

## THE *TRANSCENDENTAL MEDITATION* PROGRAM 40 Years of Experience and Scientific Validation

Consciousness-Based education makes use of the natural and effortless Transcendental Meditation program, founded by Maharishi Mahesh Yogi, for developing students' full inner potential. More than 600 scientific research studies conducted at over 200 universities and research institutes in 30 countries verify the wide-ranging benefits of this technique for individual life and society. By developing increasing use of the total brain, the Transcendental Meditation program strengthens the cognitive, physiological, and affective foundations of learning, while promoting more healthy life-style choices and positive behavior.

At the same time, regular practice of this technique significantly reduces the stress and tension that many students and teachers experience daily, and creates a happy, harmonious, focused learning environment. The Transcendental Meditation program is not a religion or religious practice, and involves no change in lifestyle or belief. More than five million people around the world, of all cultures and backgrounds, have learned the practice.

### SELECTED SCIENTIFIC RESEARCH FINDINGS\*

#### Benefits relevant to students

- Improved academic achievement
- Increased creativity
- Increase in fluid intelligence (IQ)
- Improved moral reasoning
- Increased field independence (not as easily influenced by others)
- Decreased substance abuse
- Reduced stress and anxiety
- Increased self-esteem
- Improved general health

#### Benefits relevant to teachers

- Reduced stress and anxiety
- Increased energy and vitality
- Reduced incidence of illness
- Lowered health insurance use
- Improved mental clarity
- Increased mental well-being
- Increased efficiency
- Increased self-actualization

*\*Original scientific papers are available upon request.*

## CONSCIOUSNESS-BASED EDUCATION PROGRAM FOR SCHOOLS

The Consciousness-Based education program is easily implemented into any school without disrupting the existing academic schedule. The Consciousness-Based education program includes the following components:

**1. The Transcendental Meditation program.** Professionally trained teachers are provided to instruct students and teachers. Students practice the Transcendental Meditation program for 10-15 minutes in their classroom at the beginning and end of the school day.

**2. The Total Knowledge curriculum—relating all subjects of study to the student's own experience.** By exploring universal principles of natural law, students discover patterns of order and growth in their own daily life, in the lives of great men and women of the nation, and in the natural world. They learn that the unified field of natural law, described by physics as giving rise to all the diversity, order, and harmony in the universe, can be experienced as the simplest, most wakeful level of their own awareness—Transcendental Consciousness. This classroom study, together with the practice of the Transcendental Meditation technique, enables students to understand and systematically develop their unlimited potential and their connection to everything in the universe.

**3. Prevention-oriented health education.** Students learn knowledge and skills to make life-supporting choices for a healthy, balanced daily routine. The basis of this curriculum is the discovery that the fundamental qualities of natural law that structure the universe are also found in the structure and function of the human physiology.

**4. Professional development.** This seminar series on the fundamental principles of the Consciousness-Based education program prepares teachers to teach the Total Knowledge class and supervise group practice of the Transcendental Meditation program.

## IMMEDIATE AND LONG-TERM RESULTS IN SCHOOLS Inner Development and Outer Success

Decades of research and experience confirm that any school or social organization that implements the Consciousness-Based education program will experience immediate benefits.

**Within a few weeks of implementation, research and experience have shown:**

- Greater cooperation from students
- Less violence and disorder in classrooms and halls
- More focused classroom environment
- More harmonious school climate
- Decreased anxiety

**Within a few months, educational measurement has shown:**

- Increased ability to focus and broad comprehension
- Increased intelligence
- Improved memory
- Increased tolerance
- Increased self-confidence
- Reduced absenteeism and tardiness

**Within a year, educational measurement has shown:**

- Improved scores on standardized tests of basic skills
- Increased creativity
- Improved moral reasoning
- Reduced substance abuse

### Schools Can Become Centers of Coherence for Society

The Transcendental Meditation program and its advanced aspect, the TM-Sidhi® program, when practiced in large groups at a school, not only bring benefits to students, but also generate a profound influence of orderliness and positivity in the environment. Almost 50 studies document improved quality of life and significant reductions in negative trends of society, including decreased violence and crime rate. Using this technology of consciousness, schools can rise to become centers of harmony and coherence for the whole society.

## CONSCIOUSNESS-BASED EDUCATION PROGRAM

### Improves Educational Outcomes

#### by Developing Students' Full Inner Potential

**O**ur schools are entrusted with the responsibility to develop the most important natural resource of our nation—the intelligence and creativity of our youth. The Consciousness-Based education program enables any school to fulfill this responsibility by systematically developing the latent creativity and intelligence of students, so that irrespective of their educational or socio-economic background they can experience increasing success and fulfillment every day. This is accomplished through effective, proven technologies of consciousness, featuring the Transcendental Meditation® program.

#### Development of Consciousness Is Key to Learning

Traditionally, education has attended primarily to what students study—the *objective* aspect of knowledge—without systematically developing the *subjective* basis of knowledge, the student's consciousness. Yet it is the quality of the students' consciousness, or awareness, that determines their degree of intelligence, creativity, confidence, inner calm, and motivation—all fundamental to educational. Scientific research verifies that these qualities are directly developed through the Consciousness-Based education program, which enlivens holistic brain functioning through the experience of the full potential of one's consciousness.

#### Developing Ideal Citizens

As students unfold more and more of their inner potential, they cease to be frustrated and dissatisfied, and recognize expanding possibilities for their lives. Their thoughts, feelings, speech, and behavior become more life-supporting for themselves and others; increasingly they enjoy happy, healthy, problem-free lives, spontaneously fulfilling their own interests while upholding the interests of others—the basis of ideal citizenship.

### What is the response of educators, students, and parents to Consciousness-Based education?

*“Learning Transcendental Meditation is one of the best things that ever happened to me. I'm more rested, more focused, and more calm and happy.”* —**Middle school student, Nebraska**

*“We introduced the Transcendental Meditation program at Fletcher-Johnson School in Washington, D.C., in 1994. We had amazing results. I used to have to be in the streets all the time to stop the fighting, but after we started the TM program, I didn't have to go out there. You walk into the school and you feel it's tension-free, a stress-free school right in the heart of the inner city, right around where we had plenty of violence.”* —**Principal, Maryland**

*“Consciousness-Based schools invest in rest. They encourage teachers to use the most effective means of staying rested. The dividend is we don't burn out. The difference is tremendous in terms of feeling revived, rejuvenated, ready for the next class, the next day, the next year.”* —**High school teacher, Iowa**

*“My experience with the Transcendental Meditation technique has been wonderful! I really look forward to meditation after a day of teaching. I also enjoy meditating with my class. When you can hear a pin drop in my room on Friday afternoon at 3:20, I feel like the luckiest teacher in the world!”* —**Elementary school teacher, Michigan**

*“I would recommend the Consciousness-Based education program to any parent. My daughter is getting better grades and is happier at home. It's just comforting to a mom's heart to know that when you send her out the door, there's some self-reliance, like a protective shield for a child, as they go out to the world.”* —**Parent, Iowa**

#### **For more information, please contact:**

Consciousness-Based Education Association

Tel: (888) 472-1677 • Fax: (641) 472-3116

E-mail: [info@CBEprograms.org](mailto:info@CBEprograms.org)

Website: [www.CBEprograms.org](http://www.CBEprograms.org)



CONSCIOUSNESS-BASED EDUCATION ASSOCIATION

# THE CONSCIOUSNESS - BASED<sup>SM</sup> EDUCATION PROGRAM

*founded by Maharishi Mahesh Yogi*

*A scientifically proven program to  
develop total brain functioning  
for increasing creativity,  
happiness, and elimination  
of stress in students and teachers*