



MAHARISHI ACADEMY OF TOTAL KNOWLEDGE

HIGH SCHOOL FOR LEADERSHIP

College preparatory boarding school for boys, grades 9–12

- ◆ Proven techniques to prepare the brain physiology for learning
- ◆ High achievement in a healthy, low-stress environment
- ◆ Traditional college preparatory curriculum
- ◆ Leadership training
- ◆ Outdoor adventure education
- ◆ Fresh, pure, organic food
- ◆ Sustainable living program

A great teacher, sound curriculum, and professional teaching strategies are all for naught, if the student is not alert. Modern education is information-based, focusing primarily on what is “known” — facts, concepts, procedures, etc.

While content is important, education is incomplete if it ignores the “knower” — the consciousness, or quality of awareness, of the student.

The current fragmented approach fails to awaken the student’s total brain. The student’s brain is, after all, where learning takes place.

Education That Prepares Your Brain and Physiology to Succeed



Benefits for education and health

The National Institutes of Health has granted over \$20 million to study the effects of the Transcendental Meditation® program for the prevention and treatment of heart disease, hypertension and stroke.

In addition, hundreds of other studies have been conducted on the beneficial effects of the TM® program for mind, health, behavior, and society at over 210 independent universities and research institutions in 33 countries, including Harvard, Yale, and UCLA Medical School.

◆ Proven technique to prepare the brain physiology for learning

Maharishi Academy is based on the principles of Consciousness-BasedSM education (CBE). This system uses the Transcendental Meditation technique, brought out by Maharishi Mahesh Yogi. It is a simple, natural, effortless procedure practiced for about 15 minutes twice a day while sitting comfortably with the eyes closed. People of all backgrounds, cultures and religions around the world practice this technique and enjoy its many benefits.

The unprecedented success of Maharishi School in Fairfield, Iowa, over the past 27 years, and a vast body of scientific research prove that CBE is an effective system for developing the brain of the student, which in turn leads to achievement and success.

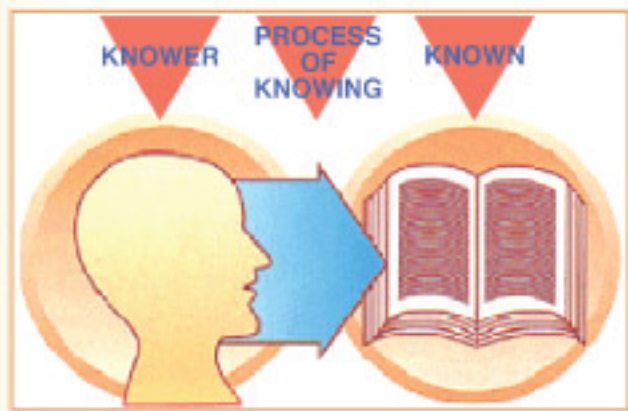
See tm.org for a detailed list of research findings.

Documented Benefits of CBE for students:

- Greater use of the brain's potential
- Improved academic achievement
- Increased creativity
- Increased intelligence (IQ)
- Higher level of moral reasoning
- Increased field independence — (not as easily influenced by others)
- Reduced stress and anxiety
- Decreased alcohol and drug use
- Increased self-esteem
- Improved general health
- Increased tolerance and appreciation

◆ Enliven the total potential of the student's brain

Education's emphasis on information alone is incomplete. The knower, known and process of knowing must all be addressed and integrated for knowledge to be complete. This is why our school is called **Maharishi Academy of Total Knowledge**.



Total Knowledge
=
the knower,
+
the known
+
the process
of knowing

High School for Leadership

◆ High achievement in a healthy, low-stress environment

Stress, strain and fatigue do not foster health or success in life. Students at Maharishi Academy are engaged and focused, but they are also encouraged to stay fresh and rested. Rather than participating in late night “cramming sessions” that produce dullness and a dislike of learning, students learn how an alert mind can think with the depth and creativity needed to solve the most challenging problems. They learn that academic achievement and fulfillment are the result of a profound consideration of the detailed facts in the context of the whole.

◆ Traditional college preparatory curriculum

Maharishi Academy offers a full range of college preparatory courses. These courses include: science, mathematics, social studies, English, foreign language, and the arts. We favor keeping each student with his peers, but when necessary instruction can be individualized to suit each student. Specialized courses such as Writing and Senior Thesis prepare students for the most highly selective colleges.

◆ Leadership training

Leaders have identifiable qualities. They lead through the clarity of their thoughts, their ability to put those thoughts into action, and their ability to rally others to join together coherently to achieve a common goal. Maharishi Academy of Total Knowledge—*High School for Leadership* enhances growth in all three of these areas.

Clarity and creativity in thought

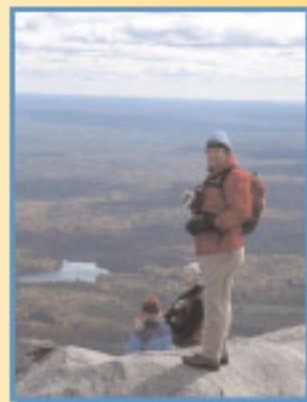
The Transcendental Meditation program and specific learning strategies train the student’s mind to grasp the deepest laws of nature and to understand how the power and intelligence embodied in nature can be sequentially applied to a practical situation.

Skill in action

At Maharishi Academy every topic is considered from its depths to its surface expression. All classes and extracurricular experiences focus on deep principles as well as concrete applications.

Social leadership

Students learn to lead through the development of clear communication and the experience of working in groups. Students lead by example and through the ability to appreciate the qualities and strengths of each individual.



◆ Outdoor adventure education

Our 450-acre campus is a beautiful place for recreation and appreciation of nature. It is also a classroom. Learning the basics of survival in the outdoors gives a young man confidence and the practical experience of self-sufficiency.



Education for Tomorrow's Leaders



◆ Fresh, pure organic food

We are the first boarding school in the U.S. to offer an all-vegetarian, organic, freshly prepared menu. Today's teens are battling diet-related health problems. There is substantial research supporting the health benefits of eating a balanced organic vegetarian diet. Our menus have fresh, delicious foods, including pizza, stir-fry, and selected Mexican, Chinese, Indian, and Italian dishes, as well as American favorites.

Comment from Educator

“Students need more than facts in order to be effective citizens in today's world. They need something that gives them the confidence to participate; the ability to learn and to respect one another; and the capacity to respect themselves and to lead healthy lives. Transcendental Meditation is a way to develop students from the inside out.

“Twenty-five years ago, when I first became aware of TM, I was impressed by the initial research on its benefits done at UCLA and Harvard Medical School. I started the practice myself and, over the years, have found the personal benefits to be enormous.”

◆ Sustainable living program

Sustainable living is essentially living in a way that can be sustained over time. Currently our interdisciplinary curriculum includes the following topics:

- **Self Sustainability** – develops your total inner potential through Consciousness-Based education
- **Bio-Geophysiology** – provides the foundations of ecology and geology as the model for sustainability
- **Renewable Energy** – includes solar energy, wind energy, and biofuels
- **Sustainable Agriculture** – emphasizes organic agriculture and permaculture design practices
- **Eco-Architectural Design** – focuses on creating buildings and communities in harmony with the laws of nature.



Ralph Wolff, J.D.

Executive director of the Accrediting Commission for Senior Colleges and Universities of the Western Association of Schools and Colleges, former law faculty at the University of Dayton Law School; a founder of the Antioch School of Law, and former Dean of the Graduate School of Education at Antioch.



Headmaster Alan Colby
and his wife, Martha

MAHARISHI ACADEMY OF TOTAL KNOWLEDGE

HIGH SCHOOL FOR LEADERSHIP

100 Old North Branch Rd.
Antrim, New Hampshire 03440
U.S.A

(2 hours north of Boston)

REALIZE YOUR FULL POTENTIAL

Download an application to Maharishi Academy of Total Knowledge at
www.MaharishiAcademy.org,
write to us at **info@MaharishiAcademy.org**, or call **603-588-0400**.

Visit Our Campus

Maharishi Academy welcomes prospective students and their families to campus by appointment. We suggest that you combine the trip with visits to one or more of New Hampshire's recreation sites.

Maharishi Academy of Total Knowledge – *High School for Leadership* admits students of any race, color, and national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at our school and does not discriminate on the basis of race, color, or national or ethnic origin in administration of our educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.

Maharishi Academy of Total Knowledge is an Equal Opportunity Institution.