The following pages contain a complete reference list and summarize the findings of the first 605 scientific research papers on Maharishi’s Transcendental Meditation and TM-Sidhi program contained in Volumes 1, 2, 3, 4, 5, 6 and 7 of Scientific Research on Maharishi’s Transcendental Meditation and TM-Sidhi Program: Collected Papers, 5394 pages in all. The numbers before the references refer to the designated numbers of the papers as they are reprinted in the Collected Papers.

Whenever a paper has previously been published in a professional journal, book or other publication, the reference to that publication is given. In all other cases, details of the institutions or universities at which the research was conducted and conferences at which the results were presented are given.

VOLUME 1


PART I: PHYSIOLOGY

The Studies in the First Two Sections Document Changes during the Practice of the Transcendental Meditation Technique Unless Otherwise Stated.

A: Metabolic Changes


Indications of Deep Rest along with Wakeful, Ordered State of Brain Functioning: Decreased Metabolic Rate (Decreased Oxygen Consumption and Unchanged Respiratory Quotient); Decreased Minute Ventilation; Decreased Heart Rate; Increased Basal Skin Resistance; Increased Regularity and Intensity of EEG Alpha Activity.
2. WALLACE, R. K. The physiological effects of Transcendental Meditation: A proposed fourth major state of consciousness. Doctoral thesis, Department of Physiology, School of Medicine, University of California at Los Angeles, Los Angeles, California, U.S.A., 1970. Indications of Deep Rest along with Wakeful, Ordered State of Brain Functioning: Decreased Metabolic Rate (Decreased Oxygen Consumption and Decreased Carbon Dioxide Elimination); Normal Arterial Oxygen and Carbon Dioxide Partial Pressures; Decreased Respiration Rate; Decreased Heart Rate; Increased Basal Skin Resistance; Increased Regularity and Intensity of EEG Alpha Activity in Frontal and Central Regions. Reduction in Biochemical Index of Stress: Decreased Arterial Lactate Levels. Self-Reported Improvements in Physical and Mental Health, and Resistance to Disease.

3. WALLACE, R. K., et al. A wakeful hypometabolic physiologic state. *American Journal of Physiology* 221: 795–799, 1971. Indications of Deep Rest along with Wakeful, Ordered State of Brain Functioning: Decreased Metabolic Rate (Decreased Oxygen Consumption and Decreased Carbon Dioxide Elimination); Normal Arterial Oxygen and Carbon Dioxide Partial Pressures; Decreased Respiration Rate; Decreased Minute Ventilation; Decreased Heart Rate; Increased Basal Skin Resistance; Increased Regularity and Intensity of EEG Alpha Activity in Frontal and Central Regions; Episodes of Rhythmical EEG Theta Activity in Frontal Region. Reduction in Biochemical Index of Stress: Decreased Arterial Lactate Levels.

4. WALLACE, R. K., et al. The physiology of meditation. *Scientific American* 226: 84–90, 1972. Indications of Deep Rest along with Wakeful, Ordered State of Brain Functioning: Decreased Metabolic Rate (Decreased Oxygen Consumption and Decreased Carbon Dioxide Elimination); Normal Arterial Oxygen and Carbon Dioxide Partial Pressures; Decreased Respiration Rate; Decreased Minute Ventilation; Decreased Heart Rate; Increased Basal Skin Resistance; Increased Regularity and Intensity of EEG Alpha Activity in Frontal and Central Regions. Reduction in Biochemical Index of Stress: Decreased Arterial Lactate Levels.


7. Farrow, J. T. Physiological changes associated with transcendental consciousness, the state of least excitation of consciousness. Psychophysiology Laboratory, Centre for the Study of Higher States of Consciousness, Maharishi European Research University, Switzerland, 1975. Experience of Transcendental Consciousness Associated with: High EEG Coherence in the Theta, Alpha, and Beta Bands; Episodes of Spontaneous Breath Suspension (Not Followed by Hyperventilation); Marked Reductions in Respiration Rate, Minute Ventilation, Metabolic Rate (Oxygen Consumption and Carbon Dioxide Elimination), and Heart Rate; Increased Basal Skin Resistance; Cessation of Spontaneous Skin Resistance Response.


9. Dhanaraj, V. H., and Singh, M. Reduction in metabolic rate during the practice of the Transcendental Meditation technique. Doctoral thesis of first author (summary), Department of Physical Education, University of Alberta, Edmonton, Alberta, Canada. Paper presented at the first Canadian Congress for Multidisciplinary Study of Sport and Physical Activity, Quebec, Canada, October 1973. Indications of Deep Rest: Decreased Metabolic Rate (Decreased Oxygen Consumption and Unchanged Respiratory Quotient); Decreased Tidal Volume; Decreased Respiration Rate.


13. Jevning, R.; Wilson, A. F.; and Smith, W. R. Plasma amino acids during the Transcendental Meditation technique: Comparison to sleep. Findings previously

Increased Plasma Phenylalanine Levels.

**B: Electrophysiological and Electroencephalographic Changes**


EEG Indications of Restful Alertness: Coexistence of Theta and Delta with Alpha and Beta EEG Activity. Increased Orderliness and Integration of Brain Functioning: Hypersynchrony and Rhythmicity; Synchronization of Anterior and Posterior Channels; Periods of Uniformity of Frequency and Amplitude from All Leads.


Increased Orderliness and Integration of Brain Functioning: High Amplitude EEG Alpha Activity Extending to Anterior Channels; Bursts of High Amplitude Theta Activity in All Channels; Rhythmic High Amplitude Beta Activity in All Channels; Synchronization of Anterior and Posterior Channels. Electromyographic Evidence of Deep Muscular Relaxation.


Increased Orderliness and Integration of Brain Functioning: High Levels of Interhemispheric EEG Alpha Correlation; Greater Power Balance between Right and Left Hemispheres.


EEG Indications of Restful Alertness: Less Activation (Decreased Proportion of Beta to Alpha); Greater Wakefulness (Increased Proportion of Alpha to Delta). Increased Orderliness and Integration of Brain Functioning: Greater Interhemispheric and Intrahemispheric EEG Synchrony.


EEG Indications of Restful Alertness: Increased Alpha Activity in All Areas of the Brain. Maintenance of a More Relaxed Style of Physiological Functioning Outside of Meditation: Persistence of Greater Alpha Activity following Meditation.

19. **BANQUET, J. P., and SAILHAN, M.** Quantified EEG spectral analysis of sleep and

EEG Indications of Inner Wakefulness during Sleep.

20. LEVINE, P. H.; HEBERT, J. R.; HAYNES, C. T.; and STROBEL, U. EEG coherence during the Transcendental Meditation technique. Psychophysiology Laboratory, Centre for the Study of Higher States of Consciousness, Maharishi European Research University, Switzerland, 1976. Increased Orderliness and Integration of Brain Functioning: Increased EEG Coherence Especially in Alpha and Theta Bands.

21. HAYNES, C. T.; HEBERT, J. R.; REBER, W.; and ORME-JOHNSON, D. W. The psychophysiology of advanced participants in the Transcendental Meditation program: Correlations of EEG coherence, creativity, H-reflex recovery, and experience of transcendental consciousness. Psychophysiology Laboratory, Centre for the Study of Higher States of Consciousness, Maharishi European Research University, Switzerland, 1976. Correlations between High EEG Coherence, High Levels of Creativity, Enhanced Neurological Efficiency (Faster H-Reflex Recovery), and Clarity of Experiences of Transcendental Consciousness.


C: Physiological Efficiency and Stability

Improved Resistance to Stress and Greater Autonomic Stability: Faster Habituation of Skin Resistance Response to Stressful Stimuli; Fewer Spontaneous Skin Resistance Responses.

Improved Resistance to Stress and Greater Autonomic Stability: Faster Habituation of Skin Resistance Response to Stressful Stimuli; Fewer Spontaneous Skin Resistance Responses.

Improved Resistance to Stress and Greater Autonomic Stability: Faster Habituation of Skin Resistance Response to Stressful Stimuli.

EEG Indications of Greater Alertness (in Response to Photic Stimulation).

Increased Basal Skin Resistance during Transcendental Meditation. Maintenance of a Relaxed Style of Physiological Functioning outside the Practice of Transcendental Meditation: Lower Heart Rate; Lower Respiration Rate.

Enhanced Temperature Homeostasis: Faster Recovery of Normal Skin Temperature following Exertion.

**D: Health**

Improvements in Hypertensive Subjects: Decreased Blood Pressure.

34. SIMON, D. B.; OPARIL, S.; and KIMBALL, C. P. The Transcendental Meditation program and essential hypertension. Hypertension Clinic and Department of Psychiatry, Pritzker School of Medicine, University of Chicago, Chicago, Illinois, U.S.A., 1974. Improvements in Hypertensive Subjects: Decreased Blood Pressure. Improvements in Patients with Angina Pectoris: Improved Exercise Tolerance; Increased Maximum Workload; Delayed Appearance of Electrocardiographic Abnormalities during Exercise (Delayed Onset of ST Segment Depression); Decreased Double Product; Clinical Observations of Decreased Anxiety; Decreased Need for Tranquillizers and Anti-Anginal Drugs; Improved Sleeping Patterns; Improved Personal Relationships.

35. ZAMARRA, J.W.; BESSEGHINI, I.; and WITTENBERG, S. The effects of the Transcendental Meditation program on the exercise performance of patients with angina pectoris. Department of Medicine, State University of New York at Buffalo, New York, U.S.A., and Buffalo Veterans Administration Hospital, Buffalo, New York, U.S.A., 1975. Improvements in Patients with Angina Pectoris; Improved Exercise Tolerance; Increased Maximum Workload; Delayed Appearance of Electrocardiographic Abnormalities during Exercise (Delayed Onset of ST Segment Depression); Decreased Double Product; Clinical Observations of Decreased Anxiety; Decreased Need for Tranquillizers and Anti-Anginal Drugs; Improved Sleeping Patterns; Improved Personal Relationships.


41. MISKIMAN, D. E. The treatment of insomnia by the Transcendental Meditation program. Graduate Department of Psychology, University of Alberta, Edmonton, Alberta, Canada, 1972. Relief from Insomnia: Decreased Time Taken to Fall Asleep.

42. MISKIMAN, D. E. Long-term effects of the Transcendental Meditation program in the treatment of insomnia. Graduate Department of Psychology, University of Alberta, Edmonton, Alberta, Canada, 1975. Relief from Insomnia: Decreased Time Taken to Fall Asleep (Benefits Sustained over Time).


**E. Motor and Perceptual Ability, and Athletic Performance**


52. PELLETIER, K. R. The effects of the Transcendental Meditation program on perceptual style: Increased field independence. Langley Porter Neuropsychiatric Institute, University of California School of Medicine, San Francisco, California, U.S.A. Paper presented at the meeting of the Western Psychological Association, San Francisco, California, 25–28 April 1974. Increased Field Independence (Growth of a Stable Internal Frame of Reference, Increased Perceptual Acuity).


**PART II: PSYCHOLOGY**

**A: Intelligence, Learning, and Academic Performance**

54. TJOA, A. Some evidence that the Transcendental Meditation program increases
intelligence and reduces neuroticism as measured by psychological tests. G.I.T.P., Amsterdam, the Netherlands, 1972.

Benefits for High School Students: Decreased Neuroticism; Greater Intelligence Growth Rate: Increased Fluid Intelligence.


Increased Fluid Intelligence; Decreased Neuroticism; Decreased Somatic Neurotic Instability.


Benefits for University Students: Quicker Acquisition of Information (Better Learning Ability); Superior Recall.

57. MISKIMAN, D. E. Performance on a learning task by subjects who practice the Transcendental Meditation technique. Graduate Department of Psychology, University of Alberta, Edmonton, Alberta, Canada, 1972.

Benefits for University Students: Superior Learning Ability.


Benefits for University Students: Improved Spontaneous Organization of Memory; Improved Stabilization of Organized Memory; Improved Problem-Solving Ability.


Benefits for High School Students: Improved Academic Performance; Reduced State and Trait Anxiety.


B: Development of Personality


1The terms in parentheses are taken from the manual of the psychological test employed in order to clarify the characteristics measured by the test.

65. Fehr, T.; Nerstheimer, U.; and Torber, S. Study of personality changes resulting from the Transcendental Meditation program: Freiburger Personality Inventory. Department of Social Affairs, MIU/Forschungsring Schopferische Intelligenz, Dormagen, W. Germany, 1972. Less Nervousness (Less Psychosomatic Disturbance); Less Aggressiveness (Greater Self-Control, Greater Emotional Maturity); Less Depression (Greater Contentment, Greater Self-Confidence); Less Irritability (Greater Calm in Frustrating Situations, Greater Tolerance); Greater Sociability (Greater Friendliness, Greater Liveliness); Greater Placidity (Greater Self-Assuredness, More Good Humor, Less Tendency to Procrastinate); Less Tendency to Dominate (Greater Respectfulness); Less Inhibition (Greater Naturalness, Greater Spontaneity, Greater Self-Sufficiency); Less Neuroticism (Greater Emotional Stability, Less Tension); Greater Self-Reliance (Greater Effectiveness, More Balanced Mood, Greater Vigor).

Interest in Learning Transcendental Meditation Found to Be Uncorrelated with Personality Factors.


71. PENNER, W. J.; ZINGLE, H. W.; DYCK, R.; and TRUCH, S. Does an in-depth Transcendental Meditation course effect change in the personalities of the participants? *Western Psychologist* 4: 104–111, 1974. Greater Interest in Academic Activities; Greater Intellectual Orientation; Greater Aestheticism; Greater Respect for Traditional Religious Values; Greater
Adaptability of Mental Orientation; Greater Autonomy; Greater Social Extraversion; Less Impulsiveness; Greater Personal Integration (Decreased Social Alienation and Emotional Disturbance); Lower Anxiety Level; Greater Altruism.


73. SCHILLING, P. B. The effect of the regular practice of the Transcendental Meditation technique on behavior and personality. Department of Clinical Psychology, Eastern Kentucky University, Richmond, Kentucky, U.S.A., 1974. Decreased Aggression (Increases in: Tactfulness, Calmness, Easygoingness, Forgiveness, and Consideration; Decreases in: Argumentativeness, Irritability, and Threatening Behavior); Improved Leadership Ability; Growth of a More Brave, Adventurous, Action-Oriented Nature; Increased Affiliation (Increases in: Enjoyment of Friends, Maintenance of Associations with Others, Warmth, Neighborliness, and Co-operativeness); Increased Nurturance (Increases in: Need to Give Sympathy and Assistance to Others, Protectiveness, and Consideration for Others); Decreased Use of Drugs; Decreased Use of Alcohol.

74. SHAPIRO, J. The relationship of the Transcendental Meditation program to self-actualization and negative personality characteristics. Doctoral thesis (summary), Department of Psychology, University of Southern California, Los Angeles, California, U.S.A., 1974. Increased Self-Actualization; Decreased Depression; Decreased Neuroticism; Decreased Aggression; Decreased Anxiety.


76. ORME-JOHNSON, D. W., and DUCK, B. Psychological testing of MIU students: First report. Department of Psychology, Maharishi European Research University, Switzerland, and International Center for Scientific Research, Maharishi International University, Fairfield, Iowa, U.S.A., 1974. Greater Self-Actualization in Students at Maharishi International University than in Other College Students; Greater—Time Competence (Ability to Live More Fully in the Present, Ability to Connect Past and Present Meaningfully); Inner-Directedness (Independence, Self-Supportiveness); Self-Actualizing Value (Holding of Values of Self-Actualizing People); Spontaneity; Self-Regard; Nature of Man, Constructive (Ability to See Man as Essentially Good); Synergy (Ability to See Opposites of Life as Meaningfully Related); Capacity
77. FEHR, T. A longitudinal study of the effect of the Transcendental Meditation program on changes in personality. Department of Social Affairs, MIU/Forschungsrng Schöperische Intelligenz, Dormagen, W. Germany, 1974.
Decreased Nervousness (Decreased Psychosomatic Disturbance); Decreased Aggressiveness (Increased Self-Control, Increased Emotional Maturity); Decreased Depression (Increased Contentment, Increased Self-Confidence); Decreased Irritability (Increased Calm in Frustrating Situations, Increased Tolerance); Increased Sociability (Increased Friendliness, Increased Liveliness); Increased Placidity (Increased Self-Assuredness, Increased Good Humor, Decreased Tendency to Procrastinate); Decreased Tendency to Dominate (Increased Flexibility, Respectfulness, and Tolerance); Decreased Inhibition (Increases in: Naturalness, Spontaneity, Self-Sufficiency); Increased Extraversion (Increased Capacity for Warm Interpersonal Relationships); Decreased Neuroticism (Increased Emotional Stability, Decreased Tension); Increased Self-Reliance (Increased Effectiveness, More Balanced Mood, Increased Vigor).

Increased Self-Actualization; Decreased Anxiety; Decreased Depression; Decreased Neuroticism.

PART III: SOCIOLOGY

A: Rehabilitation

Decreased Drug Abuse.

Decreased Drug Abuse; Decreased Use of Alcohol; Decreased Use of Cigarettes; Decreased Drug Selling; Increased Tendency to Discourage the Use of Drugs by Others.

Increased Psychological Stability; Increased Adjustment (Increased Self-
Acceptance, Satisfaction, and Ability to Handle One's Situation); Decreased Anxiety; Decreased Tension; Decreased Psycho-Motor Retardation; Decreased Drug Abuse.


84. LAZAR, Z.; FARWELL, L.; and FARROW, J. T. The effects of the Transcendental Meditation program on anxiety, drug abuse, cigarette smoking, and alcohol consumption. Graduate School of Education, Boston University, Boston, Massachusetts, U.S.A.; Department of Social Relations, Harvard University, Cambridge, Massachusetts, U.S.A.; and Graduate Department of Biochemistry, Brandeis University, Waltham, Massachusetts, U.S.A., 1972. Decreased Anxiety; Decreased Use of Cigarettes; Decreased Use of Alcohol; Decreased Drug Abuse.

85. KATZ, D. Decreased drug use and prevention of drug use through the Transcendental Meditation program. International Center for Scientific Research, Maharishi International University, Fairfield, Iowa, U.S.A., 1974. Decreased Use of Alcohol; Decreased Drug Abuse.


89. BALLOU, D. The Transcendental Meditation program at Stillwater Prison. Graduate
Rehabilitation of Prisoners: Decreased Anxiety; Decreased Prison Disciplinary Rule Infractions; Fewer Parole Violations; Increased Participation in Recreational and Educational Activities; Decreased Drug Abuse.


95. BLOOMFIELD, H. H. Some observations on the uses of the Transcendental Meditation program in psychiatry. Institute of Psychophysiological Medicine, San
Case Histories Illustrating Benefits in the Treatment of Psychiatric Patients with a Variety of Disorders, Including Anxiety Neurosis, Obsessive-Compulsive Neurosis, Depression, Drug and Alcohol Abuse, Psychosomatic Disorders, and Chronic Insomnia.

**B: Productivity and Quality of Life**

Increased Productivity: Improved Work Performance; Increased Work Satisfaction; Improved Relations with Co-Workers; Improved Relations with Supervisors; Decreased Turnover Propensity; Decreased Self-Report Climb Orientation/Increased Climb Orientation as Reported by Co-Workers and Supervisors.

Improved Work Performance; Increased Work Satisfaction; Improved Relations with Co-Workers; Improved Relations with Supervisors.

98. BORLAND, C., and LANDRITH III, G. Improved quality of city life through the Transcendental Meditation program: Decreased crime rate. Department of Educational Psychology, Maharishi European Research University, Switzerland, and Department of Psychology, Maharishi International University, Fairfield, Iowa, U.S.A., 1976.
Improved Quality of City Life: Decreased Crime Rate (U.S.A., 1973).

**PART IV: THEORETICAL PAPERS**

99. DOMASH, L. H. The Transcendental Meditation technique and quantum physics: Is pure consciousness a macroscopic quantum state in the brain? Department of Physics, Maharishi European Research University, Switzerland, 1975.
The Transcendental Meditation Technique and Quantum Physics.

100. ORME-JOHNSON, D. The dawn of the Age of Enlightenment: Experimental evidence that the Transcendental Meditation technique produces a fourth and fifth state of consciousness in the individual and a profound influence of orderliness in society. Department of Psychology, Maharishi European Research University, Switzerland, 1976.

101. WALLACE, R. K. Neurophysiology of enlightenment. Paper presented at the 26th International Congress of Physiological Sciences, New Delhi, India, October
PART V: THE TM-SIDHI PROGRAM

2In Volumes 2, 3, and 4, studies on the TM-Sidhi program appear according to their results under the appropriate headings of Parts I, II, and III of each volume.

Global EEG Coherence during Experience of the TM-Sidhis; Correlations between High EEG Coherence, Higher States of Consciousness, Experience of the TM-Sidhis, and Creativity.

103. ORME-JOHNSON, D. W., and GRANIERI, B. The effects of the Age of Enlightenment Governor Training Courses on field independence, creativity, intelligence, and behavioral flexibility. Centre for the Study of Higher States of Consciousness, Maharishi European Research University, Switzerland, 1977.
Increased Field Independence (Growth of a More Stable Internal Frame of Reference, Increased Perceptual Acuity); Increased Creativity—Increased Figural Fluency and Originality; Increased Intelligence; Increased Behavioral Flexibility Increased Psychomotor Speed and Motor-Cognitive Flexibility (Findings Indicate a Reversal of the Aging Process).

104. CLEMENTS, G., and MILSTEIN, S. L. Auditory thresholds in advanced participants in the Transcendental Meditation program. Department of Experimental Psychology, Maharishi European Research University, Switzerland, and Institut National de la Recherche Scientifique, Centre de Recherche en Sciences de la Santé, Universite du Québec, Montreal-Gamelin, Québec, Canada, 1977.
Greatly Improved Auditory Thresholds.

VOLUME 2


PART I: PHYSIOLOGY

The Studies in the First Two Sections Document Changes during the Practice of the Transcendental Meditation Technique Unless Otherwise Stated.

A: Metabolic, Biochemical, and Cardiovascular Changes


108. STEHLE, R. Ventilation, heart rate, and respiratory partial pressures of athletes practicing the Transcendental Meditation technique. Diplomarbeit (abbr.), Deutsche Sporthochschule Köln, Cologne, W. Germany, 1975. Indications of Deep Rest in Athletes: Decreased Metabolic Rate (Decreased Oxygen Consumption and Decreased Carbon Dioxide Elimination); Decreased Respiration Rate; Decreased Heart Rate; Decreased Minute Ventilation.


110. BUJATTI, M., and RIEDERER, P. Serotonin, noradrenaline, dopamine metabolites in Transcendental Meditation technique. *Journal of Neural Transmission* 39: 257–267, 1976. Changes in Neurotransmitter Balance: Increased Levels of Serotonin Metabolite (Increased 5-HIAA Levels); Decreased Levels of Adrenaline and Noradrenaline Metabolite (Decreased VMA Levels) and Higher Levels of 5-HIAA outside the Practice of Transcendental Meditation.


Fundamental Change in Cellular Metabolism: Reduced Glucose Metabolism in Red Blood Cells.


**B: Electrophysiological and Electroencephalographic Changes**


117. DASH, P., and ALEXANDER, C. N. Electrophysiological characteristics during the Transcendental Meditation program and napping: A pilot study. Divisions of Natural and Social Sciences, University of California at Santa Cruz, Santa Cruz, California, U.S.A., 1976. EEG Differentiation between Transcendental Meditation and Napping.


119. BANQUET, J. P.; HAYNES, C.; HEBERT, R.; and REBER, B. Sleep and dream in altered states of consciousness. LENA, La Salpêtrière, Paris, France, and EEG Laboratory, Maharishi European Research University, Seelisberg, Switzerland, 1976. EEG Indications of Lessened Sleep Requirement.
120. BENNETT, J. E., and TRINDER, J. Hemispheric laterality and cognitive style associated with Transcendental Meditation. Psychophysiology 14: 293–296, 1977. Greater Adaptability of Brain Functioning outside the Practice of Transcendental Meditation: Greater Lateral EEG Asymmetry during Right and Left Hemisphere Tasks.


C: Physiological Efficiency and Stability

122. SULTAN, S. E. A study of the ability of individuals trained in Transcendental Meditation to achieve and maintain levels of physiological relaxation. Master's thesis (abbr.), School of Human Behavior, United States International University, San Diego, California, U.S.A., 1975. Electromyographic Evidence of Deep Muscular Relaxation; Greater Ability to Maintain Relaxation during Activity.


D: Health


Improvements in Sleeping and Dreaming Patterns: Improved Quality of Sleep; Decreased Time to Fall Asleep; More Rested on Awakening; Decreased Awakenings per Night; Decreased Time to Awaken Fully; Decreased Drowsiness; Decreased Lethargy; Decreased Daytime Napping; Decreased Number of Dreams Remembered; Decrease in Complexity of Dreams; Decrease in Unpleasant Emotional Content of Dreams; Decrease in Recurring Dreams; Decreased Need for Sleep Medications. Decreased Use of Alcohol. Improved Reported State of Mental Health. Reduced Need for Medical Attention.


E: Motor and Perceptual Ability, and Athletic Performance


130. REDDY, M. K. The role of the Transcendental Meditation program in the promotion of athletic excellence: Long- and short-term effects and their relation to activation theory. Master's thesis, Centre for the Study of Higher States of Consciousness, Maharishi European Research University, Switzerland, 1976. Benefits for Athletes: A Unique State of Deep Rest during Transcendental Meditation—Decreased Metabolic Rate (Decreased Oxygen Consumption); Increased Basal Skin Resistance; Fewer Spontaneous Skin Resistance Responses. Improved Physiological Functioning outside the Practice of Transcendental Meditation—Improved Cardiovascular Efficiency; Improved Respiratory Efficiency (Increased Vital Capacity). Improved Athletic Performance and Neuromuscular Integration—Improved Running Speed; Improved Standing Broad Jump; Improved Agility; Faster Reactions.


PART II: PSYCHOLOGY

A: Intelligence, Learning, and Academic Performance


Traditional Religious Values; Greater Optimism about the Future of Society; Greater Altruism (Greater Commitment to Helping Others and Improving Society); Greater Sense of Social Responsibility; Greater Tolerance of Authority; Greater Trust; Greater Sociability; Greater Psychological Stability; Greater Commitment to Personal Growth; Less Anxiety; Less Impulsiveness.


**B: Development of Personality**


142. BOESE, E., and BERGER, K. Psychological effects of Transcendental Meditation. Department of Behavioral Science, Milton S. Hershey Medical Center, Pennsylvania State University, Hershey, Pennsylvania, U.S.A., 1971. Decreased Number of Situations in Life Felt to Be a Problem; Decreased Number of Serious Problems Experienced; Decreased Hostility; Enhanced Self-Concept.

143. HAHN, H. R., and WHALEN, T. E. The effects of the Transcendental Meditation program on levels of hostility, anxiety, and depression. Master's thesis (abbr.), Department of Educational Psychology, California State University at Hayward, Hayward, California, U.S.A., 1974. Decreased Hostility; Decreased Anxiety; Decreased Depression.


147. WEISS, C. The immediate effect of the Transcendental Meditation technique and theoretical reflections upon the psychology and physiology of subjective well-being. Diplomarbeit (abbr.), Institute of Psychology, University of the Saarland, Saarbrücken, W. Germany, 1975. Increased Elevated Mood; Increased Mental Clarity and Wakefulness; Increased Readiness for Activity; Decreased Vulnerability; Decreased Nervousness; Decreased Fatigue; Decreased Drowsiness; Decreased Lethargy; Decreased Depressed Mood; Decreased Introversion; Decreased Aggressive Irritation.


150. THROLL, D. A., and THROLL, L. A. The effect of a three-month residence course upon the personalities of experienced meditators. Victoria University, Wellington, New Zealand, 1977. Increased Ego Strength, Emotional Stability and Maturity, and Decreased Overreactionary Behavior; Increased Emotional Harmony and Absence of Regressive Behavior; Increased Emotional Strength and Lessening of Unwelcome Thoughts or Compulsive Habits; Decreased Depression, Showing a Calmer, More Confident Attitude. Increases in—Intelligence; Self-Sufficiency and Resourcefulness; Contentment; Enthusiasm for Work; Trust; Tolerant and Participating Attitude; Creativity. Decreases in—Anxiety and Tension; Use of Alcohol; Use of Cigarettes; Need for Tranquillizers and Other Prescribed Drugs.
151. **RUSSIE, R. E.** The influence of Transcendental Meditation on positive mental health and self-actualization; and the role of expectation, rigidity, and self-control in the achievement of these benefits. Doctoral thesis (abbr.), California School of Professional Psychology, Los Angeles, California, U.S.A., 1975.

Increased Self-Actualization: Increases in—Time Competence (Ability to Live More Fully in the Present, Ability to Connect Past, Present, and Future Meaningfully); Inner-Directedness (Independence, Self-Supportiveness); Self-Actualizing Value (Holding of Values of Self-Actualizing People); Feeling Reactivity (Sensitivity to One's Own Needs and Feelings); Spontaneity; Self-Regard; Self-Acceptance; Capacity for Intimate Contact (Capacity for Warm Interpersonal Relationships).


Greater Open-Mindedness: Greater Flexibility of Constructions of Reality.


Increased Self-Actualization: Increases in—Time Competence (Ability to Live More Fully in the Present, Ability to Connect Past, Present, and Future Meaningfully); Inner-Directedness (Independence, Self-Supportiveness); Self-Actualizing Value (Holding of Values of Self-Actualizing People); Feeling Reactivity (Sensitivity to One's Own Needs and Feelings); Spontaneity; Self-Regard; Nature of Man, Constructive (Ability to See Man as Essentially Good); Capacity for Intimate Contact (Capacity for Warm Interpersonal Relationships). Increased Ego Strength and Emotional Maturity, Decreased Overreactionary Behavior; Increased Boldness and Self-Sufficiency, Decreased Inhibition; Increased Self-Reliance, Practicality, Realism, and Logical Behavior; Increased Tolerant and Conciliatory Attitudes; Decreased Instability, Insomnia, and Hypochondriacal and Neurasthenic Symptoms; Increased Self-Control, Persistence, Foresight, Consideration of Others, and Regard for Etiquette; Increased Relaxed, Unfrustrated, Guilt-Free Behavior; Increased Outgoingness and Tendency to Participate; Decreased Anxiety; Increased Self-Sufficiency. Decreased Need for Sleep Medication and Pain Relievers; Decreased Use of Cigarettes; Decreased Use of Alcohol; Decreased Drug Abuse.


Decreased Anxiety in University Students.


Increased Self-Actualization: Increases in—Time Competence (Ability to Live
More Fully in the Present, Ability to Connect Past and Present Meaningfully); Inner-Directedness (Independence, Self-Supportiveness).


**PART III: SOCIOLOGY**

**A: Rehabilitation**

157. CANDELENT, T., and CANDELENT, G. Teaching Transcendental Meditation in a psychiatric setting. *Hospital & Community Psychiatry* 26(3): 156–159, 1975. Benefits for Psychiatric Patients with Schizophrenia, Neurosis, Personality Disorders, and Alcohol and Drug Problems: Decreased Anxiety and Tension; Decreased Overactive or Impulsive Behavior; Improved Sleep Patterns (Decreased Awakenings per Night, Improved Quality of Sleep).

158. RAMIREZ, J. The Transcendental Meditation program as a possible treatment modality for drug offenders: Evaluation of a pilot project at Milan Federal Correctional Institution. Department of Forensic Studies, Indiana University, Bloomington, Indiana, U.S.A., 1975. Rehabilitation of Imprisoned Drug Offenders: Enhanced Self-Esteem; Indications of Increased Emotional Stability and Maturity—Decreased Depression; Decreased Neuroticism; Decreased Guilt; Decreased Psychasthenia; Decreased Hypomania; Decreased Schizophrenia; Increased Social Responsibility. Indications of Decreased Aggression—Decreased Hostility; Decreased Assault; Decreased Irritability; Decreased Suspicion; Decreased Resentment; Decreased Psychopathic Deviation.


160. FERGUSON, R. E. The Transcendental Meditation program at Massachusetts Correctional Institution Walpole: An evaluation report. Institute for Social Rehabilitation, Pacific Palisades, Los Angeles, California, U.S.A., 1977. Rehabilitation of Prisoners: Decreased Anxiety; Decreased Hostility; Decreased Prison Disciplinary Rule Infractions; Improved Sleep Patterns (Decreased Time to Fall Asleep, Decreased Awakenings per Night, Improved Quality of Sleep).
Rehabilitation of Prisoners: Increased Work Efficiency; Increased Ability to Handle Stress and Tension; Increased Ability to Deal with Others; Decreased Use of Alcohol and Prescribed and Non-Prescribed Drugs; Decreased Use of Cigarettes; Decreased Drug Abuse.

Decreased Drug Abuse; Decreased Use of Cigarettes; Decreased Use of Alcohol.

Decreased Drug Abuse; Decreased Use of Cigarettes; Decreased Use of Alcohol; Decreased Use of Caffeine; Decreased Need for Tranquillizers and Other Prescribed Drugs.

B: Productivity and Quality of Life

164. JONSSON, C. Organizational development through the Transcendental Meditation program: A study of relationships between the Transcendental Meditation program and certain efficiency criteria. Unpublished master's thesis (abbr.), Department of Business Administration, Stockholm University, Stockholm, Sweden, 1975.
Fulfillment of Goals of Organizational Development: Ability to Accomplish More with Less Effort; Greater Alertness, Attentiveness, and Initiative; Greater Self-Confidence; Greater Decision Making Ability; Greater Ability to Assign Priorities; Greater Ease in Making Contacts with Other People; Greater Ability to Cooperate with Others and Greater Respect for the Views of Others; Greater Tolerance; Less Easily Irritated; Less Often Angry; Less Tendency to Worry about Other People's Opinions; Less Often Tired.

Greater Marital Satisfaction: Greater Adjustment; Greater Happiness and Harmony; Greater Intimacy; Greater Acceptance of One's Spouse; Greater Admiration of One's Spouse; Greater Agreement on Conduct and Recreation.

166. HATCHARD, G. Influence of the Transcendental Meditation program on crime rate in suburban Cleveland. Cleveland World Plan Center, Cleveland, Ohio, U.S.A.,
1977.

PART IV: REVIEW PAPERS

Papers 167 to 189 review the application of the Transcendental Meditation and TM-Sidhi program in the areas of health, education, development of personality, rehabilitation, and quality of life.

A: Health


B: Education

176. LEVINE, P. H. Transcendental Meditation and the Science of Creative Intelligence.


C: Personality


D: Rehabilitation


186. KANELLAKOS, D. P.; RIGBY, B. P.; BLOOMFIELD, H. H.; CHARLES, B. M.; CLEMENTS, G.; DAVIS, B. V.; and MEAD, G. Enlightenment for ideal rehabilitation: Expansion of consciousness as the basis of the restoration of creative intelligence. The effectiveness of the Transcendental Meditation program for rehabilitation. Paper presented at the Third International Conference on Drug


E: Quality of Life


VOLUME 3


PART I: PHYSIOLOGY

The Studies in the First Two Sections Document Changes during the Practice of the Transcendental Meditation Technique Unless Otherwise Stated.

A: Metabolic, Biochemical, and Cardiovascular Changes


193. BAUHOFER, U. Die kreislaufphysiologischen Auswirkungen bei der
Transzendentalen Meditation. Unpublished doctoral dissertation, Faculty of Medicine, University of Würzburg, Würzburg, W. Germanv. 1978.
Changes in Cardiac Output and Stroke Volume.


Large Increase in Blood Flow to the Brain.

Changes in Hormonal Balance as a Result of the TM-Sidhi Program: Short- and Long-Term Changes in Pituitary Hormone Levels Indicative of Increased Sensitivity in Endocrine Control Systems.

Experience of Pure Consciousness Associated with: Marked Reductions in Respiration and Heart Rates; Periodic Breath Suspension; Absence of Spontaneous Skin Resistance Responses.
Maintenance of Relaxed Style of Physiological Functioning Outside of Meditation: Fewer Spontaneous Skin Resistance Responses.

Integration of Opposite Styles of Physiological Functioning: Simultaneous Increased Activity of Sympathetic and Parasympathetic Branches of Autonomic Nervous System.

Changes in Hormonal Balance: Decreased Serum Growth Hormone Levels.

Biochemical Indications of Reduced Stress: Decreased Serum Growth Hormone Levels; Decreased Serum Cortisol Levels; Decreased Serum Triiodothyronine Levels.

201. ROBERTSON, D. W., and PETERSON, J. W. Change in cardiac output during Transcendental Meditation as measured by noninvasive impedance plethysmography. Departments of Physical Education and Biomedical Engineering, University of Texas at Austin, Austin, Texas, U.S.A., 1980. Changes in Cardiac Output and Stroke Volume.


203. JEVNING, R.; WILSON, A. F.; and PIRKLE, H. C. Behavioral control of red blood cell metabolism. Departments of Medicine, Physiology, and Pathology, University of California at Irvine, Orange, California, U.S.A., 1981. Fundamental Change in Cellular Metabolism: Reduced Glucose Metabolism in Red Blood Cells.


205. FARROW, J. T., and, HEBERT J. R. Breath suspension during the Transcendental Meditation technique. *Psychosomatic Medicine* 44(2):133–153, 1982. Experience of Pure Consciousness Associated with: Periodic Breath Suspension; Marked Reductions in Metabolic Rate (Oxygen Consumption and Carbon Dioxide Elimination), Mean Respiration Rate, and Minute Ventilation Rate; Reduced Heart Rate; Increased Basal Skin Resistance; Stable Phasic Skin Resistance; Increased EEG Coherence in Theta, Alpha and Beta Bands.

206. WERNER, O.; WALLACE, R. K.; CHARLES, B.; JANSSEN, G.; and CHALMERS, R. Endocrine balance and the TM-Sidhi program. Maharishi European Research University, Seelisberg, Switzerland, and Department of Biology, Maharishi International University, Fairfield, Iowa, U.S.A., 1982. Changes in Hormonal Balance as a Result of the TM-Sidhi Program: Short- and
Long-Term Changes in Pituitary Hormone Levels Indicative of Increased Stability and Sensitivity in Endocrine Control Systems.


**B: Electrophysiological and Electroencephalographic Changes**


211. ROUZERÉ, A.-M.; BADAWI, K.; and HARTMANN, R. High amplitude fronto-central alpha and theta activity during the Transcendental Meditation technique. Department of Neurophysiology, Maharishi European Research University, Seelisberg, Switzerland, 1979. Increased Orderliness and Integration of Brain Functioning: Bursts of High Amplitude EEG Alpha and Theta Activity in Frontal and Central Regions.

212. CHENARD, J.-R. A controlled study of the influence of Transcendental Meditation on a specific value of the H-reflex (Hoffman reflex) recruitment curve and the surface EMG. Centre d'études universitaires dans l'Ouest Québécois, University of Quebec, Rouyn, Quebec, Canada, 1979. Electromyographic Evidence of Deep Muscular Relaxation; Reduction in Amplitude of H-Reflex.


Experience of Pure Consciousness Associated with Periodic Breath Suspension and High EEG Coherence.


218. ORME-JOHNSON, D. W. Does the nervous system have a ground state? A description of high EEG coherence events in a single subject. Department of Psychology, Maharishi International University, Fairfield, Iowa, U.S.A., 1981. Experience of Pure Consciousness Associated with Overall High EEG Coherence.


220. ALEXANDER, C. N., and LARIMORE, W. E. Distinguishing between Transcendental Meditation and sleep according to electrophysiological criteria. Department of

EEG Differentiation between Transcendental Meditation and Napping.


224. BERESFORD, M., and CLEMENTS, G. Real time EEG coherence analysis of the Transcendental Meditation and TM-Sidhi program. Department of Neurophysiology, MERU Research Institute, Mentmore, Buckinghamshire, England, 1983. Increased Orderliness and Integration of Brain Functioning: Increased EEG Coherence in Alpha, Theta, and Beta Bands; Further Increases during the TM-Sidhi Program.

225. BERESFORD, M.; JEDRCZAK, A.; TOOMEY, M.; and CLEMENTS, G. EEG coherence, age-related psychological variables, and the Transcendental Meditation and TM-Sidhi program. Departments of Neurophysiology and Psychology, MERU Research Institute, Mentmore, Buckinghamshire, England, 1983. Correlations between High EEG Coherence and Superior Performance on Age-Related Psychological Variables: Fluency; Motor Speed; Reaction Time; Shape Memory; Flexibility. Length of Time Practicing TM-Sidhi Program Predictive of Higher Mean Right Alpha Coherence.

The Studies in the Following Sections Document Changes outside the Practice of the Transcendental Meditation and TM-Sidhi Program.

C: Physiological Efficiency and Stability
Enhanced Neurological Efficiency as a Result of the TM-Sidhi Program: Facilitation of the Paired H-Reflex.

Enhanced Neuromuscular Efficiency: Decreased Reflex Latency and Reflex Motor Time.

Reduced Pain-Related Distress.

Enhanced Neurological Efficiency as a Result of the TM-Sidhi Program: Facilitation of the Paired H-Reflex.

Correlations between High EEG Coherence, Enhanced Neurological Efficiency (Paired H-Reflex Recovery), and Superior Academic Performance.


**D: Health**

Case History of Benefits for Patient Recovering from Severe Illness, Including Severe Bronchial Asthma and Heart Disease.

Improved Cardiovascular Health: Decreased Serum Cholesterol Levels in Normal and Hypercholesterolaemic Patients; Reduction of Blood Pressure to More Ideal Levels in Normotensive Subjects.

Better Health for Mother and Child during Pregnancy and Childbirth: Fewer Medical Complaints during Pregnancy; Less Pain and Anxiety during Pregnancy and Childbirth; Shorter Duration of Labor; Lower Frequency of Vacuum or Forceps Delivery and Other Operative Interventions during Labor; Greater Frequency and Longer Duration of Breast-Feeding.

Improved Cardiovascular Health: Decreased Blood Pressure in Patients with Mild and Moderate Hypertension.

Improved Cardiovascular Health: Long-Term Reductions in Serum Cholesterol in Hypercholesterolaemic Patients.

Better Periodontal Health.

Benefits in General Medical Practice: Improvements in General Health and in a Wide Variety of Physical and Mental Disorders Including Hypertension; Angina Pectoris; Bronchial Asthma; Chronic Bronchitis; Diabetes Mellitus; Menorrhagia; Periodontal Inflammation; Recurrent Upper Respiratory Infections; Allergic Rhinitis; Chronic Back Pain; Rheumatoid Arthritis; Dyspepsia; Chronic Colitis; Insomnia; Chronic Headaches; Anxiety; Depression; Fatigue; Obesity. Decreased Need for Tranquillizers, Sleep Medications, Anti-Asthmatics, Anti-Hypertensives, and Drugs for Hypertension, Asthma, and Heart Disease. Increased Co-operation with Medical Advice. Recovery from Major Illness, Chronic Musculo-Skeletal Complaints.

Multiple Improvements in Physical and Mental Health: Fewer Infectious Diseases; Better Health of the Respiratory and Digestive Systems; Less Eczema and Fewer Allergic Reactions; Less Depression; Greater Self-Actualization; Greater Self-Esteem; Better Social Relationships; Less Nervousness; Less Insomnia; Lower Use of Tranquillizers, Sleep Medication, and Analgesics; Fewer Accidents. Lower Usage of Cigarettes, Alcohol, Non-Prescribed Drugs, and Coffee.

240. YEE, A. C., and DISSANAYAKE, A. S. Glucose tolerance and the Transcendental Meditation program (a pilot study). MERU Research Institute, Singapore, and Department of Physiology, University of Singapore, Singapore. Paper presented at the International Congress on Research on Higher States of Consciousness at the Faculty of Science, Mahidol University, Bangkok, Thailand, 4–6 December 1980.
Improved Blood Sugar Homeostasis as Measured by Oral Glucose Tolerance Test.

Decreased Psychosomatic Complaints; Decreased Musculo-skeletal Complaints; Decreased Limitations Caused by Physical and General Ailments; Increased Efficiency; Increased Emotional Stability; Decreased Use of Medicines and Non-Prescribed Drugs; Decreased Over-Sensitivity.

Reversal of Biological Aging: Younger Biological Age Compared with Control Subjects and Population Norms. Length of Time Practicing Transcendental Meditation Associated with Reduction in Biological Age.

Case History Illustrating Holistic Improvements in Physical and Mental Health Including Relief from Insomnia; Decreased Anxiety; Decreased Need for Tranquillizers; Fewer Headaches; Increased Enjoyment of Life, and Increased Efficiency.

Improved Cardiovascular Health: Lower Systolic Blood Pressure Compared to Norms for Age; Effect More Pronounced in Long-Term Meditators.

245. TOOMEY, M.; PENNINGTON, B.; CHALMERS, R.; and CLEMENTS, G. The practice
of the Transcendental Meditation and TM-Sidhi program reverses the physiological ageing process. MERU Research Institute, Mentmore, Buckinghamshire, England, and Department of Biology, University of York, Yorkshire, England, 1982.


Reversal of Biological Ageing: Longitudinal Reduction in Biological Age; Younger Biological Age Compared with Norms. Length of Time Practicing Transcendental Meditation and TM-Sidhi Program Correlated with Younger Biological Age and Younger Functional Age. Decreased Systolic Blood Pressure and Improved Auditory Threshold.

247. BROWNE, G. E.; FOUGÉRE, D.; ROXBURGH, A.; BIRD, J.; and LOVELL-SMITH, H. D. Improved mental and physical health and decreased use of prescribed and non-prescribed drugs through the Transcendental Meditation program. Age of Enlightenment Medical Council, Christchurch, New Zealand; Heylen Research Centre, Auckland, New Zealand; and Dunedin Hospital, Dunedin, New Zealand, 1983.

Improvements in Physical and Mental Health Correlated with Duration and Regularity of Practice of Transcendental Meditation; Decreased Use of Alcohol; Decreased Use of Cigarettes; Decreased Drug Abuse; Decreased Need for Anti-Hypertensives, Drugs for Heart Disease, Sleep Medications, Tranquillizers, Anti-Depressants, Anti-Asthmatics, Anti-Histamines, Analgesics, and Drugs for Hypertension, Asthma, and Heart Disease.

E: Motor and Perceptual Ability


Reduced Need for External Stimulation.

Increased Behavioral Flexibility as a Result of the TM-Sidhi Program: Increased Perceptual Flexibility; Increased Psychomotor Speed; Increased Functional Efficiency of Psychomotor Co-ordination.


Increased Vigilance and Improved Capacity for Selective Attention: Faster Reactions with Fewer Mistakes (Visual Choice Reaction Time); Shorter Latency and Larger Amplitude of Visual Evoked Potentials.

252. SCHWARTZ, E. The effects of the Transcendental Meditation program on strength of the nervous system, perceptual reactance, reaction time, and auditory threshold. Master's thesis (abstract), Department of Exercise Science, University of Massachusetts, Amherst, Massachusetts, U.S.A., 1979.

Increased Sensitivity, Strength, and Flexibility of the Nervous System; Improved Auditory Thresholds; Faster Reactions.


Improved Efficiency of Visual Perception; Increased Freedom from Habitual Patterns of Perception with Increased Ability to Use Such Patterns Effectively Where Appropriate.


More Stable Internal Frame of Reference: Greater Field Independence.


Improved Auditory Temporal Discrimination.

Length of Time Practicing TM-Sidhi Program Predictive of Superior Performance on Tests Measuring Age-Related Psychological Variables: Visual Memory; Creativity; Field Independence; Perceptual Speed; Motor Speed; Reaction Time; Non-Verbal Intelligence. Length of Time Practicing the TM-Sidhi Program Predictive of Younger Functional Age.


PART II: PSYCHOLOGY

A: Intelligence, Learning, and Academic Performance


Improved Working Memory in School Children.

Benefits for High School Students: Increased Intelligence Growth Rate; Improved Learning Ability; Improved Moral Judgment.

B: Development of Personality

More Positive Conception of Human Nature; More Positive Self-Image; Higher Levels of Tolerance; Greater Sociability; Less Pronounced Feelings of Social Inadequacy.

Decreased Neuroticism; Decreased Insomnia; Decreased Use of Tranquilizers.

Less Anxiety; Less Depression; More Affectionate: More Tolerant; Less Tendency to Dominate; Less Interested in Superficial Social Contacts; More Selective in Personal Relationships; Less Need for Acceptance; More Inner-Directed.

Decreased Hidden Mental Turbulence: Decreased Neuroticism.

Enhanced Cognitive-Moral Development; Benefits of Transcendental Meditation Further Enhanced by the TM-Sidhi Program.


**PART III: SOCIOLOGY**

**A: Rehabilitation**


277. GEISLER, M. Therapeutische Wirkungen der Transzendentalen Meditation auf Drogenkonsumenten. *Zeitschrift für klinische Psychologie* 7(4): 235–255, 1978. Decreased Drug Abuse; Decreased Nervousness (Decreased Psychosomatic Disturbance); Decreased Depression (Increased Contentment, Increased Self-Confidence); Increased Sociability (Increased Friendliness, Increased

4 The terms in brackets are taken from the manual of the psychological test employed in order to clarify the characteristics measured by the test.
Liveliness); Increased Placidity (Increased Self-Assuredness, Increased Good Humor, Decreased Tendency to Procrastinate); Decreased Inhibition (Increases in: Naturalness, Spontaneity, Self-Sufficiency); Increased Extraversion (Increased Capacity for Warm Interpersonal Relationships); Decreased Neuroticism (Increased Emotional Stability, Decreased Tension); Increased Self-Reliance (Increased Effectiveness, More Balanced Mood, Increased Vigor).

278. ABRAMS, A. I., and SIEGEL, L. M. The Transcendental Meditation program and rehabilitation at Folsom State Prison: A cross-validation study. Criminal Justice and Behavior 5 (1): 3–20, 1978. Rehabilitation of Prisoners: Decreased Anxiety; Decreased Neuroticism, Decreased Resentment; Decreased Negativism Decreased Irritability; Decreased Hostility; Decreased Prison Disciplinary Rule Infractions; Improved Sleep Patterns (Decreased Time to Fall Asleep, Decreased Awakenings per Night, Improved Quality of Sleep).


Benefits for Patients with Psychiatric and Addictive Disorders in a Vocational Rehabilitation Unit: Greater Ability to Maintain Employment on Discharge; More Frequently Maintained on Out-Patient Care Alone.


PART IV: REVIEW PAPERS

A: Health

Reversal of Aging.


5Treatment of Obesity: More Successful Weight Reduction; Improved Psychological Health in Obese Subjects—Decreased Anxiety; Decreased Nervousness (Decreased Psychosomatic Disturbance); Decreased Aggressiveness (Increased Self-Control, Increased Emotional Maturity); Decreased Depression (Increased Contentment, Increased Self-Confidence); Increased Sociability (Increased Friendliness, Increased Liveliness); increased Placidity (Increased Self-Assuredness, Increased Good Humor); Decreased Tendency to Dominate (Increased Respectfulness); Decreased Inhibition (Increases in Naturalness, Spontaneity, Self-Sufficiency); Increased Extraversion (Increased Capacity for Warm Interpersonal Relationships); Decreased Neuroticism (Increased Emotional Stability).

5Included in the research reviewed in this paper are findings which are not presented elsewhere in the Collected Papers, Volumes 1–4, and are therefore listed here.

VOLUME 4


PART I: PHYSIOLOGY

The Studies in the First Two Sections Document Changes during the Practice of the Transcendental Meditation Technique Unless Otherwise Stated.

A: Metabolic, Biochemical, and Cardiovascular Changes


Indication of Deep Rest: Decreased Oxygen Consumption in Muscle Tissue. Reduction in Biochemical Index of Stress: Decreased Arterial Lactate Levels.


Fundamental Change in Cellular Metabolism: Reduced Glucose Metabolism in


B: Electroencephalographic Changes

294. ORME-JOHNSON, D. W.; WALLACE, R. K.; DILLBECK, M. C.; ALEXANDER, C. N.; and BALL, O. E. Improved functional organization of the brain through the Maharishi Technology of the Unified Field as indicated by changes in EEG coherence and its cognitive correlates: A proposed model of higher states of consciousness. Departments of Psychology and Biology, Maharishi International University, Fairfield, Iowa, U.S.A.; Department of Psychology and Social Relations, Harvard University, Cambridge, Massachusetts, U.S.A.; and Department of Education, University of Georgia, Athens, Georgia, U.S.A. Paper presented at the American Psychological Society Annual Convention, Los Angeles, California, U.S.A., September 1981. Increased Orderliness and Integration of Brain Functioning: Increased EEG Coherence. Correlations between Increased Frontal EEG Coherence and Increased Creativity; Correlations between Changes in EEG Coherence and Increased Grade Point Average, Increased Verbal Intelligence, Decreased Neuroticism, and Enhanced Principled Moral Reasoning.


297. NIDICH, S. I.; NIDICH, R., ABRAMS, A.; ORME-JOHNSON, D.; and WALLACE, R. K. Frontal lobe functioning: EEG coherence as a predictor of highly pro-social behavior in subjects practicing the Transcendental Meditation and TM-Sidhi
Correlations between High Frontal EEG Coherence and Highly Pro-Social Behavior.

C: Health


300. ALEXANDER, C. N.; DAVIES, J. L.; NEWMAN, R. I.; and CHANDLER, H. M. The effects of Transcendental Meditation on cognitive and behavioral flexibility, health, and longevity in the elderly: An experimental comparison of the Transcendental Meditation program, mindfulness training, and relaxation. Department of Psychology and Social Relations and Graduate School of Education, Harvard University, Cambridge, Massachusetts, U.S.A., and Macquarie University, North Ryde, New South Wales, Australia, 1983. Benefits for the Elderly: Increased Longevity; Increased Cognitive and Perceptual Flexibility; Increased Behavioral Flexibility; Increased Learning Ability; Improved Mental Health and Sense of Well-Being; More Ideal Levels of Blood Pressure.

D: Motor and Perceptual Ability

301. SCHWARTZ, E. The effects of the Transcendental Meditation program on strength of the nervous system, perceptual reactance, reaction time, and auditory threshold. Master's thesis (abbr.), Department of Exercise Science, University of Massachusetts, Amherst, Massachusetts, U.S.A., 1979. Increased Sensitivity, Strength, and Flexibility of the Nervous System; Improved Auditory Thresholds; Faster Reactions at High and Low Levels of Stimulation; Decreased Perceptual Reactance.

PART II: PSYCHOLOGY

A: Intelligence, Learning, and Academic Performance


304. BAER, N.; NIDICH, S.; and ABRAMS, A. A comparative study of Maharishi International University and two small private colleges on perceived personal growth, perceived academic atmosphere, and general quality of life. Master's thesis, Department of Education, Maharishi International University, Fairfield, Iowa, U.S.A., 1981. Benefits of Maharishi's Integrated System of Education Perceived by Students at Maharishi International University: Better Academic Atmosphere; Greater Expectation to Gain Higher Degrees; Greater Motivation to Learn; Greater Enjoyment of School; Greater Mental Stability and Sense of Personal Security; Greater Sense of Control over Direction in Life; Greater Clarity of Personal Values; Greater Sensitivity to Others' Needs and Feelings; Greater Mental and Physical Relaxation; Better State of Physical Health.


Maharishi International University: Increased Intelligence; Increased Field Independence.

B: Development of Personality

308. TÖRBER, S.; MERTESDORF, F.; and HIESEL, E. Effects of Transcendental Meditation on mood and bodily sensations. Diplomarbeit of first author (abbr.), University of Cologne, Cologne, W. Germany, 1976. Less Nervousness (Less Psychosomatic Disturbance); Less Aggressiveness (Greater Self-Control, Greater Emotional Maturity); Less Depression (Greater Contentment, Greater Self-Confidence); Less Irritability (Greater Calm in Frustrating Situations, Greater Tolerance); Greater Placidity (Greater Self-Assuredness, More Good Humor, Less Tendency to Procrastinate); Less Inhibition (Greater Naturalness, Greater Spontaneity, Greater Self-Sufficiency); Less Neuroticism (Greater Emotional Stability, Less Tension); More Relaxation; More Activation; More Elation; Less Anxiety; Less Fatigue; Less Physical Tension; Less Physical Weakness; Increased Physical Well-Being.

6 The terms in brackets are taken from the manual of the psychological test employed in order to clarify the characteristics measured by the test.


Growth of Higher States of Consciousness. Experiences of Higher States of Consciousness Correlated with: Better Self-Concept (Greater Self-Actualization, Greater Internality of Locus of Control); Greater Creativity (Greater Fluency, Flexibility, and Originality); Profound Physiological Rest (Episodes of Spontaneous Breath Suspension during Transcendental Meditation); Greater Neurological Integration (High EEG Alpha and Theta Coherence); Greater Neurophysiological Efficiency (Faster H-Reflex Recovery); Superior Cognitive, Perceptual, and Motor Skills (Superior Perceptual Speed, Motor Speed, Psychomotor Speed and Flexibility, Nonverbal Intelligence, and Visual Memory); Less Symptoms of Stress (Lower Anxiety, Aggression, Depression, Introversion, and Neuroticism); Greater Capacity for Absorbing Experiences. (The correlates of higher states of consciousness summarized in this paper are drawn from both new experimental findings and the results of other studies reported in the volumes of this series.)

PART III: SOCIOLOGY

A. Rehabilitation


Improvements in Post-Vietnam Adjustment Problems: Decreased Post-Vietnam Stress Disorder; Decreased Anxiety; Decreased Depression; Decreased Alcohol Consumption; Decreased Insomnia; Improved Employment Status; Decreased Family Problems.


Rehabilitation of Prisoners: Decreased Sleep Disturbance (Decreased Awakenings per Night, Decreased Time to Sleep Onset, Improved Quality of Sleep); Decreased Paranoid Anxiety; Increased Internality of Locus of Control; Decreased Hostility; Greater Control of Anger. Benefits for Correctional Staff: Decreased Sleep Disturbance; Decreased Hostility; Decreased Paranoid Anxiety.

B. Quality of Life

315. ARON, E. N., and ARON, A. Transcendental Meditation program and marital
Greater Marital Satisfaction: Greater Marital Adjustment.

Benefits for Married Couples: Decreased Nervousness (Increased Composure and Relaxation); Increased Sociability, Energy, and Enthusiasm; Increased Ability for Spontaneous Expression of Warmth and Affection; Increased Ability to Be Sympathetic, Compassionate, and Understanding; Increased Ability to Be Objective, Fair-Minded, and Reasonable; Increased Tolerance and Acceptance of Others; Increased Self-Discipline, Decreased Impulsiveness (Increased Emotional Maturity); Decreased Proneness toward Anxiety.

Findings Reflecting Growth of Coherence in Collective Consciousness on City, State, Provincial, National, and International Levels

Improved Quality of City Life: Decreased Automobile Accident Rate; Decreased Suicide Rate (Cities, U.S.A., 1973–1977).


321. DILLBECK, M. C.; FOSS, A. P. O.; and ZIMMERMANN, W. J. Maharishi's Global Ideal Society Campaign: Improved quality of life in Rhode Island through the

Improved Quality of Provincial Life as Measured by an Index Including: Total Crime Rate, Mortality Rate, Motor Vehicle Fatality Rate, Auto Accident Rate, Unemployment Rate, Pollution, Beer Consumption Rate, and Cigarette Consumption Rate (Rhode Island, U.S.A., 1978).


Increased Harmony in International Affairs (Worldwide, 1978); Improvements in Domestic Affairs and International Relations for Major Trouble-Spot Countries (1978); Decreased War Deaths [Rhodesia (Now Zimbabwe), 1978].


Improved Quality of National Life: Decreased Violent Crime; Decreased Motor Vehicle Fatalities; Decreased Number of Fatalities from Accidents, Suicide, and Homicide; Decreased Air Traffic Fatal Accidents; Increased Confidence, Optimism, and Economic Prosperity: Rise in Stock Market Index (U.S.A., 1979). Improved Quality of Provincial Life: Decreased Motor Vehicle Fatalities; Decreased Violent Crime (Massachusetts, USA, 1979); Decreased Air Traffic Fatal Accidents (New England, USA, 1979).


Improved Quality of National Life: Decreased Crime (Holland, 1979 and 1981); Decreased Automobile Accidents with Injury (Holland, 1979).


Improved Quality of National Life: Decreased Crime (Holland, 1979 and 1981); Decreased Automobile Accidents with Injury (Holland, 1979)

326. DILLBECK, M. C.; CAVANAUGH, K. L.; and BERG, W. P. VAN DEN. The effect of
the group dynamics of consciousness on society: Reduced crime in the Union Territory of Delhi, India. Maharishi International University, Fairfield, Iowa, U.S.A.; University of Washington, Seattle, Washington, U.S.A.; and Maharishi European Research University, Seelisberg, Switzerland, 1983.

Improved Quality of Provincial Life: Decreased Crime (Delhi, India, 1980–1981).


Improved Quality of National Life: Decreased Motor Vehicle Fatalities (U.S.A., 1982).


Improved Quality of Community Life: Cessation of Attack on a Community and Protection from Ongoing Armed Conflict in the Surrounding Area (Lebanon, 1982–1984).

Improved Quality of National Life as Measured by an Index Including: Crime Rate, Percentage of Civil Cases Reaching Trial, Rate of Infectious Diseases, Infant Mortality Rate, Suicide Rate, Cigarette Consumption, Alcohol Consumption, Gross National Product, Patent Application Rate, Number of Degrees Conferred, Divorce Rate, and Traffic Fatalities (U.S.A., 1976–1983).


In order to evaluate the effects of the Taste of Utopia Assembly, 17 Dec.-6 Jan. 1984, Maharishi International University, Fairfield, Iowa, U.S.A., data were gathered by the authors of this study from a) requests sent to a sample of countries on every continent; b) requests for crime statistics sent to all the world's major cities; c) international organizations; and d) the world's news media. Presented are the results of the analysis of the data obtained at the time of publication.

PART IV: REVIEW PAPERS

Papers 338 to 355 review the application of the Transcendental Meditation and TM-Sidhi program in the areas of health, education, development of personality, rehabilitation, and quality of life.

A: Health


**B: Education**


**C: Personality**


D: Rehabilitation


E: Quality of Life


VOLUME 5


PART I: PHYSIOLOGY

*The Studies in the First Section Document Changes during the Practice of the Transcendental Meditation Technique Unless Otherwise Stated.*
A: Metabolic, Biochemical, and Cardiovascular Changes

A Unique State of Deep Rest: Meta-Analysis of 32 Studies; Higher Basal Skin Resistance; Lower Respiration Rate; Lower Plasma Lactate. Lower Baseline Levels of Spontaneous Skin Resistance Responses, Respiration Rate, Heart Rate, and Plasma Lactate.

A Unique State of Deep Rest: Reduction in Metabolic Rate; Reduction in Heart Rate.

A Unique State of Deep Rest: Lower Heart Rate; Decreased Breath Rate; Episodes of Spontaneous Respiratory Suspension (Without Compensatory Hyperventilation). Increased Alertness: Faster Reaction Time after the Practice. Lower Heart Rate outside the Practice.

A Unique State of Deep Rest: Lower Oxygen Consumption per Kilo Body Weight during and outside TM Practice.

Unique pattern of DNA Repair.

Unique State of Deep Rest: Reduced Difference between Arterial and Venous CO2 Content in Forearm Metabolism.

A Unique State of Deep Rest: Marked Decline of Red Cell Metabolism.

Increased Endocrinological Efficiency: Long-Term Reduction in Basal Levels of Pituitary Hormones (TSH, Growth Hormone, and Prolactin), with Maintenance of Adrenal and Thyroid Hormone Levels.


More Efficient Neuroendocrine Regulation: Reduction of Pituitary Hormone TSH with Maintenance of Thyroid Hormones and Insulin Levels. Lower Baseline TSH Levels in Long-Term TM Participants.


Neurotransmitter Modulation: Change in Daily Cycle of Urinary 5-Hydroxyindoles, Metabolites Related to Serotonin.


Hormonal Growth: Increased Plasma Level of Arginine Vasopressin, Associated with Body Fluid Balance and with Learning and Memory.


Improved Stress Reactivity: Lower Beta-Adrenergic Receptor Sensitivity; Lower Blood Reactivity to Stress; Lower Resting Blood Pressure; Lower Resting Epinephrine Level.


Lower Chronic Stress: Normal Neuroendocrine Reactivity; Meditating Type A Subjects Showed Healthy Neuroendocrine Pattern.

**B: Electrophysiological and Electroencephalographic Changes**


375. TRAVIS, F., and ORME-JOHNSON, D. W. EEG coherence and power during yogic flying. Abstract of a portion of the first author's doctoral dissertation, Department of Psychology, Maharishi International University, Fairfield, Iowa, 1988. (Refer
Increased EEG Coherence at the Moment of Performance of TM-Sidhi Yogic Flying.

C: Health


PART II: PSYCHOLOGY
A: Intelligence, Learning, and Academic Performance


385. NIDICH, S. I.; NIDICH, R. J.; and RAINFORTH, M. School effectiveness: achievement gains at the Maharishi School of the Age of Enlightenment. Education 107: 49–54, 1986. Increased Academic Achievement for Both Incoming and Continuing Students at Maharishi School of the Age of Enlightenment.


Increased Academic Achievement and IQ as a Function of Number of Months Practicing the Transcendental Meditation and TM-Sidhi Program in Secondary School Students.


Increased Morale, Facilitative Leadership, and Influence in Decision Making Concerning Classroom Instruction in Teachers Practicing the Transcendental Meditation Program.


Increased Fluid Intelligence and Field Independence (Growth of a More Stable Internal Frame of Reference, Increased Perceptual Acuity) in College Students.


Improvements in General Intelligence and Reaction-Time Measures (Which are Correlated with Intelligence).


Enhanced Academic Performance in Postgraduate Students.


Enhanced Creativity and Intelligence.


Reduction of Aging Effects as Assessed by Perceptual/Motor Speed and Non-Verbal Intelligence.

B: Development of Personality

Orientation toward Positive Values: Better Recall for Positive than Negative Words; Lower Recognition Thresholds for Positive Words than Negative Words; Differential Recognition Threshold for Positive and Negative Affect Terms Correlated with the Intensity of the Experienced Positive and Negative Affects; More Positive Appraisal of Others.

Student Psychological Development: Increased Psychological Health as Indicated by Unifying Ability, Autonomy, Intrinsic Spirituality, Creativity, Directedness, Well-Being, and Integration of the Personality; Higher Growth Rate on Several of These Indicators.

Psychological Development: Higher Scores on General Factor of Psychological Health; Higher Growth Rate Longitudinally; Scores on Psychological Health Associated with Physiological Indicators of Transcendental Consciousness.

Experiences of Higher States of Consciousness: More Frequent Experiences of Transcendental Consciousness.

PART III: SOCIOLOGY

A: Rehabilitation

Rehabilitation of Prison Inmates: Reduced Recidivism after Release.

B: Productivity and Quality of Life

Increased Productivity and Performance in Business: Increased Efficiency and Productivity; Improved Work and Personal Relationships; Reduced Anxiety; Reduced Job Worry and Tension; Improved Job Satisfaction; Improved General
Health; Enhanced Sleep and Reduced Fatigue; Reduced Cigarette and Liquor Consumption; Increased Physiological Stability during Task Performance.


Improved Quality of National Life as Measured by a Monthly Index of Inflation and Unemployment (United States, 1979–1988), Controlling for Monetary Growth and the Rate of Change of Crude Materials Prices.


Improved Quality of National Life as Measured by a Monthly Index of Inflation and Unemployment (United States, 1979–1988), Controlling for the Rate of Change of Industrial Production, Crude Materials Prices, and a Measure of the Money Supply.


Improved Quality of National Life as Measured by a Monthly Index of Inflation and Unemployment (United States, 1979–1988), Controlling for Changes in Major Economic Variables.


PART IV: THEORETICAL AND REVIEW PAPERS

A: Health

412. WALLACE, R. K.; FAGAN, J. B.; and PASCO, D. S. Vedic physiology. Modern Science and Vedic Science 2(1): 3–59, 1988. The fundamental principle of Vedic Physiology is that consciousness is the basis of physiology. This paper outlines and reviews the expression of consciousness at each level of the physiology and reviews research on physiological correlates of higher states of consciousness developed through the Transcendental Meditation and TM-Sidhi program.

413. CHOPRA, D. Bliss and the quantum mechanical body. Modern Science and Vedic Science 2(1): 61–74, 1988. The author outlines how the intelligence of the field of pure consciousness, the unified field of natural law, is expressed through the DNA and other levels of physiological functioning. The scientifically documented effects of the Transcendental Meditation program in balancing physiological functioning from the field of pure consciousness, and promoting subjective well-being, are
discussed.


The authors review the large body of research indicating improved individual and collective health through the Transcendental Meditation program and propose that it be applied on a large scale to improve public health and reduce health care costs.

B: Education


The authors outline the principles and practical techniques of the Maharishi Unified Field Based Integrated System of Education and review research indicating the ability of this system to develop the cognitive, affective, and physiological characteristics of the student that contribute to successful learning.


The authors review research on the success of Maharishi Schools of the Age of Enlightenment in fostering positive educational outcomes and promoting student development.

417. DOW, M. A. A unified approach to developing intuition in mathematics. This paper is an abridged version of a paper presented to the Eugene Strens Memorial Conference on Intuitive and Recreational Mathematics and Its History, Calgary, July/August 1986. The original paper will appear in the proceedings of this conference, edited by Richard K. Guy, to be published by the Mathematical Association of America in their series MAA Notes.

This paper describes how the development of consciousness through the Transcendental Meditation program fulfills current needs in mathematics education by culturing mathematical intuition.

C: Personality and Development


The authors review physiological research indicating that transcendental consciousness is a unique fourth major state of consciousness.
A: Rehabilitation


This paper reviews the research on the application of the Transcendental Meditation program in corrections, including improved mental health and reduced hostility among inmates, and reduced recidivism upon release. The authors propose the implementation of the Transcendental Meditation program in correctional settings on a large scale, in order to promote effective rehabilitation and thereby reduce the substantial financial and human costs to society of incarceration.


This paper reviews the results of studies indicating that the practice of the Transcendental Meditation program reduces substance abuse.

B: Productivity and Quality of Life


This paper reviews Maharishi’s theoretical principles of collective consciousness and the empirical research demonstrating improved quality of life at the city, state, national, and international levels. The research indicates that an influence of peace is created worldwide through the group practice of the Transcendental Meditation and TM-Sidhi program by at least 7000 individuals—the square root of one percent of the world’s population.

C: Maharishi’s Vedic Psychology


This paper introduces basic concepts of Maharishi’s Vedic Psychology and
compares its major principles to those of twentieth-century psychology. The author concludes that Maharishi’s Vedic Psychology fulfills the theoretical and applied goals of psychology.

This paper presents the field of pure consciousness, or cosmic psyche, as the source of all mental and physical phenomena. The qualities of this field are verified through several approaches, including direct experience and scientific research.

This paper outlines how, from the perspective of Maharishi’s Vedic Psychology, the field of pure consciousness sequentially gives rise to the diversity of subjective and objective existence. Research is reviewed indicating that all levels of subjective life are enriched from their basis, pure consciousness, through the Transcendental Meditation and TM-Sidhi program.

This paper outlines the sequential unfoldment of higher states of consciousness brought to light by Maharishi and reviews the scientific research indicating the development of higher states through the Transcendental Meditation and TM-Sidhi program.

This paper introduces Maharishi’s TM-Sidhi program as the technique to enliven the self-interacting dynamics of consciousness in the awareness of the individual, thereby accelerating growth of higher states of consciousness; it also reviews the scientific research on the TM-Sidhi program.

G: Maharishi’s Vedic Science and the Foundations of Mathematics and Physics

This paper reviews basic concepts of set theory and other foundational perspectives in mathematics in relation to the central principles of Maharishi’s Vedic Science.
This paper presents an introduction to unified quantum field theories followed by a discussion of theory, research, and subjective experiences from Maharishi’s Vedic Science, in which pure consciousness is described as the unified field of all the laws of nature.

The author proposes the renaming of the basic forces and particles of nature in light of their basis in the unified field; he outlines how Maharishi’s Vedic Science brings fulfillment to this aspiration, and reviews research indicating that the unified field can be directly experienced and utilized by human awareness through the Transcendental Meditation and TM-Sidhi program.

**VOLUME 6**


**PART I: PHYSIOLOGY**

**A: Metabolic, Biochemical, and Cardiovascular Changes**

431  EFFECTS ON REGIONAL CEREBRAL BLOOD FLOW OF TRANSCENDENTAL MEDITATION
Increased Relative Blood Flow to the Brain in Frontal and Occipital Regions; Decreased Cerebrovascular Resistance Correlated with Increased Relative Cerebral Blood Flow; Increased Galvanic Skin Resistance; Increased Galvanic Skin Resistance Correlated with Increased Relative Cerebral Blood Flow

432  ELEVATED SERUM DEHYDROEPIANDROSTERONE SULFATE LEVELS IN PRACTITIONERS OF THE TRANSCENDENTAL MEDITATION (TM) AND TM-SIDHI PROGRAM
Indications of Younger Biological Age: Increased DHEA-S Levels in Female and Older Male Practitioners of the Transcendental Meditation and TM-Sidhi Programme
433 BETA-ADRENERGIC RECEPTOR SENSITIVITY IN SUBJECTS PRACTICING TRANSCENDENTAL MEDITATION
Decreased Sensitivity to Stress Hormones: Reduced Beta-Adrenergic Receptor Sensitivity

434 BETA-ADRENERGIC RECEPTOR SENSITIVITY, AUTONOMIC BALANCE AND SEROTONERGIC ACTIVITY IN PRACTITIONERS OF TRANSCENDENTAL MEDITATION
Decreased Sensitivity to Stress Hormones: Reduced Beta-Adrenergic Receptor Sensitivity; More Stable Balance of the Physiology: Reduced Peripheral Serotonergic Activity Following Practice of the TM-Sidhi Programme; Length of Practice of the Transcendental Meditation Programme Correlated with Change in, and Lower Level of, Peripheral Serotonergic Activity

435 ACUTE IMMUNOREACTIVITY MODIFIED BY PSYCHOSOCIAL FACTORS: TYPEA/B BEHAVIOR, TRANSCENDENTAL MEDITATION AND LYMPHOCYTE TRANSFORMATION
Improved Immune Response to Stress: Faster Recovery of Baseline Immune Functioning Among Type A Subjects

436 INDOLE-MEDIATED ADAPTATION: DOES MELATONIN MEDIATE RESISTANCE TO STRESS IN HUMANS?
Lower Melatonin Turnover; Lower Levels of Melatonin Turnover Associated with Lower Stress

437 STRESS AND SEROTONIN TURNOVER IN NORMAL SUBJECTS: RELATION TO SEROTONIN DEFICIENCIES IN MENTAL DISORDERS
Higher Whole Body Serotonin Turnover; Less Mood Disturbance

438 MECHANISMS RELATING STRESS REDUCTION AND HEALTH: CHANGES IN NEUROENDOCRINE RESPONSES TO LABORATORY STRESS AFTER FOUR MONTHS OF TRANSCENDENTAL MEDITATION
More Adaptive Biochemical Response to Stress: Decreased Baseline Cortisol and Decreased Overall Cortisol During Stress Session; Enhanced Cortisol Response During Stressful Challenge with Rapid Return to Baseline; Decreased TSH Response to Stress; Increased GH Response to Stress; Increased Testosterone Response to Stress. Decreased Plasma Serotonin Relative to Controls for Baseline, Average, and Response to Stress. (In contrast to whole body serotonin metabolism, low plasma serotonin indicates decreased stress and decreased risk of high blood pressure. Low baseline cortisol and enhanced cortisol response to stress is a more stable and adaptive physiological profile.)

439 STRESS REDUCTION AND PREVENTING HYPERTENSION: PRELIMINARY SUPPORT FOR A PSYCHONEUROENDOCRINE MECHANISM
Endocrine Pattern Associated with Lower Stress: Lower Excretion of Cortisol and Aldosterone; Higher Excretion of Dehydroepiandrosterone Sulfate and Serotonin Metabolite 5-HIAA; Lower Excretion of Sodium, Calcium, Zinc, and Sodium/Potassium Ratio; Lower Anxiety; Less Mood Disturbance

440 CIRCADIAN RHYTHM ALTERATION BY A MENTAL TECHNIQUE FOR STRESS REDUCTION.
Biochemical Indications of Decreased Stress: Lower Morning Levels of ACTH and Beta-endorphins

441 RELATIONSHIP BETWEEN SUBJECTIVE BLISS, 5-HYDROXY-3-INDOLEACETIC ACID AND THE COLLECTIVE PRACTICE OF MAHARISHI’S TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAM
Increased Serotonin Turnover, Increased Subjective Experience of Bliss, and Improved Quality of Night Sleep Correlated with the Size of a Group of TM-Sidhi Programme Participants; Quality of Experiences During the Transcendental Meditation and TM-Sidhi Programme Correlated with the Size of a Group of TM-Sidhi Programme Participants

B: Electrophysiological and Electroencephalographic Changes

442 MOBILIZATION OF THE HIDDEN RESERVES OF THE BRAIN
Mobilization of Hidden Reserves of the Brain: Wider Distribution of Cortical Response to Somatosensory Stimuli

443 CEREBRAL CONTROL OF AFFERENT SOMATOSENSORY PROJECTIONS

Increased Amplitude of Cortical and Brain Stem Responses to Somatosensory Stimuli

**444 P300 UNDER CONDITIONS OF TEMPORAL UNCERTAINTY AND FILTER ATTENUATION: REDUCED LATENCY IN LONG-TERM PRACTITIONERS OF TM**


Faster Neurocognitive Processing: Reduced Latency of Auditory Brain Response (P300)

**445 TRANSCENDENTAL MEDITATION AS AN INTERVENTION IN THE AGING OF NEUROCOGNITIVE FUNCTION: REDUCED AGE-RELATED DECLINES OF P300 LATENCIES IN ELDERLY PRACTITIONERS**


Preservation of Neurocognitive Processing Speed with Age: Faster Latency of Visual Evoked Potentials (P300)

**446 ENDOGENOUS EVOKE POTENTIALS IN SUBJECTS PRACTICING TRANSCENDENTAL MEDITATION**


Increased Efficiency and Decreased Age-Related Deterioration of Cognitive Information Processing as Measured by Auditory Event-Related Potentials: Increased Amplitude and Decreased Latency of Brain Potentials (P300) Correlated with Length of Time Practicing Transcendental Meditation; Greater Amplitude of Response Prior to Transcendental Meditation in Comparison to Controls; Shorter Latency of Response Following Transcendental Meditation in Comparison to Before; Shorter Latency of Response Following Transcendental Meditation in Comparison to Controls

**447 P300 LATENCY AND AMPLITUDE DURING EYES-CLOSED REST AND TRANSCENDENTAL MEDITATION PRACTICE**

Travis, F. and Miskov, S. Summary of a paper presented at the 34th Annual Meeting of the Society for Psychophysiological Research, Atlanta, Georgia, USA, October 1994. (Also refer to *Psychophysiology* 31 (Suppl.): S98 (Abstract), 1994.)

Improved Efficiency of Information Transfer in the Brain: Shorter Latencies of Auditory Evoked Potentials (P300) Following Transcendental Meditation

**448 EEG ANALYSIS DURING MEDITATION: A LITERATURE REVIEW AND EXPERIMENTAL STUDY**

Splittstoesser, W. Translation of the abstract of the author’s doctoral dissertation, entitled _Elektroencephalographische Untersuchung bei der Meditation: Literatur und eigene_
Erfahrung’, conducted at the Medical Faculty, Johannes Gutenberg University, Mainz, Germany, 1983.
EEG Indications of Restful Alertness: Low or High Amplitude Theta Activity Alternating with Basic Alpha Activity; Isolated Delta Waves with Occasional Overlap by Fast Frequencies; High Amplitude Theta Bursts; Increased Intrahemispheric Coherence in the Alpha and Theta Frequency Bands

449 EYES OPEN AND TM EEG PATTERNS AFTER ONE AND EIGHT YEARS OF TM PRACTICE
Higher Eyes-Open Frontal-Central EEG Coherence in Long-Term Participants in the Transcendental Meditation Programme; Increased Frontal Alpha EEG Activity and Periodic Theta-Alpha Bursts During the Practice of Transcendental Meditation for both Short-Term and Long-Term Participants

450 THE DYNAMIC FEATURES OF MODIFIED STATES OF CONSCIOUSNESS DURING TRANSCENDENTAL MEDITATION
EEG Indications of Restful Alertness: Increased Stability of Alpha Activity, Increased Beta Power, and Reduced Slow-Wave Delta and Theta Power During Transcendental Meditation; Persistence of EEG Changes Following Transcendental Meditation

451 COMPARATIVE ANALYSIS OF ALPHA RHYTHM CONTENT IN SPONTANEOUS EEG ACTIVITY AMONG SUBJECTS PRACTISING THE TRANSCENDENTAL MEDITATION TECHNIQUE
Istratov, E. N.; and Lyubimov, S. N. [Brain Research Institute, Russian Academy of Medical Sciences, Moscow]
EEG Indications of Restful Alertness: High Frontal EEG Alpha Power During Transcendental Meditation; Stabilization of Frontal EEG Alpha Power Outside the Practice of Transcendental Meditation

452 EEG RELATIVE ALPHA POWER DURING YOGIC FLYING
Stabilized Restful Alertness: EEG Alpha Activity During Yogic Flying

453 EEG COHERENCE AND POWER DURING YOGIC FLYING
Increased EEG Coherence and Power Immediately before the Body Lifted up during TM-Sidhi Yogic Flying
AN EMPIRICAL TEST OF MAHARISHI’S JUNCTION POINT MODEL OF STATES OF CONSCIOUSNESS
Indication of Pure Consciousness at the Transition between Waking and Sleeping: EEG Alpha Activity in the Frontal Cortex; Increased Duration of Frontal Alpha Activity During Transcendental Meditation

THE JUNCTION POINT MODEL: A FIELD MODEL OF WAKING, SLEEPING, AND DREAMING, RELATING DREAM WITNESSING, THE WAKING/SLEEPING TRANSITION, AND TRANSCENDENTAL MEDITATION IN TERMS OF A COMMON PSYCHOPHYSIOLOGIC STATE
Indication of Pure Consciousness at the Transition Between Waking, Sleeping, and Dreaming: Increased EEG Theta/Alpha Power

ELECTROPHYSIOLOGICAL CORRELATES OF HIGHER STATES OF CONSCIOUSNESS DURING SLEEP

C: Health

TRANSCENDENTAL MEDITATION, MINDFULNESS, AND LONGEVITY: AN EXPERIMENTAL STUDY WITH THE ELDERLY.
Benefits for the Elderly Demonstrating Reversal of Ageing: Increased Longevity (Higher Survival Rate); Reduction of Systolic Blood Pressure to More Ideal Levels; Improved Mental Health (Improvements on Nurses’ Mental Health Ratings); Increased Cognitive Flexibility (Verbal Task); Increased Learning Ability (Paired Associate Learning Task); Improvements in Self-Reported Measures of Behavioural Flexibility and Ageing (Greater Ability to Cope with Inconvenience, Reduced Feelings of Being Old); Greater Sense of Well-Being (Feeling Better and More Relaxed After Transcendental Meditation; Feeling Better During Transcendental Meditation; High Interest in Transcendental Meditation; and High Ratings of the Value of Transcendental Meditation)

A RANDOMIZED CONTROLLED TRIAL OF STRESS REDUCTION ON CARDIOVASCULAR AND ALL-CAUSE MORTALITY IN THE ELDERLY: RESULTS OF 8 YEAR AND 15 YEAR FOLLOW-UPS
Benefits for the Elderly Demonstrating Reversal of Ageing: Increased Longevity (Higher Survival Rate); Higher Survival Rate Among Those with Cardiovascular Mortality

459 A RANDOMIZED CONTROLLED TRIAL OF STRESS REDUCTION FOR HYPERTENSION IN OLDER AFRICAN AMERICANS
More Ideal Levels of Blood Pressure in Hypertensive Subjects: Reduction of High Systolic and Diastolic Blood Pressure

460 TRIAL OF STRESS REDUCTION FOR HYPERTENSION IN OLDER AFRICAN AMERICANS: II. SEX AND RISK SUBGROUP ANALYSIS
More Ideal Levels of Blood Pressure in Hypertensive Subjects: Reduction of High Systolic and Diastolic Blood Pressure Found for both Men and Women, and both High and Low Psychosocial Stress Subjects; Reduction of High Systolic and Diastolic Blood Pressure Irrespective of Score on Five Other Measures of Risk for High Blood Pressure—Obesity, Alcohol Use, Physical Inactivity, Dietary Sodium-Potassium Intake, and Index of All Risk Factors Combined

461 THE EFFECT OF TRANSCENDENTAL MEDITATION ON AMBULATORY BLOOD PRESSURE AND CARDIOVASCULAR REACTIVITY
More Ideal Levels of Blood Pressure in Normotensive Subjects: Decreased Mean Diastolic Ambulatory Blood Pressure; Maintenance of Blood Pressure Reactivity

462 COST-EFFECTIVE HYPERTENSION MANAGEMENT: COMPARISON OF DRUG THERAPIES WITH AN ALTERNATIVE PROGRAM
Greater Cost-Effectiveness for Hypertension Management through Transcendental Meditation Programme in Comparison to Drug Therapies

463 USEFULNESS OF THE TRANSCENDENTAL MEDITATION PROGRAM IN THE TREATMENT OF PATIENTS WITH CORONARY ARTERY DISEASE
Improved Cardiovascular Functioning in Patients with Coronary Artery Disease: Improved Exercise Tolerance (Increased Exercise Duration; Increased Maximal Workload; Greater Delay of Onset of ST Depression; Greater Reduction of Rate-Pressure Product During Exercise)

464 TRANSCENDENTAL MEDITATION AND THREE CASES OF MIGRAINE
Reduced Frequency and Severity of Migraine Headache

465 MONITORING BEHAVIOURAL STRESS CONTROL USING A CRANIOMANDIBULAR INDEX
Reduction of craniomandibular stress

466 EFFECTS OF TRANSCENDENTAL MEDITATION (TM) ON THE MENTAL HEALTH OF INDUSTRIAL WORKERS
Improvements in General Physical and Mental Well-Being in Industrial Workers: Decreased Physical Complaints; Decreased Impulsive Tendency; Reduced Emotional Instability; Decreased Neurotic Tendency; Decreased Anxiety

467 EFFECTS OF TRANSCENDENTAL MEDITATION (TM) ON THE HEALTH BEHAVIOUR OF INDUSTRIAL WORKERS
Improved Sleep and Decreased Smoking in Industrial Workers: Decreased Time to Fall Asleep; Reduced Waking During the Night; Decreased Percentage of People Smoking; Fewer Cigarettes Smoked per Day

468 THE ROLE OF THE TRANSCENDENTAL MEDITATION TECHNIQUE IN PROMOTING SMOKING CESSION: A LONGITUDINAL STUDY
Decreased Cigarette Consumption; Increased Smoking Quit Rate Over a Two-Year Period

469 THE IMPACT OF TRANSCENDENTAL MEDITATION PRACTICE ON MEDICAL EXPENDITURES
Decreased Payments for Physicians’ Services; Greatest Savings for Elderly and High Medical Cost People

470 THE IMPACT OF THE TRANSCENDENTAL MEDITATION PROGRAM ON GOVERNMENT PAYMENTS TO PHYSICIANS IN QUEBEC
Decreased Payments for Physicians’ Services

PART II: PSYCHOLOGY

A: Intelligence, Learning, and Academic Performance
471 TRANSCENDENTAL MEDITATION AND IMPROVED PERFORMANCE ON INTELLIGENCE-RELATED MEASURES: A LONGITUDINAL STUDY
Increased General Intelligence; Improved Intelligence Test Performance; Improvement in Reaction Time Measures Correlated with General Intelligence (Faster Choice Reaction Time, Lower Standard Deviation of Choice Reaction Time); Faster Simple Reaction Time

472 VEDIC SCIENCE BASED EDUCATION AND NONVERBAL INTELLIGENCE: A PRELIMINARY LONGITUDINAL STUDY IN CAMBODIA
Increased Nonverbal Intelligence

473 TESTING AND DEVELOPING HOLISTIC INTELLIGENCE IN CHINESE CULTURE WITH MAHARISHI’S VEDIC PSYCHOLOGY: THREE EXPERIMENTAL REPLICATIONS USING TRANSCENDENTAL MEDITATION
Increased Creativity; Increased Fluid Intelligence; Decreased Inspection Time (Increased Speed of Information Processing); Increased Field Independence; Increased Constructive Thinking; Decreased Anxiety

474 COGNITIVE AND SELF DEVELOPMENT AMONG URBAN CHILDREN PARTICIPATING IN AN AFTER-SCHOOL EDUCATIONAL PROGRAM
Dillbeck, M. C.; Msemaje, H. I.; Clayborne, B. M.; and Dillbeck, S. L. Paper presented at the 98th Annual Convention of the American Psychological Association, Boston, Massachusetts, USA, August 1990.
Increased Analytical Intelligence; Increased General Intellectual Performance; Improved Self Concept

475 FIELD INDEPENDENCE AND ART ACHIEVEMENT IN MEDITATING AND NONMEDITATING COLLEGE STUDENTS
Higher Level of Field Independence; Field Independence Correlated with Artistic Ability and College Grades

476 FIELD INDEPENDENCE, TRANSCENDENTAL MEDITATION AND ACHIEVEMENT IN COLLEGE ART: A REEXAMINATION
Higher Level of Field Independence; Correlation of Field Independence with Artistic Ability, Self-Perceived Artistic Competence, and College Academic Performance

B: Development of Personality
TRANSCENDENTAL MEDITATION, SELF-ACTUALIZATION, AND PSYCHOLOGICAL HEALTH: A CONCEPTUAL OVERVIEW AND STATISTICAL META-ANALYSIS

Increased Self-Actualization through Transcendental Meditation in Contrast to Other Procedures as Demonstrated by Meta-Analysis; Improvement in the Measured Components of Self-Actualization: Increased Time Competence (Ability to Live in the Present; Ability to Connect Past, Present, and Future Meaningfully); Increased Inner-Directedness (Independence; Self-Supportiveness); Increased Self-Actualizing Value (Holding Values of Self-Actualizing People); Increased Existentiality (Flexibility in Application of Values); Increased Spontaneity; Increased Self-Regard; Increased Self-Acceptance; Increased Nature of Man Constructive (Sees Man as Essentially Good); Increased Synergy (Sees Opposites of Life as Meaningfully Related); Increased Acceptance of Feelings; Increased Capacity for Intimate Contact (Warm Interpersonal Relationships); Increased Emotional Maturity; Increased Integrative Perspective on Self and World; Increased Resilient Sense of Self

TRANSCENDENTAL MEDITATION AND AWAKENING WISDOM: A 10–YEAR LONGITUDINAL STUDY OF SELF DEVELOPMENT

Growth of Wisdom: Increased Ego Development; Increased Principled Moral Reasoning; Increased Motivation for Warm Interpersonal Relationships

TRANSCENDENTAL MEDITATION, ADAPTATION MECHANISMS AND VALUATIONS

Increased Orientation Towards Positive Values; Increased Psychological Health

PERSONALITY AND HEALTH CHARACTERISTICS OF CAMBODIAN UNDERGRADUATES: A CASE FOR STUDENT DEVELOPMENT

Improved Mental and Physical Health: Decreased State Anxiety; Decreased Trait Anxiety; Decreased Depression; Increased Self-Esteem; Improved General Health

PART III: SOCIOLOGY

A: Rehabilitation

TREATING AND PREVENTING ALCOHOL, NICOTINE, AND DRUG ABUSE THROUGH TRANSCENDENTAL MEDITATION: A REVIEW AND STATISTICAL META-ANALYSIS

Results of Integrative Meta-Analysis: Significantly Greater Reduction in Use of Illegal Drugs, Alcohol, and Cigarettes than Programs of Relaxation, Prevention or Treatment;
Abstinence from Illegal Drugs, Alcohol, and Cigarettes Maintained or Increased over Long Term (Relapse Prevention); Improved Psychological Health (Reduced Negative Qualities, Reduced Anxiety, Improved Positive Qualities) Among Those with Substance Abuse Problems in Comparison to Controls

**482 CASE STUDY OF THE TRANSCENDENTAL MEDITATION PROGRAMME IN THE NATIONAL PRISON SYSTEM OF SENEGAL.**


Case Study Benefits for Inmates: Sharp Reduction in Negativity, Irritability and Aggressiveness; Improved Relations Between Inmates; Improvement in Health; Marked Decrease in Drug Consumption; Improvement in Sleep; Greater Confidence and Joyfulness. Case Study Benefits for Staff: Greater Self-Confidence; Greater Concern for Inmates; Greater Self-Control; Greater Conscientiousness; Improved health; Decreased Absenteeism and Lateness. Case Study Benefits for Prison: Almost Complete Cessation of Fights Between Inmates; Sharp Decrease in the Number of Medical Consultations; Marked Decrease in Rule Violations by Inmates and Staff; Fewer Escapes. Case Study Benefits for the Nation: Reduced National Recidivism; Increased and More Balanced Rainfall and Increased Harvests

**B: Productivity and Quality of Life**

**483 EFFECTS OF THE TRANSCENDENTAL MEDITATION PROGRAM ON STRESS REDUCTION, HEALTH, AND EMPLOYEE DEVELOPMENT: A PROSPECTIVE STUDY IN TWO OCCUPATIONAL SETTINGS**


Increased Employee Effectiveness; Increased Job Satisfaction; Improved Personal and Work Relationships; Reduced Job Worry and Tension; Reduced Trait Anxiety; Decreased Insomnia and Decreased Fatigue; Reduced Cigarette and Hard Liquor Use; Improved Health; Greater Calm (Lower Skin Conductance) During Task Performance; Improvement on Common Factors Underlying each of these Measures (Occupational Coherence, Physiological Settledness, Satisfaction with Professional and Personal Life)

**484 EFFECTS OF THE TRANSCENDENTAL MEDITATION PROGRAM ON PSYCHOLOGICAL, PHYSIOLOGICAL, BEHAVIORAL, AND ORGANIZATIONAL CONSEQUENCES OF STRESS IN MANAGERS AND EXECUTIVES**

Benefits for Managers: Increased Observer-Rated Contribution to the Organization; Improved Mental Health; Increased Vitality; More Healthy Behaviours; Decreased Perceived Stress; Decreased Physical Complaints; Decreased Serum Cholesterol

**485 INTRODUCING IN A MILITARY ACADEMY THE TRANSCENDENTAL MEDITATION PROGRAM FOR PREVENTION OF STRESS**
Belham, M. F. C. Centre for Personnel Studies, Department of Teaching and Research, Ministry of the Army, Rio de Janeiro, Brazil.
Benefits for Military Cadets: Increased Capacity of Attention; Improved Memory of Details; Increased Effectiveness in Executing Orders; Improved Emotional Performance; Increased Physical Strength (Push-ups); Reduced Resting Heart Rate. Benefits for Officers: Increased Concentration of Attention; Improved Memory of Details; Improved Emotional Performance

**486 IMPLEMENTING THE TRANSCENDENTAL MEDITATION PROGRAMME IN THE BRAZILIAN MILITARY POLICE FORCES: A CASE STUDY.**
Alvarez Roset, J. L., and Schuler, M. International Meditation Society, Rio de Janeiro, Brazil, in conjunction with Committee of Ayurvedic Medicine, Secretary of Medical Services, Ministry of Social Welfare, Brasilia, Brazil.
Benefits for Police Officers: Decreased Disciplinary Problems; Decreased Doctor Visits; Improved Community Relations. Benefits for Police Officer Trainees: Better Physical Well-Being; Greater Relaxation; Less Worry and Tension; Greater Capacity for Study; Improved Relationships; Greater Respect for Country and Organizations; Enhancement of Military Education; Decreased Disciplinary Problems; Decreased Doctor Visits.

**487 RELATIONSHIP BETWEEN PARTICIPATION IN TRANSCENDENTAL MEDITATION AND THE FUNCTIONALITY OF MARRIAGE**

The Following Papers in This Section Document the Growth of Coherence in the Collective Consciousness of States, Nations and the World.

**488 THE MAHARISHI EFFECT: A MODEL FOR SOCIAL IMPROVEMENT. TIME SERIES ANALYSIS OF A PHASE TRANSITION TO REDUCED CRIME IN MERSEYSIDE METROPOLITAN AREA.**
Improved Quality of City Life: Decreased Crime Rate (Merseyside, England, 1988–1991)

**489 EFFECTS OF GROUP PRACTICE OF THE TRANSCENDENTAL MEDITATION PROGRAM ON PREVENTING VIOLENT CRIME IN**
WASHINGTON, DC: RESULTS OF THE NATIONAL DEMONSTRATION PROJECT, JUNE–JULY 1993
Hagelin, John S.; Rainforth, Maxwell V.; Orme-Johnson, David W.; Cavanaugh, Kenneth L.; Alexander, Charles N.; Shatkin, Susan F.; Davies, John L.; Hughes, Anne O.; and Ross, Emanuel. Summary of a paper to appear in Social Indicators Research, 47. [153–201, 1999.]
Improved Quality of City and National Life as Measured by Decreased Violent Crime Rate in the National Capital (Washington, DC, June and July, 1993)

490 IMPROVED QUALITY OF LIFE IN IOWA THROUGH THE MAHARISHI EFFECT
Improved Quality of State Life: Reduced Unemployment; Decreased Traffic Fatalities; Decreased Crime Rate; Increase of a Quality of Life Index Including All Three Variables (Iowa, 1979–1986)

491 WHAT DOES THE MAHARISHI TECHNOLOGY OF THE UNIFIED FIELD MEAN FOR SOCIAL WORK? A STUDY IN AUSTRALIA
Improved Quality of National Life: Reduced Fatal Traffic Accidents; Reduced Unemployment; Increased Value of Stock Market Index (Australia, January 1983)

492 TEST OF A FIELD THEORY OF CONSCIOUSNESS AND SOCIAL CHANGE: TIME SERIES ANALYSIS OF PARTICIPATION IN THE TM-SIDHI PROGRAM AND REDUCTION OF VIOLENT DEATH IN THE U.S.
Improved Quality of National Life: Improvement on a Weekly Index Including Motor Vehicle Fatalities, Homicide, and Suicide (United States, 1982–1985)

493 TIME SERIES ANALYSIS OF IMPROVED QUALITY OF LIFE IN CANADA: SOCIAL CHANGE, COLLECTIVE CONSCIOUSNESS, AND THE TM-SIDHI PROGRAM

494 IMPACT ASSESSMENT ANALYSIS OF BEHAVIORAL QUALITY OF LIFE INDICES: EFFECTS OF GROUP PRACTICE OF THE TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAM
Improved Quality of National Life: Improvements Controlling for Economic Changes on a Monthly Index Including Motor Vehicle Fatalities, Homicide, Suicide, Deaths Due to Accidents (other than Motor Vehicle), Notifiable Diseases, Alcohol Consumption, Cigarette Consumption (United States, 1970–1986); Improvements Controlling for Economic Changes on a Monthly Index Including Motor Vehicle Fatalities, Homicide, Suicide, Cigarette Consumption (Canada, 1972–1986)


PART IV: THEORETICAL AND REVIEW PAPERS

A: Physiology and Health
THE PHYSIOLOGY OF MEDITATION: A REVIEW. A WAKEFUL HYPOMETABOLIC INTEGRATED RESPONSE
The authors propose that practice of the Transcendental Meditation Technique creates an integrated physiological response with peripheral circulatory and metabolic changes subserving increased central nervous activity, and review data from previous research on physiological changes associated with the Transcendental Meditation Programme.

THE PHYSIOLOGY OF HIGHER STATES OF CONSCIOUSNESS
The author reviews current research on the Transcendental Meditation Programme delineating physiological correlates of the development of higher states of consciousness.

SERUM HORMONAL CONCENTRATIONS FOLLOWING TRANSCENDENTAL MEDITATION—POTENTIAL ROLE OF GAMMA AMINOBUTYRIC ACID
The authors review research on the hormonal changes associated with the Transcendental Meditation Technique and attempt to explain these changes in light of the known effects of the neurotransmitter gamma aminobutyric acid (GABA) on hormonal secretion and release, proposing that one of the mechanisms by which the Transcendental Meditation Technique produces relaxation is by enhancing the effects of an endogenous neurotransmitter.

TRANSCENDENTAL MEDITATION AS A TECHNIQUE TO INCREASE NEURAL, COGNITIVE, AND BEHAVIORAL PLASTICITY
The author reviews research indicating that regular practice of the Transcendental Meditation Technique increases the flexibility of the nervous system and improves general adaptive ability.

A NEUROENDOCRINE MECHANISM FOR THE REDUCTION OF DRUG USE AND ADDICTIONS BY TRANSCENDENTAL MEDITATION
This paper outlines a model of the neurochemical and endocrine processes associated with chronic stress and their contribution to the development of drug addiction; it also reviews research on the physiological effects of Transcendental Meditation in light of this model, indicating mechanisms of how this technique creates physiological balance and thereby promotes freedom from addictive behaviours.

IN SEARCH OF AN OPTIMAL BEHAVIORAL TREATMENT FOR HYPERTENSION: A REVIEW AND FOCUS ON TRANSCENDENTAL MEDITATION

This paper reviews the body of research papers on the benefits of the Transcendental Meditation Programme for reduction of hypertension, focussing in detail on two controlled clinical trials showing decreased hypertension among the elderly. The authors examine the Transcendental Meditation Technique in light of requirements for an optimal behavioural treatment of hypertension.

505 THE EFFECTS OF TRANSCENDENTAL MEDITATION COMPARED TO OTHER METHODS OF RELAXATION AND MEDITATION IN REDUCING RISK FACTORS, MORBIDITY, AND MORTALITY

This paper reviews four meta-analyses that show the superiority of Maharishi’s Transcendental Meditation Programme compared to other procedures of meditation or relaxation in producing deep rest, decreasing anxiety, increasing self-actualization, and decreasing substance abuse (cigarettes, drugs, alcohol). It also reviews individual well-controlled studies on the beneficial effects of this technique on hypertension, mortality, medical care, and medical expenses, and discusses physiological mechanisms for these effects.

B: Education

506 THE IMPACT OF MAHARISHI’S VEDIC SCIENCE BASED EDUCATION IN HIGHER EDUCATION: THE EXAMPLE OF MAHARISHI INTERNATIONAL UNIVERSITY

The author reviews research findings demonstrating holistic development among the students of Maharishi International University in the United States (now Maharishi University of Management), and examines the source of these effects in the unique system of Maharishi’s Vedic Science Based Education offered by the University.

507 PREPARING THE STUDENT TO SUCCEED AT CALCULUS

Current reforms in teaching of calculus address the object of knowledge and the process of knowing, but leave the development of the student’s full mental capacity, the knower, largely to chance. The practice of the Transcendental Meditation Programme develops the knower and thereby gives at least two distinct advantages: a relaxed, alert mind and an intuitive experiential framework for feeling at home with the limit process.

C: Psychology

508 HIGHER STATES OF CONSCIOUSNESS: MAHARISHI MAHESH YOGI’S VEDIC PSYCHOLOGY OF HUMAN DEVELOPMENT
Dillbeck, M. C.; and Alexander, C. N. *The Journal of Mind and Behavior* 10: 307–334, 1989. The authors outline the development of higher states of consciousness from Maharishi’s Vedic Psychology in light of relevant research, and propose that human development to these higher states beyond the experience of waking, dreaming and sleeping results from experience of pure consciousness, the Self.

509 ADVANCED HUMAN DEVELOPMENT IN THE VEDIC PSYCHOLOGY OF MAHARISHI MAHESH YOGI: THEORY AND RESEARCH
The authors describe the development of higher states of consciousness as brought to light by Maharishi Mahesh Yogi in his Vedic Psychology, and contrast this to contemporary themes of cognitive or self-development. The authors then review research demonstrating uniquely high scores on self-development among advanced participants in Maharishi’s Transcendental Meditation and TM-Sidhi Programme.

510 MAHARISHI’S VEDIC PSYCHOLOGY: ALLEVIATE SUFFERING BY ENLIVENING BLISS—RECONNECT THE PARTIAL VALUES OF LIFE WITH THE WHOLESNESS OF LIFE
This paper analyzes how Maharishi’s Vedic Psychology fulfils the practical goals of psychology and reviews scientific research indicating that Maharishi’s Transcendental Meditation and TM-Sidhi Programme improves the physical and mental health of the individual and creates an influence of harmony in society.

511 THE BHAGAVAD-GITA: A CASE STUDY IN MAHARISHI’S VEDIC PSYCHOLOGY
The paper analyzes the *Bhagavad-Gita* as a model case study from the Vedic Literature, providing knowledge of the full range of human development to higher states of consciousness; this knowledge of development of consciousness is systematically brought to light in Maharishi’s Vedic Psychology and supported by research on the Transcendental Meditation and TM-Sidhi Programme.

512 THE CONCEPT OF SELF IN THE BHAGAVAD-GITA AND IN THE VEDIC PSYCHOLOGY OF MAHARISHI MAHESH YOGI: A FURTHER NOTE ON TESTABILITY
This paper points out that the subjective experience of Transcendental Consciousness (‘Self’) described in the *Bhagavad-Gita* has effects that have been measured through extensive scientific research on Maharishi’s Transcendental Meditation Programme.

513 TRANSCENDENTAL MEDITATION

This paper presents an introduction to the Transcendental Meditation Programme and major scientific research findings on its effects for the individual and society.

**D: Rehabilitation**

**514 EFFECTIVENESS OF THE TRANSCENDENTAL MEDITATION PROGRAM IN PREVENTING AND TREATING SUBSTANCE MISUSE: A REVIEW**


The authors review research studies demonstrating decreased substance abuse among the general population, participants in treatment programs, and prison inmates through practice of the Transcendental Meditation Programme.

**515 THE TRANSCENDENTAL MEDITATION PROGRAM FOR PREVENTION OF ALCOHOL AND DRUG ABUSE AMONG JUVENILES AT RISK**

Dillbeck, M.C. Parts of this paper were included in Sharma, H.M.; Dillbeck, M.C.; and Dillbeck, S.L. Implementation of the Transcendental Meditation program and Maharishi Ayur-Veda to prevent alcohol and drug abuse among juveniles at risk. *Alcoholism Treatment Quarterly* 11: 429–457, 1994.

The author reviews research indicating that the Transcendental Meditation Programme reduces risk factors for substance abuse and increases factors that protect against abuse; the paper also reviews research demonstrating effective reduction of alcohol and drug use through this program.

**516 TRANSCENDENTAL MEDITATION AS AN EPIDEMIOLOGICAL APPROACH TO DRUG AND ALCOHOL ABUSE: THEORY, RESEARCH, AND FINANCIAL IMPACT EVALUATION**


This paper focuses on the contributions of the Transcendental Meditation Programme to resolving the broad social problems associated with addictions. The author proposes that drug and alcohol abuse are symptoms of a general stress-addiction-crime epidemic in society. The paper then reviews sociological research findings showing how societal disorder—experienced as crime, drug abuse, political conflict, and economic instability—can be substantially and cost-effectively reduced through the group practice of the Transcendental Meditation and TM-Sidhi Programme.

**517 THE THEORETICAL FOUNDATIONS AND PRACTICAL VALIDATION OF MAHARISHI’S INTEGRATED SYSTEM OF REHABILITATION**

King, M. S.

This paper outlines the theoretical foundations of Maharishi’s Integrated System of Rehabilitation. It shows how this system of rehabilitation is validated by extensive scientific research and by personal experience of offenders instructed in the Transcendental Meditation Programme. The author concludes that this system of rehabilitation offers a solution to key problems within the field of rehabilitation, including recidivism, the method of rehabilitation, and measurement of rehabilitation.
E. Business

518 THE INTELLIGENCE MODEL OF ORGANIZATIONAL EFFECTIVENESS: ITS IMPLICATIONS FOR ENHANCED PRODUCTIVITY
The authors review research on the importance of intelligence in job performance, and on the effect of the Transcendental Meditation Programme in increasing intelligence, in improving job performance and related variables in the business setting, and in improving the quality of the collective consciousness of the whole society.

519 TRANSFORMING HUMAN RESOURCES FOR THE TWENTY-FIRST CENTURY
The authors review research indicating that the Transcendental Meditation Programme simultaneously promotes creativity, health, and teamwork—three human resource qualities that are vital for success in the future business environment.

520 DEVELOPING CONSCIOUSNESS IN ORGANIZATIONS: THE TRANSCENDENTAL MEDITATION PROGRAM IN BUSINESS.
A review of research and case studies on the application of Maharishi’s Transcendental Meditation Programme in the workplace indicates improved employee health, increased job and life satisfaction, improved job performance and productivity, and improved organizational performance and climate. These results are discussed in terms of the development of consciousness of the individual and the organization.

F. Quality of Life

521 IMPROVING THE NATIONAL ECONOMY THROUGH ALLIANCE WITH NATURE’S GOVERNMENT: EFFECTS OF THE GROUP PRACTICE OF MAHARISHI’S TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAM
This paper reviews a series of studies that document improvements in the national economies of the U.S. and Canada, as indicated by an index of decreased inflation and decreased unemployment, when the number of participants in Maharishi’s Transcendental Meditation and TM-Sidhi Programme exceeded the square root of one per cent of their national populations.

522 PEACEFUL BODY, PEACEFUL MIND, PEACEFUL WORLD
This paper reviews scientific research studies demonstrating the development of peace within the individual through Maharishi’s Transcendental Meditation and TM-Sidhi
Programme, and explains how this development forms the basis of creating peace in the world.

523 THEORY AND RESEARCH ON CONFLICT RESOLUTION THROUGH THE MAHARISHI EFFECT
This paper presents the Maharishi Effect as the practical basis for creating world peace, and describes scientific research demonstrating the effectiveness of the Maharishi Effect in generating coherence and peace on all levels of society.

524 ACHIEVING WORLD PEACE THROUGH A NEW SCIENCE AND TECHNOLOGY
This paper examines scientific evidence for a new technology of world peace based on the Unified Field of Natural Law and considers its practical utilization through a field effect of consciousness generated by large groups of experts practicing the Transcendental Meditation and TM-Sidhi Programme.

VOLUME 7


PART I: PHYSIOLOGY

A: Metabolic, Biochemical, and Cardiovascular Changes

525 Autonomic patterns during respiratory suspensions: possible markers of Transcendental Consciousness.
Findings: Experiences of Transcendental Consciousness Associated with (1) Respiratory Suspension or Marked Reduction in Breath Volume, (2) Skin Conductance Responses, and (3) Heart Rate Deceleration. This Pattern of Autonomic Variables Not Found During Periods of Forced Breath Holding.

526 Acute effects of Transcendental Meditation on hemodynamic functioning in middle-aged adults.
Findings: Decreased Systolic Blood Pressure; Decreased Peripheral Vasoconstriction; Effects Found during Transcendental Meditation and Also Outside the Practice

527 Lower lipid peroxide levels in practitioners of the Transcendental Meditation program.
Finding: Lower Level of Plasma Lipid Peroxides

528 Effects of the Transcendental Meditation program on adaptive mechanisms: changes in hormone levels and responses to stress after 4 months of practice.
Findings: More Adaptive Pattern of Cortisol in Relation to Stress: Decreased Basal Cortisol and Average Cortisol, Increased Cortisol Responsiveness to Stressors; Response to Stressors Different than Controls for Other Hormones (Growth Hormone and Thyroid Stimulating Hormone).

529 ACTH and ß-endorphin in Transcendental Meditation.
Findings: Biochemical Indications of Decreased Stress (Lower Morning Levels of ACTH and Beta-endorphin)

530 Catecholamine levels in practitioners of the Transcendental Meditation technique.
Infante, Jose Rafael; Torres-Avisbal, Miguel; Pinel, Pilar; Vallejo, Juan Antonio; Peran, Fernando; Gonzalez, Francisco; Contreras, Pablo; Pacheco, Carmen; Roldan, Ana; and Latrea, Jose Maria. *Physiology & Behavior* 72: 141–146, 2001.
Findings: Biochemical Indications of Decreased Stress (Lower Morning Levels of Norepinephrine and Epinephrine, Lower Evening Level of Norepinephrine)

531 Lowering cortisol and CVD risk in postmenopausal women: A pilot study using the Transcendental Meditation program.
Findings: Lower Cortisol Response to Stress; Lower Levels of Cardiovascular Risk Factors Correlated with Length of Practice of Transcendental Meditation

**B: Electrophysiological and Electroencephalographic Changes**

532 Autonomic and EEG patterns during eyes-closed rest and Transcendental Meditation (TM) practice: The basis for a neural model of TM practice.
Findings: Lower Respiration Rate; Lower Skin Conductance Level; Higher Respiratory Sinus Arrhythmia; Higher Alpha Frontal EEG Coherence; Higher Alpha Anterior-Posterior EEG Coherence

533 Changes in electroencephalogram and evoked potentials during application of the specific form of physiological training (meditation).


Findings: EEG of Restful Alertness: Increased EEG Theta Bursts, Increased EEG Rhythmical Theta Trains


Findings: Lower Respiration Rate, Higher Respiratory Sinus Arrhythmia Amplitudes, Higher EEG Alpha Amplitude, and Higher EEG Alpha Coherence during Experiences of Transcending in Transcendental Meditation

536 CNV Rebound and distraction effects before and after a TM session.


Finding: Decreased Distraction Effects in EEG

537 Cortical plasticity, contingent negative variation, and transcendent experiences during practice of the Transcendental Meditation technique.


Findings: Higher Cortical Preparatory Response (Heightened Late CNV Amplitude during Simple Reaction Time Trials) and More Effective Executive Functioning (Diminished CNV Distraction Effects) Associated with Stabilized Experience of Transcendental Consciousness


Finding: Longitudinal Improvement on a Brain Integration Scale Comprising Global Alpha EEG Power, Frontal EEG Coherence, and Contingent Negative Variation Responses

539 Electrophysiological correlates of higher states of consciousness during sleep in long-term practitioners of the Transcendental Meditation program.

**Findings:** Experience of Pure Consciousness During Sleep Associated with the Following: Theta/Alpha EEG Activity Together with Delta Activity During Deep Sleep; Increased EEG Theta/Alpha Power During Deep Sleep; Decreased EMG Activity During Deep Sleep; Increased REM Density During REM Sleep; More Frequent Reports of Higher States of Consciousness.

540 Patterns of EEG coherence, power, and contingent negative variation characterize the integration of transcendental and waking states. Travis, Fred; Tecce, Joe; Arenander, Alarik; and Wallace, R. Keith. *Biological Psychology* 61: 293–319, 2002.

**Findings:** Improved Brain Functioning among Those Reporting Stabilized Transcendental Consciousness: Enhanced Attention Capability (During Simple Reaction Time Task); More Efficient Attention Deployment (During Choice Reaction Time Task); Higher Broadband Frontal EEG Coherence During Choice Reaction Time Task; Higher Theta-Alphab Frontal-Central-Parietal EEG Amplitude During Choice Reaction Time Task. Improved Brain Functioning among Those Practicing Transcendental Meditation: Higher Theta-Alphab Frontal EEG Coherence During Choice Reaction Time Task; Higher Broadband Frontal EEG Coherence During Transcendental Meditation. Sequential Improvement for Those Practicing Transcendental Meditation and for Those Reporting Stabilized Transcendental Consciousness on a Brain Integration Scale Derived from Multiple Measurements (Broadband Frontal EEG Coherence and Higher Theta-Alphab Frontal-Central-Parietal EEG Amplitude During Choice Reaction Time Task, More Efficient Attention Deployment During Choice Reaction Time Task); Results on Each of These Measures Correlated with Reports of Transcendental Experiences.

C: Health

541 A randomized controlled trial of stress reduction in African Americans treated for hypertension for over one year.

**Findings:** Decreased Diastolic Blood Pressure; Decreased Use of Hypertensive Medication

542 Impact of Transcendental Meditation on cardiovascular function at rest and during acute stress in adolescents with high normal blood pressure.

**Findings:** Decreased Resting Systolic Blood Pressure; Calmer Response to Stress, as Measured by Systolic Blood Pressure, Heart Rate, and Cardiac Output Reactivity

543 Impact of Transcendental Meditation on ambulatory blood pressure in African-American adolescents.
Findings: Reduction of High Blood Pressure During Daily Activity

544 A controlled study of the effects of the Transcendental Meditation program on cardiovascular reactivity and ambulatory blood pressure.
Finding: Reduction in Ambulatory Diastolic Blood Pressure

545 Erythrocyte sedimentation rate and Transcendental Meditation.
Finding: Lower Values of Erythrocyte Sedimentation Rate; More Frequent Occurrence of Zero Erythrocyte Sedimentation Rate

546 Effects of stress reduction on carotid atherosclerosis in hypertensive African Americans.
Finding: Reduced Carotid Atherosclerosis

547 Effects of Transcendental Meditation on symptoms and electrocardiographic changes in patients with cardiac syndrome X.
Finding: Reduced Frequency of Angina Episodes; Improved Response to Exercise: Increased Time to ST Depression, Decreased Maximum ST-Segment Depression; Improved Quality of Life; Quality of Life Improvement Positively Correlated with Regularity of Practice of Transcendental Meditation.

548 Impact of the Transcendental Meditation program on mortality in older African Americans with hypertension—Eight-year follow-up.
Findings: Reduced Mortality Due to Cardiovascular Disease

549 Long-term effects of stress reduction on mortality in persons > or = 55 years of age with systemic hypertension.
Findings: Reduced Mortality Due to All Causes; Decreased Cardiovascular Mortality Rate

550 An innovative approach to reducing medical care utilization and expenditures.
Findings: Fewer Hospital Patient Days than Norms; Fewer Outpatient Visits than Norms; Lower Total Medical Expenses than Norms; Lower Hospital Admission Rates Across Disease Category Compared to Norms and to Controls

551 The impact of the Transcendental Meditation program on government payments to physicians in Quebec: An update.
Finding: Longitudinal Reduction in Government Medical Expenses for Physician Treatments

PART II: PSYCHOLOGY

**A: Intelligence, Learning, and Academic Performance**

552 Three randomized experiments on the longitudinal effects of the Transcendental Meditation technique on cognition.
Findings: Increased Creativity; Increased Field Independence; Increased Practical Intelligence; Increased Fluid (General) Intelligence; Increased Speed of Information Processing; Decreased Trait Anxiety; Decreased State Anxiety; Results of Transcendental Meditation Technique Superior to Control Procedures of Napping, Contemplation Meditation, or No Treatment

553 Accelerating cognitive and self-development: Longitudinal studies with preschool and elementary school children.
Findings: Increased General Intellectual Performance; Increased Psychological Differentiation; Increased Analytical Ability; Enhanced Self-Concept

554 Transcendental Meditation (TM) and emotional functioning in fifth grade students.
Findings: Increased Positive Affect; Reduced Negative Affect; Increased Positive Mood; Increased Adaptability

555 Impact of stress reduction on negative school behavior in adolescents.
Findings: Reduction of Absentee Periods; Decrease in School Rule Infractions; Reduction in Suspension Days
556 Meditation and attention regulation.
Findings: Greater Ability to Regulate Attention

557 Effects of meditation on attention processes.
Findings: Greater Field Independence; Greater Cognitive Flexibility; Greater Ability to Regulate Attention following Transcendental Meditation

558 Temporal effects of meditation on cognitive style.
Findings: Greater Field Independence; Greater Spatial Reasoning Ability; Greater Right Hemispheric Orientation


Findings: Greater Flexibility; Greater Receptiveness (Objectiveness and Positive Orientation); Greater Happy-Go-Lucky Attribution (Good Fortune); Longitudinally Increased Flexibility; Longitudinally Increased Receptiveness (Objectiveness and Positive Orientation)

561 Effect of the Transcendental Meditation program on intellectual development in community-dwelling older adults.
Nidich, Sanford I.; Schneider, Robert H.; Nidich, Randi J.; Foster, Gloria; Sharma, Hari; Salerno, John; Goodman, Rachel; and Alexander, Charles N. *Journal of Social Behavior and Personality* 17: 217–226, 2005.
Findings: Higher Reasoning Ability; Higher Verbal Intelligence; Better Long-Term Memory; Faster Speed of Processing

**B: Development of Personality**
562 The Transcendental Meditation program and postconventional self-development: A 10-year longitudinal study.
Findings: Increased Ego Development; Increased Principled Moral Reasoning; Increased Motivation for Warm Interpersonal Relationships

563 The search for bliss: A model of emotional development based on Maharishi’s Vedic Psychology.
Findings: Higher Level of Emotional Development; Higher Level of Ego Development

564 Temporal effects of meditation on personality.
Findings: Greater Seriousness and Prudence; Greater Conscientiousness; Greater Trust and Acceptance; Greater Practical Orientation; Greater Diplomacy and Astuteness; Greater Confidence; Greater Organization and Self-Discipline; More Relaxed and Patient

565 Psychological and physiological characteristics of a proposed object-referral/self-referral continuum of self-awareness.
Findings: Stabilized Pure Consciousness Associated with the Following: Subjective Description of Self as Underlying Thought, Feeling and Action (Self-Referral Mode); Objective Measurement of Personality Variables Indicating Higher Scores on a Consciousness Factor; Greater Inner Orientation; Higher Moral Reasoning; Lower State Anxiety; Lower Trait Anxiety; Greater Extraversion; Greater Agreeableness; Greater Emotional Stability; Greater Openness to Experience

PART III: SOCIOLOGY

A: Rehabilitation

566 First prison study using the Transcendental Meditation program: La Tuna Federal Penitentiary, 1971.
Findings: Rehabilitation of Prisoners: Increased Stability of the Autonomic Nervous System; Decreased Rigid or Obsessive Thoughts and Compulsive Behaviour (Decreased Psychasthenia); Decreased Social Introversion

567 Consciousness-Based Rehabilitation of inmates in the Netherlands Antilles: Psychosocial and cognitive changes.
Findings: Rehabilitation of Prisoners: Improved Intellectual Functioning; Decreased Cognitive Distortion

568 Walpole study of the Transcendental Meditation program in maximum security prisoners I: Cross-sectional differences in development and psychopathology.
Findings: Rehabilitation of Prisoners: Lower Psychopathology; Higher Personal Development; Higher Consciousness; Greater Self-Development; Greater Capacity for Warm Interpersonal Relationships; Greater Engagement in Private Avocational Businesses within the Institution; Lower Anxiety; Less Psychopathic Deviation; Less Aggression; Less Tension; Less Depression; Less Introversion; More Frequent Experiences of Higher Consciousness.

569 Walpole study of the Transcendental Meditation program in maximum security prisoners II: Longitudinal study of development and psychopathology.
Findings: Rehabilitation of Prisoners: Increased Ego-Development; Decreased Aggression; Reduced Schizophrenic Symptoms; Increased Development of Consciousness

570 Walpole study of the Transcendental Meditation program in maximum security prisoners III: Reduced recidivism.
Findings: Rehabilitation of Prisoners: Decreased Recidivism; Decreased Recidivism in Comparison to Other Prison Treatment Programs

571 Effects of the Transcendental Meditation program on recidivism among former inmates of Folsom Prison: Survival analysis of 15-year follow-up data.
Findings: Rehabilitation of Prisoners: Decreased Recidivism; Reduced Severity of Re-offence

B: Productivity and Quality of Life

572 The effects of a stress management program in a high security government agency.
Findings: Decreased Anxiety; Decreased Depression; Improved Self-Concept


575 Effects of the Transcendental Meditation program on psychological, health, social, and behavioral indicators of stress reduction and human resource development in the Indian workplace. Carlisle, Thomas W. *Dissertation Abstracts International* 65(12A): 4629, 2005. Findings: Decreased Perceived Stress; More Healthy Lifestyle; Improved Personal Experiences; Reduction of Medical Symptoms; Increased Self-Esteem


The Following Papers in This Section Document the Growth of Coherence in the Collective Consciousness of States, Nations and the World.


579 Transforming political institutions through individual and collective consciousness: The Maharishi Effect and government.

580 Maharishi Vedic economy: Wholeness on the move.

581 Alleviating political violence through reducing collective tension: Impact assessment analyses of the Lebanon war.

582 Preventing terrorism and international conflict: Effects of large assemblies of participants in the Transcendental Meditation and TM-Sidhi programs.

PART IV: THEORETICAL AND REVIEW PAPERS

A: Physiology and Health

583 Pure consciousness: Distinct phenomenological and physiological correlates of “consciousness itself”.
Travis, Frederick; and Pearson, Craig. *International Journal of Neuroscience* 100: 77–89, 2000. Findings: The authors review subjective and physiological correlates of the experience of Transcendental Consciousness, or “consciousness itself” during the practice of Transcendental Meditation.


587 Review of controlled research on the Transcendental Meditation program and cardiovascular disease. Risk factors, morbidity, and mortality. Walton, Kenneth G.; Schneider, Robert H.; and Nidich, Sanford. *Cardiology in Review* 12: 262–266, 2004. Findings: Research is reviewed indicating that the Transcendental Meditation program reduces cardiovascular risk factors, and also the conditions that result from these factors; the possible role of normalization in neuroendocrine functioning from the effects of chronic stress is discussed.


Medical effects of Transcendental Meditation.
Findings: The author summarizes research findings on the Transcendental Meditation Programme indicating improved mental health, improved cardiovascular health, and reduction of the detrimental effects of the ageing process.

B: Education

Consciousness-Based education for total development of the brain in contrast to existing education which partially develops the brain: Summary of scientific research.
Findings: The authors review neuroscience research on the effects of experience on brain functioning and development; research is also reviewed indicating that the experience of Transcendental Consciousness, in contrast to typical educational experiences, promotes holistic brain functioning and corresponding expansion of mental capabilities.

Higher education for higher consciousness: Maharishi University of Management as a model for spirituality in management education.
Findings: The authors analyze the integrated system of management education at Maharishi University of Management as a model for educators seeking to integrate spirituality into management education, and in that context review empirical findings on student learning and development through the Transcendental Meditation Programme at Maharishi University of Management and other universities.

Attacking crime at its source: Consciousness-Based education in the prevention of violence and antisocial behavior.
Findings: The authors review research indicating that the Transcendental Meditation Programme reduces risk factors for crime in four broad categories—physiological, psychological, sociological, and substance abuse; and conclude that the program will be a highly effective means to reduce or eliminate violent behavior in schools.

C: Psychology

Maharishi’s Vedic psychology: The science of the cosmic psyche.
Findings: The authors present fundamental theoretical principles of a complete system of psychology based on Maharishi’s Vedic Science and the most recent developments of modern...
science; and review research on the Transcendental Meditation Programme supporting the principles of this system in terms of the holistic development of individual life and society.

**D: Rehabilitation**

595 Effectiveness of the Transcendental Meditation program in criminal rehabilitation and substance abuse recovery: A review of the research. Hawkins, Mark A.
Findings: The author reviews research on the Transcendental Meditation Programme as an effective modality for treatment and prevention of criminal behavior and substance abuse.

596 Effects of the Transcendental Meditation program on neuroendocrine abnormalities associated with aggression and crime. Walton, Kenneth G.; and Levitsky, Debra K.
Findings: The authors review research evidence for neuroendocrine abnormalities in aggression and crime related to stress, and review research indicating that the beneficial effects of the Transcendental Meditation Programme in reduction of criminal behavior may in part be through removing these stress-induced neuroendocrine abnormalities.

597 The Transcendental Meditation program—A Consciousness-Based developmental technology for rehabilitation and crime prevention. Goodman, Rachel S.; Walton, Kenneth G.; Orme-Johnson, David W.; and Boyer, Robert.
Findings: The authors examine the effectiveness of the Transcendental Meditation Programme in correctional settings as an expression of the technique’s ability to promote human development to higher states of consciousness, which are analyzed as extending and fulfilling current psychological concepts of human development.

Findings: This paper proposes that limitations of both deterrence and rehabilitation arise from their inability to systematically promote right action by addressing the whole person; it reviews scientific research findings on the Transcendental Meditation Technique demonstration reduction of physiological and psychological stress, and improved behavior among offenders who begin the practice.

599 Natural Law and the Bhagavad-Gita: The Vedic concept of Natural Law. King, Michael S.
Findings: The author discusses the Vedic understanding of Natural Law in terms of the development of the ability for naturally right action; research on the Transcendental Meditation Programme on offenders is reviewed in this context.
Geraldton Alternative Sentencing Regime: Applying therapeutic and holistic jurisprudence in the bush.


Findings: The author describes an alternative sentencing approach implemented in Western Australia which used court processes to promote healing and individual responsibility through a variety of approaches; experiences of participants who learn the Transcendental Meditation Programme, including reduced substance abuse and improved well-being, are consistent with previously published research findings.

### E. Productivity

**601** Improved time management through human development: Achieving most with least expenditure of time.


Findings: The author suggests that the development of consciousness of the observer is the key factor determining the experience of time in a positive way, and reviews research on the Transcendental Meditation Programme indicating enhanced psychological development as well as reversal of the detrimental effects of ageing; development of higher states of consciousness is proposed as the basis for most productive management of time.

**602** TQM and the Transcendental Meditation program in a Swedish top management team.


Findings: The author reviews theory and research in developmental psychology, proposing that effective application of the concepts of total quality management to improve corporate performance depends upon the degree of maturity of the executives, and cites case study experiences to indicate that the Transcendental Meditation Programme, which promotes developmental maturity as indicated by previous research, is effective in facilitating quality improvement processes among corporate managers.

### F: Quality of Life

**603** Preventing crime through the Maharishi Effect.


Findings: The author outlines the principle of preventing crime through creation of increased coherence in collective consciousness, and reviews research studies indicating reduced crime and improved quality of life in society through the practice of the Transcendental Meditation and TM-Sidhi Programme by large groups of individuals—the Maharishi Effect.
Maharishi’s Vedic Defense Technologies: Scientifically proven to prevent terrorism and international conflict.


Findings: The author reviews research findings on the influence of peace created by large groups of experts in the TM-Sidhi Programme including Yogic Flying, including reduction of international terrorism and international conflict, and considers these findings in light of recent advances of modern physics.

A Consciousness-Based approach to human security.


Findings: The authors propose that the quality of individual and collective consciousness is holistically responsible for the various factors that influence human security in society; and review research studies on enhanced social security and quality of life through group practice of the Transcendental Meditation and TM-Sidhi Programme.
Summary of Scientific Research on Maharishi's Transcendental Meditation and Transcendental Meditation-Sidhi Program. by Dr. Roger Chalmers. Dr. Chalmers is a medical doctor residing in England. A graduate of Cambridge University, he is the senior editor of Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi program: Collected Papers, Volumes 2, 3 and 4. Vlodrop, Netherlands: MERU Press, 1989. The Transcendental Meditation technique, as taught by Maharishi Mahesh Yogi, is a simple technique practiced for 15-20 minutes twice daily, sitting comfortably with eyes closed. It can be learned easily by anyone regardless of age, educational background, or culture. The technique is effortless and requires no belief, nor any change in lifestyle or diet.