

# CONSCIOUSNESS- BASED EDUCATION

## SUMMARY OF SCIENTIFIC RESEARCH

*Selected from more than  
600 research studies documenting  
holistic development of life  
through Maharishi's  
Transcendental Meditation  
and TM-Sidhi Programme*



*His Holiness*  
*Maharishi Mahesh Yogi*

**Founder of Consciousness-Based Education**  
who opened the gates of enlightenment to millions of people worldwide, is offering  
Consciousness-Based Education—Total  
Knowledge-Based Education—to raise life  
everywhere into harmony with Natural Law

‘Ideal education is capable of developing enlightenment in every student—a mistake-free, happy, healthy life, daily life in satisfaction and fulfilment, with the natural ability to think and act in accordance with Natural Law so that one enjoys the full support of Natural Law.

‘Developing the full creative potential of consciousness makes the student a master of his life; he spontaneously commands situations and circumstances. His behaviour is always nourishing to himself and everyone around him. He has the natural ability to fulfil his own interests without jeopardizing the interests of others.

‘Such an ideal, enlightened individual is the result of ideal education—my Consciousness-Based Education.’

—*Maharishi*

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## Introduction

More than 600 scientific research studies have documented the benefits of the educational technology of Consciousness-Based Education, the Transcendental Meditation and TM-Sidhi Programme, for mental potential, health, social behaviour, and society. These studies, conducted at more than 250 universities and research institutes in 30 countries, have been reprinted from the scientific journals into seven volumes of *Scientific*



Seven volumes of *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Programme: Collected Papers*—reprinted from scientific journals, over 600 studies

*Research on Maharishi's Transcendental Meditation and TM-Sidhi Programme: Collected Papers.*

This booklet selects from these studies sample findings that are especially relevant to success in education.

## **Foundation of Consciousness-Based Education: The Transcendental Meditation Programme**

The central component of Consciousness-Based Education is the twice-daily group practice of the Transcendental Meditation Programme. This programme, together with a class in the study of consciousness, is added to the daily academic routine of a school or university (see Section 7).

The Transcendental Meditation Programme, founded by His Holiness Maharishi Mahesh Yogi, has been learned by over five million people worldwide of all cultures and religions. Transcendental Meditation is a simple, natural, effortless technique that allows the mind to settle to increasingly silent and



orderly levels of awareness, and experience the simplest, most expanded state of awareness, the full potential of the mind—Transcendental Consciousness, the Self of everyone.

As the mind becomes more settled and wakeful during Transcendental Meditation, the body gains a unique physiological state of restful alertness, which releases accumulated stress and increases the stability and flexibility of the nervous system.

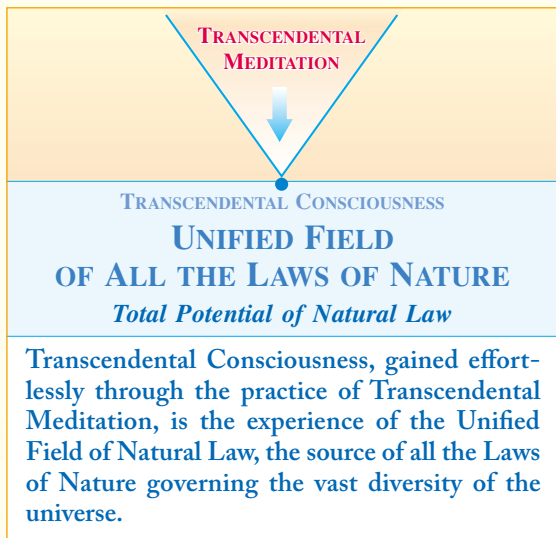
Regular experience of this restfully alert state produces a broad range of benefits, resulting in greater use of one's full creative potential in daily life. Increasingly, one fulfils one's goals without strain, while naturally upholding the interests of society.

Research indicates that the experience of Transcendental Consciousness is unique in its ability to enliven total brain functioning. With regular practice of Transcendental Meditation, the immense creative intelligence inherent in the brain physiology of everyone

expresses itself more and more in thought and action as one rises to higher states of consciousness—life in enlightenment, life spontaneously in harmony with Natural Law.

## **Transcendental Consciousness as the Unified Field of Natural Law**

Quantum physicists have identified Transcendental Consciousness—this field of one's



own total intelligence—as the Unified Field of all the Laws of Nature, which gives rise to the infinite diversity of Natural Laws that govern the ever-expanding universe with perfect order. Enlivening this field of Nature's total intelligence in one's own awareness through Transcendental Meditation gives the individual command over his life, with the organizing power to achieve any great goal.

### **Transcendental Consciousness as the Basis of Human Physiology**

From the perspective of physiology, the totality of Natural Law has been discovered as the intelligence at the basis of the structures and functions of human physiology.\* When this inner intelligence within the body of everyone is enlivened through Consciousness-Based

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\* For his historic discovery of consciousness at the basis of physiology, Professor Tony Nader, MD, PhD, was awarded his weight in gold in February, 1998. In October 2000, for his leadership in Total Knowledge in this generation, Professor Nader was

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Education, then all thought and action is naturally in full accord with the evolutionary direction of Natural Law. One will never violate Natural Law or create the basis of suffering for oneself or others.

### **Maharishi on Transcendental Meditation**

‘Practising Transcendental Meditation, and thereby researching in the field of consciousness, is the procedure to spontaneously enliven the total potential of intelligence in human physiology and train the physiology to function in the most natural way, in the most orderly manner, according to Natural Law—daily experiencing self-referral consciousness in order that the infinite organizing power of one’s own Transcendental Consciousness (one’s own nature, one’s own simplest form of

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crowned as Maharaja Nader Raam, the first ruler of the Global Country of World Peace—a country without borders creating peace in the world through total knowledge of Natural Law, the basis of ideal administration.

awareness, the nature of one's Self) becomes the guiding light of every thought and action, promoting success in every undertaking, and actualizing and spontaneously engaging the infinite organizing power of the Unified Field of Natural Law.'

### **Transcendental Meditation and its Advanced Programmes as the Basis of National Invincibility and World Peace**

Extensive research has shown that when large groups of individuals practice Transcendental Meditation and the advanced TM-Sidhi Programme with Yogic Flying together in one place, orderliness (coherence), positivity, and harmony in society dramatically increase, as measured by decreased crime and violence, decreased civil unrest, more healthy behaviour, and improved economic and social trends.

These peace-creating groups can easily be formed within a large university. As the students and teachers are rising to fulfil their

own creative potential, they are simultaneously creating an indomitable influence of peace in the whole society. This influence of intense coherence will disallow any negative influences from taking hold in the collective consciousness, whether from outside or within the borders of the country, thereby raising the nation to invincibility.



# 1. Scientific Research Findings

## *Development of All Aspects of Life*

*The following research findings on the Transcendental Meditation Programme are significant for improving the effectiveness of education. The numbers in parentheses after the finding refer to the references of the original research papers, which are listed at the end of this document.*

### **Increased Intelligence, Learning Ability, and Intellectual Performance**

- Increased Intelligence (1–7, 101–102)
- Increased Learning Ability (8–9)
- Improved Memory (9–10)
- Accelerated Cognitive Development in Children (11–13)
- Improved Cognitive Flexibility (9–10)
- Increased Efficiency of Concept Learning (8)
- Faster Processing of Cognitively Complex Information (14)
- Broader Comprehension and Improved

Ability To Focus Attention—Increased Field Independence (4, 13, 15)

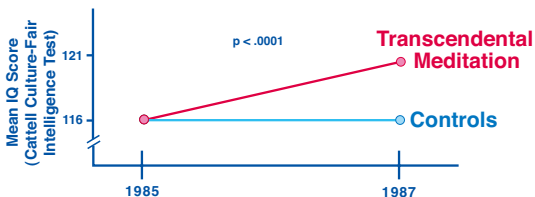
- Cognitive Orientation towards Positive Values (16)
- Improved Problem-Solving Ability (2)

**Improved Academic Performance and Academic Orientation**

- Improved Academic Performance at the

## Development of Intelligence Increased IQ in University Students

THROUGH TRANSCENDENTAL MEDITATION



University students practising Maharishi's Transcendental Meditation and TM-Sidhi Programme increased significantly in intelligence, in contrast to control students. (7)



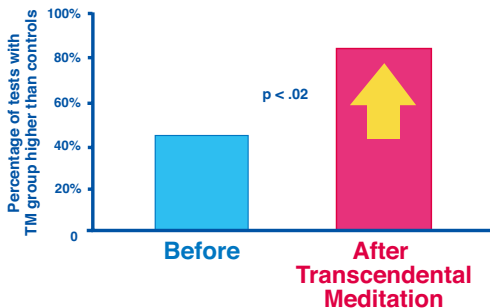
Elementary, Secondary, College, and Post-Graduate Levels (17–20)

### Increased Creativity

- Enhanced Creativity (2, 5, 21)
- Increased Innovation (2)
- Increased Cognitive Flexibility (9)

## Improved Post-Graduate Academic Performance

THROUGH TRANSCENDENTAL MEDITATION



Master of Science students in engineering who learned Maharishi's Transcendental Meditation showed improved performance on their standard examinations after six months, compared with randomly assigned controls. (20)

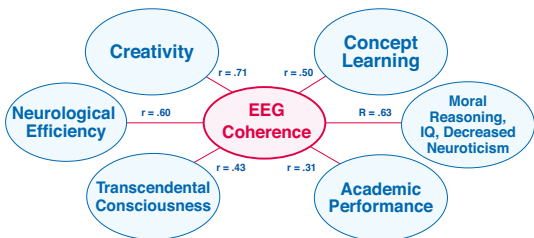
## **Greater Use of Total Brain Functioning**

- Mobilization of the Hidden Reserves of the Brain: Wider Distribution of the Brain's Response to Sensory Input (22)
- Increased Neurological Efficiency:
  - Increased Efficiency of Information Transfer in the Brain (14, 23–28)
  - Improved Spinal Reflex Activity (29, 30)
  - Improvements in Reaction-Time Measures Correlated with Intelligence (7)
- Greater Adaptability of Brain Functioning (31)
- Faster Processing of Cognitively Complex Information in the Elderly (9)
- Increased Efficiency and Decreased Age-Related Deterioration of Cognitive Information Processing as Measured by Event-Related Brain Potentials (14)
- Increased Blood Flow to the Brain (103)
- Increased Coherence of Brain Functioning (104–105)

- Correlations Found in Subjects Practising the Transcendental Meditation and TM-Sidhi Programme:
  - Between High EEG Coherence, Higher States of Consciousness,

## Integration of Brain Functioning

THROUGH TRANSCENDENTAL MEDITATION

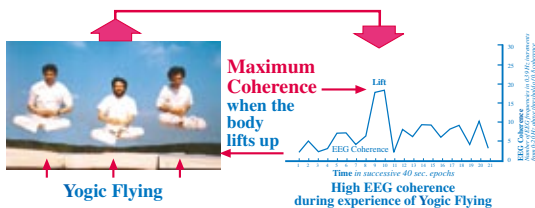


High levels of EEG coherence during Transcendental Meditation are significantly correlated with higher creativity, greater efficiency in learning new concepts, more principled moral reasoning, higher verbal intelligence (IQ), less neuroticism, higher academic achievement, clear experiences of Transcendental Consciousness, and greater neurological efficiency. (8, 32, 108)

- and High Levels of Creativity (32)
- Between High EEG Coherence, Neurological Efficiency, and Flexibility of Concept Learning (8)
  - Between High EEG Coherence, High Levels of Principled Moral Reasoning, and a Unified Cosmic Perspective on Life (33)

## Maximum Coherence During Yogic Flying

IN THE TM-SIDHI PROGRAMME



During TM-Sidhi Yogic Flying, very high levels of EEG coherence are recorded, indicating highly orderly brain functioning. At the point when the body lifts up, maximum coherence in brain wave activity was recorded. (106–107)

- Maximum EEG Coherence during Yogic Flying of the TM-Sidhi Programme (106–107)

### **Improved Mind-Body Coordination**

- Faster Reactions (34–36)
- Increased Psychomotor Speed (37)

### **Increased Organizational Ability and Efficiency**

- Increased Time Competence: Increased Ability To Think and Act Efficiently in the Present (38–40)
- Increased Efficiency and Productivity (41, 42)
- Increased Employee Effectiveness (42)
- Decreased Tendency To Procrastinate (43)
- Greater Physiological Calmness during Task Performance (42)

### **Increased Energy and Dynamism**

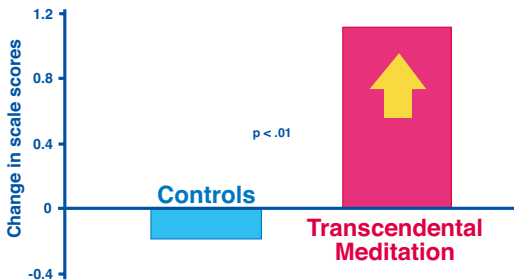
- Increased Energy and Enthusiasm (2, 42, 44)
- Increased Physical and Mental Well-Being (9, 45–47)
- Decreased Fatigue (42)

## Improved Health

- Lower Health Insurance Utilization Rates: Significantly Fewer Hospital Inpatient Days, and Outpatient Visits in All Age Categories; Fewer Inpatient Admissions for All Major Categories of Disease (47)
- Longitudinal Reduction in Health Care Costs (48)

## Improved Job Performance

### THROUGH TRANSCENDENTAL MEDITATION



Employees who learned Maharishi's Transcendental Meditation Programme showed improved job performance in comparison to control subjects. (41)

- Improved Self-Health Rating (9, 42, 45, 46, 49)

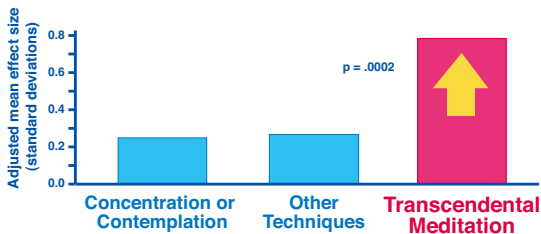
### **Increased Integration of Personality**

- Increased Self-Actualization: Increased Integration, Unity, and Wholeness of Personality (38–40)
- Uniquely Effective Means of Increasing Self-Actualization (40)
- Uniquely High Scores on Self-Development in Advanced Participants in the Transcendental Meditation Programme (50)
- Orientation towards Positive Values: Better Recall for Positive than Negative Words; More Positive Appraisal of Others (16)
- Increased Inner-Directedness: Greater Independence and Self-Supportiveness (38–40)
- Increased Autonomy and Independence (2, 40, 50)
- Less Sensitivity to Criticism (51)
- Enhanced Self-Concept (52)

- Enhanced Self-Regard and Self-Esteem (2, 51, 53, 54)
- Higher Levels of Self Development (100)
- Enhanced Inner Well-Being (9)
- Increased Emotional Stability (43, 55, 56)
- Increased Emotional Maturity (44)
- Decreased Behavioural Rigidity (9)

## Increased Self-Actualization

### THROUGH TRANSCENDENTAL MEDITATION



Statistical meta-analysis of 42 independent study results revealed that practice of the Transcendental Meditation Programme increased self-actualization by three times as much as procedures of contemplation, concentration, or other techniques. (40)



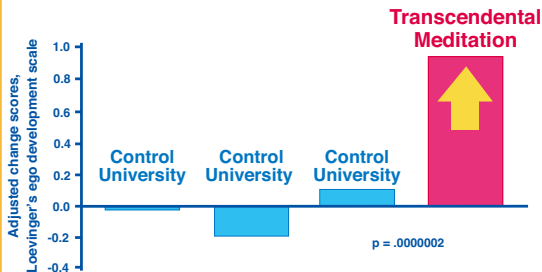
- Improved Mental Health (9, 38–40, 42–46, 51, 52, 54, 55, 57–64)

## Reduction in Negative Personality Characteristics

- Decreased Anxiety (2, 42, 44, 54, 55, 57, 58, 60, 62, 65)

## Increased Self-Development

### THROUGH TRANSCENDENTAL MEDITATION



University students practising the Transcendental Meditation and TM-Sidhi Programme increased significantly on self-development when measured after ten years, in contrast to control students at three other universities who were not participating in this programme. (100)

- Decreased Tension (42, 43, 58)
- Decreased Irritability (60)
- Decreased Neuroticism (43, 45, 51, 59, 62)
- Decreased Depression (43, 51, 55)
- Reduced Hostility and Aggression (60, 71)
- Decreased Impulsiveness (44, 45)
- Decreased Use of Cigarettes (42, 66–70)
- Decreased Use of Alcohol (42, 55, 61, 66–69, 72)
- Decreased Drug Abuse (43, 66–69, 73)

### **Growth of Ideal Social Behaviour**

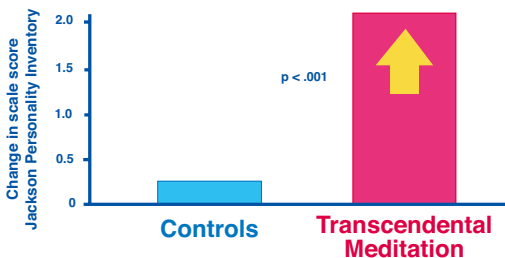
- Increased Social Maturity (3)
- Increased Sociability (44)
- Increased Capacity for Warm Interpersonal Relationships (39, 43, 44)
- Increased Friendliness (43)
- Improved Work and Personal Relationships (42)
- Increased Ability To Be Objective,

Fair-Minded, and Reasonable (44)

- Increased Good Humour (43)
- Increased Trust (51)
- Increased Tolerance (2, 44)
- Growth of a More Sympathetic, Helpful, and Caring Nature (44)
- Increased Sensitivity to the Feelings of Others (44)

## Increased Tolerance

THROUGH TRANSCENDENTAL MEDITATION



Students who learned the Transcendental Meditation Programme showed increased tolerance after 14 weeks, in contrast to control students. (2)

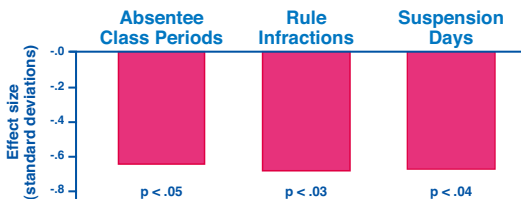
- Improved Interpersonal Behaviour of Juvenile Offenders (54)
- Reduced Behaviour Problems in School — Decreased Absenteeism, Rule Infractions, and Suspension Days (109)

## Benefits in Special Education and Remedial Education

- Improvements in Personality Relevant to

### Improved Behaviour in School

#### THROUGH TRANSCENDENTAL MEDITATION



After four months students who learned the Transcendental Meditation Programme showed decreased absenteeism, decreased school rule infractions, and decreased suspension days, compared to randomly assigned controls. (109)

## Learning Disorders in Economically Deprived Adolescents with Learning Problems (53)

- Increased Independence and Self-Supportiveness
- Improved Self-Regard
- Decreased Dropout Rate from School in Economically Deprived Adolescents with Learning Problems (53)
- Improvements among Children from Low-Income Families (74)
  - Increased Intelligence
  - Improved Self-Concept
- Improvements in Autism: Decreased Echolalic Behaviour (75)
- Benefits for Mentally Retarded Subjects:
  - Improved Social Behaviour (76)
  - Improved Cognitive Functioning (76, 77)
  - Increased Intelligence (76, 77)
  - Improved Physical Health (76)

- Normalization of Neurotransmitter Metabolite and Plasma Cortisol Levels (77)
- Decreased Stuttering (78, 79)



## 2. Description of Selected Studies

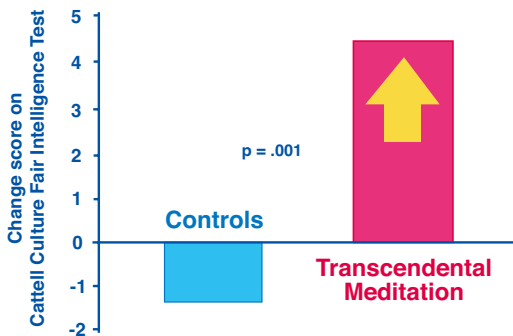
### *Improved Intellectual Functioning, Enhanced Well-Being, and Improved Behaviour in Students*

- **Development of intelligence—Increased IQ (intelligence quotient) among university students.** University students who regularly practised the Transcendental Meditation Programme increased significantly in intelligence and in the ability to make rapid choice decisions, compared to control students (7). This finding corroborates other studies showing increased IQ and faster choice reaction through practice of Transcendental Meditation.
- **Increased intelligence and improved mental and physical health among students preparing for university studies.** Among Cambodian students taking one year of preparatory study before beginning their university degree programmes, one group learned the practice of Transcendental

Meditation, while the others did not. Students who learned the Transcendental Meditation Programme showed increased intelligence over the course of three months, in contrast to the control students (102).

## Increased Intelligence in Remedial Students

THROUGH TRANSCENDENTAL MEDITATION



Among Cambodian students taking a year of remedial study in preparation for college, those who learned the Transcendental Meditation Programme showed a significant increase in intelligence test scores after three months, in contrast to other students. (102)



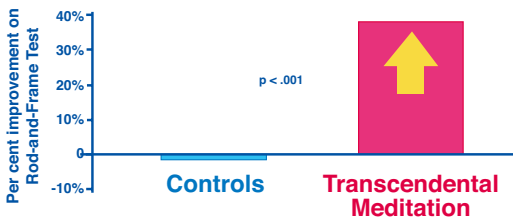
Those who learned Transcendental Meditation also showed improved physical health, decreased depression, decreased anxiety, and increased self-esteem, in contrast to two groups of control students (84).

- **Improved academic achievement, cognitive abilities, creativity, and self-esteem in university and secondary students.** Longitudinal research on Transcendental Meditation at the university and secondary levels shows increased development of intellectual ability, creativity, field independence (ability to maintain broad comprehension and sharp focus at the same time), academic achievement, and self-esteem (3, 4, 7, 15, 19–21); improved self-development to uniquely high levels (50); and increased self-actualization (38–40).
- **Reduced substance abuse.** Numerous studies with college students, high school students, and adults have shown reduction in substance abuse and antisocial behaviour through Transcendental Meditation. A

special issue of the journal *Alcoholism Treatment Quarterly* (80) is devoted entirely to the effects of the Transcendental Meditation Technique in reducing substance abuse. The research findings show reduction in usage of all classes of illegal drugs, as well as of alcohol, cigarettes, and prescribed drugs.

## Increased Field Independence Broader Comprehension and Greater Ability to Focus

THROUGH TRANSCENDENTAL MEDITATION



Individuals randomly assigned to learn Maharishi's Transcendental Meditation Programme displayed a significant increase after three months, in comparison to controls, on measures of field independence, indicating broader comprehension together with sharp focus. (15)

### 3. Benefits for Teachers and Administrators

*The comprehensive benefits of Transcendental Meditation are experienced not only by students, but also by teachers and administrators.*

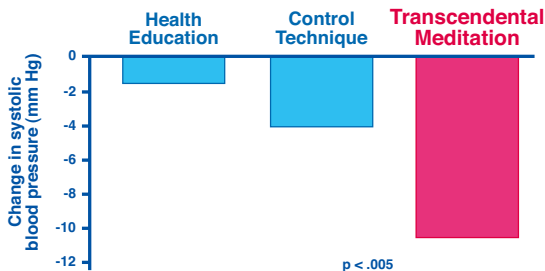
- **Improved health and decreased stress.** Research on the Transcendental Meditation Programme has found long-term reductions of biochemical and other physiological indicators of stress (77, 81) and ageing (9, 82). Two studies, one of which was supported by the United States National Institutes of Health, demonstrated reductions in hypertension among the elderly (9, 83), replicating the findings of 14 earlier studies showing decreased hypertension, a major risk factor in heart disease.

Especially promising for reducing health care costs in schools and universities are the results of a study of insurance statistics of 2000 Transcendental Meditation Programme participants over a five-year period (47). The

Transcendental Meditation group showed a 50% reduction in both inpatient and outpatient medical care utilization, as compared to matched controls; and lower sickness rates in all categories of disease.

## Reduction of High Blood Pressure

THROUGH TRANSCENDENTAL MEDITATION



Patients with high blood pressure who learned the Transcendental Meditation Programme 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 education on how to reduce blood pressure through diet and exercise. (83)

Longitudinal research in Canada demonstrated an average reduction of 14% per year in physician payments among those who learned Transcendental Meditation, in comparison to matched controls and controlling for inflation (110).

- **Increased inner calm and balance.** Effective teachers are able to maintain inner evenness and focus on their learning objectives while adapting to continually changing demands in the classroom.

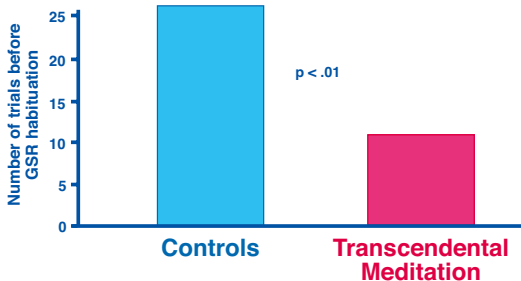
The research findings of increased physiological stability and increased field independence through Transcendental Meditation directly relate to this ability.

For example, studies examining galvanic skin responses, which measure physiological excitation, found that the Transcendental Meditation Programme enables the body to react more quickly to a situation while at the same time return more quickly to a calm state after the situation has passed (81).

Similarly, those who practise Transcendental Meditation have been found to significantly improve in field independence, a measure of the ability to maintain internal stability in a distracting environment (15).

## Quicker Recovery from Stress

THROUGH TRANSCENDENTAL MEDITATION



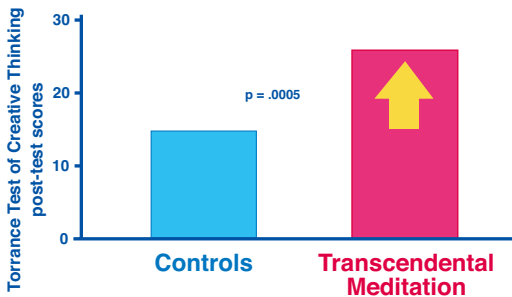
Those who practise the Transcendental Meditation Programme show more rapid physiological recovery (measured by galvanic skin resistance) from the stress of a loud sound. A series of sounds was presented, and after fewer presentations, the sound no longer caused a stress response among those regularly practising Transcendental Meditation. (81)

- **Increased creativity, personal satisfaction, and self-actualization.** A major factor contributing to teacher satisfaction is the experience that one is progressing and actualizing one's potential.

Research shows the Transcendental Meditation Programme to be uniquely effective

## Increased Creativity

### THROUGH TRANSCENDENTAL MEDITATION



Individuals who learned Maharishi's Transcendental Meditation Programme showed increased creativity after five months of practice, in contrast to controls. (21)

in promoting self-actualization (40). Other research shows longitudinal increases in creativity (2, 21) and physiological, cognitive, and behavioural flexibility (9, 10, 14, 27). Growth of these qualities naturally results in expanding creativity in teaching, the ability to adapt fruitfully to different situations with students, and the resulting fulfilment that comes from greater success.

On the basis of greater fulfilment, teachers naturally express appreciation and respect for their students, and feel greater commitment to their success. This is borne out in the scientific research findings of increased tolerance, appreciation, warmth, helpfulness, and caring through the practice of Transcendental Meditation (2, 16, 39, 43, 44).

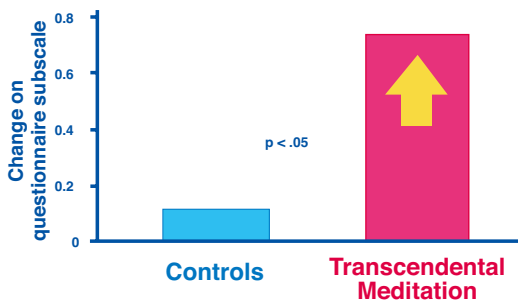
- **Increased job satisfaction, improved job performance, and better relationships with supervisors and co-workers.** The Transcendental Meditation Programme has been adopted in hundreds of businesses as a means of developing the human resources



of the organization, and increasing the efficiency and productivity of the company. Many of the benefits of Transcendental Meditation found in business apply equally to educational administration.

## Improved Work and Personal Relationships

THROUGH TRANSCENDENTAL MEDITATION



A study of executives and workers found that after three months of regular practice of the Transcendental Meditation Programme, employees showed improved work and personal relationships, in comparison to controls from the same work sites. (42)

A three-month study of managers and employees in two businesses found that those who learned Transcendental Meditation showed increased job satisfaction, improved general health, greater efficiency and productivity, and better work and personal relationships, compared to controls at the same work sites; those learning Transcendental Meditation also decreased significantly in anxiety, job worry, and cigarette and alcohol use, compared to controls (42).

A large-scale study by researchers at the National Institute of Industrial Health of the Japanese Ministry of Labour found that workers at Sumitomo Heavy Industries showed improved physical and mental health after learning the Transcendental Meditation Programme, in comparison to matched controls (45, 46). Findings included improved sleep quality, reduction of smoking, reduced physical complaints, and decreased anxiety.

## **Benefits for the Educational Institution**

In addition to the positive effects described above, the institution will also benefit financially from reduced illness and reduced health care utilization among teachers and administrators practising Transcendental Meditation.

In light of all the above benefits, The Transcendental Meditation Technique clearly should be added to programmes of teacher training and in-service staff development. The increased effectiveness, creativity, and well-being gained by teachers from this practice contribute profoundly to the success of the whole university, college, or school.



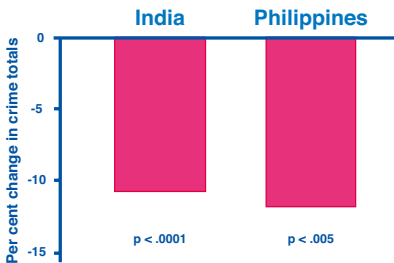
## 4. Benefits for Society

### *Creating an Influence of Coherence and Harmony in Collective Consciousness*

Fifty research studies verify that when large groups of individuals practise the Transcendental Meditation and TM-Sidhi Programme

### Decreased Crime in National Capital Districts

THROUGH TM-SIDHI YOGIC FLYING



Crime decreased significantly during periods in which large groups of participants in the Transcendental Meditation Sidhi Programme assembled in the Union Territory of Delhi, India, and in Metro Manila, Philippines. (91)

with Yogic Flying together in one place, they radiate a measurable influence of coherence and harmony in the whole society.

Scientific research findings include reduced crime (85–89, 111), reduced deaths due to homicides, suicides, and accidents (90), improved overall quality of life (87, 88, 91–93), improved economic trends (88, 94, 95), and reduced conflict and violence (87, 96, 97, 112).

**Educational institutions can thus be sources of harmony and peace for the whole society.** These powerful findings indicate how a large university or college in any country can create and maintain peace for the whole nation through group practice of the TM-Sidhi Programme with Yogic Flying. A sufficiently large group of students and teachers, as they rise to higher states of consciousness, will radiate a steady influence of coherence and harmony in the whole national consciousness.



## 5. Unique Effectiveness of Transcendental Meditation

### *Verified by Meta-Analyses Combining Many Research Findings in One Study*

The most powerful and rigorous method for drawing conclusions from a large body of scientific research is the statistical procedure of meta-analysis. Four such meta-analyses have been published on the effects of the Transcendental Meditation Programme in comparison to other techniques:

**(1) Physiological rest.** A meta-analysis published in *American Psychologist* reviewed the results of 31 studies, and found that Transcendental Meditation produces more than twice the degree of physiological rest than is produced by simply sitting with eyes closed (98).

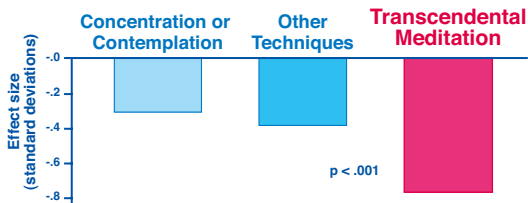
**(2) Reduced trait anxiety.** A meta-analysis published in the *Journal of Clinical Psychology* reviewed 146 research findings, and found Transcendental Meditation to produce more

than twice the reduction in trait anxiety (i.e., chronic stress) than produced by other techniques (65).

**(3) Increased self-actualization.** A meta-analysis published in the *Journal of Social Behavior and Personality* showed Transcendental Meditation to increase self-actualization by three times as large an effect as that of other techniques (40).

## Decreased Anxiety

### THROUGH TRANSCENDENTAL MEDITATION



A statistical meta-analysis found that the Transcendental Meditation Programme is significantly more effective in reducing trait anxiety than procedures of concentration or contemplation, or other techniques. (65)

(4) **Reduced substance abuse.** Another meta-analysis, published in *Alcoholism Treatment Quarterly*, showed the practice of Transcendental Meditation to result in a greater and more lasting reduction in consumption of alcohol, drugs, and cigarettes than other techniques or preventive education programmes (69).

These meta-analysis studies verify that the Transcendental Meditation Programme is unique in its holistic benefits. It is unique because the programme enriches all levels of individual life—body, senses, mind, intellect, ego—by enlivening their common basis, Transcendental Consciousness.





## **6. Achievements of Educational Institutions Implementing Consciousness-Based Education**

Decades of experience have shown that all schools and universities whose teachers and students regularly practise Transcendental Meditation enjoy the same wide range of beneficial results: expansion of the students' creativity and intelligence, improved academic performance, increasingly effective and rewarding teaching, improved quality of student life, and a notably harmonious and positive atmosphere.

These benefits are reflected in the outstanding outcomes and achievements of students in Consciousness-Based secondary schools worldwide. Outcomes include performance at the highest academic level on national tests, with an unmatched rate of improvement year by year; and top state and national prizes in every area, including science, mathematics, speech, computer science, chess, history,

poetry, art, photography, and sports competitions.

Higher education institutions implementing Consciousness-Based Education have also produced outstanding academic achievements. Studies show that their graduates are more satisfied with their education than other students, and feel better prepared for a successful and fulfilling life.

Among these educational institutions worldwide are Maharishi University of Management and Maharishi School of the Age of Enlightenment, Iowa, United States; and in India, Maharishi Vidya Mandir Schools and Maharishi Veda Vigyan Vishwa Vidya Peetham schools, which together have over 250,000 students.



## **7. Conclusion— Invitation to Implement Consciousness-Based Education**

Based on the results of hundreds of scientific research studies on the Transcendental Meditation Programme, together with five decades of educational experience worldwide, any university or school in any nation applying this approach to education can look forward to the blossoming of all aspects of life in both students and teachers, and an increasingly harmonious and vital learning environment.

### **Experience and Study of Consciousness as Part of the Curriculum**

Educational leaders in every country are invited to implement Consciousness-Based Education in their universities and schools by adding to their academic day the twice-daily practice of the Transcendental Meditation Programme, and later the TM-Sidhi Programme with Yogic Flying.

In addition to this Technology of Consciousness, students also take a course that gives intellectual understanding of consciousness. This course presents the principles and dynamics of Transcendental Consciousness from the perspective of the modern sciences and Vedic Science. Through this study and their experiences in Transcendental Meditation, students come to appreciate their own unbounded potential, and how to unfold that potential fully in the state of enlightenment through regular experience of Transcendental Consciousness, the Unified Field of Natural Law.

With all students of a large university practising the Transcendental Meditation and TM-Sidhi Programme together, the whole nation will enjoy increasing prosperity, harmony, and invincibility; and society will realize its highest educational ideals.



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**T**he effectiveness of Consciousness-Based Education has been validated by hundreds of scientific research studies and decades of educational experience. The holistic benefits produced by this approach can easily be gained by any university or school by adding experience and study of consciousness to the existing curriculum.

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