

# Transcendental meditation decreases societal ills

by Neil Dickie  
for *The Brunswickan*

Over 35 years ago, Maharishi Mahesh Yogi predicted that even a small number of the world's population practicing his Transcendental Meditation program could neutralize the stress being built up in world consciousness, and prevent conflicts and wars.

Maharishi said that during the practice of Transcendental Meditation, the individual experiences his own self-

referral consciousness, which is the unified field of natural law within everyone and everything. With this experience, the nourishing, evolutionary power of natural law becomes enlivened in individual awareness. Because this field is a unified field, with the property of infinite correlation, this individual experience of transcendence influences the whole field of human consciousness, neutralizing stress and creating coherence in collective consciousness.

Negative trends get reduced and positive trends and tendencies in the world naturally increase.

In 1974, scientists discovered that in cities where one percent of the population was practicing Transcendental Meditation, the cities' crime rates decreased. As more and more cities reached one percent practicing TM, researchers noted that accidents, sickness, and other negative trends also decreased. They named this phenomenon the Maharishi Effect.

### Extensive scientific research

Forty-three carefully controlled experiments on the Maharishi Effect have been completed to date. Twelve of them have appeared in leading scientific journals such as the *Journal of Conflict Resolution*, *Journal of Crime and Statistics*, and *Journal of Mind and Behavior*.

These studies have utilized the most advanced and rigorous research designs and statistical methodologies, including time series impact assessment analysis,

and precisely evaluating the effect of coherence-creating groups on standard measures of the quality of life.

Inspired by this research, several of Canada's foremost leaders in the field of crime prevention, including Christopher Collrin, former coordinator of crime prevention programs for the N.B. Department of Justice, and Stan Darling, long-time MP (now retired) from Muskoka-Parry Sound, Ont., have been touring the country presenting this knowledge to top officials in justice and corrections. The team has met with over 140 government or civil service leaders across the country over the past 20 months.

Collrin, who is also co-director of Maharishi Vedic College, says the response has been one of great interest and often excitement. Criminal justice professionals now recognize the root cause of crime and violence as stress in the collective consciousness of the community, he said. With public alarm over rising crime, especially among youth and young adults, many professionals in the area are looking for a new, more effective approach. "It's clear that the old approaches—increasing numbers of police, keeping public attention of crime prevention, increasingly sophisticated burglar alarm systems, etc., have little or no effect," said Collrin.

The most recent and most dramatic of the experiments verifying the Maharishi Effect took place two summers ago in North America's most crime-ridden city, Washington, D.C.

Organizers of the National Demonstration Project met in advance with D.C. city officials and gathered a group of 27 independent experts in social science research to supervise the design of the experiment, data collection and analysis. These experts included representatives from the office of the police chief, and several major universities in the area.

When the organizers met with the police chief and predicted they could reduce crime by 20 percent during August of 1993, the chief reportedly joked with them, "You'd need 20 inches of snow to cut crime by that much in a hot D.C. summer."

Soon after, 4000 experts in Maharishi's TM-Sidhi program gathered at universities and hotels around the city. The preliminary conclusion that crime did indeed decrease by the predicted amount was confirmed in a national news conference in late 1994.

As a result of this and the earlier demonstrations, the top priority of Maharishi Vedic Colleges, said Collrin, is to establish large groups of Yogic Flyers in every region of the country. It is recommended that every government maintain its own group of 7000 Yogic Flyers in order to prevent problems from arising in the nation.

"There does not exist, nor will there ever be, a more powerful or proven technology to transform the trends of life in society," says Maharishi. "No government worthy of the name could deprive its citizens of the immense practical benefits of this most advanced knowledge of our scientific age."

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