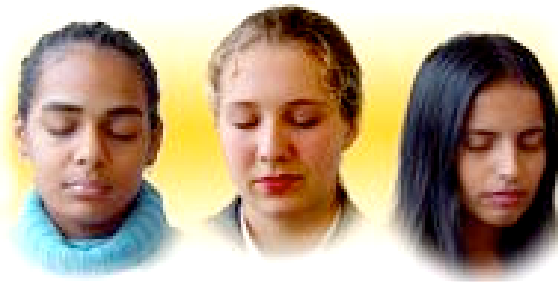


BrainMatrix, Inc. presents a program on

Educating the Whole Child

**For Individual Success and Well-Being,
And Social Prosperity and Harmony**



**The Role of Education in Creating a Prosperous,
Harmonious Society**

Of all of society's resources the most important, yet most underutilized, resource is human potential. Human creative potential is the fundamental source of social

advancement. Educational systems function to enhance the development of the student's full inner potential so as to further the growth and harmony of social progress while reducing the risks of substance abuse, mental and physical disorders, and disharmony. This is especially imperative in order to build and sustain harmony in a multi-cultural, multi-ethnic and multi-religious society. Schools endeavor to aid the development of *every* child, and to develop the *whole* child. Yet, today's society is facing growing social disruption and fragmentation of cultural traditions. Stress and anxiety pervade our educational institutions and affect our students and our teachers.

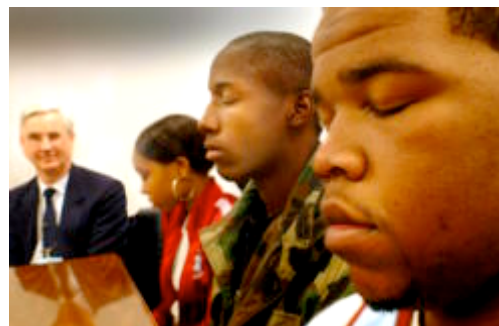
All the problems and suffering we see around us, at every level, and in every nation, are due to the failure of modern education to unfold students' total potential by developing the total brain. Any approach to education that fails to cultivate its students' full creative potential is *fragmented* education and is simply inadequate. Generation after generation educators try with all good intentions to fix the system. Unfortunately, education has not included a systematic means to directly promote integrated brain functioning. Rather, from middle school onwards, education primarily exercises the individual's logical reasoning ability in relation to specific bodies of knowledge. Certainly, reasoning ability depends on the maturation of the brain's integrative systems. However, limiting the educational experiences of students only to the continued exercise of their reasoning skills is not sufficient to further develop the brain's potential, and to unfold higher integration of brain functioning.

The basis of educating the whole child can be located in the brain physiology. The orderliness of brain function and its progressive development during the child's educational experience helps to mold the physical, intellectual, emotional, moral and spiritual values of every young citizen. Education is keen to implement research-based tools that can develop the whole child and release his/her full creative potential. The system of Consciousness-Based educationSM has been scientifically documented to enhance the learning process, academic performance, and to cultivate the highest levels of human development.

Consciousness-Based Education

The Transcendental Meditation® technique is the key technology used in Consciousness-BasedSM education. This approach adds the study and research in consciousness to the traditional study of the academic disciplines, and includes the twice-daily practice of the Transcendental Meditation to directly develop the full creative dynamics of the brain to release higher states of human potential.

Considering institutions as a whole, students at universities and schools using Consciousness-Based education are found to be distinctly more committed academically, more alert, healthier and emotionally balanced, more self-actualized, more satisfied with their education, more harmonious in their relationships, and more mature in moral judgment, compared to students at other educational institutions.



How to Enliven the Total Brain

If you desire to develop your creative potential to the fullest, you must enliven the *total brain*. Your brain is shaped by every experience you have. Everything you think, see, and do enlivens a specific part of your brain and modifies your brain's structure and function. A child's educational experience is no different. When they study mathematics they stimulate certain areas of the brain, while studying literature or music enlivens still other areas. But none of these activities enlivens the *total brain*. No matter how well-rounded the child's education might be, they will only enliven specific *parts* of the brain. If education desires to develop the student's creative potential to the fullest, education must enliven the *total brain*.

There is one experience that has been shown to enliven the total brain, and that is the experience of *total consciousness*. This experience comes naturally and spontaneously during the Transcendental Meditation technique, which allows the attention to turn within and the activity of the mind to settle down.

Eliminate the Root Cause of Crime, Violence and Drug Abuse

The benefits of practicing this technique a few minutes in the morning and the evening are extraordinary, as more than 600 scientific research studies, conducted at more than 200 universities and research institutes, have demonstrated. You become more awake and alert throughout the day. Intelligence and creativity increase. Memory and learning ability improve. Reaction time becomes faster. Health improves. One's personality blossoms in a balanced way, and relationships become more natural and fulfilling. Thus, children who are happy in their lives, excited about learning, and growing to their full potential do not gravitate towards drug use or to disharmony and violence. Likewise, children at-risk for attention-deficit hyperactivity disorder experience great reduction or elimination of symptoms, increased confidence and academic success. Thus, the ability of this technology to culture the *total* potential of the brain simultaneously fulfills the fundamental goal of education and eliminated negative, life-damaging behavior.



Research-based Investment in Children, Education and the Nation

Since the experience of Transcendental Consciousness is the only human experience that is completely holistic and unbounded in nature, it is the only experience that awakens the total potential of brain functioning. This has been confirmed by repeated scientific research showing that during the Transcendental Meditation technique all areas of the brain are enlivened simultaneously and the hidden reserves of the brain are developed. Students are effortlessly developing the *total* potential of their brain physiology through their twice-a-day practice of

CBE leads to increases in:

- Fluid & practical intelligence
- Orderliness of brain functioning
- Self-development
- Creativity
- Field independence
- Physical & mental health
- Moral reasoning
- Academic performance
- Neuromuscular coordination
- Personal relationships

the Transcendental Meditation technique.

This documented Consciousness-based educational program represents a tremendous investment that can offer a cost-effective approach to developing the nation's greatest resource. Since students will be gaining the most practical preparation for personal fulfillment *and* professional success, the socio-economic structure of the country as a whole will be enhanced. And because it also represents a preventative strategy, significant savings are envisioned from reduced costs of many mental, physical, and social problems.

All Knowledge in One Brain

Modern education's emphasis on compartmentalization of knowledge — medicine, agriculture, engineering, art, etc. — promotes only partial functioning of the brain and damages the dignity of human life. Consciousness-Based education, which awakens within every student his own full creative intelligence, can deliver the goal of education — 'all knowledge in one brain' instead of 'all knowledge in one campus.' Such education will develop the total brain physiology of every student and transform society as a whole.



Facilitator

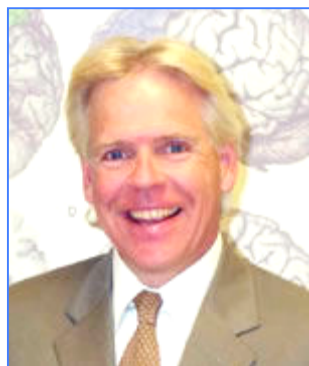
Alarik Arenander, Ph.D.

President, BrainMatrix, Inc.

1942 Mansion Drive, Vedic City, IA 5255

Telephone: 641-472-1881; Fax: 472-0422; Cell: 919-1954

ebrainmatrix@aol.com www.ebrainmatrix.com



Dr. Alarik Arenander is an international lecturer and is considered one of the most engaging, lively, and knowledgeable speakers on the subject of brain, education and human potential. He is known for his ability to make the complexity and vocabulary of brain research and its application to education easily understood. He has personally contributed to the scientific exploration of brain development and

human potential for the last 35 years conducting research at many top research institutions in the U.S. and Europe.

Interactive PowerPoint presentations with group activities, and active learning using workbooks are offered. Images of the brain will fill the lively presentations and accent the unfoldment of this exciting exploration of human potential.