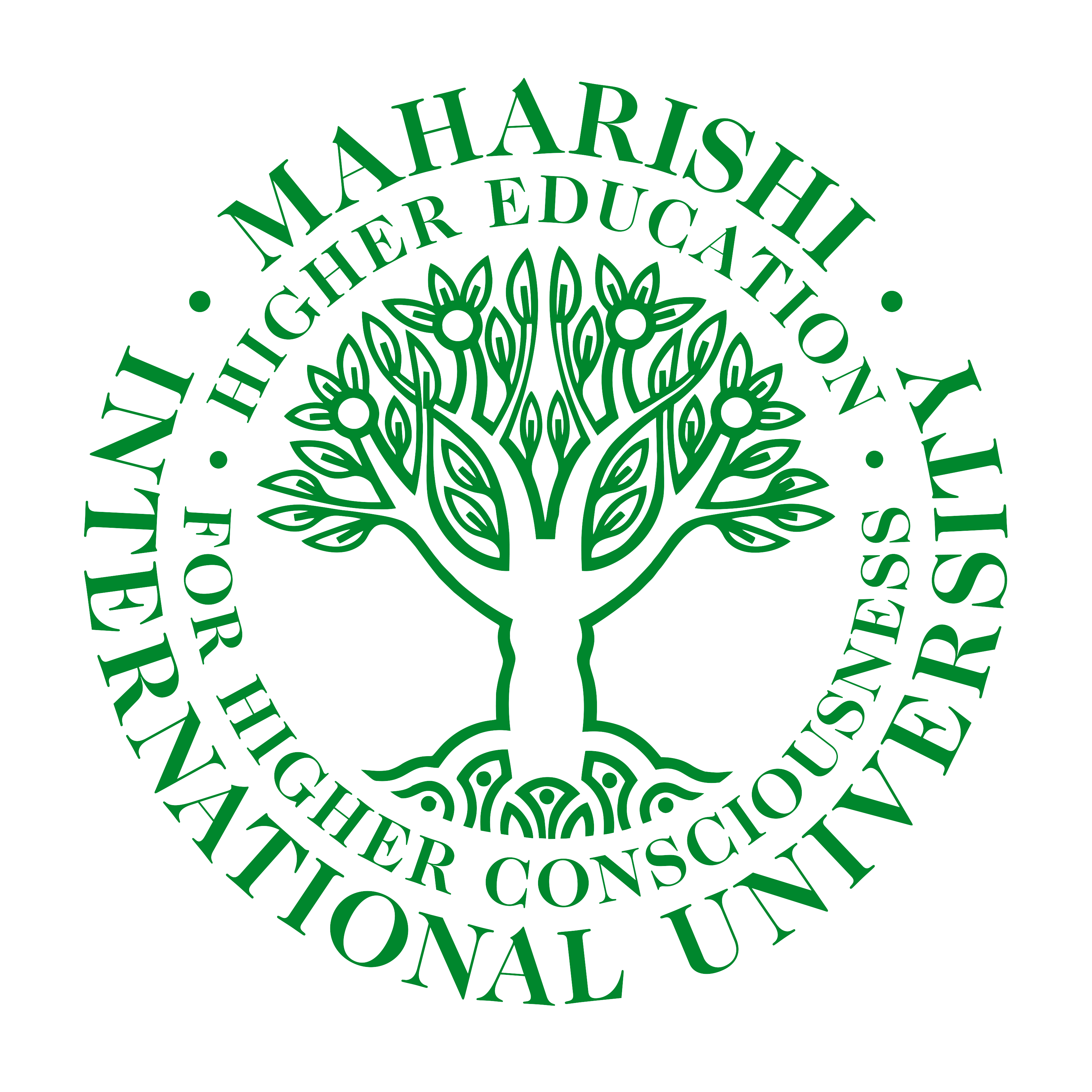
**MAHARISHI INTERNATIONAL UNIVERSITY**

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**FOR 506A**

**STC 1:**

**Science and Technology of Consciousness**

**February 8 – 19, 2021**

PROFESSOR

**Elinor Wolfe, PhD**

**PROFESSOR CONTACT INFORMATION**

FOR 506A – STC 1 – February, 8 - 19, 2021

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and Biographical Sketch

Elinor Wolfe, PhD

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Dr. Wolfe is an Assistant Professor of Maharishi Vedic Science. She earned a BFA in studio arts from Ohio University, an MA in art, and an MA and PhD in Maharishi Vedic Science from Maharishi International University. Her research interests center on the concept of *Dharma*, living in accord with natural law, and its origins and expressions viewed both historically and as seen in contemporary society. She has explored Transcendental Meditation as an intervention for increasing *Dharma* in life, and for improving moral maturity and eudaimonic well-being in individuals, which would contribute to the restoration of balance in society and the environment, ultimately addressing the problem of sustainability in today’s world.

Dr. Wolfe has taught Transcendental Meditation and Maharishi Vedic Science courses around the world for the past 40 years, in countries including the U.S., the former Soviet Union, India, the Philippines, and the Netherlands.

**STC Course:**

**Science and Technology of Consciousness**

SYLLABUS

*“Consciousness is fundamental to life. It is the prime mover of life. Every word that we speak and every act that we perform is an impulse of consciousness. All speech, action and behavior are fluctuations of consciousness.*” — Maharishi, 1995, pp. 67–68

Goal of the Course

Since all fields of knowledge are expressions of intelligence and structured in consciousness, this course aims to provide each student with the experience and understanding of consciousness itself, the common basis for all disciplines. The Science and Technology of Consciousness discusses the full range of consciousness from individual experience to a fundamental field of intelligence that underlies all of life. Understanding consciousness is fundamental to understanding our self. This course focuses on knowing and developing the knower. As Maharishi Mahesh Yogi (1971) stated, “*The first duty is to our Self. The first duty is to make use of the possession of this beautiful instrument that we have. Develop it fully. Make use of it fully*”. STC will give insights and suggest procedures for developing our consciousness, for maintaining balance in life, and for achieving the success and fulfillment every individual seeks.

**MAHARISHI INTERNATIONAL UNIVERSITY**

**FOR 506A STC Course: Science and Technology of Consciousness**

COURSE OVERVIEW CHART

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| WEEK ONE |  | MONDAY Feb 8 | TUESDAY  Feb 9 | WEDNESDAY  Feb 10 | THURSDAY  Feb 11 | FRIDAY  Feb 12 | SATURDAY  Feb 13 |
| **THEME I:**  **Living a Balanced Life** | **AM** | COURSE INTRODUCTIONS AND OVERVIEW  Founding Goals of MIU  Knowledge of the Knower  *Dr. Elinor Wolfe* | Covid Testing  10:45: 4 Lifestyle Choices  Part 1: Healthy Diet and Rejuvenating Sleep  *Professor Dustin Mathews* | 4 Lifestyle Choices, Part 2:  Transcending and Balanced Activity  *Professor Ken Daley* | Intro to Mind/Body Type  5 Fundamentals  of Progress  *Dr. Elinor Wolfe*  Asana/Pranayam demonstration- | Mind-Brain Development & Higher Performance  *Dr. Fred Travis* | *TM Instruction* |
|  | **PM** | 1:15-3:15  TA Group discussion  Student Introductions | 1:30-3:15  TA Group discussion  Learn Sun-salutations | 1:15-3:15  TA Group discussion  Student presentation | 1:30-3:15  TA Group discussion  Asanas and Pranayama | 1:15-2:20  TA Group  Review/Oral Quiz  Asanas and Pranayama | *TM Instruction* |
| **Homework** | **Eve** | *My story* | *Choose new habits to create – write how you will do it.* | *Choose new habits to create – write how you will do it.* | *Research your mind/body type* | *Reading: Supreme Awakening, Chapter 9* | *Reading: Supreme Awakening, Chapter 1 & 2* |
| WEEK TWO |  | MONDAY  Feb 15 | TUESDAY  Feb 16 | WEDNESDAY  Feb 17 | THURSDAY  Feb 18 | FRIDAY  Feb 19 |
| **THEME 2:**  **A Vision of Possibilities** | **AM** | 12:45- 2:20  The Computer Professional and Consciousness  *Dr. Greg Guthrie* | Is Consciousness the Unified Field?  *Dr. John Hagelin* | Maximizing Personal  Development – Higher States of Consciousness  *Dr. Craig Pearson*  *Open question session* | Work on Projects | 10 – 12:  Project Presentations in TA groups.  Vote on best. |
| SUNDAY, Feb 14  **11 – *1st Day TM Class*** | **PM** | 1:15- 2:20  TA Group discussion  *—Report on your new habits*  *2:30 – 4pm: 2nd day TM Class* | 1:15- 2:20  TA Group discussion  *—Review/Quiz*  *2:30 – 4pm: 3rd day TM Class* | 1:15- 2:20  —TAs meet with groups re Projects  Start Projects  2:25 - 3:15 Asanas, Pranayama and TM | Work on Projects  2:25 - 3:15 Asanas, Pranayama, TM | 4 - 6 best projects present to whole class.  Course  Celebration |
| **Homework** | **Eve** | *Reading: Supreme Awakening. Prepare questions for Dr. Hagelin* | *Reading: Supreme Awakening. Prepare questions for Dr. Pearson* | *Work on Projects* | *Work on Projects* | *End-of-Course Feedback* |

Evaluation Plan

Your class grade represents your performance on the course objectives as measured by assignments and exams, as well as your classroom participation, which includes attendance and punctuality.

How are grades calculated?

Daily Homework              25%

Participation 25%

Oral Quiz 20%

Final Project 30%

This course will be on a Pass/No Pass basis.

Texts and Other Required Class Materials

Craig Pearson (2013). ***The Supreme Awakening****: Experiences of Enlightenment Throughout Time —And How You Can Cultivate Them*. Fairfield, IA: Maharishi University of Management Press.

The Supreme Awakening is available for each student in the MIU library to check out for the length of the course.

**ACADEMIC HONOR CODE**

**Academic honesty – Correctly Citing Source Material & Avoiding Plagiarism**

Personal integrity, honesty, and honor are essential qualities of a capable student and a developing leader. The University has established an Academic Honor Code that sets forth the standards of academic honesty and personal integrity expected of all students for all writing assignments and exams. Abiding by the Academic Honor Code will help you avoid academic dishonesty and plagiarism. Academic dishonesty includes a range of unethical behaviors undertaken to deceive anyone who may be evaluating your work for meeting course and/or degree requirements, such as cheating on an exam or plagiarism in your homework. Plagiarism means submitting or presenting someone else’s work (in part or as a whole) as if it were your own—without citations, quotation marks, or acknowledgment. If you wish to use a quote from another’s work, place it in quotations marks (“”), after which you put the author’s name, publication date, and page number when available: (Pearson, 2013, p. 102).

Examples of academic dishonesty include copying text and/or graphics from online sources without attribution, copying another student’s paper, or purchasing an essay for submission.  This includes using even a small part of another’s work.

*“People who plagiarize sabotage themselves. They impair their own learning process, which is the whole point of continuing their educations. Researching, analyzing, and expanding upon that research is part of what aids in the development of their creative, critical and independent thinking skills. However, when people plagiarize, they deny themselves the opportunity to grow and perfect their own thoughts and ideas.”* (K. Lowe, Impacts of Plagiarism, ND, para. 5)

Writing your own homework will greatly aid your growing ability to communicate your ideas, a skill necessary in personal and professional life. The act of copy/paste has no beneficial effects in your brain’s neuropathways, and sets a low standard of behavior for yourself. Being honest in your academic work is a part of being a person of honor and integrity, and will enable others to see you as an honest and trustworthy person.

Academic dishonesty and plagiarism are serious academic offenses. Here at MIU, you will get an NC (no credit) on any homework that you have plagiarized. Additional penalties for plagiarism could include an NC in the course, academic probation, or suspension from the University for up to two full semesters, depending on the seriousness and intentionality of the violation (see pp. 363–367 in the 2016-2017 [University Catalog](http://www.mum.edu/Catalog)). For help in avoiding plagiarism, refer to [http://plagiarism.org](http://plagiarism.org/). Additional information is in the Student Handbook at <http://www.mum.edu/handbook>.

*If you are feeling pressured by assignment deadlines, don’t risk everything by resorting to plagiarism. Come and talk with your professor instead*.

STUDENT LEARNING CHART

|  |  |  |
| --- | --- | --- |
| **OBJECTIVES This is what  you’ll learn to do\*** | **LEARNING ACTIVITIES This is how  you’ll learn it** | **ASSESSMENTS This is what will show you’ve learned it** |
| 1. Maximize your personal growth and development of Consciousness. (1, 2, 3, 4, 5, 6, 7, 8, 9) | By practicing the Transcendental Meditation technique regularly in class and on your own. | Your personal assessment of growth and accomplishment that has taken place during and after the course. |
| 1. Understand the mechanics of transcending, purification of the nervous system, and the development of consciousness, especially as these apply to your own experiences. (1, 2, 3, 5) | By watching featured presentations, faculty lectures, Maharishi videos, and participating in class discussion centered on your experiences. | Professor feedback on your participation in active learning sessions in class and nightly homework assignments. |
| 3. Understand, experience, and appreciate more deeply the field of pure consciousness and its connection and application to all areas of life through universal principles. (1, 3, 4, 5) | By participating in class discussion and exercises, personal reflection, and doing nightly homework. | Your performance on the oral exam and your presentation at the end of the course. |
| 4. Develop and practice a clear, specific self-care program you can sustain, enabling you to maintain a balanced life-style, supporting maximum success and fulfillment. (1, 2, 3, 7) | By applying in practical ways the knowledge gained in class each day - immediately implementing different elements of the 4 life-style models. | Your personal assessment of your performance, and professor feedback |
| 5. Develop communication and leadership skills. (3, 4, 5, 6, 8, 9) | By participating in and leading discussion sessions within the course. | Professor feedback and your own assessment. |

\*The numbers in parentheses refer to the MIU Essential Learning Outcomes that are best supported by this course objective. They appear in **boldface** in the list below.

1. **Development of consciousness**
2. **Health**
3. **Holistic thinking**
4. **Creativity**
5. **Critical thinking**
6. **Communication**
7. **Problem solving**
8. **Teamwork and leadership**
9. **Local and global citizenship**

Daily Schedule

On Monday–Friday, classes begin at 10:00 a.m. and end at 3:15 p.m. with an hour for lunch. On Saturdays, class meets from 10 AM to noon. For more detail, please see the recommended daily schedule below. This daily schedule of all courses is designed to help you master specific fields of knowledge while also cultivating higher states of consciousness for success and fulfillment in life.

The more rested you are, the more you’ll learn. We recommend you aim to be in bed by 10:00 p.m., so you’re rested and fresh each morning. If you haven’t finished your homework by then, then instead of staying up late to finish it, get a good night’s rest and finish it in the morning before class.

You are also encouraged to participate in physical activity daily.

|  |  |
| --- | --- |
| **MORNING** | |
|  | 20 minutes TM before coming to class |
| 10:00 AM – 11:40 AM | Class lecture, discussion, activities |
| 11:45 – 12:00 Noon | In-class group 10 minute practice of Transcendental Meditation |
| 12:05 – 1:15 PM | Lunch and walk |
| **AFTERNOON** | |
| 1:15 – 2:25 PM | TA group discussion and activities related to the mornings lecture |
| 2:25 – 2:30 PM | break |
| 2:30 – 3:15 PM | TM class M, T, W, then In-class group practice of asanas, pranayama and Transcendental Meditation (20 minutes) |
| **EVENING** | |
|  | Dinner |
| 7:00 – 8:30 PM | Homework (1.5 hours per evening) |
| 9:30 PM | Rest |

**Course Vocabulary**

**Glossary of Terms**

Below is a list of words used often in the course, or that you may hear around campus. Always feel free to ask your faculty member to explain new terms as you hear them.

***absolute*** (adj): complete, unqualified, unchanging

***The Absolute*** (n): the unchanging field of pure consciousness, pure existence

***alert*** (adj): observant, attentive

***analogy*** (n): comparison between two things not completely alike but revealing of the other

***awareness*** (n): wakefulness, responsiveness, consciousness

***boundaries*** (n): limits, restrictions, borders

***cognition*** (n): the process of knowing

***coherence*** *(n)*: the effect of harmony and orderliness created by the practice of Transcendental Meditation and TM-Sidhi program (studied through individual brain coherence, and effects of society).

***consciousness*** (n): awareness, perception

The phrase ***state of consciousness*** suggests kinds or levels of awareness, including the corresponding style of functioning of the body (e.g waking state, deep sleep state, dreaming, Transcendental Consciousness and higher states).

***diversity*** (n): variety, assortment, range, mixture

***domes*** (n): The Golden Dome buildings on campus, built for group practice of TM and the TM-Sidhi program

***dynamic*** (adj): active, lively, energetic

***enlightenment*** (n): a state of full development of individual consciousness

***entropy*** (n): measure of the disorder of a system

***evolution*** (n): growth, progression, development

***eternal*** (adj): endless, timeless, perpetual

***existence*** (n): being, life

***field*** (n): a subject collection, for example, *field* of knowledge

***finite*** (adj): limited or bounded

***fulfillment*** (n): completion, accomplishment, realization

***ground state*** (n): the state of lowest energy in a system

***holistic*** (adj): concerned with wholes or with complete systems rather than parts

***infinity*** (n): time and space without end

***invincible*** (adj): unbeatable, unshakeable, cannot be overcome or overpowered

***manifest*** (adj): existing, apparent, evident

***mechanics*** (n): the way something works

***omnipresent*** (adj): everywhere at once; existing everywhere

***program*** (n): used at MIU to refer to the daily practice of Transcendental Meditation and the advanced techniques known as the TM-Sidhis. **Group program** refers to practicing these techniques together in a group, for example in the Golden Domes on campus

***physiology*** (n): the physical body, including processes and structure; for example: breathing is a process, the respiratory system is its related structure

***psychology*** (n): the study of mind and behavior

***relative*** (adj): being dependent on or related to something else; comparative, changing. ***The Relative*** (n); the world of change; changing physical creation

***restful*** (adj): relaxing

***self-perpetuating*** (adj): something that causes itself to continue to exist

***self-sufficient*** (adj): able to get along without help

***spontaneous*** (adj): produced freely or naturally

***systematic*** (adj): orderly, logical, methodical

***transcend*** (v): to go beyond of rise above; the term **Transcendental Consciousness** refers to an inner state of mind, in which awareness has gone beyond thoughts to experience the settled, silent state of pure Being

***unbounded*** (adj): limitless, absolute

***unity*** (n): harmony, accord, everything connected to everything else

The term ***Unity Consciousness*** refers to a state of supreme knowledge where the experiencer and the object of experience have both been brought to the same level of infinite value, effectively bridging the gap between the knower and the object of knowing.

***universe*** (n): the cosmos, the world, life on earth, the planets, the stars, everything

***unmanifest*** (adj): not apparent, not observable, virtual

Homework Assignments

Written assignments should generally be between 300 and 500 words. Submit them to Sakai by 9:30 the next morning.

**Monday, Feb 8**

* “My Story”: Write a 500-word essay about yourself, what’s important to you, where you are from, your family, your CS industry experience, and your personal goals for the graduate program at MIU, your career and your life.

**Tuesday, Feb 9**

* Take one big idea or several smaller ideas from the lecture on diet and sleep and put them into practice. This could be something like going to bed at 10pm and getting up before 6am, and/or focusing on eating more balanced meals, cutting out sugar, etc.
* Write up your experiment: Follow the steps of the scientific method:

1. State the problem: Write down what you feel you need to improve.
2. Gather information: Write ideas from the lecture that you feel would be useful for improving in ways that you need.
3. Make your hypothesis: “If I (example: cut out sugar, eat a more balanced diet, go to bed early), it should help me (think more clearly, have more energy, feel better, etc).
4. Experiment: Write down exactly what you did.
5. Gather and analyze data: How did it go? Did you notice any immediate results? Give details. (you’ll add to this as the 2 weeks pass)
6. Draw your conclusion: Did your hypothesis turn out to be true? Do you need to make adjustments? Was it beneficial? (you’ll add to this as the 2 weeks pass)
7. Communicate findings: For the rest of the course keep a journal in which you’ll record your progress in maintaining or adjusting these new habits, and make note of how these changes effect your day and your outlook? We’ll revisit these later in the course.

**Wednesday, Feb 10**

* Again, take one big idea or several smaller ideas from today’s lecture on activity and transcending and put them into practice. This could be something like starting an exercise routine, taking a long walk every morning, reducing your time in the digital world, and/or balancing your studies with making time to connect with important people in your life.
* Follow the same steps as yesterday to record your progress.

**Thursday, Feb 11**

* Take the quiz on the following link to find out what combination of the three elements of nature, or *Doshas*, are most active in your mind and body: [https://www.mapi.com/doshas/vpk-explanation.html](https://www.mapi.com/doshas/vpk-explanation.html" \t "_blank)

Take the quiz **twice**, in these 2 ways:

1. Answer the questions based on what seems true about you *over the length of your life*. This will help you understand your basic, underlying nature, your *lifelong* characteristics.
2. Answer the questions based on *how you feel right now*. This will help you understand your *current* state of balance or imbalance, and the reason behind any imbalances you may be experiencing presently.

To learn more about each *Dosha* once you find out what your predominant one is, go to these links:

VATA:  [https://www.mapi.com/doshas/vata.html](https://www.mapi.com/doshas/vata.html" \t "_blank)

PITTA: [https://www.mapi.com/doshas/pitta.html](https://www.mapi.com/doshas/pitta.html" \t "_blank)

KAPHA: [https://www.mapi.com/doshas/kapha.html](https://www.mapi.com/doshas/kapha.html" \t "_blank)

* Write about what you’ve discovered about yourself. Does this information help you understand others better? Are you a combination of *Doshas*? Did you find any useful tips on creating balance for your mind/body type? (300 to 400 words)

**Friday, Feb 12**

* Read Chapter 9, ‘Meditation in the Laboratory’, pages 440 – 471 in *The Supreme Awakening.*
* What areas of research address the main concerns you may have about yourself, a family member or society? Which studies did you find most interesting? Give details. (300 to 500 words)

**Saturday, Feb 13**

* Read chapter 1 and 2, pages 19 – 37 of Dr. Pearson’s book *The Supreme Awakening.*
* Chapter 1: Have you ever had an experience of transcending as described by the different people in Chapter 1? Did you have a glimpse of this experience when you learned TM? How would you describe your experience? If not, does transcending sound like something you would like to experience? Do you think this is a natural state for people to experience?
* Chapter 2: write 4 to 5 points that were the most interesting or most meaningful to you and explain why. (Total 300 to 400 words)

**Monday, Feb 15**

* Write about your progress with the new good habits you’ve chosen. Have you noticed any benefits yet? Is it getting easier? Or do you think it would be better to try something different – maybe something you learned about Thursday to balance your mind/body type and *Dosha*? If so, describe what that will be.
* Also, Read pp. 472 to the top of p. 476 of Chapter 10 in *The* *Supreme Awakening* to prepare for Dr. Hagelin’s lecture. (You may also read any of the rest of the chapter if you like.) Prepare at least 2 questions for Dr. Hagelin or for discussion in your small group.

**Tuesday, Feb 16**

* What are the 4 reasons Dr. Hagelin gives for why pure consciousness and the unified field are the same reality? (You can refer to pp. 483 to 486 in *The Supreme Awakening* – but put in your own words.) Then write what you think about this. Do you think this is a logical conclusion? State your reasons. (around 300 words)
* Read pp. 486 to 489 from Supreme Awakening and prepare at least 2 questions for Dr. Pearson and for discussion in your small group. You may also leaf through any part of the book to generate questions.
* What are the three most important things you have learned so far in this course?
* For our open question session tomorrow: What are the three most important questions you would like to ask at this point in the course?

**Wednesday, Feb 17**

Final Project: Working in groups of 4, choose a topic covered in the course that you would like to explore further; or convey a summary of all the important elements of the course through some creative means. Once you’ve conducted your research or complied the information you’d like to share, think about how to “package” it through some kind of visual or audio storytelling. Choose from the following projects:

* Make a set of 8 or more posters illustrating themes from the course that could be put up in McLaughlin, Verrill Hall, and the Residence Halls. These themes could be: elements of the 4 lifestyle choices; the 5 fundamentals of progress; quotes from *The Supreme Awakening* (or others from your tradition) about transcendence; etc. Be prepared to talk about them as you show them to the group.
* Compose a rap, spoken work, or song that accurately conveys material from the course, preferably accompanied by graphics, including the words for all to see.
* Create an interactive board game, road trip map, story book, flow chart or diagram visually incorporating key elements of all the different ways one can grow with the goal being the full development of your potential.

**For full marks be sure to include *at least 10 significant main points* (and many other smaller points) from the course and some original means of communicating them.**

**Thursday, Feb 18**

* Continue working on final projects

Main Points FOR STC SESSIONS

**STC 1, Session 1**

**Monday, Feb 8**

**Course Overview**

**Knowledge of the Knower as the Basis of all Knowing**

**Dr. Elinor Wolfe**

**Main Points**

1. Science has two aspects: theoretical or intellectual understanding, and practical applicationsor technologies. Just as Computer Science consists of theories like recursion and algorithms, and practical applications like Java; so STC also consists of theory, in the form of the intellectual understanding of the field of consciousness, and practical applications – its principal technology, TM.
2. For knowledge to be practical and fulfilling it must be complete knowledge – knowledge of both the knower and the known. The goal of Consciousness-Based Education is to fulfill the ancient ideal of “Know Thyself”— enlivening the knower first and subsequently enlivening and enriching every field of knowledge with a deeper and more profound understanding. This supports the founding goals of this university.

**The Founding Goals of MIU:**

* To develop the full potential of the individual.
* To realize the highest ideal of education.
* To improve governmental achievements.
* To solve the age-old problem of crime and all behavior that brings unhappiness to our world family.
* To bring fulfillment to the economic aspirations of individuals and society.
* To maximize the intelligent use of the environment.
* To achieve the spiritual goals of humanity in this generation.

1. The Perennial Philosophy expressed throughout history is that there is a field of unity underlying all diversity—an infinite reservoir of creativity, order, intelligence and energy. It states that the purpose of life is to discover and experience this ultimate reality and access its invaluable qualities. Everyone is capable of experiencing this field, reconnecting and realizing our true nature – transforming and fulfilling our life. Transcendental Meditation is an invaluable aid in this quest.
2. There are principles and patterns that exist throughout creation. Recognizing these principles around us and within us helps us to understand the nature of life at deeper levels. These underlying principles are seen in nature and in our own thoughts and actions, unifying our inner and outer worlds, and showing us how to function more in harmony with nature’s functioning.

**The Sixteen Principles of STC**:

1. The nature of life is to grow.
2. Rest and activity are the steps of progress.
3. Order is present everywhere.
4. Every action has a reaction.
5. Purification leads to progress.
6. Life is found in layers.
7. Being is the basis of thought,thought leads to action, action leads to achievement and achievement leads to fulfillment.
8. Outer depends on inner.
9. Knowledge is structured in consciousness.
10. Knowledge is gained from inside and outside.
11. Seek the highest first.
12. The field of all possibilities is the source of all solutions.
13. Enjoy greater efficiency and accomplish more.
14. Harmony exists in diversity.
15. The whole is contained in every part.
16. The whole is greater than the sum of the parts.

**STC 1, SESSION 2**

**Tuesday, Feb. 9**

**‘The Magic Four’ Part 1**

**Living a Balanced Life: Healthy Diet and Rejuvenating Sleep**

**Prof. Dustin Matthews, Department Head, Exercise and Sport   
Science**

**Main Points**

Sleep:

* On average, humans need to sleep 7 to 9 hours every night.
* Sleep in a cool setting, 65-68 degrees F.
* Create a consistent sleep routine – Be regular at going to bed and getting up time. The best sleep window is from 10 pm - 6 am.
* Limit stimulation (screen time, exercise) 1 hour before bed. Start to shut it down by 9 pm.

Nutrition:

* Choose foods that are raised from organic, sustainable and regenerative agricultural practices. Eliminate as much as possible processed foods, refined carbohydrates and sugar.
* Eat More vegetables, fruits, legumes, and whole grains. Eat a variety of foods
* Ensure foods are low and balanced in simple sugars, salt, fat, saturated fat and cholesterol
* A largely plant bases diet is more healthy and also better and more sustainable for the planet.
* Drink more water, about 96 fl. oz. (12, 8oz cups) a day.
* It’s good to consume approximately 1 gram of protein per 1 pound of body weight.
* Better not to eat, or eat very lightly after 8 pm.

**STC 1, SESSION 3**

**Wednesday, Feb. 10**

**Continuing: ‘The Magic Four’, Part 2**

**Lifestyle Choices to Maximize Growth In Life ­– Meaningful Activity and Transcendence**

**Professor Emeritus Ken Daley**

**Wholeness of the Session:** The development of successful wellness strategies leads each individual to maximizing their ability to be “healthy, wealthy and wise”. The strategy to pursue the “highest first” gives a clear direction to priorities in daily activity.

**Main Points**

The “highest first” of wellness is the optimization of The Magic Four: Sleep, Nutrition, Meaningful Activity / Physical Activity, and Transcendence

Meaningful / Physical Activity:

* 30 -60 minutes of enjoyable physical activity per day
* Strength training 3-4 days per week
* Flexibility training each day. (Flexibility can be an excellent side benefit of practicing yoga asanas.)
* The keys to living longer and living well are good friendships, self-awareness, being physically active, being in a good marriage, and being conscientious. Having work that you love and is meaningful to you and beneficial for society is also good for your longevity and happiness.

Transcendence:

* Every cultural tradition has practices that encourage its members to “seek the highest first” and foster inner development.
* The Transcendental Meditation© technique allows your active mind to easily settle inward, through quieter levels of thought, until you experience the most silent and peaceful level of your own awareness — pure consciousness. Scientifically validated in 100’s of peer reviewed research studies TM is an easy way to gain inner peace and foster success in life.

Creating New Habits:

* It’s good to understand the stages of change so we don’t stop before the change happens:

Pre-contemplation [*it’s not for me*]

Contemplation [*I’ll think about it*]

Preparation [*I’m almost ready*]

Action [*I’m doing it!*]

Maintenance [*I’m sticking with it*]

These stages are normal and it’s good to keep going through them till the last one!

**STC 1, SESSION 4**

**Thursday, Feb 11**

**Living in Tune with Natural Law**

**Dr. Elinor Wolfe**

**Main points**

* Five Fundamentals of Progress support evolution in life. These attributes, possessed in balance, are found throughout nature, and are also seen as fundamental to the success of individuals, organizations, cultures, and societies. These are the qualities one needs for sustainable progress towards a successful, fulfilling life.

**The Five Fundamentals of Progress:**

Stability

Adaptability

Purification

Integration

Growth

* Three elements, or forces of nature called the *Doshas*, are the building blocks of everything on earth, including us. They are found in our physiologies, the times of day, as well as the seasons of the year.
* Vāta (air, space, movement)
* Pitta (fire, water, metabolism)
* Kapha (earth, water, structure)

Our *Dosha* makeup determines everything from the shape of our body to the way our mind and emotions work. Each of us is a varying and unique combination of Vāta, Pitta, and Kapha. Understanding our Doshas helps us to better understand ourselves, our friends, and the world around us.

* Behavioral *Rasāyanas* are positive behaviors that enhance health, happiness and longevity. They help us to grow in inner strength, clarity, and everything needed to move closer to our goals in life.

1. Maintain a positive, calm outlook.

2. Follow the precepts of your religious or spiritual beliefs. Meditate regularly. Be devoted to knowledge and developing higher states of consciousness.

3. Be charitable with your time, your attention, your actions, and your finances.

4. Have respect toward teachers, parents and elders

5. Be loving and compassionate.

6. Always speak the truth, but speak sweetly. Speak well of others. Speak in a way that uplifts people. Avoid harsh or hurtful speech and speaking ill of others behind their backs

7. Perseverance

8. Avoid conceit, pride, arrogance, egotism, or selfishness

9. Be free of anger, violence, and hostility

10. Moderation and self-control is recommended in any activity that can lead to imbalances

11. Avoid coveting another's possessions

12. Culture humility, innocence and simple, guileless behavior. Avoid dishonesty or duplicity

13. Practice cleanliness of all kinds.

14. Keep the company of the wise, of people who uplift and bring out your best.

**STC 1, SESSION 4**

**Friday, Feb 12**

**Scientific Research:**

**Mind-Brain Development & Higher Performance**

**Dr. Fred Travis**

**Wholeness of Session:**  Neuroscience, the scientific study of the human nervous system verifies that enhanced performance in activity is more dependent upon the coherent functioning of the brain than it does on education, work experience and age.

**Why you need to know this:** The brains of highly successful business executives, professional athletes and musicians operate in a way that supports individual superior performance. High performance in activity is dependent upon all parts of the brain communicating with each other simultaneously – coherent brain functioning.

378 peer-reviewed studies have been published in professional journals on the effectiveness of TM, finding that it creates a unique style of orderly brain functioning that is distinctive and indicative of a fourth state of consciousness.  The practice of TM creates energy and orderliness in the brain, which is reflected in those from all walks of life who practice TM on a regular basis.

**Main Points**

1. High performance in life is due to higher mind/brain development, which is a combination of three elements: Level of Brain Integration, Individual Psychology, and experience of higher states of consciousness (either a temporary ‘*peak* *experience’*; or an established higher state). Research indicates Transcendental Meditation is an effective intervention for improving each of these three elements.
2. Level of Brain Integration: Research of brain activity *during* this fourth state suggests the brain begins to experience a striking increase in EEG coherence and integration of brain function. TM sharpens the mind: This is seen in higher blood flow to the frontal lobe of the brain. Also, higher alpha1 coherence during TM practice leads in time to more alph1 coherence *during the day*. This increases self-awareness and alertness, while lowering anxiety, stress response, and burnout. The regular, repeated practice of TM results in a significant increase in intellectual and academic performance, memory, creativity, and self-actualization.
3. Individual Psychology: Higher coherence and connectivity in the brain results in better memory, life satisfaction, and income. Research on TM indicates improved moral reasoning, social behavior, family life, sociability, job satisfaction, productivity, creativity, problem-solving, leadership, etc. The practice of TM reduces stress and improves all aspects of our personal and professional life – and leads to success and happiness.
4. Experience of higher states of consciousness, peak experiences, being in the zone: The co-existence of silence within dynamic activity, a sense of eternity within the changing nature of life, and the experience of extreme alertness and lively intuition along with a deeply restful state and inner peace are descriptions of peak experiences and higher states of consciousness. Athletes, musicians, entrepreneurs, etc. have all felt this experience to be at the basis of their highest achievements. TM increases the frequency of peak experiences and cultures the nervous system to allow these experiences to become an all-time reality in higher states of consciousness, leading to high performance in life.

**STC 1, SESSION 5**

**Saturday, Feb 13**

**TM INSTRUCTION throughout the Day**

**Sunday, Feb 14**

**TM Class, 1st Day – 11am**

**STC 1, SESSION 6**

**Monday, Feb. 15**

**Computer Science and the Science and Technology of Consciousness**

**Dr. Greg Guthrie**

**Wholeness of this session**  
A paradigm means a worldview; a knowledge of the scope, extent, structure & dynamics of any (and all) areas of life that one functions in. There are some universal principles found in all areas of life, all of the Universe – and one is the universal principle of layers of structure from abstract to more concrete expressions.

**Why you need to know this**

In any area of knowledge or life, one plans for their goals and activities based on their understanding (model) of the reality and domain that they are functioning in. Everyone always wants more and more in life, and it is only with a full knowledge and understanding of what is possible can one effectively pursue and realize their goals. This knowledge is called a *paradigm* and is the structuring principle of all areas of knowledge and activity.

**Main Points**

1. Veda = a field of complete, total, pure knowledge. Any lesser definition or realization of knowledge will give a worldview (paradigm) which is limited in its extent, and thus in its overall power and capability.
2. The Universe is structured in hierarchical layers from concrete expressions to their abstract basis. There are examples of this in all areas; Physics, Computing, Math, … One can explore (=Horizontal) the multitude of expressions in any area, or dive into the more abstract levels at the source (=Vertical).
3. Each more abstract level gives a more holistic, expansive, universal view of Nature, and all possibilities for its expression. This is a paradigm change; it changes everything; our thinking, action, and physiology.
4. Modern Science tries to understand and describe these, and is beginning to fathom more abstract levels, leading to advanced technologies like Quantum Computing, which is based on collective coherence instead of more and more (and faster) multiple parts working together.
5. Human consciousness (intelligence) is structured in this same manner, and the same principles apply; optimize from the most abstract, powerful, universal levels. By understanding this, one can have a worldview (model, paradigm) for optimal achievement.
6. Maharishi Vedic Science gives a complete model and understanding of the full range of knowledge. Maharishi is a Vedic scientist; someone who has experienced, understood, and described the full range of knowledge and its source in consciousness.
7. Vedic Science gives a new paradigm and promise for complete knowledge, and from that both a vision and proven technology for a better life for everyone, and from that a better world for all.

**STC 1, SESSION 8**

**Tuesday, Feb. 16**

**Physics:**

**Is Consciousness The Unified Field?**

**Dr. John Hagelin**

**Wholeness of Session:** Recent progress in our scientific understanding of the universe has laid the foundation for an entirely new paradigm, in which consciousness is not merely an epiphenomenon, or product of the material brain, but is fundamental in nature, with its dynamical origin in the unified field itself. The unified field is one, indivisible wholeness of pure consciousness, which is directly experienced during TM.

**Why you need to know this:** Excellence inperformance is supported by 1), an intellectual understanding that the essence of one’s being is identical to that of the unified field which is the source of all of the laws of nature and 2), through TM you can access this field of inexhaustible intelligence and enjoy increased skills in leadership, creativity and innovation.

**Main Points**

1. Progress in theoretical physics during the past decade has led to a progressively more unified understanding of the laws of nature, culminating in the recent discovery of completely unified field theories based on the superstring. Unified Field Theory states that the universe is only superficially diverse but fundamentally unified at its source, and that underlying all matter and energy we find a self-organizing field of intelligence, the home of all of the laws of nature.
2. Cutting-edge research in the field of neuroscience has revealed the existence of a “unified field of consciousness” a fourth major state of consciousness, pure consciousness, which is physiologically and subjectively distinct from waking, dreaming and deep sleep.
3. There is compelling theoretical and experimental evidence that the unified field of physics and the unified field of consciousness are *identical*—i.e., that during the meditative state, human awareness directly experiences and identifies withthe unified field at the foundation of the universe. This is supported by common sense: the deepest aspect of human existence – pure consciousness- should be the deepest aspect of everything else in nature – the unified field.
4. TM provides direct experiential access to the unified field, and has the potential to expand consciousness to profoundly transform human civilization. Empirical evidence indicates a society-wide influence of harmony and positivity is generated when 1% of a population practices TM (or the square root of 1% practices the TM-Sidhi program together). This long range field effect of consciousness produced by the “1%, or Maharishi Effect” provides additional evidence that the unified field of physics and consciousness are one.

**STC 1, SESSION 9**

**Wednesday. Feb 17**

**How to Achieve Your Highest Goals:**

**Develop Your Deepest Self**

**Dr. Craig Pearson**

**Wholeness of this session**  
If you want to fulfill your desires and achieve something great in your life, it’s essential to develop your deepest creativity and intelligence. The most effective way to do this is developing your consciousness, your deepest Self.

**Why you need to know this**

Everyone has desires, small and large. Deep inside, everyone would like to achieve something great — for themselves and for the world. Thousands of books have been written about how to be successful, and they all have something valuable to say. But almost none of these books goes to the depth.

**Main Points**

1. In every culture, in every religion — Christianity, Islam, Buddhism, Hinduism — we find a common teaching: Look within — what’s most important in life is within you — the real treasure in life lies within.
2. This is more than just an intellectual idea. Throughout time and throughout the world, we find people describing beautiful experiences of a profound inner reality — an ocean of silence, peace, and bliss deep inside. From Laozi and the Buddha down to the present time, people describe this experience in remarkably similar terms.
3. Today we understand this experience as mental activity settling inward into a state of pure consciousness, pure wakefulness, beyond thought and perception. We call this experience “transcending.”
4. We now know that this experience of transcending, described by great people throughout time, represents a fourth major state of consciousness, distinct from the familiar states of waking, dreaming, and sleeping. It’s called Transcendental Consciousness.
5. We also know, from a large body of scientific studies, that with regular experience of transcending through the TM technique, this powerful, silent state can become an *all-time reality* — meaning full access to your total potential at all times. This is a *fifth* state of consciousness, called Cosmic Consciousness.
6. Many people throughout time have also described this experience — and it’s almost always associated with peak performance.
7. All of this points the way toward peak performance in your own lives and a way to achieve your own highest goals — transcend regularly and develop the total potential of your brain and your inner ocean of creativity and intelligence. And then enjoy your life to the fullest.

**STC 1, SESSION 10**

**Thurs, Feb. 18**

**Work on projects**

**STC 1, SESSION 11**

**Friday, Feb. 19, Morning Session**

**Project Presentations in TA groups. Vote on best project.**

**STC 1, SESSION 12**

**Friday, Feb. 19, Afternoon Session**

**Presentations of Best Projects**

**Course Conclusion and Celebration**