The purpose of this experiment was to evaluate the effect of practice of the Transcendental Meditation (TM) and TM-Sidhi program by pregnant mothers on the subsequent frequency and duration of Quiet Alert periods in their newborn infants. Quiet Alert periods are characterized by an alert state in which the infant's eyes are bright, and the infant is visibly content and free from distress. Previous research has suggested that during the Quiet Alert state, infants are most receptive to learning.

An experimental group of 15 neonates aged 0–1 month, born to mothers practicing the TM and TM-Sidhi program, were matched with a control group of 15 neonates of non-meditating mothers on 25 demographic variables related to the occurrence of this behavioral state (including life-style habits of the mother, and the gender, birth-order, and diet of the newborns). Parents were trained in classification of behavioral states and then they observed their infants two or three days per week for four weeks. All infants were within the normal range on the Bayley Scales for motor and cognitive development. Based on videotapes of the newborns, an impartial observer checked the accuracy of the mothers' observations and found them to be highly reliable.

The average duration of Quiet Alert periods throughout the 24-hour cycle over a one-month period (see Fig. 1) was over twice as long in the experimental group (8.8 minutes) than in the control group (3.3 minutes, p < .025). The longest average duration of a single Quiet Alert period in the experimental group (36.5 minutes) was approximately three times as long as that of the control group (12.4 minutes, p < .01). Also the Quiet Alert periods of infants in the experimental group increased in both duration and in frequency during the four weeks of observation.

FIG. 1. AVERAGE DURATION OF QUIET ALERT STATE. Newborns of mothers practicing the Transcendental Meditation and TM-Sidhi program spent longer periods in the Quiet Alert state, in which infants are visibly content, free from distress, and most receptive to learning.

Newborns of mothers practicing the Transcendental Meditation and TM-Sidhi program showed increased quiet alertness.—EDITORS
Children's Transcendental Meditation technique develop greater cognitive and perceptual abilities. Meditating primary and secondary school children improve in all areas of cognitive functioning and academic achievement. When teachers and administrators also participate in the TM program, school climate improves. College students practicing Maharishi's Transcendental Meditation technique improve in intelligence, cognitive ability, and field independence, and meditating post-graduate students increase in academic achievement. Adults practicing the TM and TM-Sidhi program continue to grow in intelligence and creativity and show enhanced performance on cognitive and perceptual abilities that usually decline with aging. The fact that Maharishi's Transcendental Meditation and TM-Sidhi program produces such a wide range of improvements in cognitive and physiological functioning indicates that it operates at the most fundamental level of mind and body—the level of pure consciousness. The application of this program in educational systems around the world will bring fulfillment to the long-sought goal of education to unfold the full potential of the individual and create an ideal society.