



**CONSCIOUSNESS-BASED EDUCATION**  
For stress-free schools and academic excellence

# **TRANSCENDENTAL MEDITATION IN SCHOOLS**

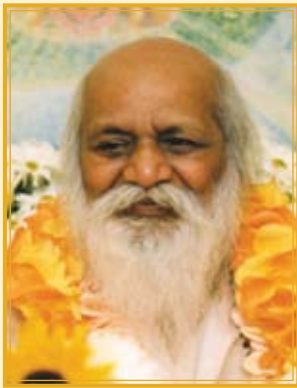
**Improving academic achievement  
Developing inner happiness and confidence  
Reducing stress, anxiety, depression,  
and learning difficulties**



**An introduction for educators, parents, government leaders, health professionals, and everyone interested in better quality education**

[www.ConsciousnessBasedEducation.org.uk](http://www.ConsciousnessBasedEducation.org.uk)

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*Maharishi Mahesh Yogi*  
 Founder of  
 Transcendental Meditation and  
 Consciousness-Based Education

#### TRANSCENDENTAL MEDITATION CAN BE APPLIED TO SOLVE THE PROBLEMS OF:

- Poor academic achievement
- Anxiety
- Depression
- Substance abuse
- School violence
- Teacher burnout

## Why introduce Transcendental Meditation into your school?

The alarming rise of classroom stress fuels widespread problems in education, including poor academic achievement, anxiety, depression, substance abuse, school violence, and teacher burnout. To overcome these problems, any successful educational reform effort must include the knowledge and methodologies to dissolve stress and awaken each student's full potential.

Schools in many countries are finding the stress-reducing, non-religious Transcendental Meditation programme of Maharishi Mahesh Yogi to be an effective solution. Research in education has shown that regular practice of Transcendental Meditation strengthens the cognitive, physiological, and affective foundations of learning, while promoting more healthy lifestyle choices and positive behaviour.

## Transcendental Meditation in the classroom

The Transcendental Meditation programme is easily implemented into any school without disrupting the existing academic schedule. Transcendental Meditation is a simple, natural technique that is practised for 10-15 minutes twice daily sitting comfortably with the eyes closed, as part of the daily routine in a school. Through this practice, the mind naturally settles down to its quietest state – the state of its full potential – while the body gains a unique state of deep rest, which dissolves stress and fatigue.

Transcendental Meditation is easily learned by children, starting at the age of 10, as well as by teachers and parents. It requires no effort or concentration. More than five million people of all cultures, religions, and educational backgrounds throughout the world have learned Transcendental Meditation over the past 50 years. Transcendental Meditation is the key component of a Consciousness-Based Education programme that can be added to the usual curriculum of study in any school in order to unfold the full potential of brain functioning for every student.

Alarming new figures from the Office of National Statistics in the UK show that one in ten youngsters between the ages of five and 16 has a “clinically recognisable” mental disorder.

*“What I appreciate most when I meditate is the inner calm and deep rest. It makes my mind clearer – and my day so much smoother.”*  
 - Coral, Age 17, 7-year meditator





WASHINGTON, D.C.  
Pioneering research has just been completed on the effects of the Transcendental Meditation programme on attention deficit hyperactivity disorder (ADHD) at the Chelsea School in Silver Spring - a school for children with language-based learning difficulties.

## Transcendental Meditation unfolding the students' full potential

Most education emphasises what students study, without developing the qualities that students need for success at school and success in life: the qualities of alertness, intelligence, creative thinking, confidence, inner calm, motivation, integrity, and happiness. These qualities are naturally developed through regular practice of Transcendental Meditation, as the students experience the inner field of their own total potential, and start to live it more and more in daily life.

Experience shows that as students use more of their potential in daily life, they gain confidence in their abilities. Their thinking, feelings, speech, and behaviour are more helpful for their progress. With clearer, calmer thinking, they can more easily solve problems, they make fewer mistakes. The experience in many schools around the world has been that when the majority of students in a school are practising Transcendental Meditation, the whole school atmosphere becomes harmonious calm, focused, positive, and safe.

## Transcendental Meditation an effective and lasting solution

Research in education has shown that regular practice of Transcendental Meditation promotes more healthy lifestyle choices and positive behaviour.

There have been very encouraging experiences with Transcendental Meditation and children with ADHD and other behavioral difficulties and emotional disorders. Unlike drugs, Transcendental Meditation doesn't just treat the symptoms; it influences the basic cause of the disorder. Which means it doesn't just create a temporary effect, but leads to improvement on a permanent basis.

**Attention-Deficit Hyperactivity Disorder (ADHD)** is estimated to be the most common psychosocial disorder in children worldwide, affecting increasing numbers in the UK and almost one in ten children in the USA.

*"I never thought I could sit quietly for 10 minutes with my eyes closed, but meditating is easy - and fun - Derek,*  
Age 12, 3-year meditator





# Extensive scientific research on Transcendental Meditation in education

The unique effectiveness of the practice of Transcendental Meditation for 15 minutes twice a day – the essential component of Consciousness-Based Education – has been scientifically documented over the past 40 years. More than 600 scientific research studies, conducted at over 250 universities and research institutes in 33 countries, verify the profound benefits of Consciousness-Based Education for all aspects of individual life and society. Here are some selected research findings relevant to education:

## FOR STUDENTS:

- Increased intelligence (IQ), creativity, and inner happiness
- Decreased stress, anxiety, learning difficulties, and behavioural problems
- Natural desire to learn and enjoyment of the learning process
- Improved organisation and planning, improved problem-solving
- Improved attention, and improved memory
- Increased field independence (stable internal frame of reference)
- Higher level of moral reasoning
- Decreased alcohol and drug use

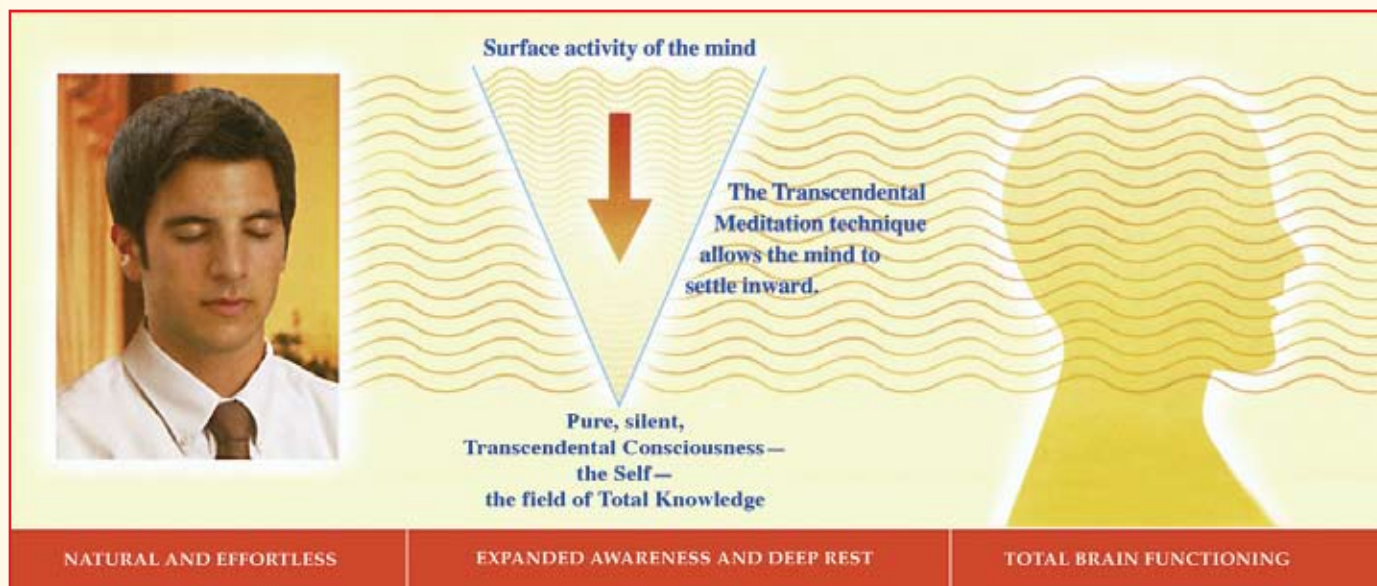
## FOR TEACHERS:

- Greater ease and fulfilment in teaching
- Decreased stress and better health
- More energy and creativity
- Increased tolerance and appreciation
- Effective, natural technique for relaxation and 'recharging of batteries'

## FOR SCHOOLS

- Settled, positive atmosphere conducive to successful learning
- Improved academic achievement
- Increased harmony between students and teachers
- Benefits for special needs pupils, including those suffering from autism or mental retardation

# Transcendental Meditation enlivens total brain functioning



Transcendental Meditation is a simple, natural, and effortless technique that is practised for 10 to 15 minutes twice daily sitting comfortably with the eyes closed, as part of the daily routine in a school.

The mind spontaneously and naturally settles down to a quiet, alert, and expanded state – restful alertness – while the body enjoys deep, refreshing rest, which dissolves stress and fatigue.

Brain functioning becomes highly orderly and coherent – the total brain becomes enlivened. Regular practice of the Transcendental Meditation technique develops the brain's total potential.

# Scientific research on Transcendental Meditation

## Some selected studies

### **\$20 million in government funds to study benefits to health**

In recent years, the US equivalent of the NHS, the National Institutes of Health, has awarded over \$20 million for research on the preventative health benefits of the TM programme. Findings have been published in leading, peer-reviewed scientific journals including *The American Journal of Cardiology* and the American Heart Association's *Hypertension*.

### **Recent research results in education**

#### **“Reduced Stress, Increased Happiness among Middle School Students”**

Rita Benn, PhD, Director of Education,  
Complementary & Alternative Medicine  
Research Center, University of Michigan

Two recent studies found evidence that the practice of Transcendental Meditation positively affects emotional development in early adolescent African-American children in a school setting where its practice is supported by the administration.

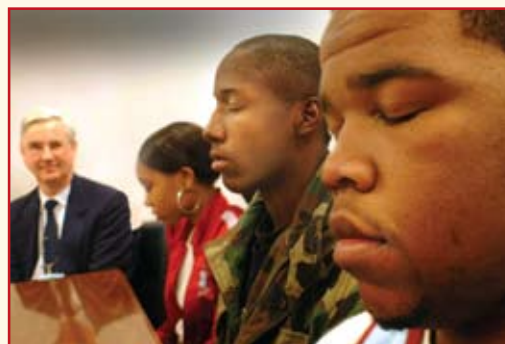
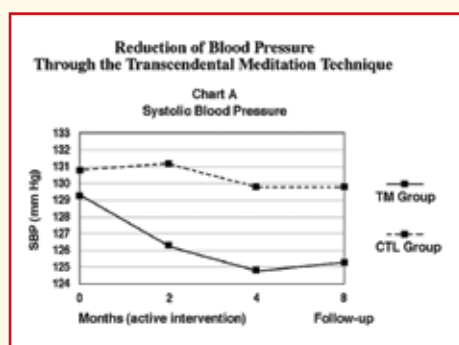
#### **“Students’ Intelligence and Creativity Improved by Transcendental Meditation”**

*Intelligence* (September/October 2001), Vol. 29/5

Research on school children in Taiwan published in the journal *Intelligence* found significant improvement across a wide range of cognitive, emotional, and perceptual functions. “We found increases in creativity and intelligence that you don’t typically expect to see,” said principal investigator and co-author So Kam Tim. “Many researchers feel that it’s not possible to significantly improve basic cognitive ability once a person reaches adolescence, but our findings challenge that theory.”

#### **Decreased blood pressure in students through Transcendental Meditation**

*American Journal of Hypertension*, 2004; 17:366–369



“Teens who practised 15 minutes of the Transcendental Meditation programme twice daily lowered their daytime blood pressure over four months and their pressures tended to stay lower,” - Dr Vernon Barnes, PhD, Medical College of Georgia’s Prevention Institution in Augusta, Georgia.

**For full details of scientific research on Transcendental Meditation,  
please see: [www.stressfreeschools.org](http://www.stressfreeschools.org)**

## Educators recommend Transcendental Meditation



### DEREK CASSELLS

Mr Derek Cassells, Head Teacher of the award-winning Maharishi School (junior and secondary) in Skelmersdale, Lancashire, says: “We have a very traditional curriculum but because we also have Transcendental Meditation the children experience a unique quality of deep rest, twice every day. Stresses and tensions are released and the nervous system is brought into balance. From that balance come all the benefits - such as greater ability to focus - and this produces academic results. These aren’t our goal; they’re just a side-effect. What’s important is that the children are so at ease they automatically enjoy learning and can utilise more of their potential.”

**Please see: [www.maharishischool.com](http://www.maharishischool.com)**

### Excerpt: OFSTED REPORT 2006 on Maharishi School, Skelmersdale, Lancashire

“Maharishi School is a good school that nurtures pupils’ personal development, which is outstanding. The good and, on occasion, outstanding teaching, broad and balanced curriculum and positive ethos enable all pupils to make good progress. Pupils enjoy their learning. Their progress is carefully monitored and parents are kept well informed about their children’s achievements. The school provides a secure and caring environment where relationships are warm and based on mutual respect. Pupils’ behaviour is excellent. The Maharishi School was a key element in the surrounding community winning the government’s British Urban Regeneration Award (BURA) for best practice in 2000.” **Please see: [www.maharishischool.com](http://www.maharishischool.com)**

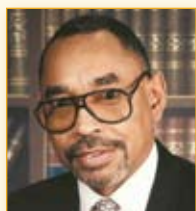


### ASHLEY DEANS, PhD.

Dr Ashley Deans, is a British Canadian quantum physicist, lifelong educator, and Director of the award-winning Maharishi School (junior and secondary) in Fairfield, Iowa, USA, where students and teachers practise Transcendental Meditation as part of its Consciousness-Based curriculum.

Dr Deans says: “Most current educational approaches ignore the consciousness of the student. Current information-based approaches focus only on what is ‘known’ – facts, procedures, concepts – but ignore the knower, the student’s consciousness. This fragmented approach fails to awaken the student’s total brain.”

**Please see: [www.maharishischooliowa.org](http://www.maharishischooliowa.org)**



### GEORGE RUTHERFORD, PhD

Dr George Rutherford, Principal of Washington’s Ideal Academy Public Charter School, has been a Washington, D.C., educator and school principal for over 40 years. For 20 of those years he served as Principal of the Fletcher-Johnson Educational Centre in one of the city’s most violent areas, where he introduced the Transcendental Meditation technique to hundreds of students and teachers as part of a unique programme of “quiet time”.

“We had amazing results,” Dr Rutherford says. “I used to have to be in the streets all the time to stop the fighting, but after we started the TM programme, 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, where we had plenty of violence.”

**Please see: [www.stressfreeschools.org](http://www.stressfreeschools.org)**



# Transcendental Meditation

## Improving academic achievement and reversing the alarming rise of classroom stress

SKELMERSDALE Maintaining the tradition of previous years, in 2007, 100% of the pupils at the Maharishi School students who took their GCSE examinations gained passes at grade C or above, compared with a national average of 63%. Approximately 66% of the passes were at the highest grades of A or A\*; this is over three times the national figure of 19.5%. This is despite the fact that the school has an open admissions policy and does not select pupils by ability or background.



DETROIT Research conducted by Dr Rita Benn of the University of Michigan Medical School found significantly reduced stress and improved emotional development among meditating students at the Nataki Talibah Schoolhouse of Detroit (K-8) compared to controls. The pupils practising Transcendental Meditation had significantly higher scores on three scales: positive affectivity, self-esteem, and emotional competence.



IOWA The Maharishi School in Fairfield, USA, has ten times the national average of graduates who are National Merit Scholar Finalists and has seen 95% of graduates accepted at four-year colleges, with senior pupils consistently scoring in the top 1% of the nation on standardised tests of educational development. The School has an open admissions policy, just like its counterpart in Skelmersdale.



If you would like to know more about  
Transcendental Meditation and its application for schools,  
colleges, or universities, please contact us:

**Email: [enquiries@ConsciousnessBasedEducation.org.uk](mailto:enquiries@ConsciousnessBasedEducation.org.uk)**

**Telephone: 01394 420 634**

**Website: [www.ConsciousnessBasedEducation.org.uk](http://www.ConsciousnessBasedEducation.org.uk)**

Consciousness-Based Education is a programme offered by Maharishi Foundation,  
educational charity No. 270157

Please note that Transcendental Meditation™, founded by Maharishi Mahesh Yogi®,  
is a programme for the Development of Consciousness, which in the UK is available  
only from Maharishi Foundation®.

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