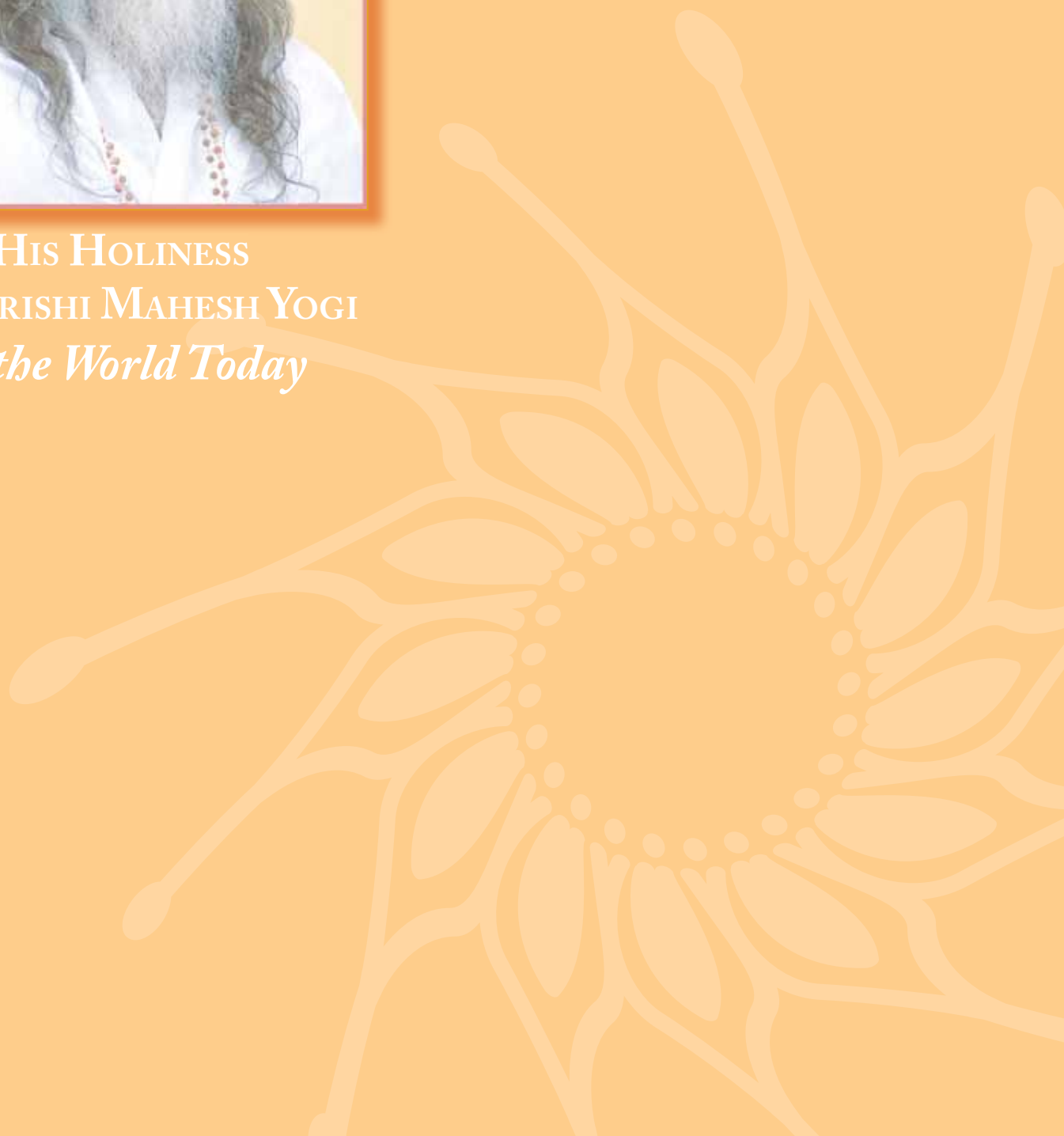




HIS HOLINESS
MAHARISHI MAHESH YOGI
In the World Today



MAHARISHI IN THE WORLD TODAY

By Raja John Konhaus



His Holiness Maharishi Mahesh Yogi is a renowned and revered world teacher from the Vedic tradition of India, the tradition of supreme knowledge. His supreme gift to the world has been to make the difficult simple—to take the highest techniques for achieving enlightenment, or full human potential, and offer them as simple, natural, effortless procedures available to every citizen of our world. Maharishi is therefore regarded today as the foremost scientist in the field of human development, having brought out in the last 50 years the full potential of human consciousness in every area of life, including education, health care, agriculture, architecture, economics, and government.

Maharishi's story begins with his homage to the feet of his teacher Guru Dev, Brahmananda Saraswati, Shankaracharya of Jyotir Math, Himalayas, from whom he received the perfect and complete Vedic knowledge, and under whose guidance he achieved the highest state of consciousness. After 12 years with his Master, Maharishi retired to the silence of Uttar Kashi in the Himalayas. The recluse life, however, was not meant to be his destiny.

Maharishi had found something so useful and precious for all mankind that the need of the time moved him to share it with everyone. He had learned from his Master the natural tendency of the mind to experience its own inner nature—self-referral consciousness—a field of infinite creativity and bliss, and the basis of all success and happiness in life. In 1955 he began to teach this “technology of consciousness” under the name of Transcendental Meditation. Transcendental Meditation is the subjective aspect of Maharishi's Vedic Science of consciousness, which allows any individual to easily experience his own inner spiritual nature and apply it in practical daily life.

In 1958, without any effort, any planning, or any financial resources, Maharishi began his first world tour, starting in India, and then travelling onward to Malaysia, Singapore, Hong Kong, Hawaii, California, England and around the world, eventually to complete a total of 10 world tours. Everywhere Maharishi was greeted, respected, loved, and appreciated for the knowledge he was so freely giving.

Early in his travels Maharishi began to involve scientists in his meetings, challenging them to verify the experiences of refined mental and physical functioning that people were consistently reporting from their practice of Transcendental Meditation. A current review of the more than 600 scientific studies now published in leading peer-reviewed

journals worldwide reveals the universal effectiveness and reliability of this knowledge in all countries, for all cultures, religions, and political systems, both for the individual and for society as a whole.

As his supreme achievement in the field of knowledge, Maharishi has united the understanding of the ultimate reality of life from the perspective of modern science and ancient Vedic Science. He accomplished this unification by comparing the structure and function of the Unified Field as expressed in the latest theories of modern physics with the structure and function of human consciousness, or Atma, as expressed in Vedic Science, showing them to be one and the same reality. By combining the objective and subjective approaches to knowledge, Maharishi has given us practical access to the fundamental intelligence of the universe, which he calls the "Constitution of the Universe." This practical application of supreme knowledge for the benefit of mankind has been Maharishi's unique contribution to our world.

Over the last 50 years Maharishi has either personally visited or provided training in over 130 countries. Scientific conferences, teacher training courses, world peace assemblies, coherence-creating demonstration projects, public lectures, television broadcasts - through all these and many more Maharishi has brought new knowledge to the world on a daily basis. Tens of thousands of teachers have been trained, hundreds of thousands have become advanced practitioners, and altogether over 5 million people from all walks of life have learned Transcendental Meditation and its advanced techniques. All this has made Transcendental Meditation the most carefully researched, widely practiced, and effective technique for personal development in modern history.

Maharishi brought to the world the exclusive knowledge of seven states of consciousness — the three commonly known states of waking, dreaming, and deep sleep states of consciousness along with four higher states of consciousness: Transcendental Consciousness, Cosmic Consciousness, God Consciousness, and Unity Consciousness (all of which can be practically lived in daily life for more energy, efficiency, happiness, creativity, healthfulness, and success).

Following the introduction of Transcendental Meditation to develop the mind, body and consciousness, Maharishi further developed programs for the physiology and neurophysiology by reviving the ancient system of natural medicine known as Maharishi Ayurveda. This natural system of prevention-oriented, side-effect-free medicine reached its fullest development as the Maharishi Vedic Approach to Health, which utilizes the intimate relationship between consciousness and physiology to create a system of health care based on the field of consciousness as a field of perfect health. This most perfect system of health care is now being introduced around the world through Maharishi Vedic Health Clinics, Hospitals, and Medical Training Colleges.

In the area of education, Maharishi introduced Consciousness-Based education, demonstrating that the full brain functioning of any student can only be developed through transcending. Over the years since Maharishi began teaching, millions of students have undertaken the practice of the Transcendental Meditation and TM-Sidhi

programs, including Yogic flying (an advanced aspect of the Transcendental Meditation program) and increased their creativity, improved their grades, and strengthened their learning ability and IQ—all based on specific physiological changes in brain coherence and functioning.

Adding even more momentum to his development offerings, Maharishi then unfolded MaharishiSthapatya Veda, the Vedic science of architecture, bringing to light the intimate connection between human physiology and the environment—how the structuring dynamics of the building influences the behavioral dynamics of the occupants and connects individual life with greater cosmic life.

Maharishi also recognized the relationship between pure, vital food and the development of full human potential. Working with traditional Vedic pandits and Western scientists and farmers, Maharishi developed the applied science of Maharishi Vedic Organic Agriculture to create Vedic food for Vedic consciousness. Applied globally, this program is culturing the unused lands with agricultural potential for creating a world organic breadbasket. Maharishi sees that the organic food, fiber, and biofuel crops produced in this program can promote life and remove poverty in all the developing nations.

To support all of these programs, Maharishi founded the Global Financial Capital of New York, at 70 Broad Street in the financial district of New York, with branches in all the major financial markets of the world. The purpose of this Capital is to inspire investors around the world to support projects that favor life on earth, making investments that create wealth and a better world in the process.

In addition to developing systems of gaining and applying knowledge, Maharishi has shown his greatness in his ability to verify the authenticity and effectiveness of the knowledge he is offering from all perspectives: from the perspective of the Vedic tradition, as expressed in the Vedic texts; from the perspective of modern science in the language of our time; from the perspective of personal experience—the subjective approach to knowledge gained from the practice of Yoga—and finally from the scriptural texts of all the religions. From these four pillars of knowledge, Maharishi has verified the authenticity and effectiveness of this knowledge.

As a foundation for re-enlivening Vedic knowledge, Maharishi has trained and supported the traditional Vedic families of India, the true custodians of this knowledge for generations. Maharishi has insured the preservation of what the United Nations has called an “international cultural heritage”—the chanting of the Vedic pandits—by training tens of thousands of new pandits in all aspects of the Vedic texts and traditional performances.

In the Brahmasthan, or center point of India, Maharishi has built homes for and supported 16,000 Vedic Pandits to perform Vedic Yagyasa for all the 192 nations of the world—for



each nation's peace, prosperity, security, and happiness. Maharishi has also made available individual Yagyas performed by the best pandits of India, allowing individuals and businesses to enjoy these traditional performances for their personal success and well-being.

To complement the center of world coherence in the Brahmasthan of India, Maharishi recently founded Maharishi Central University in the Brahmasthan of the USA to train new leadership for America and all the nations of the world.

Maharishi has established many organizations to perpetuate his knowledge for all generations to come. In the field of education over the past 50 years, 340 schools, colleges, and universities have been established and accredited in 16 countries with over 175,000 students, including Maharishi University of Management, USA; Maharishi Institute of Management, India; Maharishi Vedic University in India, Great Britain, Germany, France, Italy, Spain, Cambodia, Thailand, Brazil, and Denmark; Maharishi Open University, a global Web and telecast university in 18 languages; Maharishi European Research University for global graduate research; Maharishi Research Institute of Japan; Maharishi Spiritual University of America, and Maharishi University of Enlightenment for ladies, Maharishi Schools of the Age of Enlightenment; and Maharishi Invincibility Schools worldwide.

In addition to these educational institutions, Maharishi has established many supporting, non-profit organizations to administer and teach the Vedic knowledge in all nations. These national organizations all operate in the local language and in accord with the legal structure of the country in which they are established. They have a common parent organization in the Global Country of World Peace—an international organization created to unite the family of nations in permanent peace.

Maharishi has perfected his administrative organization in all the countries of the world by establishing an administrative structure centered around the 12 sacred Jyotir Linga in India—each of the 12 Linga associated with four key cities of India with a special administrative locale in the city known as the Brahmananda Saraswati Nagar in honor of Maharishi's Master. Each of these 48 cities maintains a relationship with four countries of the world, totalling 192 countries.

Over the years Maharishi's focus on individual development eventually led to the global application of the knowledge to improve societies, nations, and the world as a whole. Individual enlightenment and invincibility for every nation became Maharishi's foundation for peace in the world. Maharishi's offer to the governments of the world of a practical formula to come in alliance with Nature's Government is so unique and unprecedented in history that the political leadership of the world, working under stress and strain, could not believe that the support of Nature could be so easily gained in a systematic, scientific manner.

This is but a brief glimpse of Maharishi in the world today—a quiet guardian of all nations, a quiet force of all goodness and knowledge for everyone to enjoy. Through Maharishi's gifts and brilliance in every field of knowledge and administration, every individual, every nation, and the world as a whole now have the opportunity to actualize the supreme purpose of life in fulfillment. Maharishi has acted humbly, sincerely, and with supreme intelligence—with just the simple purpose of bringing creativity, prosperity, health, and fulfillment to all mankind, giving all credit to his Master and the tradition from which he comes. Maharishi has succeeded royally, and the world will never be the same.

Jai Guru Dev

For more information on Maharishi and his programs, please contact Raja Dr. John Konhaus, administrator for the Global Country of World Peace in the Southwestern United States at:

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INDIA'S TIMELESS VEDIC HERITAGE: MEETING THE CHALLENGES OF OUR MODERN AGE

By Dr. John Hagelin

About the Author

John Hagelin, Ph.D., is a world-renowned quantum physicist, author, educator, and public policy expert.

Dr. Hagelin received his A.B. summa cum laude from Dartmouth College and his M.A. and Ph.D. from Harvard University, and conducted pioneering research at CERN (the European Center for Particle Physics) and SLAC (the Stanford Linear Accelerator Center). His scientific contributions in the fields of electroweak unification, grand unification, supersymmetry and cosmology include some of the most cited references in the physical sciences. He is also responsible for the development of a highly successful Grand Unified Field Theory based on the Superstring. Dr. Hagelin was named winner of the prestigious Kilby Award, which recognized him as "a scientist in the tradition of Einstein, Jeans, Bohr and Eddington."

Dr. Hagelin is currently Director of the Institute of Science, Technology and Public Policy, a leading science and technology think tank at Maharishi University of Management, and International Director of the Global Union of Scientists for Peace, an organization of leading scientists dedicated to ending nuclear proliferation and establishing lasting world peace.

At this time, when stress and stress-related illness have reached epidemic proportions, and the demand for creativity and peak performance is higher than ever, it is deeply satisfying to see how India's cherished meditation tradition is filling a vast void—making its way into boardrooms, classrooms, and medical practice.

Among such practices, one in particular has entered America's mainstream: Transcendental Meditation—the most widely practiced, extensively researched, and broadly prescribed mental technique for the prevention of disease, promotion of health, and development of full human potential. This technique is at once ultramodern and ancient: it has been revived from the timeless Vedic wisdom by the world's foremost scientist of consciousness and renowned Vedic scholar, Maharishi Mahesh Yogi, who introduced Transcendental Meditation to the world over 50 years ago.

Transcendental Meditation is a unique technique, taught through personal instruction by a qualified teacher, and is practiced for 20 minutes twice a day sitting comfortably with the eyes closed. The technique has been learned by over 5 million people of all ages, religions and walks of life.

The benefits are well documented. More than 600 studies, many funded by the US Government's National Institutes of Health, have been conducted at more than 250 independent universities and research institutes and published in leading peer-reviewed academic journals. These studies have confirmed the wide-ranging mental, physiological and even sociological benefits of this simple, effortless practice. Such documented benefits include reduced cardiovascular disease—the world's number one killer—reduced ADHD and other stress-related learning disorders in children, and development of full brain potential. A proper scientific understanding of these wide-ranging results is only now possible, based upon the most advanced scientific discoveries of quantum physics and neuroscience.

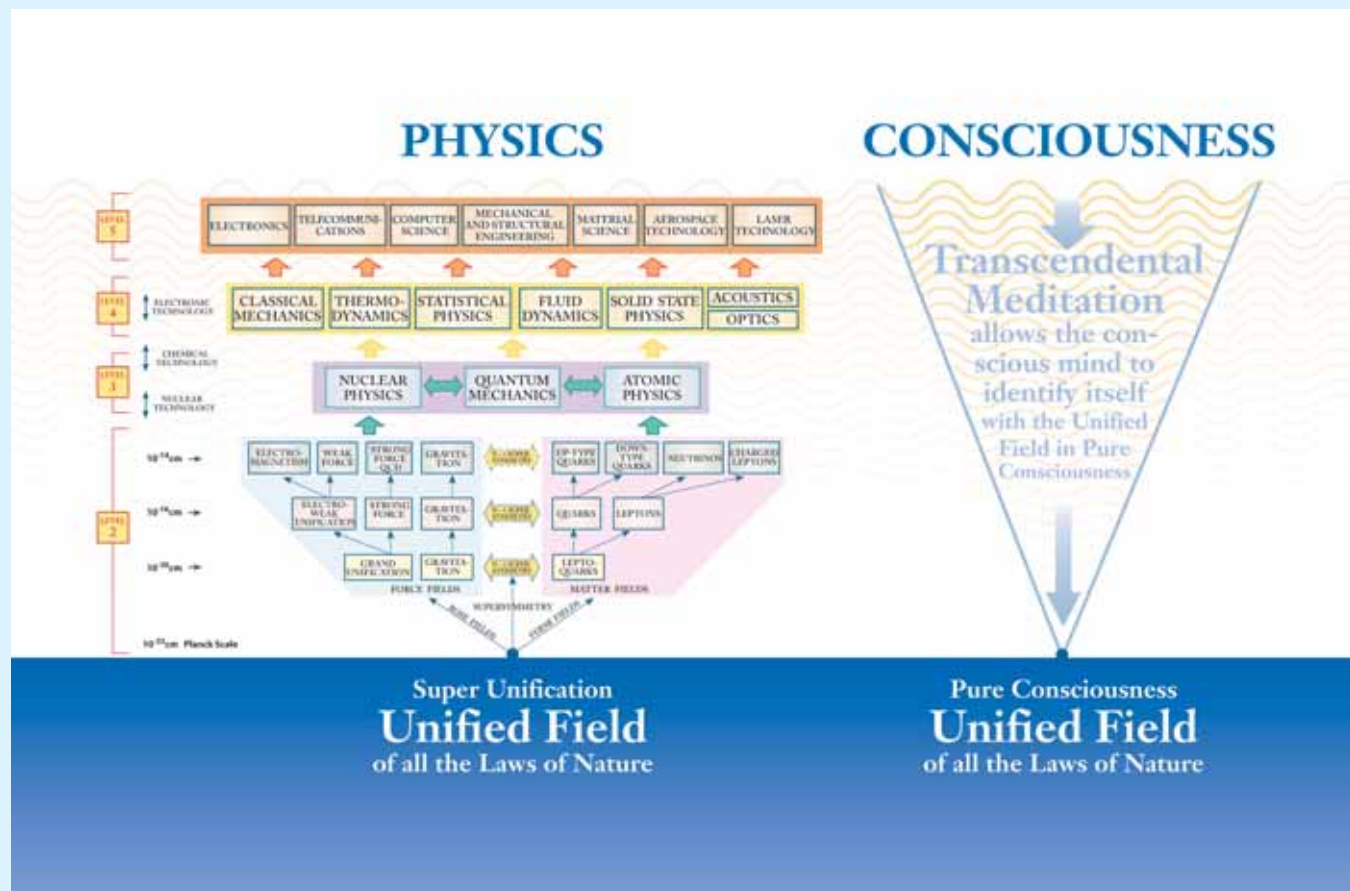


Figure 1: Unified Field and Consciousness

On the left side, this chart shows the hierarchical structure of the laws of nature as revealed by modern science. At the top of the chart are the diversified levels of natural law at macroscopic, observable scales. Underlying these are progressively deeper levels of natural law at the molecular, atomic, nuclear, and subnuclear levels, extending to electroweak unification, grand unification, and super unification—the discovery of the Unified Field at the foundation of the chart.

On the right, the chart shows the hierarchical structure of human consciousness, from the diversified nature of superficial awareness at the top of the chart to progressively more silent, unified states of awareness at deeper levels of the chart—culminating in the direct experience of the Unified Field in the meditative state brought about by Transcendental Meditation.

A series of Nobel-Prize-winning discoveries during the past quarter century have revealed a universal field of intelligence at the basis of mind and matter—the Unified Field or “heterotic superstring.” This discovery is the fulfillment of Einstein’s lifelong dream to locate the unified source of the diversified universe—the fountainhead of all the laws of Nature. (Please see figure 1 on previous page) During the meditative state, which is very easily and systematically achieved during Transcendental Meditation, human awareness opens to the direct experience of the Unified Field. This fundamental experience of unity has since been identified as a fourth major state of consciousness, distinct from waking, dreaming, and deep sleep.

Physiologically, the experience is characterized by a state of profound rest—much deeper than sleep—while the mind remains restfully alert. This state of restful alertness effectively dissolves accumulated stress and fatigue and thereby prevents a wide range of stress-related disorders—which account for 80 percent of all disorders.

Mentally, this experience is characterized by a highly ordered state of brain functioning, which produces greatly increased creativity and intelligence. In normal waking consciousness, the electrical activity of the brain is extremely fragmented. The firing of neurons in different areas of the brain is uncoordinated, with only small pockets of relative coherence engaged in specific cognitive processing. During Transcendental Meditation, as the awareness expands, these pockets of coherence spread and merge until the entire brain functions in a highly integrated and coordinated fashion. (Please see Picture 1) With regular practice, this orderly brain functioning becomes an increasingly stable feature of the brain.

This coherent brain functioning is scientifically correlated with increased intelligence (IQ) and creativity, and improved learning ability (short-term and long-term memory), academic performance, moral reasoning, psychological stability, emotional maturity, alertness, and reaction time. This is particularly significant in light of the previous widespread misconception that intelligence freezes at adolescence and that further improvements are not possible.

Of even greater importance, this integrated brain functioning includes the critical prefrontal cortex, located behind the forehead. The prefrontal cortex is called the “higher brain”

*Picture 1: Meditating Student
Research on the neurophysiology of enlightenment—higher states of consciousness. Brain scientist Fred Travis, Ph.D., examines the brain functioning of a volunteer student meditator at Maharishi University of Management.*



because it is responsible for all of our higher “human” attributes, such as moral reasoning, planning, decision-making, judgment, and sense of self. One of the great shortfalls of conventional education is that it fails to systematically develop the higher brain, leading to a general lack of executive functioning, leadership, and moral reasoning in the broader population. Moreover, under stress the prefrontal cortex shuts down, and under chronic stress it shuts down chronically. It is vitally important for success in life to fully engage and develop the total brain, including the prefrontal cortex. (Please see Figure 2)

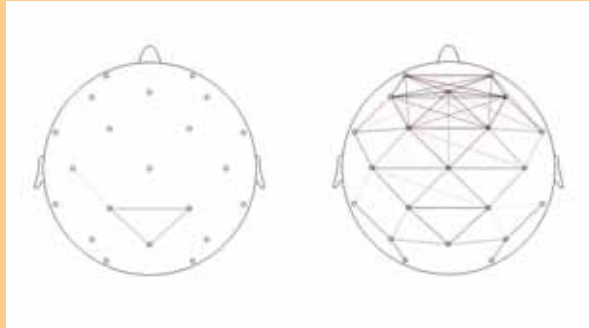


Figure 2: Increased Brain Coherence through Transcendental Meditation

This chart contrasts the electrophysiology (EEG) of a subject experiencing ordinary waking consciousness (left) with the EEG of a subject practicing Transcendental Meditation (right). The greater number of bars connecting distant regions of the scalp indicate a highly correlated state of electrophysiological functioning (“global EEG coherence”) in the meditative state. Global EEG coherence is the basis of increased IQ, creativity, learning ability, academic performance, psychological stability, emotional maturity, and moral reasoning.

Transcendental Meditation achieves this by reducing stress and its deleterious effects on brain functioning, and furthermore, by directly engaging the prefrontal cortex and integrating it with the entire brain.

The implications of these findings cannot be overstated. Such total brain development is the key to executive success, academic achievement, and a happy, healthy family life. This important message was delivered to over 2000 Indian executives who attended the TiEcon national conference held last year in Santa Clara, California.

Building upon decades of research on such individual benefits comes research on the positive impact of Transcendental Meditation on society as a whole. It is not surprising that a technique that creates more peaceful, creative, and dynamic individuals would contribute to a more peaceful, creative, and dynamic society. What is surprising is the degree to which merely a few thousand meditating individuals can positively affect trends throughout society. Researchers have found a remarkable “spillover” effect, in which the calming, stress-reducing, creativity-enhancing power of Transcendental Meditation influences non-meditators in the social environment—especially when this meditation is practiced in groups.

The extraordinary power of such meditating groups in promoting positive social trends, while reducing crime, social violence, and even terrorism born of acute societal stress, has been well established through more than 50 peer-reviewed scientific studies.

Taking these studies to a new level, right now, in America’s heartland, in Maharishi Vedic City, Iowa, and nearby Maharishi University of Management, a group of 2000 experts

are practicing Transcendental Meditation and its advanced programs, including the peace-promoting Yogic Flying technique, to create an intensified influence of peace and positivity in US national consciousness. Now entering its second year, this \$12- million-a-year demonstration project, called the Invincible America Assembly, constitutes the largest sustained and rigorously controlled experiment in the history of social science. (Please see Picture 2)



Picture 2: Golden Dome

Two thousand advanced practitioners of Transcendental Meditation gather to create coherence in US national consciousness as part of the ongoing Invincible America Assembly.

As predicted in advance, the positive, coherent influence of the group is having a marked impact on national consciousness. It has bolstered the national mood and increased investor and consumer confidence, which has, in turn, strengthened the economy and

driven the markets to unprecedented heights. Simultaneously, the US government has responded with more peaceful initiatives in North Korea, the Middle East, and other critical hotspots throughout the world. (See www.InvincibleDefense.org.)

It is utterly remarkable to see how the widely misunderstood and nearly forgotten tradition of ancient India—the Vedic science and technologies of consciousness—has entered the American mainstream to powerfully enhance human health and brain potential and to successfully address the widespread challenges of our modern age.

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www.istpp.org, Email: istpp@mum.edu

or to learn Transcendental Meditation, please contact:

San Diego, CA: 760-943-0559

Beverly Hills, CA: 310-855-9025

San Francisco and Marin County: (415) 492-1590

Palo Alto 650-852-9719

Nationally: 1-888-LEARNTM

www.TM.org

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.

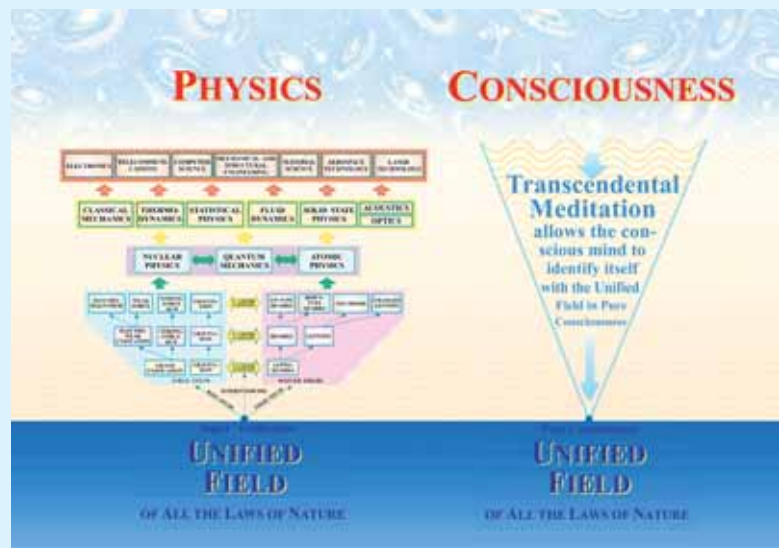


Figure 1:
The equivalence of consciousness and the Unified Field of Natural Law

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.

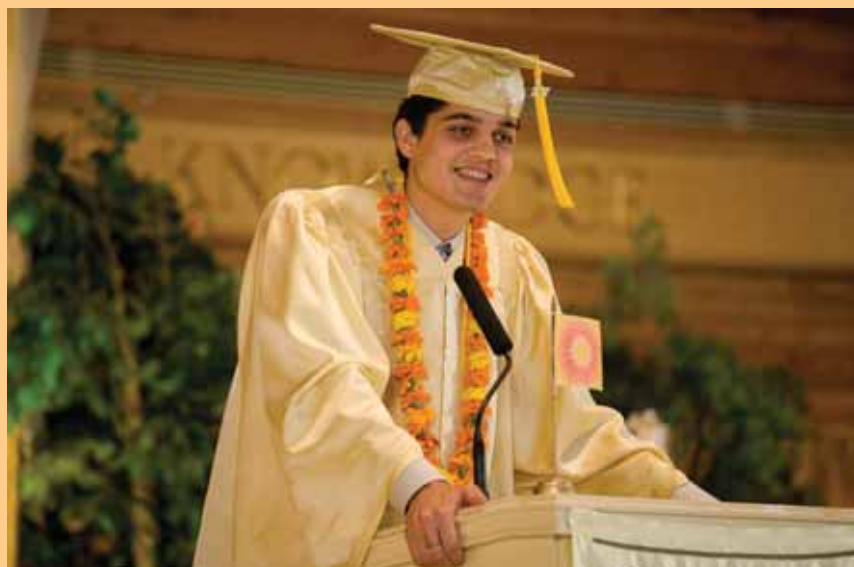
From this we see that the quality of consciousness directly determines the quality of knowledge that any student can gain and express in his or her daily life.

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.

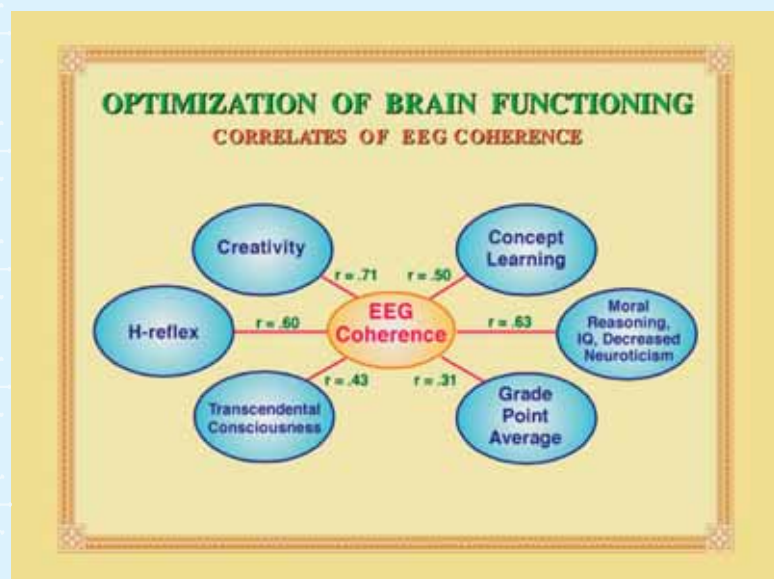


Figure 4:
Optimizing Brain Functioning Brings Holistic Benefits to all Aspects of a Student's Life Management

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.



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

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.

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:

Dr. Jamie Grant, Director of Consciousness Based Education Programs for Southwest America
c/o Maharishi Invincibility Center, Palo Alto,
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e-mail: admissions@mum.edu
website: www.mum.edu

Maharishi School of the Age of Enlightenment
Phone: 866 472-6723
E-mail: info@msae.edu
Website: www.maharishischooliowa.org

PRINCIPLES AND PROGRAMMES OF MAHARISHI STHAPATYA VEDASM ARCHITECTURE IN HARMONY WITH NATURAL LAW

By Dr. Eike Hartmann

Creating a New Quality of Life through Fortune-Creating Homes, Offices and Communities

The knowledge of architecture and building in accordance with Natural Law has recently been brought to light by His Holiness Maharishi Mahesh Yogi from the Vedic Tradition of India—the eternal tradition of Total Natural Law. This complete system of building *fortune-creating* homes, offices and communities is known as *Maharishi Sthapatya VedaSM Design*.

Maharishi Sthapatya Veda is architecture and planning that is fundamentally in harmony with all the laws of nature governing our lives and the life of the whole cosmos. The *Sanskrit* word *sthapan* means to establish, and *Veda* means knowledge, so *Maharishi Sthapatya Veda* is the knowledge of how to establish life in full accord with Natural Law.



Figure 1:
The individual is cosmic in nature

The purpose of *Maharishi Sthapatya Veda—Vastu Vidya*—is to maintain individual life in harmony with Cosmic Life, individual intelligence in tune with cosmic intelligence. This is accomplished by using principles of architecture whereby the structuring dynamics of the building favorably influence the behavioral dynamics of the occupants.

Maharishi Sthapatya VedaSM Architecture is a complete system of architecture and planning according to the solar, lunar, and planetary influences on the earth with reference to North and South Poles and the equator. The strongest influence of Natural Law on earth comes from the sun. On its path from east to west, the sun radiates different qualities of energy. These energies, as they reach different parts of a home or building during different times of the day, should support the specific activities performed within those rooms, so that the influence of Natural Law from the sun is always supportive to every aspect of our daily activity.

For instance the kitchen should be in the southeast where the *Agni* or fire element is

greatest; the master bedroom in the southwest, the commanding point of the house; the living room in the west and guest rooms in the northwest. The meditation room should always be in the northeast, the place of silence. Bedrooms for the children, the home office, the swimming pool, etc., are all specifically placed such that each and every room and the activity performed there is maximally supportive to the occupant. So *Vastu* is that particular design and structure of a building that gives proper orientation to the house and distribution of rooms within it to take advantage of the movement of the sun as expressed above.

The Effects of not following Vastu

Today, people do not know that many misfortunes and even diseases arise from lack of proper orientation of their houses and offices. Only a properly orientated home according to *Maharishi Sthapatya Veda* can save the individual from being affected by the disharmonious influences of the surroundings.

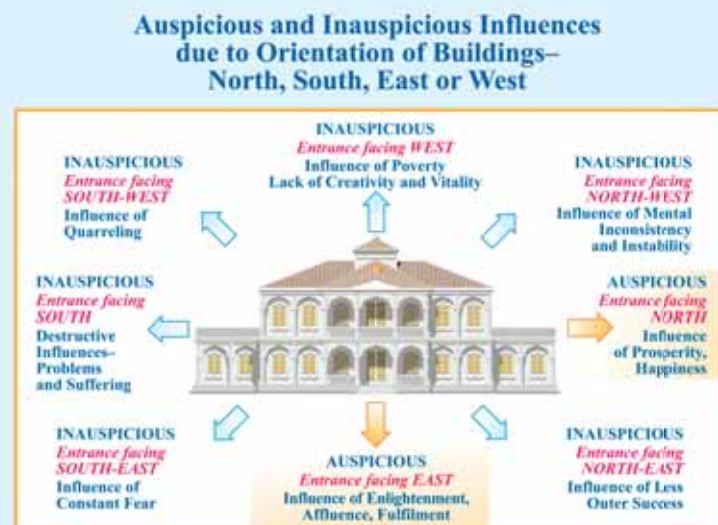
Figure 2:

The location of the entrance to the house is a very important part of its Maharishi Sthapatya Veda design. For example, the main entrance of the building should always be facing due East, or secondarily, the North. Other entrances produce unfavorable influences for the occupants.

Wrongly placed entrances may contribute to:

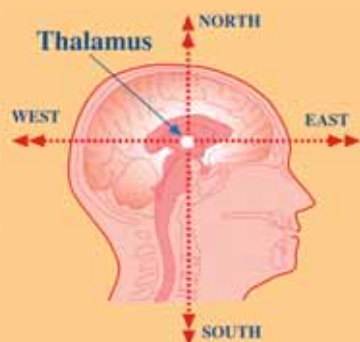
- Destruction of the family, accidents, restlessness
- Aggressions, constant fear, quarreling, poverty, ill health
- Lack of vitality, lack of creativity and no success
- Chronic diseases, problems in private and professional life

Anyone can verify the truth of the principle of auspicious *Vastu* by taking the map of any city and looking at the direction of the roads. Wherever the entrance of any building is in the East, the residents enjoy better health, increasing prosperity, and harmonious relations with others; but wherever houses are facing south or west the opposite is the result.



This is the broad information offered by the ancient Vedic Architecture and everyone is invited to verify the correctness of his home and his working place

Scientific Principles Confirming the Need for Proper Orientation of Buildings



Recent research in modern science has now confirmed the ancient understanding that our brain is sensitive to orientation, position, and direction in space. This research has shown that the firing patterns of neurons in the thalamus of the brain are altered by the direction one is facing. When one is facing East, the brain physiology functions differently than facing North, South, or West.

*Figure 3:
The effect of orientation on Brain Functioning*

The conclusion is that the power of thoughts and the quality of thoughts is influenced by the direction one is facing. One's sense of direction gets confused in daily life when one lives in a building with wrong orientation, resulting in potential physiological, psychological and behavioral imbalances and strain.

The Effect of Maharishi Sthapatya Veda on Government and Society

The influence of Maharishi Sthapatya Veda is not limited to the individual. The general trend of governmental problems and inefficiencies is in part due to activities conducted from wrongly oriented administrative buildings. The same is true for national economic imbalances and deficiencies.

Most of today's government buildings were built long ago when this knowledge of proper orientation was not widely known in the world. Immediate improvements in national administration could be realized if the government ruled from proper Vastu. Immediate and significant decreases in inefficient performance, economic instability, ill health, negativity, conflicts, cruelty, and crime in the life of individuals and society will all come about when the life of the nation is administered from buildings with correct orientation.

Ideal Vedic Community and City Planning: Construction of Peace Colonies with Fortune-Creating Homes

The positive effects of a Maharishi Sthapatya Veda home or office are greatly enhanced when the entire community or city is properly planned in accord with Natural Law. In an ideal community, with Vedic planning, all roads are lined up North-South, East-West around a central square, or *Brahmasthan*, which is a center point of silence. Such a layout automatically creates order, coherence and support of Natural Law to every citizen and to the community as a whole.

Modern architecture and city planning does not have this knowledge of orientation. Buildings are facing any direction. From eight possible directions, only two directions—East and North—produce auspicious results. This means that in a modern city, as

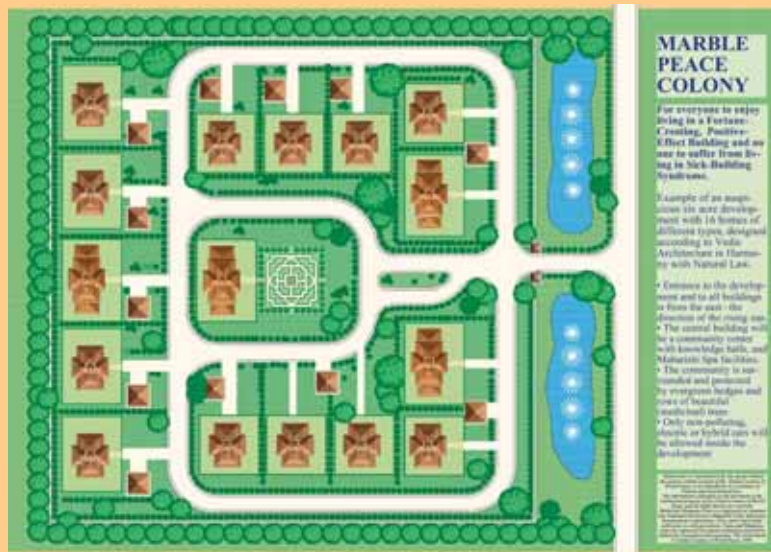


Figure 4:
Ideal Vedic Community and City Planning

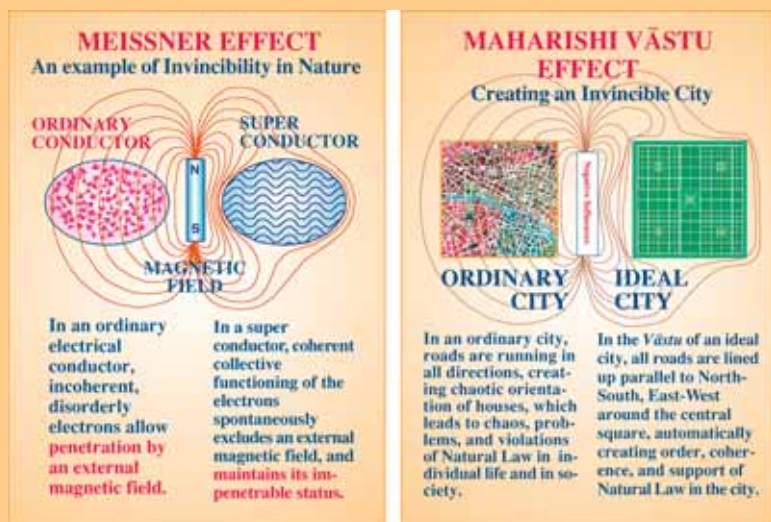
illustrated by this drawing of London below, about 75% of all buildings have inauspicious orientation contributing to the sick-building syndrome. This could further be aggravated by negative effects from inauspicious qualities of the site, inauspicious slope and shape, inauspicious placement of water bodies as well as many other factors. This causes a cloud of social stress and tension hovering over the city,

which will eventually reach the breaking point and result in crime, terrorism and even natural disasters. Therefore a great deal of all problems in society can be alleviated by planning and constructing in harmony with Natural Law.

Figure 5:
The Inauspicious street layout of London



The orderliness and coherence of Maharishi Sthapatya Veda city planning provides a natural protection from disruptive outside influences for everyone in the city. This principle is called the Maharishi Vastu Effect, which has its direct correspondence in the principle from quantum physics known as the Meissner Effect. As illustrated in the adjacent



figure, any city or community properly designed in accordance with Vastu will be protected from outside negative influences and enjoy a positive influence of invincibility for the whole city. This knowledge of Vedic Architecture is the knowledge that is being applied to build Maharishi Peace Colonies and Maharishi

Figure 6:
Invincibility Created from Coherent Systems in Physics and in Society

Universities and Schools in every major city of the world. Those who would like to prevent problems in their daily life are welcome to order their fortune-creating home in one of these Peace Colonies and educate their children in a Maharishi school. We want to create a new quality of life, and for that a new building style based on Natural Law is necessary—a system which is always evolutionary and nourishing for everyone.

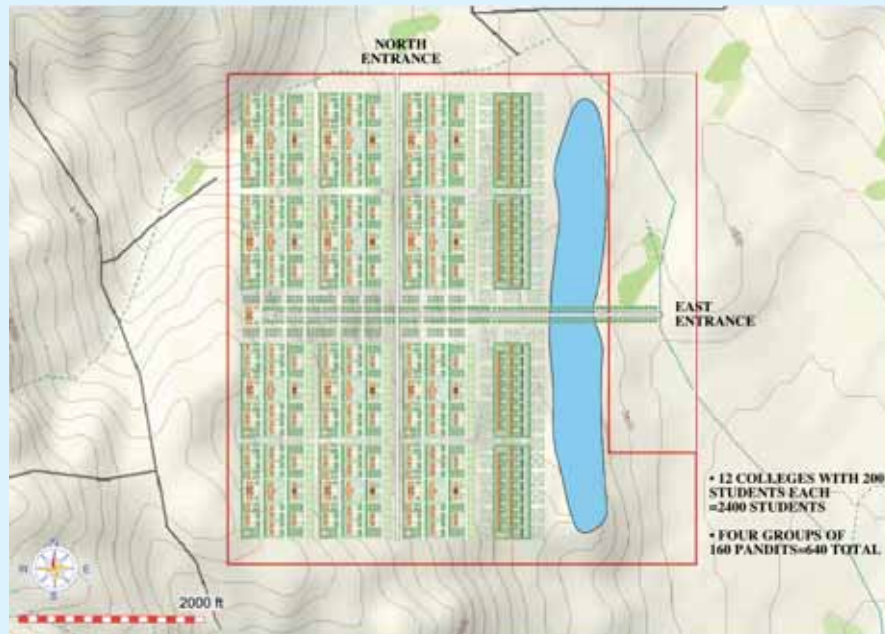


Figure 7:
Maharishi Colleges of Vedic Medicine and Vedic Organic Agriculture

Because the individual is fundamentally cosmic, everything about individual life should be in full harmony with cosmic life. Maharishi Sthapatya Veda gives dimensions, formulas, and orientation to buildings that will provide cosmic harmony and support to the individual for his peace, prosperity, and good health—daily life in accord with Natural Law, daily life in the evolutionary direction." —Maharishi

For more information on Maharishi Sthapatya Veda and on building fortune-creating homes, offices and communities, please contact the Maharishi Sthapatya Veda office in Ramona, California, at 760-788-5919, or by email, VedicAmericaSW@globalcountry.net, or visit our website at <http://www.sthapatyaveda.com>.

MAHARISHI VEDIC APPROACH TO HEALTH

By Dr. Sandeep Chaudhary & Dr. Kulreet Chaudhary

What is Maharishi Ayurveda?

Maharishi Ayurveda is the revival of the traditional Vedic health care system of India, which dates back thousands of years, by Maharishi Mahesh Yogi. The Sanskrit root “*Ayu*” means life and “*Veda*” means pure knowledge. Ayurveda can thus be understood as the total knowledge of life and living.

In ancient times, Vedic sages, or Rishis, cognized the pure knowledge of the Veda—the structure of total natural law—deep within their own consciousness. They saw that Vedic knowledge has its source at the root of creation, in what modern physicists call the Unified Field, from where all matter and energy arise. Because the unified field gives rise to immutable laws of nature that govern biology, chemistry and physics, it naturally gives rise to universal laws of nature that govern health.

The Vedic Rishis recorded these laws for perfect health in six *samhitas*, or complete works on health, which summarize the essence of Ayurvedic knowledge. Even though Ayurveda has been in continuous practice for over five thousand years and is still practiced today in India, it is far removed from its original authenticity. Much of the original knowledge of Ayurvedic healing has been lost, along with the understanding of how consciousness and physiology, or mind and body, are connected.

Maharishi has recognized that the missing essence of Ayurveda is the knowledge of the deeper levels of human physiology, and the source of human physiology in the field of consciousness. The knowledge of how the field of consciousness gives rise to all the Laws of Nature governing human physiology is the most precious and practical aspect of traditional Ayurveda. This complete knowledge of consciousness is what is most fundamentally referred to by the term “Veda.” Thus, it is fair to say that what has been missing from Ayurveda in recent history is “Veda.”

How has Ayurveda evolved into Maharishi Vedic Approach to Health?

This generation has been fortunate to benefit from the profound revival of Vedic knowledge by Maharishi, who brought the effortless practice of Transcendental Meditation to the world over 50 years ago. This practical technology for developing consciousness is a foundational element to the practice of any Vedic Approach to Health, because fully developed consciousness is at the basis of a perfectly functioning physiology.

In the 1980s, Maharishi began to work with the most eminent of the Ayurvedic physicians of India—Vaidya V. M. Dwivedi, Vaidya B. D. Triguna, and Vaidya Balraj Maharishi, together with a team of expert western physicians—in order to raise Ayurveda to its rightful and holistic status. Under Maharishi’s careful guidance, the resulting body of knowledge has evolved into the Maharishi Vedic Approach to Health. Maharishi Vedic Approach to





Picture 1 on previous pages: The Raj, the premiere Maharishi Ayurveda Health Center and Spa in America, located in Maharishi Vedic City, Iowa

Health incorporates knowledge from all 40 aspects of the Veda and Vedic Literature, not just the Ayurvedic texts. It includes such healing therapies as the Transcendental Meditation program, yoga asanas, pranayama, Vedic sound and vibration therapies, Vedic Aroma therapy, Vedic astrology or Jyotish, Vedic Yagyas, Vedic architecture, Vedic food, and Vedic dance, along with techniques on a societal level to improve the health and peacefulness of humankind—all of which had either fallen out of use or continued only in a fragmented form.

But the real fulfillment came to the Maharishi Vedic Approach to Health when Prof. Tony Nader, Ph.D., M.D., neuroscientist and medical doctor (Harvard Medical School and M.I.T.) under the guidance of Maharishi, made a monumental discovery in his work, Human Physiology as an Expression of the Veda and Vedic Literature. This research work reveals one-to-one correspondences, in terms of both structure and function, between all aspects of the physiology and the Veda and Vedic Literature. Prof. Nader's work is considered the textbook of Maharishi Vedic Approach to Health. It brings to the forefront Maharishi's genius in all the Vedic sciences—that there is a unified understanding of Natural Law from the perspectives of both Vedic science and modern science—and thus established a model to authenticate the ancient knowledge through modern research methodologies.



One of the basic premises of Maharishi Vedic Approach to Health is that Nature knows best.

Picture 2: A pulse diagnosis and consultation with an Maharishi Ayurveda Vaidya or Vedic Health Expert

Nature's wisdom functions deep within our minds and bodies and guides our bodily functions in perfect balance, just as it upholds every aspect of the universe in complete harmony. The inherent wisdom of Nature, expressed through the application of the Vedic knowledge, is the foundation of the Maharishi Vedic Approach to Health, and represents the evolution of Ayurveda to its highest pinnacle.

Nature's intelligence is the coordinating force that holds the planets, stars, and cosmic bodies in space. It is the unifying force of evolution guiding all the infinite diversity of life forms in the universe itself. Left to itself, perfect balance reigns in our bodies and everywhere in Nature. In other words, naturally we are healthy. Naturally we can stay healthy or regain health. We simply have to begin to live in harmony with that inner intelligence of Nature that is already organizing our minds, bodies, behavior, and environment in perfect balance and perfect health.

Picture 3: Maharishi Ayurveda Health Center and Spa in Lancaster, Ma.



How do I learn more about Maharishi Vedic Approach to Health?

Today's Maharishi Vedic Approach to Health is a complete medical system with a theoretical basis that encompasses our modern biomedical model. MVAH emphasizes the development of consciousness as the foundation of health. The purer the consciousness, the more the mind and body function in harmony with Nature's intelligence. The Vedic Approach to Health encompasses every aspect of lifestyle and behavior, including eating habits, sleep habits, sensory input, exercise, herbs, and living space to support optimal health. Maharishi Vedic Approach to Health is enjoying tremendous success throughout the world, not only as a prevention orientated program to maintain perfect health, but as a curative program for many chronic and intractable diseases.

Dr. Sandeep Chaudhary and Dr. Kulreet Chaudhary are the health administrators for MVAH on the west coast. Dr. Sandeep Chaudhary is an Endocrinologist and Dr. Kulreet Chaudhary is a Neurologist. Both physicians work at Scripps Memorial Hospital in La Jolla, California. Together they oversee the activities of the MVAH clinics and organize scientific research to measure health outcomes of Maharishi Vedic Approach to Health. They are currently leading an endeavor to build MVAH Medical Clinics and Spas throughout California similar to The Raj and the Maharishi Vedic Health Center in Lancaster. The first of these new clinics and Maharishi Vedic Approach to Health Medical Colleges will be in San Diego, with future sites in Lake Arrowhead, California, and Albuquerque, New Mexico.

How do I become a trained practitioner of the Maharishi Vedic Approach to Health?

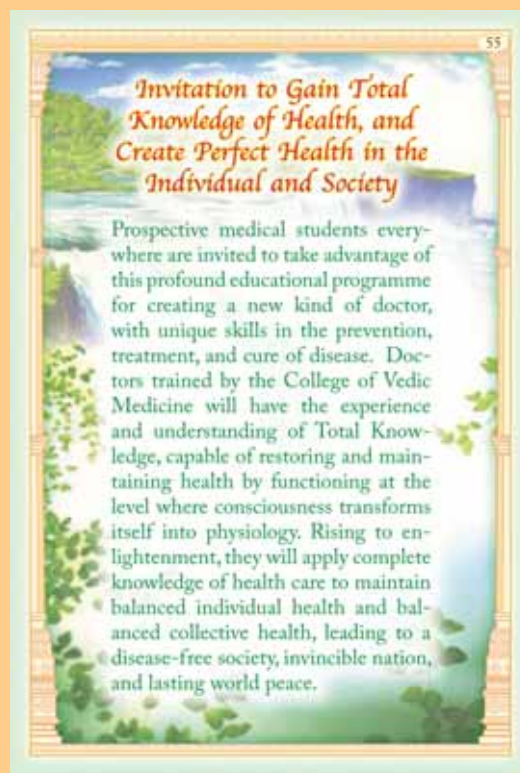
With the opening of the first of four Maharishi Vedic Medical Colleges in America in San Diego, California, a combined Vedic and modern medical curriculum will be available to students who wish to become practicing physicians of Maharishi Vedic Approach to Health. The four-year curriculum includes comprehensive training in Maharishi Vedic Approach to Health, Maharishi Ayurveda, and other alternative, natural and traditional medical practices as well as training in all the modern medical diagnostic and treatment modalities.

The goal of Maharishi College of Vedic Medicine is to fulfill the current global need to provide a complete and perfect scientific system of health care for prevention and cure.

Maharishi Vedic Approach to Health is a natural, prevention-oriented system of medicine, free from negative side effects. It offers technologies that enliven consciousness within the physiology and thereby restore balance in the body's functioning.

Maharishi Vedic Approach to Health also provides multiple, integrated treatment modalities to bring mind, body, and behavior in harmony with Nature for the prevention of disease, and promotion of longevity through perfect health. It takes into account all the factors that influence health, many of which are not usually considered by modern medicine. This most advanced knowledge and practical training opens the intellect and experience of the students to the whole process of health restoration, from disorder to order in a sequentially progressive manner.

Students will learn the refined, subjective procedures of Vedic diagnosis including Vedic pulse diagnosis, which enables students to locate subtle imbalances and disorders in the physiology at an early stage. Students will also learn to use modern diagnostic tools such as X-ray, CAT scan, PET scan, MRI, ultrasound, ECG, EEG, and endoscopy, as well as biochemical, microbiological, pathological, and serological analysis. In addition, continuing education training in the Maharishi Vedic Approach to Health will be available to physicians and health professionals who wish to incorporate these powerful, natural, and prevention-oriented procedures into their practices.



Curriculum Overview of Maharishi College of Vedic Medicine

Year 1—Total Knowledge of Health I: Structure, Function, and Development of the Body and Its Source in Consciousness

Year 2—Total Knowledge of Health II: Prevention, Health, and Disease—Principles and Programs for Health and Longevity

Year 3—Total Knowledge of Health III: Diagnosis and Treatment of Common Disorders—Principles and Programs for Re-establishing Perfect Balance in Physiology and Consciousness

Year 4—Total Knowledge of Health IV: Clinical Practice, Diagnosis, and Treatment of Chronic Disease—Re-establishing Perfect Balance in Physiology and Consciousness

Postgraduate Year—Perfection in Profession: Specializing in Clinical Practice to Establish a Disease-Free Society

'When the total intelligence of Natural Law—Veda—is lively in the individual physiology, there is perfect synchrony between the functioning of every individual cell and the holistic functioning of the body as a whole; and between individual intelligence and Cosmic Intelligence. In this state of complete integration, all thought and action are spontaneously in harmony with Natural Law and the individual enjoys perfect health.' —*Maharishi*

For more information on Maharishi Colleges of Vedic Medicine, Maharishi Vedic Approach to Health, Maharishi Vedic Vibration Therapy, or to schedule a health consultation please contact:

Dr. Sally Peterson
Phone: 760-788-5573
email: VedicAmericaSW@globalcountry.net

For more information or to schedule a treatment program at the nation's premiere Maharishi Ayurveda Health Spas and Clinics please contact:

The Raj
Maharishi Vedic City Iowa
www.theraj.com
641-472-9580

Maharishi Vedic Health Center, Lancaster, Mass
Lancasterhealth.org
877-890-8600
978-365-4549



MAHARISHI AYURVEDA PRODUCTS INTERNATIONAL

Restoring Health and Wholeness to Daily Life

By Dr. Ted Wallace

The importance of good health cannot be overemphasized, as good health is the foundation for our ability to fulfill our goals in life. In Sanskrit, the word for health is *Swasthya*—from *Swa*, the Self, and *Sthya*, established. So the Vedic definition of a healthy individual is one who is established in the Self, in wholeness, which is the natural result of a pure, healthy and vital mind and body.

Maharishi Ayurveda Products International (MAPI), established in 1985 as the world's premiere supplier of natural, prevention-oriented Vedic health care products, has as its goal to help every individual in our world family to enjoy total health and longevity, leading to a truly full and happy life.

The Science of Life

The holistic system of health at the basis of MAPI's efforts to bring perfect health to our society, nation, and world is Maharishi Vedic Approach to Health. One traditional aspect of this health care system is Maharishi Ayurveda, the science of long life. Ayurvedic texts include the knowledge of herbal formulas and daily and seasonal routines for creating balance in mind, body and consciousness. While this complete system of health care was written down over 5000 years ago, the oral tradition is even older, as old as the human race itself. From age to age, sages and vaidyas, or knowers of the Veda, have rediscovered and revitalized this timeless health wisdom.

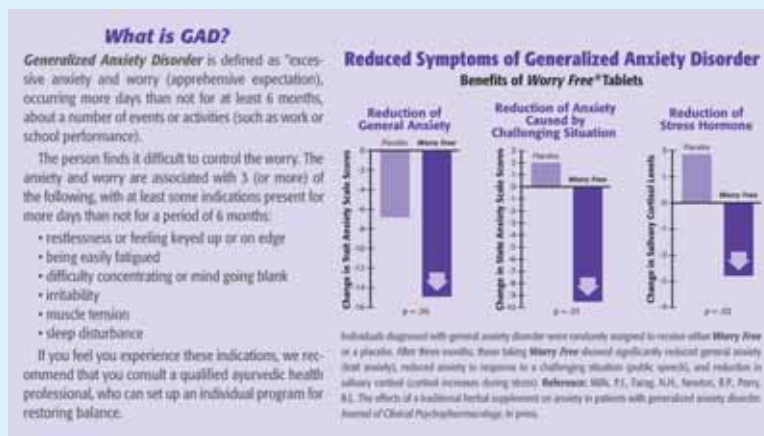
In recent years, with the influence of Western medicine and the long passage of time, Ayurveda had lost its effectiveness, and has become fragmented. In 1980, Maharishi Mahesh Yogi began to restore the knowledge of wholeness, of consciousness, to this ancient knowledge, calling it Maharishi Vedic Approach to Health. Maharishi gathered the foremost vaidyas, including Dr. V.M. Dwivedi, Dr. B.D. Triguna and Dr. Balaraj Maharishi, who formed a medical council that re-created the authentic herbal formulas according to the Ayurvedic texts.

At the same time Maharishi established an international network of doctors, clinics and schools that are dedicated to eliminating disease and offering perfect health to the people of every nation. This network includes leading medical doctors and researchers, who recognized the failure of modern medicine and have introduced the preventive approach of Maharishi Vedic Approach to Health to the citizens of their own countries.

Maharishi Ayurveda Products International (MAPI) has the role of supplying traditional, effective, and pure herbal products to this global health network.

Backed by Research

Since its inception 22 years ago, MAPI has become the world leader in Ayurvedic herbal products, with the capacity to produce a one-half billion dollars in products yearly at its state-of-the-art, ISO-certified manufacturing facility in India. MAPI is truly a global presence, with hundreds of products available throughout the world. What sets MAPI apart is our dedication to tradition, authenticity and purity at every stage of production.



A complete line of safe and natural Ayurvedic herbal formulas are available to prevent a wide range of mental, emotional and physical disorders, without harmful side effects. These include products for emotional balance, deeper sleep, enhanced energy and vitality, heart health, detoxification, immunity building, allergy relief, women's health, fitness and strength, memory support, mental ability, sugar metabolism, strong joints and bones, and balanced digestion and metabolism.



Thousands of people in the past 22 years have reported health benefits from Maharishi Ayurveda Products. Even more importantly, scientific research has validated the products' effectiveness. For example, research on Maharishi Amrit Kalash, cherished as the "nectar of immortality" in Ayurvedic texts, has been the subject of dozens of research studies at leading research institutions. One study conducted at the Ohio State

University Medical School found that Maharishi Amrit Kalash is remarkably effective in reducing free radicals—10,000 times more powerful than Vitamin C or other common anti-oxidants. Another study published in Pharmacology Biochemistry and Behavior demonstrated its effectiveness in lowering cholesterol, preventing atherosclerosis and preventing cancer in laboratory animals.

Traditional Methods Protect Herbal Intelligence

According to the Vedic tradition, herbs contain the most concentrated form of nature's intelligence. At Maharishi Ayurveda, every step of production—from the way the herbs are gathered to the way they are combined to the way they are stored—is aimed at maintaining the integrity and intelligence of the herbs. This ensures that the herbal products work effectively at the deepest levels of the physiology.

As much as possible, herbs are gathered in the wild, without threatening the natural balance of the ecology. These wild-crafted herbs are many times more potent than their cultivated counterparts, and are gathered in remote areas far from the pollution of cities. In cases where wild-crafted herbs are not available, herbs are organically grown in fertile soil without pesticides and chemicals.

And to ensure that the herbs are gathered at their peak potency, even the harvesting of the herbs follows the Vedic texts, taking into account the seasons, the cycles of the moon and the time of day.

Once the herbs are gathered, experts in *dravyaguna*—plant identification—carefully sort each batch of herbs to select those that are mature, pure and potent. These experts also use HPLC (High Performance Liquid Chromatography) to chemically identify the herbs that meet stringent Vedic standards, which are then sent to the processing area.

Authentic Herbal Formulas Create Balance

At the MAPI processing plant in India, every step is conducted in accordance with the traditional Ayurvedic methods prescribed in Vedic texts to create balance in mind and body.

For example, the whole herb is used, not just the active ingredient as in Western medicine. The whole plant contains balancing elements, which prevent negative side effects.

Also, Maharishi Ayurveda formulas contain dozens of whole herbs, even as many as 50, rather than a single herb because single herbs, when taken on a daily basis over an extended period, could create an imbalance. This is the key principle of the Ayurvedic science of *sanyog*: herbs are more powerful when combined, creating synergy, a whole that is far more powerful than the sum of the parts.

In fact, every formula contains five types of herbs, which have different functions in creating a holistic effect:

- Primary herbs target a specific area of health: for example, the cardiovascular system.
- Supporting herbs enhance and reinforce the healing action of the primary herbs; they may clear the arteries of toxins, thus supporting the primary action of strengthening the heart, for instance.

- Herbal co-factors address a different system in the body that could be a factor in creating disease in the targeted area. By preventing harmful cholesterol from being manufactured in the liver, for instance, herbal co-factors could help support cardiovascular health.
- Bioavailability herbs enhance digestion and absorption, thus improving the effectiveness of the other herbs in the formula.
- Balancing herbs counteract any one-sided action of the primary herbs. Balancing herbs are the most important part of the formula, because they cancel any side effects that could result from taking single herbs in isolation.



After the herbs are combined, they are processed using traditional Ayurvedic processing methods. For instance, herbs are never exposed to high heat, which destroys the healing intelligence. Gentle steam distillation is used for extracts rather than harsh chemicals. No artificial colors, or flavors of any kind are allowed, and only natural binders are used.

High Standards of Purity

Once the products are completed, they undergo a battery of tests for assuring complete purity. Herbal formulas are tested again by a premier independent analytical laboratory before they are bottled for sale in the United States.

Always a leader in product safety and purity, the MAPI manufacturing plant in India is a state-of-the-art facility that has earned a number of international quality and safety certifications. In 1988 it became the first Ayurvedic company in India to be awarded the ISO 9000 Certification, which requires the same stringent criteria for inspection, storage, and testing used to assess nuclear power plants.

In 1980 MAPI became the first Ayurvedic company to receive HACCP Certification, which certifies that the facility is complying with food safety laws over a long period of time. Later, MAPI was among the first to receive World Health Organization's GMP certification, which certifies that its products are "fault-free, safe, and have a consistent quality," thus protecting the consumer from ineffective or even dangerous products. The MAPI facility in India also has earned the ISO Good Laboratory Practice Certification, which certifies that it implements systems for chemical testing, trace heavy-metal testing and microbiological testing. Even today MAPI is still the only Ayurvedic company in India to

earn this certification. Finally the MAPI facility in India recently received its USDA and EU organic certification as an organic production facility.

Organic and Vedic Organic Products

Besides its hundreds of herbal products, MAPI has recently developed a line of organic clothing, bedding and linens. Raam Raj organic clothing uses cotton that is organically grown and GMO-free. In addition, it uses low-impact dyes, and the cotton is not pre-treated with chlorine bleaches or formaldehyde. The Raam Raj factory, the fiber, and the cloth are certified organic by SKAL International, the Dutch certifier.

One of MAPI's newest products is Maharishi Vedic Organic Honey. Honey is revered in the Ayurvedic tradition, lauded as the supreme sweet, the essence of flowers, and the most delicate and refined source of herbal intelligence.

Maharishi Vedic Organic Honey is the purest organic honey available today. It is not only free of pesticides and chemicals, it is Vedic Organic, which means that it has been developed and harvested using Vedic methods. Using the ancient apiary techniques known to the Vedic seers, both bees and flowers are serenaded with the rhythmic, harmonious chanting of Vedic melodies throughout its production process.

Maharishi Vedic Organic Honey simultaneously enhances holistic and integrating qualities throughout the physiology. It even enlivens and supports the most fundamental level of all, the intelligence that structures the cells, tissues and organs. It supports a range of neurophysiological functions, and is truly a heavenly elixir.



Conclusion

Maharishi Ayurveda Products International continues to be dedicated to providing the finest Ayurveda Herbal products in the world. MAPI's programs and products of prevention-oriented, consciousness-based health care are helping our dear world family to realize the Vedic ideals of wholeness, happiness and balance in every aspect of life.

For more information on Maharishi Ayurveda Products International or to place an order, please contact:

Phone: 1-800 516-2461

E-mail: VedicAmericaSW@globalcountry.net

or visit the MAPI website at www.mapi.com

VEDIC PANDITS AND VEDIC EXPERTS IN AMERICA

By Raja Dr. John Konhaus

For 25 years, Maharishi Mahesh Yogi has been training and supporting the traditional *Vedic* families of India—families who have been the custodians of the *Vedic* knowledge from time immemorial. Thanks to Maharishi, the knowledge of the *Veda*—the fundamental reverberations of Natural Law, the “Constitution of the Universe”—is being preserved and re-enlivened for the benefit of mankind.

Maharishi has trained his *pandits* to a new level of proficiency and effectiveness in their *Vedic* recitation by re-establishing a high level of purity in their physiology and consciousness as the basis of their *Vedic* knowledge and its expression. From this level of purity and integrity, these traditional practices become effective tools in removing negative influences and in bringing peace, balance, and prosperity to individuals, families and nations. The United Nations Educational, Scientific and Cultural Organization, UNESCO, has called the revived and restored oral tradition of *Vedic* chanting an “intangible heritage of all humanity.”

In India, Maharishi has gathered 10,000 *Vedic Pandits* in one place in the *Brahmasthan*, or central point of the country, to perform these profoundly harmonizing, deeply enlivening *Vedic Yagyas* or recitations for the benefit of each nation. And now, as one of his greatest gifts to our nation of America, Maharishi is bringing an historically unprecedented 2,000 traditional, trained *Vedic Pandits* from India to American soil to perform these *Vedic Yagyas*, *Graha Shanti* (enhancing the influence of the planets in our lives as recommended by Maharishi *Jyotish*), and *Rudra Abhishek* (enlivening the creative silence and peace in our lives).



Thanks to the generous support of well-wishers of our nation, already there are more than 500 *Vedic Pandits* at Maharishi University of Management and Maharishi Vedic City, Iowa. Now, to generate an irresistible momentum for an Invincible America—a nation that is safe, prosperous, and free from fear and all negative influences—Maharishi has announced his plans to bring an additional 1500 *Pandits* from India to America for a total of 1,000 Pandits in Maharishi Vedic City, and 1,000 in San Diego, California.

The effect produced by these two large groups of traditional *Pandits* engaging in their Transcendental Meditation and TM-Sidhi programs, including Yogic Flying, followed throughout the day by powerful *Vedic* practices, results in an indomitable upsurge

of prosperity, harmony, peace, and all life-supporting qualities. This will create an unstoppable, completely life-supporting quality of life, true *Invincibility*, not only for India and the U.S. but for all nations. This effect from thousands of *Pandits* performing together has not been seen since the Golden Age of India thousands of years ago.

Extensive published scientific research has found that group practice of the Transcendental Meditation and TM-Sidhi programs and Yogic Flying by as few as the square root of one percent of a nation's population is sufficient to reduce negative trends, such as crime, terrorism, and warfare, and strengthen positive economic and social trends throughout the nation. The combination of Yogic Flying and *Vedic* performances by the *Vedic Pandits* strengthens and accelerates the peace-creating effect of these large groups.

In addition to the *Vedic Pandits*, Maharishi is bringing trained *Vedic* Experts from India to travel throughout the United States, teaching the Transcendental Meditation-Sidhi Program, including Yogic Flying, advanced techniques of Transcendental Meditation,



the Maharishi Vedic Approach to Health, and Maharishi Vedic Vibration Technology for combating chronic disease (www.vedicvibration.com). Expert *Vaidyas* or Ayurvedic health experts will tour the nation to take patients' pulse and prescribe diet, yoga asanas, herbal and behavioral routines. Experts in Maharishi Vedic Vibration Technology will use this most ancient knowledge of Vedic vibrations, or Vedic sound, to re-enliven the inner healing intelligence of malfunctioning parts of the physiology and provide "instant relief" to many chronic disorders.

It is only fitting that the true culmination of Maharishi's worldwide activity for more than fifty years would come on the basis of the eternal tradition of knowledge kept lively for generations by *Vedic* families of India. It is a great blessing for America that the *Vedic Pandits* and *Vedic* experts are blessing our country in ever growing numbers. They are bringing knowledge, coherence, stability, balance, happiness and prosperity. Any individual or family now has the great fortune and opportunity to take part in supporting these *Pandits* and bringing the flow of that blessing to their lives.

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