

FACT SHEET

Introduction to the Transcendental Meditation Program of Maharishi Mahesh Yogi

Overview of the *Transcendental Meditation* Program

The Transcendental Meditation® program, introduced in 1957 by Maharishi Mahesh Yogi, develops the full potential of human consciousness, unfolding creativity and intelligence and awakening the brain's latent resources. In addition, the TM® technique produces a unique physiological state of "restful alertness" that dissolves stress and fatigue, thereby promoting balanced functioning of mind and body and ideal health and behavior. <http://www.tm.org>

What the Transcendental Meditation Technique Is and Is Not

The Transcendental Meditation technique is a simple, natural, effortless, easily learned technique practiced silently for 15 to 20 minutes twice a day, sitting comfortably in a chair with the eyes closed. During the practice, the mind settles down, experiencing finer levels of thought, until it transcends the finest level of thought and experiences the source of thought, pure consciousness, the source of the unlimited creativity and intelligence expressed in human life and in nature. The TM technique is not a religion or philosophy and does not involve concentration, control of the mind, or change in lifestyle.

Statistics

- Over 5 million people worldwide have learned the Transcendental Meditation technique, including 1.5 million in the U.S. These practitioners include people from all backgrounds, cultures, races, and religions.
- Over 600 scientific research studies confirming the benefits of the Transcendental Meditation technique for mind, body, behavior, and society have been conducted in over 30 countries at 210 independent research institutions and universities, including Harvard, Stanford, and UCLA Medical School. These studies have been published in more than 125 peer-reviewed research journals.

Recent Health Research on the Transcendental Meditation Program

Recent studies have documented the effectiveness of the Transcendental Meditation program in reducing medical care utilization and expenditures, preventing and treating cardiovascular disease and its associated risk factors, preventing aging and promoting longevity, reducing drug and alcohol use, and increasing overall psychological development, intelligence, and sociability.

Validation: NIH Grants

The National Institutes of Health has granted over \$20 million to researchers studying the effects of the Transcendental Meditation technique in reducing high blood pressure and other risk factors for heart disease in minority populations. This total includes an \$8 million grant that helped establish the Center for Natural Medicine and Prevention at Maharishi University of Management®. www.mum.edu

Individual Health and Public Health

Published scientific research demonstrates that practice of the Transcendental Meditation technique by a sufficiently large segment of the population leads to significant reductions of terrorism and violence in society and an overall improvement in public health. Healthy, peaceful individuals help create a healthy, peaceful world. By eliminating stress and developing the full potential of consciousness, the Transcendental Meditation program provides a reliable means to create the basis for global peace.