

**Quote from  
Maharishi University of Enlightenment, USA,  
Dean of Faculty**

„Overseeing the curriculum and the faculty is a joy and tremendously fulfilling when the curriculum is taught in a way to minimize stress and maximize learning, and the faculty are so fulfilled. The faculty can pour themselves into the teaching without burnout because, through their practice of Transcendental Meditation, both students and faculty are getting deep rest and functioning with more of their full potential in a stress-free environment. The students are awake, alert, growing in intelligence and human virtues, as well as in knowledge, and are respectful and receptive to the faculty. In addition, the faculty uses special teaching methods that make it easy for the students to identify the most important material, and to retain the knowledge and apply it without long hours of homework or strenuous memorizing.

Happy, healthy students with good academic performance help make happy, healthy faculty who can do the job to which they dedicate their lives.”