Captions of Scientific Research Charts

EDUCATION

E1. Improvement in Academic Skills
Within one school year, elementary school students who practiced the Transcendental Meditation program showed significant gains on a nationally standardized test of basic skills. Reference: Education 107: 49–54, 1986.

E2. Increased Creativity
Individuals who learned Maharishi’s Transcendental Meditation program showed increased creativity in comparison to controls as measured by a higher level of pictorial originality when measured after five months of practice. They also showed increased creativity as measured by higher levels of pictorial flexibility and verbal fluency (not charted). Reference: The Journal of Creative Behavior 13: 169–180, 1979.

E3. Increased Creativity in Secondary School Students

E4. Increased Intelligence in Secondary School Students

E5. Development of Intelligence—Increased IQ in University Students
University students who were practicing Maharishi’s Transcendental Meditation and TM-Sidhi program increased significantly on intelligence in contrast to control students. Reference: Personality and Individual Differences 12: 1105–1116, 1991.

E6. Holistic Improvement in Intellectual Performance
Three randomized controlled studies among Chinese students found that, in contrast to controls, those who learned the Transcendental Meditation Technique showed significant improvement in five measures of intellectual functioning; they also showed decreased anxiety. Reference: Intelligence 29: 419–440, 2001.

E7. Increased Intelligence in Remedial Students
This study was conducted among Cambodian students taking a year of remedial study in preparation for college. Students who learned the Transcendental Meditation program showed a significant increase in intelligence test scores in contrast to other students after three months. Reference: Higher Education Research and Development 15: 73–82, 1995.

E8. Improved Memory
University students who learned the Transcendental Meditation program showed after 40 days improved clustering in short-term memory, indicating increased organization of the thinking

E9. Faster Solution of Arithmetic Problems
Students who were instructed in the Transcendental Meditation program displayed faster solution of arithmetic problems after 40 days of practice, in comparison to randomly assigned controls who sat with closed eyes twice daily. **Reference:** Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume 1: 385–392, 1977.

E10. Increased Field Independence
Individuals randomly assigned to learn Maharishi’s Transcendental Meditation program displayed a significant increase after three months, in comparison to controls, on measures of field independence, indicating broader comprehension with increasing ability to focus. **Reference:** Perceptual and Motor Skills 39: 1031–1034, 1974.

E11. Improved College Grades
University students who learned Maharishi’s Transcendental Meditation program showed a significant increase in grade point average over the next three grading periods, in comparison to control students. **Reference:** Scientific Research on the Transcendental Meditation Program: Collected Papers, Volume 1: 396–399, 1977.

E12. Improved Postgraduate Academic Performance
Master degree engineering students who learned the Transcendental Meditation program showed improved performance on their standard examinations after six months, compared with randomly assigned control students from the same academic program. **Reference:** British Journal of Educational Psychology 55: 164–166, 1985.

E13. Improved Visual Perception
Individuals instructed in the Transcendental Meditation program showed significant improvements in clarity of visual perception after two weeks, in contrast to controls randomly assigned to daily periods of an eyes-closed control treatment or to controls given no treatment. **Reference:** Memory & Cognition 10: 207–215, 1982.

E14. Faster Reaction Time
University students who were practicing the Transcendental Meditation and TM-Sidhi program showed a significant improvement in choice reaction time, in contrast to control students. **Reference:** Personality and Individual Differences 12: 1105–1116, 1991.

E15. Increased Energy Level in Secondary School Students
Secondary school students who learned the Transcendental Meditation program showed increased energy levels after 14 weeks, in contrast to control students. **Reference:** Dissertation Abstracts International 38(7): 3372B–3373B, 1978.

E16. Increased Tolerance in Secondary School Students

E17. Greater Appreciation of Others
University students practicing the Transcendental Meditation program rated significantly more positively the important people in their lives (parents, spouse) than did control students. Reference: Perceptual and Motor Skills 64: 1003–1012, 1987.

E18. Decreased Anxiety
A statistical meta-analysis of 146 independent study results found that the Transcendental Meditation program is significantly more effective in reducing trait anxiety than procedures of concentration or contemplation, or other techniques. Reference: Journal of Clinical Psychology 45: 957–974, 1989.

E19. Decreased Depression in University Students
University students in Cambodia who began the Transcendental Meditation program showed decreased depression after three months, in contrast to groups of students from two other universities who did not learn the Transcendental Meditation program. Reference: Journal of Instructional Psychology 22: 308–319, 1995.

E20. Increased Self-Esteem in Secondary School Students

E21. Increased Self-Regard in Students with Learning Disabilities
Secondary school students with learning disabilities who were instructed in the Transcendental Meditation program showed increased self-regard in contrast to control students participating in a guidance group. Reference: Dissertation Abstracts International 38(6): 3351A, 1977.

E22. Increased Strength of Self-Concept
After one month of practice of the Transcendental Meditation program, individuals developed a more strongly defined sense of self-concept, in comparison to matched controls. They also reported that their ‘actual’ self was closer to their ‘ideal’ self. Reference: British Journal of Psychology 73: 57–68, 1982.

E23. Increased Self-Actualization
Statistical meta-analysis of all available research (42 independent study results) indicated that practice of the Transcendental Meditation program increased self-actualization by about three times as much as procedures of contemplation, concentration, or other techniques. Reference: Journal of Social Behavior and Personality 6: 189–248, 1991.

E24. Increased Self-Development
University students who were practicing the Transcendental Meditation and TM-Sidhi program increased significantly on self-development (ego-development) when measured after graduation, in contrast to control students at three other universities who were not participating in this program. **Reference:** *Journal of Social Behavior and Personality* 17: 93–121, 2005.

**E25. Greater Moral Maturity**
University students who were practicing the Transcendental Meditation program showed significantly higher levels of moral maturity in comparison to control students who were not practicing the technique. Controls who were about to learn Transcendental Meditation displayed the same level of moral maturity as those who were not planning to learn, indicating that the observed difference among the Transcendental Meditation participants was due to changes after learning the practice. **Reference:** *Dissertation Abstracts International* 36(7): 4361A, 1976.

**E26. Improved Concept Learning**
University students who learned the TM-Sidhi program increased significantly on an index of efficiency of concept learning, in comparison to matched control students from the same university. **Reference:** *International Journal of Neuroscience* 15: 151–157, 1981.

**E27. Increased Personal Development**
University students who learned the TM-Sidhi program, in comparison to control students from another university, increased significantly on three measures of personal development and psychological health—increased creativity, increased autonomy, and increased intrinsic spirituality. The TM-Sidhi program participants also improved significantly on an overall measure of well-being and a measure of psychological integration in comparison to the control students. **Reference:** *Modern Science and Vedic Science* 1: 471–487, 1987.

**E28. Greater Intelligence and Creativity**
The length practice of the TM-Sidhi program (number of months since instruction) was found to be significantly correlated with both higher intelligence and higher creativity, controlling for age, gender, education, motivation, and previous length of practice of the Transcendental Meditation program. **Reference:** *The Journal of Creative Behavior* 19: 270–275, 1985.

**E29. Reduced Behavior Problems in School**
Adolescent children with high normal systolic blood pressure were randomly assigned to either learn Transcendental Meditation or participate in a health education control group. After four months, the students practicing the Transcendental Meditation program showed decreased absenteeism, decreased school rule infractions, and decreased suspension days. **Reference:** *Health and Quality of Life Outcomes* 1: 10, 2003.

**E30. Increased Intrinsic Spirituality**
Students who learned the TM-Sidhi program were found to increase over a nine-month period in intrinsic spirituality. Intrinsic spirituality, which was defined as reported experience of a relationship to an absolute or transcendence or God, and a strong orientation towards higher values in life, was measured as one dimension among several in an open-ended interview, rated by independent interviewers, designed to elicit expression of experiences that the subject values in life. **Reference:** *Modern Science and Vedic Science* 1: 471–487, 1987.
E31. More Satisfying Relationship with God and Religion
Individuals participating in the Transcendental Meditation program, in comparison to norms, were found to have a more satisfying relationship with God and religion, and a more satisfied sense of their own moral worth. **Reference: Western Psychologist 4: 104–111, 1974.**

E32. Greater Altruism
Individuals participating in the Transcendental Meditation program, in comparison to norms, were found to have a strong concern for the welfare of others. **Reference: Western Psychologist 4: 104–111, 1974.**

E33. Greater Artistic Appreciation
Individuals participating in the Transcendental Meditation program, in comparison to norms, were found to have a high appreciation for artistic matters and activities. **Reference: Western Psychologist 4: 104–111, 1974.**

E34. Increased Intellectual Orientation
Individuals participating in a one-month advanced course involving the practice of the Transcendental Meditation program, were found to have an increased appreciation for reflective and academic activities in comparison to norms. **Reference: Western Psychologist 4: 104–111, 1974.**

E35. More Frequent Experiences of Higher States of Consciousness
University students who were participants in the Transcendental Meditation program and the TM-Sidhi program were found to have more frequent reported experiences of higher states of consciousness than control students, controlling for age and gender. Participants in the TM-Sidhi program also were found to have more frequent experiences of higher states of consciousness than those only practicing the Transcendental Meditation program. **Reference: Psychologia 32: 91–103, 1989.**

E36. Greater Field Independence among College Art Students
Undergraduate art students who were practicing the Transcendental Meditation program displayed higher levels of field independence than similar students not practicing the Transcendental Meditation program. **Reference: Perceptual and Motor Skills 75: 1171–1175, 1992.**

E37. Field Independence Correlated with College Art Achievement
Among undergraduate art students, field independence was significantly correlated with grade point average (academic performance) in their current classes, as well as with self-evaluation of artistic ability in the areas of drawing, composition, and artistic idea formation. **Reference: Perceptual and Motor Skills 75: 1171–1175, 1992.**

E38. Decreased Sleepiness
University students who learned the Transcendental Meditation Technique reported significantly reduced sleepiness throughout the day after 10 weeks, in contrast to students randomly assigned to a delayed-start condition. Students learning the Transcendental Meditation Technique also
showed increased integration of brain functioning and faster habituation to stressful stimuli in comparison to controls.


E39. Decreased Stress Response
University students who learned the Transcendental Meditation Technique displayed decreased stress response after 10 week of practice, in contrast to greater stress response among students randomly assigned to a delayed-start condition. Reduced stress response was measured as quicker physiological habituation to the stressful stimulus of a loud noise. Students learning the Transcendental Meditation Technique also showed increased integration of brain functioning and decreased sleepiness in comparison to controls.


E40. Decreased Stress, Anxiety, and ADHD Symptoms
School students with a current diagnosis of attention deficit hyperactivity disorder (ADHD) who learned the Transcendental Meditation Technique displayed after three months reduced stress, anxiety, and ADHD symptoms, as rated both by teachers and by themselves. The p-value on the chart indicates improvement as determined by a multivariate test for the following subscales: anxious/depressed, withdrawn/depressed, affective problems, anxiety problems, attention problems, ADHD problems, and total problems; the bars on the chart indicate change on the total problems subscale.


E41. Improved Teacher Behavior Rating of Executive Function among ADHD Students
School students with a current diagnosis of attention deficit hyperactivity disorder (ADHD) who learned the Transcendental Meditation Technique were rated by teachers after three months as showing improvement on several measures of executive function, indicating greater cognitive capability and self-control.


E42. Improved Performance by ADHD Students on Executive Function Tasks
School students with a current diagnosis of attention deficit hyperactivity disorder (ADHD) who learned the Transcendental Meditation Technique showed improved performance on tasks requiring executive function after three months, as measured by increased expressive attention, increased accuracy, greater fluency of categorization, and increased flexibility in switching categories.


E43. Increased Efficiency of Learning
Students who learned the TM-Sidhi program were found to increase over a one-year period on efficiency of learning, using a computerized concept learning task. Greater efficiency of learning meant that a participant was more focused on using each trial of the learning task to gain additional information about the solution being sought. Reference: *International Journal of Neuroscience* 15: 151–157, 1981.

E44. Increased Creativity
Students who learned the TM-Sidhi program were found to increase over a nine-month period in creativity. Creativity, defined as reported originality, spontaneity, and growth, was measured as one dimension among several in an open-ended interview, rated by independent interviewers, designed to elicit expression of experiences that the subject values in life. **Reference:** *Modern Science and Vedic Science* 1: 471–487, 1987.

**E45. Increased Well-Being**  
Students who learned the TM-Sidhi program were found to increase over a nine-month period in well-being. Well-being was measured as an affective component in an open-ended interview, rated by independent interviewers, designed to elicit expression of experiences that the subject values in life. **Reference:** *Modern Science and Vedic Science* 1: 471–487, 1987.

**E46. Increased Integration**  
Students who learned the TM-Sidhi program were found to increase over a nine-month period in integration. Integration, which was defined as the degree of integration of the person’s system of valuations—that is, how much the person’s valuations were centered around one fundamental valuation or philosophy of life—was measured as one dimension among several in an open-ended interview, rated by independent interviewers, designed to elicit expression of experiences that the subject values in life. **Reference:** *Modern Science and Vedic Science* 1: 471–487, 1987.

**E47. Increased Autonomy**  
Students who learned the TM-Sidhi program were found to increase over a nine-month period in autonomy. Autonomy, defined as reported self-sufficiency, self-reliance, freedom, independence, and mastery of situations, was measured as one dimension among several in an open-ended interview, rated by independent interviewers, designed to elicit expression of experiences that the subject values in life. **Reference:** *Modern Science and Vedic Science* 1: 471–487, 1987.

**E48. Increased Academic Achievement**  
Middle school students who learned the Transcendental Meditation program and practiced it twice daily as part of the school day were found to increase significantly after three months in achievement scores on mathematics and language (English) in comparison to control students matched on previous mathematics and English performance level scores. **Reference:** *Education* 131: 556–564, 2011.

**E49. Increased Positivity of Cognitive Style**  
The practice of the Transcendental Meditation Technique was found to foster increased positivity of cognitive style, as measured by a selective recognition task. A cross-sectional study found higher positivity among participants in the Transcendental Meditation program than in controls who were waiting to start the practice. A second longitudinal study found an increase in positivity among those who learned the practice after 14 weeks. **Reference:** Y. Sakairi. What does meditation change? Measurement of cognitive styles. In *The embodiment of mind: Eastern and western perspectives*. Delft: Eburon Publishers, 1998, pp. 57–66.

**E50. Decreased Psychological Distress in Minority Students**  
Secondary school students who were members of racial and ethnic minorities displayed reduced psychological distress four months after learning the Transcendental Meditation Technique and practicing it as part of their school day, in contrast to control students who did not learn and
practice the technique. The students who learned the Transcendental Meditation Technique also displayed decreased trait anxiety in comparison to the control students. Reference: *Journal of Instructional Psychology* 38: 109–116, 2011.

E51. Reduced EEG Patterns Characterizing ADHD
Students diagnosed with ADHD, aged 11–14, were randomly assigned to either learn the Transcendental Meditation Technique or to a delayed start comparison group. After three months practicing the Transcendental Meditation Technique, ADHD students displayed a reduction in EEG patterns that characterize ADHD. Charted here is reduction of theta/beta power ratio. ADHD is also reflected in low EEG coherence, and EEG coherence in theta frequencies increased in these subjects as well. Reference: *Mind & Brain, The Journal of Psychiatry* 2: 73–81, 2011.

E52. Increased Verbal Fluency among ADHD Students
Students diagnosed with ADHD, aged 11–14, were randomly assigned to either learn the Transcendental Meditation Technique or to a delayed start comparison group. After three months practicing the Transcendental Meditation Technique, ADHD students displayed increased verbal fluency, as measured by the letter fluency test of the Delis-Kaplan Executive Function System test. Reference: *Mind & Brain, The Journal of Psychiatry* 2: 73–81, 2011.

E53. Increased Graduation Rate in Secondary School Students
A group of low-performing urban secondary school students who learned the Transcendental Meditation technique and practiced it during their senior year had a higher graduation rate than a control group of students matched for prior academic performance who did not learn the technique. Reference: *Education* 133: 495–501, 2013.

E54. Decreased Dropout Rate in Secondary School Students
Urban secondary school students who learned the Transcendental Meditation technique and practiced it during their senior year had a lower dropout rate than a control group of students matched for prior academic performance who did not learn the technique. Reference: *Education* 133: 495–501, 2013.

E55. Increased Higher Education Acceptance Rate in Secondary School Students
Urban secondary school students who learned the Transcendental Meditation technique and practiced it during their senior year had a higher acceptance rate into higher educational institutions than a control group of students matched for prior academic performance who did not learn the technique. Reference: *Education* 133: 495–501, 2013.

**HEALTH**

H1. Greater Physiological Stability

H2. Quicker Recovery from Stress
Those who practice the Transcendental Meditation program showed more rapid physiological recovery (measured by galvanic skin resistance) from the stress of a loud sound. A series of sounds was presented, and after fewer presentations the sound did not cause a stress response among this group. Reference: Psychosomatic Medicine 35: 341–349, 1973.

H3. Calmer Style of Physiological Functioning: Less Stress in Daily Activity
A meta-analysis found that those who practice Maharishi’s Transcendental Meditation program, in contrast to controls, show outside of meditation a calmer style of physiological functioning, as indicated by lower levels of respiration rate, heart rate, spontaneous skin resistance responses, and plasma lactate. Reference: American Psychologist 42: 879–881, 1987.

H4. Improved Neuromuscular Functioning
Those who learned the Transcendental Meditation program showed significant improvement (reduced latency and motor time) in speed of the patellar reflex. Reference: Perceptual and Motor Skills 50: 1103–1106, 1980.

H5. Improved General Health in University Students
University students in Cambodia who began the Transcendental Meditation program showed an improvement in general health (composed of physical, mental, and social factors) after three months, in contrast to groups of students from two other universities who did not learn the Transcendental Meditation program. Reference: Journal of Instructional Psychology 22: 308–319, 1995.

H6. Reduced Physical Complaints in Industrial Workers
This study conducted by the Japanese National Institute of Industrial Health found that industrial workers at Sumitomo Heavy Industries who learned the Transcendental Meditation program showed reduced physical complaints after five months in comparison to control workers. Reference: Japanese Journal of Industrial Health 32: 656, 1990.

H7. Improved Health in Executives and Workers
Executives and other employees at two work sites in the automotive industry showed improved health, as measured by self report of physical and mental health including severity and frequency of health complaints, after three months of regular practice of the Transcendental Meditation program, in comparison to controls from the same work sites. Reference: Anxiety, Stress and Coping: An International Journal 6: 245–262, 1993.

H8. Decreased Insomnia
A study of patients seeking treatment for post-traumatic stress problems found that those who learned the Transcendental Meditation program showed significant reduction in insomnia after four months, in contrast to those randomly assigned to receive psychotherapy. Reference: Journal of Counseling and Development 64: 212–215, 1985.

H9. Decreased Depression
Patients suffering from post-traumatic stress problems who learned the Transcendental Meditation program showed significant reduction in depression after four months, in contrast to others who
were randomly assigned to receive psychotherapy. Reference: *Journal of Counseling and Development* 64: 212–215, 1985.

H10. Benefits for Bronchial Asthma Patients
Asthmatic patients who were instructed in the Transcendental Meditation program showed significant improvement after three months, as indicated by physiological measurement of lower airway resistance, and by their own personal reports and those of their physicians. Reference: *Clinical Research* 21: 278 (Abstract), 1973.

H11. Decreased Cigarette Smoking
A meta-analysis of all research studies on the Transcendental Meditation program related to cigarette smoking, in comparison to meta-analyses of standard treatment and prevention programs for smoking, found a significantly greater reduction of cigarette use among those who learned the Transcendental Meditation program, even though this program does not involve any guidance about change in lifestyle or habits. Reference: *Alcoholism Treatment Quarterly* 11: 13–87, 1994.

H12. Decreased Alcohol Use
A meta-analysis of all research studies on the Transcendental Meditation program related to alcohol use, in comparison to meta-analyses of standard alcohol treatment and prevention programs, found a significantly greater reduction of alcohol use among those who learned the Transcendental Meditation program, even though this program does not involve any guidance about change in lifestyle or habits. Reference: *Alcoholism Treatment Quarterly* 11: 13–87, 1994.

H13. Decreased Use of Prescribed Drugs
Those practicing the Transcendental Meditation program reported significantly reduced use of prescribed drugs (tranquilizers, sleeping pills, antidepressants, and analgesics) since learning the Transcendental Meditation program, compared to matched controls. Reference: *The International Journal of the Addictions* 12: 729–754, 1977.

H14. Reduction of High Cholesterol
Subjects with high cholesterol practicing Transcendental Meditation showed a significant reduction in cholesterol levels when compared to a control group. There were no changes in diet. Reference: *Journal of Human Stress* 5: 24-27, 1979.

H15. Reduction of High Blood Pressure
Patients with high blood pressure who learned the Transcendental Meditation program showed a significant reduction of systolic and diastolic blood pressure after three months, in contrast to those randomly assigned to a control technique or to those who received education on how to reduce blood pressure through diet and exercise. Reference: *Hypertension* 26: 820–827, 1995.

H16. Improved Exercise Tolerance Among Coronary Patients
Coronary artery patients who learned the Transcendental Meditation program showed increased exercise tolerance in comparison to controls, as measured by increased maximum workload (charted here), increased exercise duration, and improvement in other cardiovascular measurements. Reference: *The American Journal of Cardiology* 77: 867–870, 1996.
H17. Decreased Need for Medical Care: Decreased Outpatient Visits
Medical insurance data on participants in the Transcendental Meditation program indicated that they required significantly less outpatient doctor visits for both medical and surgical procedures in contrast to the average of all other insured persons. Reference: Psychosomatic Medicine 49: 493–507, 1987.

H17B. Decreased Outpatient Visits Indicating Healthier Ageing
Participants in the Transcendental Meditation program, in contrast to the average of all other insured persons, showed a significant reduction in outpatient doctor visits that was even more pronounced among participants who were older, as indicated by analysis of five years of medical insurance data. Reference: Psychosomatic Medicine 49: 493–507, 1987.

H18. Decreased Need for Medical Care: Decreased Hospitalization
A study of approximately 2000 participants in the Transcendental Meditation program analyzing five years of medical insurance data found that they required significantly less hospitalization, for both medical and surgical procedures, in comparison to the average of all other insured persons. Reference: Psychosomatic Medicine 49: 493–507, 1987.

H18B. Decreased Hospitalization Indicating Healthier Ageing
An analysis of five years of medical insurance data found a significant reduction in hospitalization among participants in the Transcendental Meditation program, in comparison to other insured persons. The decrease was even more dramatic among participants who were older. Reference: Psychosomatic Medicine 49: 493–507, 1987.

H19. Reduced Illness and Medical Expenditures
A study of medical utilization and expenditures found that those who participated in Maharishi’s Vedic Approach to Health, which includes practice of the Transcendental Meditation program, showed greatly reduced hospital days, outpatient hospital visits, and overall medical expenditures in comparison to norms. Reference: The American Journal of Managed Care 3: 135–144, 1997.

H20. Decreased Health-Care Expenditures
A study of 677 people in Quebec, Canada, who learned the Transcendental Meditation program found that after learning the program government payments for physicians’ services declined significantly, in comparison to an increasing trend before learning the practice. Reference: American Journal of Health Promotion 10: 208–216, 1996.

H21. More Effective Information Processing in the Elderly: Shorter Latency of Brain Responses
Elderly individuals who practice Maharishi’s Transcendental Meditation program, in comparison to controls of the same age, show faster response of the brain to visual stimuli (shorter latency of P300 response). This type of response of the brain usually becomes slower with age, and this finding thus indicates one aspect of the reversal of the ageing process which takes place through regular practice of the Transcendental Meditation program. Reference: Psychophysiology 26: S29 (Abstract), 1989.

H22. Biochemistry of Sustained Youthfulness
Higher levels of plasma dehydroepiandrosterone sulfate (DHEA-S) later in life are associated with greater health; this substance in the body usually declines with age after the mid-twenties. Those practicing Maharishi’s Transcendental Meditation program showed higher levels of plasma DHEA-S than controls. This chart graphs the average elevation among male participants in the Transcendental Meditation program over 50 years of age; women had similar results. **Reference:** *Journal of Behavioral Medicine* 15: 327–341, 1992.

H23. Younger Biological Age
Those who had been regularly practicing the Transcendental Meditation program showed younger biological age than controls, with a greater reduction in biological age the longer they had been participating in the program. **Reference:** *International Journal of Neuroscience* 16: 53–58, 1982.

H24. Increased Longevity in the Elderly
This follow-up study of a group of elderly people (average age 80.7 years) who were randomly assigned to either learn the Transcendental Meditation program or to three control groups found that those who learned the Transcendental Meditation program showed a significant increase in longevity (survival time) in comparison to the other three groups. **Reference:** *Circulation* 93: 629 (Abstract), 1996.

H25–H30. Reversal of the Ageing Process

H31. Reduction of Atherosclerosis
This study found that hypertensive individuals who learned Transcendental Meditation, indicated on the right bar, showed reduced thickening of the carotid artery. This finding was in contrast to continued thickening of this artery among a control group, shown on the left, who took a health education program on diet and exercise for alleviating cardiovascular problems. **Reference:** *Stroke* 31: 568–573, 2000.

H32. Reduction of Angina Episodes
The term ‘cardiac syndrome X’ is applied to patients with anginal chest pain and normal coronary angiograms. Such patients often remain symptomatic despite conventional antianginal medications and the reassurance provided by the cardiologist. The chest pain which they experience is often exertional but frequently also occurs at rest; such symptoms may mimic unstable angina and lead to readmission to hospital and repeat investigations. The twice-daily practice of Transcendental Meditation for 3 months significantly reduced incidence of angina episodes, improved exercise tolerance, and increased subjective quality of life in patients suffering from this syndrome. **Reference:** *American Journal of Cardiology* 85: 653-655, 2000.

H33. Decreased Medical Expenses
This study measured annual percentage change in inflation-adjusted government payments for physicians’ services over 14 years among 1,418 people in Quebec, Canada, who learned the Transcendental Meditation program in comparison to 1,418 controls randomly selected from individuals of the same age, gender, and region. Before learning the Transcendental Meditation program there was no significant difference in annual change between the two groups, with a slightly greater increase among the group that would later begin the program. After learning the Transcendental Meditation program, individuals showed a statistically significant average annual

**H34. Increased Neurological Efficiency**

This study of men university students found that those who learned the TM-Sidhi program showed increased neurological efficiency, as measured by paired Hoffman reflex (H reflex) recovery. After the H reflex is elicited, it takes some recovery time before the next reflex response can be complete. This study showed that those who learned the TM-Sidhi program, in contrast to matched control students from the same university, displayed greater recovery of the H reflex in a short interval of time. **Reference:** *Experimental Neurology* 79: 77–86, 1983.

**H35. Decreased Systolic Blood Pressure among Cardiac Heart Disease Patients**

This randomized controlled clinical trial among individuals with stable cardiac heart disease found that 16 weeks of practice of the Transcendental Meditation program, in contrast to participation in a health education program, led to a significant reduction in systolic blood pressure. Hypertension is one of the components of the ‘metabolic syndrome’, often associated with obesity, insulin resistance, and hyperlipidemia; this syndrome is a risk factor for cardiovascular morbidity and mortality. **Reference:** *Archives of Internal Medicine* 166: 1218–1224, 2006.

**H36. Decreased Insulin Resistance among Cardiac Heart Disease Patients**

This randomized controlled clinical trial among individuals with stable cardiac heart disease found that 16 weeks of practice of the Transcendental Meditation program, in contrast to participation in a health education program, led to a significant reduction in insulin resistance. Insulin resistance is a condition in which normal amounts of insulin are not enough to create a normal insulin response in muscle, fat, and liver cells, ultimately leading to higher levels of blood glucose. Insulin resistance is one of the components of the ‘metabolic syndrome’, often associated with obesity, high blood pressure, and hyperlipidemia—a risk factor for cardiovascular morbidity and mortality; insulin resistance may also contribute to type 2 diabetes. **Reference:** *Archives of Internal Medicine* 166: 1218–1224, 2006.

**H37. Decreased Blood Pressure Among Hypertensives**

This meta-analysis located in the published literature 107 studies on stress reduction and blood pressure, of which 17 studies containing 23 treatment comparisons among 960 subjects met standard criteria for well-designed randomized control trials in which there were multiple studies for each treatment category for hypertensive patients. Among these studies, only the Transcendental Meditation program was found to have a statistically significant impact on reducing high blood pressure among hypertensive subjects. **Reference:** *Current Hypertension Reports* 9: 520–528, 2007.

**H38. Meta-Analysis: Decreased Blood Pressure**

This study was a meta-analysis examining the effect of all published randomized, controlled clinical trials on the effects of the Transcendental Meditation program on blood pressure, comprising nine studies with 711 subjects. The Transcendental Meditation program was found to have a statistically significant impact on reducing both systolic and diastolic blood pressure. **Reference:** *American Journal of Hypertension* 21: 310–316, 2008.
This study was a meta-analysis examining the effect of all published randomized, controlled clinical trials on the effects of the Transcendental Meditation program on blood pressure, comprising nine studies with 711 subjects. The Transcendental Meditation program was found to have a statistically significant impact of reducing systolic blood pressure. Among the three studies with the strongest research designs, the finding was slightly larger, giving another indication of the substantial nature of the effect. 

H40. Decreased Mortality Rate
This study followed the mortality pattern up to 19 years after adults with high blood pressure learned the Transcendental Meditation Technique or participated in control interventions. The results showed a 23% decrease in mortality due to all causes, and a 30% decrease in the rate of cardiovascular mortality, among those who learned the Transcendental Meditation Technique, in comparison to controls. Reference: American Journal of Cardiology 95: 1060–1064, 2005.

H41. Increased Functional Capacity among Congestive Heart Failure Patients
Patients recently hospitalized with congestive heart failure who learned the Transcendental Meditation program showed improved functional capacity after six months, in comparison to those randomly assigned to a health education control group. Functional capacity was measured by the six-minute walk test, measuring how far the individual can walk in the given time. Reference: Ethnicity & Disease 17: 72–77, 2007.

H42. Reduction of Left Ventricular Mass
A major predictor of cardiovascular morbidity and mortality is left ventricular hypertrophy, the thickening of the muscle of the left ventricle of the heart; this thickening can be an anatomical response to hypertension or other cardiovascular problems. This study found that adolescents with high normal blood pressure who learned the Transcendental Meditation program displayed reduction in left ventricular mass after eight months, in comparison to those randomly assigned to a health education control group. Reference: Evidence-Based Complementary and Alternative Medicine doi:10.1155/2012/923153: 6 p, 2012.

H43. Reduction of Mortality, Heart Attacks, and Strokes
This randomized controlled trial of patients with documented coronary heart disease found that those randomly assigned to learn the Transcendental Meditation Technique showed a reduction of 48 percent in the risk of mortality, nonfatal myocardial infarction, or stroke over the follow-up period averaging 5.4 years, in comparison to a control group which participated in a health education program. Reference: Circulation: Cardiovascular Quality and Outcomes 5: 770–758, 2012.

H44. Cost-Effective Hypertension Management
This study calculated the cost-effectiveness of five standard hypertension medications, in comparison to practice of the Transcendental Meditation Technique, over a projected 20-year period. Using present-value analysis of treatment payments, the Transcendental Meditation
Technique was the most cost-effective alternative. Reference: The American Journal of Managed Care 2: 427–437, 1996.

BUSINESS

B1. Improved Job Performance

B2. Increased Employee Effectiveness
A study of executives and workers in the automotive industry found that after three months of regular practice of the Transcendental Meditation program, participants showed increased effectiveness, in comparison to controls from the same work sites. Reference: Anxiety, Stress and Coping: An International Journal 6: 245–262, 1993.

B3. Increased Occupational Coherence
A study of executives and workers in the automotive industry found that after three months of regular practice of the Transcendental Meditation program, participants showed increased occupational coherence, as assessed by seven job-related measures, in comparison to controls from the same work sites. Reference: Anxiety, Stress and Coping: An International Journal 6: 245–262, 1993.

B4. Increased Job Satisfaction
Employees who learned Maharishi’s Transcendental Meditation program showed increased job satisfaction in comparison to control subjects. Reference: Academy of Management Journal 17: 362-368, 1974.

B5. Increased Job Satisfaction in Executives and Workers
A study of executives and workers in the automotive industry found that after three months of regular practice of the Transcendental Meditation program, participants showed increased job satisfaction, in comparison to controls from the same work sites. Reference: Anxiety, Stress and Coping: An International Journal 6: 245–262, 1993.

B6. Increased Satisfaction with Professional and Personal Life
A study of executives and workers in the automotive industry found that after three months of regular practice of the Transcendental Meditation program, participants showed increased professional and personal satisfaction, in comparison to controls from the same work sites. Reference: Anxiety, Stress and Coping: An International Journal 6: 245–262, 1993.

B7. Decreased Desire to Change Jobs
Employees who learned Maharishi’s Transcendental Meditation program showed decreased desire to change their job in comparison to control subjects. Reference: Academy of Management Journal 17: 362-368, 1974.

B8. Improved Work and Personal Relationships
A study of executives and workers in the automotive industry found that after three months of regular practice of the Transcendental Meditation program, participants showed improved work and personal relationships, in comparison to controls from the same work sites. Reference: Anxiety, Stress and Coping: An International Journal 6: 245–262, 1993.

B9. Improved Relationships with Supervisors
Employees who learned Maharishi’s Transcendental Meditation program showed improved relationships with their supervisors in comparison to control subjects. Reference: Academy of Management Journal 17: 362-368, 1974.

B10. Improved Relationships with Co-Workers
Employees who learned Maharishi’s Transcendental Meditation program showed improved relationships with their co-workers in comparison to control subjects. Reference: Academy of Management Journal 17: 362-368, 1974.

B11. Decreased Tension on the Job
A study of executives and workers in the automotive industry found that after three months of regular practice of the Transcendental Meditation program, participants showed decreased job tension, in comparison to controls from the same work sites. Reference: Anxiety, Stress and Coping: An International Journal 6: 245–262, 1993.

B12. Decreased Trait Anxiety in Executives and Workers
A study of executives and workers in the automotive industry found that after three months of regular practice of the Transcendental Meditation program, participants showed decreased trait anxiety, in comparison to controls from the same work sites. Reference: Anxiety, Stress and Coping: An International Journal 6: 245–262, 1993.

B13. Decreased Anxiety in Industrial Workers
A study conducted at Sumitomo Heavy Industries by the Japanese National Institute of Industrial Health found decreased anxiety in workers who learned the Transcendental Meditation program, in comparison to control workers. Reference: Japanese Journal of Industrial Health 32: 656, 1990.

B14. Increased Physiological Calmness in Executives and Workers
A study of executives and workers in the automotive industry found that after three months of regular practice of the Transcendental Meditation program, participants showed increased physiological calmness, as assessed both during rest and during task performance, in comparison to controls from the same work sites. Reference: Anxiety, Stress and Coping: An International Journal 6: 245–262, 1993.

B15. Decreased Stress During Task Performance
A study of executives and workers in the automotive industry found that after three months of regular practice of the Transcendental Meditation program, participants showed decreased physiological stress (reduced skin conductance) during performance of a task, in comparison to controls from the same work sites. Reference: Anxiety, Stress and Coping: An International Journal 6: 245–262, 1993.
B16. Improved Sleep Quality in Executives and Workers
A study of executives and workers in the automotive industry found that after three months of regular practice of the Transcendental Meditation program, participants showed improved sleep quality, in comparison to controls from the same work sites. Reference: Anxiety, Stress and Coping: An International Journal 6: 245–262, 1993.

B17. Improved Night Sleep in Industrial Workers
A study conducted at Sumitomo Heavy Industries by the Japanese National Institute of Industrial Health found that workers who learned the Transcendental Meditation program fell asleep more easily at night, in comparison to control workers. Reference: Japanese Journal of Public Health 37(10 Suppl.): 729, 1990.

B18. Decreased Tendency of Neurosis in Industrial Workers
A study conducted at Sumitomo Heavy Industries by the Japanese National Institute of Industrial Health found decreased tendency of neurosis in workers who learned the Transcendental Meditation program, in comparison to control workers. Reference: Japanese Journal of Industrial Health 32: 656, 1990.

B19. Decreased Emotional Instability in Industrial Workers
A study conducted at Sumitomo Heavy Industries by the Japanese National Institute of Industrial Health found decreased emotional instability in workers who learned the Transcendental Meditation program, in comparison to control workers. Reference: Japanese Journal of Industrial Health 32: 656, 1990.

B20. Decreased Impulsiveness in Industrial Workers
A study conducted at Sumitomo Heavy Industries by the Japanese National Institute of Industrial Health found decreased impulsiveness in workers who learned the Transcendental Meditation program, in comparison to control workers. Reference: Japanese Journal of Industrial Health 32: 656, 1990.

B21. Decreased Cigarette and Liquor Consumption in Executives and Workers
A study of executives and workers in the automotive industry found that after three months of regular practice of the Transcendental Meditation program, participants showed decreased cigarette consumption and decreased liquor consumption, in comparison to controls from the same work sites. Reference: Anxiety, Stress and Coping: An International Journal 6: 245–262, 1993.

B22. Increased Freedom from Smoking in Industrial Workers
A study conducted at Sumitomo Heavy Industries by the Japanese National Institute of Industrial Health found an increase in the number of workers free from smoking among those who learned the Transcendental Meditation program, in comparison to control workers. Reference: Japanese Journal of Public Health 37(10 Suppl.): 729, 1990.

B23. Increased Contribution of Managers to the Organization
A three-month prospective study of managers at a medical equipment company found that those who learned Transcendental Meditation, compared to matched controls, showed increased ‘organizational contribution’, which was a combined index of observer ratings of higher productivity, better leadership practices, better work relationships, greater vitality, greater mental health, higher job satisfaction, and less anger. Reference: Dissertation Abstracts International 57(6): 4068B, 1996.

B24. Increased Health-Promoting Behavior of Managers
Managers at a medical equipment company who learned the Transcendental Meditation program, in contrast to matched controls, showed more healthy behavior after three months, as measured by reduced alcohol consumption and more healthy and regular habits of exercise, diet, and sleep. Reference: Dissertation Abstracts International 57(6): 4068B, 1996.

B25. Decreased Stress among Managers
A three-month prospective study of managers at a medical equipment company found that those who learned Transcendental Meditation, compared with matched controls, showed a significant reduction on a standardized measure of perceived stress measuring the degree to which situations in one’s life are perceived as overloading, uncontrollable or unpredictable. Reference: Dissertation Abstracts International 57(6): 4068B, 1996.

B26. Decreased Symptoms of Ill Health among Managers
Managers who learned the Transcendental Meditation program, in comparison to matched controls, showed a significant decrease on a standardized measure of stress-related somatic symptoms, such as chest pain and headaches, during a three-month study. Reference: Dissertation Abstracts International 57(6): 4068B, 1996.

B27. Improved Mental Health of Managers

B28. Increased Vitality of Managers
Managers of a medical equipment company who learned the Transcendental Meditation program, in contrast to matched controls, showed a significant increase on a standardized scale of physical vitality, measuring greater energy level and less fatigue. Reference: Dissertation Abstracts International 57(6): 4068B, 1996.

B29. Decreased Anxiety in Government Personnel

B30. Long-Term Decrease of Anxiety in Government Personnel
Government employees who learned the Transcendental Meditation program were measured again after three years, and were found to display a long-lasting decrease in anxiety, in

B31. Decreased Depression in Government Personnel

B32. Long-Term Decrease of Depression in Government Personnel
Long-term measurement of government employees who learned the Transcendental Meditation program found that after three years they continued to show significant reduction in depression, in contrast to control employees who had participated in an educational stress-management program. Reference: Anxiety, Stress and Coping: An International Journal 10: 341–350, 1997.

B33. Increased Leadership Behavior in Employees
Employees of a food sales company who learned the Transcendental Meditation program showed, over a four-month study period, significant increase in a composite scale of leadership behavior, in contrast to control employees who did not participate in the program. Reference: Career Development International 4: 149–154, 1999.

REHABILITATION

R1. Decreased Anxiety in Traumatic Stress Patients

R2. Decreased Stress Disorder in Traumatic Stress Patients

R3. Decreased Family Problems in Traumatic Stress Patients
Patients seeking treatment for traumatic stress who learned the Transcendental Meditation program showed a significant reduction in family problems in comparison to those receiving psychotherapy. Reference: Journal of Counseling and Development 64: 212-215, 1985.

R4. Decreased Alcohol Consumption in Traumatic Stress Patients

R5. Decreased Use of Illegal Drugs
A meta-analysis of all relevant research studies found that those who had been using illegal drugs showed a substantial and long-lasting reduction in the use of such drugs after learning the
Transcendental Meditation program. This reduction in drug use was significantly greater than the effect of standard prevention programs for reducing drug use. Reference: Alcoholism Treatment Quarterly 11: 13–87, 1994.

R6. Increased Self-Regard in Juvenile Offenders
Young people referred to juvenile court for a legal offense showed a significant increase in self-regard after learning the Transcendental Meditation program. Reference: Dissertation Abstracts International 34(8): 4732A, 1974.

R7. Decreased Anxiety in Juvenile Offenders
Young people referred to juvenile court for a legal offense showed a significant decrease in anxiety level after learning the Transcendental Meditation program. Reference: Dissertation Abstracts International 34(8): 4732A, 1974.

R8. Improved Social Behavior in Juvenile Offenders
Young people referred to juvenile court for a legal offense showed a significant improvement in social behavior, as assessed by parents, after learning the Transcendental Meditation program. Reference: Dissertation Abstracts International 34(8): 4732A, 1974.

R9. Decreased Trait Anxiety in Prison Inmates
Maximum security prison inmates who learned the Transcendental Meditation program showed a decreased level of trait (general) anxiety in comparison to controls. Reference: Criminal Justice and Behavior 5: 3–20, 1978.

R10. Decreased Neuroticism in Prison Inmates

R11. Decreased Negativism in Prison Inmates
Maximum security prison inmates who learned the Transcendental Meditation program were found to have decreased negativism in comparison to controls. Reference: Criminal Justice and Behavior 5: 3–20, 1978.

R12. Decreased Resentment in Prison Inmates
Maximum security prison inmates who learned the Transcendental Meditation program were found to have decreased resentment in comparison to controls. Reference: Criminal Justice and Behavior 5: 3–20, 1978.

R13. Decreased Suspicion in Prison Inmates
Maximum security prison inmates who learned the Transcendental Meditation program were found to have decreased suspicion in comparison to controls. Reference: Criminal Justice and Behavior 5: 3–20, 1978.

R14. Decreased Aggression in Prison Inmates
Maximum security prison inmates who learned the Transcendental Meditation program were found to have decreased aggression in comparison to controls. Reference: Journal of Offender Rehabilitation 36: 127–160, 2003.

R15. Decreased Verbal Hostility in Prison Inmates

R16. Decreased Tendency to Assault in Prison Inmates
Maximum security prison inmates who learned the Transcendental Meditation program were found to have a decreased tendency to assault in comparison to controls. Reference: Criminal Justice and Behavior 5: 3–20, 1978.

R17. Decreased Insomnia in Prison Inmates
Maximum security prison inmates who learned the Transcendental Meditation program showed decreased insomnia and better quality of sleep in comparison to controls. Reference: Criminal Justice and Behavior 5: 3–20, 1978.

R18. Increased Self-Development in Prison Inmates

R19. Increased Experiences of Higher States of Consciousness in Prison Inmates

R20. Decreased Recidivism
Parolees of the California Department of Corrections who learned the Transcendental Meditation program while in prison showed significantly decreased recidivism, combining all parole outcomes over a five-year period after release, in comparison to matched controls. Reference: Journal of Criminal Justice 15: 211–230, 1987.

R21. Decreased Return to Prison
Parolees of the California Department of Corrections who learned the Transcendental Meditation program while in prison showed significantly fewer new prison terms in comparison to matched controls, at one year after release and overall from six months to six years after release. In contrast, prison education, vocational training, and counseling programs had no consistent effect. Reference: Journal of Criminal Justice 15: 211–230, 1987.

R22. Improved Behavior after Inmate Release
A doctoral dissertation at Harvard University found that inmates in a maximum security prison inmates who learned the Transcendental Meditation program showed significantly decreased return to prison after more than 3 years, in comparison to random samples of participants of four
other prison rehabilitation programs, controlling for time of release from prison. This chart shows the effect size in predicting reduced recidivism for each of the rehabilitation programs, controlling for background and prison release variables that significantly influenced recidivism; the Transcendental Meditation program was the only treatment program that had a significant and positive effect of improving post-release behavior (reduced recidivism). Reference: *Journal of Offender Rehabilitation* 36: 161–180, 2003.

R23. Increased Freedom from Recidivism after Release
A study at Folsom State Prison in California found that 120 inmates who learned the Transcendental Meditation program, in comparison to matched control inmates, showed significantly increased freedom from recidivism (as measured by reconviction) after an average of 12 years following release, as assessed by rigorous statistical methods (survival analysis with control variables). Reference: *Journal of Offender Rehabilitation* 36: 181–203, 2003.

R24. Reduction of Post-Traumatic Stress Symptoms
Military veterans suffering from post-traumatic stress disorder showed significant reduction of symptoms, as rated both by clinicians and by themselves, as well as improved satisfaction and quality of life, eight weeks after learning and regularly practicing the Transcendental Meditation Technique. Reference: *Military Medicine* 176: 626–630, 2011.

R25. Reduced Symptoms of Post-Traumatic Stress Disorder Among Refugees
Refugees of civil conflict in Africa who learned the Transcendental Meditation Technique showed highly significant reduction of symptoms of post-traumatic stress disorder in comparison to matched controls after 30 days of practice, and this reduction was maintained after 135 days. The minimum score was 17 on the scale used, the civilian version of the Posttraumatic Stress Disorder Checklist. Reference: *Journal of Traumatic Stress* 26: 295–298, 2013.

**PHYSIOLOGY**

P1. Physiological Indicators of Deep Rest
Meta-analysis is a procedure for drawing definitive conclusions from large bodies of research studies. A meta-analysis of all available physiological research on the Transcendental Meditation program found that the practice of this technique produces a state of deep rest compared to eyes-closed control conditions, as measured by reduced respiration rate, reduced basal skin conductance (increased skin resistance), and reduced plasma lactate. Reference: *American Psychologist* 42: 879–881, 1987.

P1A. Meta-Analysis—Change in Respiration Rate
Meta-analysis is a procedure for drawing definitive conclusions from large bodies of research studies. A meta-analysis of all available physiological research on the Transcendental Meditation program found that the practice of this technique produces a deeper state of rest than eyes-closed control conditions, as measured by reduced respiration rate. Reference: *American Psychologist* 42: 879–881, 1987.

P1B. Meta-Analysis—Change in Plasma Lactate
Meta-analysis is a procedure for drawing definitive conclusions from large bodies of research studies. A meta-analysis of all available physiological research on the Transcendental Meditation program found that the practice of this technique produces a deeper state of rest than eyes-closed control conditions, as measured by reduced plasma lactate. Reference: American Psychologist 42: 879–881, 1987.

P1C. Meta-Analysis—Change in Skin Resistance
Meta-analysis is a procedure for drawing definitive conclusions from large bodies of research studies. A meta-analysis of all available physiological research on the Transcendental Meditation program found that the practice of this technique produces a deeper state of rest than eyes-closed control conditions, as measured by increased basal skin resistance. Reference: American Psychologist 42: 879–881, 1987.

P2. Natural Change in Respiration Rate
Individuals who practiced the Transcendental Meditation Technique showed a natural decline in respiration rate during the practice, indicating a state of deep rest, in contrast to two groups of controls. Reference: L’Encéphale 10: 139–144, 1984.

P3. Natural Change in Respiratory Volume

P4. Increased Calmness
Individuals who practiced the Transcendental Meditation Technique showed significantly increased skin resistance during the practice, in contrast to controls. Skin resistance is an electrophysiological measure of calmness or restfulness. Reference: Physiology & Behavior 35: 591–595, 1985.

P5. Increased Muscle Relaxation
Those who practiced the Transcendental Meditation Technique displayed significantly increased muscle relaxation during the practice, in comparison to controls. Muscle relaxation was measured by electromyographic (EMG) recording of degree of decrease of electrical potential of the left trapezius muscle. Reference: Psychopathometrie 4: 437–438, 1978.

Individuals who practiced the Transcendental Meditation Technique showed significantly decreased levels of blood lactate during the practice, in comparison to controls. High levels of lactate in the blood have been associated with anxiety and high blood pressure, and decreased blood lactate is a physiological indicator of relaxation. Reference: American Journal of Physiology 235: R89–R92, 1978.

P7. Biochemistry of Deep Rest: Decreased Plasma Cortisol
Those who practiced the Transcendental Meditation Technique showed significantly decreased plasma levels of cortisol during the practice, in contrast to controls. Increased plasma cortisol is
an endocrine response to stress, and decreased plasma cortisol thus indicates reduced stress.


P8. Increased Blood Flow to the Brain
Individuals who practiced the Transcendental Meditation Technique displayed significantly increased cerebral blood flow during the practice, in contrast to controls. Increased cerebral blood flow was found during Transcendental Meditation both in the occipital (back) area of the brain, charted above, and also in the frontal area. **Reference:** *Physiology & Behavior* 59: 399–402, 1996.

P9. Increased Wakefulness
Those who practiced the Transcendental Meditation Technique displayed electroencephalographic (EEG) indicators of increased wakefulness during the practice, in contrast to controls resting with eyes closed. **Reference:** *Revue d'Electroencephalographie et de Neurophysiologie Clinique* 4: 445–453, 1974.

P10. Increased EEG Coherence
After two weeks of practice of the Transcendental Meditation program, individuals showed significantly increased EEG coherence during the practice, in contrast to their own eyes-closed control condition before they learned Transcendental Meditation. **Reference:** *International Journal of Neuroscience* 14: 147–151, 1981.

P11. Increased EEG Coherence During Transcendental Consciousness
During the Transcendental Meditation Technique individuals often report the subjective experience of Transcendental Consciousness or Pure Consciousness, the state of least excitation of consciousness. This study found that many experiences of Pure Consciousness were associated with periods of natural respiratory suspension, and that during these respiratory suspension periods individuals displayed higher mean EEG coherence over all frequencies and brain areas, in contrast to control periods where subjects voluntarily held their breath. **Reference:** *Psychosomatic Medicine* 46: 267–276, 1984.

P12. Increased Coherence of Brain Functioning
Individuals who had been practicing the Transcendental Meditation program showed significantly increased global EEG coherence during the practice of Transcendental Meditation in comparison to an eyes-closed control period before the practice. The global EEG coherence score measured over all frequencies (theta, slow alpha, and fast alpha) and all pairs of electrodes (six pairs in the frontal-central area). Controls who had been randomly assigned to a control technique showed no significant change (not graphed). **Reference:** *International Journal of Neuroscience* 46: 77–86, 1989.

P13. Maximum Coherence During Yogic Flying
During the TM-Sidhi Yogic Flying technique, high levels of EEG coherence were recorded; in addition, the body was found to lift up at the point of maximum coherence in brain wave activity. **References:** *Scientific Research on the Transcendental Meditation Program: Collected Papers*, Volume 1: 705–712, 1977; *International Journal of Neuroscience* 54: 1–12, 1990.
P14. EEG Indication of Stabilized Restful Alertness During TM-Sidhi Yogic Flying
During the TM-Sidhi Yogic Flying technique, EEG alpha power (associated with restful alertness) was significantly higher than during control conditions in which the same individuals imitated the movement of Yogic Flying. Higher EEG relative alpha power was measured in all brain areas during the TM-Sidhi Yogic Flying technique (one location is graphed in this chart). Stabilized restful alertness, even during activity of mind and body, is a characteristic of the development of consciousness through Maharishi’s Transcendental Meditation and TM-Sidhi program. Reference: *International Journal of Neuroscience* 38: 427–434, 1988.

P15. Increased Use of Hidden Brain Reserves
During the Transcendental Meditation program, early (sensory) components of the brain’s response to somatosensory stimuli are more widely distributed across the cortex in comparison to simple eyes-closed conditions, indicating greater participation of the whole brain in the response to a stimulus. Reference: *Human Physiology* 25: 171–180, 1999.

P16. Integration of Brain Functioning

P17. Greater Activation of Each Brain Hemisphere
Participants in the Transcendental Meditation program showed greater activation of the appropriate hemisphere of the brain (lateralization) for both analytic tasks (left hemisphere) and for spatial tasks (right hemisphere). This means that among those who practice Transcendental Meditation both hemispheres of the brain respond more flexibly and dynamically to tasks, as needed. Reference: *Psychophysiology* 14: 293–296, 1977.

P18. EEG of Higher States of Consciousness
A characteristic of higher states of consciousness developed through Maharishi’s Transcendental Meditation and TM-Sidhi program is the experience of Transcendental Consciousness maintained outside of the meditation period, including during deep sleep. Individuals reporting the experience of Transcendental Consciousness during night sleep displayed EEG activity in theta/alpha frequencies, which is associated with restful alertness, together with delta frequency EEG activity, which is characteristic of deep sleep. This finding indicates a profound natural integration of diverse styles of brain functioning. Reference: *Sleep* 20: 102–110, 1997.

P19. Increased EEG Phase Synchrony—Decreased Phase Lag in Brain Activity
During the practice of the Transcendental Meditation Technique, individuals showed increased EEG alpha phase synchrony, measured globally by decreased phase lag of brain activity over all pairs of electrodes. Control subjects tested in the same conditions did not show any change (not charted). The greatest significance of effect during the Transcendental Meditation Technique was found in phase synchrony from anterior to posterior brain areas.

P20. Increased EEG Coherence During Transcendental Consciousness and During Yogic Flying
This chart compares the effect size of increased broadband EEG coherence across all measured scalp locations in two conditions: (1) during periods of respiratory suspension, which were often associated with the experience of Transcendental Consciousness, and (2) during Yogic Flying. In the case of Transcendental Consciousness (first reference), the effect size was calculated from the t-test on the change in EEG coherence from the time period immediately before the respiratory suspension; during a control condition of voluntary breath holding there was no corresponding change. In the case of Yogic Flying (second reference), the effect size was calculated from means and average standard deviations of the EEG coherence in the 2.12 second period immediately before liftoff of Yogic Flying, in contrast to voluntary jumping among controls.


P21. Increased EEG Coherence During Task Performance
Frontal EEG coherence, measured across the broad range of EEG frequencies associated with mental activity, was higher during a choice reaction time task among individuals who had learned the Transcendental Meditation technique in comparison to nonmeditating controls, and was higher still among individuals practicing this technique who reported the experience of stabilized Transcendental Consciousness throughout waking and sleeping. Reference: *Biological Psychology* 61: 293–319, 2002.

P22. Increased EEG Alpha During Task Performance
EEG alpha activity is associated with a restfully alert state of awareness. EEG alpha activity, measured across frontal, central, and parietal brain areas, was higher during a choice reaction time task among individuals who had learned the Transcendental Meditation technique, and was higher still among individuals practicing this technique who reported the experience of stabilized Transcendental Consciousness through waking and sleeping. This indicates that the experience of Transcendental Consciousness supports the maintenance of the restfully alert state of awareness during mental activity. Reference: *Biological Psychology* 61: 293–319, 2002.

P23. Greater Efficiency of Brain Processing
This study measured the preparatory responses of brain activity (CNV or contingent negative variation) just prior to making a response during reaction time tasks. In a simple reaction time task, in which one only has to respond to a stimulus by immediately pushing a button, the preparatory brain responses were greater among individuals who had learned the Transcendental Meditation technique, and was greater still among individuals practicing this technique who reported the experience of stabilized Transcendental Consciousness through waking and sleeping (left side of chart; greater CNV brain response is measured in the negative direction). In contrast, during a choice reaction time task, in which the individual has to wait until the stimulus occurs in order to gain the information of how to respond, then the opposite pattern of preparatory brain responses was seen; that is, preparatory responses were less when the information needed to respond was not yet available. Thus, the experience of Transcendental Consciousness was associated with more efficient brain processing, characterized by more dynamic preparatory
responses when the person was actually able to respond, and less energy wasted in preparatory responses when the proper response was not yet known. Reference: Biological Psychology 61: 293–319, 2002.

P24. Silence in Dynamism—EEG of Higher Consciousness
Individuals reporting the experience of stabilized Transcendental Consciousness through waking and sleeping displayed a pattern of EEG activity (late CNV, associated with preparatory processes of attention, cognition, and motor responses) that indicated more efficient attention deployment than other subjects. That is, during simple reaction time trials, when the response to be made known in advance, their anticipatory brain responses were greater prior to the stimulus; however, during complex reaction time trials, in which the appropriate response to be made was not known until the stimulus would occur, they showed less preparatory brain response before the stimulus, during the time when they were unable to yet make a decision. The chart graphs the difference of attention responses during complex and simple reaction time trials in a sample electrode location (frontal cortex). This finding indicates greater efficiency of brain responses, in which the quality of inner silence supports the dynamism of thought and action. Reference: Biological Psychology 61: 293–319, 2002.

P25. Increased Integration of Brain Functioning
University students who learned the Transcendental Meditation Technique showed significant improvement over a 10-week period on a Brain Integration Scale comprising several EEG measures during task performance, in contrast to students randomly assigned to learn later. Components of the Brain Integration Scale on which improvement was measured included increased broadband frontal EEG coherence and more efficient preparatory brain responses to stimuli. Students who learned the Transcendental Meditation Technique also displayed decreased sleepiness and faster habituation to stressful stimuli in comparison to controls. Reference: International Journal of Psychophysiology 71: 170–176, 2009.

GOVERNMENT

G1. Decreased Crime Rate in Cities
Cities in which one per cent of the population were instructed in the Transcendental Meditation program showed decreased crime rate the following year in contrast to matched control cities. Reference: Journal of Crime and Justice 4: 25–45, 1981.

G2. Long-Term Decrease of Crime Rate Trend in Cities
Cities in which one per cent of the population were instructed in the Transcendental Meditation program showed decreased crime rate trend in subsequent years in contrast to matched control cities. Reference: Journal of Crime and Justice 4: 25–45, 1981.

G3. Decreased Metropolitan Crime Rate
G4. Improved Quality of City Life
The quality of life in Jerusalem, as assessed by an index measuring reduced crime, reduced automobile accidents, and reduced fires, improved immediately during periods when a large group was participating in the Transcendental Meditation Sidhi program in the city. **Reference:** *Journal of Conflict Resolution* 32: 776–812, 1988.

G5. Decreased Violent Crime in National Capital
Violent crime in Washington, DC, decreased significantly when a large group of participants in the Transcendental Meditation Sidhi program was established during an eight-week National Demonstration Project. As the size of the group increased, the reduction of violent crime also increased, reaching a 23% reduction by week 8. **Reference:** *Social Indicators Research* 47: 153–201, 1999.

G6. Improved Quality of Life in National Capital
Improved quality of life, as measured by an index comprising reduced emergency psychiatric calls, reduced trauma, fewer complaints against police, and fewer accidental deaths, was found when a large group of participants in the Transcendental Meditation Sidhi program was established. **Reference:** ‘Transforming political institutions through individual and collective consciousness: The Maharishi Effect and government’. Paper presented at the annual meeting of the American Political Science Association, Washington, DC, August 1997.

G7. Decreased Crime in National Capital Districts
During periods in which large groups of participants in the Transcendental Meditation Sidhi program were established, crime totals decreased significantly in the Union Territory of Delhi (India) and in Metro Manila (Philippines). **Reference:** *The Journal of Mind and Behavior* 8: 67–104, 1987.

G7b. Decreased Crime in National Capital Districts
During periods in which large groups of participants in the Transcendental Meditation Sidhi program exceeded the square root of one per cent of the population, crime decreased in Washington, D.C. (daily violent crime, June-July 1993); in Metro Manila, Philippines (weekly crime index totals, mid-August 1984 to late January 1985); and in the Union Territory of Delhi, India (daily Indian Penal Code crimes, November 1980 to March 1981). The assembly in Washington, D.C. was much larger than the assemblies for the other two countries, with a correspondingly larger effect. Time series analysis verified that these decreases in crime could not have been due to trends or cycles of crime, to weather, or to changes in police policies and procedures. **References:** *Social Indicators Research* 47: 153–201, 1999; *The Journal of Mind and Behavior* 8: 67–104, 1987.

G8. Improved Quality of Life in a US State
Quality of life improved in the State of Rhode Island, in comparison to a control state, during periods in which groups of participants in the Transcendental Meditation Sidhi program were established. Quality of life was measured by improvement in a comprehensive index that includes crime, auto accidents, motor vehicle fatalities, deaths due to other causes, alcoholic

G9. Decreased Traffic Fatalities, Crime, and Unemployment in a State
Time series transfer function analysis indicated that monthly rates of traffic fatalities, crime, and unemployment decreased significantly after a permanent large group of participants in the TM-Sidhi program was established at Maharishi International University (now Maharishi University of Management) in the state of Iowa, USA. **Reference:** *Dissertation Abstracts International* 51(12): 6155B, 1991.

G10. Improved National Life: Decreased Fatalities
Weekly fatalities (homicides, suicides, and auto accidents) decreased significantly in the United States and in Canada during periods when the size of a group of participants in the Transcendental Meditation Sidhi program exceeded the square root of one per cent of the national populations. **References:** *Social Indicators Research* 22: 399–418, 1990; *Psychological Reports* 76: 1171–1193, 1995.

G11. Improved Quality of National Life
Quality of life in Israel improved significantly, as measured by an index comprising decreased crime, increased Tel Aviv Stock Exchange index, and improved national mood (analysis of daily news), when a large group was participating in the Transcendental Meditation Sidhi program in Jerusalem. **Reference:** *Journal of Conflict Resolution* 32: 776–812, 1988.

G12. Improved Behavioral Quality of Life in USA
During periods when the size of a group of participants in the Transcendental Meditation Sidhi program exceeded the square root of one per cent of the national population, there was a significant improvement in a comprehensive quality of life index comprising behavioral variables (reduction in the total of homicides, suicides, motor vehicle fatalities, deaths due to other accidents, notifiable diseases, alcohol consumption, and cigarette consumption), controlling for changes in national economic trends (unemployment). **Reference:** *Proceedings of the Social Statistics Section of the American Statistical Association* (Alexandria, Virginia: American Statistical Association): 38–43, 1996.

G13. Improved Behavioral Quality of Life in Canada
During periods when the size of a group of participants in the Transcendental Meditation Sidhi program in the USA exceeded the square root of one per cent of the national populations of the USA and Canada together, there was a significant improvement in a comprehensive quality of life index comprising behavioral variables (reduction in the total of homicides, suicides, motor vehicle fatalities, and cigarette consumption), controlling for changes in national economic trends (unemployment). **Reference:** *Proceedings of the Social Statistics Section of the American Statistical Association* (Alexandria, Virginia: American Statistical Association): 38–43, 1996.

G14. Decreased Inflation and Unemployment in USA
During periods when the size of a group of participants in the Transcendental Meditation Sidhi program exceeded the square root of one per cent of the national population (approximately 1500), the sum of the U.S. monthly inflation and unemployment rates declined significantly, as

G15. Decreased Inflation and Unemployment in Canada
During periods when the size of a group of participants in the Transcendental Meditation Sidhi program in the USA exceeded the square root of one per cent of the national populations of the USA and Canada together (between 1,500 and 1,700), the sum of the Canadian monthly inflation and unemployment rates declined significantly, as indicated by time series analysis. **References:** *Proceedings of the Business and Economics Statistics Section of the American Statistical Association* (Alexandria, Virginia: American Statistical Association): 799–804, 1987; *Modern Science and Vedic Science* 4: 3–41, 1990.

G16. Increased National Approval for the Head of State
Increased approval ratings for the U.S. head of state were found when a large group of participants in the Transcendental Meditation Sidhi program was established. This effect was replicated during three presidential administrations. **Reference:** ‘Transforming political institutions through individual and collective consciousness: The Maharishi Effect and government’. Paper presented at the annual meeting of the American Political Science Association, Washington, D.C., August 1997.

G17. Increased Positivity of Heads of State
During the three-week period of an assembly of participants in the Transcendental Meditation Sidhi program numbering more than the square root of one per cent of the world’s population, content analysis of news reports indicated more positive statements and actions of heads of state throughout the world and greater national and international support for their policies and leadership. **Reference:** *Scientific Research on Maharishi’s Transcendental Meditation and TM-Sidhi Programme: Collected Papers, Volume 4* : 2730–2762, 1989.

G18. Improved International Economic Trends
During the three-week period of an assembly participants in the Transcendental Meditation Sidhi program numbering more than the square root of one per cent of the world’s population, international economic trends improved compared to the combined periods before and after the assembly, as measured by the World Index of international stock prices. **Reference:** *Scientific Research on Maharishi’s Transcendental Meditation and TM-Sidhi Programme: Collected Papers, Volume 4* : 2730–2762, 1989.

Time series analysis indicated that during three assemblies approaching or exceeding 7,000 experts in the Transcendental Meditation Sidhi program (the square root of one per cent of the world’s population at that time), there was a significant increase in the World Index of international stock prices, indicating improved confidence in the world economy. During control periods at the same time of year in the five years prior to these assemblies, there was no significant change in the World Index. **Reference:** ‘Time series impact assessment analysis of reduced international conflict and terrorism: Effects of large assemblies of participants in the

DEFENSE

D1. Increased Cognitive Efficiency of Military Officers
Military officers who learned the Transcendental Meditation program showed improved cognitive performance, as measured by increased speed during a task of concentrated attention and by improved memory of details. Reference: ‘Project for introduction of a program for prevention of stress—Transcendental Meditation’. Centre for Personnel Studies, Department of Teaching and Research, Ministry of the Army, Brazil.

D2. Increased Speed During Focused Attention by Military Cadets
Cadets at a military academy who learned the Transcendental Meditation program displayed increased speed of performance on a test of focused attention. Reference: ‘Project for introduction of a program for prevention of stress—Transcendental Meditation’. Centre for Personnel Studies, Department of Teaching and Research, Ministry of the Army, Brazil.

D3. Increased Attention to Details by Military Cadets
Military academy cadets who learned the Transcendental Meditation program showed improved performance on a speeded test of the ability to seek out a specific target from a large array of stimuli. Reference: ‘Project for introduction of a program for prevention of stress—Transcendental Meditation’. Centre for Personnel Studies, Department of Teaching and Research, Ministry of the Army, Brazil.

D4. Increased Memory of Details by Military Cadets
Cadets at a military academy who learned the Transcendental Meditation program showed increased ability to report specific details about a scene they had previously viewed. Reference: ‘Project for introduction of a program for prevention of stress—Transcendental Meditation’. Centre for Personnel Studies, Department of Teaching and Research, Ministry of the Army, Brazil.

D5. Improved Execution of Orders by Military Cadets
Military cadets at a training academy who learned the Transcendental Meditation program showed improved ability to execute orders of increasing logical complexity, such as orders that involved a sequence of responses or those that required alternate responses based on existing conditions. Reference: ‘Project for introduction of a program for prevention of stress—Transcendental Meditation’. Centre for Personnel Studies, Department of Teaching and Research, Ministry of the Army, Brazil.

D6. Improved Physical Condition of Military Cadets
Cadets at a military academy who learned the Transcendental Meditation program demonstrated improved physical condition (arm strength). Reference: ‘Project for introduction of a program for prevention of stress—Transcendental Meditation’. Centre for Personnel Studies, Department of Teaching and Research, Ministry of the Army, Brazil.
D7. Improved Cardiovascular Efficiency of Military Cadets: Reduced Resting Heart Rate Prior to Exercise
Military academy cadets who learned the Transcendental Meditation program showed increased efficiency and stability of the cardiovascular system prior to physical exertion, as measured by reduced level of resting heart rate immediately before a running endurance test. Reference: ‘Project for introduction of a program for prevention of stress—Transcendental Meditation’. Centre for Personnel Studies, Department of Teaching and Research, Ministry of the Army, Brazil.

D8. Improved Adjustment of Veterans: Increased Employment
Among a group of veterans who were having difficulty integrating into society, those who learned the Transcendental Meditation program showed a significant increase in ability to maintain employment, in comparison to those receiving other forms of treatment at a Vocational Rehabilitation Unit. Reference: Scientific Research on Maharishi’s Transcendental Meditation and TM-Sidhi Programme: Collected Papers, Volume 3: 2123–2127, 1989.

D9. Improved Adjustment of War Veterans: Decreased Emotional Numbness
War veterans suffering from traumatic stress who learned the Transcendental Meditation program showed a significant decrease in emotional numbness, in comparison to no significant change among those receiving psychotherapy. Reference: Journal of Counseling and Development 64: 212–215, 1985.

D10. Reduced Regional Conflict and Greater Progress Towards Peace
During Maharishi’s World Peace Project of October–December 1978, experts in Maharishi’s TM-Sidhi program went to the world’s regional trouble spots in Southeast Asia, the Middle East, southern Africa and Central America to create a calming influence through the group practice of Yogic Flying. During this time period, in comparison to a baseline period prior to the project, analysis of data from an independent data bank showed reduced hostile acts and increased cooperative events in those areas and among nations involved in these conflicts. Reference: Scientific Research on Maharishi’s Transcendental Meditation and TM-Sidhi Programme: Collected Papers, Vol. 4: 2532–2548, 1989.

D11. Increased Harmony Between Nations: Reduced Hostility, Increased Cooperation
During Maharishi’s World Peace Project of October–December 1978, groups of experts in Maharishi’s TM-Sidhi Yogic Flying program went to the world’s regional trouble spots in Southeast Asia, the Middle East, southern Africa and Central America. Time series analysis of data from an independent data bank showed that during the period of the project there was a significant worldwide decrease in international hostile acts and verbal hostility, and an increase in cooperative events; this global effect was due to the fact that the primary international conflict areas were being influenced locally by the groups of experts in the TM-Sidhi program. Reference: Scientific Research on Maharishi’s Transcendental Meditation and TM-Sidhi Programme: Collected Papers, Vol. 4: 2532–2548, 1989.

D12. Reduction of Armed Conflict
There was a significant decrease in degree of conflict, war fatalities, and war injuries in the Middle East during periods in 1983–1985 when groups of participants in the Transcendental

D13. Increased Progress Towards Peace
During periods in 1983–1985 when groups of participants in the Transcendental Meditation Sidhi program of sufficient size were established, there was a significant increase in progress towards peace in the Middle East, as measured by an index comprising increased cooperation, reduced level of conflict, reduced war fatalities, and reduced war injuries. **Reference: Journal of Social Behavior and Personality** 17: 285–338, 2005.

D14. Reduction of Domestic and International Conflict
During periods when a large group was participating in the Transcendental Meditation Sidhi program, there was a significant drop in war intensity and war deaths in the neighboring Middle East conflict. **Reference: Journal of Conflict Resolution** 32: 776–812, 1988.

D15. More Positive US Actions Towards the Soviet Union
As indicated by time series analysis of an independent data bank, during periods from 1979 to 1986 when the size of a group of participants in the Transcendental Meditation Sidhi program in the United States was larger than the square root of one per cent of the US population (a little over 1,500 at the time), there was a significant increase in the positivity of actions of the United States towards the Soviet Union, compared to periods when the size of the group was below 1,500. **Reference: Proceedings of the American Statistical Association, Social Statistics Section**, pp. 297–302. Alexandria, VA: American Statistical Association, 1990.

D16. More Positive Actions of Soviet Union Towards the United States
During periods from 1979 to 1986 when the size of a group of participants in the Transcendental Meditation Sidhi program in the United States was larger than 1,700, creating the strongest influence of the *Maharishi Effect* in the United States, there was a significant increase of positivity of actions of the Soviet Union towards the United States. This result, found by time series analysis of an independent data bank, was independent of the effect of US actions towards the Soviet Union. **Reference: Proceedings of the American Statistical Association, Social Statistics Section**, pp. 297–302. Alexandria, VA: American Statistical Association, 1990.

D17. Global Maharishi Effect: Reduced International Conflict
During the periods of three assemblies approaching or exceeding 7,000 experts in the Transcendental Meditation Sidhi program (the square root of one per cent of the world’s population at the time), there was a significant decrease in international conflict worldwide. **Reference: Journal of Offender Rehabilitation** 36: 283–302, 2003.

D18. Decreased Terrorism
There was a significant decrease in fatalities and injuries due to international terrorism during the periods of three assemblies approaching or exceeding 7,000 experts in the Transcendental Meditation Sidhi program (the square root of one per cent of the world’s population at the time), as indicated by time series analysis of an independent data bank. **Reference: Journal of Offender Rehabilitation** 36: 283–302, 2003.
D19. Increased Positivity of Events in Situations of International Conflict
During the three-week period of the Taste of Utopia Assembly, compared to the three-week period before the Assembly, the balance of negativity to positivity in events pertaining to international conflicts in the trouble-spot areas of the world shifted significantly towards increased positivity, as indicated by content analysis of the news. In the three-week period after the Assembly the balance of events reverted towards the previous condition of increased negativity. Such trends were not found during the same time the previous year. Reference: Scientific Research on Maharishi’s Transcendental Meditation and TM-Sidhi Programme: Collected Papers (Vol. 4, 1989, pp. 2730–2762).

D20. Increased Positivity of Events in Middle East Conflict
During the three-week period of the Taste of Utopia Assembly, compared to the three weeks before, there was a significant increase in positive events associated with the Middle East conflict in Lebanon, as principally seen in the rapid evolution of an agreement on a national security plan. In the three weeks after the Assembly the situation quickly deteriorated. Control data from the previous year showed that the specific time of year of the Assembly was not associated with improved conditions in this conflict. Reference: Scientific Research on Maharishi’s Transcendental Meditation and TM-Sidhi Programme: Collected Papers (Vol. 4, 1989, pp. 2730–2762).

D21. Improved Soviet-US Relations
During periods from 1979 to 1986 when the size of a group of participants in the Transcendental Meditation Sidhi program in the United States was larger than 1,700, creating the strongest influence of the Maharishi Effect in the United States, there was a significant increase of positivity of actions of the Soviet Union towards the United States, as shown by the left bar. As indicated by the right bar, during the specific periods of several assemblies in North America and in Europe that approached or exceeded the square root of one per cent of the world’s population, about 7,000 at the time, there was an even greater increase in positivity of actions of the Soviet Union towards the United States. The study, using time series analysis of an independent data bank, the Zürich Project on East-West Relations, confirmed that this influence of increased positivity was independent of the actions of the US towards the Soviet Union and independent of changes in Soviet leadership. In addition, during periods when the size of the group in the United States was sufficient to create the Maharishi Effect in the US, the behavior of the United States towards the Soviet Union also became more positive. References: (1) Proceedings of the American Statistical Association, Social Statistics Section, pp. 297–302. Alexandria, VA: American Statistical Association, 1990. (2) ‘U.S.–Soviet relations and the Maharishi Effect: A time series analysis.’ Paper presented at the Annual Meeting of the American Statistical Association, Social Statistics Section, Atlanta, Georgia, August 1991.

D22. Improved Quality of Life Controlling for Cultural, Military, and Political Events
This paper reported a follow-up analysis of time series analysis findings previously published in the Journal of Conflict Resolution (1988) which had indicated that during periods in August and September 1983 when the size of a group of experts in the TM-Sidhi program of Yogic Flying in Israel was large, there was a significant improvement on multiple indicators of quality of life in Israel, and reduced conflict in Lebanon. The present paper is a response to questions about possible alternative hypotheses in the form of other cultural, military, and political events in
Israel and Lebanon during this period. An extensive reanalysis of the original data using time series analysis procedures found that the group practice of the TM and TM-Sidhi program (Maharishi Effect) continued to be statistically significant in its positive effect on overall quality of life, controlling for all the other hypothesized events. Moreover, the Maharishi Effect had a stronger influence on the quality of life index than any of the other events (religious holidays, pullout of the Israeli army from Lebanon, weekends, the vacation month of August, hot days (days over the median of maximum daily temperature) and the period following Prime Minister Begin’s resignation). Reference: *Journal of Scientific Exploration* 23: 193–166, 2009.