

AL MEDITATION

Similarly, as one practices the TM technique, mental "temperature" decreases as the mind settles down, and with this increasing trend of quiet in the nervous system, more and more of its inherent orderliness is expressed. This is a definite experience during and after practice of Transcendental Meditation, and shows up in a measurement of increased electrical coherence between all areas of the brain. Interestingly, it is not the famous 'alpha' waves, practically made a household word by widespread use of bio-feedback technology, that is most characteristic of the neuro-physiology of TM, but rather the general pattern of a remarkable degree of orderliness and harmony, which increases as the technique is practiced over the years.



WHO IS MAHARISHI MAHESH YOGI?

The exotic looking founder of the TM program is one of the few signs of the cultural origins of TM— India. Maharishi insists, however, that because TM is completely scientific it is no more appropriate to call it an 'Indian' meditation than it is to call the laws of relativity 'German', because Einstein happened to be born in Germany.

Maharishi began teaching the technique in the west in 1959. In the late sixties he began teacher training courses in India and later in Europe, realizing that he could never on his own teach enough people to make a significant contribution to the alleviation of suffering in the world. Over 10,000 people have become qualified TM teachers in intensive, comprehensive courses which he personally teaches and supervises. This has made possible the effective teaching of the technique to millions of people.

In addition to this main achievement, Maharishi is well known in the world intellectual community for his synthesis of ancient Vedic knowledge and modern scientific method called 'Science of Creative Intelligence', which is now taught for credit at many universities in North America and Europe, including Stanford, Yale and UCLA. In Canada, the course is offered for credit at York University and the University of Quebec. The Fredericton TM Centre offers the course to TM practitioners on an annual basis.

As a young man, while studying physics at Allahbad University, he met his master, Swami Brahmananda Saraswati, a man revered by his generation of experts in Indian philosophy and meditation practice in Northern India. After completing his degree at his master's request, Maharishi studied 13 years with him and under his inspiration probed and rediscovered the correct use of the ancient vedic principles of mediation, which had been lost or distorted with the long passage of time.

Maharishi insists that the TM technique is not a revolutionary approach to meditation, rather, it is a revival of the technology of meditation in its pure, effective form.

In recent years he has perfected a group of techniques, based on Patanjali's Yoga Sutras, called the 'TM-Sidhi' Program. They are supplementary to TM practice. He has also been active in encouraging comparative study of the ancient Vedas of India - the basic source of TM, and quantum physics. He regularly hosts symposiums on this and related subjects, which attract many leading figures in an international scientific community.

THE FREDERICTON TM CENTRE

In the past few years the local TM centre has been run out of the homes of the two qualified TM teachers living in the city, Ken Daley and Neil Dickie. TM is basically a do-it-yourself technique, but there are get-togethers for meditators on approximately a monthly basis. Ken, who became a TM teacher in 1971 in Mallorca, Spain, in addition to his TM work, is co-ordinator of the National Coaching Certification Program for the province of New Brunswick and makes frequent trips around Canada as a master gymnastics coach trainer. Neil, who became a teacher in April, 1977 in Vittel, France worked as a news reporter for the Daily Cleaner before returning to UNB this year to finish his BA in English. Both have lived in Fredericton for several years and have no plans to move.



Ken, left and Neil, right are Fredericton's TM teachers.

A LOOK AT THE SCIENTIFIC RESEARCH

The general consensus on the level of rest reached during TM practice is that a reduction in metabolic rate of about 16 per cent is seen after five to 10 minutes of practice - compared to an average reduction of 10 per cent during the deepest stages of sleep. The first study indicating this was published in the American Journal of Physiology in 1971 and it since has been replicated at least twice at the University of Colorado Medical Centre and at the University of Alberta. Recent studies on people having practiced the technique for several years indicate reductions in metabolic rates in the order of 50 - 60 per cent, with regular periods of what appears to be suspension of breathing for one to two minutes (with no compensatory overbreathing).

In addition to a marked state of rest in the body as indicated by a reduction in oxygen consumption, other indicators of relaxation are: reductions in cardiac output, reduction of blood lactate (a biochemical associated with anxiety and fatigue), and high scores on relaxation as measured by galvanic skin response (GSR), a highly reliable technique used in the lie detector (meditation produces the direct opposite of the response in the body when a lie is told—increased physical quiet instead of increased tension).

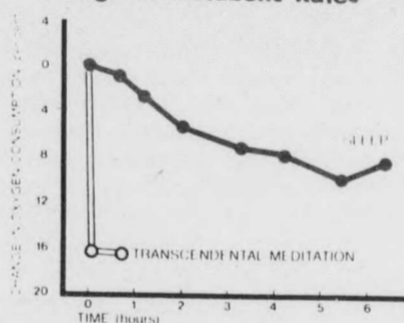
Numerous experiments have shown improvements in IQ, creativity and short and long term memory. Studies done in public schools in North York, Toronto, and Hartford, Connecticut, and at the University of Hawaii indicate that grades of meditating students improve significantly as compared to matched control groups.

One of the most recent TM studies has measured "Field Independence", a measure of ability to make correct perceptual decision or choices in the face of a confusing or complicated situation. Psychologists associate high field independence with increased mental health reduced anxiety, and increased stability in the autonomic nervous system. Kenneth Pelletier of the University of California Medical School has positively correlated regular practice of TM with high scores in this area. The findings were more remarkable because increases were recorded with adults in the experiment—it was previously believed that these basic perceptual abilities do not increase beyond early adulthood.

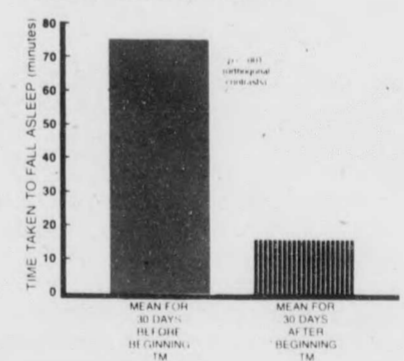
A report published in the Academy of Management Journal by David R. Frew titled "Transcendental Meditation and Productivity" found that productivity in employees at all levels of the organization increased and at the same time anxiety to succeed decreased. Fellow employees consistently rated meditating employees as moving quickly ahead yet reported "climb orientation" as being less. Frew also found that those employees with more demanding and responsible jobs showed a comparatively higher level of increase in job performance, job satisfaction, and improvement in interpersonal relationships.

For those seriously interested in scientific research on TM, a volume including reports on all TM research up to 1977 is available from the Fredericton TM centre for temporary use. Write to Fredericton TM Centre, 379 Saunders St. Fredericton, N.B.

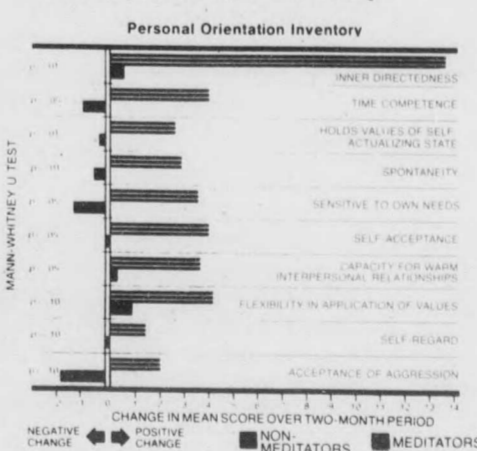
Change in Metabolic Rates



Relief from Insomnia



Development of Personality



**NEXT INTRO LECTURE ON THE
 T.M. PROGRAM: MONDAY, JAN 14,
 8PM CARLETON HALL 106**