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INCREASED GENERAL INTELLIGENCE THROUGH THE TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAM

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Students at a college implementing Maharishi’s Unified Field Based System of Education improved on measures of intelligence and reaction time over a two-year period.—EDITORS

This two-year longitudinal study investigated the effect of practicing the Transcendental Meditation (TM) and TM-Sidhi program in a university setting on performance on Cattell’s Culture Fair Intelligence Test (CFIT) and Hick’s reaction time measures, which are correlated with general intelligence. One hundred college men and women were the subjects—45 from Maharishi International University (MIU) and 55 from another university in Iowa. The experimental group (MIU) improved significantly on the CFIT ($t = 2.79, p < .005$, see Fig. 1); choice reaction time ($t = 9.10, p < .0001$, see Fig. 2); $SD$ of choice reaction time ($t = 11.39, p < .0001$), and simple reaction time ($t = 2.11, p < .025$) over two years compared to the control group, which showed no improvement. Possible confounds of subject’s age, education level, father’s annual income, and father’s education level were controlled, using analysis of covariance. The results replicate the findings of previous longitudinal studies on psychometric test scores at MIU, and indicate the TM and TM-Sidhi program is a useful educational intervention which results in improvements in measures of general intelligence.

FIG. 1. CHANGES IN IQ. Maharishi International University students practicing the Transcendental Meditation and TM-Sidhi program increased significantly on intelligence over a two-year period compared to no change in nonmeditating controls at another university.

FIG. 2. CHANGES IN CHOICE REACTION TIME. A CORRELATE OF INTELLIGENCE. Maharishi International University students practicing the Transcendental Meditation and TM-Sidhi program decreased in choice reaction time, indicating faster reactions, over a two-year period compared with poorer performance (longer reaction time) in nonmeditating controls at another university.