

The Review

VOL. 33, NO. 10 ● FEBRUARY 28, 2018

IN THIS ISSUE: ■ Alcohol Addiction Study ■ MBA Success ■ Exhibit by Michael Andrew Law



Construction of a variety of new townhomes will begin this summer, including large homes like the one rendered here that will have 2,200 square feet, three bedrooms, and three bathrooms, as well as a basement.

50 More Townhomes Ranging from 650 to 2,200 Sq. Ft. Planned for North Campus Village

After selling all 56 townhomes in the current phase 5 development in North Campus Village, Vastu Partners is now planning a new phase of affordable housing with a wider range of options, from condominiums starting at \$74,500 to townhomes with three bedrooms and a basement starting at \$179,000.

Construction of phase 6, which will lie west of the current North Campus Village, is expected to begin this summer.

“Buyers kept asking for larger townhomes, so we produced a plan,” said Martin Brett, a partner in the project. “We’ve already received nine deposits for the 18 units we’re planning.”

The larger townhomes will be 1,500–2,200 square feet, with basement, three bedrooms, and 1.5–3 baths.

CONTINUED ON PAGE 2

Alumnus Named to Top Government Post in Liberia



Janga Kowa, a 2010 graduate of the MBA in accounting, was recently named Comptroller and Accountant General of the Republic of Liberia.

After graduation Mr. Kowa returned to Liberia and worked in a number of different sectors, while also becoming active in Congress for Democratic Change, the main opposition political party. He was named the party’s National Secretary General.

His activities included being part of a delegation that visited Washington, DC, for a meeting with the U.S. State Department.

In December of 2017, his political party won the presidential elections, and the new president, George M. Weah, assumed office in January as the 24th president of the Republic of Liberia.

Mr. Weah nominated Mr. Kowa for the position of Comptroller and Accountant General, and in February the Liberian Senate confirmed him for the position.

“We’re pleased to learn that Janga has been named to a high government position for the country of Liberia,” said Professor Andy Bargerstock, who heads the Accounting Professionals MBA program. “During his time on campus at MUM, Janga was known as a happy, friendly person with a keen mind and vision for a better world. Now he’s risen to a high position in government to help guide Liberia to higher achievements.” ■

CONTINUED FROM PAGE 1

Similarly, Mr. Brett said another group requested lower-cost homes, so plans were drawn up for condominiums of 650–700 square feet that would start at \$74,500, with eight units per building. Each condominium will have a bedroom, bathroom, kitchen, and dining room. But in keeping with a new trend in the U.S. and other countries, there will also be a communal kitchen and dining room.

“It’s a trend commonly referred to as ‘co-housing,’” said partner Doug Bachar. “It began in Europe a few years ago, and is now becoming popular in the U.S., especially among millennials.”

In addition to the smaller and larger units, plans include more townhomes similar in size to those currently being built, but starting at the lower price of \$99,500. These homes will have 1,150 square feet, two bedrooms, and 1.5 bathrooms. The lower cost is a result of there being five townhomes per building rather than three in the current development.

Single-story townhomes are also planned, with three units per building. The price will start at \$122,500 for two bedrooms and one bath.

“We’re trying to create a diverse selection of homes that will meet the needs of a wide array of home-buyers,” Mr. Bachar said. “The sizes will range from 650 to 2,200 square feet. We want to have as many options as we can.”

The homes are actually being sold below cost, thanks to state and local incentives available for affordable housing.

Vastu Partners credits Josh Laraby and the Fairfield Economic Development Association for helping with the research and paperwork necessary to qualify for these incentives.

Buyers of homes in this new development will also save a large amount of money thanks to a state incentive that allows them to not pay property tax for 10 years after purchasing the home.

All of the units are built according to Maharishi Vastu® design, which is said to enhance health and well-being.

Phase 6 is expected to take three years to complete. See vastupartners.com for information. Email info@vastupartners.com, or call (641) 472-6382. ■

FROM THE FOUNDER

“When the mind becomes familiar with the deeper levels of the thought process, it becomes aware of the subtle levels of creation. And when the mind becomes familiar with the subtle levels of creation, the ability is gained to stimulate those regions to every advantage. This amounts to unfolding the latent faculties of the mind.”

— Maharishi Mahesh Yogi, *Science of Being*

New Study Shows Help for Those Addicted to Alcohol

A new study by scientists at Friends Research Institute in Baltimore found that practice of the Transcendental Meditation® technique was able to help those with an addiction to alcohol.

Subjects in the research included 60 people who had been admitted to a treatment facility, half of whom learned the Transcendental Meditation technique.

The study found that those in the Transcendental Meditation group were less likely to have returned to heavy drinking three months later. None of those who closely adhered to the recommended routine of meditating twice daily had gone back to drinking heavily compared to 42% in the control group who had relapsed.

“This is an important finding,” said coauthor Jamie Grant. “The fact that *no* participant in the twice-a-day group returned to heavy drinking is very encouraging.”

The primary purpose of the study was to see if it was feasible to introduce the Transcendental Meditation technique as a treatment for alcoholics.

“The answer to this question was a strong yes,” Dr. Grant said.

The study found that 85% meditated on a daily basis and 61% meditated twice a day. Participants reported high satisfaction with Transcendental Meditation.

“Most of the subjects who learned Transcendental Meditation enjoyed the practice and continued with it,” Dr. Grant said.

The study also showed that practice of Transcendental Meditation (as opposed

to just being instructed in it) was positively correlated with reductions in alcohol use and reductions in stress.

The study has been published online and will appear in the April issue of *Journal of Substance Abuse Treatment*.

MUM Professor Sandy Nidich was also a coauthor of the study. ■

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The Review

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Published biweekly during the academic year.

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Pondpat Tohsanguanpun, Ram Neupane, and Merveille Tiani.

MBA Students Get Top Score in Global Simulation

A team of MBA accounting students recently finished in the 99th percentile in an online integrated decision-making simulation that involved 1,271 master's-degree-level teams worldwide.

Members of the top-ranking team included Ram Neupane (Nepal), Merveille Tiani (Cameroon), and Pondpat Tohsanguanpun (Thailand).

This is the 14th consecutive time over the past seven years that at least one group of MBA students has finished in the top tenth percentile.

Other U.S. universities in the top 10th percentile included DePaul University, Indiana University, Kansas State University, Pennsylvania State University, the University of Massachusetts, the University of Northern Iowa, and Western Michigan University.

"We had four teams competing during the three weeks ending February 5, with our students achieving a higher score than 81% of the participating graduate schools worldwide," said Professor Andrew Bargerstock. "MBAs are expected to make decisions guided by analysis of quantitative data. These results demonstrate the readiness of our students for job markets now and for executive leadership positions later."

In the online Capstone Simulation points are earned through well-defined metrics based on the Balanced Scorecard, a concept developed by Robert Kaplan at Harvard University. It recognizes four perspectives for measuring performance: customer, financial, internal business processes, and learning/growth.

The students must manage both

short-term and long-term metrics across eight rounds of decision-making, with each round representing one year. This entails using their knowledge of marketing, finance, operations, human resources, accounting, problem-solving, and data analysis.

While not a competition per se, the ongoing simulation allows MBA teams to compare their performance with all the other MBA teams who have participated in Capstone during the previous six-month period, Dr. Bargerstock said. ■

Faculty Speak to 2,000 Professors at India Conference

College professors in India heard presentations by Professors Anil Maheshwari and Scott Herriott at the Second National Teachers Congress hosted by MIT World Peace University in Pune, India, last month.

They were invited to give plenary addresses along with the Dalai Lama and about 30 other eminent educators and political leaders. Over 2,000 teachers took part in the Congress, mostly from India but also including hundreds of visitors from a dozen countries.

In addition to being invited to address the congress, Scott and Vicki Herriott were there to teach the Transcendental Meditation technique at MIT World Peace University. Along with a young Transcendental Meditation instructor from Delhi, they taught 20 faculty and students from the Department of Vedic Science and the School of Education and 40 students in the College of Business. There are now more than 100 practitioners of the Transcendental Meditation technique at MIT WPU.

The founder of this private university with 65,000 students strongly supports Consciousness-BasedSM education and has resolved to build a meditation hall for 4,000 students. He met with the MUM faculty privately.

In his address to the congress, Dr. Maheshwari spoke about the ultimate goal of education: to help students prepare to live a blissful life.



Anil Maheshwari

The way to prepare students is to teach from wholeness, he explained, and showed how principles of natural law provide an inclusive framework for teaching from wholeness. Taking the example of his own best-selling book on data analytics, published by McGraw-Hill, he said that writing from wholeness led to a jargon-free book that can be read by anyone.

He showed how development of the students' consciousness through transcendence can prepare them to gain a holistic understanding and lead a blissful life.



Scott Herriott

Dr. Herriott presented a verse from the Mandukya Upanishad that speaks of a fourth state of consciousness as the Self of every individual, which is infinite silence, infinite peace, without the duality of subject and object, and that "should be known."

He then showed that the same points are made in a verse from Bhagavad-Gita 2:45 that Maharishi often quoted, "Be without the three gunas..." He showed that the Mandukya Upanishad has another verse that explains why this fourth state must be known, "This Self is Brahm, the totality of all the laws of nature."

He said that through the experience of this fourth state of consciousness every student can come to think and act spontaneously in harmony with the laws of nature. He cited research showing that 8,000 students practicing the advanced TM-Sidhi[®] program together would radiate an influence that would help create peace in the world. ■

Book Launch and Reading by Michael Barnard



MUM Professor Michael Barnard will launch his children's book, *The Red Tree*, on Friday, March 2, 6:30–8:30 p.m. at the

At Home Store (52 N. Main) during Fairfield First Fridays.



An oil portrait of David Lynch by Hong Kong painter Michael Andrew Law.

Exhibit by Hong Kong Portrait Artist Raises Funds for MUM



Michael Andrew Law (Law Cheuk Yui), a Hong Kong contemporary artist, is exhibiting paintings in Gate Ridge Court, suite 205, through March 30. Admission is free, and

funds from the sale of paintings will go to MUM and the David Lynch Foundation.

The 11 oil paintings, which range in size from 36 x 36 inches to 51 x 71 inches, include portraits of Maharishi, President John Hagelin, Filmmaker David Lynch, Professor Fred Travis, and Bob Roth, CEO of the David Lynch Foundation.

Purchases will be possible after March 30 and all proceeds will go directly to either of the two beneficiaries.

The exhibit is titled “From Unmanifest to Manifest in the Art of Hyper Pop Surrealism.”

Mr. Law, 35, studied with top artists and had a career as a commercial artist, including designing many cover spreads for Hong Kong press and working as a comic artist, illustrator, and film producer.

He then left commercial work to focus on his fine art practice and founded his own gallery in Central District, Hong Kong. His work has been shown at top venues, including the Hong Kong Convention and Exhibition Center in The Avenue of Stars.

His work has received wide attention, with three dozen popular artist books having been published that present his work. He has written essays on contemporary art and films, and also teaches workshops on classical and contemporary art for schools, organizations, and corporations.

His first completed painting in the group of paintings that have been donated was a birthday gift to his mother, PhD student Janet Ho, who had encouraged him to resume the regular practice of the Transcendental Meditation technique during a difficult time in his life.

After becoming regular in his practice again, he experienced profound changes within himself and decided to help others have the same experience by donating to MUM and the David Lynch Foundation.

The suite in Gate Ridge Court, playfully titled Cutie Showroom Fine Art ZOOMED!!!, is open from 3:00–4:00 p.m., Monday through Friday, and 3:00–4:00 p.m. by appointment on Saturdays and Sundays.

For more about the artist, visit his website at michaelandrewlaw.com. ■

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