

*The  
Maharishi  
Effect*

## ***Maharishi Effect***

In 1975, Maharishi inaugurated the dawn of a new era, proclaiming that ‘*through the window of science we see the dawn of the Age of Enlightenment*’.

Scientific research found that in cities and towns all over the world where as little as one per cent of the population practises the Transcendental Meditation Technique, the trend of rising crime rate is reversed, indicating increasing order and harmony. Research scientists named this phenomenon of rising coherence in the collective consciousness of the whole society the *Maharishi Effect*, because this was the realization of Maharishi’s promise to society made in the very early days of Maharishi’s Movement (started in Madras, India in 1957).

The *Maharishi Effect* establishes the principle that individual consciousness affects collective consciousness. Nearly 50 scientific research studies conducted over the past 25 years verify the unique effect and wide-ranging benefits to the nation produced by the *Maharishi Effect*. These studies have used the most rigorous research methods and evaluation procedures available in the social sciences, including time series analysis, which controls for weekly and seasonal cycles or trends in social data. (Refer to: *Scientific Research on Maharishi’s Transcendental Meditation Programme—Collected Papers* 98, 166, 317–320, 331, and 402.)

Research shows that the influence of coherence created by the *Maharishi Effect* can be measured on both national and international levels. Increased coherence within the nation expresses itself in improved national harmony and well-being. In addition, this internal coherence and harmony generates an influence that extends beyond the nation’s borders, expressing itself in improved international relations and reduced international conflicts.

## ***Extended Maharishi Effect***

In 1976, with the introduction of the more advanced TM-Sidhi Programme including Yogic Flying, a more powerful effect of coherence in collective consciousness was expected. The first major test of this prediction took place in 1978 during Maharishi’s Global Ideal Society Campaign in 108 countries: crime rate was reduced everywhere. (Refer to: *Scientific Research on Maharishi’s Transcendental Meditation Programme—Collected Papers* 321–323, 325–330, 332–335, and 401–410.)

This global research demonstrated a new formula: the square root of one per cent of a population practising Transcendental Meditation and the TM-Sidhi Programme, morning and evening together in one place, is sufficient to neutralize negative tendencies and promote positive trends throughout the whole population.

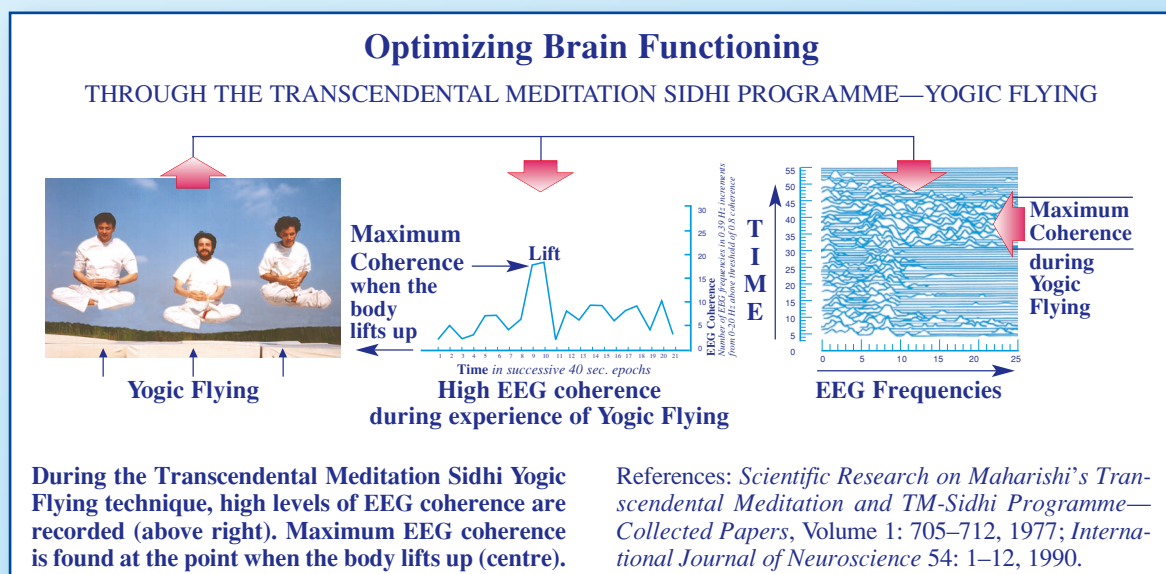
## *Global Maharishi Effect*

Research has shown that groups of individuals practising Yogic Flying—all enjoying very high brainwave coherence—create coherence in collective consciousness, and generate a unifying and integrating effect in the life of society. This results in a decrease of negative trends throughout society—such as crime, accidents, and sickness—and an increase in positive social, economic, and political trends. Scientific studies on this phenomenon have demonstrated that a group of at least 7,000 individuals practising Yogic Flying can produce this coherence-creating effect on a global scale, reducing violent and negative trends worldwide.

Research studies have repeatedly confirmed the *Maharishi Effect* on a global scale. For example, during assemblies of ten days to three weeks in which the number of individuals practising the TM-Sidhi Programme of Yogic Flying approached or exceeded the square root of one per cent of the world's population—about 7,000 people—global social trends improved immediately, including improved international relations as measured by reduced international conflict and reduced incidence of terrorism. (Refer to: *Scientific Research on Maharishi's Transcendental Meditation Programme—Collected Papers* 335–337, 410, and 411.)

The secret of the *Global Maharishi Effect* is the phenomenon known to Physics as the 'Field Effect', the effect of coherence and positivity produced from the field of infinite correlation—the self-referral field of least excitation of consciousness—the field of Transcendental Consciousness, which is basic to creation and permeates all life everywhere.

Through the *Maharishi Effect*, *Extended Maharishi Effect*, and *Global Maharishi Effect*, with positive trends and harmony rising in individual and national life, the problems of the nation will disappear, as darkness disappears with the onset of light.



**EEG Research Locates the Seat of the Maharishi Effect  
in the Coherently Functioning Brain Physiology of the Individual**

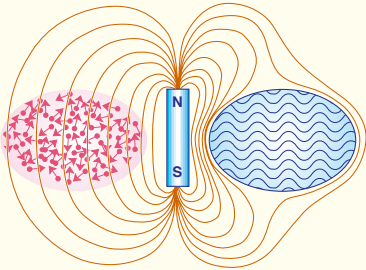
## The Meissner Effect

The *Maharishi Effect*, like the phenomenon of the Meissner Effect in Physics, establishes the principle that individual consciousness affects collective consciousness. A universal principle in Nature is that internally coherent systems possess the ability to repel negative external influences, while incoherent systems are easily penetrated by disorder from outside. This principle of invincibility is clearly illustrated in the Meissner Effect, and in the functioning of a nation as the *Maharishi Effect*.

### 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.



The diagram illustrates a bar magnet with North (N) and South (S) poles. Magnetic field lines, shown as orange loops, are repelled by a superconductor (represented by a blue oval with wavy lines) and instead pass through an ordinary conductor (represented by a red oval with scattered arrows). The superconductor's field lines are completely excluded, while the conductor's field lines pass through it.

**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.

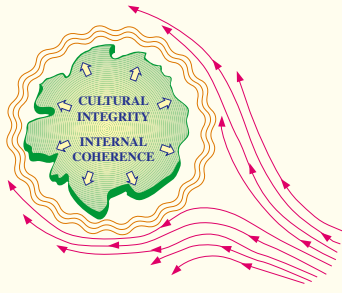
### Maharishi Effect

*Creating an Invincible Armour for the Nation*

**NATIONAL ARMOUR**  
An invincible border that makes the nation impenetrable to any harmful influence from the outside.

The *Maharishi Effect* refers to the growth of harmony in society resulting from the practice of Maharishi's Vedic Technology—the technology of Natural Law—by a small fraction of the population. When the influence of coherence generated by this technology reaches sufficient intensity, an integrated national consciousness is created. This in turn strengthens the cultural integrity of the nation by promoting life in accord with Natural Law. The result is the development of self-sufficiency and an invincible armour for the nation, which automatically repels any negative influence coming from outside.

Thus, the integrated state of national consciousness created by the *Maharishi Effect* produces a 'Meissner Effect' for the nation, rendering it impenetrable to external disorder.

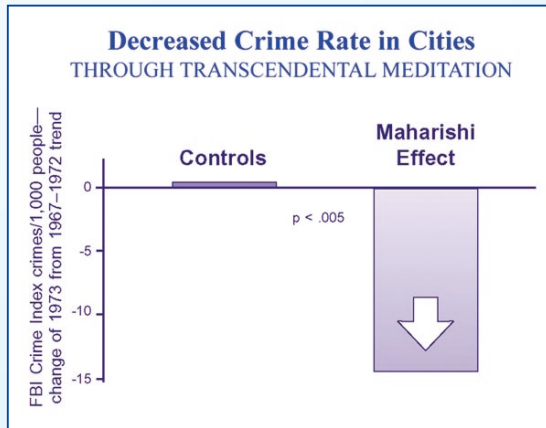


The diagram shows a green core labeled 'CULTURAL INTEGRITY' and 'INTERNAL COHERENCE'. Arrows point from the core to a surrounding field of concentric, wavy lines. Red arrows representing external influences are shown being repelled by this field, illustrating the concept of 'National Armour'.

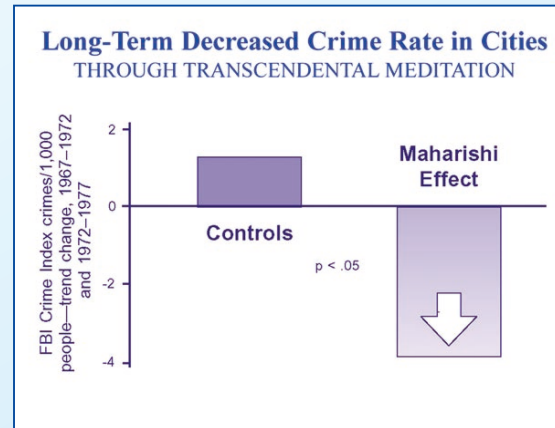
## References to Scientific Research on the Maharishi Effect

Over 600 scientific research studies conducted at more than 200 independent universities and research institutions in 30 countries have demonstrated the profound benefits of Maharishi's Transcendental Meditation and TM-Sidhi Programme for all aspects of individual life and the well-being of society.

These studies have been documented in over 5,000 pages of *Scientific Research on Maharishi's Transcendental Meditation Programme—Collected Papers, Volumes 1—5* (Volumes 6—7 are in progress). Following are two of the over forty scientific research studies conducted to date on the *Maharishi Effect*—papers 318 and 333.

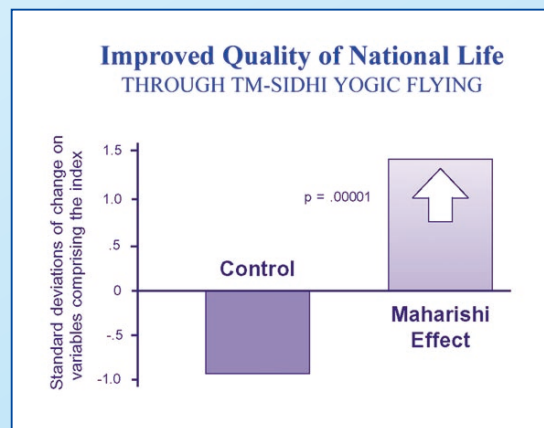


Cities in which one per cent of the population were instructed in the Transcendental Meditation Programme showed decreased crime rate the following year, in contrast to matched control cities. Reference: *Journal of Crime and Justice* 4: 25–45, 1981.



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

318. DILLBECK, M.C.; LANDRITH III, G.; and ORME-JOHNSON, D.W. The Transcendental Meditation Program and crime rate change in a sample of forty-eight cities. Findings previously published in *Journal of Crime and Justice* 4: 25–45, 1981.



Quality of life in Israel improved significantly, as measured by an -index comprising decreased crime, increased Tel Aviv Stock Exchange index, and improved national mood (analysis of daily news), when a large group was participating in the Transcendental Meditation and TM-Sidhi Programme in Jerusalem. Reference: *Journal of Conflict Resolution* 32: 776–812, 1988.

333. ORME-JOHNSON, D.W.; ALEXANDER, C.N.; DAVIES, J.L.; CHANDLER, H.M.; and LARIMORE, W.E. International peace project in the Middle East: The effect of the Maharishi Technology of the Unified Field. *Journal of Conflict Resolution* 32: 776–812, 1988.

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# ***The Maharishi Effect***

*'The achievement of this very simple, very effortless formula will be to transform the society for all good. This is the achievement of this scientific age—that a simple formula has come along whereby a small group of 7,000 in one place will maintain the sunshine of the Age of Enlightenment for all times.'*

—Maharishi

## ***The Physics of the Maharishi Effect***

The phenomenon produced by the TM-Sidhi Programme of Yogic Flying gives the experience of bliss, and generates coherence between consciousness and matter in the body. EEG studies have shown that during this phenomenon, when the body lifts up in the air, physiology and consciousness are completely integrated. This integration takes place at the level of the Unified Field of Natural Law—the single underlying field of intelligence, or consciousness, which lies at the basis of all diversity in the physical world, as the ocean is the basis of all its diverse waves.

The Unified Field has the character of infinite correlation. An impulse of coherence from this level instantly reconstructs and transforms unnatural, stressful, negative, undesirable tendencies in the brain physiology, and brain functioning becomes coherent.

Considering this phenomenon in the light of the Unified Field Theories of modern Physics and Quantum Cosmology, we understand that at the scale of Super Unification all aspects of Natural Law at every point in the universe become infinitely correlated with each other. A delicate impulse at any one point in space and time can create a precipitous change throughout the entire universe. This long-range correlation explains how action on the level of the Unified Field (the transcendental field of consciousness), at the scale of Super Unification, can have a profound influence that can spread anywhere and everywhere throughout the universe.

In this way the phenomenon of coherence created by groups of Yogic Flyers spreads, neutralizing the negative tendencies in the whole society. An ancient expression from the Vedic Literature beautifully expresses this:

तत्सन्निधौ वैरत्यागः  
*Tat sannidhau vairatyāgaḥ*  
(Yog-Sūtra, 2.35)

*In the vicinity of coherence (Yoga), hostile tendencies are eliminated.*

## ***First Experiment to Create the Global Maharishi Effect***

Inspired by the success of the TM-Sidhi Programme in reducing negativity and hostilities in different regions of the world, in 1979 Maharishi held the first annual World Peace Assembly to purify world consciousness. Assemblies were held year

after year on the international, national, and regional levels with many thousands of Yogic Flyers coming together to raise world consciousness through the group practice of Maharishi's Transcendental Meditation and TM-Sidhi Programme.

However, Maharishi explained that just as water only boils at 100 degrees centigrade, only with the square root of one per cent of the world's population, approximately 7,000, practising the Transcendental Meditation and TM-Sidhi Programme together in one place, would coherence be produced in world consciousness, leading to world peace.

Therefore, in December 1983, Maharishi assembled for the first time more than 7,000 Yogic Flyers from all over the world to create global coherence in world consciousness and thereby give the world a 'Sample Taste of Utopia'. This experiment, conducted at Maharishi International University (now Maharishi University of Management) in Fairfield, Iowa, USA, from 17 December 1983 to 6 January 1984, was the first experiment to create world peace through the *Global Maharishi Effect*.

### **First Experiment to Create the *Global Maharishi Effect***



*7,000 experts in Maharishi's Transcendental Meditation and TM-Sidhi Programme in the presence of His Holiness Maharishi Mahesh Yogi, creating a 'Taste of Utopia' for all mankind, Maharishi International University, Fairfield, Iowa, USA, 17 December 1983 to 6 January 1984.*

### ***Scientific Research Results***

Scientific Research found that during the three weeks of this assembly there was a marked decrease in hostilities and violence worldwide and increased positivity in the international fields of politics and economics.

This was the assembly which clearly demonstrated the possibility of creating world peace through the practice of Maharishi's TM-Sidhi Technique of Yogic Flying. Later, similar assemblies were held in The Hague, Holland, and Washington, DC, USA, which confirmed the findings of the assembly.

Time-series analysis showed that during these assemblies, when the number of experts in the Transcendental Meditation and TM-Sidhi Programme approached or surpassed 7,000, there were significant global reductions in international conflicts. Statistics provided by the Rand Corporation showed that casualties and fatalities due to international terrorism decreased an average of 72 per cent during the assemblies.

These studies used the most advanced and rigorous research designs and statistical methodologies to precisely evaluate the effect of large coherence-creating groups on standard sociological measures of the quality of life in cities, provinces, nations, and the world.

The power of peace-creating groups to decrease warfare and terrorism has been tested repeatedly. The results produced by temporary peace-creating groups (lasting weeks or months) have been consistently positive—with **nearly immediate reductions in war deaths averaging better than 70%**.

**Wave of global peace:** One large peace-creating assembly (8,000 experts) that continued for several years (1988-90), created a history-transforming wave of peace around the world. Major conflicts in the world came to an end—including the Soviet invasion of Afghanistan, a seven-year war between Iran and Iraq that had killed millions, and, most notably and unexpectedly, the Soviet-American Cold War that had threatened the world with nuclear annihilation for forty years.

**Scientific acceptance:** Most of these studies have been carefully scrutinized by independent scholars, then accepted for publication in mainstream academic journals. The findings are based on open public data, with strong correlations between peace-creating attendance and reduced social violence, lead-lag analysis supporting a causal interpretation, and alternate possible explanations ruled out.

*'I think this research evidence on a new approach to peace, and the theory that informs it, deserve the most serious consideration by academics, policy makers, and concerned citizens alike.'*

David Edwards, Professor of Government  
University of Texas (Austin), USA

### ***Perpetuating the Global Maharishi Effect***

The success of these assemblies confirmed the importance of continuing the momentum of creating coherence and positivity in all parts of the world, by creating permanent groups—on the local, national, and global level—who would not only prevent global war, but in time would eliminate all conflicts on earth and create world peace through the regular practice of Yogic Flying together in one place.

- On the local level, Maharishi is ensuring achievement of permanent world peace through the creation of Peace Palaces, built according to the ancient principles of Vedic Architecture, for the world's largest 3,000 cities, which will be home to a group of 100 to 200 peace-creating experts.
- Also, Maharishi's Global Super Radiance Programme invites all who have learnt Maharishi's Transcendental Meditation and TM-Sidhi Programme to practice their programme in groups, morning and evening, to create an indomitable influence of coherence in their area.
- On the national and also global level, courses and programmes continue to be offered with the opportunity to create the *Maharishi Effect* through extended practice of Maharishi's Transcendental Meditation and TM-Sidhi Programme. Most notable of these are the Maharishi Purusha Programme and the Mother Divine Programme, permanent coherence-creating groups founded by Maharishi to create an indomitable nourishing influence of coherence in world consciousness.
- The centerpiece of Maharishi's plan to create a perpetual *Global Maharishi Effect* is the creation of a permanent group of 40,000 (growing to 200,000) peace-creating experts on the banks of the Ganges River in India. Such a group will be five times larger than any peace-creating group yet gathered anywhere in the world. Since repeated research shows that the peace-creating effect increases as the square of the number of Yogic Flyers involved, this group will exceed all previous groups in peace-creating power by 25 times.

*'The goal is to establish a Vedic Capital of Global Administration through Natural Law, with the knowledge of Veda, total Natural Law, as the Constitution for two hundred-thousand Vedic Pandits to live their Vedic way of life—to create and maintain a strong, indomitable influence of coherence in world consciousness, so that peace and harmony prevail and the whole human race lives in perpetual peace in a problem-free world—perpetual peace on earth.'*

—**Maharishi**

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