The Effects of the Transcendental Meditation technique on Aging

1. Decreased Mortality
2. Improved Quality of Life
3. Decreased Medical Expenses
More Older People than Children in the Population

Increased Life Expectancy Worldwide

Challenges of an Aging Population

- More people with dementia
- More people with chronic diseases
- More elders to take care of
- More expenses with reduced tax revenues
- Strain on Medicare

Meditation Practices that Involve Contemplation and/or Concentration, e.g., Visualization, Guided Imagery, and Mindful Focusing, etc.

Transcendental Meditation

Transcending

Active Mind

Waking State

Transcendental Consciousness

The Fountain of Youth

Deep Relaxation

EEG Coherence

Restful Alertness
Increased Longevity and Improved Quality of Life

Virtually all of the 380 peer-reviewed studies on TM indicate changes in the opposite direction of aging.

<table>
<thead>
<tr>
<th>Scientific Research Indicating Reversal of the Detrimental Effects of Aging Through the Transcendental Meditation and TM-Sidhi Program</th>
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<td><strong>Physiology</strong></td>
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<tr>
<td>Blood pressure</td>
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<tr>
<td>Susceptibility to stress</td>
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<tr>
<td>Serum cholesterol</td>
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<td>Auditory threshold</td>
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<td>Insomnia</td>
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<tr>
<td>Reaction time</td>
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<tr>
<td>Efficiency of reflex response</td>
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</tbody>
</table>

| Requirements For Medical Care | Usual Changes With Age | Improvements With the TM and TM-Sidhi Program |
| Patient days in hospital (medical and surgical) | ↑ | ↓ |
| Outpatient visits (medical and surgical) | ↑ | ↓ |
| Total costs per capita | ↑ | ↓ |

| Psychology | Usual Changes With Age | Improvements With the TM and TM-Sidhi Program |
| Field independence | ↓ | ↑ |
| Fluid intelligence | ↓ | ↑ |
| Creativity | ↓ | ↑ |
| Learning ability | ↓ | ↑ |
| Memory | ↓ | ↑ |
| Cognitive flexibility | ↓ | ↑ |
| Depression | ↑ | ↓ |
| Perceptual flexibility | ↓ | ↑ |
Decreased Mortality

Cumulative % Surviving vs. Years

- TM technique
- Combined controls

$p < .04$

American Journal of Cardiology 95, no. 9 (2005): 1060-1064
The biological age of people who had been practicing the Transcendental Meditation technique less than 5 years was 5 years younger than their chronological age. Those who had been practicing TM more than 5 years were 12 years younger.

Decreased Mortality with Improved Quality of Life through the Transcendental Meditation technique

![Graph showing the percentage of people alive after 3 years under different conditions.]

- TM technique: 100%
- Mindfulness: 90%
- Relaxation Response: 80%
- No Treatment: 70%
- Other: 50%

$p < .00025$

Increased Longevity with Improved Quality of Life

Feeling Less Old

$p < .05$

More Old

Feeling Old Rating Scale

Less Old

TM technique

Mindfulness

Relaxation Response

No Treatment

Increased Longevity with Improved Quality of Life

Improved Cognitive Flexibility

% Correct at Posttest *

- TM technique
- Mindfulness
- Relaxation Response
- No Treatment

$ p < .001$

Increased Longevity with Improved Quality of Life

**Improved Memory**

![Bar graph showing the comparison of TM technique, Mindfulness, Relaxation Response, and No Treatment groups on the Wechsler Memory Scale. The TM technique group has a significantly higher score compared to the other groups, $p < .05$.]

Increased Longevity with Improved Quality of Life
Decreased Systolic Blood Pressure

$p < .01$

Fewer Hospital Admissions for All Disease Categories

THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE

Improved General Health

Decreased Hospitalization and Doctor Visits by Age Category through the Transcendental Meditation technique

TM especially reduces medical care needs in older people.

* Percent reduction compared to controls

Medical expenditures for people over 65 decrease 14% per year after learning TM, reaching a 70% reduction relative to non-TM controls after only five years.

Journal of Social Behavior and Personality 17 (2005): 415-442
Reduced Rates of Death, Heart Attack, and Stroke

Difference between groups = 48% after average of 5.4 years

\[ p = .03 \]

### Summary
The Effects of the Transcendental Meditation Technique on the Elderly

<table>
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<tr>
<th>Category of Benefit</th>
<th>The Evidence</th>
</tr>
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<tbody>
<tr>
<td>1. Reduced Mortality</td>
<td>• 48% reduction of heart attacks, strokes, and deaths.</td>
</tr>
</tbody>
</table>
| 2. Improved Quality of Life      | • 70% reduction of hospitalization and doctor visits.  
• Decreased blood pressure and anger, improved memory, cognitive flexibility,  
• Feeling less old. |
| 3. Decreased Medical Expenses    | • 70% reduction in medical expenses in the elderly                                                |
Conclusion

Practice of the Transcendental Meditation Technique by the elderly can greatly improve their quality of life and reduce their medical expenses, greatly ameliorating, if not solving, the problems posed by the aging world population.