

ABOUT THE TM TECHNIQUE

TM.org



More than five million people of all ages, religions, and walks of life have learned the Transcendental Meditation technique during the past 50 years. Find out what the TM technique is and is not—and what it does.

ABOUT THE BENEFITS TO HEALTH

AskTheDoctors.com



More than 600 studies on the Transcendental Meditation technique have been conducted in 250 universities and medical schools during the past 35 years. Find out what the research shows—and why so many doctors recommend the technique to their patients.

ABOUT THE BENEFITS TO EDUCATION

StressFreeSchools.org



Tens of thousands of students in schools throughout America and around the world are practicing the TM technique as a simple, effective approach for improving academic achievement and reducing stress and stress-related disorders. Find out the details.

ABOUT THE BENEFITS TO BUSINESSES

TMBusiness.org



The Transcendental Meditation technique is offered as a company-wide corporate development/wellness program in a growing number of businesses and other organizations. Find out the details.

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The Transcendental Meditation Program
FOR INFORMATION IN YOUR AREA:

THE T M PROGRAM

THE TRANSCENDENTAL MEDITATION® PROGRAM

Develops

THE TOTAL BRAIN

Increases

INTELLIGENCE

Improves

CREATIVITY

Reduces

STRESS & ANXIETY

Promotes

HEALTH & LONGEVITY

Enhances

RELATIONSHIPS

Promotes

PEACE

Easy to learn

Enjoyable to practice

Scientifically verified



“The potential of every human brain is unbounded, infinite. Everyone is equipped with the physical machinery in his brain physiology to experience through Transcendental Meditation that level of intelligence which is the ocean of all knowledge, the ocean of all energy, intelligence, and bliss.”

—Maharishi Mahesh Yogi, Founder of the Transcendental Meditation program

What is the Transcendental Meditation technique?



John Hagelin, Ph.D., is a world-renowned quantum physicist, educator, author, and a leading researcher on the benefits of the Transcendental Meditation technique for the individual and society. Dr. Hagelin is Director of the Institute of Science, Technology and Public Policy at Maharishi University of Management, and International Director of the Global Union of Scientists for Peace.

What is Transcendental Meditation?

The Transcendental Meditation (TM) technique is a simple, effortless technique for improving all areas of life. The technique is easily learned and is practiced sitting comfortably in a chair with the eyes closed for 15 to 20 minutes twice a day.

What happens when you meditate?

During the TM practice, the active thinking mind settles down naturally to a state of “pure consciousness,” where the mind is silent yet fully alert. At the same time the body gains a profound state of rest and relaxation.

What are the benefits of this experience?

This unique state of “restful alertness” develops the total brain and eliminates accumulated stress and fatigue. This experience is the basis for the increased creativity and intelligence and improved health reported by people who practice the Transcendental Meditation technique.

Is there any scientific evidence to show that the technique works?

Yes. More than 600 scientific studies on the benefits of the Transcendental Meditation technique have been conducted at 250 independent universities and research institutions, including Harvard Medical School, Cornell Medical School, University of Michigan Medical School, and UCLA Medical School.

Has the research been published?

Yes. Research has been published in leading, peer-reviewed scientific and medical journals, including *Scientific American*, *Science*, the American Heart Association’s *Hypertension* and *Stroke*, and the American Medical Association’s *Archives of Internal Medicine*. Moreover, during the past 18 years, the National Institutes of Health has awarded over \$24 million to study the beneficial effects of the TM program on heart disease, hypertension, and stroke.

To practice TM do I have to change my diet or adopt a particular lifestyle or religion?

No. The Transcendental Meditation technique does not require a change in lifestyle. Introduced by Maharishi Mahesh Yogi over half a century ago, the TM technique has now been learned by over five million people of all ages, nationalities, and religions. TM meditators report that the reduced stress and increased clarity of mind resulting from Transcendental Meditation practice have helped them to appreciate life more fully—and, for religious people, to follow their religions more faithfully.

Is it correct to say that all meditation techniques produce similar results?

No. There are striking physiological and neurophysiological differences between various meditation techniques. For example, EEG and brain imaging technologies clearly distinguish the TM technique from all other practices, showing enhanced EEG coherence and marked improvements in the all-important prefrontal cortex (the “CEO” of the brain), which governs such key executive functions as planning, decision making, problem solving, and judgment.

Do other meditation techniques produce similar health benefits?

Many comprehensive meta-analyses of published studies on meditation and stress-reduction techniques clearly show that the Transcendental Meditation technique produces highly beneficial effects for health that are not produced by other techniques. These include marked reductions in high blood pressure, anxiety, depression, insomnia, and other stress-related disorders.

I am a skeptic.

Being skeptical is fine. Fortunately, no belief or change in beliefs is required to learn and practice the TM technique—and to gain all the benefits. In fact, you can be 100 percent skeptical and the TM technique will work just fine.

Health

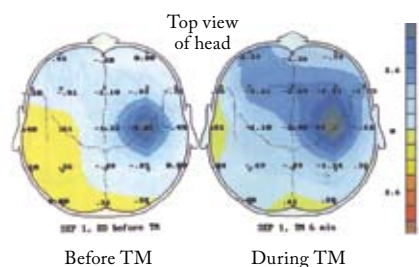


Gary Kaplan, M.D., Ph.D.

“**T**ranscendental Meditation simply and naturally allows the mind to settle down to a state of inner coherence and calm, during which time the left and right hemispheres, and the front and back of the brain, begin to work in harmony with each other. This coherence has been correlated with improvements in memory, problem-solving, and decision-making abilities. In fact, everything good about the brain depends on its orderly functioning. This change in brain functioning also affects the rest of the physiology, reducing high blood pressure, strengthening the heart, and overall improving health.”

Dr. Kaplan is a neurologist and associate professor of clinical neurology at New York University School of Medicine.

DEVELOP YOUR BRAIN Increased use of brain reserves



During the Transcendental Meditation program, early (sensory) components of the brain’s response to somatosensory stimuli are more widely distributed across the cortex, indicating greater participation of the whole brain in the response to a stimulus.

Reference: *Human Physiology* 25: 171–180, 1999.

Energy

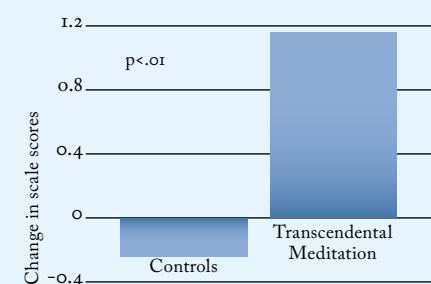


Bob Jones

“**P**eople think they are so busy because they’ve got so many things going on. Well, not all those things are that important. Transcendental Meditation gives you the clarity of mind to realize: ‘These are the things I need to do, and these are the things that are less important that I will get to if I have time.’ By being more settled and focused, you end up with more time than you would without meditation. The relaxation I feel after meditating makes me feel recharged and refreshed so I can prioritize and get things done that I need to get done.”

Mr. Jones is the chief investment officer at one of New York’s oldest and largest investment banks.

BE ORGANIZED Improved job performance



Employees who learned the Transcendental Meditation program showed improved job performance in comparison with control subjects.

Reference: *Academy of Management Journal* 17: 362–368, 1974.

Balance

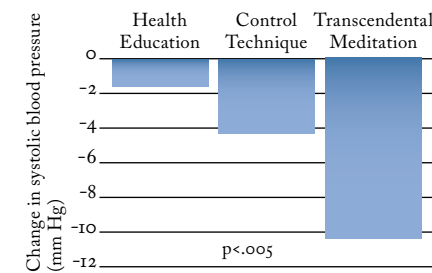


Nancy Lonsdorf, M.D.

“**W**hen you meditate, job stress affects you less, and that has immediate benefits for your health and happiness. It naturally follows that you enjoy your work more, are more productive, and find it easier to get along with co-workers. But equally important, you don’t carry stress from the office home. You have better relationships with your family and friends, and you enjoy your life more. It’s clear from the research that spending a few minutes twice a day to practice Transcendental Meditation is extraordinarily helpful in achieving balance between your work and the rest of your life.”

*Dr. Lonsdorf is a specialist in women’s health and author of *A Woman’s Best Medicine* and *The Ageless Woman*.*

BE LESS STRESSED Reduced high blood pressure



Patients with high blood pressure who learned the Transcendental Meditation program showed a significant reduction of systolic and diastolic blood pressure after three months, in contrast to those randomly assigned to a control technique or to those who received health education on how to reduce blood pressure through diet and exercise.

Reference: *Hypertension* 26: 820–827, 1995.

Focus

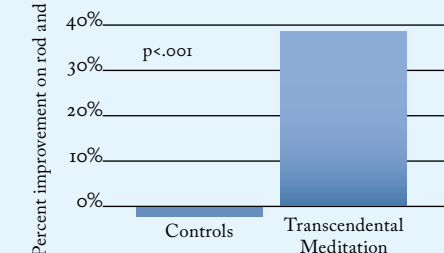


Russell Simmons

“**T**ranscendental Meditation promotes stillness—and when you are still is the only time you can think, the only time you can focus. When you have distractions and noise in your mind, you can’t comprehend properly and you can’t do your job. Comprehension comes from stillness, focus comes from stillness, and the Transcendental Meditation technique is the practice of touching that stillness for a few minutes twice a day.”

Mr. Simmons is the co-founder of the pioneering hip-hop label Def Jam. According to USA Today, he is one of the “Top 25 Most Influential People of the Past 25 Years” for his groundbreaking vision that has influenced music, fashion, finance, television and film, as well as the face of modern philanthropy.

THINK CLEARLY Broad comprehension and ability to focus



The practice of the Transcendental Meditation technique develops greater field independence. This improvement in TM meditators is remarkable because it was previously thought that these basic perceptual abilities do not improve beyond early adulthood.

Reference: *Perceptual and Motor Skills* 39: 1031–1034, 1974.