

CONSCIOUSNESS-BASED EDUCATION

Introduced by Maharishi Mahesh Yogi

By Dr. Bevan Morris

Consciousness-Based education, introduced in 1971 by Maharishi Mahesh Yogi, is unique in its ability to effectively develop the total brain potential of every student.

Consciousness-Based education awakens and integrates the total brain through the experience of the unified, silent, self-referral level of the student's consciousness, Transcendental Consciousness, during the practice of Transcendental Meditation. Transcendental Meditation, practiced at the beginning and end of each academic day, is a simple, effortless, natural mental technique, enjoyed by millions of students around the world from every nationality, culture, and religion. It automatically develops coherent brain functioning, bringing holistic benefits to all aspects of the student's life.

This field of pure transcendental consciousness, equated today by leading theoretical physicists to the Unified Field of Natural Law discovered by modern science, opens to every student the home of all the Laws of Nature in their conscious awareness, giving them command of Natural Law for all success and fulfillment in life.

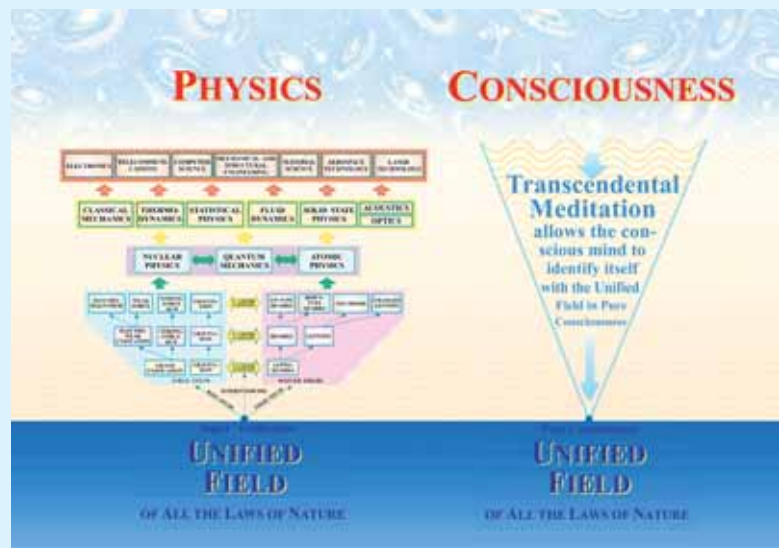


Figure 1:
The equivalence of consciousness and the Unified Field of Natural Law

Failure of the Present Segmented Approach of Education

In the present fragmented approach to education, students study only specific areas of knowledge like the sciences, business, and the arts. This fragmented study enlivens only specific areas of the brain, and never the total brain—the student experiences localized functioning but not holistic functioning.

Lack of holistic brain functioning is the root of many problems and mistakes that students make in their lives, which creates so many difficulties for the government and the nation. Schools are in chaos, and nations are full of problems and conflict just because of this failure of education to develop the total brain.

Adding a Period of Consciousness Development to the Educational Routine

All that is necessary to completely change this situation is to give students the daily experience of Transcendental, Pure Consciousness—the Unified Field—within themselves in order to create highly coherent brain functioning, as measured by EEG coherence in the brain. This awakens the hidden reserves of their brain potential. The ancient Vedic texts proclaim,

*Richo akshare parama vyoman
Yasmin deva adhi vishve nisheduh
Yastanna veda kim richa karishyati
Ya it tad vidus ta ime samasate
Rk Veda 1.164.39*

Yatinam Brahma Bhavati Sarathih

Knowledge is structured in consciousness, the field in which reside all the impulses of intelligence responsible for the creation of the entire universe. He who does not know this field, what can knowledge accomplish for him? He who knows it is established in all possibilities in life.

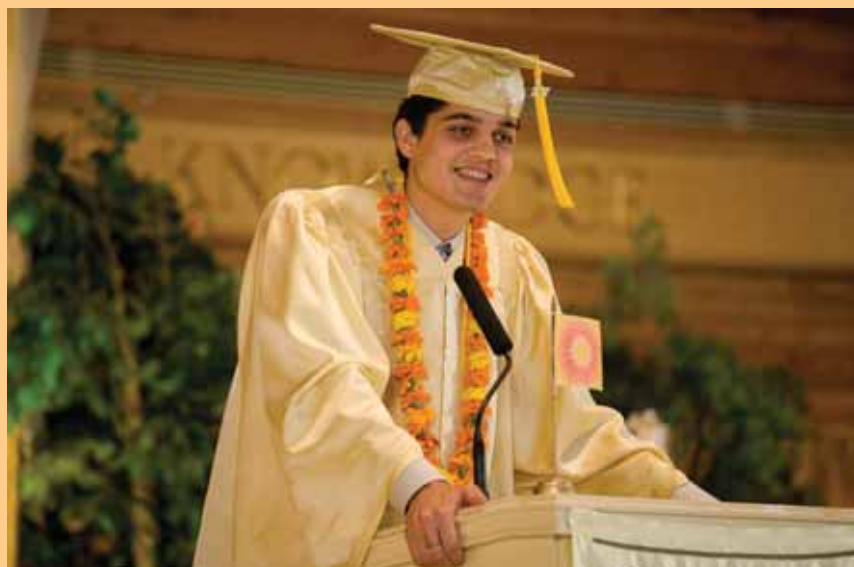
From this we see that the quality of consciousness directly determines the quality of knowledge that any student can gain and express in his or her daily life.

Education for Enlightenment: Gaining the Fruit of All Knowledge

This Consciousness-Based approach to education, combining direct experience and intellectual understanding of the Unified Field of Natural Law, the field of pure consciousness, enlivens the unbounded creative potentiality of the students, and gives them the experience of deepest inner bliss and peace.

This approach allows students to function from the deepest level of their awareness, which is the home of all creativity, and thereby delivers the *fruit of all knowledge* to every student—life spontaneously lived in accord with Natural Law, free from mistakes and problems.

Picture 2:
Valedictorian at Maharishi
University of Management



Consciousness-Based Education—Gaining Good Fortune in Life

Students thinking and acting from the level of the Unified Field in their awareness, gain the ability to spontaneously engage the support of the evolutionary power of the Unified Field for their thought, action and behavior, bringing success and fulfillment to personal and professional life.

There is a Vedic saying that describes this phenomenon of gaining the support of Natural Law to fulfill one's aspirations:

Yatinam Brahma Bhavati Sarathih

For those established in self-referral consciousness, the totality of Natural Law (the administrator of the universe) spontaneously carries out their thoughts and actions.

This expression gives the key for every student to gain good fortune in every aspect of his or her daily life.

Maharishi University of Management and Maharishi School of the Age of Enlightenment in Fairfield, Iowa



In the United States, Maharishi University of Management and Maharishi School of the Age of Enlightenment in Fairfield, Iowa, founded in 1971, are pioneering examples of educational institutions where every student practices Transcendental Meditation, and experiences the Self—Atma—the Unified Field of consciousness.

Picture 3:
Maharishi University of Management,
Fairfield, Iowa

In addition to the Consciousness-Based education principles and practices, all the students in these institutions are housed in buildings built according to fortune-creating principles of Vastu Vidya of Sthapatya Veda—the ancient system of Vedic architecture. All food is organic and vegetarian, and students of all ages learn all the basic principles of the Maharishi Vedic Approach to Health restored by Maharishi, including self-pulse reading, in order to maintain good health throughout their lives.

Consciousness-Based Education for Ladies

In addition to the regular Consciousness-Based education programs offered around the world, a special single-gender program for ladies is available where they can grow and develop to their fullest potential without the inhibitions and restraints that can develop when their school is co-educational. Research shows that girls in their own academic atmosphere, taught by women teachers, learn more easily, perform at higher academic levels, more readily develop leadership, and are more satisfied that their education prepared them for life. When combined with the practice of Transcendental Meditation, which broadens their awareness and their feeling of being at home with everyone and everything, Consciousness-Based education prepares girl and lady graduates who are strong, comfortable with themselves, compassionate and blissful, and increasingly able to make right choices at every stage of their lives. They are nourishing to everyone.

Scientific Research and Remarkable Results Now Promoting Consciousness-Based Education Around the World

The academic results and enlightened atmosphere of these Consciousness-Based institutions are unique in the world.

But now, high schools across the nation are introducing Transcendental Meditation into the daily routine of the students (with financial support from the David Lynch Foundation), because of current scientific research in the field of education. More than 600 studies from 250 different universities in 33 countries have shown holistic improvements in the lives of students through Transcendental Meditation. These improvements, including the increasing coherence of meditating students' brain functioning, lead to increases in creative intelligence, academic performance, moral reasoning, calmness, physiological efficiency and development of the total personality. Research also shows increased

IQ, improved learning ability, improved mind-body coordination, increased organizational ability and efficiency, increased energy and dynamism, improved health, improved integration of personality, reduction in negative personality characteristics, growth of ideal social behavior and tangible benefits in special education and remedial education.

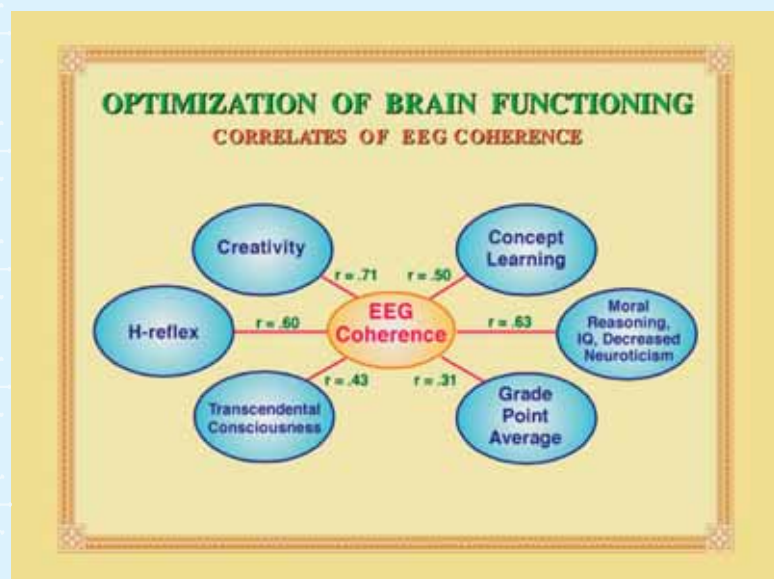


Figure 4:
Optimizing Brain Functioning Brings Holistic Benefits to all Aspects of a Student's Life Management

Students in Schools and Colleges to Create National Invincibility Through the Maharishi Effect—the Field Effect of Consciousness

Students in schools and colleges comprise one quarter of the whole population. When large groups of students practice together the Transcendental Meditation program and its advance techniques—especially the Transcendental Meditation-Sidhi programs, including Yogic Flying—in schools and colleges, the holistic, evolutionary qualities of the Unified Field become enlivened in the whole society. This results in increased coherence, or harmony, in collective consciousness, which expresses itself in increased positive trends in national and international life.



When all students enjoy maximum coherence of brain functioning through Consciousness-Based education, they will create such powerful coherence in collective consciousness that national consciousness will become completely integrated, and the young people of the nation will crown the nation with invincibility.

*Picture 5:
Group Practice of the Coherence-
Creating Technologies of the Tran-
scendental Meditation and TM-Sidhi
Programs*

This knowledge and practical program of Consciousness-Based education is the strength of our fortunate age—a practical tool that allows students to spontaneously create better individuals, a better society and a better world.

When students grow up using their total brain, they will not make mistakes and create problems. The government will be delighted to see problems simply not arising in national life. This will mean the government has achieved a new level of efficiency in administration, and fulfilled the ideal for every government—a prevention-oriented and problem-free administration.

The Maharishi Effect Confirmed by Scientific Research and Understood From the Perspective of Quantum Physics

This ability of students to make their nation invincible through coherence-creating groups has been thoroughly confirmed by research, which shows that wherever groups of students have practiced these technologies to develop their total brain potential, the societal coherence that is generated results in lower crime rates, less

accidents and sickness, reduced violent conflicts, and improved economic trends. In the scientific literature this effect of coherence at the collective level of society is called the *Maharishi Effect*.

Quantum physicists like Dr. John Hagelin, Chairman of the Physics Department at Maharishi University of Management, have given the theoretical explanation of the *Maharishi Effect*—that it is a Field Effect of consciousness at the level of the Unified Field.

Maharishi Tower of Invincibility Inaugurated On the Full Moon Day of July, 2007 at Maharishi University of Management

On July 29th—Guru Purnima day—a white marble Maharishi Tower of Invincibility was inaugurated between the famous Yogic Flying Golden Domes at Maharishi University of Management to commemorate the achievements of this University and its historic Invincible America Assembly to bring coherent national life to America through Consciousness-Based education.



The participants in the Assembly, (which include 500 Vedic pandits from India) are having inner, spiritual experiences of the caliber of the great saints and seers of all the world's traditions, including the experiences of the first seer of the Rik Veda, *Madhuchhandas*, creating an extraordinary atmosphere of enlightenment, while simultaneously blessing the nation with peace.

Picture 6:
Maharishi Tower of Invincibility at Maharishi University of Management

Parents and Teachers: Provide Your Students the Highest and Most Effective System of Education without a Moment's Delay

When students in every school and college just simply receive the education necessary to unfold the infinite potentiality with which they are born, then anything is possible for those individuals and for the human family as a whole—including the creation of a permanently peaceful and prosperous world.

What works best is always adopted by society as a whole—what is good and proven spreads everywhere. So soon Consciousness-Based education introduced by Maharishi from the great Vedic tradition of Total Knowledge of India will be the universal system of education in every country.

Highlights of achievements of Maharishi School of the Age of Enlightenment — The World's first consciousness-based primary and secondary school

In the past decade, students at Maharishi School have won more than 100 state titles in science, speech, drama, writing, poetry, spelling, art, photography, history, mathematics, chess, tennis, golf, track, and Destination ImagiNation (a national and international creative problem-solving competition).

- Grades 10–12 consistently score in the top 1% nationally, and in Iowa, on standardized tests (ITED)
- 95% of graduates accepted at four-year colleges
- Over ten times the nation's average for National Merit Scholar Finalists in the past decade
- World Record: Four-time winners of the Global Finals of Destination ImagiNation, and more top-ten finishes than any other school in the world
- First Place: American High School Math Exam, Iowa Division, four years in a row
- Five first-place finishes, Iowa State History Fair, Senior Division
- First Place: Ten first-place finishes in the senior division of the Eastern Iowa or Hawkeye state science fairs
- State Record: Congressional Art Competition, "An Artistic Discovery," grand prize four times
- State Champion: Iowa Junior Chess Championship
- First Place: National Texas A&M Photography Competition
- Grand Prize: International Photo Imaging Education Association competition
- State Champions: 16 boys' state tennis championships, tying for the most in Iowa history

For more information or to support Consciousness-Based education, please contact:

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