



*His Holiness*

***Maharishi Mahesh Yogi***

*who introduced Transcendental Meditation to the world fifty-one years ago, and brought enlightenment to millions of people, has introduced the knowledge of total Natural Law to make every nation Invincible.*



**A Formula  
for Peace**



*‘Only a new seed will yield a new crop. Only a new philosophy and new efforts based on new knowledge will fulfil the age-old dream of the wise for prevention of crime, terrorism, and wars, and maintenance of world peace on a permanent basis.’*

—Maharishi

# A Formula for Peace

## A Message to the Responsible Leaders of Every Nation

There is a formula for peace.

There is a formula to prevent violence.

There is a formula, tried and tested, for creating harmony in society.

There is a formula for the safety and security of every mother and child.

There is a formula for growing up healthy and at every age becoming healthier.

There is a formula for the invincibility of every nation.

There is a formula for prosperity and the creativity to find solutions that make life better for everyone.

**The formula is simple:** Maharishi's Transcendental Meditation Programme.

Its effectiveness has been proven through more than 600 scientific research studies conducted in over 250 independent universities and research institutions in 33 countries, published in more than 100 leading scientific journals.

In a scientific age with economic, political, and social challenges, this is the scientific technology of consciousness that works for everyone. Repeatedly verifiable, true for all times and all places, for any age and walk of life irrespective of cultural traditions or religions, rich or poor, young or old, this is a simple, natural technique that brings peace of mind and coherent thinking, and optimizes brain functioning.

The quality of consciousness of the individual determines the quality of every thought and action, and the quality of the collective

consciousness of a nation determines whether a nation is successful.

Without a systematic and scientific approach to the development of consciousness, no government will be able to fully resolve its problems—whether they are economic, social, political, or relating to education or health care—because every problem has its basis in the lack of development of the full creative potential of the individual.

Maharishi's Transcendental Meditation Programme provides that systematic approach which is vitally needed everywhere.

## **One Solution for All Problems**

Just as a gardener waters the root of the tree when the leaves dry out, in order to make life flourish it is important to attend to the root of life—that source of energy and intelligence within us all from where our most creative and happy thoughts and emotions arise. Maharishi's Transcendental Meditation Technique allows the mind to settle down effortlessly to that level, the field of pure consciousness.

Modern science has also glimpsed the same level in the Unified Field of all the Laws of Nature, described by quantum physics as the most basic level of the organizing intelligence of nature. (Refer to pages 22–23.)

Because Transcendental Meditation opens the human mind to the infinite intelligence of nature, it can provide one solution to all problems of the individual and society.

Benefits for the individual include

- Increased intelligence and improved memory
- Reduced illness and medical expenditures
- Increased calmness, reduced anxiety, and increased sense of well-being

Benefits for society include

- Decreased crime and social stress
- Decreased war and terrorism
- Improved economic trends

*Please see Appendix for more details of the scientific research on Transcendental Meditation and the Transcendental Meditation Sidhi Programme, an advanced programme.*

## **How Does This Formula Work?**

*Increased Coherence in Collective Consciousness through the Practice of Maharishi's Transcendental Meditation Technique.*

### **First Verification of the Formula**

In 1974 it was discovered in 11 cities in the USA that when the number of people practising the Transcendental Meditation Programme reached one per cent of the city population the trend of rising crime rate was reversed, indicating increasing order and harmony in the life of the whole city. The research scientists named this phenomenon of rising coherence in the collective consciousness of the whole society through the practice of the Transcendental Meditation Programme the *Maharishi Effect* in honour of His Holiness Maharishi Mahesh Yogi, who predicted this effect as early as 1960. Research involving several hundred other cities subsequently replicated this original finding.

### **Creating a Positive Phase Transition in National Consciousness**

Maharishi explains how this phenomenon happens. During the practice of Transcendental Meditation, individuals experience and enliven the field of their own silent pure consciousness, which being the source of all thought, speech, and action, is a field of pure potentiality, infinite organizing power. When a large enough group of individuals (one per cent of the population) experience

and enliven this transcendental field, then through a ‘field effect’ of consciousness (which scientists have called the *Maharishi Effect*) there is a phase transition in collective consciousness and an influence of orderliness and harmony prevails. (Please see Appendix for an overview of scientific research documenting the benefits for the individual and society.)

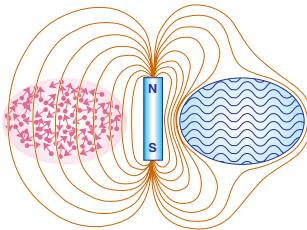
This has been compared to the phenomenon of the Meissner Effect in Physics.

## Meissner Effect

*An Example of Invincibility in the Quantum Physics of Superconductivity*

### ORDINARY CONDUCTOR

In an ordinary electrical conductor, incoherent, disordered electrons allow penetration by an external magnetic field.



### SUPERCONDUCTOR

In a superconductor, coherent collective functioning of the electrons spontaneously excludes an external magnetic field, and maintains its impenetrable status.

This example of invincibility is not unique in Nature; parallel phenomena of invincibility can be found in many aspects of the physical and biological sciences. In each case, it is found that the ability of the system to resist disorder is always based on coherent collective functioning.

## Advanced Formula for Peace

The collective practice of the advanced techniques of Maharishi's Transcendental Meditation Programme called the Transcendental Meditation Sidhi Programme, including Yogic Flying, creates an even more powerful influence for good. Scientists have called this phenomenon of increased coherence in collective consciousness the *Extended Maharishi Effect*.

The first major test of this prediction took place in 1978, when during Maharishi's World Peace Project of October–December 1978, experts in Maharishi's Transcendental Meditation Sidhi Programme

went to five of the world's regional trouble spots to create a calming influence through the group practice of Yogic Flying, which optimizes brain functioning. During this time period, in comparison to a baseline period prior to the project, analysis of data from an independent data bank showed reduced hostile acts and increased cooperative events in those areas and among nations involved in these conflicts.

This research demonstrated a new formula: Only a much smaller percentage of the population—**ONLY the square root of one per cent—practising the advanced Transcendental Meditation Sidhi Programme morning and evening together in one place is needed to neutralize negative tendencies and promote positive trends throughout the whole population.** (Reference: *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Programme—Collected Papers*, Vol. 4: 2532–2548, 1989.)

This much-reduced requirement—in many cases just a few hundred individuals practising this programme together—enabled this discovery to be repeatedly verified using rigorous scientific procedures or parameters. Fifty scientific research studies have replicated this effect on the city, provincial, national, and international levels to date.

### **Research Published in Leading Peer-reviewed Scientific Journals**

This research has been published in the following scientific journals: *Dissertation Abstracts International*, *Journal of Conflict Resolution*, *Journal of Mind and Behavior*, *Social Indicators Research*, *Journal of Crime and Justice*, *Journal of Iowa Academy of Science*, *Social Science Perspectives Journal*, *Psychology*, *Crime and Law*, *Psychological Reports*, *Proceeding of the American Statistical Association - Business and Economics Statistics Section*, *Proceedings of the Midwest Management Society*, *Journal of Social Behavior and Personality*, *Journal of Offender Rehabilitation*.

## Vedic Recitation for Peace

One more aspect of Maharishi's formula for peace is the powerful influence of Vedic Recitation\* by Vedic Pandits of India, trained by Maharishi to recite from the level of pure consciousness, the Unified Field of nature's intelligence. The sounds of Vedic Recitation enliven the nourishing and harmonizing qualities of Natural Law in collective consciousness and throughout the environment.

### Invitation to Apply the Formula for Peace

The formula is simple and natural.

Scientific research confirms this formula works. It is not only verifiable scientifically, but has also been verified through the personal experience of millions of people from all walks of life and cultural traditions throughout the world.

Can any nation afford to wait? Time and tide wait for no one.

As a responsible leader of society, you are invited to contact the Global Country of World Peace and participate in applying this formula to achieve peace and invincibility for India and the world.

The Global Country of World Peace welcomes this opportunity to make the life of every individual healthy, wealthy, and wise, and to make every nation powerful, purposeful, and peaceful—to make every nation an invincible nation where no enemy can be born.

This is the gift to the 21st century from the age old VEDIC tradition of Total Knowledge, upholding every religion and every philosophy, every culture, every society, and people of all ages, fulfilling the pious parental sentiment of the leaders of every nation, 'What more can I do for my people.'

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\* In 2003, the United Nations Educational, Scientific, and Cultural Organization (UNESCO) formally recognised Vedic Chanting as part of the world's precious heritage of oral history, declaring Vedic Recitation 'an intangible heritage of humanity'.

To do the best for their family, their society, their nation, and their world, we welcome all responsible leaders of society to be a part of this global initiative for creating world peace and ushering in a new era of happiness and health and prosperity—Heaven on Earth in this scientific age.

Give the gift of one solution to every problem: a peaceful, prosperous world family living in health and happiness.

It is a dream that can come true. Fortunately it is a formula that works.

## **What You Can Do**

The way to apply this formula for peace and avert the danger that has not yet come is to create and maintain groups practising Maharishi's Transcendental Meditation and its advanced programmes.

- Fund a large, permanent group of Vedic Pandits—peace-creating experts from India who are not only practising Maharishi's Transcendental Meditation and Transcendental Meditation Sidhi Programme, including Yogic Flying, but also performing *Yagyas*\* for world peace.
- Introduce this programme into schools, colleges, and universities, where students can enjoy the benefits of better academic performance while creating coherence in national consciousness.
- Introduce this programme in your business or organization to enhance success while relieving the stress of routine work and creating national invincibility.

### **FOR MORE INFORMATION**

[www.tm.org](http://www.tm.org) • [www.invincibledefense.org](http://www.invincibledefense.org)  
[www.globalgoodnews.com/worldwide-links.html](http://www.globalgoodnews.com/worldwide-links.html)  
[www.VedicPandits.org](http://www.VedicPandits.org)

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\* Traditional Vedic Performances to enliven the Laws of Nature for all good.

## Appendix

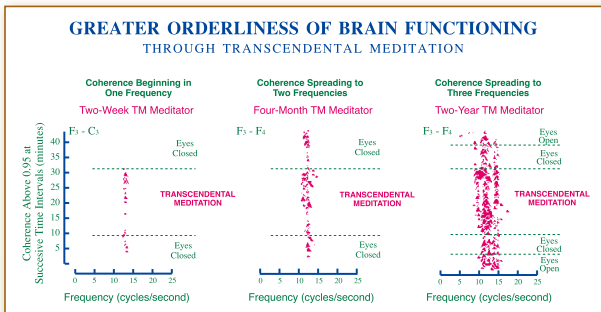
### Scientific Research Verifying the Benefits of Maharishi's Transcendental Meditation and Transcendental Meditation Sidhi Programme for All Areas of Life

The following are just a few of the more than 600 studies conducted in over 250 universities and research institutions in 33 countries over the past 40 years. These have been published in leading peer-reviewed scientific journals and in *Scientific Research on Maharishi's Transcendental Meditation and Transcendental Meditation Sidhi Programme, Collected Papers*, Volumes 1–6 [Volume 7 in press], over 5000 pages.

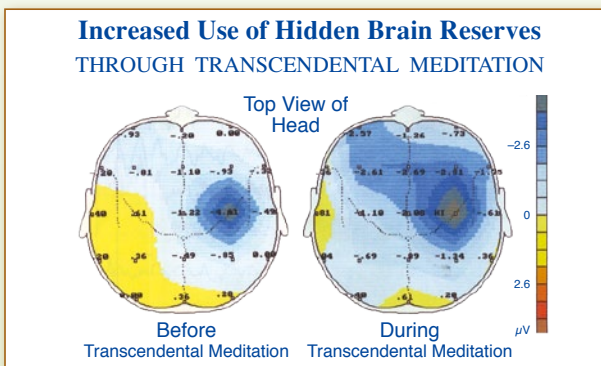
Universities and research institutions where these studies have been conducted include Harvard Medical School, Princeton University, Stanford Medical School, University of Chicago, University of Michigan Medical School, University of California at Berkeley, University of California at Los Angeles, USA; York University, Canada; University of Edinburgh, Scotland; University of Lund, Sweden; University of Groningen, the Netherlands; University of New South Wales, Australia; Institut de la Rochefoucauld, France; National Institute of Industrial Health, Japan; and Moscow Brain Research Institute of Academy of Medical Sciences, Russia.

#### Benefits for Education

Transcendental Meditation allows the individual to draw upon the unlimited reservoir of energy, intelligence, and creativity within.



EEG coherence increases during the practice of the Transcendental Meditation Technique. This indicates greater orderliness of brain functioning. EEG coherence has been found to be correlated with higher levels of creativity, intelligence, moral reasoning, neuromuscular efficiency, and with experiences of higher states of consciousness. **References:** *Proceedings of the San Diego Biomedical Symposium* 15 (1976): 237–247; *Psychosomatic Medicine* 46(3) (1984): 267–276; *International Journal of Neuroscience* 14 (1981): 147–151.

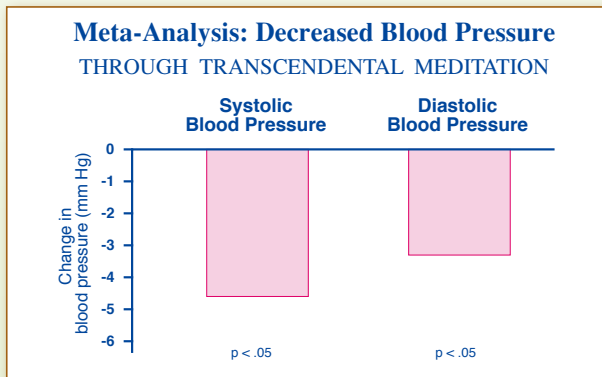


During the Transcendental Meditation Programme, early (sensory) components of the brain's response to somatosensory stimuli are more widely distributed across the cortex, indicating greater participation of the whole brain in response to stimuli. **Reference:** *Programme abstracts of the International Symposium 'Consciousness and Brain'*, Russian Academy of Sciences, Moscow, p. 19, 1992.

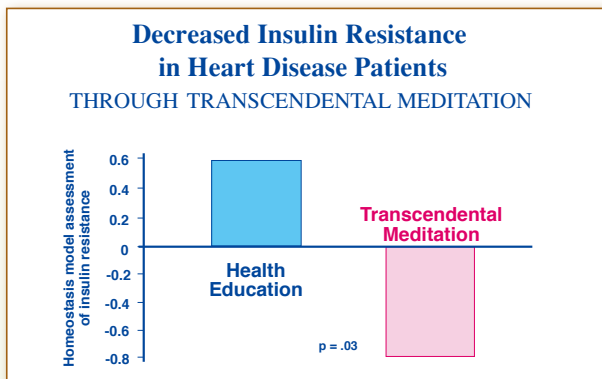
- **Improved Memory:** Increased organization of the thinking process. **Reference:** *Scientific Research on Maharishi's Transcendental Meditation and Transcendental Meditation Sidhi Programme, Collected Papers*, Vol. 1: 385–392, 1977.
- **Increased IQ in University Students.** **Reference:** *Personality and Individual Differences* 12: 1105–1116, 1991.
- **Greater Ability to Achieve More with Less Effort.** **Reference:** *Scientific Research on Maharishi's Transcendental Meditation and Transcendental Meditation Sidhi Programme, Collected Papers*, Vol. 2: 164.

### Benefits for Health

Transcendental Meditation and the Transcendental Meditation Sidhi Programme create holistic improvements in the physical and mental health of the individual, as well as improved collective health in the whole society.



This study conducted at the University of Kentucky, USA, was a meta-analysis examining the effect of all published randomized controlled clinical trials on the effects of the Transcendental Meditation Programme on blood pressure, comprising nine studies with 711 subjects. The Transcendental Meditation Programme was found to have a statistically significant impact on reducing both systolic and diastolic blood pressure. **Reference:** *American Journal of Hypertension* 21: 310–316, 2008.

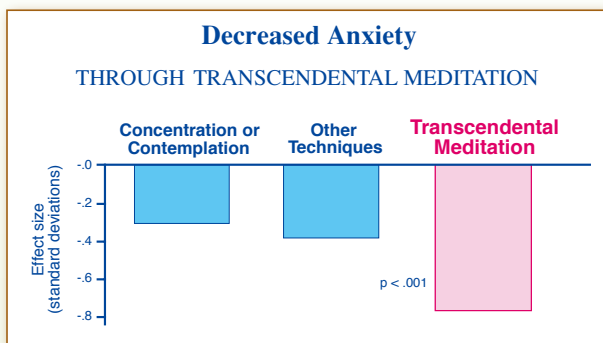


This randomized controlled clinical trial among individuals with stable cardiac heart disease found that 16 weeks of practice of the Transcendental Meditation Programme, in contrast to participation in a health education programme, led to a significant reduction in insulin resistance. Insulin resistance is a condition in which normal amounts of insulin are not enough to create a normal insulin response in muscle, fat, and liver cells, ultimately leading to higher levels of blood glucose. Insulin resistance is one of the components of the ‘metabolic syndrome’, often associated with obesity, high blood pressure, and hyperlipidemia—a risk factor for cardiovascular morbidity and mortality; insulin resistance may also lead to type 2 diabetes. **Reference:** *Archives of Internal Medicine* 166: 1218–1224, 2006.

- **Decreased High Blood Pressure.** **Reference:** *Current Hypertension Reports* 9: 520–528, 2007.
- **Decreased Use of Prescribed Drugs.** **Reference:** *The International Journal of the Addictions* 12: 729–754, 1977.
- **Significant Reduction of Systolic and Diastolic Blood Pressure.** **Reference:** *American Journal of Hypertension* 21: 310–316, 2008.
- **Reduced Illness and Medical Expenditures.** **Reference:** *The American Journal of Managed Care* 3: 135–144, 1997.
- **Decreased Alcohol Use.** **Reference:** *Alcoholism Treatment Quarterly* 11: 13–87, 1994.

## Growth of Ideal Social Behaviour

Transcendental Meditation improves the quality of life of the individual and develops ideal social behaviour.



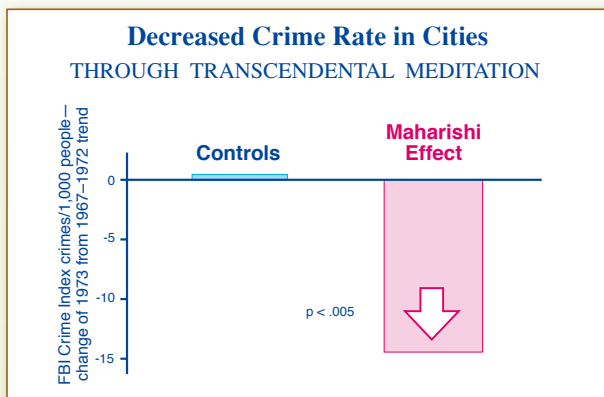
A statistical meta-analysis of 146 independent study results found that the Transcendental Meditation Programme is significantly more effective in reducing trait anxiety than concentration or contemplation, or other techniques. **Reference:** *Journal of Clinical Psychology* 45: 957–974, 1989.

- **Increased Calmness; Reduced Anxiety; Increased Sense of Well-Being.** **Reference:** *Journal of Clinical Psychology* 45: 957–974, 1989.
- **Increased Ability To See Man as Essentially Good; Greater Sense of Social Responsibility; Increased Ability To Be Objective, Fair-Minded, and Responsible; Greater Respect for the Views of Others; Improved Relationships at Work; Improved Personal Relationships.** **Reference:** *Scientific Research on Maharishi's Transcendental Meditation and Transcendental Meditation Sidhi Programme, Collected Papers*, Vol. 1: 76; Vol. 2: 138, 153, 158, 164; Vol. 3: 266; Vol. 4: 316; Vol. 5: 399.

## Cultural Integrity and Social Harmony

*Increased coherence within the nation expresses itself in improved national harmony and well-being.*

Research findings demonstrate that the square root of one per cent collectively practising Maharishi's Transcendental Meditation and Transcendental Meditation Sidhi Programme including Yogic Flying radiates a powerful influence of coherence and harmony in collective consciousness, neutralizing negative tendencies and promoting positive trends in society as a whole.

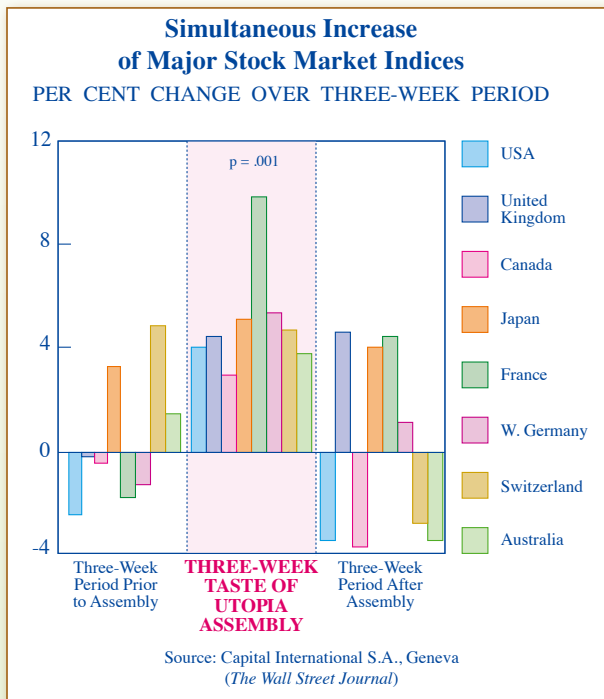


Cities in which one per cent of the population were instructed in the Transcendental Meditation Programme showed decreased crime rate the following year, in contrast to matched control cities. **Reference:** *Journal of Crime and Justice* 4: 25–45, 1981.

- **Decreased Crime and Social Stress; Improved Quality of Life.** **Reference:** *Journal of Crime and Justice* 4: 25–45; *Psychology, Crime & Law* 2(3): 165–174; *Journal of Offender Rehabilitation* 36 (1-4): 283–302; *Journal of Mind and Behavior* 8(1): 67–104; 9(4): 457–486; 17(1): 285–338; *Journal of the Iowa Academy of Science* 95(1): 1; *Psychological Reports* 76: 1171–1193.
- **Increased Positivity in National Mood.** **Reference:** *Scientific Research on Maharishi's Transcendental Meditation and Transcendental Meditation Sidhi Programme, Collected Papers*, Vol. 4: 333, Israel, 1983.

## Flourishing Economy

Scientific research findings demonstrate the ability of Maharishi's Transcendental Meditation and Transcendental Meditation Sidhi Programme to improve the fortune of entire nations and the world as a whole.



During a three-week World Peace Assembly of over 7,000 practitioners of Transcendental Meditation and the Transcendental Meditation Sidhi Programme in 1983 in Fairfield, Iowa, USA, the major stock markets of the world increased simultaneously, indicating balanced economic growth worldwide. After the Assembly the same major stock markets reverted to a pattern similar to that seen prior to the Assembly, with the market of some countries increasing and of other countries decreasing.

**Reference:** *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Programme—Collected Papers*, Vol. 4: pp. 2730–2762, 1989.

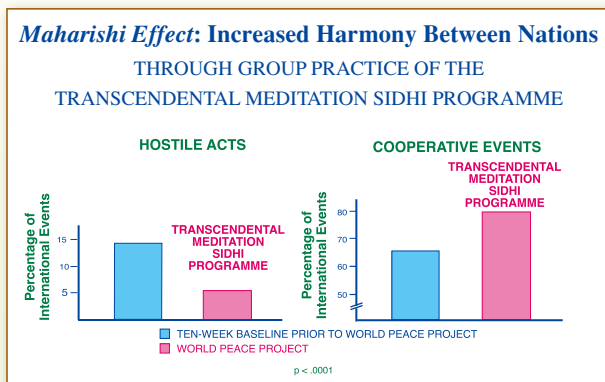
- **Improved Economic Trends. Reference:** *Proceedings of the American Statistical Association, Business and Economics Statistics Section: 799–804, 1987.*
- **Improved National Economy as Measured by a Monthly Index of Inflation and Unemployment, Controlling for Changes in Major Economic Variables. Reference:** *Scientific Research on Maharishi's Transcendental Meditation and Transcendental Meditation Sidhi Programme, Collected Papers, Vol. 5: 403, USA and Canada, 1979–1988; 404–406, USA, 1979–1988.*
- **Increased Confidence, Optimism, and Economic Prosperity: Improvement in Economic Indicators. Reference:** *Scientific Research on Maharishi's Transcendental Meditation and Transcendental Meditation Sidhi Programme, Collected Papers, Vol. 4: 323, USA, 1979; 329, Washington, DC, USA, 1981–1983; 330, United Kingdom, 1982–1983; 333, Israel, 1983; 335, Lebanon, 1984; 336, Worldwide, 1983–1984; 337, Worldwide, 1983–1984; Vol. 5: 411, Worldwide, 1983–1985.*
- **Improved Quality of National Life as Measured by an Index Comprising Data on Crime, the National Stock Market, and National Mood. Reference:** *Scientific Research on Maharishi's Transcendental Meditation and Transcendental Meditation Sidhi Programme, Collected Papers, Volume 4: 333, Israel, 1983.*

### **Invincible Defence**

#### ***Increased Coherence in Collective Consciousness—The Basis of National Invincibility and World Peace.***

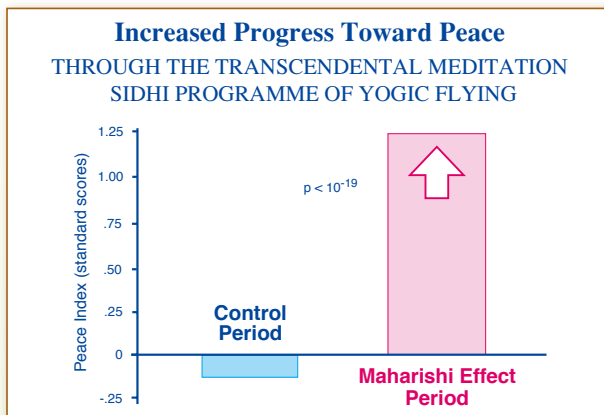
Maharishi's Transcendental Meditation and Transcendental Meditation Sidhi Programme creates a profound influence of coherence and harmony in world consciousness if the group is sufficiently large (the square root of one per cent of the population)—radiating an influence of peace in the nation and the world and bringing life into harmony with Natural Law.

The unique effectiveness of this programme in preventing social violence, terrorism, and war has been confirmed by 50 scientific research studies. This research has been carefully scrutinized and accepted for publication in leading academic journals. In every case, this approach produced marked reductions in crime, social violence, terrorism, and war, and increased peace and positivity in society.



During Maharishi's World Peace Project of October–December 1978, experts in Maharishi's Transcendental Meditation Sidhi Programme went to five of the world's regional trouble spots to create a calming influence through the group practice of Yogic Flying. During this time period, in comparison to a baseline period prior to the project, analysis of data from an independent data bank showed reduced hostile acts and increased cooperative events in those areas and among nations involved in these conflicts. **Reference:** *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Programme—Collected Papers*, Vol. 4: 2532–2548, 1989.

- **Improvements in Domestic Affairs and International Relations for Major Trouble-Spot Countries.** **Reference:** *Scientific Research on Maharishi's Transcendental Meditation and Transcendental Meditation Sidhi Programme, Collected Papers*, Vol. 4: 322, 1978.



During periods in 1983–1985 when groups of participants in the Transcendental Meditation Sidhi Programme of sufficient size were established, there was a significant increase in progress towards peace in the Middle East, as measured by an index comprising increased cooperation, reduced level of conflict, reduced war fatalities, and reduced war injuries. **Reference:** *Dissertation Abstracts International* 49(8): 2381A, 1989.

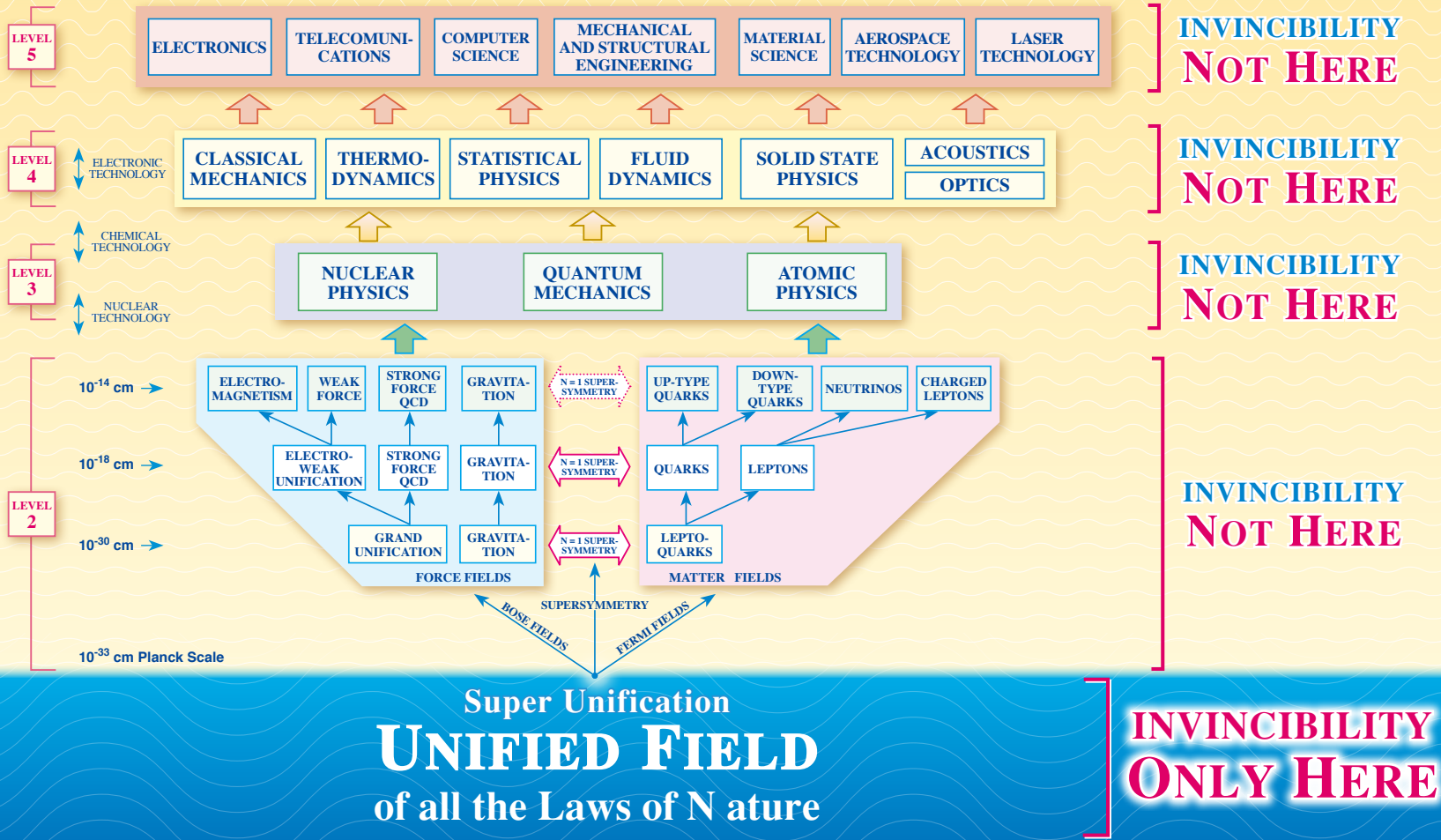
- **Decreased War and Terrorism; Increased Harmony Between Nations. References:** *Social Indicators Research* 22: 399–418; 47: 153–201; *Journal of Conflict Resolution* 32(4): 776–812; 34: 756–768; Annual Meeting of the American Political Science Association, Washington, DC; *Journal of Mind and Behavior* 8(1): 67–104; 9(4): 457–486; 17(1): 285–338; *Journal of the Iowa Academy of Science* 95(1): 1; *Psychological Reports* 76: 1171–1193.
- **Increased Harmony in International Affairs. Reference:** *Scientific Research on Maharishi's Transcendental Meditation and Transcendental Meditation Sidhi Programme, Collected Papers*, Vol. 4: 322, Worldwide, 1978; 337, Worldwide, 1983–1984; Vol. 5: 409, USA–USSR, 1985–1987; 411, Worldwide, 1983–1985.

- **More Positive, Progressive Statements and Actions of Heads of State and Greater National and International Support for Their Policies and Leadership. Reference:** *Scientific Research on Maharishi's Transcendental Meditation and Transcendental Meditation Sidhi Programme, Collected Papers*, Vol. 4: 337, Worldwide, 1983–1984; Vol. 5: 409, USA, 1985–1987.
- **Increased Progress towards Peaceful Resolution of Conflict. Reference:** *Scientific Research on Maharishi's Transcendental Meditation and Transcendental Meditation Sidhi Programme, Collected Papers*, Vol. 4: 322, Major Trouble-Spot Countries, 1978; 335, Lebanon, 1983–1984; 337, Worldwide, 1983–1984; Vol. 5: 410, Lebanon, 1983–1985; 411, Worldwide, 1983–1985.
- **Decreased War Intensity and War Deaths. Reference:** *Scientific Research on Maharishi's Transcendental Meditation and Transcendental Meditation Sidhi Programme, Collected Papers*, Vol. 4: 322, former Rhodesia [Zimbabwe], 1978; 331, Baskinta, Lebanon, 1982–1984; 333, Lebanon, 1983; 335, Lebanon, 1983–1984; Vol. 5: 410, Lebanon, 1983–1985.
- **Cessation of Attack on a Community and Protection from Ongoing Armed Conflict in the Surrounding Area. Reference:** *Scientific Research on Maharishi's Transcendental Meditation and Transcendental Meditation Sidhi Programme, Collected Papers*, Vol. 4: 331, Lebanon, 1982–1984.
- **Improvements in Domestic Affairs and International Relations for Major Trouble-Spot Countries. Reference:** *Scientific Research on Maharishi's Transcendental Meditation and Transcendental Meditation Sidhi Programme, Collected Papers*, Vol. 4: 322, 1978.

# INVINCIBLE DEFENCE

WHERE IS IT? .....

Let us examine the different levels of Physics



Super Unification  
**UNIFIED FIELD**  
of all the Laws of Nature

**INVINCIBILITY ONLY HERE**



विश्वशान्तिराष्ट्रम्



## GLOBAL COUNTRY OF WORLD PEACE

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