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ENLIGHTENMENT FOR IDEAL REHABILITATION: EXPANSION OF CONSCIOUSNESS AS THE BASIS OF THE RESTORATION OF CREATIVE INTELLIGENCE

The Effectiveness of the Transcendental Meditation Programme for Rehabilitation

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The authors propose that the development of enlightenment through the Transcendental Meditation programme is the ideal means of rehabilitation. Scientific research on Transcendental Meditation is examined in the light of its application for the restoration of the full creative intelligence of the individual.—EDITORS

The following is the text of the original paper which was presented at the Third International Conference on Drug Dependency, Liverpool, England, 6 April 1976.

The Science of Creative Intelligence (SCI) derives the philosophy of rehabilitation from the third law of thermodynamics. In simple terms this law states that when the temperature—or activity—of a physical system is reduced, the system naturally becomes more orderly. This has its parallel on the mental level in that reduction of mental activity generates orderliness of thinking. The Transcendental Meditation (TM) technique, the practical aspect of the Science of Creative Intelligence, is a procedure that reduces mental activity, ‘mental temperature’, in the most natural way and thus trains the nervous system to maintain calmness and collectedness of the mind during activity by making every phase of thinking most orderly.

The goal of all rehabilitation programmes should be the restoration of full creative intelligence to the individual, in order to alleviate all conflict within the individual, and also between the individual and his environment. The basis of the restoration of creative intelligence is the refinement of the nervous system—the elimination of stress and tension—resulting in the expansion of consciousness. When the full potential of creative intelligence is enlivened, the individual very naturally is able to make use of his full mental potential and act spontaneously in accordance with all the laws of nature. The state of life in which the individual is able to act in accordance with all the laws of nature is called enlightenment. Enlightenment results from the full development of consciousness and depends upon the perfect and harmonious functioning of every part of the body.

On the other hand, the physiology of antisocial behaviour is closely parallel to that of psychosomatic illness, tension, and stress. It consists of a state of increased excitation and disorder that results in the narrowing of awareness and failure to judge the consequences of action. This is evident from over 100 scientific studies conducted in more than 20 countries throughout the world showing that the practice of the Transcendental Meditation technique increases the orderliness of the physiology and psychology of the individual, resulting in a more broadened comprehension and greater ability to perform action in accordance with natural laws. A theoretical analysis, based on scientific research as well as on subjective experience during the practice of the Transcendental Meditation technique, has indicated that as a result of the
state of perfect correlation of the neurophysiology gained during the practice, an integrated development of mind, body, and behaviour is produced.

The results of the research studies on the Transcendental Meditation programme enable one to analyse the benefits of the TM technique in terms of five qualities—the fundamentals of progress: adaptability, stability, integration, purification, and growth. The development of these qualities can be seen as the keystone to the prevention of all antisocial behaviour, and the ultimate expression of this development is a higher state of consciousness that enables the individual to perceive all actions in the total workings of man and nature. Thus, the approach to problems is based not on the search for solutions, but on the restoration of the individual’s creative intelligence through the expansion of consciousness.

The Transcendental Meditation programme has been found to be effective in the areas of crime prevention and rehabilitation, as an adjunct to clinical psychiatry, in the elimination of alcohol and drug abuse, and in juvenile delinquency. The basis for this success is that the Transcendental Meditation technique (a) is natural and effortless in its practice and is easily learned, (b) produces immediate benefits and is therefore self-reinforcing, (c) is practised for 15 to 20 minutes twice a day and is easily incorporated into one’s daily routine of rest and activity, (d) requires neither a special environmental setting nor special equipment, and (e) being non-religious, requires no belief or faith and is therefore universal in its applicability. In addition, Capitals of the Age of Enlightenment, located in almost every major population centre throughout the world, offer instruction in the TM technique and provide follow-up programmes to ensure the continued progress of the individual.

One of the most important values of the Transcendental Meditation programme is that in itself it is a perfect preventive programme. Research has shown that when one per cent of a city population practises the Transcendental Meditation technique, the crime, sickness, and accident rates of that area are markedly reduced. This positive influence of one per cent of a population participating in the Transcendental Meditation programme has been named the Maharishi Effect and was predicted by His Holiness Maharishi Mahesh Yogi in 1960. All authorities responsible for rehabilitation are encouraged to implement one per cent programmes within their area of jurisdiction and throughout their country. The success of such programmes will be not only to reduce the rate of crime, sickness, and accidents, but more rewardingly to begin to create an ideal society—a society characterized by harmony, peace, and ever-fulfilling progress.

I. INTRODUCTION

Expansion of Consciousness as the Basis of Rehabilitation

The Science of Creative Intelligence (SCI) derives the philosophy of rehabilitation from the third law of thermodynamics. In simple terms this law states that when the temperature—or activity—of a physical system is reduced, the system naturally becomes more orderly. This has its parallel on the mental level in that reduction of mental activity generates orderliness of thinking. The Transcendental Meditation (TM) technique, the practical aspect of the Science of Creative Intelligence, is a procedure that reduces mental activity, ‘mental temperature’, in the most natural way and thus trains the nervous system to maintain calmness and collectedness of the mind during activity by making every phase of thinking more orderly.

The inadequate behaviour underlying the need for rehabilitation derives from incoherent, disorderly, and discordant thinking and action, which have as their ultimate cause the inability of the individual to use his full creative intelligence. The goal of any rehabilitation programme is to enable an individual to enliven his full potential through restoration of creative intelligence and allow him to fulfil desires in a way that concurs with the needs of society.

The basis of the restoration of the creative intelligence of the individual is the expansion of consciousness. While the concept of expansion of consciousness may at first appear abstract, the basis of this expansion of consciousness is the refinement of the nervous system—the elimination of stress and tension. When these impurities, which inhibit growth, are dissolved, the individual very naturally is able to make use of his greater conscious capacity and act spontaneously in accordance with all the
laws of nature. Essentially this means that the individual does not make any mistakes in his life and does not create the ground for suffering. When the consciousness of the individual becomes expanded, he is able to live life free from problems and in terms of all possibilities and fulfilment.

The use of the term 'all possibilities' in this context comes from the discovery of the state of least excitation as the field of all possibilities according to quantum physics.

The Transcendental Meditation technique produces the state of least excitation of consciousness and thereby enlivens the field of all possibilities in the conscious mind.

This expansion of mind, or expansion of awareness, allows for the expression of the full creative intelligence of the individual and is indicated by the following research studies:

- Increased coherence of brain wave functioning, indicating orderliness of the thinking process (17, 25, 26)
- Effective interaction with the environment (4, 36, 51, 60)
- Increased perceptual ability (6, 41)
- Improved organization of thinking and recall (32)
- Increased learning ability (1, 31)
- Broader comprehension along with the ability to focus attention (39, 40)
- Increased intelligence (42, 50, 53, 54, 55)
- Increased creativity (27, 50)
- Increased self-actualization (13, 14, 18, 34, 46, 48)
- Increased moral development (35)

In addition to the above findings, the latest research conducted at Maharishi European Research University on advanced participants in the Transcendental Meditation programme shows a holistic and integrative style of psychophysiological functioning that can be seen as evidence of the growth towards the full use of creative intelligence. The following four parameters were found to be strongly correlated with each other: (a) EEG frontal alpha coherence, indicating orderliness of brain functioning; (b) paired Hoffman reflex, indicating neurological efficiency; (c) creativity test scores indicating fluent, flexible, and original thinking; and (d) clear experience of transcendental consciousness during the practice of the Transcendental Meditation technique (17). These correlations clearly illustrate the integrative style of functioning of the mind and body developed through the practice of the TM technique, which is the basis from which the individual can utilize his full creative potential and live life in progress and fulfilment. This state of life is called enlightenment. It results from the full development of consciousness and depends upon the perfect and harmonious functioning of every part of the body.

Dr R. K. Wallace, President of Maharishi International University (MIU), in his address to the 26th International Congress of Physiological Sciences, New Delhi, India, on 22 October 1974, said: 'Enlightenment represents the ultimate development of what we consider to be the most valuable qualities of life. It is something real and develops naturally on the basis of neurophysiological refinement, or purification. The ability to gain enlightenment is innate in the physiology of every human being. The process of the development of enlightenment is open to anyone starting from any level of consciousness, without requiring any special life style or system of belief.'

II. PHYSICS, CONSCIOUSNESS, PREVENTION, AND REHABILITATION

A comparison between the Transcendental Meditation technique—in which there is a progressive reduction of mental excitation as the mind experiences progressively quieter, more subtle levels of thought—and the levels of excitation of any system investigated in physics, reveals that there are many striking parallels between transcendental consciousness, the state of least excitation of consciousness, and the state of least excitation of a physical system.

Any physical system may exist in a number of states of varying excitation, or degree of activity. A universal principle, known as the third law of thermodynamics, gives the rule by which the state of least excitation of any system may be reached. One way of stating this law is that the state of least excitation of a system is reached by reducing the temperature to its lowest possible value, given the name 'absolute zero', and that state so reached is the most orderly state possible for the system; in fact it is a state of perfect order. A corollary of this law is that any impurities or imperfections within the
system will be automatically excluded as it proceeds towards the state of least excitation. A simple example is seen in the freezing of water to produce ice as the temperature of the water is lowered. In this process the amount of activity in the system decreases; as this happens the random arrangement of the water molecules undergoes a phase transition to an orderly arrangement, and ice is produced. Also, as the water molecules take on this more orderly arrangement, impurities in the system are thrown off—any extraneous dissolved materials in the water being separated out as it freezes.

These two effects, that of producing an extremely orderly situation and that of eliminating impurities by one process of reducing the level of excitation, have close parallels in the realm of human consciousness. The research findings on the effects of the Transcendental Meditation technique have shown that the state of least excitation of consciousness is accompanied by a condition of extremely high orderliness of brain functioning and also of the physiology as a whole. In addition, the process of decreasing the degree of excitation within the mind appears to allow the impurities of stress, fatigue, and anxiety—the elements that disallow normal functioning of the system and retard the natural process of evolution—to be automatically eliminated. This can be determined from the decrease in anxiety and stress manifested in the behaviour and physiological functioning brought about through participation in the Transcendental Meditation programme.

The decrease in stress and anxiety, and the increase in orderliness of thinking and behaviour resulting from the Transcendental Meditation programme are the factors that have enabled this programme to be so effective in the field of rehabilitation.

The parallels between the state of least excitation of consciousness and the state of least excitation of a physical system are further reinforced by a number of other qualities common to both; for instance, they are both non-changing states that contain within them the potential for all the various changing states of higher excitation.

Further, the state of least excitation in a physical system is a state of perfect correlation, by which is meant that there is perfect co-ordination between all of the microscopic building blocks of the system, whether they are electrons, atoms, or molecules. This correlation has its maximum value in the infinite correlation exhibited in the vacuum state, described in quantum physics as the state of least excitation of the entire field of all matter and energy. That a similar phenomenon occurs on the level of consciousness during the Transcendental Meditation technique has been deduced from subjective experience and also from the high degree of coherence measured in brain activity during the Transcendental Meditation technique.

It has been proposed that this high degree of coordination between the activity from the various parts of the brain is responsible for the high integration found in mind, body, and behaviour as a result of the practice of the Transcendental Meditation technique.

Another interesting parallel between the effects of the Transcendental Meditation technique and phenomena described by modern science concerns the sociological effects of the technique. It has recently been found in areas where the number of people practising the Transcendental Meditation technique reaches one per cent of the population that negative tendencies, including criminality, decrease within the society as a whole.

It appears that the increase in integration, orderliness, and harmony occurring in individual life as a result of the Transcendental Meditation programme is profound enough to generate orderliness throughout the society. Similar phenomena, in which orderliness within a small percentage of the units of the system promotes a significant increase in the orderliness of the whole system, have been noticed in physics, chemistry, and biology. As an illustration of this class of phenomena, the regular, orderly beating of the heart depends upon all of the many heart cells acting in a perfectly synchronous manner. This synchronous behaviour depends, in turn, on about one per cent of the heart cells, known as pacemaker cells, which by their own orderly behaviour regulate the functioning of the whole heart.

It may therefore be seen that not only the individual benefits resulting from the Transcendental Meditation programme, but also its widespread sociological effects can be understood in terms of some of the most recent findings of science.
III. ORIGINS OF UNLAWFUL BEHAVIOUR

A. Criminal Behaviour Expresses a Need for Greater Creative Intelligence

It is common to ascribe criminal behaviour to social factors. Although the exact circumstances that trigger a criminal act may be intricate, the general picture is one in which pressures distributed through a social network become concentrated on one person who, if he is weak, expresses his frustrated needs in antisocial behaviour. In this context crime represents the inability of the individual to arrange for the fulfilment of his desires in accordance with the needs of his fellowmen. It is a result of insufficient creative intelligence in the society as a whole.

B. The Physiology of Crime

The physiology of criminal behaviour is closely related to that of psychosomatic illness, tension, and stress. It tends to be characterized by a state of increased excitation and disorder, which results in the narrowing of awareness and failure to judge the consequences of action. In psychopathic disorders this type of condition has been related to failure of the frontal lobes of the brain, which normally regulate higher functions such as creativity and the ability to predict consequences. On the other hand, positive abilities have also been shown to relate closely to physiological patterns. It is interesting that the Transcendental Meditation technique, which is known to enhance perception (6, 41, 43) and creativity (27, 50), also leads to a high degree of coherence in the brain wave activity of the frontal lobes (17). Improvements are seen in known frontal lobe functions such as general fluid intelligence and field independence (39, 40), and at the same time the Transcendental Meditation technique gives rise to increased orderliness (32, 59) that results in faster reactions (2, 37, 49), improved pattern recognition (39, 40), increased learning ability (1, 31), improved social relations (7, 13, 14, 18, 34, 46), and improved moral reasoning (35). It seems that the alert, creative state developed through the Transcendental Meditation programme and found in all well-adjusted people is grounded in the perfect operation of physiological functions, especially those that regulate consciousness. Just as high intelligence has been associated with certain patterns of evoked response in the EEG, so integrated social performance appears to be related to well-adjusted autonomic responses and, in turn, to the ability to act spontaneously in accordance with all the laws of nature.

The meeting point of physiological and environmental interaction is consciousness. Consciousness is the unifying element that arises out of the total functioning of the nervous system and both reflects and regulates the harmony between the individual and his surroundings. It is in consciousness that decisions are made and all events experienced. In the case of antisocial behaviour, consciousness is disorderly and excited and therefore limited—the individual fails to comprehend the appropriateness and consequences of his actions. Indeed, impulsive acts performed in a state of physiological excitation often involve almost no awareness of the events, indicating a highly disordered state of the whole system and creating an unnatural state in which there is an intense lack of mind-body co-ordination. On the other hand, when behaviour is fully in harmony with the needs of the situation, and thus in accordance with natural law as it operates at the time, the person is more open to alternative courses of action and more creative in his capacity to resolve conflicts. Such behaviour, reflecting an appropriate level of physiological and psychological excitation and maximum integration, results, as we have seen, from regular practice of the Transcendental Meditation technique.

IV. THE FUNDAMENTALS OF PROGRESS

We have seen that the quality of social behaviour is principally influenced by the quality of consciousness, which is in turn based on the state of physiology. Research has shown that regular practice of the Transcendental Meditation technique develops physiology, psychology, and social behaviour. Maharishi has analysed the fundamentals necessary for the full development of the individual and characteristic of any evolving system. These five fundamentals of progress are adaptability, stability, integration, purification, and growth.

The enlivenment of these fundamentals of progress enhances all phases of life and therefore prevents all behaviour that restricts the evolution of the individual or the society. This enables the individual to act in such a way that he is able to fulfil his own aspirations and at the same time integrate his own needs with those of the society and the environment.
as a whole. It is in this way that Maharishi has envisioned an approach to problems based not on the search for isolated solutions, but on the restoration of the total value of creative intelligence through the expansion of consciousness. By introducing the Transcendental Meditation programme throughout society, the roots of individual suffering and limitation can be abolished, thereby ensuring unrestricted progress for every individual and for society. This has introduced a new philosophy for complete rehabilitation.

V. THE TRANSCENDENTAL MEDITATION PROGRAMME IN CRIME PREVENTION AND REHABILITATION

The Transcendental Meditation programme offers a highly effective technology for human and social development. Its unique strength and importance in the fields of prevention and rehabilitation of criminal and other antisocial behaviour lie in its universal nature and ability to promote simultaneously both individual creativity and socially harmonious behaviour. Specifically this results from the following characteristics of the programme:

1. The basis of the programme is the Transcendental Meditation technique, a universal procedure that is natural and effortless in its practice and easily learned. The Transcendental Meditation technique can be practised by all people. Being non-religious it requires no belief or faith and is therefore universal in its applicability regardless of life style, education, or social background.

2. Participants in the Transcendental Meditation programme experience immediate benefits in their daily lives; thus the procedure is self-reinforcing.

3. The Transcendental Meditation technique is practised for 15 to 20 minutes twice a day and is easily incorporated in a natural way into a person's daily routine of rest and activity.

4. The Science of Creative Intelligence views antisocial behaviour as a by-product of restricted development of an individual's creative intelligence. Therefore, the Transcendental Meditation programme works to unfold the full potential of physiology and psychology of the individual and society. In this way individual weakness, the basic cause of wrong action, is eliminated in a natural manner.

5. The Transcendental Meditation programme requires no specialized or expensive equipment and thereby is economically within the reach of all rehabilitation and prevention programmes. Moreover, World Plan Centres of the Age of Enlightenment teaching the Transcendental Meditation technique are located in almost every major population centre throughout the world. These centres provide follow-up programmes to ensure continued progress of the individual.

The Transcendental Meditation programme has been used with great success in the rehabilitation of prisoners. Prisoners practising the Transcendental Meditation technique have exhibited increased autonomic stability (38) and development of positive personality characteristics (38), and their behaviour in the prison environment has shown significant improvements (3, 11). In addition, prisoners participating in the Transcendental Meditation programme have actively recommended that it be made more widely available in prisons.

The Maharishi Effect

A retrospective study in the U.S.A. compared 12 cities in which at least one per cent of the population had learned the Transcendental Meditation technique by the end of 1972 to 12 matched control cities with relatively few individuals practising the Transcendental Meditation technique but otherwise comparable in population, location, and crime statistics. Nine of the 12 control cities increased in number of serious crimes from 1972 to 1973, with an average increase of 7.8 per cent. (For the nation as a whole, the average increase in city crime that year was six per cent, according to the FBI Uniform Crime Report.) In contrast, the cities with one per cent of their populations practising the Transcendental Meditation technique decreased in crime rate by an average of 8.8 per cent, a relative decrease of 16.6 per cent when compared with the control group.

This difference in change in crime rate between the two groups of cities was statistically significant ($p < .01$). Furthermore, the correlation between percentage of individuals practising the Transcendental Meditation technique and decrease in crime
rate for cities in this sample was 0.62 (p < .01), a statistically significant and high degree of correlation.

The present study indicates that this increase in orderliness is reflected in society as a whole when only one per cent of the population practises the Transcendental Meditation technique. His Holiness Maharishi Mahesh Yogi predicted in 1960 that such a trend towards improved quality of life would arise when one per cent of a population had begun the Transcendental Meditation programme. Therefore, this shift towards harmonious functioning throughout society when one per cent of the population practises the Transcendental Meditation technique has been called the Maharishi Effect. The Maharishi Effect is expected to influence all areas of life (a study of additional variables is in progress) and lead to the creation of an ideal society and the Age of Enlightenment.

The Maharishi Effect brings about a phase transition in society towards orderliness and has also been substantiated in one per cent cities in Canada, Denmark, Norway, Sweden, New Zealand, India, and Germany.

Both subjective orderliness and its underlying physiology can propagate rapidly throughout the community with immensely beneficial results. Just as vaccination can abolish specific disorders in entire populations, so regular exposure to profound mental and physical rest through the practice of the Transcendental Meditation technique can resolve widespread social problems and prevent further problems from arising.

VI. THE TM PROGRAMME IN THE ELIMINATION OF ALCOHOL AND DRUG ABUSE

The effectiveness of the Transcendental Meditation programme in the reduction, elimination, and prevention of alcohol and drug abuse has been clearly demonstrated by scientific research (8, 21, 24, 45, 47, 57). The Transcendental Meditation programme restores balance to life and increases one's enjoyment of any activity. In this way, the underlying discomfort that encourages people to use drugs is progressively eliminated. When individuals become happy and fulfilled, they stop using drugs.

In a study by Shafii et al., a substantial number of persons reported either decreased use of or abstinence from alcohol within the first few months after beginning the practice of the Transcendental Meditation technique. The researchers state that:

'... on the basis of our data on the decrease and discontinuation of alcohol use in a group of subjects practicing TM, we feel that meditation can be a significant tool in helping an individual to lessen or end dependence on alcohol. Thus, we believe that meditation could be an effective preventive method for use with potential abusers of alcohol.'

In the case of marijuana, Shafii et al. showed that persons who previously used marijuana rapidly decreased their usage the longer they practised the Transcendental Meditation technique. Other studies on the use of caffeine and tobacco consumption showed a similar pattern of decreased use.

Bloomfield, in case studies of patients, observed that persons who practise the Transcendental Meditation technique lose interest in abusing drugs. He reports:

'Many of my patients have not only ceased or markedly reduced their abuse of illicit drugs, but have also been able to steadily decrease their need for prescription drugs. Naturally, patients with a history of severe drug dependency will still require a broadly based, individual approach to therapy, but the concomitant use of the TM program appears to make a vital difference.'

Of greatest importance to society is the evidence that those who participate in the Transcendental Meditation programme discontinue or never even engage in patterns of drug usage that can lead to abuse. This preventive aspect of the programme is based upon the same principle that allows for drug abuse rehabilitation, namely, that healthy, aware, and balanced individuals have no need for drugs.

VII. THE TRANSCENDENTAL MEDITATION PROGRAMME AND JUVENILE OFFENDERS

The problem of alcohol and drug abuse among today's youth is merely a small, visible aspect of a much larger, general consideration—the need for integrative development of the individual. Young people are becoming increasingly aware that today's educational systems are not fulfilling their need for development and cannot ensure happiness and prog-
ress for the future. The young person, impeded in his development and unaware of any successful method of unfolding his full creative potential, is in danger of taking refuge in alcohol, drugs, and crime.

Research on the use of the Transcendental Meditation programme with juveniles has shown that the programme enables the misguided youngster to reverse his negative direction and begin to develop positive, life-supporting qualities.

In a comprehensive study of juvenile offenders, Childs found that those practising the Transcendental Meditation technique showed increased self-actualization* and an increased ability to enjoy life. Anxiety and dependency on drugs also were found to decrease significantly (9). These improvements were verified by parents' reports further substantiating the success of the Transcendental Meditation programme. Childs stated:

'The results indicate that the use of the Transcendental Meditation program with young persons who are in trouble with the law is both feasible and recommendable. ... considerable evidence was obtained in only two months to support the recommendation of the Transcendental Meditation program as a growth-producing alternative to routine juvenile court procedures. This study clearly testified to the willingness and ability of such youngsters to meditate regularly.'

Schenkluhn and Geisler conducted a one-year study involving 76 subjects at the drug rehabilitation centre of Arbeiterwohlfahrt in Mülheim/Ruhr, Germany. Results of their study showed significant reductions in various categories of drug abuse among juveniles participating in the Transcendental Meditation programme (45).

Bräutigam found similar effects in the use of the Transcendental Meditation programme with drug abusers. Three factors, according to Bräutigam, help explain why the Transcendental Meditation programme had a positive effect on drug abuse: (a) the students felt that life became more joyful and fulfilling; (b) new opportunities for social contact were opened up without the need for drugs; and (c) an opportunity was provided to break the previous role expectations and to find new and rewarding roles in life (8).

These studies, therefore, indicate that it is possible to change the direction of a juvenile's life away from negative tendencies towards those which will enhance his own life and the well-being of society. In order to increase the efficiency and effectiveness of all programmes for prevention and cure of juvenile delinquency, it is vital that the TM programme be introduced in all educational programmes for young people, so that every young person will have the opportunity to grow in happiness and fulfilment and develop into a creative, productive member of society.

VIII. THE TRANSCENDENTAL MEDITATION PROGRAMME AND CLINICAL PSYCHIATRY

Anxiety is at the basis of many mental and psychosomatic disorders. As evidenced by physiological and psychological studies (12, 23, 24, 33, 44, 50, 52), the Transcendental Meditation technique not only provides relief from anxiety, but also permanently strengthens the psyche so that the individual is able to act more successfully in daily life and to experience achievement and fulfilment (3, 5, 10, 11, 12, 15, 18, 19, 20, 22, 23, 24, 28, 29, 30, 33, 34, 44, 46, 47, 48, 50, 52, 56, 57, 58, 61).

The Transcendental Meditation programme has been successful in the treatment of psychiatric illness. At a private psychiatric institute in Hartford, Connecticut, U.S.A., Glueck showed in a large clinical study that the Transcendental Meditation programme can make a substantial contribution to patient improvement and recovery, effecting an earlier discharge from the hospital (16). He states:

'In our experience, the most appropriate technique to use with psychiatric patients ... appears to be ... Transcendental Meditation. This technique was learned readily by our psychiatric patients. It appeared to hold their interest over a considerable period of time, in contrast to autogenic training and alpha EEG biofeedback training. It also appears to add a significant positive therapeutic dimension to the overall hospital treatment program.'

A report on the treatment of 34 patients by Harmon S. Ephron, Professor of Psychiatry at the New Jersey College of Medicine, and Dr Patricia Carrington of Princeton University states:

'We have observed that after commencing meditation there frequently seems to be a lessening of

* Term used by psychologist Abraham Maslow.
tension in the meditator with inappropriate "alarm" responses dropping out of his behavioral repertoire. The result of this amelioration of the alarm response may be more relaxed and efficient handling of both large and small tasks and less of a sense of urgency in matters which formerly caused distress.

'Similarly we have noted that the practice of TM appears to bring about a striking increase in energy and productivity in certain patients.'

Bloomfield found by using the Transcendental Meditation programme in the treatment of over 200 patients with a variety of psychiatric disorders that patients can easily learn the Transcendental Meditation technique and will continue to practise it regularly. They need fewer therapy hours, and progress occurs at roughly twice the usual rate. He emphasizes that 'the primary role of psychotherapy in this context may often become purely supportive while the Transcendental Meditation technique does the healing'.

IX. CONCLUSIONS

One of the most important values of the Transcendental Meditation programme is that in itself it is a perfect primary preventive programme for mental health. Research has shown that when one per cent of a city population practises the Transcendental Meditation technique, the crime, sickness, and accident rates of that area are markedly reduced. This positive influence of one per cent of a population participating in the Transcendental Meditation programme has been referred to as the Maharishi Effect and was predicted by His Holiness Maharishi Mahesh Yogi in 1960. All authorities responsible for rehabilitation are encouraged to implement one per cent programmes within their area of jurisdiction and throughout their country. The success of such programmes will be not only to reduce the rate of crime, sickness, and accidents, but more rewardingly to begin to create an ideal society—a society characterized by harmony, peace, and ever-fulfilling progress.

Through the regular practice of the Transcendental Meditation technique an individual acquires, in a natural and effortless way, all the positive attributes that are associated with physiological and psychological well-being. The Transcendental Meditation programme is not a rehabilitation programme per se, but is a means for global self-development. Rather than considering individual problems, the Transcendental Meditation programme holistically strengthens the individual, physiologically and psychologically. Thus, the resulting decrease in psychological problems and antisocial traits is merely an automatic or secondary consequence of the practice of the Transcendental Meditation technique.

The goal of the Transcendental Meditation programme is the full and integrated development of the individual. This evolution, naturally brought about through the expansion of consciousness, is the direct result of the practice of the Transcendental Meditation technique.

The Transcendental Meditation programme brings about in human life an effect directly parallel to the phenomenon described by the third law of thermodynamics. In the case of a physical system a reduction in the degree of excitation allows for the creation of a highly orderly state, and for the spontaneous elimination of impurities; and in the case of the human system it allows for the creation of a high degree of orderliness in brain activity and physiological functioning, and for the spontaneous removal of stress. The state of least excitation of consciousness, experienced during the Transcendental Meditation technique, has qualities parallel to the infinite correlation observed in the vacuum state, the state of least excitation of the field of all matter and energy. The high degree of correlation measured in brain wave activity during the technique appears to be the basis for the integrated development of the individual. Such development is so complete in its nature that the society as a whole benefits when only a small fraction of the population is practising the Transcendental Meditation technique. Again, a direct parallel is found with phenomena described in physics, chemistry, and biology in which orderliness and integration are instilled into an entire system by means of an initial condition of orderliness in only a small fraction of the components.

The discovery that it is possible to generate orderliness and harmony within a society by teaching the Transcendental Meditation technique to about one per cent of the population indicated that a new phenomenon was occurring in the world. It became apparent that the quality of life everywhere can be quickly raised to a new platform of integration, harmony, and dignity. Seeing in this awakening of positivity and orderliness not just the possibility,
but the actual beginning of a new age for mankind, His Holiness Maharishi Mahesh Yogi was inspired to inaugurate the dawn of the Age of Enlightenment on 12 January 1975.

The qualities of orderliness, integration, and harmony, when brought to their full development through the Transcendental Meditation programme, generate a state of individual life that deserves the name 'enlightenment'. The Transcendental Meditation programme provides the ideal means for eliminating and preventing all forms of negativity in society by restoring the use of the full creative potential of the individual. In this state of life, the individual acts in a way that is in accordance with the laws of nature, which are therefore supportive of his own desires. Thus he fulfils the age-old needs of society.

X. RESEARCH PROPOSALS

A. Prospective Research on the Maharishi Effect

Since it has now been demonstrated that due to the Maharishi Effect one per cent of the population of an area participating in the Transcendental Meditation programme is sufficient to significantly reduce crime rates within the area, it is proposed that authorities responsible for rehabilitation and law enforcement in every area support programmes to teach the Transcendental Meditation technique to at least one per cent of the population under their jurisdiction.

Statistics on the various aspects of rehabilitation should be evaluated before and after a population reaches the one per cent level. On the basis of previous results, an immediate drop in crime, sickness, and accident figures is predicted.

B. Rehabilitation Programmes

The value of the Transcendental Meditation programme for rehabilitation is in restoring creative intelligence to the individual through the expansion of consciousness. Rehabilitation programmes, including courses for administrators, staff, and clients, have been structured and made available through the Institute for the Restoration of Creative Intelligence at Maharishi European Research University (MERU). Part-time and full-time courses are available with formats suitable for a variety of rehabilitation settings.

C. Probation Programmes

Participation in the Transcendental Meditation programme is ideal for individuals under probation. Practice of the Transcendental Meditation technique develops stability and integration—qualities that every probation officer strives to instil in his clients. Further research on the Transcendental Meditation programme could include socio-criminological studies to measure recidivism rate and number of parole infractions by the participants. These are expected to decline dramatically—as is evident from the extent of the improvements in behaviour which can be gauged from letters written by prisoners in maximum security prisons who have begun the Transcendental Meditation programme.

D. Programmes to Perpetuate the Age of Enlightenment

To solve the age-old problems of mankind in this generation, the Transcendental Meditation programme has been implemented in every country through the World Plan. On the basis of the scientific discovery of the Maharishi Effect, Maharishi inaugurated the dawn of the Age of Enlightenment for all mankind. To perpetuate the Age of Enlightenment, Capitals of the Age of Enlightenment have been established in 140 countries throughout the world. Responsible citizens in every country are invited to establish and maintain Capitals in their community. The Capital of the Age of Enlightenment, by training teachers of the Transcendental Meditation programme and by maintaining one per cent of the population practising the Transcendental Meditation technique, will perpetuate the Age of Enlightenment for all generations.

When the weakness in the life of the individual is eliminated through the practice of the Transcendental Meditation technique, the mind and body function at their best, and everyone lives spontaneously according to all the laws of nature. Trends in the society are positive. Everyone carries the home of all the laws of nature in his awareness and is capable of fulfilling his desires without infringing on the rights of others.

This is the situation that is destined to arise in all parts of the world when even one per cent of the population is practising the Transcendental Medi-
tation technique. It is interesting to mention that there are over 500 cities in the world today that have reached the one per cent level, the beautiful basis for an ideal society.

'We will consider ourselves successful only when the problems of today's world are substantially reduced and eventually eliminated and the institutions of every country are capable of producing fully developed citizens.' — Maharishi Mahesh Yogi

APPENDIX

Scientific Evaluation of the Transcendental Meditation Programme

Quotations from Research Studies

1. MENTAL HEALTH AND PSYCHIATRY

For people utilizing in-patient or out-patient treatment facilities, regular practice of the Transcendental Meditation technique has been shown to be a positive, effective adjunct to existing means of treatment. The Transcendental Meditation technique dissolves stresses and anxieties, which are frequently considered to be responsible for mental disorders. The Transcendental Meditation technique is an automatic physiological process. There is no interference with existing treatment modalities. While the significance of the problems of the mentally ill is recognized, it is also recognized that these disabilities have their basis in physiological and psychological stress. As stress and strain are eliminated from the nervous system, spontaneously the individual's thinking becomes more orderly, tension and anxiety decrease, and clarity of mind increases. Individuals are then much more receptive to the overall treatment programme.

The largest study to date on the use of the Transcendental Meditation programme with psychiatric patients was conducted at a large, private psychiatric institute in Hartford, Connecticut, U.S.A. In this study, a large number of in-patients were instructed in the Transcendental Meditation technique, and relevant behavioural and psychophysiological data were recorded over an extended period. Dr Bernard Glueck, director of research at the institute, comments on the study:

'In our experience, the most appropriate technique to use with psychiatric patients ... appears to be ... Transcendental Meditation. This technique was learned readily by our psychiatric patients. It appeared to hold their interest over a considerable period of time, in contrast to autogenic training and alpha EEG biofeedback training. It also appears to add a significant positive therapeutic dimension to the overall hospital treatment program.'

Dr Glueck continues:

'Some indications of the acceptance of TM in the hospital might be gathered from the fact that, in addition to randomly selected patients, we have been running a waiting list for the project of from 17 to 25 patients.

'Fifty-four patients who had completed more than eight weeks in the study before discharge have been matched with a comparison twin. They showed a greater level of improvement than the improvement rates for all hospital discharges in the 1972-73 year. ... Similar differences in levels of improvement are seen when the TM patients are compared with the matched twin comparison group, the TM patients showing a higher level of recovery than their twins.'

In light of these findings, it is clear that implementation of similar programmes will have a far-reaching effect on adult and adolescent mental health programmes.

2. MEDICINE

High Blood Pressure

'The results suggest that Transcendental Meditation can produce additional significant benefit in patients with moderate essential hypertension, partially controlled by drugs.'


Treatment of Asthma

'One sees improvement in the asthmatic severity of Group II when they start TM.

'This point in the study suggests that a distinction between meditators and nonmeditators is an improved sensitivity of meditators to an oncoming environmental condition, along with increased capacity to withstand the stress.'
... TM also clearly affects this parameter [airway resistance], since 94% of the patients tested showed improvements in airway resistance during the period in which they were practicing TM daily.’


Angina Pectoris

The practice of the Transcendental Meditation technique significantly increased exercise capacity in patients with coronary heart disease (stable angina pectoris) by lowering heart rate and blood pressure during exercise. Increases in duration of exercise and maximum work load achieved, as measured by an upright bicycle ergometer, were significant after six to eight months of the Transcendental Meditation programme. A control group showed no such improvement. Furthermore, heart rate and blood pressure were less during the exercise, indicating improved cardiovascular efficiency and less demand on the heart.


Unique Brain Wave Patterns

‘... when we turn to an evaluation of the phenomena observed during the process of TM meditation, there are a number of striking findings that seem to be unique to this particular technique. The changes in the EEG patterns appear more consistently, with greater rapidity, and to a greater degree in TM meditators than in individuals using other types of meditation and in nonmeditating resting subjects. Some of the other psychophysicologic changes, such as the GSR, tend to follow a similar pattern. However, the most impressive findings appear to be in the EEG. Experienced TM meditators, i.e., 6 months or more of meditation experience, characteristically show a high density of alpha brain-wave production. As they begin to meditate, that is, start thinking the mantra, the alpha density rapidly increases and appears to sweep forward to involve the entire dominant cerebral hemisphere. Within a relatively short period of time, frequently no more than 1 or 2 min, the opposite hemisphere also shows the predominant alpha rhythm. This phenomenon has been described by a number of laboratories, and, at this point, would appear to be characteristic of passive, TM-type meditation. In addition, as the meditation continues, trains of theta-wave (4–7 Hz) activity appear, and there may be a fairly rhythmic appearance of highly synchronous alpha (8–13 Hz) activity intermixed with theta and alternating with periods of very low voltage, high-frequency activity in the beta range (20–35 Hz). At the same time, the GSR tends to increase as the skin of the fingers becomes less moist, heart rate drops a few beats, respiration drops, and changes occur in the O2, CO2, and lactic acid concentrations of the blood that have been interpreted as indicating a rapid reduction in metabolic rate.’


Immediate Results

‘In addition to the relative constancy of these findings, we have been very impressed by the rapidity with which these changes appear after the individual starts meditating. Even in the inexperienced psychiatric patients we have observed many of these changes occurring to some degree with the very first meditation, frequently within the first 4 or 5 min.’


‘Our speculation is that, during meditation, the limbic-system activities are diminished sufficiently to permit the regulatory mechanisms for transmission of signals between the hemispheres, via the commissures and corpus callosum, to respond to this more muted, tranquil state of the limbic system by opening up the pathways. This allows a freer interchange of information between the hemispheres that ordinarily does not occur during the fully alert waking state when attention is directed at sensory input.

‘In our experience, and that of other therapists, this seems to allow significant repressed material to come into conscious awareness relatively rapidly and comfortably, material that might otherwise not be available, or might take long periods of intensive psychotherapy to reach.’

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3. EEG Results and Neurophysiological Theories


3. PHYSIOLOGY

EEG Results and Neurophysiological Theories

'... those practicing Transcendental Meditation ... showed a spreading and slowing of alpha activity from the occipital area to the frontal area. The increase in alpha activity in the central and frontal areas of the brain might then be explained by Andersen and Anderson's theory as a shifting of the focus of a "leading" pacemaker from a thalamic nucleus projecting to the more occipital areas to a nucleus or to nuclei that project to the more frontal areas. The position of the focus, according to Andersen and Anderson's theory, is influenced by both afferent and intrinsic impulses; therefore, the postulated shifting of the focus during meditation might be due to an alteration in the activity of neural structures (such as the hypothalamus) that are anatomically connected to thalamic nuclei that project to the central and frontal regions (such as the doro-medial nuclei).'

Robert Keith Wallace, Ph.D., 'The Physiological Effects of Transcendental Meditation: A Proposed Fourth Major State of Consciousness', Ph.D. Thesis, Department of Physiology, School of Medicine, University of California, Los Angeles, California, p. 34.

'Central and frontal electroencephalograms from 28 subjects, spanning a range of experience with the Transcendental Meditation technique of from 0 to 15 years, were analyzed by means of a new signal-processing method—the coherence spectral array. In most cases, increases in coherence specific to the Transcendental Meditation technique, particularly in the alpha and theta bands, were observed relative to eyes-closed control periods.

'Many of the examples of increases in alpha and theta band coherence specific to the TM technique were so unambiguous that (barring the possible but unlikely circumstance that these were artifacts of the protocol itself, e.g. arousal effects associated with signaling the subject to begin or end the technique) it can be fairly claimed that the Transcendental Meditation technique, in some cases at least, is definitely associated with a higher incidence of strong coherence than simple eyes-closed relaxation. Furthermore, the sleep studies showed a marked trend towards decreased alpha/theta coherence with loss of awareness. Thus, it would seem that the Transcendental Meditation technique produces a higher incidence of strong coherence in the alpha/theta band than is experienced in the normally encountered substes of wakefulness and sleep, and that this feature in fact provides a unique EEG "signature" of the physiological state reached during the technique.

'The present findings therefore extend the pioneering work of Wallace and Banquet in which the existence of sustained alpha and theta activity during the Transcendental Meditation technique was clearly noted. It now appears that this characteristic activity tends to occur in a highly coherent form among the central and frontal derivations. Equivalently, it may be said that the EEG exhibits a high degree of long-range spatial order—at least over distances of the order of 10 cm—in these bands during the Transcendental Meditation technique.'


Unique Physiological State

'Oxygen consumption, measured by either the open- or closed-circuit methods, decreased in all subjects within five minutes after the onset of meditation. The mean decrease was about 45 cm³/min, or about 20 percent decrease from the control period. Oxygen consumption remained low during meditation and rose toward the resting level after meditation. In measurements made by the open-circuit method there was a mean decrease in total ventilation during meditation of about one liter/min. The respiratory quotient (the ratio of the volume of CO₂ eliminated over the O₂ consumed) was in the basal range and did not change significantly throughout the experiment. The observed decrease in total ventilation was caused by either decreased frequency of breath or tidal volume, varying from subject to subject.

'Skin resistance increased markedly at the onset of meditation, with some rhythmical fluctuations during meditation; it decreased to the resting value after meditation.'
'Before meditation, with eyes closed, all subjects showed alpha activity. During meditation the regularity and amplitude of the alpha waves increased in all subjects.

'The EEG pattern during meditation clearly distinguishes this state from the sleeping state. There are no slow (delta) waves or sleep spindles, but alpha-wave activity predominates.

'The physiological state attained in Transcendental Meditation is different from the states induced by hypnosis or autosuggestion. ... Hypnotic sleep following the suggestion of complete relaxation produces no noticeable change in O2 consumption. Many different EEG patterns have been reported during hypnosis, but most are identical with wakefulness patterns, and all appear to be different from the patterns observed during meditation.

'The fact that the Transcendental Meditation is easily learned and produces significant physiological changes in both beginners and advanced students gives it certain advantages over other, more austere techniques. Physiologically, the state produced by Transcendental Meditation seems to be distinct from commonly encountered states of consciousness, such as wakefulness, sleep, and dreaming, and from altered states of consciousness, such as hypnosis and autosuggestion.'


Autonomic Stability

'Rapid GSR habituation and low levels of spontaneous GSR are reported in the literature to be correlated with physiological and behavioral characteristics associated with good mental health, e.g., behavioral and autonomic stability, less motor impulsivity, stronger ego, outgoingness, field independence, less susceptibility to a variety of stresses, and less susceptibility to acquiring conditioned stresses. In the present study rapid GSR habituation and low levels of spontaneous GSR were observed in practitioners of Transcendental Meditation.'


Biochemical Effects

'Decreased plasma cortisol in the long-term participants indicates lessened adrenocortical activity during the Transcendental Meditation technique. Also, the relatively low resting plasma cortisol levels in these subjects show that Transcendental Meditation induces a lasting effect of lessened adrenocortical activation.'


Physiology of Performance

'These results show that the Transcendental Meditation program produces a significant increase in the growth of several athletic abilities, notably speed, agility, coordination, and reaction time. In our experience, the improvements in the performance of the meditating athletes were at a level normally achieved only after four to six months of preparatory training. The experimental group's rate of development seems to have been greatly enhanced by the practice of the Transcendental Meditation technique.

'The tests of physiological efficiency all show that the meditators' physical condition improved more rapidly than that of the controls. Cardiovascular efficiency (as measured by the step test), vital capacity, and blood hemoglobin all increased significantly more in the meditators than in the non-meditators, and both systolic and diastolic blood pressure decreased significantly more.

'One notable aspect of these results is that the athletes improved not just in one specific area of performance or physiology but on a wide variety of measures.'


4. PSYCHOLOGY

Analytic Perception

'Practitioners of Transcendental Meditation demonstrated a shift toward increased field independence on five indices of perceptual style following
3 mo of meditative practice.’


Developing Intelligence

‘The regular practice of Transcendental Meditation apparently enables an individual to naturally develop a more stable and integrated self-concept. Thus, his psychological health spontaneously improves without his having to attend to the details of psychological problems.

‘Also, the regular practice of the Transcendental Meditation technique appears to increase fluid intelligence at a time when growth in intelligence usually reaches a plateau and thereafter begins to decline. The level of fluid intelligence attained during adolescence generally determines the maximum ability of the individual to adapt effectively to new situations and to perceive complex relationships. Therefore, increasing fluid intelligence during late adolescence obviously will improve an individual’s effectiveness in whatever he undertakes throughout his adult life.’


Development of Personality

‘The practice of Transcendental Meditation for a two-month period had a salutary influence on a subject’s psychological state as measured by the POI. Inner-directedness appeared augmented. To use Shostrom’s imagery, the meditation permitted the experimental subjects to rely more confidently on their “psychic gyroscopes”.

‘The Transcendental Meditation group scored significantly higher than the control group in the ability to express feelings in spontaneous action.

‘Experimental subjects also scored higher on POI Acceptance of Aggression and Capacity for Intimate Contact. Aggression within one’s self may be more acceptable following this experience, and relations with others may be more meaningful as suggested by Shostrom.’


‘These results appear to indicate that the Transcendental Meditation program is effective in reducing negative personality traits and increasing self-actualization after only six weeks, and that this effect is cumulative.’


‘The Transcendental Meditation program was found to significantly improve levels of self-actualization. It was also found to significantly decrease negative personality characteristics (aggression, depression, and neuroticism) and anxiety. All these changes were highly significant ($p < .001$).’


‘Compared with suitable norms, people who regularly practiced TM showed the following:

- Less nervousness, less psychosomatic disturbance
- Less aggressiveness and emotional immaturity, more self-control
- Less depression, more self-confidence and contentment
- Less irritability, more tolerance and calm in frustrating situations
- Greater sociability, liveliness, and friendliness
- Greater self-assuredness, self-confidence, and good humor
- Less tendency to dominate, more tolerance, cordiality, and flexibility.’


‘These results substantially support the hypothesis that a group of individuals having practiced Transcendental Meditation are markedly higher on measures regarded as indicative of psychological health than a comparable group of individuals about to begin meditating. These results are consistent with the findings reported by Seeman, Nidich, and Banta and, furthermore, are not susceptible to the methodological criticism that such findings suggest
a conscious desire on the part of the meditators to show changes in personality as a result of meditating.

'The group differences obtained in this study suggest several important applications of meditation. Perhaps most salient are the clinical-counseling applications of Transcendental Meditation for students experiencing vocational, social, or personal problems. ...Another potential application of Transcendental Meditation that is of particular contemporary importance is its relevance to combating drug abuse among young people.'


5. DRUG ABUSE AND DRUG REHABILITATION

Shafii et al., 1974, published a controlled study that showed the impact of the Transcendental Meditation programme upon the use of marijuana and hashish: 92% of persons participating in the Transcendental Meditation programme for over two years had reduced their use of cannabis; 77% had stopped entirely. This decrease in drug abuse is very great compared to that achieved by other programmes. The fact that the Transcendental Meditation programme is easily learned and free from any side effects clearly indicates its potential as a means to combat drug abuse.

'Thus, in our drug oriented and dependent society Transcendental Meditation appears to be one of the few effective tools available to prevent or stop drug abuse. Experts agree that most people could stop drug use if a sufficiently desirable and simple alternative were offered to make them want to stop. Transcendental Meditation is available as such an alternative. ... The fact that the primary goal of TM is the complete personal evolution of the meditator, and the decline in drug abuse is only an incidental by-product of the total process, makes it even more attractive since being a meditator does not stigmatize one as being a criminal or social outcast. Thus, because it has been proven effective in achieving some of the same goals that our system of criminal justice seeks to accomplish, TM merits serious consideration as a supplement to that system.'


As suggested by the above quotation, these results are caused by a holistic improvement in the psychology of the participant in the Transcendental Meditation programme. Pelletier, 1974; Orme-Johnson, 1973; Seeman, 1972; and others have published papers which show normalized psychology and more stable psychophysiological function in those participating in the Transcendental Meditation programme. When a person develops inner control, increased mental and physical strength, and more self-motivation through the Transcendental Meditation programme, as shown by research studies, the use of drugs spontaneously falls off. In a similar manner, use of alcohol and cigarettes, especially heavy use, progressively declines.

With regard to the use of amphetamines, barbiturates, tranquilizers, and other drugs, including hallucinogens, strictly controlled studies do not exist. However, Wallace et al., 1972, showed that like the other compounds, use decreased dramatically, and few persons remained in the 'heavy use' category for more than a few months after beginning the Transcendental Meditation programme. Although reports of decreased interest in drugs are numerous, we encourage additional controlled studies to corroborate these observations and confirm findings of the existing studies.

'In our study we found that almost half of those who had practiced Transcendental Meditation for a period of one to three months decreased or stopped their use of marijuana. The longer a person had practiced meditation, the higher was the probability that he would discontinue his use of marijuana. Ninety-two percent of the meditators who had practiced TM for more than two years had significantly decreased their use of marijuana and 77 percent had totally stopped.'


'In summary, these results seem to indicate the effectiveness of the Transcendental Meditation programme for both reducing drug abuse and promoting changes towards improved psychological well-being that are essential for the recovery of the ex-drug user.'

6. ALCOHOLISM: REHABILITATION AND PREVENTION

It is generally recognized that the psychological, social, and physiological problems of the alcoholic develop over a long period of time. Often the treatment has only temporary effects, and the problem drinker is not able to maintain freedom from the abuse of alcohol. It has been found that the fundamental and holistic benefits of the Transcendental Meditation programme, however, are capable not only of reducing the desire to drink, but also of providing the basis for ameliorating the many secondary problems of personal relationships, job performance, and health that often accompany alcoholism.

Two federally financed projects in the U.S.A. are currently investigating the role of the Transcendental Meditation programme in the rehabilitation of heavy drinkers and institutionalized alcoholics. Approximately 180 persons are involved in one of the studies, which will be conducted over the next two years. Federal and state research agencies have shown substantial interest in developing and implementing additional research programmes at suitable locations. The alcoholism treatment community has also shown great enthusiasm for the possibilities of the Transcendental Meditation programme. Mrs Marty Mann, founder of the National Council on Alcoholism, says:

'I am convinced by my own experience that TM will have extremely beneficial effects on an alcoholic.

'All those research studies on TM are true. ... I am sure TM will be beneficial to alcoholics because I believe that a relapse in alcoholism is directly traceable to tension.'

A recently published study by Shafii et al., 1975, surveyed alcohol usage in 126 individuals who practised the Transcendental Meditation technique compared to a 90-person control group:

'No control subjects reported discontinuation of beer and wine use; 40 percent of subjects who had meditated for more than two years reported discontinuation within the first six months. After 25–39 months of meditation, this figure increased to 60 percent. In addition, 54 percent of this group, versus one percent of the control group had stopped drinking hard liquor.

'... on the basis of our data on the decrease and discontinuation of alcohol use in a group of subjects practicing TM, we feel that meditation can be a significant tool in helping an individual to lessen or end dependence on alcohol.'


These findings indicate the importance of the Transcendental Meditation programme in the prevention of drinking problems. In the United States alone there are 20 million alcoholics. The Transcendental Meditation programme offers a low-cost means to reduce alcohol abuse and its concomitant problems, and it is readily acceptable by the general public.

7. JUVENILE DELINQUENCY AND CORRECTIONAL EDUCATION

'The results indicate that the use of the Transcendental Meditation program with young persons who are in trouble with the law is both feasible and recommendable. ... Meditators showed increased self-actualization and increased enjoyment in life. Anxiety and dependency on drugs decreased significantly. The improvements on the parents' reports verified the improvements reported by the subjects and substantiated the practicality of the technique.

'...considerable evidence was obtained in only two months to support the recommendation of the Transcendental Meditation program as a growth-producing alternative to routine juvenile court procedures. This study clearly testifies to the willingness and ability of such youngsters to meditate regularly.'


'The problem of moral education is such a serious one today that we need to find immediate solutions that can be utilized on a wide-scale basis. Results of this present study clearly warrant the close attention of educators who are seeking new methods through which to facilitate cognitive-moral development.

'Results ... indicate that subjects practicing the Transcendental Meditation technique scored significantly higher than nonmeditators on Kohlberg's scale of moral development.'


‘Wards’ reactions to the TM program, which is funded by the Youth Authority’s Community Centered Drug Project, have been highly favorable. It is reasonable to expect that the practice of TM will become more widespread in Youth Authority schools and camps as its effectiveness as a treatment tool and its applicability in institutional settings is evident. The benefits of TM have been documented by research, its practice is supported by professional staff who are familiar with the technique, and significantly, it is praised by wards. ‘They think I’m crazy because I’m too happy,” one ward said. ‘I wish I could’ve started it a long time ago.’''


‘The regular meditators enthusiastically reported various personal changes associated with meditation. Less anxiety, better personal relations, increased clarity of mind, and better relations with staff were reported by all. Relative to institutional adjustment, all felt they were better able to function in the institution. ... The consensus was that meditation had realized benefits far beyond their expectations. All planned to continue, while two even talked of eventually going on to become teachers of TM.’

Samuel Marr, M.S., ‘Transcendental Meditation as a Means of Trait Anxiety Reduction in a Correctional Setting’, Master’s Thesis, Department of the Administration of Justice, University of Southern Illinois (study conducted at Federal Youth Center, Englewood, Colorado).

‘Sixty-eight inmates [of the Milan Federal Correctional Institute] were randomly assigned to learn the Transcendental Meditation (TM) technique or to be in a control group. Two separate units were investigated and each contained a control group and a TM group.

‘Self-esteem and Internality were significantly enhanced by the TM practice. Also, the regularity of practice was important in explaining positive change.

‘Emotional stability and maturity were significantly enhanced by the practice of the TM technique and the regularity of practice seemed to be important in explaining positive change. (These attributes were determined by scores on the D, Ma, Pt, Sc, Es, and Re subscales of the MMPI and the Neuroticism subscales of the Eysenck Personality Inventory.)

Concern with physical symptoms was partially decreased by the practice of TM as indicated by the reductions in the Hy and Hs subscales of the MMPI. Again, regularity of practice was important. Finally, aggression was significantly reduced by the practice of TM, as measured by the Pd, Pa, and O-H subscales of the MMPI and the Buss-Durkee Hostility Inventory. Regularity of practice was important.’


8. CORRECTIONAL INSTITUTIONS

The Transcendental Meditation programme has proved effective in providing relief from negative attitudes and behaviour and providing a basis for the achievement of the goals of correctional institutions. Prison wardens, guards, and prisoners share their appreciation of the positive effects of the TM programme, in terms of both their personal peace of mind and the welfare of the entire institution.

The associate warden of a midwestern United States federal prison reports:

‘This project is considered to have been a highly successful one and is certainly a basis for the introduction of the Transcendental Meditation program to this institution on a larger scale. It also clearly suggests that TM has a place in other correctional settings as an important “new” tool for providing an opportunity for growth and change in a simple, but profound and lasting way. ... It is clear that the men who meditated regularly ... definitely benefited. Not only have they noted changes among themselves, but also each person sees himself as a considerably better individual. Others who had contact with them noted significant changes.’

The results of a research study in this prison lend objective verification to the associate warden’s report:

‘With regard to emotional stability and maturity, regular meditators showed the greatest positive change. Controls showed no change. Regularity of meditation appeared to be an important determinant of positive change.

‘Thus meditation is quite effective in enhancing
emotional stability and maturity. ... The prediction that meditators would show significant positive change in this area, and that controls would not, seems to have been given support.

'With regard to overconcern with physical symptoms, regular meditators showed the greatest positive change in this area.

'With regard to aggression, again, regular meditators showed the greatest amount of positive change. They appeared to have decreased in their hostility and aggression while increasing their control over these reduced hostile impulses. The regularity of meditation appeared to be a significant determinant of positive change (decrease) in hostility. A highly significant TM effect was seen. ... The prediction that meditators should show significant positive change in this area and controls should remain unchanged was given considerable support.

'The positive findings are of sufficient magnitude to merit, at the very least, a long-term project.

'The data also merit consideration of TM as a treatment modality. TM instruction does not require tremendous amounts of time and energy expenditure on the part of the staff or inmates. Hence, it could fit into the existing system with no problems.'

Many correctional institutions offer educational programmes for college credit, which are often heavily subscribed. Many leading universities have offered credit to their students who have completed the Science of Creative Intelligence course, a 33-lesson colour video-taped presentation exploring the theoretical base underlying the Transcendental Meditation technique. Credit for course participants could be arranged through existing prison education programmes or through local colleges or universities.

In addition, programmes for academic credit may be arranged through Maharishi International University (MIU), a four-year undergraduate educational institution, with its main campus in Fairfield, Iowa, U.S.A.

'The more regularly a person meditated, the more he simultaneously gained in physiological stability and behavioral flexibility (reduced compulsiveness) accompanied by increased social outgoingness.

'Even those subjects who were moderately regular showed measurable physiological and psychological benefits.'

'All [subjects] reported increased relaxation, a reduction of tension and greater mental clarity.'


The potential impact of the Transcendental Meditation programme on crime and corrections is clearly indicated in the following excerpt from the 15 March 1974 Harvard Law Record.

'We have been witnessing a shocking increase in crime within our society in the past decades. Alienation and dissatisfaction are visible all over society, especially within those committing crimes. The prison system has admittedly done very little to rehabilitate prisoners or reduce recidivism. In the background of this bleakness, Transcendental Meditation stands as a completely different and refreshing approach to self-improvement.'

The Transcendental Meditation programme offers a unique and new approach to combating the problems of rehabilitation and recidivism by attending to the basis of improved behaviour—expansion of consciousness of the individual.

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