



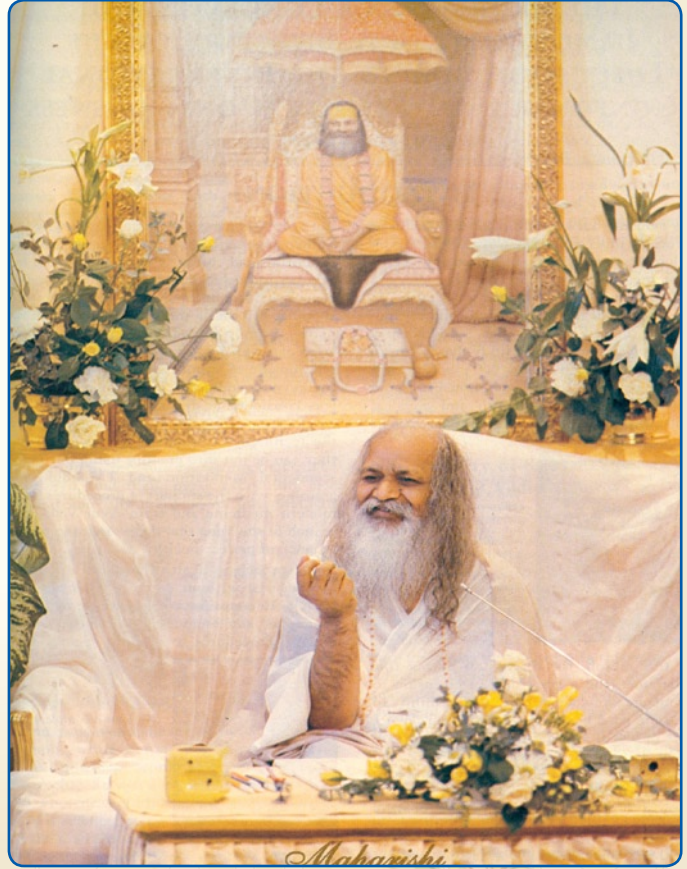
## "Science Consciousness and Ageing" His Holiness Maharishi Mahesh Yogi

Viewing the whole of Vedic literature, we see that it is the record of a perfect science need, already recorded for all its significant values. It is a perfect science laying out the principles, all the laws of nature, and a scientific path of investigation into the reality of the laws, in such a way that they are incorporated in daily life. The perfection of Vedic Science is expressed in the mode of description of the laws of nature, and as we call it, the home of all the laws of nature. This perfection is also seen in the mode of approach to investigating the nature and values of natural law, and its offshoots in terms of many, many laws of nature, governing life at different levels of creation.

The method described in the Vedic literature is such that one could incorporate all the laws of nature in one's awareness and live with advantage all that life according to natural law could promise. And life according to natural law would promise anything, because natural law is the basic governor of all levels of existence, all levels of creation, all levels of life. To see the whole thing at a glance is so very fascinating and not only inspirational, but also very revitalizing.

The whole picture can be seen in the analogy of a plant. There is a level of the sap, which is not green, not white, but completely unmanifest. Then there is another level of the sap, which starts to think: 'I want to become green, I want to become white'.

Now, if we take the sap to be consciousness then we have two values, two characteristics of it: in one it is completely silent, in the other it starts to reverberate within itself. Reverberating within itself it comes to express itself in different modes—in terms of green leaf, green stem, white petal. It is reverberating in different terms, in different tones. So there is one completely unmanifest level and another level which hums within itself. There is a third level where the hum starts to express itself in different modes.



The 'non-humming' value of the sap we can call the home of all the laws of nature, a level of life where all the laws of nature are fully wide awake in themselves in the state of least excitation. They are not intending, they are just there. We can say it is the state of Being of natural law. The total potential of natural law is fully wide-awake within itself. And then it starts to swell up, it starts to be in a mood to think. Then, it starts to think.

### **The Eight Basic Tendencies of Nature Described in the Veda**

The Veda describes the basic tendencies in nature to be eight in number. This description is given in a very scientific manner from what is seen about life.

We have a body; the body sees, hears, smells, tastes, and touches. These are the five senses. However, if the eyes remain open but the mind is absent, then one simply does not see. That means there must be something more basic to the sense of sight, there must be something more basic to the sense of hearing. These are very obvious levels of scientific investigation—one records what one has, what one experiences. In this way one locates the mind, the intellect, and the ego.

These eight values, the five senses, the mind, the intellect, and the ego, are recorded to be nature. In the Veda this is called '*Prakrati*'. Now these eight are the fundamental basis of all creation, according to the Vedic literature. This is the value where natural law begins to sprout in these eight channels of the laws of nature.

We can call the unmanifest state of natural law, when it is wide awake within itself, the field of pure consciousness, pure intelligence, at the basis of all creation. From this level come the different sprouts of natural law. To step on to the language of high-energy physics, different sparks of energy, fine particles of different characteristics, come up. These sprouts of natural law spring from the totality of natural law, in the same way as the five fingers of the hand come out of the palm. The palm is the common ground for all the five fingers. Each finger has its own characteristic, like the eight values of *Prakrati*, the eight values of nature.

In this picture, which we can intellectually conceive, we have the sprouting of creation. At the basis of all creation there is something which is wide awake in itself, something which must necessarily be completely self-sufficient, because it has to come up as eight different basic values, and from there it has to evolve into the whole creation.

That is why we take that level of creation to be unmanifest, but completely self-sufficient. It is also intelligent to the extent that we say it must be pure intelligence, and that pure intelligence is the totality of natural law. From this level of pure intelligence, when natural law begins to display its values, the first eight values come up and then in the combination of these eight values, we have the spreading of the whole creation.

It is natural law that expresses itself into concrete versions of creation. Natural law takes a shape, but it is capable of taking different shapes in creation only if we take it to be intelligence or consciousness, completely self-sufficient in itself and a field of all possibilities.

### **The Structure of the Veda in Consciousness**

This value of natural law is described very beautifully in Rig Veda. There is a verse in **Rig Veda**, which says:



*Richo akshare parame vyoman  
Yasmin deva adhivishve nisheduh  
Yastanna veda kimricha karishyati  
Ya ittadvidusta ime samasate*

(Rig Veda 1.164.39)

Where is the structure of Veda? This verse says that it is in the field of the indestructible, in the ultimate field of pure intelligence, the totality of natural law. In that is the Veda. Veda means pure knowledge—the field of pure knowledge at the basis of all creation in terms of pure intelligence, the home of all the laws of nature.

This we also see from the principles of modern science, which tell us that knowledge is organising power. Pure knowledge is the totality of organising power of natural law. At the basis of creation there is infinite organising power, which can only be pure knowledge. In the state of pure knowledge, the knower, the known, and the process of knowing are all in a state of oneness.

If pure knowledge is the totality of organising power, then the structure of pure knowledge must be self-sufficient and it must be pure intelligence, pure consciousness. Only then could it swell up, express itself into different modes, form the entire creation, and conduct all the phenomena in nature. The whole of nature is automatically governed, it cannot just go on without any basis of organising ability. The order in nature is obviously determined by an immense order, the infinite order at its basis.

From this we find at the basis of all creation an element—consciousness, intelligence—which can function from within itself and which has infinite organising power. This element must be a field of all possibilities, it must be the totality of natural law.

### **The Indestructible Nature of Pure Knowledge**

The Rig Veda calls this '*Akshara*'. *Akshara* literally means 'indestructible'. Pure knowledge must necessarily be indestructible, immortal, when it is all the laws of nature and the totality of organising power. From there the eight values of nature sprout. These eight values are the expressed values in creation, and the basic value of pure knowledge is non-expressed or unmanifest.

In the first line of this verse, Rig Veda says that the impulse of Veda, the impulse of consciousness, which is basically wide-awake and resting at the basis of all creation, is structured in transcendental consciousness. The actual word 'transcendental' is used. The expression is '*parame vyoman*'. *Parame* means 'beyond' or 'transcendental', and *vyoman* is the field, the field of *Akasha*. In quantum field theory in physics, this is the field, which is permeating all the elementary particles, which are the waves or excitations of the field.

In the next line of the same verse, Rig Veda says: 'In that state of the indestructible, transcendental field, impulses of creative intelligence responsible for the whole universe reside.' It is a beautiful description of the basic value of nature. We translate dew as the 'sparks of intelligence' or 'impulses of creative intelligence' which are basically eight in number. *Adhivishve* means 'pertaining to the entire universe'.

Then Rig Veda further elaborates the value of opening our awareness to that field. It says: 'He who does not know this *Akshara*, this indestructible field, what can the hymns of the Veda, the waves of pure knowledge, accomplish for him?' The waves of pure knowledge, which are at the

basis of all the organising power in nature, are structured in consciousness. He who does not know consciousness, what can the waves of organising power in nature accomplish for him?

This was the reason why, the Veda being lost, the world fell into suffering. The suffering value of life comes from the inability to organise, the inability to master the power of nature, which is conducting the entire course of universal life. This inability derives from non-association with that basic value which is the governor of all life, the governor of nature. Life has to be lived with such skill that the full potential of life is enjoyed by the individual, and so that when he is enjoying the full potential of life himself he enlivens the full potential of natural law in his environment in the same stroke of activity. This skill of living is significant for a perfect science of life, and this is possible only when one is able to produce an enlivening influence on the level of the indestructible field which is the common basis of all creation.

### **Vedic Science: The Methodology for Enlivening the Total Potential of Natural Law**

Vedic Science of living means that methodology of breathing life, which enlivens the indestructible value of natural law—the total potential of natural law which is permeating all creation. It is the tendency of nature to evolve an individual life and make it breathe the cosmic value of life, the indestructible level of that field which is the totality of law.

In breathing the cosmic value of life the individual is not only living his own full potential, but also he is enlivening the whole of creation from that level. This verse of Rig Veda describes the value of the cosmic value of life coming to conscious awareness. It does this by asking what the text of pure knowledge—the words of the Veda—can do if that value in which pure knowledge is structured is not consciously contacted by the individual. Thus, the value of pure knowledge is in enabling the full potential of life to blossom, the full potential of organising power to enrich all aspects of life, and allow life to be lived as a homogenous wholeness.

The way this is brought about is described by the final line of this same verse of Rig Veda: '*Ya ittadvidusta ime samasate*', which says that perfect harmony in life comes by living life consciously in tune with transcendental consciousness, by living in the homogeneity of the basic character of the field of consciousness. This harmony, which is described in Rig Veda, is the grand harmony of all the expressed values of life with the unexpressed value of life. This makes the individual live universality in day-to-day life.

The purpose of a science of living, if it is to be a perfect science of living, is to make the individual breathe cosmic existence to allow him to live the totality of universal life within all the boundaries of living. This is accomplished by attuning to that field where all the laws of nature are wide-awake, the home of all the laws of nature.

By regularly transcending and coming back to the active states of the mind, experiencing the unified field of consciousness and coming back to the diversified field of activity, conscious attunement with the total potential of natural law is established. Then the awareness in action remains in tune with the awareness in silence. Silence and activity both become a living reality. This is the Vedic Science of life—the science of life according to pure knowledge. Ayurveda, one aspect of the Veda, deals with this topic, the word *Ayuh* meaning 'life'.

The Veda—pure knowledge—deals with everything, both living and non-living values, the totality of the universe. This is because it brings to knowledge the indestructible field, the *Akshara*, which owns the universe.



In physics, the state of least excitation of a unified field is now being recognized as the ultimate value of all the constituents of creation, of all the elementary particles. If it is ultimate, then it must have everything in it. It must be intelligence and it must possess complete organising power. All the theories of the different sciences—through their own channels of investigation—identify some value, which is common to all values. But in the methodology of science as it is, one can establish only isolated themes of inquiry, isolated channels of investigation.

### **Vedic Science: A Perfect Science of Life**

Vedic Science has sorted out the examination of creation, all possible values of investigation and eventually located the ultimate value of creation and recorded it in its completeness, for its form, for its qualities, and for its application. Vedic Science is the study of the whole of nature, in a very systematic way. We are tempted to call it a perfect science of life, in that it investigates both directions—from unmanifest to manifest and also from manifest to unmanifest. A path of investigation is not fully tracked unless it has been walked in both directions, and in this way we find Vedic Science a more profound science than any of the modern sciences.

The path of modern science is very annoying to nature, because when, for example, we break the fine particles, then nature itself is broken, and in return becomes destructive. It is very difficult from the standpoint of modern science to start from the elementary particles and then from there to make up an atom, make up a molecule, and then make up the creation. The field will be declared ultimate only when we are able to structure everything from the field, and this becomes a reality in Vedic Science.

In Vedic Science the totality is so beautifully recorded. Not only do the natural laws come to be known, but the totality of natural law could become a living reality for every single individual born on earth.

It will be interesting to examine the structure of natural law, and the way in which natural law is expressed in manifest creation, since it will provide a fascinating vision. *Akshara*, the indestructible field of pure intelligence, is made of the impulses of natural laws, all the innumerable impulses of natural law which then are responsible to bring up the tree of creation. All the activity in creation is being conducted from whatever is contained at the root of creation. All the laws of nature reside in the field of *Akshara* and express themselves at every point in creation.

In this plan of expression of the natural laws in terms of creation the eight values of nature considered earlier emerge. From these eight values the whole creation is constituted.

In physics, a similar picture is seen. Quantum mechanics has declared that any object is not a solid inert thing. On the surface it appears to be inertia, but inertia is constructed in terms of impulses of creative intelligence. One object will interact with another because there is life—laws of nature, modes of activity in nature.

In the picture of the laws of nature we have to be more precise. Between the unmanifest value and the manifest value there is what can be described as a gap. It is within this gap that the theme of expression from the unmanifest, non-expressed value begins, and in this theme of expression the eight fundamental values of nature spring up.

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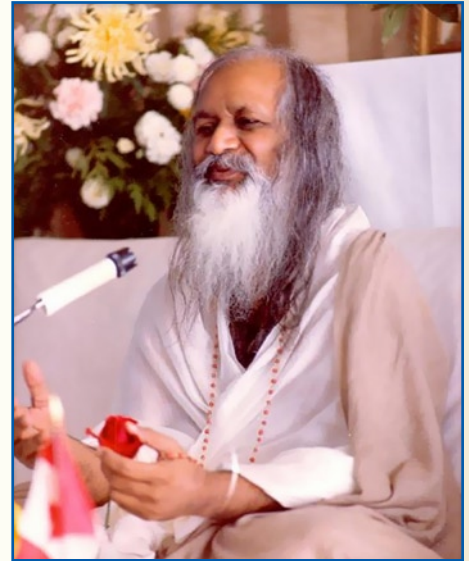
## INDIA GOVERNMENT RISE ABOVE PROBLEMS

*India Government Rise above Problems and Give Confidence to the People that the Government can display the authority and organising power where nothing can go wrong.*

—*Maharishi*

### India Government Rise Above Problems

Corruption in political leadership is nothing new in the world or in India; it will continue to happen in India; it will continue to happen throughout the world, unless those individuals who are in charge of national, state, or local administration are educated and trained in my Vedic approach to administration, which offers the formulas in the fields of education and health that will create an indomitable influence of *Sattwa* in national consciousness and create for the government that authority, that indomitable influence, due to which no one can do wrong.



### Rashtriya Kavach

What every government requires is a *Kavach* to protect itself from any negative influence from outside or inside, and a technology to employ the nourishing power of Natural Law.

### Skill to Govern

What a government needs is the skill to govern.

### Principle of Least Action

What a government needs is the knowledge to govern through the Principle of Least Action (Physics)—automation in administration.

### Automation in Administration

What a government needs is the skill to engage the nourishing power of Natural Law to support national law and make it competent to administer without problems.

### Transcendental Meditation

Transcendental Meditation is the one technology of consciousness to employ the nourishing power of Natural Law to fulfil the requirement of national law for a perfect administration; it will serve the purpose of automation in administration.

### Power of a Catalyst

Automation in administration means that power of administration, which is exemplified in the performance of a catalyst, which maintains its self-centred mood while spontaneously stimulating activity in its surroundings.

### Perfect Administration

The word 'catalyst' is from modern science, and the word '*Purusha*' is from Vedic Science. The quality of *Purusha* is self-referral. The technology of perfect administration is that the administrator (the government) remains self-referral, and this quality of self-referral will spontaneously generate that quality of administration which will have the quality of automation in administration as exemplified by a catalyst.



### **Silent Purusha Value**

What the present government has is an organisation for action (so many ministries to perform, etc.). This is all right as a performing phase of the government, but it must be supported by another aspect of the government, which will not perform—the silent value, the catalyst quality—the *Purusha* value.

### **A Purusha for A Government**

For this the government should have a group of Yogic Flyers—'A Group of Yogic Flyers for A Government'— a *Purusha* for a government— a group for any government, big or small—a *Purusha* to spontaneously stimulate the *Prakrati*, the action principle in Nature, which administers the universe with perfect orderliness.

### **Structure of Government**

The structure of the government has a legislative body and an executive body. But the legislative body does not have the technique to make laws that will conform to the evolutionary power of Natural Law.

### **Integration, Positivity, and Harmony**

A group of Yogic Flyers maintained by the government will create that much-needed influence of integration, positivity, and harmony in national consciousness which will influence the Legislative Assembly with coherence and harmony—legislation will be upheld by the nourishing power of Natural Law, promoting spontaneous right thought and action. Natural Law will naturally create law-abiding citizens.

### **Nourishing Power of Natural Law**

Formulation of law will be promoted by the evolutionary quality of Natural Law, which will render the process of formulation of national law in conformity with the evolutionary direction of Natural Law. Then the action by the executive wing of the government will be that spontaneous action of Natural Law, which maintains order in the ever-expanding universe— automation in administration through the nourishing power of Natural Law; then only administration will be ideal.

### **A Group for A Government**

'A Group for A Government' —a group of Yogic Flyers for a government—will materialize for the government:

1. Automation in administration.
2. Problem-free government, problem-free India, and a problem-free world.

### **Indomitable Authority**

Let us create a government in India, the Land of the Veda, of that indomitable authority where no one can do wrong.

### **Integrated National Consciousness**

Let us maintain integrated national consciousness, which will disallow the tendencies of any individual to fall into wrong temptations that take him off the royal road of life.

### **Handle Collective Consciousness**

Let us handle the collective consciousness of the nation, which is the unseen governor of the government—now, without having to wait for the next election.

### **Sattwa**

सत्यमेव जयते

Man's behaviour from day-to-day is influenced by so many factors within and around him that

unless a very strong influence of *Sattwa* prevails within himself in his individual consciousness and outside himself in collective consciousness, it will not be possible for any individual to remain on the evolutionary path of Natural Law, and it will not be possible for any government to maintain national life on the steady path of evolution so that no one suffers.

To fall into temptation is natural for a man who is dissatisfied. Narrow-mindedness or lack of total comprehension of life is the source of dissatisfaction. Satisfaction can only be steady if one has Bliss Consciousness—unbounded awareness—and Bliss Consciousness results not from anything outside, but from the state of Transcendental Consciousness.

### Right Action

Only a very strong, indomitable *Sattwa* in collective consciousness can give stability to individual motivation to be spontaneously on the path of right action.

### Yogasthah Kuru Karmani

The Vedic theme of action— *Yogasthah kuru karmani* (Bhagavadgita, 2.48)—offers the individual that much needed stability, much needed anchorage—an anchor to invincibly maintain his evolutionary path despite changes in the environment around him. A ship without an anchor will always remain subject to the turmoil of the waves.

### Royal Road to Perfection

The formula is that each government should maintain a Yogic Flying group, which will enliven the evolutionary power of Natural Law in collective consciousness, creating the effect of coherence (Soma—harmonizing influence) through the experience of bubbling bliss in individual consciousness during Yogic Flying. This strong, indomitable influence of positivity, generated in national consciousness, will uphold governmental performance—national law will be supported by Natural Law under which nothing can go wrong—under which no one can fall off the royal road of perfection in life. Everything will be positive, peaceful, and fulfilling for everyone. The government will truly fulfil its parental role for the people.

### No One Can Do Wrong

Administration through police, military, prisons, and courts, but without a group of Yogic Flyers for the government, can never control crime; and penal codes and laws to punish are out of place when the government does not have that indomitable influence of authority that no one can do wrong under its administration.

### Maharishi's Supreme Political Science

Courses on Maharishi's Supreme Political Science will be conducted by Maharishi Mahesh Yogi Vedic Vishwavidyalaya in the capital city of every province. Members of government on every level of administration and all those aspiring for a political career are invited to take short and long courses.

Maharishi universities will offer a B. A. in Parliamentary Affairs, and an M. A. and Ph. D. in Maharishi's Supreme Political Science. In addition, the universities will train aspiring youth' and experienced politicians to qualify for an administrative position in Maharishi's Global Administration through Natural Law—Maharishi Vedic Vishwa Prashasan—which is establishing its capitals in the Brahmasthan (the centre) of every country, and in the centre of every state, district, and town in the country.

India Government, being the Government of the Land of the Veda, has the rightful responsibility to nourish every nation and cherish the age-old aspiration of Mother India — वसुधैव कुटुम्बकम्.



# Maharishi Vedic Organic Agriculture

*"We are adding the word 'Vedic' to organic because 'Veda' means 'knowledge'—Total Knowledge—so adding 'Vedic' means applying the organising power of Total Knowledge to the field of agriculture."*

—Maharishi



'Vedic Organic' means organic agriculture enriched by the nourishing influence of Veda—the nourishing influence of Natural Law—as available in the melodies of the Vedic Sounds, the melodies of the Vedic Literature.

Natural Law is the intelligence of Nature constituting all the Laws of Nature responsible for creation and evolution—the cycles of life and creation.

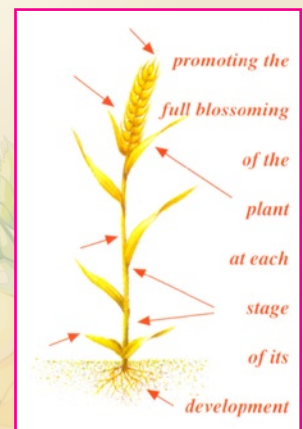
The creative impulses of the Laws of Nature—Vedic Vibrations—are the vibrations that carry the nourishing influence of the evolutionary quality of the Laws of Nature fundamental to the growth of the plant and the nutrients within it.

There are forty fundamental structures of sound—forty values of Vedic Sound—that constitute every aspect of the structural and functional aspects of the plant—the plant's physiology and the intelligence that creates it and functions through it.

These forty values of intelligence are the Laws of Nature that are lively in their concentrated form in the seed of the plant. As the seed sprouts, these forty values of Creative Intelligence together promote the evolution of every fibre of the plant for all its material values.

*The healing and nourishing influence of Vedic Sound is well documented by scientific research, not only in human life, but also in the animal and plant kingdoms.*

These forty values constitute the essence of intelligence. The information that is carried in the finest fibre of the plant as it expresses its material value emerging from the abstract, unmanifest intelligence of the sap—evolving from its unmanifest value to its manifest value.



These forty values of pure intelligence, of Veda, will be enlivened for their fully blossomed potential when these melodies are sung in the fields.

When the natural sounds of Nature, the sounds of Natural Law, the sounds of the Veda, are sung, they resonate with the structured sound in Nature, enlivening and revitalizing life from its source and influencing every level of evolution—individual to Cosmic.

The Vedic Melodies (Vedic Recitations) are so organised that at each stage of the growth of the plant there are suitable melodies to bring about the full blossoming of that stage of development, so that at each stage the plant develops in the fullness of its structure and function—for its full nutritional and life-supporting values.

The 'Vedic' element added to organic agriculture is a phenomenon of intelligence—a phenomenon of consciousness—a phenomenon of the Creative Intelligence of Nature directly applied to support different

stages of evolution of the plant and the nutrients within it.

When the difference between conventional agriculture and organic agriculture has been realized, then as a second stage of adding a more nourishing value, the 'Vedic' value is being added to bring the advantage of the total nourishing value and total nourishing power to the food that we eat.

Maharishi Vedic Organic Agriculture therefore offers the most nourishing quality of food.

### **Practical Purposeful Programme**

Knowledge of total Natural Law will be offered to all the farmers preferably in their own Mother Tongue.

The farmer's daily working schedule will be about six hours.

Farmers will be provided with modern farming implements wherever traditional ploughing systems are no longer available.

The whole farming community will have enough leisure time, morning and evening, for meditation and religious and spiritual practices, and to enjoy their cultural music and celebrations on a daily, weekly, monthly, and yearly basis, so that everyone's life is always in the waves of happiness.

Mother at home: Mothers will nourish their children at home and will not be required to expose themselves to the hardships of farming, because when mother has no time to nourish the children, every generation becomes weaker and weaker.

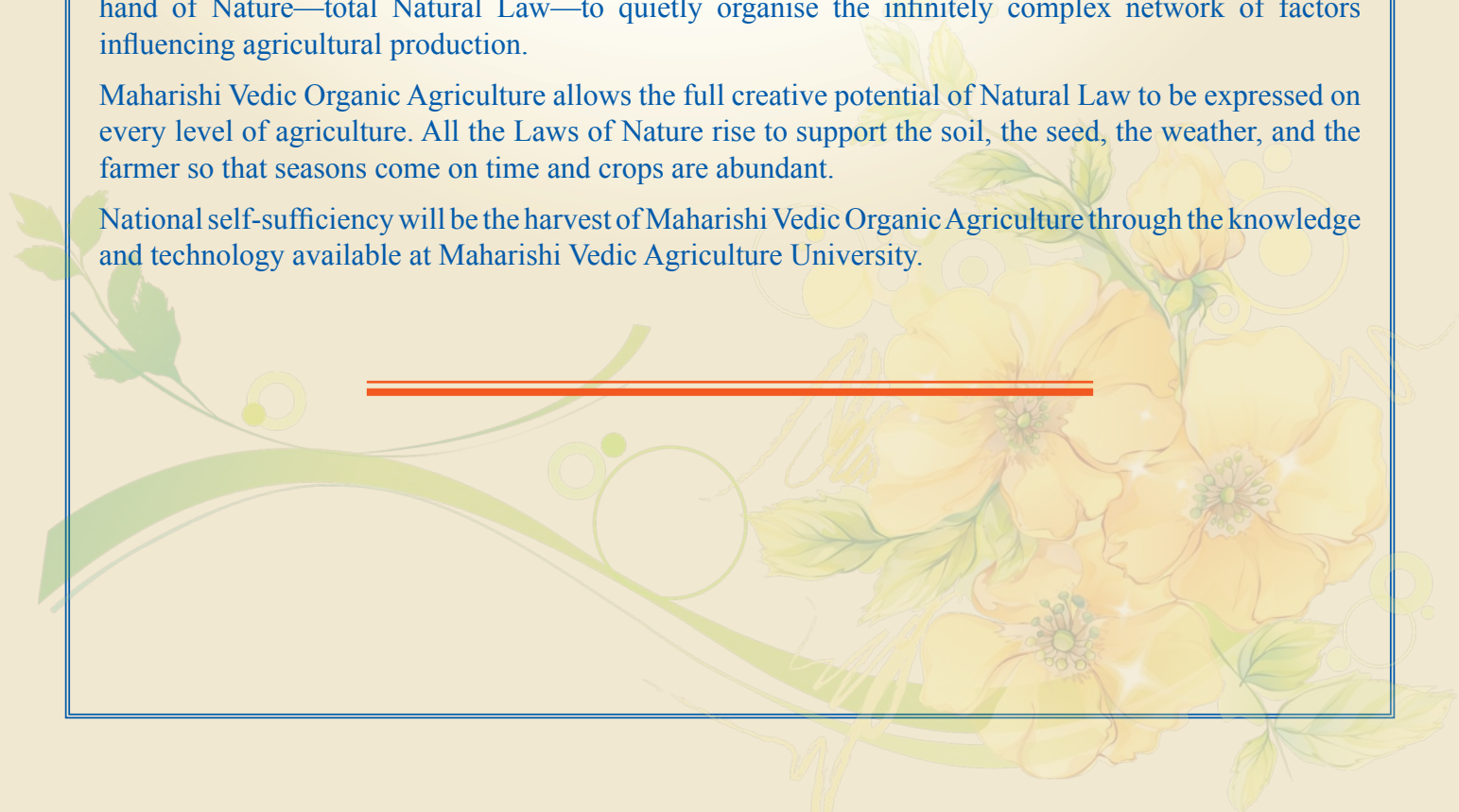
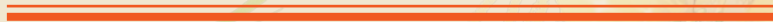
### **Maharishi Vedic Agriculture University**

Maharishi Vedic Agriculture University, established in cooperation with Maharishi Vedic Universities and Maharishi Universities of Management, is including in its curriculum the knowledge and application of the most basic levels of Natural Law in the field of agriculture. By taking recourse to the most fundamental level of Natural Law—the Unified Field of all the Laws of Nature—the soil, seed, the weather, and the farmer will receive the full support of Natural Law, bringing fulfilment to the purpose of agriculture.

Vedic Organic Agriculture, as available at Maharishi Vedic Agriculture University, employs the skilled hand of Nature—total Natural Law—to quietly organise the infinitely complex network of factors influencing agricultural production.

Maharishi Vedic Organic Agriculture allows the full creative potential of Natural Law to be expressed on every level of agriculture. All the Laws of Nature rise to support the soil, the seed, the weather, and the farmer so that seasons come on time and crops are abundant.

National self-sufficiency will be the harvest of Maharishi Vedic Organic Agriculture through the knowledge and technology available at Maharishi Vedic Agriculture University.





## Total Knowledge To Achieve The Highest Ideal In The Field of Higher Education

Prof. Bhuvnesh Sharma

Vice Chancellor, Maharishi Mahesh Yogi Vedic Vishwavidyalaya, Madhya Pradesh



It is very fortunate that the first meeting of Vice Chancellors of Central Zone is being held at Guru Ghasidas University especially because the name of the University is associated with a great Saint, a highly esteemed Guru, Guru is not just a teacher, but Guru in the Indian tradition is the provider of Holistic Knowledge, Total Knowledge, not confined to only one or two aspects of certain discipline, but encompassing all aspects of life.

Being the first meeting of Central zone I wish all the great academicians will inspire some new innovative measures in the field of Higher Education. While considering the consolidation of Higher Education Institutions for quality the basic element is the Quality of Higher Education itself. For improving the Quality of Education & Educational institutions different objective measures are considered. While every time projecting the awareness further and further outside only it is now time to look back towards one's own self.

“दूरेदृशं ग्रहपतिमथर्युम्” Rik-Veda 7.1.1

“Far, far away the in dweller of the house, the “Self” is seen reverberating”

A bench mark for Quality assessment should be that thinking and action of an educated person is always good, evolutionary for himself, for others and for the whole society also. For improving quality of Education the very basis of Education, the consciousness of learner has to be evolved. Stress and strain in nervous system block the natural flow of thoughts originating from the pure Self and get distorted resulting in violation of laws of nature.

“समत्वं योग उच्चते”

“Balanced nervous system is called Yoga”

“योगस्थः कुरु कर्माणि”

“Perform action being established in Yoga”

Getting established in “Self” i.e. aligning thoughts and there by action from the simplest form of awareness, pure awareness is the key for success in an action. Human nervous system is unique even *Devatās* desire for it. Education should train the students to live all aspects of life.

All the disciplines emerge from the Unified Field of all the laws of nature, so students of every discipline has to enliven the his own self, the Unified Field of all the laws of nature. Connecting everything to their own-self.

Individual's thoughts and action depends on how enlivened his consciousness is and collective consciousness of the whole population governs the nation. Education should provide the technology to enliven consciousness.

**Goal of Quality Education:** - Nowadays whatever weaknesses, health problems, behavioural problems, crime and other problems in society, all are due to lack of proper education. Ideal Education is expected to produce ideal citizens living life free from suffering, good in health, good in behaviour, living happy

life himself, creating harmony in the environment and contributing to society.

*“Ideal Education should be capable of providing the fruit of all knowledge while the tree of knowledge is still growing: the student is fulfilled as he grows in the ability to think and act in accord with natural law, and live life free from mistakes and suffering. Contact with the source of all knowledge in his own awareness, together with the enjoyment of the fruit of all knowledge in daily activity, makes the student a master of life.”*

— *Maharishi Mahesh Yogi Ji*

True education is not just giving the bundles of books and information about virtues and values in life but to culture the mind, body, intellect, speech and senses in such a manner that the individual lives life in enlightenment, free from mistakes, enjoying knowledge, power and bliss. The role of education is to culture the individual in such a manner that he himself lives blissfully and also contributes to the society in its progress and peace.

*“The highest education is that which does not merely give us information but makes our life in harmony with all existence.”*

— *Rabindranath Tagore,  
Indian poet, 1861-1941*

The real aim of education as stated above by His Holiness Maharishi Mahesh Yogi Ji is to enliven Total Knowledge in the conscious awareness of every student. What is meant by Total Knowledge is that there are innumerable laws of nature and modern science is also indicating that the silent level, the state of least excitation is the reservoir of the all laws of nature and by taking the awareness to that silent level, the level of “*Samadhi*” or the Transcendental state of Consciousness, the laws of nature become lively in the awareness of the individual. While modern education gives the knowledge of some parts of the laws of nature by teaching different disciplines to the students. That’s why we see that even the so called educated people having many degrees in different disciplines are seen making mistakes in their own lives and also creating problems in the lives of society as a whole. With enlivening of all the laws of nature in his simplest form of awareness the individual will think and act in a more holistic manner and not from an isolated view “स्त्वमप्यस्य धर्मस्य त्रायते महतो भयात्” from a little bit of action in accordance with the laws of nature (*Dharma*) धर्म individual becomes free from the biggest of fears.

**Tradition of Knowledge:** - India has the ancient tradition of enlivening Total Knowledge (Veda) in every student thereby creating the ability to act in accordance with the laws of nature spontaneously. Unfortunately from quite long time the technique to contact the reservoir of all the laws of nature in one’s own awareness was either not used or lost, being under the rule of *Mugals* and British rulers and forgetting our own ideal ways of education. In the field of education instead of following our own path India also started following the path of west, especially drifted and attracted by some partial technological advances bringing partial success to life while simultaneously creating many other problems for the individual, society and the whole environment also.

Ancient Vedic literature emphasizes on achieving the highest goal of education i.e. Self Realization. As Lord Krishna says in Bhagwadgeeta “आध्यात्म विद्या विद्यानामं”, amongst the fields of education Knowledge of “Self” is of highest value study of Self indicated, by ancient vedic science is missing from the present day education.

India has the long tradition of Vedic knowledge passed from generation to generation through the master disciple relationship and in that continuation *Jagat Guru Adi Shankaracharya Ji* established



four seats of knowledge in each corner of India. For quite long time there was no *Shankaracharya* on the northern seat of knowledge and then His Divinity *Swami Brahmanand Saraswati* adorned the seat of *Shankaracharya* in 1940.

Fortunately in the present generation the great disciple of His Divinity *Swami Brahamnand Saraswati*, *Jagad Guru Bhagwan Sankaracharya of Jyotish peeth, Jyotir Math Himalayas*, Maharishi Mahesh Yogi Ji brought to light the eternal simple technique of enlivening the consciousness of the individual through the simplest technique Yog, the Transcendental Meditation technique. Maharishi ji also gave and explained the whole theoretical aspects of science of consciousness and practically the technique to experience the Total Knowledge within one's own self.

**Unified Field is the Reservoir of All The Laws of Nature, The Silent Level of individual awareness, ATMA:** - His Holiness Maharishi Mahesh Yogi Ji has established the ancient system of education using advances in modern science in the form of Maharishi Consciousness Based Education. Modern education tries to give more and more information without providing the techniques for expansion of consciousness which is the vary basis of all the thinking and the action of the individual.

*Shiksha* is one of the aspects of Veda so it is the Vedanga (Limb of Ved). *Shiksha* itself is more holistic word and conveys much broader meaning than the word "Education" especially in terms of education, which is prevalent in modern times.

*Shiksha* evolves the individual consciousness from his own-self to the Cosmic-self, in the sequence of *Shiksha-Kalp-Vyakaran-Nirukta-Chanda-Jyotish* which are the six *Vedangas*. As explained in Vedic text "दूरेदृश्यं गृहपतिम अर्थयुम" Which means that the individual experiences the outer world and gradually going further and further up to the cosmos realizes that everything seen outside is nothing but the reverberation of his own-self (Individual realizes the whole universe as expression and emerging from his own simplest form of awareness) as is Human Body so is creation (Universe) "Yatha Pinde Tatha Brahmande." Realizing the importance of consciousness, the yoga departments in many Indian universities under the guidelines of UGC were extended to include Human Consciousness but what is needed most is to apply and impart these technologies for developing consciousness for the whole student community at large. Also the Yog is mostly misunderstood as just physical *Yogasanas* and *Pranayam* and not the real experience of "Self" in its simplest form of awareness through the most simple technique of Transcendental Meditation which can be easily practiced by any one.

Scientists explore the hidden laws of nature. The laws of nature are innumerable infinite and even though it is not possible to remember all the laws of nature for all the time by anyone, while it is possible to tune our thought and actions to the laws of nature through the technologies of consciousness. Consciousness is the prime mover of life. All the thoughts and actions of every individual depend on the level of his consciousness. One's own self pure awareness "Atma" the fourth state of consciousness, which is different from the other three states-Waking, dreaming and sleeping and is completely peaceful without having any duality.

“शिवम् शान्तम् अद्वैतम् चतुर्थमन्यन्ते स आत्मा स विज्ञेयः।”

“The most peaceful, non dual, fourth state of Consciousness “Atma” is especially to be known.”

And there are even higher states of consciousness as well.

**Total Knowledge:** - Ideally knowledge has three aspects *Adhyatmic*, *Adhidaivik* and *Adhibhautik* level, but modern education is not using the *Adhyatmik* and *Adhidhaivik* level. As now a days only *Adhibhautik*

part of education is being given, it leads to bondage while if Total Knowledge (*Adhyatmik, Adhidaivik and Adhibhautik*) will be provided it will lead to fulfillment, Bliss and freedom from bondage.

The knowledge and experiences of the self which should be given from the very childhood so that the student grows to become an ideal citizen living life in accordance with laws of nature leading to a happy, healthy and blissful life himself and creating harmony in the whole environment. Even in the field of Higher Education as well the situation is the same or even worse because more the individual goes deeper in the field of his discipline of study, more his knowledge is isolated from the holistic values of life. We try to bring the values in higher education without giving the highest knowledge, the knowledge and experience of one's own-Self as is said in Bhagwadgeeta "अध्यात्म विद्या विद्यानाम्" In the field of knowledge the knowledge of self is most important or supreme.

Transcendental Meditation is not a religion but a simple technique to experience the settled state of awareness within, enlivening order, creating and greater potential in individual mind.

Some benefits of Transcendental Meditation technique is proven through Scientific researches of T. M. :-

**A) Development of Mental Potential**

- 1) Improved memory
- 2) Increased creativity
- 3) Improved Postgraduate Academic Performance
- 4) Improved College Grades
- 5) Development of Intelligence—Increased IQ in University Students
- 6) Increased Self-Development
- 7) Increased EEG coherence during T.M. consciousness
- 8) Increased use of hidden brain reserves
- 9) Increased self Actualization

**B) For better health**

- 1) Physiological indicators of deep rest.
- 2) Reduction of high blood pressure.
- 3) Reduction of high cholesterol.
- 4) Decreased Insomnia.
- 5) Decreased depression.
- 6) Decreased outpatient visits indicating healthier ageing.
- 7) Reduced illness and medical expenditures.
- 8) Decreased cigarette smoking.
- 9) Decreased anxiety.

**C) For better behaviour**

- 1) Increased Tolerance



2) Greater Moral Maturity

**D) For creating world peace**

1) Decreased terrorism.

2) Decreased crime rates in city.

3) Global Maharishi Effect, Reduced international conflict.

Maharishi Consciousness Based Education is being offered in various Maharishi universities, Institutions, colleges and Maharishi Vidya Mandir schools in India and all over the world. By incorporating consciousness based education program not only the students get the benefits of the technique for themselves but in addition they also help in creating a field effect-known as Maharishi effect supporting peace and harmony in the world atmosphere.

Maharishi Vedic Science systematically explains how Transcendental Consciousness can bring the unity of Knower, Known and the process of Knowing which reverberates within, giving rise to hymns of the Veda and Vedic literature and its manifestation in the form of whole universe. Maharishi Consciousness Based Education will take away the inadequacies of present day education by offering Total Knowledge to unfold the total brain potential of individual with which he really is borne to live with perfection in life. Benefits of Transcendental Meditation are holistic and all aspects of individual and social life are benefited by it directly or indirectly.

Finally it can be said that it is the birth right of every individual to enliven the reservoir of all the laws of nature (In Maharishi's words "Reservoir of all the laws of nature is the Constitution of Universe, Veda") in the simplest form of awareness of every individual through the simple natural effortless technique of Transcendental Meditation which can easily be learnt in five days by giving only one and half hour everyday and to be practiced 20 minutes every morning and evening to fulfill the goal of ideal education.

Being the Supreme Knowledge it is the responsibility of academicians in the field of Higher Education to come forward and start providing Total Knowledge to the students.

With large number of Meditating students not only will live life in bliss and perfection but through Maharishi Effect create an atmosphere of peace & harmony for the whole society and the world.

In the field of research time has come for Indian Scientists to lead the world towards an Ideal life by becoming Vedic scientists, enliven Veda within, develop and experience higher states of consciousness and confirm the experiences from Vedic texts and bring perfection through Vedic Education, Vedic Agriculture, Vedic Management, Vedic Architecture, Vedic law justice and rehabilitation, Vedic Defence and Vedic Health. etc. keeping the whole life on mother earth in perfect balance.

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।  
सर्वे भद्राणि पश्यन्तु मा कश्चिद्दुःख भाग्वेत् ॥

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**Jai Guru Dev, Jai Maharishi**

# Maharishi Vidya Mandir Schools Group Reports

## MVM Dehradun

1. Rangoli competition was organised in school campus. In this competition Vyas House got first position in senior group and in junior group Vashishtha House got first position.
2. In Annual Sports Meet, Vyas House got first position.
3. Ashish Singh of class 11<sup>th</sup> won Indo-Nepal Karate Do Championship.
4. Kritika Thapa of class VIII was awarded Rs. 5000/- from Manav Sansadhan Mantralaya for best result in class VI.
5. Annual Function was celebrated on 12 January 2013 as Gyan Yug Divas. The Chief Guest was Shri Sehdev Singh Pundir, MLA, Sahaspur Vidhan Sabha Keshetra, Dehradun.



Principal of MVM Dehradun with Ashish Singh of class 11<sup>th</sup> won Indo-Nepal Karate Do Championship.



Students of MVM Dehradun presenting 'Shri Ganesh Vandna' on the occasion of Annual day Celebration



Students of MVM Dehradun making Pyramids on the occasion of Annual Sports Meet



Students of MVM Dehradun performing P. T. drill on the occasion of Annual Sports Meet



Students of MVM Dehradun performing 'Rajasthani Folk Dance' on the occasion of Annual day Celebration



Students of MVM Dehradun performing dance - drama on 'Shumbha-Nishumbha Mardini' on the occasion of Annual day Celebration



## महर्षि ज्योतिष की दृष्टि में अप्रैल माह

पण्डित हरिशरण मिश्र,  
(ज्योतिषाचार्य)



अप्रैल माह चैत्र कृष्ण पक्ष पंचमी दिन सोमवार से प्रारम्भ होकर वैशाख कृष्ण पक्ष पंचमी दिन मंगलवार पर्यन्त रहेगा। इस माह में पड़ने वाले विशिष्ट पर्व एवं त्यौहारों का महात्म्य निम्नांकित है।

**नव वर्ष आरम्भ** - हमारे देश में भी पश्चिमी यूरोपीय सभ्यता से प्रभावित होकर लोग जनवरी माह के प्रथम दिन नव वर्ष मनाते हैं, किन्तु वैदिक सभ्यता चैत्र शुक्ल पक्ष प्रतिपदा से विक्रमीय सम्बत्सर का प्रारम्भ एवं नववर्षारम्भ मानती है। पौराणिक एवं वैदिक परम्परा के समर्थक लोग प्रायः इसी दिन से नववर्ष का शुभारम्भ नव सम्बत्सर का फल एवं पंचांग फल का श्रवण करके मनाते हैं। इस दिन से नया सम्बत्सर क्रोधी नामक सम्बत्सर का प्रारम्भ होगा, जो समस्त वैदिक कार्यों के संकल्प इत्यादि में प्रयुक्त होगा। इसी चैत्र शुक्ल प्रतिपदा को ब्रह्मा जी ने “सृष्टि का निर्माण” प्रारम्भ किया था तथा मत्स्यावतार भी इसी प्रतिपदा को हुआ था। अतः इन सभी विशेषताओं को लेते हुये हमारे पूर्व मनीषियों ने इसी दिन से नव वर्ष का शुभारम्भ माना है। इसी दिन से ‘वासन्तिक नवरात्रारम्भ’ भी होता है तथा नौ दिनों तक शक्ति-उपासना का निरन्तर कार्यक्रम हर्षोउल्लास से चलता रहता है।

वैदिक परम्परा के अन्तर्गत नववर्ष के दिन अपने घर के दरवाजों पर आम के पत्ते का वन्दनवार बना कर लगाना चाहिये, घर की सजावट करके मकान के ऊपर धर्म ध्वज लगाना चाहिये, फिर ब्राह्मणों, गुरुजनों तथा अपने से बड़ों को प्रणाम करके उनसे आशीर्वाद लेकर नववर्ष के पंचांग का पूजन करके फिर पंचांग से नववर्ष का फल सुनना चाहिये। इसी दिन से वासन्तिक नवरात्रि का शुभारम्भ होता है, अस्तु कलश स्थापना करके भगवती जगदम्बा पराम्बा की आराधना, अर्चना तथा दुर्गा सप्तशती का पाठ स्वयं या पुरोहित के द्वारा कराना चाहिये। कलश स्थापना के साथ ही इसी दिन जौ भी बोने की प्रथा है जिसे जवारा कहते हैं। इस प्रकार नौ दिन तक शक्ति उपासना का कार्यक्रम चलता है। रामनवमी के दिन भगवान राम के जन्मोत्सव के साथ इस कार्यक्रम का समापन किया जाता है।

**राम नवमी व्रत** - चैत्र मास के शुक्ल पक्ष की नवमी तिथि को पुनर्वसु नक्षत्र तथा कर्क लग्न में मर्यादा पुरुषोत्तम भगवान् श्री राम का जन्म हुआ था। इसलिये यह तिथि राम नवमी के नाम से जानी जाती है। भारतीय जनमानस में यह पुण्य पर्व माना जाता है।

पूरे भारत वर्ष के हिन्दु परिवारों में भगवान् श्रीराम का यह जन्म महोत्सव मनाया जाता है। इस दिन पुण्य सलिला श्री सरयू नदी में अनेक लोग स्नान करके पुण्य अर्जित करते हैं। समस्त भारतवर्ष में यह पर्व बहुत ही हर्षोल्लास के साथ मनाया जाता है।

इस दिन व्रत रखकर भगवान् श्रीराम और श्रीरामचरित्र मानस की पूजा करनी चाहिये, फिर भगवान् का कीर्तन करते हुये प्रसाद वितरण किया जाना चाहिये। इस दिन पूरे समय भगवान् का भजन-स्मरण, स्त्रोत्र पाठ, दान-पुण्य, हवन और उत्सव में बिताना चाहिये।

इस व्रत को करके हमें मर्यादा पुरुषोत्तम श्रीराम के चरित्र और आदर्शों को अपनाना चाहिये, भगवान् श्रीराम की गुरु सेवा, जाति-पाति का भेदभाव मिटाना, शरणागत की रक्षा, भातृ प्रेम, मातृ-पितृ भक्ति, एक पत्नी व्रत, पवन पुत्र हनुमान व अंगद की स्वामी भक्ति, गिद्धराज की कर्तव्य निष्ठा तथा गुहराज केवट आदि के चरित्रों की महानता को अपनाना चाहिये। ऐसा करने से भगवान् श्रीराम की कृपा दृष्टि हम सब पर सतत् बनी रहेगी। और मंगल ही मंगल होगा।

**चैत्र पूर्णिमा ( हनुमान जयन्ती )** - चैत्र पूर्णिमा को चैती पूनम के नाम से भी जाना जाता है। इसी दिन भगवान् श्रीकृष्ण ने ब्रज में रास उत्सव रचाया था जिसे महारास के नाम से भी जाना जाता है। यह महारास कार्तिक पूर्णिमा से प्रारम्भ होकर चैत्र मास की पूर्णिमा को समाप्त हुआ था।

इस दिन भगवान् श्रीकृष्ण जी ने अपनी अनन्त योग शक्ति से अपने असंख्य रूप धारण कर जितनी गोपी उतने ही कान्हा का विराट् रूप धारण कर विषय लोलुपता के देवता कामदेव को योग पराक्रम से आत्माराम और पूर्ण काम स्थिति प्रकट करके विजय प्राप्त की थी। जिसे हमें अनासक्त भाव से निस्पृह रहकर योगारूढ़ पद से रास पंचाध्यायी (श्रीमद् भागवत् दशम स्कन्ध) के रास प्रसंग को तात्विक दृष्टि से श्रवण एवं मनन करना चाहिये।

शास्त्रों में एकमत न होकर चैत्र शुक्ल पूर्णिमा को हनुमान जयन्ती महोत्सव का विधान आया है। वैसे वायु पुराणादि के अनुसार कार्तिक कृष्ण चतुर्दशी के दिन हनुमान जी का जन्म महोत्सव मनाने का भी उल्लेख है।

इस माह (अप्रैल) में पड़ने वाले व्रत पर्व एवं त्यौहारों की सूची इस प्रकार है

क्रमांक	व्रत-पर्व-त्यौहार	मास	पक्ष	तिथि	दिनांक
1.	श्री शीतलाष्टमी व्रत	चैत्र	कृष्ण	अष्टमी	03.04.2013
2.	पाप मोचनी एकादशी व्रत	चैत्र	कृष्ण	एकादशी	06.04.2013
3.	प्रदोष व्रत	चैत्र	कृष्ण	द्वादशी	07.04.2013
4.	मास शिवरात्रि व्रत	चैत्र	कृष्ण	त्रयोदशी	08.04.2013
5.	चैत्र अमावस्या	चैत्र	कृष्ण	अमावस्या	10.04.2013
6.	वासन्तिक नवरात्रारम्भ (नववर्ष प्रारम्भ)	चैत्र	शुक्ल	प्रतिपदा	11.04.2013
7.	सौभाग्य सुन्दरी एवं गण गौरी व्रत	चैत्र	शुक्ल	तृतीया	13.04.2013
8.	वैनायकी श्रीगणेश चतुर्थी व्रत	चैत्र	शुक्ल	चतुर्थी	14.04.2013
9.	मेष संक्रान्ति	चैत्र	शुक्ल	चतुर्थी	14.04.2013
10.	राम राज्य महोत्सव	चैत्र	शुक्ल	पंचमी	15.04.2013
11.	स्कन्द षष्ठी एवं सूर्य षष्ठी व्रत	चैत्र	शुक्ल	षष्ठी	16.04.2013
12.	भानु सप्तमी	चैत्र	शुक्ल	सप्तमी	17.04.2013



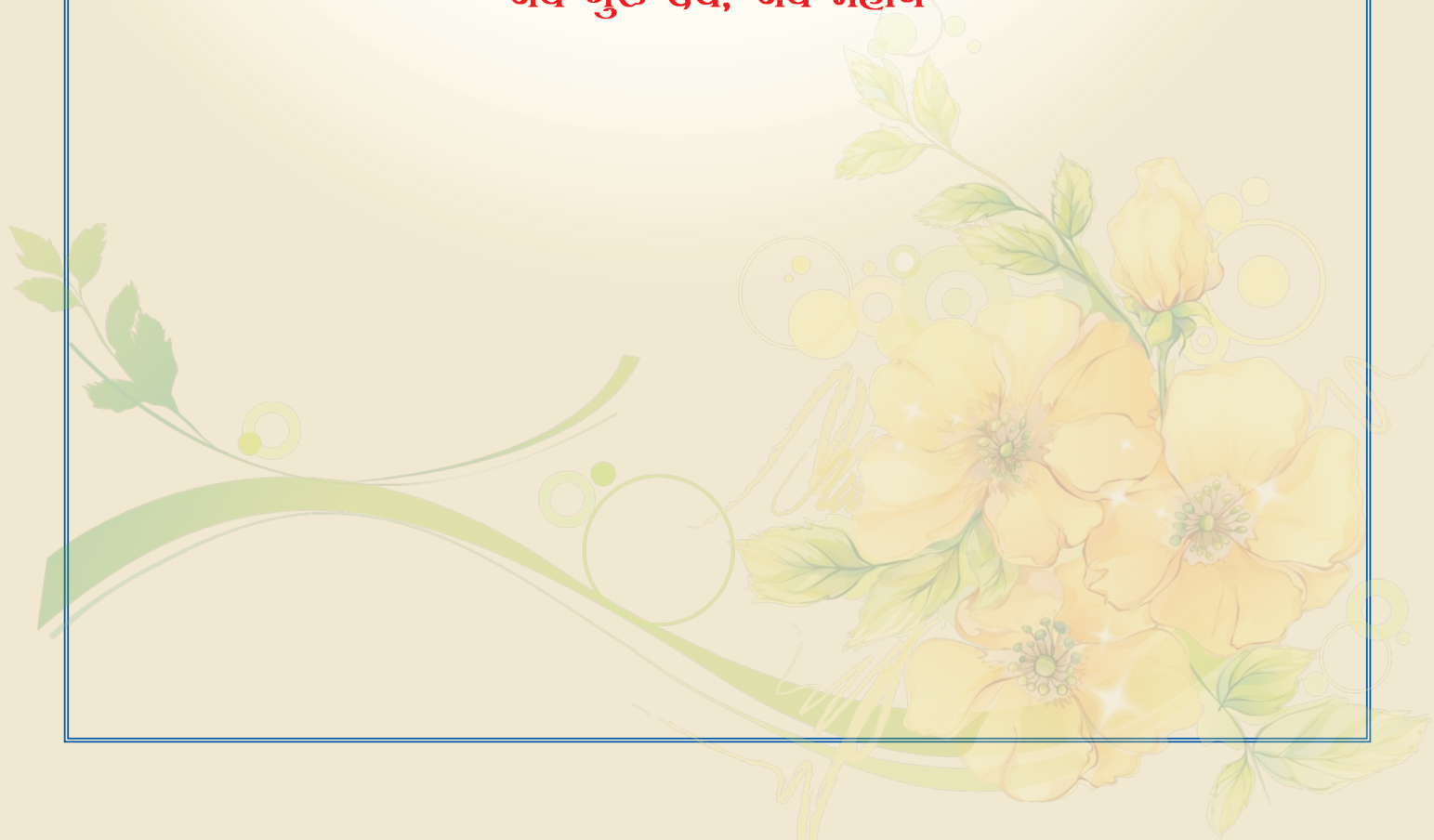
13.	श्री दुर्गाष्टमी व्रत	चैत्र	शुक्ल	अष्टमी	18.04.2014
14.	श्रीराम नवमी व्रत एवं दुर्गा नवमी व्रत	चैत्र	शुक्ल	नवमी	19.04.2013
15.	कामदा एकादशी व्रत	चैत्र	शुक्ल	एकादशी	21.04.2013
16.	भौम प्रदोष व्रत	चैत्र	शुक्ल	त्रयोदशी	23.04.2013
17.	चैत्र पूर्णिमा, हनुमान जयन्ती	चैत्र	शुक्ल	पूर्णिमा	25.04.2013
18.	खण्ड ग्रास चन्द्र ग्रहण	चैत्र	शुक्ल	पूर्णिमा	25.04.2013
19.	संकष्टी श्रीगणेश चतुर्थी व्रत	वैशाख	कृष्ण	तृतीया	28.04.2013

**पंचक** - दिनांक 6 अप्रैल 2013 दिन शनिवार को प्रातः 8 बजकर 51 मिनट से प्रारम्भ होकर दिनांक 10 अप्रैल दिन बुधवार को रात्रि 8 बजकर 53 मिनट पर्यन्त रहेगा।

**मास प्रभाव** - इस माह खाद्य पदार्थों का मूल्य सामान्य रहेगा। हरी सब्जियों के मूल्यों में उत्तरोत्तर तेजी आयेगी। गोरस के मूल्यों में भी वृद्धि बनी रहेगी। सर्राफा बाजार में सामान्य तेजी रहेगी। गुड़ एवं चावल का संग्रह करना भविष्य के लिये श्रेयस्कर होगा। कहीं कहीं आँधी के कारण सामान्य वर्षा भी होगी। यत्र-वत्र उपल वृष्टि के कारण कृषि की हानि भी होगी। अपहरण तथा चोरी की घटनाएँ घटित होंगी।

इन अनेकानेक नकारात्मक प्रवृत्तियों के निवारण के लिये महर्षि भावातीत ध्यान एवं सिद्धी तथा यज्ञ का आश्रय लेना श्रेयस्कर होगा।

**जय गुरु देव, जय महर्षि**



## **"India Growing in Positivity with Rise of Coherence in Collective Consciousness"**



### **PM stresses world-class education**

#### **"We want our scientists and engineers to acquire worldwide fame"**

Prime Minister Manmohan Singh, UPA chairperson Sonia Gandhi and West Bengal Governor M.K. Narayanan laying the foundation for the Ghani Khan Choudhury Institute of Engineering and Technology in Malda.

Prime Minister Manmohan Singh emphasised the need for skill development and world-class education for the youth.

"To meet the demands of the fast-growing economy, we will have to educate the youth and make them skilled. Without skilled manpower, we will not be able to sustain the high growth rate of the economy for long," Dr. Singh said laying the foundation for the Ghani Khan Choudhury Institute of Engineering and Technology (GKCIET) in Malda district of West Bengal.

The UPA government had increased funds for education from 3.3 to 4 per cent of the Gross Domestic Product, he said. "We have set up a National Skill Development body, whose target is to impart skills to 5 crore people during the 12th Plan," Dr. Singh said.

The emphasis in higher education would be on quality. "We want our scientists and engineers to acquire worldwide fame."

"In higher education, we have set up a large number of new institutes which include 16 Central universities, seven Indian Institutes of Management, eight Indian Institutes of Technology, 10 National Institutes of Technology and five Indian Institutes of Science Education and Research."

Dr. Singh expressed the hope that the GKCIET would figure among the best technology institutes in India. "Our government has provided Rs. 26.6 crore to the institute of which Rs. 15 crore has been allotted for the development of the campus during the year," he said.

### **Indian startup aims for the moon - and \$30 million**

Rahul Narayan, who describes himself as a serial entrepreneur, is the founder of Team Indus. It is the only Indian team in a race to the moon by privately funded groups competing for the largest international incentive prize of all time-the Google Lunar X Prize. Google is offering \$30 million in prizes to the first privately funded teams to safely land a robot on the Moon, including a grand prize and other bonus prizes.

### **CBSE Proposed to Introduce the 'Open Book Examination' System Starting 2014**

*The Central Board of Secondary Education proposed to introduce the 'Open book examination' system in classes 9 and 10 starting year 2014.*

The students here would be informed about the relevant chapters on which questions would be set. The students would not be allowed to carry textbooks in the exam hall, however they would be apprised in advance about the chapters and paragraphs from where the analytical question would be quizzed.



The idea is to introduce the system in Summative Assessment 2 and a component of the assessment will also be based on the text material, which will be supplied to students before.

This is to decrease the pressure on the students and eliminate the rote memorization in all.

CBSE would also bring out some guidance materials for students and parents to solve their queries and to help them in preparing for the examination. The teachers would soon be trained using multiple modes.

### **Under pressure, government drops English paper from UPSC exam**

The government dropped the compulsory English paper of 100 marks and lifted restrictions on aspirants writing the civil services examination in regional languages.

The move announced by Minister of State for Personnel V Narayanasamy in the Lok Sabha on Thursday was triggered by MPs last week protesting changes that would put candidates from rural areas and non-Hindi speaking states in to difficulties.

Narayanasamy had last week promised to roll back all changes made to the civil services examination. But as reported by HT, he finally went by the view at the Union Public Service Commission, which had the backing of the Prime Minister's Office to just reverse the contentious language changes.

In its final form to be notified by UPSC by Friday, aspirants who clear the first tier preliminary examination would have to take one optional subject not two at the second-tier CSE (Mains). They can also take literature of any notified regional language, irrespective of their subject in graduation but subjects such as Pali, a favourite of many candidates would still not be on offer.

About 5 lakh candidates had applied for the exams last year. Only half of them, however, appeared. About 11,000 of them would be asked to write the CSE (Mains) examination.

In his statement in the Lok Sabha, Narayanasamy said the English component (of 100 marks) from the Essay Paper will be dropped and the status quo ante of two qualifying papers of 300 marks each in any modern Indian language and in English shall be restored.

The essay paper, however, would now be of 250 marks to be written in the medium or language of the candidate's choice.

Candidates would also be allowed to write the exam in any one regional language or English, irrespective of the number of candidates. The UPSC had earlier managed to push through a rule that allowed candidates to write the exam in a regional language only if a minimum of 25 candidates wanted it.

“This was a very silly provision... it meant that a candidate who prepared in a regional language for a year or two could be told at the last moment to write the exam in English or Hindi because only 24 and not 25 candidates intended to use the same language,” a government official said.



## Maharishi Movement Global News

### **'It is in the purest thing that the soul is capable of': A new understanding of Meister Eckhart**

A new essay reconsiders the work of 13th-century German theologian and philosopher Meister Eckhart, who described and celebrated the experience of transcendence, pure consciousness, the most settled, silent, expanded state of the mind. In our era, through Maharishi Mahesh Yogi's Transcendental Meditation technique this simple, natural experience has become both widely available and the subject of serious scientific study—as researchers have established transcendence as a fourth major state of consciousness, and identified a wide range of practical benefits resulting from its regular daily experience.

### **Healthy, Happy Mother and Baby: Maharishi Ayurveda Family Health Series - Course One begins in Netherlands**

An Advanced Paradigm in Mother and Baby Health Care: Simple, traditional, time-tested knowledge practically presented to supplement modern medicine. Every newborn child is a precious expression of pure intelligence who deserves to grow in health, happiness, and enlightenment. The International Foundation of Total Knowledge based Health has these highest ideals in mind when introducing the time-tested knowledge of Maharishi Ayurveda health care in the context of mother and baby care. A special three-part introductory course has been created by leading experts and is being offered for the first time for mothers, mothers-to-be, and women health professionals.

### **Hundreds of students at a Buddhist girls' school in Thailand practice Transcendental Meditation twice daily**

The only Buddhist boarding school in Thailand incorporates the practice of Transcendental Meditation into the school's curriculum. Dhammajarinnee Witthaya Free School was established to serve hundreds of poor families who otherwise would be unable to send their daughters to school. The school provides a free education to 430 at-risk girls, with Transcendental Meditation a key component in the daily school routine. The Buddhist nuns running the school report the meditation technique is having a positive influence on students, reducing stress and improving learning ability.

### **Research finds Transcendental Meditation may reverse atherosclerosis**

Research on Transcendental Meditation and cardiovascular disease was discussed at a recent conference—including findings that the practice may reduce the progress of atherosclerosis (thickening of the walls of the arteries). In one randomized controlled study, two groups of people at risk for cardiovascular disease had ultrasound imaging of their carotid arteries. One group received health education; the other group learned Transcendental Meditation. At the end of the study, the health education group's arteries had thickened, while the Transcendental Meditation group's results showed decreased carotid artery wall thickness.

### **Lifestyle may influence gene expression and DNA: Neuroscientist reports on new discoveries**

A new breakthrough in the understanding of genetic potential is taking place now. The role of histones, formerly thought to be little more than spare parts, is increasingly understood. Alarik Arenander, PhD, a UCLA-trained neuroscientist, said histones have been found not to be inactive, but rather they are quietly writing the script for gene expression. What is more, they seem to function according to what one does in life. Dr. Arenander, a longtime expert researcher on Transcendental Meditation and the brain, discussed how the experiences we have in daily life have the ability to change our brains, even aspects of brain functioning that were previously thought to be fixed.

### **Transcendental Meditation and reduced prison recidivism**

A review of research on Transcendental Meditation at a recent conference on integrative medicine included findings of reduced recidivism (rate of re-incarceration) among prison inmates practising the technique. The presentation included an anecdote about a man in prison for multiple extreme violent crimes, whose life was transformed after he began practising Transcendental Meditation.



## ई-ज्ञान मासिक सूचना पत्र

### श्रमण पत्र

प्रिय पाठकों,

हमें ई-ज्ञान डिजिटल समाचार पत्र के 46 वें संस्करण को प्रकाशित करते हुये बड़ा हर्ष हो रहा है। ई-ज्ञान के पिछले सभी प्रकाशित संस्करण ई-मेल के माध्यम से आप सभी को भेज दिये गये हैं। ई-ज्ञान के प्रत्येक संस्करण में, हम आपसे, आपके सम्बंधित क्षेत्रों की सूचना भेजने के लिए अनुरोध कर रहे हैं परन्तु हमें पर्याप्त समाचार एवं उपलब्धियां प्राप्त नहीं हो रही हैं। आपसे अनुरोध है कि अपने क्षेत्र एवं संस्थान से सम्बंधित सूचना एवं समाचार हिन्दी अथवा अंग्रजी में भेजें। ई-ज्ञान सूचना पत्र, प्रत्येक माह के प्रथम सप्ताह में प्रकाशित किया जा रहा है। ई-ज्ञान सूचना पत्र से सम्बंधित सूचना एवं समाचार हमें प्रत्येक माह की 15 तारीख तक प्राप्त हो जाना चाहिये।

ई-ज्ञान मासिक सूचना पत्र महर्षि संस्थान के सभी सदस्यों, कर्मचारियों, शुभचिंतकों एवं सभी विद्यार्थियों के साथ-साथ ध्यान शिक्षकों, सिद्धि शिक्षकों, ध्यान-साधकों एवं जनप्रतिनिधियों की बड़ी संख्या तक पहुँच रहा है। इसके साथ ही साथ ई-ज्ञान सूचना पत्र सम्पूर्ण विश्व में महर्षि संस्थान के वैश्विक प्रतिनिधियों एवं अनुयायियों तक भी पहुँच रहा है।

**ई-ज्ञान मासिक सूचना पत्र में निम्नलिखित सूचनाओं तथा समाचारों को सम्मिलित किया जाता है:**

1. वर्तमान समय में महर्षि विद्या मन्दिर, महाविद्यालय, महर्षि संस्थानों एवं विश्वविद्यालयों में संचालित पाठ्यक्रम।
2. ऐसे नये पाठ्यक्रम व कार्यक्रम जो महर्षि विद्या मन्दिर/महर्षि महाविद्यालय/महर्षि शिक्षा संस्थान/महर्षि विश्वविद्यालय में जोड़े गये हों।
3. वर्तमान में महर्षि शिक्षा संस्थान के विद्यार्थियों की संख्या विषयवार, वर्गवार एवं कक्षावार।
4. किसी भी नये पाठ्यक्रम का प्रारम्भ, पाठ्यक्रम का विवरण एवं स्थान का विवरण।
5. नये भवन निर्माण, भूमि पूजन, वास्तु पूजन एवं शिलान्यास की जानकारी।
6. नये भवन का उद्घाटन व प्रवेश की जानकारी।
7. किसी भी महर्षि संस्थान की विशेष उपलब्धि।
8. महर्षि शिक्षा संस्थान के प्राचार्यों, शिक्षकों एवं कर्मचारियों की विशेष उपलब्धियां।
9. शिक्षा, खेल, कला, संगीत, संस्कृति, भाषा, सामान्य ज्ञान, प्रतियोगिता एवं प्रतिभा खोज आदि के क्षेत्र में विद्यार्थियों की विशेष उपलब्धियां।
10. एन.सी.सी., एन.एस.एस., भारत स्काउट एवं गाईड एवं एडवेंचर कार्यक्रम की जानकारी।
11. महर्षि शिक्षण संस्थानों के विद्यार्थियों की राष्ट्रीय, अंतरराष्ट्रीय एवं बहुराष्ट्रीय संगठनों में उच्च पदों पर नियुक्तियां।
12. भूतपूर्व छात्रों की अभूतपूर्व उपलब्धियां।
13. शिक्षकों, छात्रों, कर्मचारियों, अनुसंधान विभाग एवं संगठन के सदस्यों के उच्च स्तरीय लेखों के प्रकाशन की सूचना।
14. विद्यार्थियों के स्थानीय, राज्य एवं राष्ट्रीय स्तर के समाचार पत्रों, न्यूज चैनल एवं वेब साईट में उपलब्धियों का प्रकाशन।
15. विद्यार्थियों का राष्ट्रीय स्तर की प्रतियोगिताएँ जैसे: लोक सेवा आयोग, भारतीय प्रशासनिक सेवा, आई.आई.एम., आई.आई.टी., पी.एम.टी., राष्ट्रीय रक्षा अकादमी, विदेश सेवा, आई.आर.एस. एवं सेनाओं में विभिन्न पदों पर चयन एवं नियुक्ति।
16. संस्था द्वारा ली गई शासकीय एवं निजी क्षेत्र की परियोजनाओं का विवरण।
17. नये उत्पाद की जानकारी, विवरण एवं उसके मूल्य का उल्लेख।

18. वर्तमान में बाजार में उपलब्ध उत्पादों की जानकारी।
19. सांस्कृतिक, सामाजिक एवं ऐतिहासिक विषय पर लेखों की जानकारी एवं विवरण।
20. किसी भी सामाजिक समस्या का वैदिक उपायों द्वारा समाधान।
21. किसी भी यज्ञ एवं अनुष्ठान का विवरण।
22. वैदिक महोत्सवों का विवरण।
23. भ्रमण कार्यक्रमों का वृतांत।
24. औद्योगिक निकायो का भ्रमण एवं प्रशिक्षण।
25. राष्ट्रीय एवं अंतरराष्ट्रीय स्तर के गणमान्य अतिथियों के आगमन का विवरण।
26. संस्थान द्वारा प्राप्त पुरस्कार, प्रशंसा पत्र एवं मान्यता।
27. शैक्षिक एवं वाणिज्यिक सहयोग का विवरण।
28. महर्षि वैदिक कृषि का विवरण।
29. महर्षि वैश्विक आंदोलन का ब्यौरा।
30. किसी अन्य समान विषय या क्षेत्र जिसका उल्लेख अग्रलिखित नहीं है उसका विवरण।

हम महर्षि संस्थान के सभी राष्ट्रीय व वैश्विक प्रतिनिधियों, सदस्यों, प्राचार्यों, शिक्षकों, कर्मचारियों, छात्रों, ध्यान साधकों एवं सभी पाठकों के लेख एवं समाचार आमंत्रित करते हैं। कृपया ध्यान दें की सभी समाचार सही, प्रमाणिक एवं मूल रूप में होना चाहिये। केवल अपने स्वयं के लेखों को ही भेजें।

कृपया ध्यान दें कि सभी सामाग्री की एक सॉफ्ट कापी वर्ड फारमेट में निम्न ईमेल पर भेजें –

([egyan@mahaemail.com](mailto:egyan@mahaemail.com) एवं [egyanmonthly@gmail.com](mailto:egyanmonthly@gmail.com)) या सभी दस्तावेजों की एक मूलप्रति, सी.डी. के माध्यम से निम्न पते पर भेजें— **व्ही. आर खरे, निदेशक, संचार एवं जनसम्पर्क, महर्षि विद्या मंदिर समूह, महर्षि सेन्टर फॉर एज्युकेशनल एक्सीलेंस, बिल्डिंग न. 5, लाम्बाखेड़ा, बैरसिया रोड़ भोपाल-462018**, दस्तावेजों की सॉफ्ट कापी एवं हार्ड कापी हिन्दी के देवनागरी लिपि/चाणक्य एवं अंग्रजी के टाईम्स न्यू रोमन फॉन्ट में अग्रलिखित पतों पर भेजे। तस्वीरें एवं चित्र उच्च गुणवत्ता में भेजें ताकि आपकी रिपोर्ट को उच्च स्तरीय बनाने में तथा पाठकों को पढ़ने में उपयोगी हो सके।

ई-ज्ञान, सम्पादक मण्डल किसी भी कॉपी राइट जानकारी या लेखों के लिये उत्तरदायी नहीं होगा। यदि किसी असत्य जानकारी को सम्पादक मण्डल के पास भेजा जाता है तो प्रेषक के लेखों या रिपोर्ट को भविष्य में प्रकाशित नहीं किया जायेगा।

कृपया अपने सभी मित्रों, सहयोगियों एवं पारिवारिक सदस्यों को ई-ज्ञान सूचना पत्र की सदस्यता ग्रहण करने एवं वेबसाईट [www.e-gyan.net](http://www.e-gyan.net) पर अवलोकन के लिये अनुरोध एवं प्रोत्साहति करें।

जय गुरुदेव जय महर्षि

व्ही. आर. खरे  
सम्पादक मण्डल  
ई-ज्ञान मासिक सूचना पत्र

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