

Maharishi Open University Courses

33,000 course participants worldwide have taken these courses to date

1. Total Knowledge Course

48 Lessons. Each lesson is 2 hours

*Available in Hindi, Arabic, English, German, Japanese, Russian, French, Spanish, Dutch, Portuguese, Italian, Mandarin, Cantonese, Thai, Turkish, Croatian, Hungarian, Polish

The Total Knowledge Course presents the complete range and application of Maharishi's Vedic Science, including the practical programs to bring enlightenment to individual life, invincibility to every nation, and peace to the world family.

2. Creating a Perfect Man Courses

These courses present His Majesty Raja Raam's historic discovery that human physiology is the exact expression of total Natural Law lively in the sounds of Veda and the Vedic Literature. The lessons provide the understanding and experience of how the impulses of Natural Law that structure the entire universe are also the basis of your own physiology. Lectures by Maharishi, Raja Raam, and international faculty of Maharishi Open University.

(1) Creating a Perfect Man Course 1

58 lessons. Each lesson is 1.5 hours

*Available in English, German, Japanese, Russian, French, Spanish, Dutch, Portuguese, Italian, Mandarin, Cantonese, Turkish, Polish (Hindi, Arabic not complete)

(2) Creating a Perfect Man Course 2

32 lessons. Each lesson is 1 hour

*Available in English, German, Japanese, Russian, French, Dutch, Italian

3. Maharishi Sthapatya Veda—Vastu Vidya: *Science and Technology of Creating Harmony between Different Aspects of Individual Life and between Individual Life and Cosmic Life: Principles and Programmes of Vedic Architecture. City Planning, Country Planning, and Design of Homes, Offices, and Factories According to Natural Law so that the Orderly Evolution that Prevails in the Ever-Expanding Universe Is Always Spontaneously Maintained in Individual Life and Society in Our World*

This course features lectures by Maharishi and His Excellency Dr. Eike Hartmann.

17 lessons. Each lesson is 1.5 hours

*Available in Arabic, English, German, Japanese, Russian, French, Spanish, Dutch, Portuguese, Italian, Mandarin, Cantonese, Thai, Turkish, Polish

4. Maharishi Speaks on the Seven States of Consciousness: *Developing higher states of consciousness through Maharishi's Transcendental Meditation Programme for Supreme Fulfilment in Life*

16 lessons. Each lesson is 1 hour.

*Available in English, German, Japanese, Russian, French, Spanish Dutch

The course features inspiring lectures by Maharishi given from 1970 to 2001. In these lessons Maharishi goes deeply into the mechanics by which higher states of consciousness naturally unfold to the highest state of fully ripened Unity, and the characteristics of this progressive development.

5. Maharishi's Vedic Science

16 lessons. Each lesson is 1 hour.

*Available in English, German, Japanese, Russian, French, Spanish

This course introduces the major ideas and disciplines of Maharishi's Vedic Science, the complete science of Natural Law. Highlighted by four beautiful lessons by His Holiness Maharishi Mahesh Yogi, the course also has 12 lessons from the leading international experts in Maharishi Vedic Science.

6. Consciousness-Based Education

16 lessons. Each lesson is 1 hour.

*Available in English

This course on Consciousness-Based Education is ideal for teachers and parents. It presents the basic principles of Consciousness-Based Education, as developed by Maharishi, and demonstrates why this unique approach to education has proven to be so remarkably effective in eliminating problems in schools and enlivening the basis of success in life.

The lectures are given by Raja Michael and Dr. Susie Dillbeck, Dr. Ashley Deans, and the Rows.

7. Maharishi Presents the Vision of Total Knowledge: *Discovering Total Natural Law in Atma, the Cosmic Self of Everyone, and in Every Area of Creation.*

Six lessons; Each lesson is 1 hour.

*Available in: English, Russian, Spanish, German, Japanese, French, Dutch

In these lessons Maharishi explains that Total Knowledge is the knowledge of unity in diversity and diversity in unity and he unfolds the full range of Natural Law from point to infinity, and explains how this is expressed in human life in the development of the highest state of consciousness, Unity Consciousness, for life to flower in all its dignity and bliss.

This course features Maharishi's historic lectures from the original Total Knowledge course in 1998/99 delivered by satellite to 15,000 participants in 100 countries.

8. Maharishi Unfolds the Royal, Invincible Path for Mastery Over Nature in the State of Perfect Life—*From the Level of Life as it Is Lived Today to the Ideal Level of Living Life in Perfection.*

Six lessons; Each lesson is 1 hour

At the conclusion of the first global offering of the six-month long Creating a Perfect Man Course 1 in 2000, Maharishi delivered a series of profound lectures—these form the lessons of this 6 hour course, along with a summary lecture by His Excellency Bevan. In these Maharishi explains the nature of reality and the nature of Maya—Unity and diversity. Maya is life based on concepts, boundaries, and limitations that are not real—this is the mirage of diversity. Maharishi explains that we are perfect, that we are cosmic, that we are eternal, that reality is Unity.

9. Maharishi Speaks on Higher States of Consciousness, Course 3: Life in the Fullness of Unity: *Living Infinite Harmony in Brahman Consciousness—the Supreme Fulfillment of Maharishi's Vedic Technologies of Consciousness.*

Six lessons; Each lesson is 1 hour

Please note: This course contains lectures that were originally part of the 16-lesson course, Maharishi Speaks on the Seven States of Consciousness.

10. Mini-Courses for Younger Students on DVD (originally developed as web page courses).

These courses contain learning activities for students to gain concrete experience of the knowledge they learn. Ideally the whole family would participate in the course together.

A. Living in Tune with Natural Law. This is a short course for teenagers that introduces them to the basic principles of Maharishi's Consciousness Based Approach to Health. Topics include understanding Vata, Pitta, and Kapha, and the daily and seasonal routines. This course was approved by Maharishi 7 years ago and has been used in Consciousness-based schools and in home settings.

B. Eating in Tune with Natural Law. Gives introduction to the 6 tastes and basic principles for eating to maintain good health.

Maharishi Channel Programs that could be made on DVDs to sell

1. Maharishi's weekly global press conferences. Note: We are planning two DVD series:

- (a) For the public: *Fundamentals of Maharishi's Programs to Create Enlightenment for the Individual, Invincibility for Every Nation, And Permanent Peace for the World Family.*
- (b) More advanced for the Movement: *Gems of Vedic Wisdom: [specific topics]*

2. Maharishi's historic addresses for Global Celebrations. e.g., January 12th, Guru Purnima, , Mahalakshmi, Ganapati, Dhanvantari etc.

3. Maharishi's talks to India (Hindi series from 1998-99). There is beautiful material of Maharishi with Raja Raam in English we had been planning to make into a series, with some brief introduction and concluding remarks.

4. History of the Movement. This could include the 2.5 hour tape, plus talks on this subject by His Excellency Bevan (from his series).

5. Vedic Pujas for the most auspicious days of the Vedic Calendar. With Vedic Pandits from India. *Note: It would need to be checked that these would go out on DVD.

6. Celebrating the Vedic Calendar, with knowledge and Vedic recitation for the auspicious Vedic days throughout each month. 90 programs produced by MOU to date (1/2 hour each). *Note: We have many requests for these on DVD.

7. Knowledge series. *Note: As some of these have many tapes we suggest starting with a selection on 2-3 DVD's per long series.

(1) *Maharishi World Peace Parliaments.* (approximately 250 sessions)
The Rajas, with key lectures by Maharishi

(2) *News from the Mayor of Maharishi Vedic City, His Highness Raja Dr. Robert G. Wynne.*
Note: though some of these tapes are out of date now, the ones that give an overview of Maharishi Vedic City would be inspiring for new meditators.

(3) His Highness Raja Michael Dillbeck and Dr. Susan Dillbeck: *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program Documenting the Growth of Perfection in All Areas of Life.* 15 minutes

Presented in light of the following (different sub-series):

- Expressions of Total Knowledge
- 40 Qualities of Intelligence
- Old and New Principles
- Solutions to Problems

(4) Dr. Susan Dillbeck. *Principles of Ideal Education—Consciousness-Based Education. With examples from Ideal Girls School and Maharishi Spiritual University.*
15-30 minutes.

(5) His Excellency Dr. Bevan Morris. *World Politics and World Economy.* 30 minutes

Note: Many of these are connected to time-bound events, but there are beautiful knowledge talks on higher states of consciousness, history of the Movement, etc. There are also several fascinating tapes on religion that could form their own little series.

(6) His Excellency Dr. John Hagelin.

- a. *Solutions: Offering Proven Solutions to the World's Most Pressing Problems.* 30 minutes
- b. *Fundamentals of Peace.* 1.5 hours
- c. *Dr. John Hagelin Answers Questions from the Press.* 1 hour

(7) His Highness Dr. Paul Potter. *Bringing News from Around the World of Indications of Rising Purity in World Consciousness.* 15 minutes. Note: Many of these were especially for India re: the Pope etc. Raja Paul could advise if he feels there are ones suitable for sale in US.

(8) His Excellency Professor Volker Schanbacher. 30 minutes. *Knowledge for Peace—Knowledge of Total Natural Law and its Practical Application. Presenting profound principles of Nature's functioning, as discovered by modern science, in the light of Maharishi's Vedic Science.*

(9) *The Rise of Education for Enlightenment, Consciousness-Based Education—knowledge and achievements from the four institutions in Fairfield and Maharishi Vedic City that are world leaders for Maharishi's Vedic System of Education.* Maharishi University of Management, Maharishi School of the Age of Enlightenment, Maharishi Spiritual University and Ideal Girls School, and Maharishi Open University. 30 minutes.

Jai Guru Dev