

# THE MERV WAVE

BY MARY ZEILBECK

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Remember 1975? Gerald Ford was in the White House.  
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Joe Namath still played for the Jets. The Captain and Tennille  
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topped the charts with "Love Will Keep Us Together."  
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And Maharishi Mahesh Yogi swept through three continents  
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announcing the Dawn of the Age of Enlightenment.  
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Maharishi also appeared on a landmark television show  
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hosted by Merv Griffin where his message went out  
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to over thirty million Americans.  
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MAHARISHI'S TOUR and appearance on the Merv Griffin Show resulted in a tremendous rise in TM initiations; some 40,000 people were starting

every month and the world's media was alive with news about Maharishi and TM. This wonderful time came to be known as "The Merv Wave."

Patty Schneider doesn't exactly remember being part of the Merv Wave, but she does remember the Merv Griffin Show. And even though she may not remember how many thousands of people were starting TM, she could have been the first person to ride that wave.

"I may have been the first person to start TM after seeing the Merv Griffin Show," says Patty. "I was at the show's taping during Easter week. The show was not aired until several weeks later. I was one of the few non-meditators in the studio audience."

On the show, Maharishi told Merv, the show's other guests (all celebrity meditators), the studio audience, and 30 million viewers: "The mind naturally settles down to that quiet level of relaxed alertness. And we know from science that that level

is the state of least excitation, a field of perfect order.

"It's so natural. It doesn't take any practice or anything. That's why more and more people are enjoying the Transcendental Meditation technique. More than one million people have now learned the technique. That's why we find the Dawn of the Age of Enlightenment."

Patty says that she was impressed with Maharishi's simplicity and his clear explanation of the technique's benefits. She was also impressed with Merv's sincerity and enthusiasm.

"It was clear that Merv was sold on the technique. He was buoyant, as he talked about how fresh he felt after meditation," she says. "After the show I turned to my friend, who had invited me along, and asked her where I could start meditating."

The week after the show Patty's friend took her to Mother Olson's house for an introductory lecture. Patty learned to meditate that next weekend in the very room where Maharishi had stayed while he was in Los Angeles.

Today, Patty is Director of Public Affairs for MIU. Back in 1975 she was a writer, publicist, and radio show hostess in Los Angeles. Fondly known to her friends as Chatty Patty, she makes people feel at home

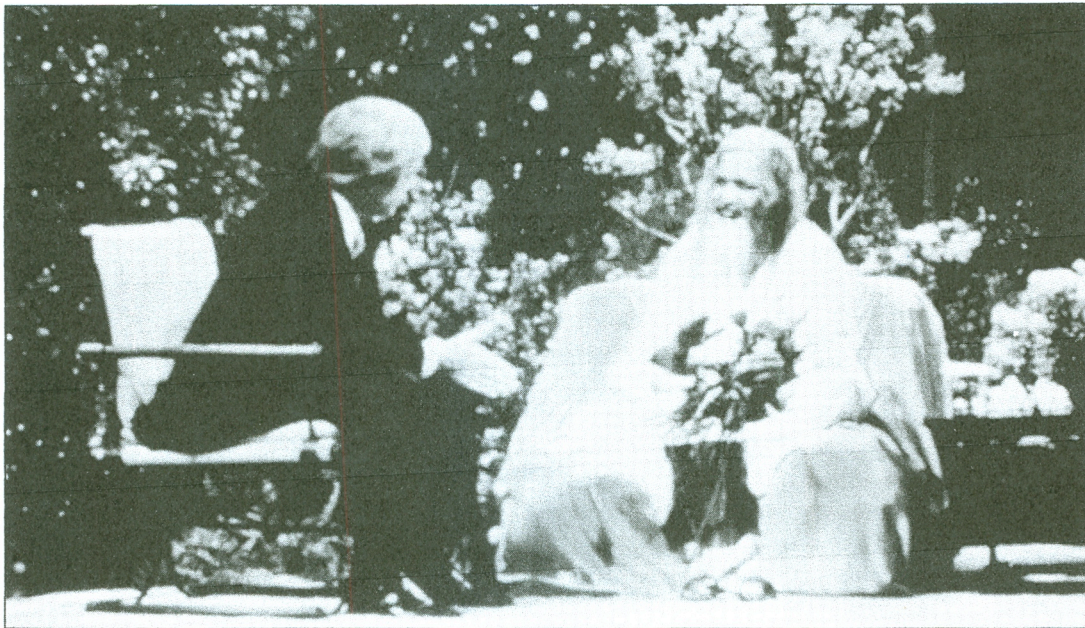
with her open smile and her effervescent conversation.

After she started meditating, Patty met Tina Olson and together they formed the TM News Service. Patty says that she knew that TM was going to change her life and she wanted to do something important for the TM movement. The TM News Service turned out to be a vital dissemination center for news and information about the benefits of TM.

In September 1975, Patty and Tina learned that a second Merv show featuring Maharishi was planned. They were asked to organize a press conference to take place immediately after the show.

"For this show I was not just in the audience; I was backstage," says Patty. "And before the show I was in the Green Room listening to Maharishi, Merv, Clint Eastwood, and Mary Tyler Moore make pre-show talk about the value of interdisciplinary studies. MIU had recently moved to Fairfield and Maharishi was excited about the potential of the school. I remember that I was not overwhelmed by the celebrities or the press. I was used to them, but to be near Maharishi, that was exciting and very new for me."

By the time the second Merv show



aired in the late fall of 1975, the Merv Wave had been spreading across the U.S. for several months. Due to Maharishi's second appearance on the show, and Patty and Tina's hard work of organizing publicity, the wave extended a little more.

**W**HILE PATTY MAY not exactly remember the Merv Wave, Shepley Hansen does. In the spring of 1975 Shepley was design director of MIU Press at Livingston Manor. The Merv Griffin Show began to be aired across the country in the late spring and summer of '75, and Shepley remembers designing posters announcing the air dates and times using a picture of Maharishi photographed from a video tape of the show. Shepley decided to take a leave of absence from his duties at the press and teach TM in the field. He chose to ride the Merv Wave at a TM center that was having phenomenal success, with huge numbers of initiations—Morristown, New Jersey.

Today, Shepley is an Associate Professor of Art at MIU, teaching design and graphic design. He recalls that during those incredible days, four full-time and several part-time teach-

ers at the Morristown center initiated between 300 and 350 people every month. Shepley himself taught TM to as many as 25 people every weekend. He says that the high point of all this activity was the satisfaction a teacher feels when the knowledge he is giving is so fully appreciated.

"The teachers were deeply satisfied," says Shepley. "People were so receptive to Maharishi's knowledge. Everyone wanted you to come talk to them. Everyone wanted to start TM. It was the most fantastic time for a teacher to find so many hearts and minds open to Maharishi's message."

Everyone certainly did want to start TM. Shepley says that it was easy to invite part-time teachers to teach with promises of many people to initiate. If not, Shepley says, "I just went to the outskirts of our World Plan Center and gave an extra lecture. If you gave a lecture, people would start."

The Morristown lectures and phone numbers were announced initially during the playing of the Merv Griffin Show. After that Shepley designed and placed several daily and weekly newspaper ads announcing the dates and locations of subsequent lectures. He says that the ads would bring in scores of people every

week—all eager to start TM. Those, and frequently more, would return the next night for the Preparatory lecture.

"We put ads in dozens of small community papers, lectured in high schools, local banks, all over the area," says Shepley. "Several books on TM were also in the bookstores at this time. The stores would promote the books, people would see an ad, and they would come to a lecture. They just kept coming."

Shepley is a tall, relaxed man with an easy gait and an even easier smile. He says that the Merv Wave lasted over a year in Morristown. And even though he had teaching and checking responsibilities seven days a week, he recalls the days as being carefree and comfortable.

"On a typical day, we would arrive at the TM center late in the morning. I might have gone to speak to a guidance counselor before I checked in at the center. There were many prep schools in our area, and I focused on these counselors, telling them about the benefits of TM for students and teachers," says Shepley. "And then we'd organize our lectures or three-days checking, maybe help coordinate personal checking.

"Sometimes the teachers would take walks together, maybe go have

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an ice cream cone at a nearby Baskin Robbins. Then later we'd meditate and have dinner together at the center. Then we'd go our separate ways to perform our various teaching responsibilities. It was a TM teacher's ideal life style. It was a fun time."



HEPLEY WAS NOT the only one to have a good time during the Merv Wave. Diane Sanny remembers the great satisfaction she felt when she heard Maharishi on the Merv Griffin Show. The show played in her hometown of Flint, Michigan in July 1975. Diane was a dental hygienist at that time who had always been interested in expansion of consciousness. She says that she had been waiting to hear what Maharishi had to say for many years.

"The show was advertised several weeks in advance, and a large group had gathered at my mother's home to see Maharishi," says Diane. "I remember telling everyone to please be quiet because what Maharishi had to say was very important. I was frustrated because everyone was talking during the show and I really wanted to hear Maharishi.

"It was hard for me to understand him back then because I wasn't used

to his accent. But what he said was exactly what I wanted to hear. What he described was exactly what I was looking for."

Today, Diane lives in Fairfield, Iowa with her husband and two young daughters. She is a congenial lady who always seems to be smiling. Back when she was watching the Merv Griffin Show, she really found something to smile about.

"Maharishi's explanation that you could easily contact the state of least excitation of thought made perfect sense to me," she says. "It was all so logical. I remember thinking, 'This is it!' I was euphoric."

Diane says that she waited two restless weeks before she could learn TM. The Flint center was not as active as the Morristown center, and their courses were usually held every two weeks. But, she says, it was worth the wait.

"After I learned TM, I was so satisfied. I found all the pieces of the puzzle that I was looking for. It still thrills my heart to know that I'd been looking for something for so long and I truly found it."

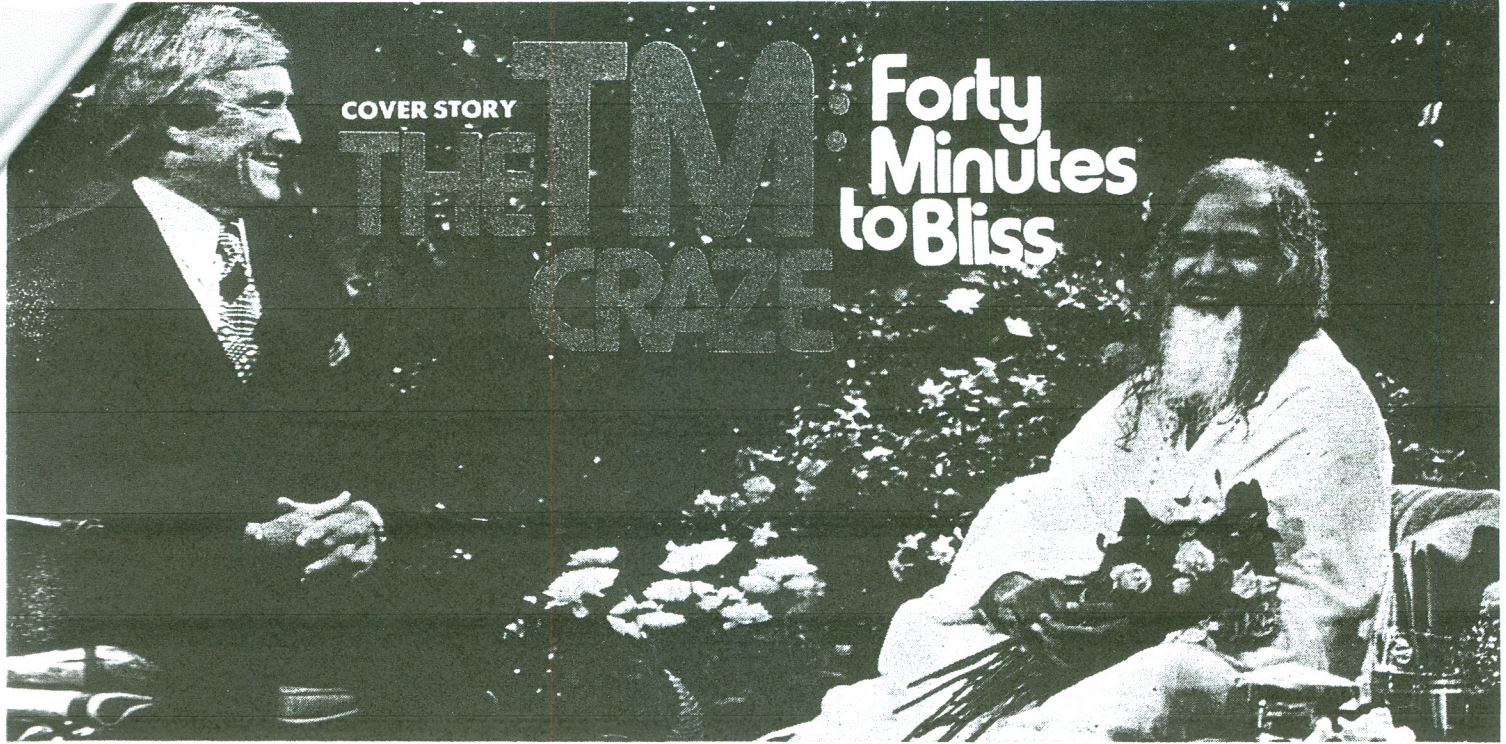
By the time Diane went on to become a TM teacher in 1979, the Merv Wave had ebbed. However, in its powerful wake several hundred thousand Americans like Patty

Schneider had started meditating. A few hundred like Diane Sanny not only learned TM, but went on to become TM teachers. And many, many initiators like Shepley Hansen earned credit from all their initiating to take the new six-month courses, which eventually developed into the TM-Sidhi program.

For years after the Merv Wave, many people anticipated the next wave. But the days of 40,000 initiations a month have not yet returned. Shepley thinks that the events of 1975 could just as well be called the "Merv Ripple" and he feels that those glorious days certainly will come back.

"I think the Merv Wave was only the beginning of many millions of people starting TM," he says. "And soon a real wave will rise—maybe in the U.S., or India, or maybe even the Soviet Union. We should just expect it anytime."

Considering the thrill of rapid expansion, we all hope that something akin to the Merv Wave is right around the corner. But whenever it comes, we can still delight in the memory of 1975—a great time to learn, a great time to teach, and a great time to immerse the world in Maharishi. Wouldn't it be fun to do it all again? □



MERV GRIFFIN & THE MAHARISHI EXCHANGING QUIPS IN STUDIO DURING VIDEOTAPING OF THE GRIFFIN TV SHOW IN LOS ANGELES LAST WEEK

## BEHAVIOR

**B**efore each game, New York Jets Quarterback Joe Namath finds a quiet spot and seems to nod off. In the middle of a gale on Long Island Sound, while her friends are wrestling with lines and sails, Wendy Sherman, a Manhattan adwoman, slips to the bow of a 36-ft. yawl, makes herself as comfortable as she can, and closes her eyes. On warm afternoons in Rome, Ga., Municipal Court Judge Gary Hamilton and his wife Virginia can be found on their screened porch, apparently dozing. It is not a compulsion to sleep that these and perhaps 600,000 other Americans have in common. It is TM, or Transcendental Meditation, a ritual that they practice almost religiously twice a day and every day.

Last week the man who brought TM to America and the rest of the world, Maharishi Mahesh Yogi, was in the U.S. on one of his infrequent visits to spread The Word. The white-bearded guru visited his new university, the Maharishi International University in Iowa, and then flew to Los Angeles, where he taped the *Merv Griffin* show. Scores of his followers were in the audience, welcoming their leader with the traditional Indian greeting in which the hands are held, prayer-like, just below the chin. "He's the greatest spiritual leader of our age," proclaimed one of the Maharishi's devoted band. "He hasn't established a religion, but a knowledge to benefit mankind."

Outside the TV studio, however, a group of Christian fundamentalists was present to demonstrate that the diminutive guru has attracted more than a few detractors. JESUS IS THE LORD, NOT MAHARISHI, read their signs. The Maharishi saw them, then was whisked away in his limousine to a suite in the Beverly Wilshire Hotel. "We are not a religion," he retorted.

Why is there so much fuss about something so arcane-sounding as Transcendental Meditation? Simple. TM is the turn-on of the 70s—a drugless high that even the narc squad might enjoy. All it demands of its practitioners is that they sit still for 20 minutes each morning and evening and silently repeat, over and over again, their specially assigned Sanskrit word, or mantra. This simple exercise is the cure-all, its adherents claim, for almost everything from high blood pressure and lack of energy to alcoholism and poor sexual performance. "I use it the way I'd use a product of our technology to overcome nervous tension," says Stanford Law Professor John Kaplan. "It's a nonchemical tranquilizer with no unpleasant side effects."

That recommendation alone is enough for many people in this Valium-saturated age, and the TM organization can scarcely keep up with those seeking nirvana by the numbers. Some 30,000 are signing up every month—more than three times as many as a year ago. There are now 370 TM centers around the country, and around 6,000 TM teachers.

The movement is biggest in that supermarket of Eastern cults and fads, California, which claims 123,000 meditators. According to the TM organization's statistics, there are also 300,000 TM meditators and 2,000 teachers in other countries. Canada leads the way with 90,000, followed by West Germany (54,000). Books about TM are on both the hardcover and paperback best-seller lists, up there, for the moment at least, with the joys of sex, the dictates of diet, and the woes of Watergate.\*

**M**aharishi International University occupies a 185-acre campus in Fairfield, Iowa, and is offering 600 students courses in such ordinary subjects as administration as well as such esoterica as "Astronomy, Cosmology and the Science of Creative Intelligence" (SCI, as it is always called, is the grand and somewhat amorphous theory behind TM). The revenues of the World Plan Executive Council—U.S., the umbrella name for the burgeoning American TM movement, now amount to \$12 million a year. At national headquarters in Los Angeles, 60 full-time employees oversee a conglomerate of euphoria that includes the Students International Meditation Society, which has programs on 100 campuses; the International Meditation Society, which gives both beginning and advanced TM courses; and the American Foundation for the Science of Creative Intelligence, which caters to businessmen. In addition to the many TM centers, there are also five fully owned and hundreds of rented country retreats offering lectures, seminars and advanced meditation (up to 120 minutes a day, or three times the usual dosage). One such center that the movement owns is set amid 465 acres of unspoiled countryside at Livingston Manor in New York's Catskill

\*TM: *Discovering Inner Energy and Overcoming Stress*, by Harold Bloomfield, Michael Peter Cain and Dennis T. Jaffe (Delacorte; \$8.95), and *The TM Book*, by Denise Denniston and Peter McWilliams (Price/Stern/Sloan; \$3.95), both in third place this week. Another book that deals in part with TM, Adam Smith's *Powers of Mind* (Random House; \$10), is due later this month.

## Chapter One

### The Foundations: Rest is the Basis of Activity

#### Celebrating the Dawn

It is hardly a usual occurrence for a man to go on television and announce the Dawn of the Age of Enlightenment.

**M**aharishi has just arrived. He is backstage with the show's host, Merv Griffin, and the taping is scheduled to start in a few minutes.

As several of us step out into the wings to wait, the spacious stage is a scene of brightly lit activity. Glittering backdrop screens are sliding sideways into position. Two large cameras are wheeling gracefully through practice maneuvers around a small group of chairs and props. A well-dressed lady is covering one of these chairs in light blue silk, and stage hands are bringing in flowers and small trees to function as scenery. These last aren't the usual preparations for an interview show. But then, it is hardly a usual occurrence for a man to go on television and announce the "Dawn of the Age of Enlightenment."

The show will be seen by thirty million people. Merv Griffin, it turns out, is an open, friendly man when you meet him informally, and this is just how he seems on television. People like him. To most of the viewers who watch him regularly, he is a familiar and comfortable personality, almost a friend in the home.

To most of these same people, on the other hand, Maharishi Mahesh Yogi will be a totally new sight.

The show's preparations have been completed by now. The house lights have been turned off and the stage curtain is drawn. As thirty million people tune into the show, this is what they see:

Merv Griffin walks out on stage, turns his back on the camera and joins the applause coming from the audience. Another man follows him out, a man with long hair and a white beard. He is dressed in white silk and he carries an armful of flowers. There is a large smile on his face and he answers the applause by sweeping his eyes slowly through the audience. It is obvious he is enjoying himself.

Many of the people in the live audience are teachers of the Transcendental Meditation Technique, teachers Maharishi has trained personally. Their applause is warm. They know him well. And if most of the people at home are not so familiar with him, if they are wondering why Merv Griffin is bringing Maharishi Mahesh Yogi onto his show, that question gets answered right away.

"I think I'll just make everybody comfortable," Merv Griffin says as he sits down. "I'll start off by saying that I practice the Transcendental Meditation Technique."

He sits back smiling to wait for the applause to die away.

"I started nine days ago," he continues, "and I've never felt better in my life."

The show is off to a rolling start, and Merv Griffin keeps the pace moving.

"Clint Eastwood is the man who got me started," he says.

"It's helped my tennis game," he smiles.

"The Transcendental Meditation Program," he continues, "is being taught in many public school systems. It's being used by businesses, by hospitals, by athletic teams, by the military. It's being funded for various projects by the state governments of Pennsylvania, Massachusetts and New Jersey.

"And last week in Detroit," says Merv Griffin, "a judge sentenced a young drug offender to four years on the TM Technique. Twice a day."

There is laughter and applause, and for the first time Maharishi speaks. "This is the judgment of the Age of Enlightenment," he says. "A man is sentenced to develop his full potential by law."

It's a good transition point, and Merv Griffin moves on to cover some basic facts.

"We should clear up a couple of misconceptions right away," he says. "The Transcendental Meditation Technique doesn't have anything to do with religion, does it?"

"No," Maharishi says, "it's a technique, a practical way to enjoy deep rest and enliven the mind and body."

"And it doesn't encourage you to be passive?"

"No, no. Rest is the basis of activity. The Transcendental Meditation Technique increases the ability to be active and be successful in activity. Not only does the mind become more vital and dynamic, but the physical system performs better."

"And Joe Namath passes better?"

"This is what I hear. Many great athletes are enjoying the Transcendental Meditation Technique."

Merv Griffin's attitude seems to be totally positive, and the interchange is sprightly and informative. For those of us backstage who have

A venerable actress, a practicing psychiatrist, an established politician—and perhaps the most enthusiastic of these meditators is Merv Griffin himself.

been traveling a month with Maharishi, the program feels like a fitting mass media climax to our world tour. The trip so far has stretched from India throughout Europe and across North America. The agenda has tended more to dignified meetings than prime-time television. There have been large symposia in the major halls of three continents, interspersed with meetings between Maharishi and university leaders, corporate executives and heads of state. After such impressive, if somewhat solemn, occasions, the quick glitter of television is a sudden change.

Just behind where we are standing, in a small room in the wings, technicians watch the show four times over, punching camera angles out to the nation with illuminated buttons. Out front on the large, mostly empty stage, the huge cameras glide and turn around the small raised set. On camera, Merv Griffin begins to bring out his other guests. All of them practice the Transcendental Meditation Technique.

One is Grandma Walton from the TV show, "The Waltons." She is Ellen Corby, a lady perfectly cast for her part as a reassuring no-nonsense, grandmotherly type.

"I spent three and a half months on a course taught by Maharishi several years ago," she says. "Looking back, they were the best months of my life."

Another guest is Dr. Harold Bloomfield, a psychiatrist. He is the clinical Director of the Institute for Psychophysiological Medicine in San Diego, California, and co-author of the best-selling *TM: Discovering Inner Energy and Overcoming Stress*.

"The Transcendental Meditation Technique is the fulfillment of psychiatry," says Dr. Bloomfield. "More research has appeared on the benefits of the TM Technique in the last five years than in seventy-five years working with all other techniques for improving mental health."

The third guest is Arlen Gregorio, a State Senator in California serving his second four-year term. A good-looking man with a shock of hair swept across his forehead, Senator Gregorio is chairman of two of the more important committees in the California Senate.

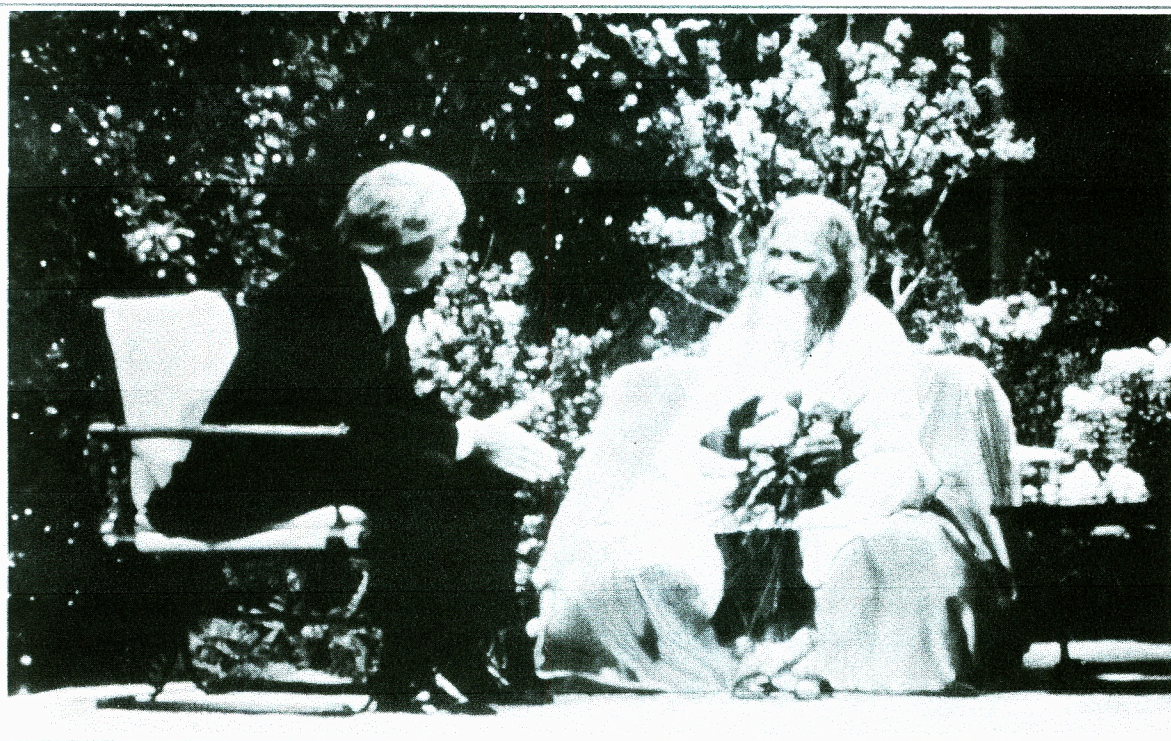
"At first my staff thought I shouldn't talk about the fact I practice TM," Senator Gregorio says. "But it's an important experience for me and I feel people should know about it. I have only missed two meditations in two years and three months. I can't afford not to do it."

A venerable actress, a practicing psychiatrist, an established politician—and perhaps the most enthusiastic of these meditators is Merv Griffin himself.

"This is a hectic business I work in," he says. "It feels so good to just take the phone off the hook and meditate for fifteen minutes. And when you come out, you feel so, you feel so . . ."

"Fresh," says Maharishi.

TM  
is not  
mentioned  
Nor is  
Clint.  
Both were  
on this  
show, however.



"Fresh!" says Merv Griffin. "And I wish I could find words to explain how easy it is."

"It's easy because it's natural," says Maharishi. "The mind naturally settles down to that quiet level of relaxed alertness. And we know from science that that level is the state of least excitation, a field of perfect order."

As Maharishi talks, one camera often focuses on his hands as they move and dance with each point.

"It's so natural," he says. "It doesn't take any practice or anything. That's why more and more people are enjoying the Transcendental Meditation Technique. More than one million people have now learned the technique. That's why we find the Dawn of the Age of Enlightenment."

The Dawn of the Age of Enlightenment—there isn't much time in a fast-paced hour to explore such a startling idea in any detail. Television can provide an instantaneous introduction for millions of people. More complete information, however, is often communicated in other ways—through private conversation or the printed word.

**"A** beautiful time is coming for the world," Maharishi says after the show. "The Age of Enlightenment will be a time when there will be less sickness, less crime, when problems will be fewer. It

*Maharishi discusses enlightenment with Merv Griffin; the number of people starting the TM Technique tripled after this show.*

THE COMING  
AGE



"This is something that has been verified by hundreds of experiments. It's possible now for life to become better. It's possible."

will be a time when life will be happier, more harmonious. Progress will be more, success will be more, life will not be a struggle."

*In an Age of Enlightenment, most problems will simply disappear?*

"Yes, yes," Maharishi says. "People will remember that there was a time when the hospitals were filled, the jails were filled, when doctors were always worried and lawyers were up late at night unable to rest. They will remember, but all this will be a tale of the past."

*That seems quite unlikely, doesn't it? The state of the world today is discouraging.*

"Yes, the idea of an Age of Enlightenment must seem an unbelievable thing, like telling a dream to someone. There is so much crime everywhere, all this inflation and depression at the same time. Talk of an Age of Enlightenment seems just inconceivable."

*Why talk about it then?*

"It's a scientific phenomenon we are witnessing. There has now been so much research proving the benefits that come through the Transcendental Meditation Technique. Health improves, the mind becomes more clear, behavior keeps on getting better. And this is happening with so many people—over a million people by now. It's not impractical idealism we are talking about, high-sounding moral values with no basis. This is something that has been verified subjectively by so many people, something that has been verified objectively by all these hundreds of experiments. It's possible now for life to become better. It's possible. It doesn't matter how long the world has been in darkness; now we can see the first rays of the Dawn."

*A statement like that seems so optimistic. The history of mankind has been considerably different. It has always been full of suffering and struggle.*

"This has been the story. Man has lived with problems and suffering throughout the ages. History does not record a time when man was free from suffering, and so life was declared a struggle. 'Life is a struggle'—it's a very common axiom in English."

*And this hasn't been true?*

"This has been man's experience. And being his experience it also became his established understanding. Life is a struggle. To err is human—as if man is born to make mistakes."

*But if that is the experience of life, how can it be argued with?*

"The thing is, life has been lived on a very wrong basis. But now it's not necessary any longer. Life is not meant to be lived in dullness, idleness and suffering. Now science has verified that man need not suffer as he has in the past. All that has been missing is the knowledge of how the full potential of life could be developed."

*Does this mean we should stop trying to handle our problems—stop working on crime and pollution and so forth? All we have to do is meditate?*

"When problems are there, then they must be dealt with. It's like a

boil on the skin. When the boil comes up it must be treated on its own level, the doctor must operate on it. But a wise physician would also advise taking some internal medicine for the blood to become purified. Do something to stop the tradition of boils from coming up. In the same way, all people should be given the knowledge of the full potential of the physiology—how to live full physical health, full mental health, and on that basis derive the maximum from life.”

*But if there is such knowledge, why haven't we known it? Where has this knowledge been?*

“It's difficult to understand. When the nature of life is to grow, why hasn't it grown to full potential? The answer is that life started to grow only on the horizontal level. Progress was thought to be only on the horizontal level. Man has always been searching, but in an age of science there have only been the joys of technological progress and material development. Something has been missing. The vertical expansion of life was overlooked. The requirement for inner growth was overshadowed.”

*And the Transcendental Meditation Technique can fill this need?*

“This is what the research tells us. It is a technique—like the use of a lever—a means to do something previously found impossible. As long as it was not known, nothing could be done. But now we have it. It's no longer necessary to be satisfied with the information one reads in psychology that a man commonly uses a small portion of his mind. No. This is a technological age, and now a technique has been verified that can unfold full potential, a natural technique to take our awareness to that full value of energy and intelligence deep within, and from there incorporate it in our daily lives. It is this that will allow the whole world to live the best that life has to offer. It is this that will allow us to make obsolete the old understanding that life is a struggle and to end suffering for mankind in this generation.”

*When people hear this, what are the questions they usually ask?*

“Really only one: how can such a simple thing have such a profound effect? This is why we are fortunate to live in an age of science. It is through the window of science we have seen the Dawn of the Age of Enlightenment.”

**T**he few words in this sentence cover a trip backward in time, almost two years exactly. It is now mid-April, 1973. The place is La Antilla, a small resort village on the Atlantic coast of Spain. The setting is a lecture hall, late at night, with one thousand people listening to a talk by Maharishi. At this point the world tour is far in the future, but for many of those who will eventually be led to that Merv Griffin Show, including me, this is one of the beginnings. It is here in this isolated little town by the sea we have first seen Maharishi in person.

The evening's lecture is just coming to an end. The video equipment

"If permanent peace is ever going to come, it is going to be through a technique whereby every individual can raise his level of consciousness in a simple, natural way."

increase at the same time. With increasing adaptability, a culture will be able to derive the maximum from other cultures, but at the same time, increasing in stability, it will remain unshaken and established within its own glory. The growth of purification and integration means the outside influences will be sorted out—they will be purified—and then whatever is useful to a culture will be absorbed and integrated in a spontaneous manner. What is not useful will die out naturally. In this way every culture can remain stable within itself and yet inherit those elements of progress from the outside that are suitable to the conditions in that region."

*Can you explain this mechanism more fully?*

"It's a very natural law. We can think of an analogy. When we inhale we take in oxygen and when we exhale we give out carbon dioxide. A friend standing next to us knows we are giving out carbon dioxide, but nature takes care that he only uses oxygen for his metabolism. And what happens to the carbon dioxide we have produced? It goes to the plants. If something not helpful in one area, it might prove helpful in some other area. This is what we call the process of purification in nature. Naturally one should only participate in things that are life-supporting. And it's only necessary to rid the system of stresses and strains to enliven this natural ability in the awareness of every individual and every society."

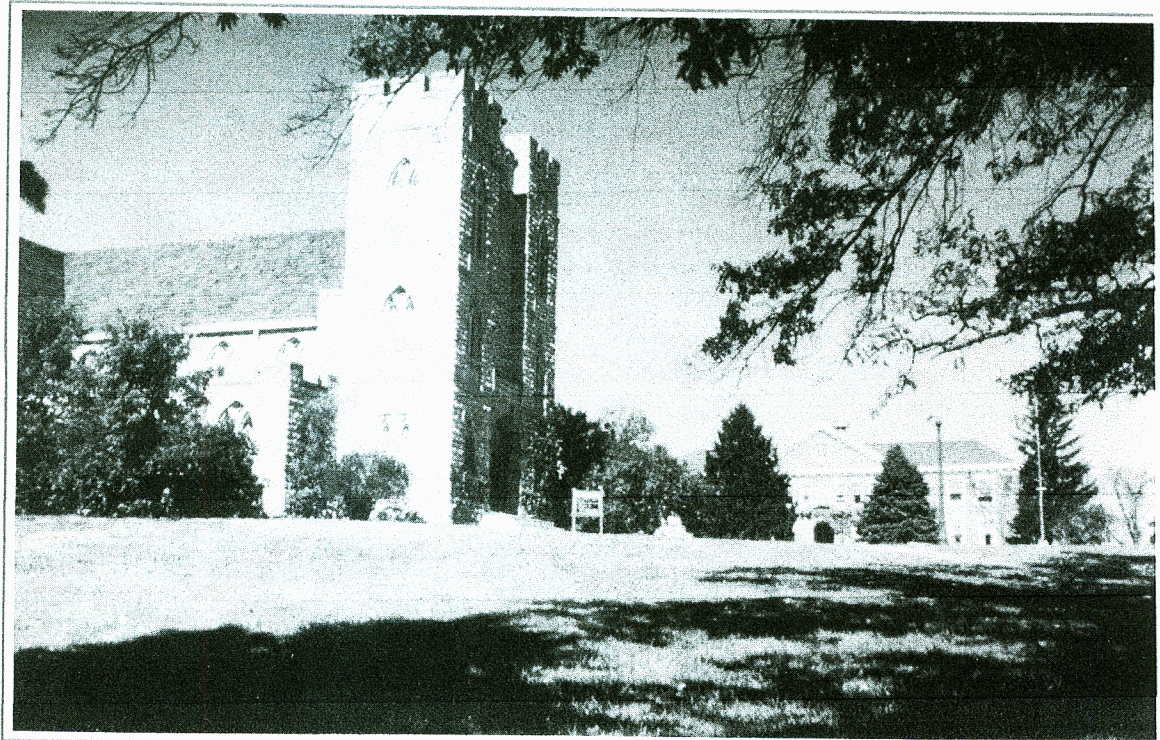
*And this will reconcile the speed of progress and rapid communications with the need for cultural stability?*

"Yes. This will preserve the cultural stability of a nation, and life will only be progressive on the basis of the maintenance of these cultural values. Then each nation will only be a fertilizer to every other nation. Then all the doubts and fears will be missing from the life of the world. One country will not be a poison to another, but each country will be necessary to all the others for their own growth and evolution. Only on this basis can permanent peace come to the world. This is why, if permanent peace is ever going to come, it is going to be through a technique whereby every individual can raise his level of consciousness in a simple, natural way. It is going to be through the Transcendental Meditation Program.

I am not really sure how I feel about a private airplane, but Maharishi seems to like it.

"It's beautiful," he says. "The right color for the Dawn."

As long as we have to take so many planes, at least the variety is good. This one is not only pink, it's also tiny, with fourteen seats and two small engines. And even at that, the plane is too big for where we're going. The runway is so short in Fairfield, Iowa, that we can only take nine people on the trip out of Chicago. Eight of us are going with Maharishi on something of an occasion—his first visit to the university he has founded.



*Maharishi International University has a classical campus setting.*

Maharishi International University has a classic campus setting, with gently rolling lawns, plenty of trees and an abundance of nineteenth century brick buildings. The school moved to this facility last September, taking over from Parsons College, a liberal arts school that succumbed to the financial pressures plaguing much of higher education. The move saved the large expense of building a campus and provided a traditional atmosphere.

As we step from the cars and look around, it's a surprise to remember what a short time it's been since M.I.U. was just an idea. It was less than two years ago, in the summer of 1973 in Seelisberg, that Maharishi was molding the catalogue, using that publication as a vehicle for thinking out the details of the university's organization. The school opened that fall, in a rented building in Santa Barbara, California, and this is its second year of operation.

The motto Maharishi has chosen for M.I.U. is an ancient phrase from the Vedas: "Knowledge is structured in consciousness." The limits of our consciousness are the limits of our knowledge—a small bucket can only hold a small amount of water. M.I.U. is the first university to focus on consciousness itself as well as on facts and theories studied by consciousness. Through the Transcendental Meditation Technique, M.I.U. provides each student with a practical method for expanding consciousness. Through the Science of Creative Intelligence, it provides a theoretical understanding for the mechanics of this expansion.