

Addressing the Growing Problem of Stress in our Schools

The *Transcendental Meditation*<sup>®</sup> program—The most widely practiced and researched program for eliminating stress and developing creative potential

What is the *Transcendental Meditation* technique?

### Program Overview



Educational leaders throughout the United States are alarmed at the increasing and debilitating effects of stress on students. Stress prevents students from focusing and enjoying learning, from behaving harmoniously, and from unfolding their unique talents. Accumulated stress causes frustration, depression, and anxiety, and can lead to attention deficit hyperactivity disorder, substance abuse, anti-social behavior, and even violence.

The Consciousness-Based Education program makes use of the *Transcendental Meditation* technique to systematically and naturally reduce stress and awaken latent creative potential. The *Transcendental Meditation* program—a non-sectarian technique—is implemented in a school during twice a day “quiet time” periods of 15 to 20 minutes.

Forty years of educational experience worldwide, more than 600 scientific research studies from 33 countries, and outcomes from schools throughout the world document the profound benefits of the Transcendental Meditation program for mind, body, behavior, and the social environment (see sample research findings on the reverse side).

As students dissolve stress and start to actualize more of their creative potential, they become more alert and receptive to knowledge, more appreciative of themselves and others, and more orderly in their thinking and action. They make healthier choices and naturally stop behaving in ways that are not helpful to their progress. Their academic performance notably improves. The natural desire of every human being to know more, achieve more, and expand in happiness is increasingly fulfilled. As they become free from stress and inner restrictions, they start to see more and more possibilities for themselves.

When this program is implemented fully in a school, the entire atmosphere is transformed and becomes highly conducive to learning: increasingly the whole school becomes calm and harmonious, focused on learning, safe, peaceful, and highly progressive.

The *Transcendental Meditation* program consists of a simple, natural effortless technique, which gives deep relaxation and the experience of the most silent and settled state of the mind—the state of its full potential. Regular practice of this technique integrates this experience of one’s total inner potential into daily life, developing the unused potential of the brain and producing wide-ranging, scientifically documented benefits. More than 5 million people of all cultures, religions, ages, and backgrounds have learned the technique over the last 50 years.

- Professional, certified instructors teach the Transcendental Meditation technique to the school leadership and interested faculty, and then to the students. Students practice the Transcendental Meditation technique in class for 15–20 minutes during the twice-daily structured “quiet time” periods during the school day, supervised by teachers from the school who have learned the technique.
- Funding for the program is available when an entire school, or more than 100 students plus faculty and administrators, participate. For this granting opportunity, students must be 12 years old and above.
- A special information meeting is given to the parents, to inform them of the benefits of the program, and receive their permission for their child to participate.
- A research component of the program is available if it is desired.

## Scientific Research Findings Relevant To Education

Selected from Over 600 Scientific Research Studies on the *Transcendental Meditation*<sup>®</sup> program.

### Benefits Relevant To Students

1. Improved academic achievement
2. Increased creativity
3. Increase in fluid intelligence (IQ)
4. Improved memory and learning ability
5. Increased coherence of brain functioning—  
associated with improvements in mental abilities
6. Decreased anxiety and decreased depression
7. Increased strength of self-concept
8. Increased calmness and increased ability to focus
9. Decreased alcohol and drug use
10. Improved general health

### Benefits Relevant To Educators

1. Reduced stress
2. Provides deep rest and relaxation
3. Increased job satisfaction
4. Improved job performance
5. Improved relationships at work and at home
6. Increased personal development
7. Increased energy and vitality
8. Reduction of stress-related disorders, e.g.,  
insomnia, headaches, etc.
9. Reduction of cardiovascular risk factors, such as  
high cholesterol and high blood pressure
10. Reversal of detrimental effects of biological aging

**\*AMA JOURNAL:** The American Medical Association's journal, *Archives of Internal Medicine*, published a major study in August of 2006 showing the *Transcendental Meditation* technique significantly reduces risk factors for hypertension, diabetes, and obesity. (The AMA has also provided Continuing Medical Education (CME) credit to physicians studying the health benefits of the *Transcendental Meditation* technique.)

**\*REDUCED TEEN HYPERTENSION:** Research published in the *American Journal of Hypertension* found the *Transcendental Meditation* technique reduced high blood pressure among hypertensive African American teens. (One in five African American teens suffer from high blood pressure.)

**\*IMPROVEMENTS IN ADHD:** Research conducted by scientists from George Washington University found the *Transcendental Meditation* program reduced stress and improved learning ability among children with ADHD.

**\*REDUCED ANXIETY:** Research at the University of Michigan Medical School found meditating middle school students to be happier, less anxious and depressed, and better adjusted than non-meditating controls.

**\*MAJOR STUDY AT AMERICAN UNIVERSITY:** Last year, scientists with the Internal Review Board at American University in Washington, D.C. thoroughly evaluated all the prior research on the *Transcendental Meditation* program over the past 30 years and approved a two-year, \$1.2 million study conducted by the A.U. Psychology Department in partnership with the Maharishi University of Management Institute of Natural Medicine and Prevention on the effects of the *Transcendental Meditation* program on 300 university students in the areas of academic performance, ADHD, anxiety, depression, high blood pressure, insomnia, and substance abuse. The study is now in its second year and includes students from American University, Georgetown, George Washington, University of Maryland, and the University of the District of Columbia.

**\*GOVERNMENT FUNDING:** The National Institutes of Health has granted nearly \$25 million over the past 18 years to study the beneficial effects of the *Transcendental Meditation* program on cardiovascular disease on adults and teens. The government funding has been awarded to the Institute of Natural Medicine and Prevention at Maharishi University of Management and collaborating scientists at 15 independent universities and research institutes throughout the United States published in the nation's leading, peer-reviewed scientific journals.

**\*PRIVATE FUNDING:** Funding for previous *Transcendental Meditation* program research projects has come from the Daimler-Chrysler Foundation, the General Motors Foundation, the Kellogg Foundation, the David Lynch Foundation, and other private philanthropists.