

## REFERENCING GUIDELINES

Always consider: Whose idea or knowledge am I expressing?

When we use ideas or statements in a paper that are not our own, we give credit to the person who had the idea or said it first. It is actually a law in the United States that we must always give proper credit for an idea or a statement if it is not our own.

The documentation style for SCI is APA, which is widely used for science classes. To use a source not modeled below, go to an APA style guide website like <http://www.wisc.edu/writing/Handbook/DocAPA.html> and look for the type of resource you are using.

### Introducing References within a Student Paper:

- If we mention a principle or analogy that we have learned from Maharishi we should say: Maharishi explains, or Maharishi gives the following analogy...  
Other possible ways of citing Maharishi (as appropriate to the situation):  
Maharishi teaches or Maharishi describes
- If we use a direct quote, for example: Maharishi explains that “knowledge is structured in consciousness,” we use quotation marks as shown.

### Documenting References within the Text of the Paper:

- If we use other material that we have gotten either from a book, article, or the Internet, we give credit to the author in the following way:

If we are citing Maharishi as the author (for example, of *The Science of Being*) we write:

Maharishi Mahesh Yogi (1963 [1995])

If we are using a direct quote:

Maharishi (1963 [1995]) states, “In the practice of Transcendental Meditation, a proper thought is selected . . .” (p. 29).

If the quote is more than forty words, then we use a block format. In this format we indent and do not use quotation marks.

Thus, the way to experience transcendental Being lies in selecting a proper thought and experiencing the subtle states until its subtlest state is experienced and transcended.

We shall now deal with the main principle of the system of Transcendental Meditation. (Maharishi (1963[1996], p. 29)

- If we are citing material from something that does not have an author, (for example from the University *Bulletin*) we cite the organization that published the material.

For example:

Mathematics is the science and art of orderliness. It symbolically expresses students' own common sense—how they quantify order and change in every day life. (Maharishi University of Management, 2003, p. 129)

- If using material from an Internet site where the author is not mentioned, write:  
Text of what we want to present (URL for website and year if available)  
If the author is mentioned at the website, we do the same as we would do for an article or book. We would mention the website later on as described below.

### **Documenting References at the End of the Paper:**

At the end of the paper we write out all the references that we have cited in the text. This listing should be done in alphabetical order. Please see the examples below. Please note the use of italics for book and journal titles. The numbers after the journal title are, respectively, the volume number and the page numbers. Traditionally, we do not use italics for the Bhagavad-Gita.

Maharishi Mahesh Yogi. (1967). *On the Bhagavad-Gita, a new translation and commentary*. Baltimore: Penguin Books.

Maharishi Mahesh Yogi (1963 [1995]). *Science of being and art of living: transcendental meditation*. New York: Plume.

Maharishi Mahesh Yogi. (1972). *The science of creative intelligence*. [33 videotape series]. Livingston Manor, NY: MIU Press.

Maharishi University of Management. (2005). *Scientific research on the Maharishi Transcendental Meditation and TM-Sidhi Programs including yogic flying*. Maharishi University of Management. Fairfield, Iowa.

Maharishi University of Management (2007). "The transcendental meditation technique." Retrieved April 3, 2007 from <http://www.mum.edu>.