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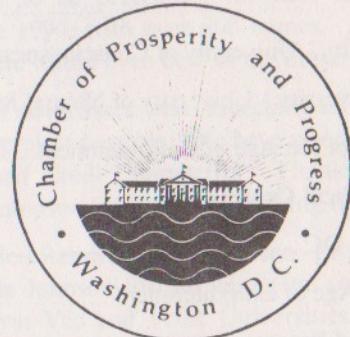
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Ideal Village Directory**

1993-1994

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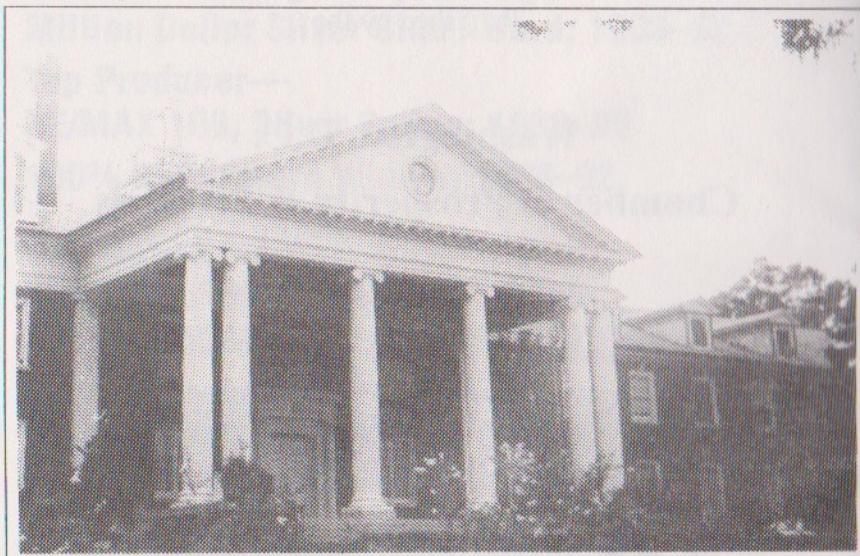
# Washington, D.C. Chamber of Prosperity & Progress

Project Directors: Rick Shaddock  
Lee Kramer  
Linda Parmet

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"The Senate", 5000 14th Street NW / 5000 Piney Branch NW, Washington, DC

## Introduction

It is a great pleasure to be presenting the first Ideal Village Directory for Washington, DC since 1990, with over 600 names. At the start of this project, we were not sure if there would even be 6 of us "brave souls" left in DC to list

Great thanks go to our advertisers who, especially at the start, had the faith and devotion to make this project possible. We have stood on the shoulders of Shirley Bonchef, Bill Cates and Sandi Chamberlin. Thanks go to Linda Parnet, Lee Kramer, and Cherie Sampson for their help making the phone calls.

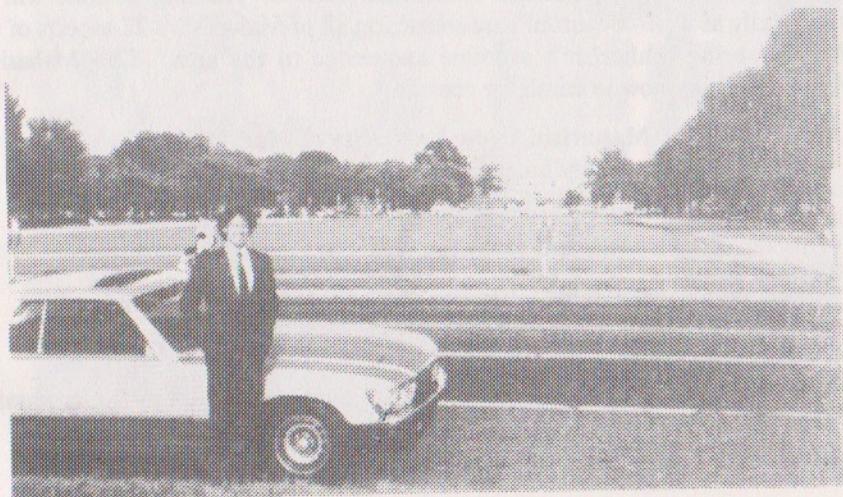
Thanks also go to Allen Reminick, Gail Herson, Elizabeth Rice Arnold, Nancy Musgrave and Cynthia Johnson for providing the very latest information about the new Maharishi Ayur-Ved and Vedic Universities. Thanks go to MIU Press for permission to use the cover design, and to Jim Collins for his design sense.

I have enjoyed this opportunity to get to know people in the community better through this project. Please accept my apologies if you have been misspelled, misplaced, or left out. Please call in any changes to 301-507-9898.

It was interesting to find that most of the people (about 400) in the last issue were still here, with about 200 new names. 70% of the names are from Maryland, 16% are from Washington DC, and 14% from Virginia. We ask that personal phone numbers not be used for marketing, but for movement and social purposes

Our numbers may rise and fall, but Washington DC is still the most important city in the world. If we can bring peace to DC, the "head" of the world, peace in the rest of the world will follow. May this directory help us keep in contact with each other, as a practical symbol of our unity. Jai Guru Dev.

Rick Shaddock



## **Maharishi Vedic University - University of Consciousness**

Maharishi inaugurated Maharishi Vedic Universities and Schools in 50 states simultaneously through a satellite broadcast on the Full Moon Day, July 3, 1993. The Washington, DC metropolitan area is fortunate to have both Maharishi Vedic University of Maryland in Bethesda to provide the knowledge of enlightenment to the citizens of Maryland, and Maharishi Vedic University of Virginia in Fairfax to serve the citizens of Virginia. Washingtonians will have a Washington, DC branch of Maharishi Vedic University of Maryland.

Maharishi Vedic University, the university of consciousness, has been structured for everyone to gain that complete knowledge which enlivens the infinite organizing power of one's own consciousness, to enjoy the fruit of all knowledge, enlightenment. Maharishi Vedic University offers courses of profound knowledge to enable the student to gain mastery over Natural Law. This knowledge makes it possible for everyone to spontaneously enjoy a happy and successful daily life free from mistakes and problems. This is the dawn of a new era in education.

The unique programs of Maharishi Vedic University offer higher education for higher consciousness for those with bachelor's or masters degrees. Additionally, full programs for high school graduates are offered, qualifying them for new and interesting lives necessary to create and maintain an enlightened society. Short courses on total knowledge for intelligent drop-outs from high school and college enable these students to utilize their unlimited creative potential.

Courses in Transcendental Meditation, the TM-Sidhi Program, the Science of Creative Intelligence and Maharishi Jyotish are offered now by Maharishi Vedic University. The Transcendental Meditation Teacher Training Courses will be held locally as well. Beautiful new courses on all of Maharishi's 27 aspects of the Ved will bring Maharishi's supreme knowledge to the area. Call Maharishi Vedic University now to enroll for courses.

### **Maharishi Vedic University of Maryland**

1848 Montgomery Lane, Bethesda, MD 20814 301-652-7002

### **Maharishi Vedic University of Virginia**

10801 Main Street, Fairfax, VA 22030 703-273-6631

### **Maharishi Vedic University of Maryland, Branch Campus**

4310 Buckeystown Pike, Frederick, MD 21701 301-831-8042

Serving Upper Montgomery and Frederick Counties with all MVU programs including the TM program and group practice of the TM-Sidhi program

The university is in the process of securing federal and state financial aid for its students.

## **Maharishi Ayur-Ved University - University of Natural Medicine**

Maharishi inaugurated Maharishi Ayur-Ved University, the university of natural medicine, to solve the health care crisis in America. The goal of Maharishi Ayur-Ved University is to bring perfect health to everyone and create a disease-free society through prevention-oriented health courses.

Unique professional training programs for learning and earning through teaching in the field in alternate semesters are offered for those with Bachelor's and Master's degrees. Dynamic programs for high school graduates including preventive medicine are offered, as well. We are pleased to offer special short courses on Perfect Health for the whole population.

College preparatory courses for high school students offer visions of complete knowledge to tap the infinite creative potential of one's own consciousness. Courses on Perfect Health are available for those in primary and secondary schools.

Corporate training is available for all companies to reduce and eventually eliminate their health care costs by sending their health care personnel to be trained in prevention-based health care. Maharishi says everyone must have this simple, practical knowledge to gain perfect health. We invite you to enroll for courses now.

**Maharishi Ayur-Ved University of Maryland**  
1848 Montgomery Lane, Bethesda, MD 20814 301-652-7002

**Maharishi Ayur-Ved University of Virginia**  
10801 Main Street, Fairfax, VA 22030 703-273-6631



## Washington, DC Capital of the Age of Enlightenment

### Transcendental Meditation Center

The Transcendental Meditation Center is now that part of Maharishi Vedic University that offers free introductory lectures, courses in the TM and TM Sidhis Programs, free checking and advanced, extensive and on-going knowledge programs for Meditators. For deeper experience, there are monthly residence courses for mediators and regularly scheduled World Peace Assemblies for Sidhas. The TM Center sponsors special events for both Meditators and Sidhas.

#### On-going programs are as follows:

- Introductory lectures: Every Wednesday at noon and 8:00 p.m. and every Sunday at 12:00 noon. in addition, introductory lectures are held by appointment at businesses, community groups, and in private homes. Call the center to schedule one for your group, or company.
- Preparatory Lectures: Every Thursday at noon and 8:00 p.m. and every Sunday at 1:00 p.m.
- Advanced Meetings: Lectures every Friday at 7:30 pm.
- Regular, free monthly refresher courses are offered to provide meditators a chance to ask questions about their experiences and review the mechanics of the practice. These are always well-attended.
- Personal checking is available by appointment.
- Seasonal celebrations are held at the change of the season featuring awards ceremonies for prominent members of society and entertainment.

#### Weekend courses

For Meditators, in residence courses are offered monthly at a location that is suitable for greater rest and deeper experiences of meditation and knowledge.

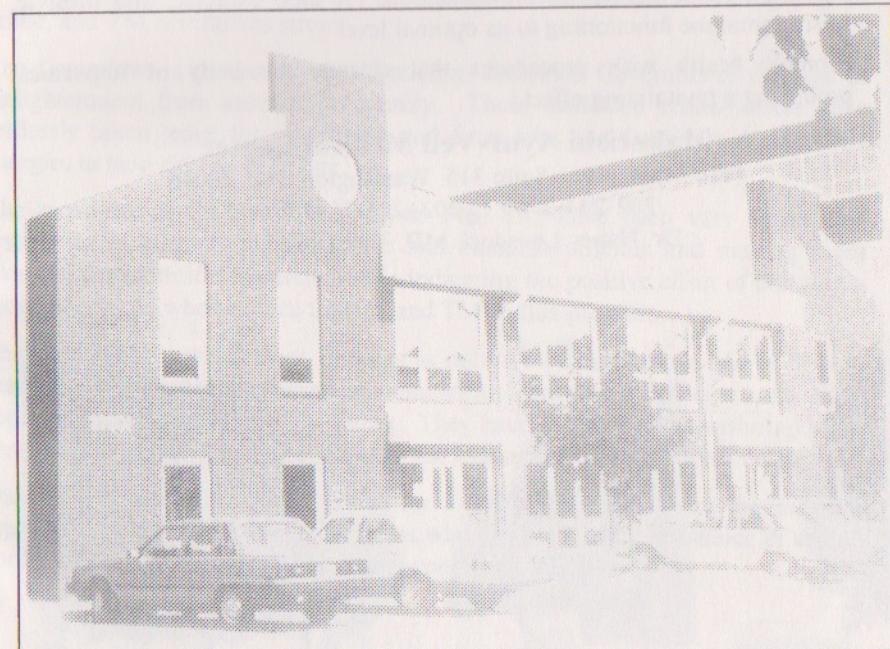
For Sidhas, special commuter World Peace Assemblies are offered for deeper rest and knowledge (including the latest tapes from Maharishi). Call the TM Center to apply.

Special courses such as: the Center Invincibility Course to learn the TM-Sidhis program, the Science of Creative Intelligence Course, and Phase II of Teacher Training will now be offered by Maharishi Vedic University.

The Capital publishes a newsletter with information about TM programs and upcoming events. To update our mailings list so you receive the newsletter and other announcements, for more information, or to offer your assistance with our many programs, write or call the Capital at 301-652-7002.



MAVU and MVU, 4818 Montgomery Lane, Bethesda, MD  
(Note: Currently researching larger, residential facility)



MAVU and MVU, 10801 Main Street, Fairfax City, VA

## Maharishi Ayur-Ved Medical Center

### AGELESS WISDOM IN A MODERN MEDICAL SETTING

Ayur-Veda is the oldest of all systems of health care, originating in the ancient Vedic civilization of India. It draws on a vast wealth of natural treatments and therapies, found effective through thousands of years of extensive practice.

Ayur-Veda means the "science of life." In recent years, Maharishi Mahesh Yogi, founder of the Transcendental Meditation program, has worked closely with leading Ayurvedic physicians and scholars to restore Ayur-Veda to its complete value. This profound approach to natural health care is Maharishi Ayur-Ved.

### A SCIENTIFIC, TIME-TESTED SYSTEM OF NATURAL MEDICINE

Maharishi Ayur-Ved Medical Centers are supervised by physicians who have extensive training in Maharishi Ayur-Ved. Ayurvedic treatment approaches aim at removing the underlying cause of disease to promote ideal health.

Maharishi Ayur-Ved treatments are gentle and nourishing, without harmful side effects. Ayurvedic medicine enlivens the healing response of the body, balancing the deepest, most fundamental levels of biological functioning. Vitality, strength, and well-being are the result. Programs which are offered:

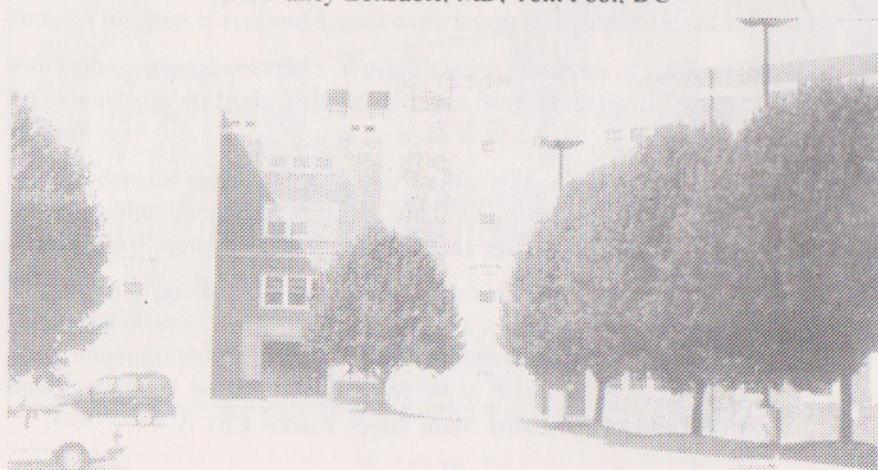
- Treat specific health disorders, such as hypertension, fatigue, headaches, backaches, PMS, overweight, insomnia, and other chronic disorders
- Prevent disease through recommendations for diet, exercise, and lifestyle, raising immune functioning to its optimal level
- Promote health with procedures that cleanse the body of impurities, producing a revitalizing effect.

### Maharishi Ayur-Ved Medical Center

4910 Mass. Ave., Suite 315, Washington, DC 20016

202-244-2700 202-244-7695 fax

Dr. Nancy Lonsdorf, MD, Tom Pool, DC



## Citizens for a Crime Free DC



The goal of Citizens for a Crime Free DC is to promote a group of experts who practice the TM and TM-Sidhis program together to produce a very powerful influence of harmony and orderliness that gets at the root cause of crime, which is stress. In the District of Columbia, collective stress breaks out in the form of crime, and TM neutralizes stress.

The Committee is composed of outstanding, dedicated Governors of the Age of Enlightenment from around the country. These dedicated crime-busters have selflessly taken leave for months on end from jobs and family to devote their energies to help rid DC of Crime.

The members of Citizens for a Crime Free DC have been very active and systematic in contacting government and business officials and making them aware of the scientific research studies indicating the positive effect of building a group of experts who practice the TM and TM-Sidhis program.

They have boldly stated these findings in public meetings before Mayor Sharon Pratt Kelley, been interviewed for numerous newspaper articles, and have appeared on local radio and TV shows. They have made in-roads with important contacts and brought media coverage to the Maharishi Effect as never before.

The Steering Committee of Citizens for a Crime Free DC is an organization supported through donations by citizens who are tired of the existence of crime. For more information or to offer your support, call 202-882-6895.

## **Maharishi School of the Age of Enlightenment**



The Maharishi School of the Age of Enlightenment is a private school approved by the State of Maryland (preschool and elementary) offering Maharishi's Vedic Science Based Education. We offer a rigorous, developmentally appropriate curriculum of mathematics, science, language arts, social studies, art, music, physical education and computer instruction, plus a regular program of enriching field trips to Washington's cultural institutions.

What makes our school unique is the addition of the Science of Creative Intelligence (SCI) which brings out the interconnectedness of all subjects. SCI identifies universal principles found in nature, in the lives of great people, and in the lives of our students.

Each school day students participate in the experiential aspect of SCI, the Transcendental Meditation (TM) technique. They directly experience the unified field of all the laws of nature in their awareness. This prepares the students to pursue their studies with greater mental clarity, confidence, and enhanced self-esteem. The nourishing atmosphere created by meditating students and faculty motivates students to take on greater challenges and builds better behavior and interpersonal relationships.

Each morning, for twenty minutes, students study the theoretical aspect of SCI, gaining insight into how nature works. Seeing these universal principles at work in their everyday experience, students naturally begin to recognize natural law in other subjects and in everything they do. This insight helps students grasp deep concepts that are usually presented much later.

## **"Education for Enlightenment"**

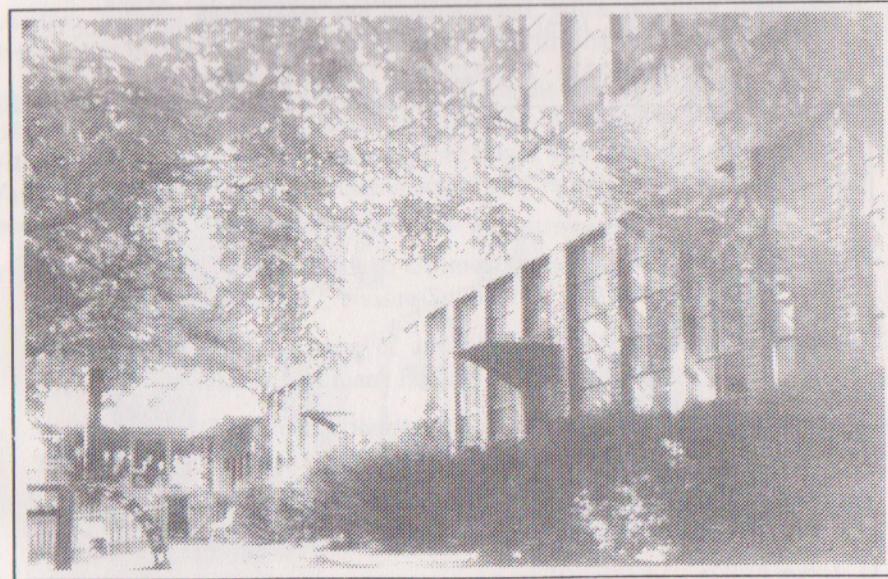
### **Elementary (Grades 1-6)**

Daily classes from 9:15 am to 3:30 PM. Students meditate twice a day in class as part of their daily routine. Curriculum includes: SCI, Language Arts, Mathematics, Science, Social Studies, Physical Education, Music, and Art.

### **Preschool For Parents & Children Alike**

Our curriculum is structured around the five senses, the four seasons and the five elements. It includes developmentally appropriate activities including arts & crafts, music, cooking, nature, building and pretend play. Our priorities are developed social skills, self-esteem and to have fun!

- Our Environmental Education Program (Preschool II & Kindergarten) exposes children to the local geography and culture in the context of their classroom curriculum.
- One of the unique aspects of our Early Childhood Program is the opportunity for parents to explore child development and parenting topics within the context of SCI.
- We warmly invite you to come and visit these wonderful children during their learning experience at Maharishi School. (This is truly Heaven on Earth for all to see and enjoy.) For more information, call (301) 949-8350.



Maharishi School of the Age of Enlightenment grounds, Wheaton MD

## Chamber of Prosperity and Progress

The Washington, DC chapter of the Chamber of Prosperity and Progress serves several functions:

- To assist in the development of a permanent group of over 7,000 Sidhas flying together in our nation's capital.
- Provide information on jobs, housing, cultural events, education and activities to promote greater understanding and experience of Maharishi's knowledge.
- Organize events and meetings for both Chamber members and non-members for Meditators and Sidhas to enjoy being and meeting together and experiencing greater progress and joy in their daily business activity.

This directory of local Sidhas and meditators is one result of the efforts of the Chamber to achieve these goals. In addition, we have established several committees, such as housing and job search, to make it easier for you to relocate.

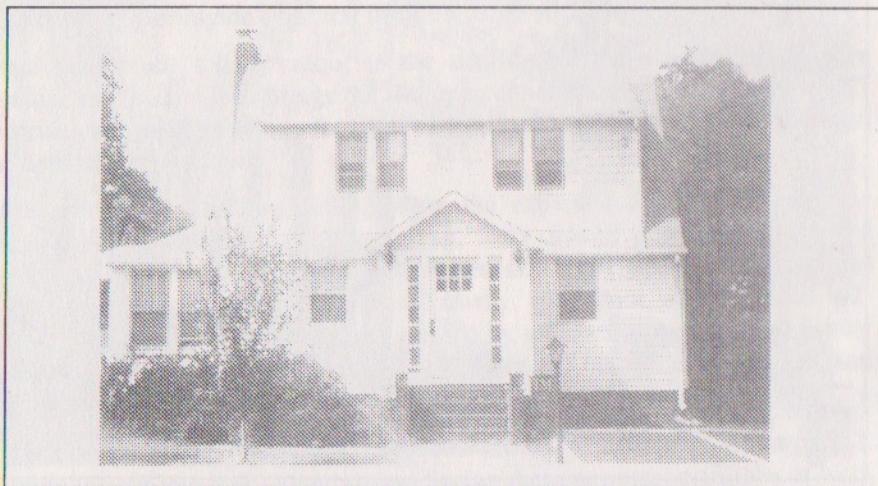
The Chamber acts as a center for information to enable available resources to be matched with those who are seeking them. Anyone interested in volunteering or receiving help should contact the Chamber. For more information:

### Washington DC Chamber of Prosperity and Progress

2320 South Eads Street, Crystal City, Arlington, VA 22202

For a Washington DC Ideal Village Directory and Information Packet, call

703-ITM-2222 202-722-5195 Fax / BBS 2400 baud



Crystal City facility welcomes new arrivals, walking distance from the airport.

## Life in the Nation's Capital: Moving Toward Heaven on Earth

Washington, DC is one of the most culturally and environmentally diverse cities in the world. Now with the inauguration of Maharishi Ayur-Ved University and Maharishi Vedic University, the Sidhas, Governors, and Meditators of the Washington, DC area are in a position to enjoy the total integrated package of knowledge of all of Maharishi's programs in the setting of the dynamism of the nation's capital. This creates a direct linking of national law with Natural Law, both at their highest level.

Maharishi Vedic and Ayur-Ved Universities create one complete structure of knowledge, unifying and expanding the already extensive programs of Maharishi. Additionally, Maharishi Ayur-Ved Medical Center offers the latest programs for perfect health. The Maharishi School of the Age of Enlightenment, provides Meditators' children with ideal education.

The Washington, DC metropolitan area is the second largest community of TM-Sidhas in the US, providing depth of experience in group Super Radiance Program. This platform of inner experience plus the full range of other programs of Maharishi Vedic Science make Washington, DC a complete blend of silence and dynamism. Our presence here supports the whole nation and the whole world consciousness directly.

Washington Meditators and Sidhas have available innumerable opportunities for education, cultural enrichment and entertainment, while pursuing professional advancement in one of the most economically rich, diverse cities anywhere.

George Washington selected the site in 1790 for the seat of US government. It was one of the first "planned cities" in the world, designed by Pierre L'Enfant. With the federal government employing one out of five workers in metropolitan Washington, the job market remains stable and largely recession-proof, with about 20,000 jobs available at any time.

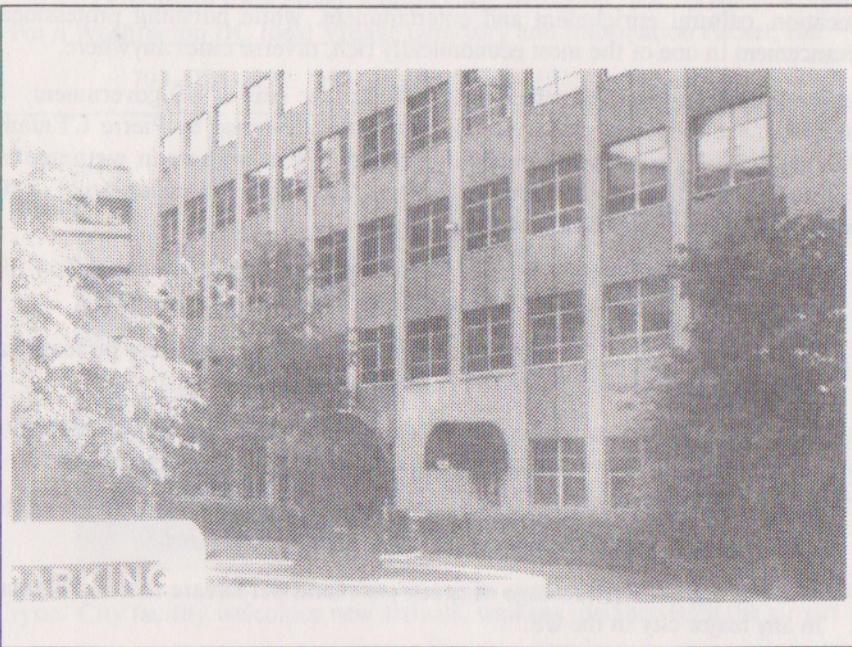
- Washington, DC ranks fourth in US median household income at \$54,156 per year (after Danbury CT, Nassau-Suffolk NY, and Middlesex NJ.)
- Washington, DC is the home of ambassadors and embassies, professional and trade associations, and many Fortune 500 corporations
- Washington, DC is a major tourist center with many beautiful monuments. The Kennedy Center is the home of the National Symphony Orchestra.
- Buildings may not be taller than about 12 floors, to keep a clear view to the US Capitol. This also helps keep the air clear.
- There is a greater percentage of green park land per square foot in DC than in any major city in the US.

## Washington, DC Ideal Village Residents

Last Name	First Name	Home	Work/Other
Aberle	Jessica & Daphne	301-588-5019	301-984-7000
Abramson	Jeffrey & Rona	202-986-3051	301-229-1201
Akura	Olweny Omondi	301-983-2498	
Allison	Larry & Louise	301-681-9323	
Anderson	Don	202-722-0413	
Anderson	John & Laurel	301-565-3951	
Ardussi	Margaret	703-370-3365	703-931-3072 fax
Arnold	Elizabeth Rice	304-876-2866	
Ashelman	Randy & Mary	301-588-9137	
Aurigemma	Pat, Tony & Lisa	202-328-8092	202-328-8092
Ava	Michelle H.	202-686-5824	
Avery	Kay	301-587-5966	301-445-5900
Baer	Kay	410-379-5541	
Bakshi	Deepak & Panna	301-871-3926	301-975-3559 Herb
Bandy	Herbert, Karen, & Theo	202-228-6767 Kar	
Banks	Clifton E.	301-559-1550	
Bargerstock	Chuck & Jody	301-654-6465	301-654-6465 Jody
Bazan	Priscilla	202-728-3868	
Bean	John & Scotti	703-533-9519	
Becker	Judy	301-587-4917	
Beech	Dr. Doug & Amy	301-365-4936	301-469-6700
Beech	Gina	301-897-5870	301-897-8500
Begg	John	301-933-1234	
Belena	Robert	301-588-3011	301-588-8598 Fax
Bell	Paulette	202-726-0555	
Bellis	Warren, Jennifer & Rayla	301-585-5461	301-587-1079 Jen
Billingsley	Robert & Maryanne	703-241-2986	
Bingham	Brent, Barbara, Brice, Brad, Brittany	301-657-4448	
Bittenger	Ned & Mary	703-675-1441	
Black	Steve & Nancy	301-774-8332	301-585-2525
Bodnar	Don	703-768-2447	
Bolling	Dan & Carol	301-681-0026	301-681-0026 Caro
Briskin	Larry & Roberta	301-622-4461	703-749-5043
Brittain	Bill	301-293-3421	301-293-2175
Buechert	George III, Rebecca & George IV	202-483-1049	202-467-0321 Geo
Bulley	Michael & Rodene	301-434-5571	202-223-4540 Reb
Buress	Richard & Janice	301-774-6330	301-428-5460
Burka	Steve & Ellen	703-425-1333	
Burkhardt	Todd, Jenny & Elisa	301-434-3675	



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Silver Spring MD Program facility, 1320 Fenton Street, Silver Spring MD



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Butler	David &	301-593-2935	703-883-1626
Butler	Debbie	301-585-7256	301-587-7072
Butler	Sheldon & Kathi	301-585-9538	
Campbell	Alex	301-972-7777	
Carmasino	Dan & Suzanne	301-890-4005	301-565-9400 Sue
Carmody	Kevin	304-728-6229	301-443-0216
Carson	Kathy		703-273-6106
Cassells	Mark, Lili, Prose, Aurora	301-473-8015	
Cates	Bill	301-445-4121	301-949-6789
Chamberlin	Bruce, Sandi, Elliot & Rachel	301-495-5760	
Chamberlin	Craig, Frances, Katie & Emily	301-937-6936	
Chang	Paulina	202-686-5261	
Chappell	Jeffrey	301-681-6945	
Clark	Conley	301-445-4650	301-445-4650
Clark	Sarah	703-941-6034	202-659-6500
Clasen	Bob & Liv	301-588-8715	
Coburn	Elizabeth	202-363-6551	
Cohen	Denise	202-291-5779	202-789-0003
Cohen	Jeff & Gabriel	301-589-9249	301-585-8006
Cohen	Jeffrey, Caren, Michael Jonathan & Tova	301-698-9642	703-689-7204 Jeff
Cohn	Robert		301-949-8350
Coles	Don	202-966-8357	301-229-7944
Collins	Mick & Martha	301-445-4238	
Comey	Jim & Diane	301-864-0833	
Comtois	Jocelyn	301-587-3349	
Condon, PhD	Kevin	410-750-1128	301-596-3271
Connor	Linda	703-284-9329	
Cook	Neal & Louise	301-869-6020	301-881-0420
Creager	Robert, Jane, Ananda, Jennifer, Robert III	301-890-4326	703-848-6689
Crumpecker	Bill & Linda	703-573-9332	301-654-9235 Bill
Damskey	Rena	301-271-3715	301-271-3715
Datla	Raju & Sreedevi	301-384-8729	301-975-2131
Davies	John	301-587-4535	301-314-7709
DeArmon	James, Deborah & Lillie	301-495-5706	703-883-6051
DeFabbio	John	301-593-5507	301-270-2652
DeHudy	Tom & Mindy	301-365-6236	301-365-6236
Dekema	Bob, Sandy & Aaron	301-649-3274	
Denbaum	Lewis, Carol Joshua & Nofiya	301-854-5476	301-587-0837 Lew 301-585-2420 Carol
Desai	Hirmansu	301-963-4784	301-670-4767
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Douglas MD	Rebecca (Beuchert)	202-483-1049	202-223-4540

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Director  
301-652-2120

Deborah E. Kleiner, L.C.S.W.  
Counseling Psychotherapist  
301-652-2134

Last Name	First Name(s)	Home Phone	Office / Other
Dollive	Peter	301-585-1073	202-783-8162
Drazin	Lisa	301-320-3889	301-718-6400
Draznin	Dean	301-585-7081	301-608-2283
Druliner	Patti	301-588-9037	202-296-0533
Druliner	Vicki	301-587-4535	202-887-3569
Druliner	Virginia	301-933-3365	202-334-7711
Drycorn	Katie	202-333-3360	
Eckstrom	Gail	703-241-3720	
Economou	Katina	301-990-3618	
Ederer	David & Helen	202-726-3833	
Edmonds	Charlotte	703-548-4928	
Edmundson	David	304-535-2372	
Ehrlich	Mac	301-656-7013	
Ellerman	William, Donna, Angela, Will & Jeff	301-593-4503	
Ellinghaus	Chip, Mary & Luke	301-622-7725	
Ensor	Tim, Gael, Lindsey & Andrew	301-589-3948	
Esch	Wolfgang	202-882-7335	301-588-9540
Falk	Drew & Lorraine	301-565-2823	
Farwell	Larry	301-251-1719	301-670-4767
Faulkner	Michael	703-780-4133	
Faulkner	Michael David	202-244-1736	202-785-0453
Fellows	Wendy	301-229-1782	202-244-2700
Fernow	James Paul	301-495-6340	703-883-7145
Fischer	Bonnie		301-670-4767
Ford	William & Mary	301-593-7835	
Foster	Barbara	202-362-4525	
Foster	Charles & Marcy	301-587-0912	
Franklin	Don & Terry	703-978-2671	
Fraser	Alexa	202-686-4330	
Freeman	Will & Courtney	301-587-6916	
Fritsch	Charles, Jean, Elisa, Carrie, Chip, Jaime, and Casey	301-622-2430	301-790-2241
Fulcher	William, Shelley & David	301-320-2433	
Gaddy	Douglas & Annie Evans	301-589-9252	301-587-6466 Ann
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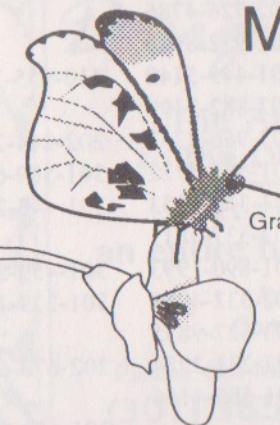
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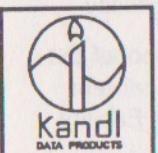
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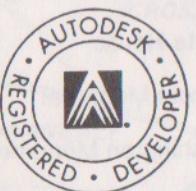
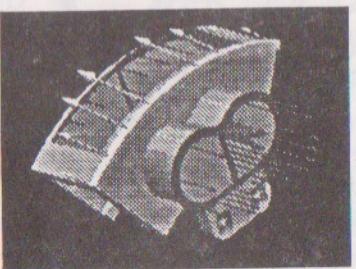


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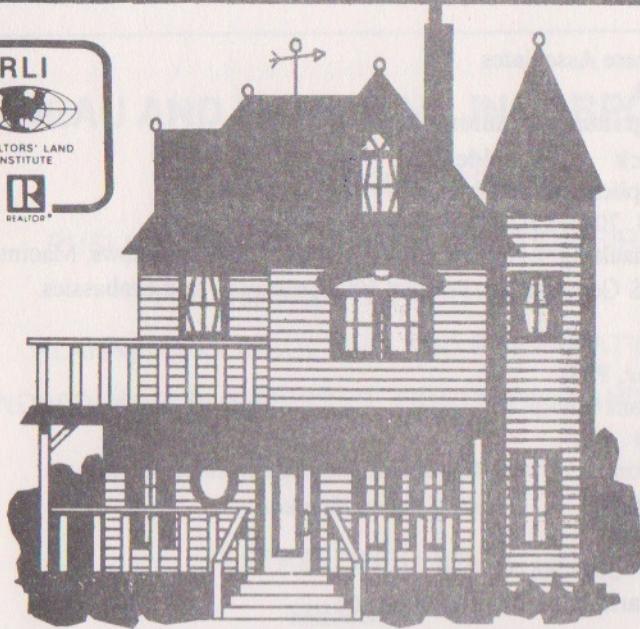
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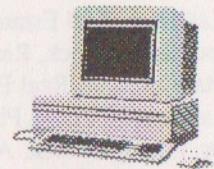
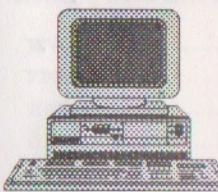
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