

MAHARISHI INTERNATIONAL UNIVERSITY

SUMMER WORLD PEACE ASSEMBLY

July 9-30, 2025

[WPA home page](#)

COLOR CODE

- Dark blue – confirmed event

DAILY SCHEDULE

- Afternoon meeting – 1:30–3:30 pm
- Evening meeting – 8:00–9:15 pm

All meetings in Dalby Hall.

This schedule is subject to change.

Advanced Techniques – email Wally DeVasier, wdevasier@tm.org, if you haven't signed up yet.

WEDNESDAY • July 9

EVENING – 8:00–9:15

First meeting of the WPA

- Welcome by Dr. John Hagelin, MIU President Emeritus, and Dr. Craig Pearson, Vice President of Growth of Consciousness
- Maharishi Video – “The Soft World Beyond the Senses” (12 min.)
- Craig welcomes
- John on purpose of the WPA
- Craig outlines course

THURSDAY • July 10 • Guru Purnima

AFTERNOON – 1:30–3:30

- Guru Purnima events from MERU – video of Maharishi, Dr. Nader's address, achievements from Rajas and Ministers

EVENING – 8:00–9:15

- CIC graduation

FRIDAY • July 11 • Guru Purnima cont.

AFTERNOON – 1:30–3:30

- Guru Purnima events from MERU – Award Ceremony for Outstanding Governors
- Standing yoga stretches – Dr. Paul Morehead

EVENING – 8:00–9:15

- Entertainment – Jonas Magram
- Maharishi AyurVeda Tip of the Day
- From MERU - Award Ceremony for Outstanding Projects for World Peace

SATURDAY • July 12

AFTERNOON – 1:30–3:30

- TM Around the World – “Changing the World” – Video shown at recent Vatican Conference by Dr. Nader

- “Introduction to Advanced Techniques” – Mario Orsatti, Dr. David and Kathy Streid
- Standing yoga stretches – Dr. Paul Morehead
- Update on large groups in India – from MERU Guru Purnima celebration – Raja Howard and Raja Luis
- *News update from Purusha – Rick Troutman

EVENING – 8:00–9:15

- Entertainment – Jonas Magram
- Maharishi AyurVeda Tip of the Day
- Maharishi video – “Ayurveda: Enlivening the Junction Point” (17 min.)

SUNDAY • July 13

ADVANCED TECHNIQUES – 1:30 – Men’s Peace Palace

- Night technique refresher meeting #1 – Men’s Peace Palace – limit 50

AFTERNOON – 1:30–3:30

- Breakout session for women – Discussion of experiences with Mother Divine – Festival Hall – 1:30 start
- TM Around the World – “Recovering from Trauma in Los Angeles”
- Maharishi video – “Intellect and Being; Knowledge and Knowingness” (17 min.)
- Standing yoga stretches – Dr. Paul Morehead
- Maharishi video – “CC as Self-Liberated, Immovable, Independent State,” 25 min.

EVENING – 8:00–9:15 - concurrent sessions

- Local Sidhas – Dalby Hall – TM-Sidhi check, with Dr. Doug Bix and Dr. Linda Bix

- Meditators & remote participants – Festival Hall & Zoom, with Craig Pearson – Maharishi video – “The TM-Sidhi Program: Lighthouse to Enlightenment” (30 min.)

MONDAY • July 14

ADVANCED TECHNIQUES – 1:30 – Men’s Peace Palace

- Night technique refresher meeting #2 – Men’s Peace Palace – limit 50

AFTERNOON – 1:30–3:30

- TM Around the World – Dr. Taddy Blecher, CEO of the Maharishi Invincibility Institute and the Invula Empowerment Trust | CEO of the Community and Individual Development Association | Chair of the SA National Government team on Entrepreneurship, Education, & Employability
- Standing yoga stretches – Dr. Paul Morehead
- Maharishi video – “Principles of Government,” followed by panel discussion with Ellen Jones, Lenny Goldman, and Leslie Goldman, members of a team working on a book of Maharishi’s lectures on government that’s part of a series of such books.

EVENING – 8:00–9:15

- Entertainment – Guitar and ukuleles – Lynwood King, Aryabhatt Aikar, and Hannah Ratsepboth
- Maharishi video – “Gaining Unity Consciousness: The Ultimate Fulfillment of the Process of Evolution” (45 min.)

TUESDAY • July 15

ADVANCED TECHNIQUES – 1:30 – Men’s Peace Palace

- Private Q&A meetings on ATs #2, 3, & 4, also questions on whether one needs another Advanced Technique

AFTERNOON – 1:30–3:30

- TM Around the World – “Learning to Live in Tune with the Buddhist Ideal of Dharma”
- *Global Women's Center for Peace and Enlightenment – update on the Livingston Manor property, lake, the new building for Mother Divine, the course building, and upcoming courses for ladies. Video of Maharishi on Mother Divine.
- Standing yoga stretches – Dr. Paul Morehead
- Maharishi Vastu updates – Jon Lipman
- Global Peace Village update – Bob Markowitz

EVENING – 8:00–9:15

- Entertainment – MIU students Diane Blackwell and Roxy Devlin
- Maharishi AyurVeda Tip of the Day
- Fireside chat – open conversation – with Dr. John Hagelin & friends

WEDNESDAY • July 16

ADVANCED TECHNIQUES – 1:30 – Men's Peace Palace

- Orientation meeting – required for everyone wishing to apply for an Advanced Technique – Men's Peace Palace

AFTERNOON – 1:30–3:30

- TM Around the World – “Recovering from a Devastating Hurricane”
- *“How Does the Maharishi Effect Work?” – panel Q&A with Maharishi Effect researchers – Dr. John Hagelin, Dr. David Orme-Johnson, Dr. Ken Cavanaugh, Dr. Ken Walton, Dr. Fred Travis, Amrita Shrivastava

- Standing yoga stretches – Dr. Paul Morehead

EVENING – 8:00–9:15

- Maharishi AyurVeda Tip of the Day
- Maharishi video – “Creating Coherence in Collective Consciousness Through Maharishi’s Super Radiance Program in the Year of All Possibilities” (40 min.)

THURSDAY • July 17

AFTERNOON – 1:30–3:30

- TM Around the World – “A Growing Movement of Enlightenment in Eastern Europe”
- * “Enlightenment Is a Scientific Reality,” panel discussion with TM researchers – Dr. John Hagelin, Dr. David Orme Johnson, Dr. Fred Travis, Dr. Ken Walton, Dr. Lynne Mason
- Standing yoga stretches – Dr. Paul Morehead
- North Campus Village update – Martin Brett

EVENING – 8:00–9:15

- Maharishi AyurVeda Tip of the Day
- Maharishi video – “Pure Consciousness is Not Gained on the Level of Thinking” (16 min.)
- Maharishi video – “Love, Expansion of the Heart, Refinement of Physiology” (18 min.)

FRIDAY • JULY 18

ADVANCED TECHNIQUES – 1:30 – Men’s Peace Palace

- Instruction in ATs # 2–5 – Men’s Peace Palace

AFTERNOON – 1:30–3:30

- TM Around the World – “TM Cools Down Colorado Fire Fighters”
- Steve Yellin – “A Consciousness-Based understanding how fluid motion is produced in sports and a deeper understanding of zone experiences
- Standing yoga stretches – Dr. Paul Morehead
- Maharishi video – “The Mechanics of Witnessing”

ADVANCED TECHNIQUES – 7:30 – Men’s Peace Palace

- Instruction in the Night Technique

EVENING – 8:00–9:15

- Entertainment – Owen Blake (piano) – in person only
- Maharishi AyurVeda Tip of the Day
- *Experience meeting – concurrent sessions, Dalby Hall and online

SATURDAY • July 19

ADVANCED TECHNIQUES – 1:30 – Men’s Peace Palace

- Checking meeting for everyone who learned either the Night Technique or ATs 2–5 on July 18.

AFTERNOON – 1:30–3:30

- TM Around the World – “Blessings from the Himalayas,” part 1
- Dr. John Hagelin – special presentation
- Standing yoga stretches – Dr. Paul Morehead
- North Campus Village update – Martin Brett

ADVANCED TECHNIQUES – 7:30 – Men's Peace Palace

- Second instruction in the Night Technique if more than 24 are learning

EVENING – 8:00–9:15

- Celebrating the first teaching of Transcendental Meditation in the Soviet Union, Part 1

SUNDAY • July 20

ADVANCED TECHNIQUES – 1:30 – Men's Peace Palace

- Checking meeting for those who learned the Night Technique on July 19.

AFTERNOON – 1:30–3:30

- Breakout session for women – Discussion of experiences with Mother Divine – Festival Hall – 1:30 start
- TM Around the World – “EOD Soldiers Experience Post-Traumatic Growth”
- “Building the Future Together: Summit 2025” – concluding meeting at MERU, held July 12, 2025 (1:38 minutes)
- Standing yoga stretches at the midpoint of the video – Dr. Paul Morehead

EVENING – 8:00–9:15

- Celebrating the first teaching of Transcendental Meditation in the Soviet Union, Part 2

MONDAY • July 21

ADVANCED TECHNIQUES – 1:30 – Men's Peace Palace

- Second instruction for ATs #2–5 if more than 24 are learning these techniques

AFTERNOON – 1:30–3:30

- Dr. Tony Nader speaks to the MIU Summer WPA, with questions and answers
- Celebrating the renovation of the Maharishi Vedic Observatory in Maharishi Vedic City — on the city's 24th birthday. Featuring a tour of the Maharishi Vedic Observatory given by Tim Fitz-Randolph, who built the observatory and revived the ancient knowledge of the Vedic Observatory under Maharishi's guidance. 1760 Observatory Drive (Jasmine Ave. & Observatory Dr.) in Maharishi Vedic City.

EVENING – 8:00–9:15

- Entertainment – Elaine Reding and the Southeast Iowa Chamber Singers
- Maharishi AyurVeda Tip of the Day
- Honoring David Lynch, video with Bob Roth (12 min.)
- Maharishi video – “Love, the Tender Impulse of Creative Intelligence” (17 min.)

TUESDAY • July 22

ADVANCED TECHNIQUES – 1:30 – Men's Peace Palace

- Checking meeting for those who learned ATs 2–5 on July 21.

AFTERNOON – 1:30–3:30

- TM Around the World – “TM Helping Transform Pennsylvania's Wayne County”
- “Conflict and Conflict Resolution: The Domain of Para Shakti, the Cosmic Feminine Principle” — presentation and discussion with Raj Rajeshwari Candace Badgett. She gave this talk at last fall's annual meeting of the World Assembly of Vedic Science, and it has been accepted for publication.
- Standing yoga stretches – Dr. Paul Morehead

- Maharishi video – “Wholeness and Parts” (18 min.)
- Group photo – Argiro front steps

EVENING – 8:00–9:15

- Entertainment – Maharishi School performance and past year’s achievements, led by Dr. Richard Beall

WEDNESDAY • July 23

AFTERNOON – 1:30–3:30

- TM Around the World – “Honoring David Lynch”
- Presentation on Dr. Norm Rosenthal’s new “Unity Questionnaire,” Gerry Geer
To access and fill out the questionnaire, please visit
www.normanrosenthal.com/unity-questionnaire
- “The Experience of Pure Consciousness in Ancient Egypt: Did the Ancient Egyptians Practice Super-Radiance in Large Groups?” by Dr. Kenneth Chandler
- Standing yoga stretches – Dr. Paul Morehead
- Maharishi video – “The Fruit of Vedic Study: Brahman Consciousness” (30 min.)

EVENING – 8:00–9:15

- *Experience meeting – all Zoom (no Dalby), with Dr. Hagelin and the same online panel as last week

WEEK 3 • July 24 - 30

EVENING MEETINGS ONLY DURING THIS THIRD WEEK

(as on the Special Election WPA last fall)

THURSDAY EVENING • July 24

- Entertainment - Barbara Barrish
- Maharishi video - “Experiencing the Source of Creation” (45 min.)

FRIDAY EVENING • July 25

- TM Projects in Uganda and Kenya - Video presentations from Guru Purnima
- Maharishi video - “Vedic Cognition: Knowledge is Structured in Consciousness” (37 min.)

SATURDAY EVENING • July 26

- Teaching in India – Slide presentation by Susan Pavelka
- Maharishi video – “How to Achieve Immortality at the Physical Level” (27 min.)

SUNDAY EVENING • July 27

- Maharishi AyurVeda Tip of the Day - Behavioral Rasayanas, with Dr. Paul Morehead
- Fairfield among top 7 Intelligent Communities of 2025 - Craig Pearson
- Maharishi video – “Mechanics of Perception of a Man in Brahman Consciousness and a Vedic Seer” (35 min)

MONDAY EVENING • July 28

- “AI, Consciousness, and Super-Consciousness” Dr. John Hagelin

TUESDAY EVENING • July 29

- Maharishi AyurVeda Tip of the Day – “Healthy Eyes,” with Dr. Paul Morehead
- “The Ramayana Begins Within,” Michael Sternfeld
- Maharishi video – “Intellect and Being; Knowledge and Knowingness” (18 min.)

WEDNESDAY EVENING • July 30 • Last Day of the WPA

- Maharishi video – TBD

Standing stretches for MIU World Peace Assembly

Always we move just as far as comfortable and hold as long as comfortable.

Easily allow the attention to go to the area of stretch.

The stretch should release and be replaced by pleasantness

1. Bandha Hasta Utthanasana (Locked hand raising pose)

- Stand, arms at sides, feet together, relax and center weight on both feet
- Cross wrists in front, slowly raise hands overhead, look up easily
- Spread arms straight out to the sides, shoulder level and hold
- Raise arms and cross wrists
- Slowly lower arms in front
- Repeat a few times

Good for rounded and stiff shoulders, increases circulation

2. Tadasana (Palm tree pose)

- Stand feet slightly apart, center weight on both feet
- Raise arms overhead, interlace fingers, turn palms up
- Lower hands to head
- Stretch up, extend arms, come up on toes as comfortable and hold
- Lower hands to head and lower heels
- Repeat a few times

Benefits: physical and mental balance, stretch spine and remove congestion in spinal nerve roots, stretch intestines and abdominal muscles

3. Tiryak Tadasana (Swaying palm tree pose)

- Stand with feet apart
- Interlock fingers and turn palms outward
- Raise arms overhead and stretch
- Bend to the right for men, left for ladies, from the waist (do not twist), hold a few seconds
- Come back to center
- Bend to the other side
- Repeat a few times

Stretches and loosens postural, waist and side muscles on both sides

4. Meru Prishtasana (Spine and back pose)

- Stand, feet apart, and balance the weight
- Place fingers on shoulders, elbows out
- Slowly turn to the right for men, left for ladies, as far as comfortable, hold
- Slowly turn back to center
- Slowly turn to the opposite side, hold a few seconds
- Slowly turn back to center
- Repeat a few times (5 to 10)

Stretches spine, tones back muscles, good for liver and spleen, help reduce excess abdominal fat

5. Kati Chakrasana (Waist rotating pose)

- Stand feet apart
- Raise arms to shoulder level
- Slowly twist to the right for men, left for ladies
- Place the left hand on right shoulder (right for ladies) and wrap the right arm (left for ladies) around the back as far as comfortable, keeping the back straight, look over the shoulder – hold a few seconds
- Relax back and arms throughout
- Slowly return to center, lower the arms
- Repeat on the other side (5 to 10 repetitions)

Tones waist, shoulders, neck, back, hips and tones posture, release tension

LINK TO VIDEO DEMONSTRATION

Reference: *Asana Pranayama Mudra Bandha*, by Swami Satyananda Saraswati (Yoga Publications Trust, Bihar, India, 2013)

LINK TO CHAIR YOGA VIDEO