Consciousness, Food, Physiology, and the Environment
Re-Uniting Man and Nature from their Common Source in Consciousness

Creating a Sustainable Global Environment through the Principles and Practices of Maharishi Vedic Organic Agriculture and Environmental Relationships

COURSE OUTLINE

COURSE 1, Theme 1 – Ensouling the Environment: Understanding and Experiencing the Dynamics of Consciousness in our Environment

Lesson 1: Nature’s Intelligence and Organizing Power: “Agreeing with the Culturing Intelligence of Total Natural Law”

Welcome and Introduction to the Course

Topic 1: The Wonders and Beauty of Nature—The Intelligence of the Whole Guiding and Supporting All of the Parts: The Roots of a Tree, the Tale of Two Birds, and the Story of a King

Topic 2: Nature’s Unbounded Creativity and Potential

Topic 3: Creating a Consciousness-Based Relationship with Nature: “Agreeing with the Culturing Intelligence of Total Natural Law”

Topic 4: Principles and Practices of Gaining Knowledge and Experience of the Natural World

Topic 5: Relationships at the Heart of Maharishi Vedic Agriculture and Environmental Relationships

Topic 6: Fundamental Principles of Action at the Heart of Maharishi Vedic Agriculture and Environmental Relationships

Topic 7: A Tribute to the Tradition: The Transforming Power of Vedic Expressions and the Speech of the Enlightened: Katha Japah

Topic 8: Purpose and Goals of Maharishi’s Course on Consciousness, Food, Physiology, and the Environment.

Topic 9: Overview of the Lessons

Homework: Read Vedic Agriculture Brochure, pages 1-11
Lesson 2: Plant Awareness, Communication, and Behavior: Understanding Nature’s Interactions as the Basis for Man’s Connection to his Environment.

**Topic 1:** Are Plants Conscious? Are They Aware? What do They Know? What Are Plants Doing? How Are They Behaving?

**Topic 2:** How Are Plants Communicating and Interacting?

**Topic 3:** Plant Communication through Structure: The Language and Intelligence of Form

**Homework:** Read Vedic Agriculture Brochure, pages 13-19

Lesson 3: The Web of Life: Integrated Man, Plant, and Nature Interactions to Create Sustainable, Holistic Systems Environment

**Topic 1:** Self-Referral, Self-Awareness, and the Expression of Intelligence in All Self-Organized Systems: The Intelligence of the Whole Guiding and Supporting the Intelligence of All the Parts

**Topic 2:** Expressions of Consciousness and Intelligence in Nature

**Topic 3:** Man, Plant, Animal, and Nature: Perception and Interactions

**Topic 4:** System Dynamics from the Perspective of Modern Science

**Topic 5:** Environmental Interactions and Genetic Expression

**Topic 6:** The Web of Life—The Holistic Nature of Life and the Interaction of Parts to Create Integrated, Holistic, Living Systems—The Interaction of Species to Create Intelligent and Integrated Communities

**Topic 7:** The Whole is More Than the Sum of the Parts: Progressive Emergent Behaviors from Greater and More Complex, Holistic Systems

**Topic 8:** Gaia Theory, Ma Bhumi, and the Earth as a Living Being

**Topic 9:** The Mahavakayas and Their Meaning in the Context of This Course

**Homework:** Read Vedic Agriculture Brochure, pages 20-22

Lesson 4: Consciousness-Based Environmental Relationships: The Individual is Cosmic—Connecting Ourselves to the Ultimate Level of Creativity and Sustainability in our Environment

**Topic 1:** The State of the Environment: What We Have Done to Our Home Planet and What We Can Do About It
Topic 2: One Solution to All Problems, and Only One Solution to Any Problem: Maharishi’s Approach to Sustainable Environmental Relationships—Attuning Individual Intelligence with Nature’s Intelligence

Topic 3: Man’s Role in Creating the Ideal Environment: Do That by Doing Which Everything Else Is Done

Topic 4: Personalized Farming and Environmental Relationships: Creating a Personal Relationship with our Food and Surroundings through the Home Garden

COURSE 2, Theme 2 – Maharishi Vedic Organic Agriculture and Environmental Relationships: Awakening a New Paradigm in Food Production and Environmental Sustainability through Consciousness-Based, Regenerative Agriculture

Lesson 5: Consciousness, the Unified Field, and the Physical Creation: Structure and Function from the Perspective of Modern Science

Topic 1: Maharishi’s Unified Field Chart for Physics: The Hierarchical Structure of Nature from the Unified Field of Natural Law to the Ever Expanding Universe

Topic 2: Subjective and Objective Approaches to Gaining Knowledge in the Life of a Scientist and His Science

Topic 3: Creating a Bridge between Modern Science and Vedic Science: The Universe as Sound—Shabda Brahm

Homework: Read Vedic Agriculture Brochure, pages 42-51

Lesson 6: Consciousness, the Unified Field, and the Physical Creation: Structure and Function from the Perspective of Maharishi’s Vedic Science

Topic 1: The Hierarchical Structure of Life and Creation: Consciousness, Natural Law, Physiology, the Environment, and Wholeness: Atma, Veda, Sharir, Vishwa, Brahm

Topic 2: The Fundamental Eightfold Structuring Dynamics of Natural Law Found throughout the Universe

Topic 3: The Eightfold Structure of Life as it Manifests in the Plant Kingdom—Seeing the Eight in the Structure of Plants

Topic 4: The Eightfold Nature of Life in Birds, Animals, and Human Physiology

Topic 1: The Knowledge of Vedic Agriculture in Seed Form

Topic 2: Maharishi Vedic Science—the Foundation of Maharishi Vedic Agriculture

Topic 3: The Origins of Consciousness-Based Agriculture in the Vedic Tradition of India

Topic 4: The Essence and Meaning of a New Paradigm in Agriculture

Topic 5: The Purpose and Nature of Maharishi Vedic Agriculture: Holistic Agriculture in Tune with Nature’s Organizing Intelligence

Topic 6: Maharishi’s Fundamental Knowledge and Principles of Maharishi Vedic Agriculture and Environmental Relationships

Topic 7: Gaining Support of Natural Law: the Basis of Success in Agriculture—Nature Knows Best How to Organize

Topic 8: Maharishi Vedic Agriculture as Spiritual Agriculture: Bringing the Divine into Our Food

Homework: Read Vedic Agriculture Brochure, pages 29-35

Lesson 8: Waking Up Nature’s Intelligence in Man

Topic 1: Vedic Procedures for Developing the Full Potential of Life in Higher States of Consciousness and Enjoying full Support of Nature in All Our Activities

Topic 2: The TM and TM-Sidhi Programs—The Process and Practice of Transcending: Refining Perception and Physiology to Achieve the Highest Level of Human Experience and Connectedness with Natural Law

Topic 3: Experience of Nature through Refined Perception: The Value of Heightened Awareness in Forming a Relationship with the Natural Environment—Seeing the Inner Divinity of Life
**Lesson 9: Waking Up Nature’s Intelligence in the Farming and Natural Environment**

**Topic 1:** A Holistic Approach to Food Production and Environmental Relationships

**Topic 2:** Enlivening Total Natural Law in the Farming Environment: Applying Maharishi Vedic Recitation Program at Each Stage in the Life Cycle of the Plants to Support Full Growth, Vitality, and Development

**Topic 3:** Encoding Intelligence in Structure and Sequence: The Dynamical Relationship between Name and Form, Intelligence and Matter, Memory and Behavior, Structure and Function

**Topic 4:** The Mechanics and Dynamics of Maharishi Yagya: Understanding Maharishi Yagya from the Perspective of Modern Science and Vedic Science

**Topic 5:** Supplementary Vedic Procedures in Maharishi’s Vedic Organic Agriculture

**COURSE 3, Theme 3 – The Life Changing Role of Food in Our Lives:** Pure, Vital, Intelligent Food as a Means of Developing Full Human Potential: Vedic Food for Vedic Consciousness

**Lesson 10: What is Food? Why Is Food So Important? How Does Food Quality and Purity Effect Consciousness, Physiology, Behavior, and the Environment**

**Topic 1:** The All-Encompassing Nature of What is Meant by “Food”
Lesson 11: Evolving Food Production from Chemical-Based, to Organic, to Maharishi Vedic Organic

Topic 1: Modern Industrial Agriculture—Creating Hazards at Every Level of Life

Topic 2: Reconnecting with Nature through Organic Agriculture: Restoring Purity, Naturalness, and Sustainability to the Farmer, the Food, and the Environment

Topic 3: Organic Is Not Enough: Bringing the Full Range of Natural Law into the Field of Agriculture—Solving the Problems of Modern Agriculture through Maharishi Vedic Organic Agriculture

Topic 4: Fundamentals of Sustainability in Consciousness-Based Farming

Topic 5: The Effect of Collective Consciousness on Food Vitality, Nutrition, and Production

Lesson 12: Making Sure It’s Pure: the Maharishi Vedic Organic Agriculture Standards and Certification Program

Topic 1: Vedic Food: What is the Nature and Quality of Pure, Vital, Balanced Food?

Topic 2: The Role of Purity in Vedic Agriculture: Purity in Food Production, Processing, Preparation, and Consumption; Purity of Physiology and Purity of Expression

Topic 3: Maharishi Vedic Organic Agriculture Standards
Lesson 13: Enlivening Total Natural Law in Awareness and Physiology: Vedic Food for Vedic Consciousness

Topic 1: Veda in Human Physiology: Human Physiology as the Expression of Nature's Fundamental Intelligence and Organizing Power

Topic 2: Vedic Food for Vedic Consciousness: Enlivening Nature's Complete Intelligence in the Physiology through Vedic Food

Topic 3: Food As the Vital Link for Reconnecting Man with His Full Cosmic Potential

Topic 4: Review: The Cyclic Relationship between Full Expression of Natural Law and Food Vitality, Nutrition, Health, and Higher Consciousness

Homework: Read Vedic Agriculture Brochure, pages 52–the end

COURSE 4, Theme 4 – Consciousness-Based Agriculture and Environmental Relationships in the Global Environment: Creating Enlightened Individuals for an Ideal Society and a Balanced Global Environment

Lesson 14: Maharishi's Vision for Global Agriculture in a Sustainable Environment: From Micro to Macro — Integrating Maharishi Vedic Agriculture and Environmental Relationships into Our Collective Lives — Creating an Ideal Society through Healthy Farmers, Healthy Food, Healthy Environments, Healthy Societies, and Invincible Nations

Topic 1: Re-aligning the Global Family with Natural Law: Applying the Principles, Knowledge and Procedures of Maharishi Vedic Organic Agriculture and Environmental Relationships to Balance and Nurture the Global Environment

Topic 2: The Global Country of World Peace and the Maharishi Poverty Removal Program—Creating Health and Wealth by Acting in Harmony with Natural Law

Topic 3: Bringing Fulfillment to the Profession of Agriculture—the Role of Vedic Agriculture in Creating Invincibility for the Nation and Peace for the World

Topic 4: What it Means to Be a Vedic Farmer
Topic 5: How to Create Maharishi Vedic Organic Agriculture Projects: 7 Pillars of Maharishi Vedic Organic Agriculture Projects

Topic 6: How to Become Involved in Maharishi’s New Paradigm in Agriculture

Topic 7: Good News of a Globally Improving Environment

Homework: Research two special events of global progress in Regenerative Agriculture and Environmental Management. It can be a short video, a news item, a project report. Prizes will be given for the most inspiring news.

Lesson 15: Integrating Knowledge and Experience into a Holistic Perception of Agriculture and the Environment—Vedic Agriculture and Environmental Relationships as Total Knowledge

Topic 1: Maharishi’s Vision of Vedic Agriculture and Environmental Relationships

Lesson 16: Student Presentations, Reports, and Field trips

Topic 1: How Have the 15 Goals of the Course Been Fulfilled in Your Life?

Topic 2: What Have Been the Key Expressions of Knowledge That Have Connected You to a Deeper Relationship with Natural Law: Your Personal Krishi Sutras

Topic 3: How Has This Course Changed the Way You Perceive the Significance of Food, the Practice of Agriculture, and Your Relationship to the Environment?

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