining galaxies. This course examines the contribution of the Vedic tradition of knowledge to our understanding of brain structure and function, and hence, the potential that lies within every individual. The exponential growth of modern scientific understanding during the last 100 years, primarily the last 50 years, has created a situation in which we have an urgent need to understand the relationship between consciousness and our physiology. This course will present our facts of brain structure and function in light of Maharishi Vedic Science and Raja Raam's Discovery of Veda and Vedic Literature in human physiology. We will examine how our brain constructs reality at every moment and how, from Maharishi Vedic Science, the transcendental field of life, the home of all the Laws of Nature is the source of these myriad physiological impulses seamlessly orchestrated to produce what we call human experience. We will study how the experience of unboundedness, the Self of every individual, can transform our physiology and awaken the total creative potential of the brain in enlightenment, the birthright of every human being. (4 units)

SL 201 Sustainability, Natural Law, and Consciousness: Understanding Ecology

This course offers an introduction to state-of-the-art knowledge related to living in a way that will sustain life on the planet rather than plunder its resources. Seminars and workshops will cover permaculture (a more natural form of agriculture), "Grow Bio-Intensive" soil preparation methods in vegetable and herb production, renewable energy, community building, and socially responsible business. The course will include field trips, workshops, and opportunities to see real-world projects as well as class discussions on global climate crisis and the economics of sustainability. These topics will be discussed in a framework of a deep understanding of the Laws of Nature and how the development of consciousness helps to bring individuals and society in accord with those Laws of Nature.

FOR 103 Health-Related Fitness: Physical Activity to Promote Longevity and Fitness for Life

This course presents the latest knowledge from Western science and the Maharishi Consciousness-Based Health Care program concerning the optimum daily routine for establishing the foundation for lifelong excellent health and growing enlightenment. The major focus will be on the details of the ideal routine of sleep, diet, exercise, meaningful activity, recreation and the importance of the regular experience of pure consciousness for optimum health and evolution. This course will combine both lectures and physical activity labs. (2 credit hours)

MVS 102 Introduction to Sanskrit and Maharishi Vedic Science: Learning the Language of Nature and Understanding Principles of Natural Law

"Consciousness is the most basic element in creation; therefore the study of consciousness and research in consciousness, which is offered by the traditional Vedic Literature, gives the student the ability to do anything and achieve anything with the support of the evolutionary power of Natural Law." — Maharishi

Reading the Vedic Literature in Sanskrit is a technology of Maharishi Vedic Science that speeds the development of higher states of consciousness. In this course students learn to read the Vedic Literature in Sanskrit and discover how this practice actually strengthens brain functioning. Students also learn the basic principles of Maharishi Vedic Science, including the recent discovery of how human physiology forms a perfect replica of Natural Law, as embodied in the 40 aspects of the Veda and Vedic Literature. This historic discovery reveals that the natural laws governing the universe are the same laws governing our physiology — meaning that each of us has access, within our own physiology, to the total potential of Natural Law. This in turn gives us the potential to know anything, do anything, and accomplish anything. (4 units) (Note: Students with a background in Maharishi Vedic Science and reading Sanskrit in Devanagari take MVS 192.)

MVS 192 Sanskrit and Maharishi Vedic Science (Advanced): Reading the Language of Nature and Understanding Principles of Natural Law

“Consciousness is the most basic element in creation; therefore the study of consciousness and research in consciousness, which is offered by the traditional Vedic Literature, gives the student the ability to do anything and achieve anything with the support of the evolutionary power of Natural Law.” — Maharishi

Reading the Vedic Literature in Sanskrit is a technology of Maharishi Vedic Science that speeds the development of higher states of consciousness. In this course students learn to read the Vedic Literature in Devanagari and deepen their understanding of the role of reading the Vedic Literature in developing enlightenment.

Students also deepen their understanding of the fundamental themes of Maharishi Vedic Science and cultivate their ability to express these themes in speaking and writing. Also included is the recent discovery of how human physiology forms a perfect replica of Natural Law, as embodied in the 40 aspects of the Veda and Vedic Literature. This historic discovery reveals that the natural laws governing the universe are the same laws governing our physiology — meaning that each of us has access, within our own physiology, to the total potential of Natural Law. This in turn gives us the potential to know anything, do anything, and accomplish anything. (4 units) (Note: This course is for those who comfortably read Sanskrit in Devanagari and have considerable background in Maharishi Vedic Science.)

PHYS 110 Foundations of Physics and Cosmology: Discovery of the Unified Field and Its Practical Applications for Perfection in Life

The course gives a deep and non-mathematical understanding of the differences between classical and quantum physics. It explains the meaning and mechanics of unification and symmetry and the main concepts of unified quantum field theories and superstring theory. It shows that at the basis of the universe lies a complete unified field, a self-interacting entity from which all particles and forces arise through the process of spontaneous symmetry breaking. The course gives students experience and understanding of the interconnectedness between the laws of physics, the universe, and themselves. (4 units)

WTG 191 College Composition 1: Clear and Graceful Prose — Coherent Minds Expressing Themselves through Traditional Writing Forms

This course presents students with the challenge of reconciling seemingly opposite perspectives — writing as an ongoing process of discovery and writing as the creation of a finished work. Students develop greater facility with the writing process and strengthen foundational skills. Connections between reading and writing are fostered as students read and discuss a narrative text. (4 units)

WTG 192 College Composition 2: Exploring Academic Writing — Knowledge as the Basis of Successful Communication and Self-Expression

This course develops students' abilities to use language for different purposes, subjects, and audiences, focusing on both exposition and persuasion within the academic context. Students read and discuss published works that reflect the variety of thinking and writing across the disciplines. (4 units) Prerequisite: WTG 191 or appropriate assessment

MVS 202 Higher States of Consciousness: Realizing Your Full Human Potential

Students study numerous lectures by Maharishi giving detailed descriptions of the further reaches of human development unfolded by regular practice of his technologies of consciousness, with particular emphasis on the Transcendental Meditation and TM-Sidhi® programs. Maharishi locates 4 milestones in this development that he terms higher states of consciousness. The course explores each of these milestones, and the transitions between them, through subjective descriptions of direct experience and objective scientific research. (4 units)

MGT 405 Cross-Cultural Communication: Being at Home Everywhere and in Every Situation — “The World Is My Family”

Expansion of consciousness gives rise to an appreciation of the finest qualities of those around us, and we develop a natural graciousness. But in order to feel confident that we are not inadvertently making someone uncomfortable, we need to master the basic rules of etiquette. In this global age students need to understand the differences in etiquette they may encounter as their professional lives bring them into contact with other cultures. This course will explore the laws of nature underlying courteous behavior revealed by Maharishi Vedic Science. It will also cover rules of etiquette that apply in everyday interactions, special occasions, the workplace, entertaining and traveling in the United States and in other countries. Students will have an opportunity to practice what they learn not only in role-play, but also by actually preparing for and hosting a formal meal for their classmates.

MATH 152 Elementary Algebra: Using Variables to Manage the Total Possibility of Numbers and Solve Practical Problems

The infinitely flexible language of algebra is used to quantify and model mathematical patterns and relationships. Topics include operations on algebraic expressions, linear equations, the coordinate plane, inequalities, factoring, and simple quadratic equations. (4 units)

MATH 153 Intermediate Algebra: Using Variables to Manage the Total Possibility of Numbers and Solve Practical Problems

This course extends Elementary Algebra to develop further algebraic models. Students study polynomials, rational expressions, quadratic equations, complex numbers, and graphing in the coordinate plane. (4 units) Prerequisite: MATH 152

MATH 266 Geometry for the Artist: Applying Abstractions of Shape and Form to Create Beautiful Concrete Images

Geometry, the study of shape and form, is an essential tool for the visual artist. Topics in this course include symmetry, Euclidean and non-Euclidean geometry, perspective and projective geometry, and fractals. Materials fee: \$10 (4 units) No prerequisite