



Consciousness-Based Education for Ladies and Girls

**Vedic Universities and Schools
To Develop the Full Creative Potential
of the Students
*with Invincibility for the Netherlands
as a Side-Benefit***

*Validated by 40 Years of Experience Worldwide,
Hundreds of Scientific Research Studies,
and Exceptional Educational Outcomes*

CONSCIOUSNESS-BASED EDUCATION

Havo/vwo Schools for Girls Starting Soon

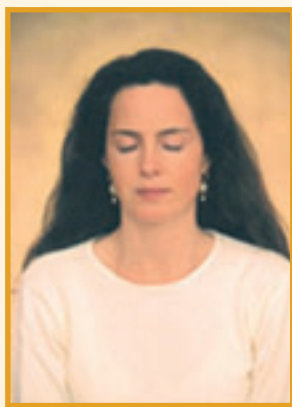
Consciousness-Based education offers an approach to education that has proven over four decades to be uniquely effective in developing the intellectual abilities, academic performance, social behavior, and inner happiness of the students, and to benefit the society as well.

This approach to education offers study of the traditional university and school subjects in light of the knowledge and technology for fully developing human consciousness. With this approach, at the same time that students are learning the different disciplines, they are becoming more and more alert, creative, and competent to absorb and apply the knowledge they are gaining, and unfolding more and more of their creative intelligence.

The technology used in Consciousness-Based education is the Transcendental Meditation technique of Maharishi Mahesh Yogi, and its advanced practice, the TM-Sidhi program, including Yogic Flying. Hundreds of scientific research studies document the profound benefits of this technology for mind, body, behavior, relationships, and society.

The Transcendental Meditation technique

The Transcendental Meditation technique is a natural, effortless procedure practiced a few minutes twice daily, sitting comfortably with eyes closed. During this technique the mind and body settle down to a unique



state of restful alertness, in which the body is deeply relaxed and the mind is alert. This is the experience of the simplest, most expanded state of human awareness—Transcendental Consciousness, the full potential of the mind. This experience enlivens total brain functioning, while dissolving accumulated stress and fatigue. The result is increasing success and fulfillment in life. Over 6 million people worldwide, of all cultures, backgrounds, and religions, have learned this practice.

From the perspective of modern quantum physics, Transcendental Consciousness is the Unified Field of all the Laws of Nature, the unified basis of all forces and phenomena in the universe. The qualities of this field are profoundly enriching to life; it is a self-sufficient field of pure orderliness, containing the abstract structures that give rise to all the Laws of

Nature governing the universe. Students enliven this most orderly, intelligent field of their own existence through the practice of Transcendental Meditation.

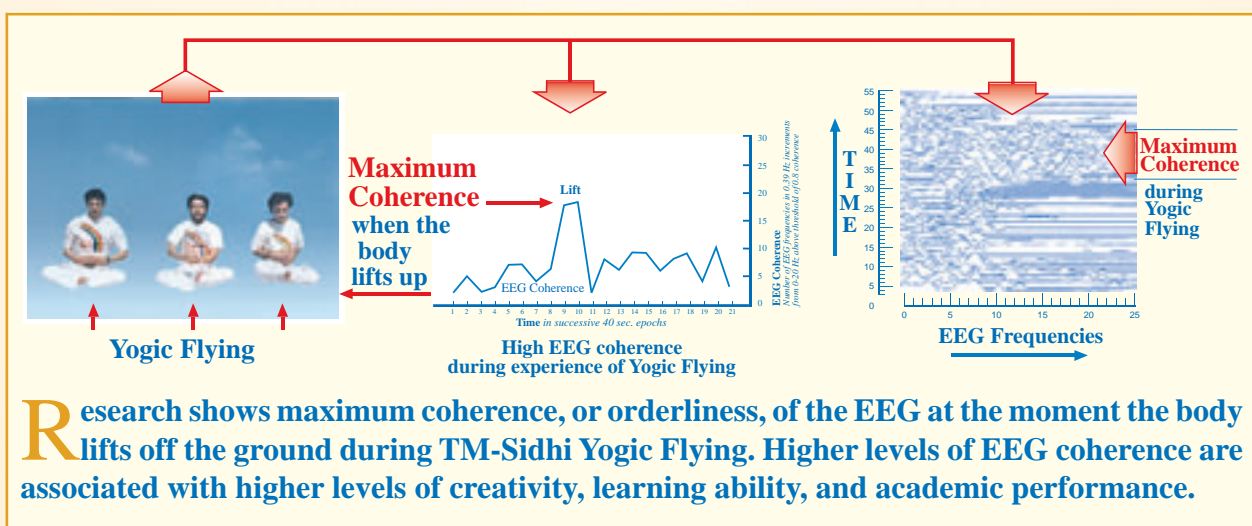
The TM-Sidhi program with Yogic Flying

The advanced practice of Transcendental Meditation, the TM-Sidhi program with Yogic Flying, develops the ability to think and act from this most powerful level of the mind, Transcendental Consciousness. (See chart below.) The result is the greatly enhanced ability to fulfill desires and achieve one's goals without strain. When this program is practiced in large groups, its effect has been found by scientific research to create an influence of coherence and harmony in the whole society.

Curriculum of the School and its Unique Features

Students study the traditional subjects—mathematics, science, language arts, social sciences; with classes in sports, the arts, music, writing skills, and computer skills. But it is the additional features of the Consciousness-Based school that make such a difference in the quality of student. Twice a day the students experience the most creative, intelligent, powerful, and blissful level of their own awareness. This inward “dive” enables the students to come out to their studies and activities feeling refreshed, with increasingly dynamic and life-nourishing thought, speech, and action.

The unique teaching techniques of Consciousness-Based education help the students grasp the main ideas in the context of the whole lesson, and in relation to their own inner growth, so the students never feel, “What does this have to do with me and my life?” They are engaged in learning, and fulfilled in seeing themselves become more of what they want to be as the weeks go by.



CONSCIOUSNESS-BASED UNIVERSITIES PLANNED FOR THE NETHERLANDS

- **MAHARISHI VEDIC UNIVERSITY.** The fundamental emphasis of Maharishi Vedic University is to awaken Total Knowledge in the students—the full potential of their consciousness—on the basis of which they will succeed in any chosen undertaking. The areas of professional training will include education, health, administration, sciences, and arts.
- **MAHARISHI UNIVERSITY OF MANAGEMENT** will offer the same curriculum as the accredited United States campus of Maharishi University of Management, founded 35 years ago, and offers Bachelor, Master, and Doctoral. It will offer American degrees, including the M.B.A.
- **MAHARISHI UNIVERSITY OF WORLD PEACE** will specialize in training political leaders who are grounded in the knowledge and technologies of consciousness—for problem-free administration, and policies that are always evolutionary for the citizen and society as a whole.

Creating an Influence of National Invincibility through Education

As students are awakening their inner potential, their group practice of Yogic Flying projects a steady influence of coherence into the environment, which dissolves potential negativity arising from within or outside the country. National invincibility thus becomes a side-benefit of the Invincibility Schools and Consciousness-Based universities. Scientific research repeatedly confirms that large groups practicing the Transcendental Meditation and TM-Sidhi program together in one place measurably reduces negative trends in society, such as crime and civil conflict, and increases positive economic and social trends.

Stress-Free, Healthy Atmosphere

A special feature of Consciousness-Based schools and universities is the



Invincibility Schools offer the standard subjects in light of unifying principles that connect student with subject matter at the deepest level of knowledge. The main points of every course are displayed on large wall charts.

emphasis on a healthy, stress-free routine and environment. The buildings are constructed according to architectural principles of Natural Law (see illustration back page), bringing an influence of vitality and clarity to the students. Vegetarian organic food is served; and the entire atmosphere, due the practice of Transcendental Meditation by everyone in the institution, radiates peace, and is most conducive to learning.

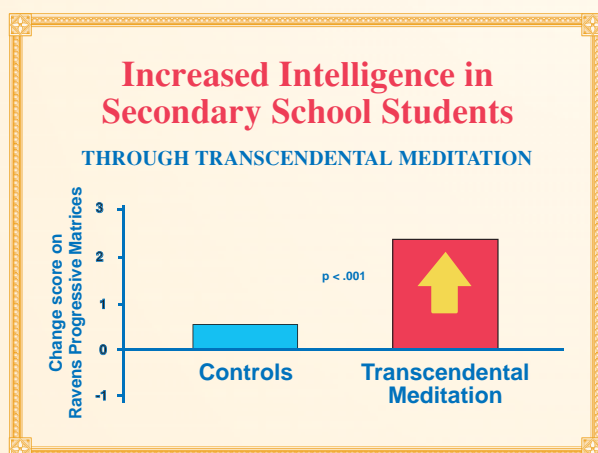
VALIDATION BY SCIENTIFIC RESEARCH AND PERFORMANCE

More than 600 scientific research conducted at over 250 research universities and research institutes in 33 countries document the profound benefits of the Transcendental Meditation and TM-Sidhi program for all areas of life. Findings relevant to education include:

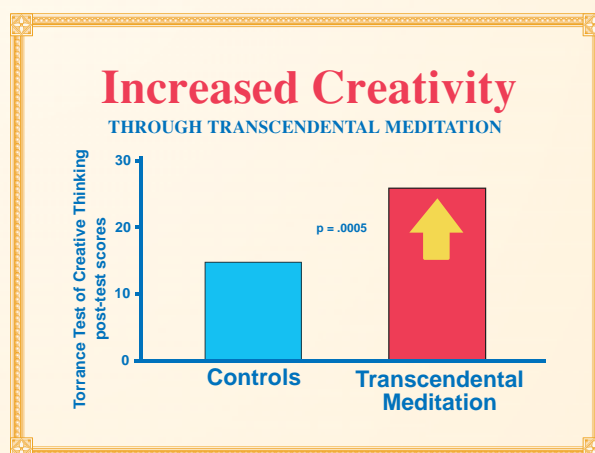
- ◆ Greater use of latent reserves of the brain
- ◆ Improved academic achievement
- ◆ Increased creativity
- ◆ Increased fluid intelligence (IQ)
- ◆ Improved moral reasoning
- ◆ Reduced stress and anxiety
- ◆ Decreased alcohol and drug use
- ◆ Increased self-esteem
- ◆ Improved general health
- ◆ Increased tolerance and appreciation
- ◆ Increased field independence (not as easily influenced by others).

OUTSTANDING STUDENT PERFORMANCE. Students at Consciousness-Based schools in the USA and other countries perform at the top level of the nation on state exams and national tests, even though these schools have a liberal admissions policy. The school in the United States has won more academic prizes—in science, mathematics, speech, poetry, history, art, creative problem-solving, etc.—than any other school in the state.

TOTAL BRAIN FUNCTIONING. Conventional education, through study of one item of knowledge at a time, activates only isolated areas of the brain. However, the experience of Transcendental Consciousness alone activates the entire brain, directly developing its full potential, as confirmed by increased use of latent reserves of the brain and increased coherence (orderliness) of EEG (encephalogram).



Secondary school students who learned the Transcendental Meditation program showed increased intelligence after 14 weeks, in contrast to control students.



Individuals who learned Transcendental Meditation showed increased creativity in comparison to controls as measured after five months of practice.

FREQUENTLY ASKED QUESTIONS

Q. Why are the schools and universities separate for girls and boys?

Extensive experience, corroborated by longitudinal research on educational outcomes, shows that girls in their own academic atmosphere, taught by women teachers, learn more easily, perform at higher academic levels, more readily develop leadership, and are more satisfied that their education prepared them for life. When combined with the practice of Transcendental Meditation, which cultures the natural experience of feeling at home with everyone and everything, Consciousness-Based education prepares girl graduates who are strong, comfortable with themselves, compassionate, blissful, and increasingly able to make right choices as their life unfolds.

Q. How does this education contribute to happy family life?

A mother's (or daughter's) ability to give to her family directly depends on her own inner fullness; a stressed person cannot easily give. Consciousness-Based education dissolves stress and awakens inner bliss, unity, and all nourishing qualities, which directly enrich family life.

Q. Are students prepared to do well on the state examinations?

Yes. Students in Consciousness-Based schools perform at the top level of state examinations and national tests. This is a natural result with students whose intelligence and comprehension is increasing, and anxiety and stress dissolving.

Q. What is the cost of tuition?

Invincibility Schools and the Consciousness-Based universities are being established in many countries, including The Netherlands and Belgium. The tuition cost will be comparable to other high-quality non-subsidized schools and universities.

Q. Where will the schools and universities be built?

The Invincibility Schools will be established in pleasant settings near large population centers, so that students will not have far to travel. The university campuses will be established where land is available near major cities.

COMMENTS FROM EDUCATORS AND FAMILIES

“As Principal of the school, I see the effects of Transcendental Meditation on the students every day. The students are eager to learn and open to all the knowledge. They enjoy, and are happy, and have a natural respect for each other and their teachers.”—*Principal of a Dutch Consciousness-Based school*

- ♦ “Although the students come from diverse backgrounds, they have one thing in common: they have greater self-awareness and seem to think at a deeper level.”
—*Teacher of Consciousness-Based school, Australia*
- ♦ “The students from Kindergarten to the upper grades have the longest attention span of any I’ve seen in my 30 years of teaching and educational research.”
—*Professor of Science Education, USA*
- ♦ “By coming to this incredible school I have found something which is beyond academics or sports: I have found myself.” —*18-year-old, USA*
- ♦ “I am so grateful for this educational system, which gives parents the unique opportunity to fulfill their wish for their children to grow and realize the inner value of life.” —*Mother from France*
- ♦ “The girls are absorbing the knowledge with great eagerness. It is very fulfilling to me as a teacher to see that what I am teaching is being received so well. With every lesson they are growing, building upon the previous lesson in their depth of understanding. Their inquiries are very deep. They draw the knowledge out of me. After teaching them, I feel very peaceful and blissful and look forward to coming back to class.” —*Teacher of Consciousness-Based school, USA*

Highest Goal of Education: Higher States of Consciousness

It is fortunate for the world that Consciousness-Based education is founded on the complete science of consciousness, with the knowledge to fully develop human life. In the highest state of consciousness, Unity Consciousness, one lives all-time fulfillment and bliss, aligned with cosmic law, experiencing everyone and everything to be part of one’s own Self, with the most powerful thought, action, and influence for good in the world. This is the highest goal of Consciousness-Based education.

Teachers of Consciousness-Based Schools



Teachers appreciate the stress-free atmosphere and receptivity of the students in Consciousness-Based schools; and with their practice of the Transcendental Meditation and TM-Sidhi program, the teachers become increasingly creative, clear, and inspiring.

“Developing the full creative potential of consciousness makes the student a master of his life; he spontaneously commands situations and circumstances. His behavior is always nourishing to himself and everyone around him. He has the natural ability to fulfil his own interests without jeopardizing the interests of others. Such an ideal, enlightened individual is the result of ideal education—Consciousness-Based education.” —*Maharishi*



Invincibility Schools are planned throughout The Netherlands.

FOR FURTHER INFORMATION

Invincibility School for girls:

Consciousness-Based Universities for ladies: