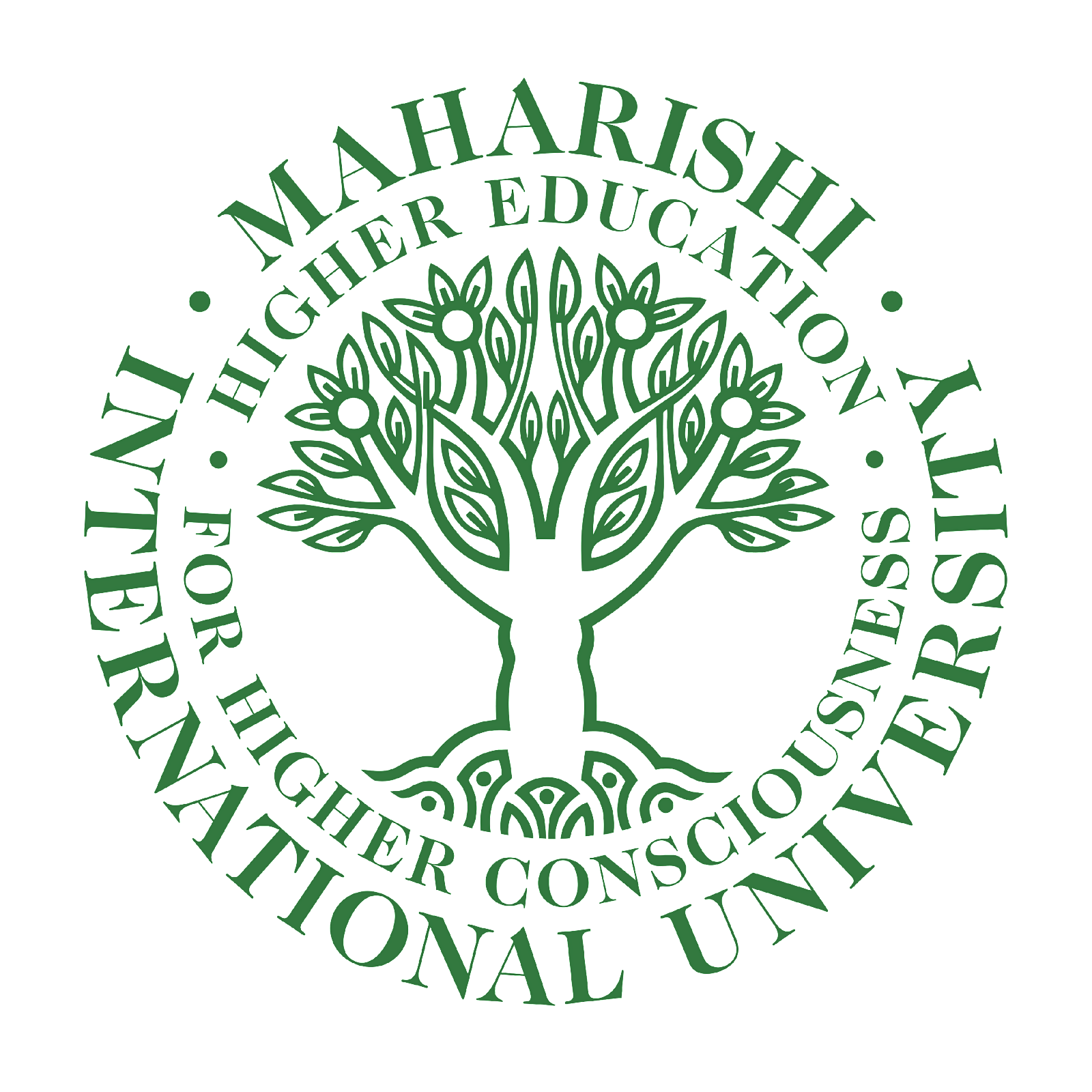
**MAHARISHI INTERNATIONAL UNIVERSITY**

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**FOR 506A**

**STC 1:**

**Science and Technology of Consciousness**

**February 13 – February 24, 2023**

PROFESSOR

Elinor Wolfe, PhD

**PROFESSOR CONTACT INFORMATION**

**FOR 506A – STC 1: February 13 – February 24, 2023**

**Course Director – Dr. Elinor Wolfe:** [**ewolfe@miu.edu**](mailto:ewolfe@miu.edu)

**Teaching Assistants and Afternoon Class Locations**

1. Bronze Group –Argiro Garden - Christine Albers: [calbers@miu.edu](mailto:calbers@miu.edu)
2. Pink Group – McLauglin 218 - Susan Pavelka: [susan.pavelka@miu.edu](mailto:susan.pavelka@miu.edu)
3. Purple Group – Spayde Theatre - Jeff Cohen: [jrcamad@yahoo.com](mailto:jrcamad@yahoo.com)
4. Green Group – Pearson Exercise room - Renee Erikson: [reerickson@miu.edu](mailto:reerickson@miu.edu)
5. Blue Group – Verrill Hall 47A - Martha Knight: [mknight@miu.edu](mailto:mknight@miu.edu)
6. Red Group – Hildenbrand Hall - Sue Ruby: [rubysforever@gmail.com](mailto:rubysforever@gmail.com)
7. Silver Group – McLaughlin 115 - Sung Chull Park: [sungchullpark@miu.edu](mailto:sungchullpark@miu.edu)
8. Gold Group – Library 209 - James Munro: [jmunro@miu.edu](mailto:jmunro@miu.edu)
9. White Group – Verrill 32 - Stellvera Kilcher: [skilcher@miu.edu](mailto:skilcher@miu.edu)

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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 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.

**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              40%

Participation                     30%

Oral Quiz                           10%

Final Project                     20%

**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** |
| 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. |
| 2. 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, 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 details, 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 – 11:45 AM | Class lecture, discussion, activities |
| 11:45 to 12 | In-class group 10-minute practice of Transcendental Meditation |
| 12:00 – 1:15 PM | Lunch and walk |
| **AFTERNOON** | |
| 1:15 – 2:15 PM | TA group discussion and activities related to the mornings lecture |
| 2:15 – 2:20 PM | break |
| 2:20 – 3:15 PM | 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**

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

***paradigm*** (n): A paradigm is a standard, perspective, or set of ideas. A paradigm is a way of looking at something. It consists of the basic assumptions and ways of thinking that are commonly accepted by members of a discipline or group. When you change paradigms, you're changing how you think about something.

***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 9:50 the next morning.**

**Monday, February 13**

“My Story”: Write a 500-word essay about yourself, what’s important to you. Write about where you are from, your family, your CS industry experience, your personal goals for the graduate program at MIU, your career and your life. Could include what you feel were your greatest challenges and your greatest achievements, either personal or professional.

**Tuesday, February 14**

 Take one big idea or several smaller ideas from the lecture on Nutrition, Sleep, Activity and Transcendence 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, doing your morning TM before class, etc. Take into consideration what you learned about your mind/body type, or doshas yesterday.

**Write up your experiment *in this format*: Follow steps 1 through 5 of the scientific method:**

1. State the problem: Write down what you feel you need to improve and why – give details.
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: exercise after class, eat a more balanced diet, go to bed early, etc.), it should help me (think more clearly, have more energy, feel better, etc).
4. Experiment: Write down exactly what you did and how you did it.
5. Gather and analyze data: How did it go? Did you notice any immediate results? (Like; 'Yes, I ate lightly last night and I slept much better' or Yes, I exercised after class and was much more alert when I started doing my homework', or 'No, I cut out sugar but haven't noticed anything yet'.)  Give details. If you didn't noticed anything yet, fine, you’ll add to this as the 2 weeks pass.

**Wednesday, February 15**

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>

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 or ones are, go to these links:

VATA:  <https://www.mapi.com/doshas/vata.html>

PITTA: <https://www.mapi.com/doshas/pitta.html>

KAPHA: <https://www.mapi.com/doshas/kapha.html>

*Write about what you’ve discovered about yourself.****Please answer these specific questions:***

Are you a combination of *Doshas*? Does this seem right to you, does it make sense?

Did you find any useful tips on creating balance for your mind/body type?  Please explain.

Does this information help you understand others better? Give an example.

***(Do not just cut and paste from the website – think about it. You'll be working with this more tomorrow).***(300 to 400 words)

**Thursday, February 16**

Read Chapter 9, ‘Meditation in the Laboratory’, pages 440 – 471 in *The Supreme Awakening* (checkout from MIU Library).

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, and why? Please give details. (300 to 400 words)

Make note of research you may use in your final presentation if you choose to do it on solving real world problems.

(If you're curious about a specific study you can look it up in the references - this will refer you to the original journal publication.)

**Friday, February 17**

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 to bring to your afternoon session. Submit your questions in Sakai.

Also read the attached article on the wave-particle duality in physics as applied to the brain. Write a few sentences on your reaction to it. One of your questions can be from this article.

**Saturday, February 18**

* No homework for the weekend!
* If you want, you could get a head start on the homework for next Tuesday, which is to review the material from the course in preparation for the Oral Quiz on Wednesday morning. So you could review week 1. See full explanation under Tuesday, May 17’s homework assignment.

**Monday, February 20**

Return to your experiment with your new good habits. Refer back to last Tuesday’s homework; steps 1 through 5, and the updates you’ve been making since then. Today you’ll take steps 6 & 7 of the scientific method:

6 & 7: Draw your conclusion and Communicate findings:  Give a complete, personal and detailed evaluation and account of each new habit. Answer each question on a separate line:

1. Did your hypothesis for each new habit turn out to be true?

2. Did you need to make adjustments in your plan? If so what did you change?

3. Which new habits seem to be beneficial? How did the changes brought about by each new habit affect your day and your outlook?

5. Was it worth the effort?

6. Which new habits do you think you will continue?

**Tuesday, February 21**

Read over the main points from this week in the Syllabus and also easily review the Presentation slides from each of the lectures to prepare for the oral quiz. You do not need to study for this like a ‘Final Exam’, it’s just a lighthearted quiz, but you should be familiar enough with the material to engage in a lively conversation about it. Be sure you understand the most important points. Can you explain: Transcendental Consciousness, life is found in layers, how the 5 fundamentals of progress are important for happiness and success, keys to living longer and living well (some tips for diet, sleep, activity and transcendence), a few main points on the Doshas (mind/body type), a few points about TM research. It will be important that everyone contributes several times during the quiz. We want to see what you’ve learned!

While reviewing the material, **come up with 1 question for each day of the course = 8 questions**, that you feel a student should be able to answer, and **submit them in Sakai**. Also, be sure to bring them to class on Wednesday and we’ll see if your classmates can answer them.

**Wednesday, February 22**

**Final Project:** Working in groups of 4:

**Design a project solving a real world problem using knowledge from the course**

Create a presentation that thoughtfully matches up some of the research on TM and other knowledge from the course that would help solve issues such as domestic abuse, poverty, climate change, racial injustice, mental health, etc. Once you’ve conducted your research or compiled the information you’d like to share, think about how to “package” it through some kind of visual or audio storytelling.

**Write your future story.** We began the course with ‘Your Story’ for the first homework. Now as a group write your future story. Think about the knowledge we’ve covered in the course: from the lectures, your homework, and from the discussions in your group. Connect this knowledge to how it could affect your lives as computer scientists and also your personal lives. What did you learn that might change the way you move toward your future, or even change your ‘paradigm’ - the way you see the world. Look back at your stories that you wrote on the first day of class and move forward from there... Present this in some creative way.

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. This could include creative, engaging visuals, an original song, spoken word, or rap that accurately conveys material from the course, preferably accompanied by graphics, including the words for all to see. Every member of the group should contribute equally. This project takes the place of a final exam, so make it academically strong.

**Thursday, February 23**

Continue working on final projects

**Friday, February 24**

Morning Session – 10 to 11: Project Presentations in TA Classrooms

11 to 12 - Course Conclusion and Celebration in Dalby Hall

**MAIN POINTS FOR STC SESSIONS**

**STC 1, Session 1**

**Monday, February 13**

**Course Overview**: **Exploring Consciousness**

**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.
3. “Nothing is more intimate and central to the life of a human being than our Consciousness. It is the foundation of all our experience. It is the one, fundamental element at the basis of all that we think and do, all that we experience, both internally and throughout the world around us.” (Nader, p. 40-41, 2021)  It is essential that we expand our consciousness to understand the deeper realities of life and contribute maximum good to our world family.
4. 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.
5. 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. Outer depends on inner.
7. Life is found in layers.
8. Consciousness is the basis of thought, thought leads to action, action leads to achievement and achievement leads to fulfillment.
9. Knowledge is structured in consciousness.
10. Knowledge is gained from inside and outside.
11. The field of all possibilities is the source of all solutions.
12. Seek the highest first.
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, February 14**

**‘The Magic Four’**

**Lifestyle Choices to Maximize Growth In Life – Healthy Diet, Rejuvenating Sleep**

**Meaningful Activity and Transcendence**

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

**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.
* Following the circadian rhythms or the natural biological clock within will give us the best sleep.
* Most mistakes are made when the sleep urge is the highest; around 2am. This is the time we should be deep asleep.

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 healthier 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. This gives the digestive system a rest.

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 3**

**Wednesday, February 15**

**Living in Tune with Natural Law**

**A Brief introduction to Maharishi AyurVed and the Three Doshas**

**Dr. Elinor Wolfe, Professor Renee**

**Main points**

1. According to the ancient science of *AyurVeda*, the science of life, 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, in the times of the day, as well as the seasons of the year.

The 3 *Doshas* are:

* **Vāta** (air and space; Vata is light, and is responsible for movement)
* **Pitta** (fire and water; Pitta is hot, and responsible for digestion and metabolism)
* **Kapha** (earth and water; Kapha is heavy, and is responsible for structure and lubrication)

2. 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.

3. AyurVeda offers knowledge of how to keep our Doshas in balance. Knowing our individual combination of Doshas allows us to modify our diet, exercise, and sleep patterns so they align best with our own unique, natural tendencies, creating better health in mind and body.

4. 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.

* Maintain a positive, calm outlook.
* Follow the precepts of your religious or spiritual beliefs. Meditate regularly. Be devoted to knowledge and developing higher states of consciousness.
* Be charitable with your time, your attention, your actions, and your finances.
* Have respect toward teachers, parents and elders
* Be loving and compassionate.
* 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
* Perseverance
* Avoid conceit, pride, arrogance, egotism, or selfishness
* Be free of anger, violence, and hostility
* Moderation and self-control is recommended in any activity that can lead to imbalances
* Avoid coveting another's possessions
* Culture humility, innocence and simple, guileless behavior. Avoid dishonesty or duplicity
* Practice cleanliness of all kinds.
* Keep the company of the wise, of people who uplift and bring out your best.

5. Yoga is a Sanskrit word meaning ‘unity’ and refers to the union of the mind and body. A national survey done on yoga practitioners found positive trends for physical and mental health, including happiness and well-being, social relationships, productivity, and energy levels. Maharishi Yoga Asanas increase health by improving flexibility and strength, allowing for better sleep, and have cardiovascular benefits, such as lower resting heart rate, resting breathing rate, and blood pressure, and improved blood flow and circulation.

**STC 1, SESSION 4**

**Thursday, February 16**

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

**Professor Payman**

**Main Points**

1. TM is a great companion in our journey towards fulfilling our goals, both personal and professional.

1. For those in the field of computer science, developing our consciousness is a practical undertaking. Growing in consciousness every day through TM gives us the advantage of seeing the bigger picture, seeing the deeper underlying values that can help us solve problems with less stress and with greater creativity.

1. 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 that can one effectively pursue and realize their goals.

1. 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).  Each more abstract level gives a more holistic, expansive, universal view of Nature, and all possibilities for its expression.

1. 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.

1. Human consciousness (intelligence) is structured in this same manner, and the same principles apply; we can optimize our efforts from the most abstract, powerful, universal levels. By understanding this, one can have a worldview (model, paradigm) for optimal achievement in both our personal and professional lives.

**STC 1, SESSION 5**

**Friday, February 17**

**Scientific Research:**

**Mind-Brain Development & Higher Performance**

**Professor Peter Hodak**

**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 6**

**Saturday, February 18**

**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.

1. 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.

1. 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.

1. 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 7**

**Monday, February 20**

**5 Fundamentals of Progress and the 7 Founding Goals of MIU**

 **Dr. Elinor Wolfe**

**Main Points**

**5 Fundamentals of Progress**

1. **Stability** is the ability to maintain balance. It is firmness, constancy. Stability is a solid foundation, unshakeable. Enlivening Transcendental Consciousness brings a stabilizing influence to our lives of constant change as it is the silent, non-changing basis of all change. TM research shows: Increased Emotional Maturity, Increased Self-Regard and Self-Acceptance

1. **Adaptability** - the quality of being able to adjust to new conditions. The ability to change when necessary and useful. This is part of the Growth Mindset. TM research shows: Increased Resilient Sense of Self, Increased Flexibility in Application of Values

1. **Purification** - an act or instance of being freed from impurities. The ability to discontinue types of behavior or activities that are not producing healthy, positive results. We can purify ourselves through our diet, sleep, our activities and through TM. TM research shows: decreased illness and hospital admissions, decreased stress

1. **Integration:**the act or process of uniting different things**:**the combining and coordinating of separate parts or elements into a unified whole. Integration enables the introduction of new ideas or approaches into the established patterns of functioning; bringing new and old ideas together. TM research shows: Increased Positive and Integrated Perspective of Self and the World, Increased Ability to See Opposites of Life as Meaningfully Related

1. **Growth** - continuous mental, physical, and/or spiritual development: Evolution, expansion, maturing. The nature of life is to grow. We always want to be taking that upward direction in life. TM research shows: Increased IQ, Increased moral maturity, Increased creativity, Increased Ability to Live in the Present

**Founding Goals of MIU**

MIU is committed to serving society and dedicated to solving humanity’s pressing environmental and social challenges, with a vision of creating a world of peace and prosperity, compassion, justice, and harmony with nature. “The world is my family” is its guiding principle. These founding goals can also be seen as personal ideals to strive for.

* 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.

**STC 1, SESSION 8**

**Tuesday, February 21**

**Maximizing Personal Development**

**Dr. Craig Pearson**

**Dr. Elinor Wolfe**

**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 9**

**Wednesday, February 22**

In TA group classrooms: Morning - Oral Quiz on the past 8 lessons

Afternoon – Meet with TAs about your final presentations

**STC 1, SESSION 10**

**Thursday, February 23**

Work on presentations 

**STC 1, SESSION 11**

**Friday, February 24**

Morning Session – 10 to 11: Project Presentations in TA Classrooms

11 to 12 - Course Conclusion and Celebration in Dalby Hall

**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. Examples of academic dishonesty include copying text and/or graphics from online sources without attribution, copying another student’s paper, giving incorrect information about the source of a quotation, changing words but copying the sentence structure of a source without giving credit, or purchasing an essay for submission.  This includes using even a small part of another’s work. 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.

We’ve used words like ‘copying’ another's work, like it’s just ‘borrowing’ someone else's original ideas. But as stated at *P.org* (2017) “terms like "copying" and "borrowing" can disguise the seriousness of the offense:”

According to the Merriam-Webster online dictionary, to "plagiarize" means:

* to steal and pass off (the ideas or words of another) as one's own
* to commit literary theft…

In other words, plagiarism is an act of fraud. It involves both *stealing* someone else's work and *lying* about it afterward.

But can words and ideas really be stolen?

According to U.S. law, the answer is yes. The expression of original ideas is considered intellectual property and is protected by copyright laws, just like original inventions. Almost all forms of expression fall under copyright protection as long as they are recorded in some way (such as a book or a computer file).

(to see more go to: <https://www.plagiarism.org/article/what-is-plagiarism>)

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/).

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

**How Do I Cite Sources?**

***For academic papers or for your final presentation*:**

If you wish to use a quote from another’s work, place it in quotation marks (“…”) at the beginning and end of the quote, after which you would ideally put the author’s name, publication date, and page number (p. 1) or paragraph number (para 2) when citing online articles: (Pearson, 2013, p. 102). See examples below.

Example of a short quote:

(First introduce the quote) In an article discussing how humankind is worrying about being replaced by AI, it states that we should instead be focusing on “increasing the brain's inherent ability to do things that digital computers can't, like creating new things and ideas.” (James, 2019, para 12)…. (Then continue with your thoughts)…

For the rare occasion where quotes are longer than 40 words quote marks are not needed, *instead*, indent the whole quote and put the reference after it:

*One of the great mysteries of AI is that--despite becoming billions of times more powerful =over the past 50 years--computers have only become marginally better at, and complete fail at, many tasks that human brains perform instantly.*

*Physicists have long speculated that this gulf is because the human brain might be a quantum computer rather than a digital computer. If this is the case, then there may be tasks that digital computers will never do as well as humans.*

*If this proves true, human beings can defend themselves against the encroachment of AI by developing and honing the characteristics of their brain that make them uniquely human.* (James, 2019, para 2-4)

To help your reader locate your source please include more info in a list of references at the end of your paper. Include the url if sourced online:

James, G. (2019). Why Physicists Say Your Brain Might Be More Powerful Than Every Computer Combined. *INC.COM.* Retrieved from:https://www.inc.com/geoffrey-james/why-physicists-say-your-brain-might-be-more-powerful-than-every-computer-combined.html

***For homework papers*:**

You don’t have to be so formal, and you don’t have to have a list of references at the end, although that’s always appreciated. You could simply use this way of crediting the source and use quotation marks for the quote:

In an article titled, *Why Physicists Say Your Brain Might Be More Powerful Than Every Computer Combined,* author Geoffrey James states that we should instead be focusing on “increasing the brain's inherent ability to do things that digital computers can't, like creating new things and ideas.”…

***Paraphrasing****:*

If you take someone else’s idea, but change the wording as seen in green below - even though you wouldn’t put it in quotes, you must still give credit to the source:

In an article titled, *Why Physicists Say Your Brain Might Be More Powerful Than Every Computer Combined,* author Geoffrey James states that we should instead be focusing on raising the brain's natural ability to function in a way that digital computers can't, such as creating new ideas and things.…

So you see it’s fairly simple.

For formal papers give credit in the body of your paper and at the end – with the url included. For homework it can be simpler, but you must *always* respect and mention your sources.

Remember that your own ideas should be dominant in your homework, with ideas from other people brought in to support your ideas.

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.