

1116-C5-2487      **M. Anne Dow\*** ([adow@mum.edu](mailto:adow@mum.edu)), Maharishi University of Management, 1000 N. 4th St., MR 715, Fairfield, IA 52557. *Consciousness-Based Education: Using Transcendental Meditation to Enhance Student Learning in Mathematics Classes.*

When I first visited Maharishi University of Management, after more than ten years teaching mathematics at a university in Australia, I was struck by the liveliness of the math students. They were awake, alert, happy, interested in what I had to say, and engaged in lively discussions about the math. In this talk, I will explain why the practice of Maharishi Mahesh Yogi's Transcendental Meditation technique by both students and faculty should have this result, making the teaching and learning of mathematics more effective and enjoyable. I will explain how it works and give an overview of research into those effects of Transcendental Meditation that are relevant to doing, teaching, and learning mathematics. (Received September 22, 2015)