

Transcendental Meditation

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T.M. is very simple, easy and natural. It's quite unique among techniques of meditation because it doesn't involve any strenuous effort, concentration or contemplation. A person doesn't have to imagine or aim at any process. It's very easy to learn and practise, because it involves the use of an ability which is naturally inherent in the human nervous system.

The immediate result of T.M. is increased freedom from stress, increased mental clarity and more physical energy. The cumulative effects have been shown to include increased creativity and intelligence, better health and mind body coordination and increased personality integration.

The goal of the T.M. program is the state of enlightenment, and by that nothing mystical is meant. Enlightenment is a classical term which refers to the state of full development of human potential. It involves the embodiment of those values which we already hold very high: kindness, creativity, stability, sensitivity. A modern synonym for enlightenment is "self actualization".

During practise of the T.M. technique mental activity settles, thinking becomes more refined and more orderly. Eventually the most quiet, refined level of thinking is experienced (transcends). At this point one actually goes beyond (transcends) the thinking process and experiences its source; which is perfectly orderly, and a tremendous reservoir of creativity and intelligence. The regular and systematic experience of more refined thinking naturally enlivens those areas of the brain concerned with more refined thinking, making them more available for conscious use.

This is what is meant by "expansion of consciousness": a general increase in ability to think effectively, and so act more productively.

This law teaches the direction of orderliness and harmony in physical systems. It says that as activity reduces, orderliness increases. In physics as temperature goes down - so does activity.

We see examples of this law everyday at this time of year. If we take a walk outside on some winter days we might see on our sleeve tiny white hexagonal crystals which are highly orderly in their structure yet each one quite unique and extremely beautiful. Snowflakes come into being as water droplets are exposed to low temperature. It seems as if the resultant reduction in activity in the water molecules results in the phenomenon of increasing physical quiet and with this the natural orderliness and beauty latent within the water molecule becomes manifest.

Similarly as one meditates mental "temperature" decreases (mental activity becomes less) and with this trend of increasing quiet in the nervous system more and more of its inherent orderliness is expressed. This is a definite experience during and after Transcendental Meditation.

Experiments show that regular practise of the T.M. technique produces measurable improvements in I.Q., creativity, and short and long term memorization.

One of the more recent T.M. studies has used a measure called "Field Independence" which is a measure of one's ability to focus attention on specific objects without being distracted by the environment of objects. At the same time as the focus is being maintained - the "Field Independent" person is also aware of the objects surrounding the one he is interested in - this ability is of immense value in problem solving.

Psychologists associate high Field Independence with increased mental health, reduced anxiety and increased stability of the autonomic nervous system; all indications of improved neurological organization.

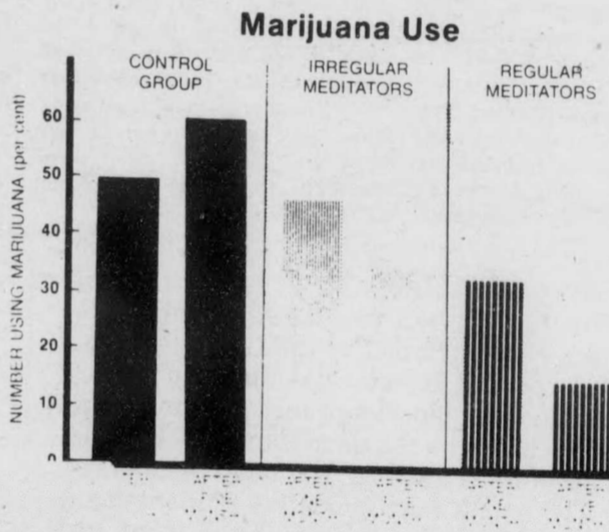
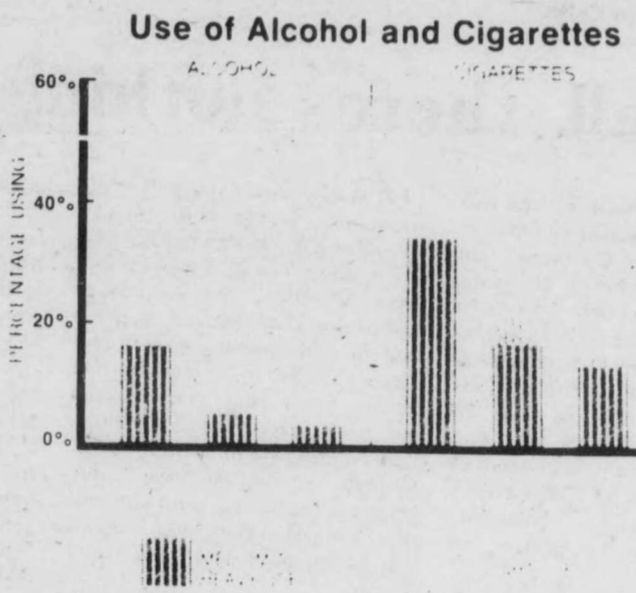
Kenneth Pelletier at the University of California Medical School has positively correlated regular practise of T.M. with high scores in this area. This fact is all the more remarkable because it was previously believed that these basic perceptual abilities do not increase beyond early adulthood (the study group included adults).

Studies done in public high schools in North York, Toronto and Hartford Connecticut, and at the University of Hawaii and several other American Universities indicate higher grades. Long range studies show grades improving sharply over time as compared to matched control groups.

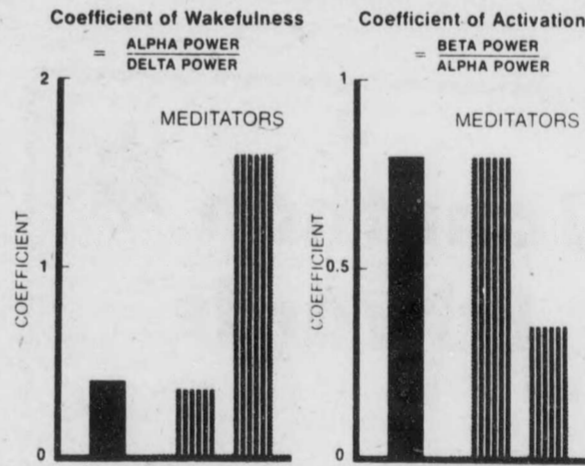
In a landmark study on T.M. in business published in the *Academy of Management Journal* by David R. Frew titled "Transcendental Meditation and Productivity" two fascinating facts about the T.M. programme emerge. (This study was replicated in response to several minor criticisms of its methodology - with very similar results).

First, productivity increases, at all levels of organization and at the same time, anxiety to succeed decreased: fellow employees consistently rate meditating employees as moving ahead quickly - yet reported "climb orientation" as being less.

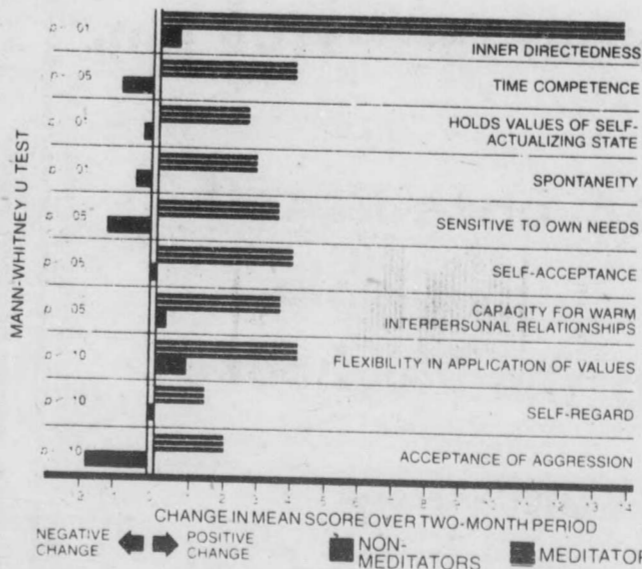
Second, those in positions which require more productivity and therefore place greater demands on capacity for creative and intelligent thinking show a higher level of job performance and job satisfaction, more stability in their jobs, and improved interpersonal relationships compared with meditators who worked in less demanding jobs. It seems that the more one is called upon to be creative and effective - the more application of the increased creative intelligence systematically developed through the T.M. programme one finds.



Effect of Regularity of TM Practise on Marijuana Use



Restful Alertness



Development of Personality