

MAHARISHI INTERNATIONAL UNIVERSITY 1971–1995
MAHARISHI UNIVERSITY OF MANAGEMENT

SUMMARY OF SCIENTIFIC RESEARCH ON *CONSCIOUSNESS-BASED*SM EDUCATION

**Selected from more than
600 research studies documenting
holistic development of life through
the Transcendental Meditation®
and TM-Sidhi® programs**



Summary of Scientific Research on *Consciousness-Based Education*

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INTRODUCTION

Consciousness-Based education program fulfills fundamental needs

This scientifically documented program, founded by Maharishi Mahesh Yogi and applied for over four decades worldwide, fulfills fundamental needs in American education. It provides:

- A systematic way to holistically develop all students, irrespective of their background, so that they grow in ideal citizenship and inner fulfillment;
- A reliable, practical way to eliminate stress;
- A reliable, practical way to improve any school's atmosphere, creating an increasingly happy, focused, orderly learning environment.

Central component of the Consciousness-Based education program— the Transcendental Meditation program

The Transcendental Meditation program is a simple,

natural, effortless technique, practiced 15 to 20 minutes twice daily, sitting comfortably with eyes closed. This technique settles the mind and body to a unique state of restful alertness, allowing the mind to naturally experience the level of its own full potential, Transcendental Consciousness.

Research verifies that the experience of Transcendental Consciousness is uniquely effective in activating latent reserves of the brain. With regular practice of the Transcendental Meditation technique, the immense creative intelligence inherent in every individual increasingly expresses itself in thought and action.

When the majority of students and teachers in a school practice the Transcendental Meditation technique, the entire school atmosphere changes dramatically, and the school becomes a center of harmony and peace for the whole neighborhood and community.

Easily implemented in any school

The Consciousness-Based education program is easily implemented in any school. It has two components:

- Twice-daily practice of the Transcendental Meditation program;
- A course of study, taught once or twice per week, which presents universal principles—natural laws—that are found common to all areas of study and to the students' lives as their creative potential develops. This integrated study makes learning any subject more relevant, holistic, and fulfilling for the students.

Extensive scientific research

Over 600 scientific research studies have documented the benefits of the Transcendental Meditation and advanced TM-Sidhi program for development of mental potential, health, social behavior, and the social environment. This research, conducted at more than 200 universities and research institutes in 30 countries, confirms the universal and profound effectiveness of this program in raising the quality of life.

This brochure summarizes and reports on the research studies related to education, and cites outstanding educational achievement of students in schools that use the Consciousness-Based education program.

Fundamental scientific principles

Quantum physicists have identified the field of Transcendental Consciousness, experienced during the Transcendental Meditation technique, as the unified field of natural law, which, through its self-interacting dynamics, gives rise to all forces and phenomena governing the orderly evolution of the universe. Viewed from this perspective, the Transcendental Meditation technique is a means for the mind to twice daily identify itself with this fundamental field of nature's intelligence—which is one's own total intelligence—and thereby infuse the unlimited creative potential of this field into practical life.

From the physiological perspective, neuroscientist Professor Tony Nader, M.D., Ph.D., under the guidance of Maharishi Mahesh Yogi, made the profound discovery that the dynamical structures of natural law within the unified field precisely correspond to the fundamental structures and functions of human physiology. Therefore, by enlivening one's inner intelligence, the Transcendental Meditation technique stimulates more complete and integrated functioning of all the laws of nature governing the body, producing a healthier, more integrated and balanced individual.

1. SCIENTIFIC RESEARCH FINDINGS: DEVELOPMENT OF ALL ASPECTS OF LIFE

The following are research findings on the Transcendental Meditation program that are significant for improving the effectiveness of education. The numbers in parentheses after the findings refer to the references in the original research papers, which are listed at the end of this document.

Increased Intelligence, Learning Ability, and Intellectual Performance

- Increased Intelligence (1–7)
- Increased Learning Ability (8–9)
- Improved Memory (9–10)
- Accelerated Cognitive Development in Children (11–13)
- Improved Cognitive Flexibility (9–10)
- Increased Efficiency of Concept Learning (8)
- Faster Processing of Cognitively Complex Information (14)
- Broader Comprehension and Improved Ability to

Focus Attention—Increased Field Independence (4, 13, 15)

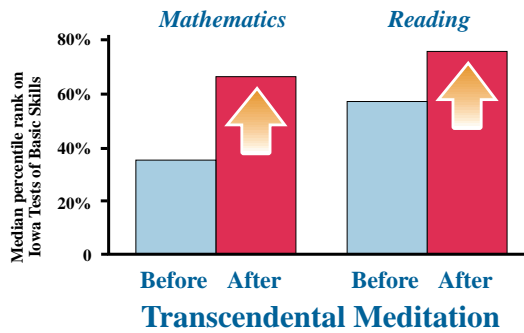
- Cognitive Orientation towards Positive Values (16)
- Improved Problem-Solving Ability (2)

Improved Academic Performance and Academic Orientation

- Improved Academic Performance at the Elementary, Secondary, College, and Postgraduate Levels (17–20)
- Improved Standardized Test Scores on General Academic Achievement, Social Studies, Literary

Improvement in Academic Skills

through the Transcendental Meditation program



Within one school year, elementary school students who practiced the Transcendental Meditation program showed significant gains on a national standardized test of basic skills. Reference: *Education* 107: 49–54, 1986.

Materials, Reading, Mathematics, Language, and Work Study Skills (17–18)

Increased Creativity

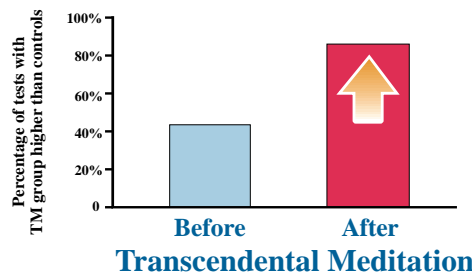
- Enhanced Creativity (2, 5, 21)
- Increased Innovation (2)
- Increased Cognitive Flexibility (9)

Higher Levels of Brain Functioning

- Mobilization of the Hidden Reserves of the Brain: Wider Distribution of the Brain's Response to Sensory Input (22)

Improved Post-Graduate Academic Performance

through the Transcendental Meditation program

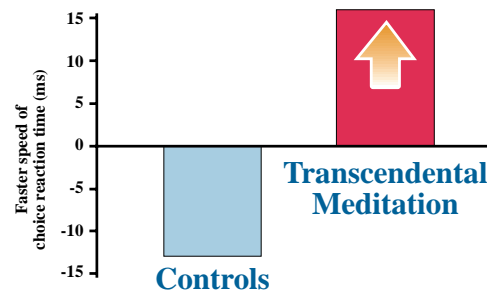


Master degree engineering students who learned the Transcendental Meditation program showed improved performance on their standard examinations after six months, compared with randomly assigned controls. Reference: *British Journal of Educational Psychology* 55: 164–166, 1985.

- Increased Neurological Efficiency:
 - Increased Efficiency of Information Transfer in the Brain (14, 23–28)
 - Improved Spinal Reflex Activity (29–30)
 - Improvements in Reaction-Time Measures Correlated with Intelligence (7)
- Greater Adaptability of Brain Functioning (31)
- Faster Processing of Cognitively Complex Information in the Elderly (9)
- Increased Efficiency and Decreased Age-Related Deterioration of Cognitive Information Processing as Measured by Event-Related Brain Potentials (14)
- Correlations Found in Subjects Practicing the *Transcendental Meditation* and *TM-Sidhi* Programs:
 - Between High EEG Coherence, Higher States of Consciousness, and High Levels of Creativity (32)
 - Between High EEG Coherence, Neurological Efficiency, and Flexibility of Concept Learning (8)
 - Between High EEG Coherence, High Levels of Principled Moral Reasoning, and a Unified Cosmic Perspective on Life (33)

Faster Reaction Time

through the Transcendental Meditation program



University students who were practicing the Transcendental Meditation and TM-Sidhi programs showed significantly faster choice reaction time, in contrast to control students. Reference: *Personality and Individual Differences* 12: 1105–1116, 1991.

Improved Mind-Body Coordination

- Faster Reactions (34–36)
- Increased Psychomotor Speed (37)

Increased Organizational Ability and Efficiency

- Increased Time Competence: Increased Ability to Think and Act Efficiently in the Present (38–40)
- Increased Efficiency and Productivity (41–42)

- Increased Employee Effectiveness (42)
- Greater Physiological Calmness during Task Performance (42)
- Decreased Tendency to Procrastinate (43)

Increased Energy and Dynamism

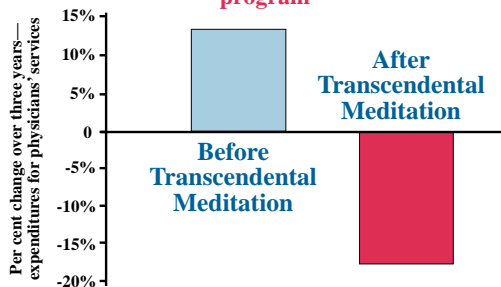
- Increased Energy and Enthusiasm (2, 42, 44)
- Increased Physical and Mental Well-Being (9, 45–47)
- Decreased Fatigue (42)

Improved Health

- Lower Health Insurance Utilization Rates: Significantly Fewer Hospital Inpatient Days and Outpatient Visits in All Age Categories; Fewer Inpatient Admissions for All Major Categories of Disease (47)
- Longitudinal Reduction in Health Care Costs (48)
- Improved Self-Health Rating (9, 42, 45–46, 49)

Decreased Health Care Expenditures

through the Transcendental Meditation program



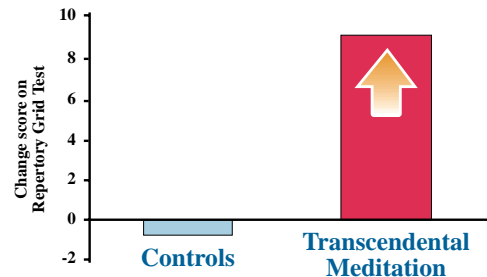
A study of 677 people in Quebec who learned the Transcendental Meditation program found that after learning the program, government payments for physicians' services declined significantly, in comparison to an increasing trend before learning the practice. Reference: *American Journal of Health Promotion* 10: 208–216, 1996.

Increased Integration of Personality

- Increased Self-Actualization: Increased Integration, Unity, and Wholeness of Personality (38–40)
- Uniquely Effective Means of Increasing Self-Actualization (40)
- Uniquely High Scores on Self-Development in Advanced Participants in the *Transcendental Meditation* Program (50)
- Orientation towards Positive Values: Better Recall for Positive than Negative Words; Lower Recognition Thresholds for Positive Words than Negative

Increased Strength of Self-Concept

through the Transcendental Meditation program



After one month of practice of the Transcendental Meditation program, individuals developed a more strongly defined sense of self-concept, in comparison to matched controls. They also reported that their “actual” self was closer to their “ideal” self. Reference: *British Journal of Psychology* 73: 57–68, 1982.

Words; More Positive Appraisal of Others (16)

- Increased Inner-Directedness: Greater Independence and Self-Supportiveness (38–40)
- Increased Autonomy and Independence (2, 40, 50)
- Less Sensitivity to Criticism (51)
- Enhanced Self-Concept (52)
- Enhanced Self-Regard and Self-Esteem (2, 51, 53–54)
- Enhanced Inner Well-Being (9)
- Increased Emotional Stability (43, 55–56)
- Increased Emotional Maturity (44)
- Decreased Behavioral Rigidity (9)
- Improved Mental Health (9, 38–40, 42–46, 51–52, 54–55, 57–64)

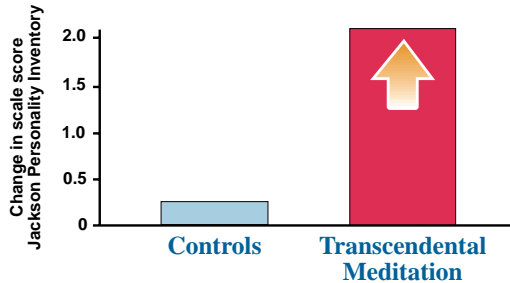
Reduction in Negative Personality Characteristics

- Decreased Anxiety (2, 42, 44, 54–55, 57–58, 60, 62, 65)
- Decreased Tension (42–43, 58)
- Decreased Neuroticism (43, 45, 51, 59, 62)
- Decreased Depression (43, 51, 55)
- Decreased Irritability (60)
- Decreased Hostility (60, 71)
- Decreased Impulsiveness (44–45)
- Decreased Use of Cigarettes (42, 66–70)
- Decreased Use of Alcohol (42, 55, 61, 66–69, 72)
- Decreased Drug Abuse (43, 66–69, 73)

Growth of Ideal Social Behavior

- Increased Social Maturity (3)
- Increased Sociability (44)

Increased Tolerance in Secondary School Students through the Transcendental Meditation program



Secondary students who learned the Transcendental Meditation program showed increased tolerance after 14 weeks, in contrast to control students. The same students also showed increased creativity, intelligence, innovation, energy level, self-esteem, decreased conformity, and decreased anxiety. Reference: *Dissertation Abstracts International* 38(7): 3372B–3373B, 1978.

- Increased Capacity for Warm Interpersonal Relationships (39, 43–44)
- Increased Friendliness (43)
- Improved Work and Personal Relationships (42)
- Increased Ability to Be Objective, Fair-Minded, and Reasonable (44)
- Increased Good Humor (43)
- Increased Trust (51)
- Increased Tolerance (2, 44)
- Growth of a More Sympathetic, Helpful, and Caring Nature (44)

- Increased Sensitivity to the Feelings of Others (44)
- Improved Interpersonal Behavior of Juvenile Offenders (54)

Benefits in Special Education and Remedial Education

- Improvements in Personality Relevant to Learning Disorders in Economically Deprived Adolescents with Learning Problems:
 - Increased Independence and Self-Supportiveness (53)
 - Improved Self-Regard (53)
- Decreased Dropout Rate from School in Economically Deprived Adolescents with Learning Problems (53)
- Improvements among Children from Low-Income Families:
 - Increased Intelligence (74)
 - Improved Self-Concept (74)
- Improvements in Autism: Decreased Echolalic Behavior (75)
- Benefits for Mentally Retarded Subjects:
 - Improved Social Behavior (76)
 - Improved Cognitive Functioning (76–77)
 - Increased Intelligence (76–77)
 - Improved Physical Health (76)
 - Normalization of Neurotransmitter Metabolite and Plasma Cortisol Levels (77)
- Decreased Stuttering (78–79)

2. DESCRIPTION OF SELECTED STUDIES

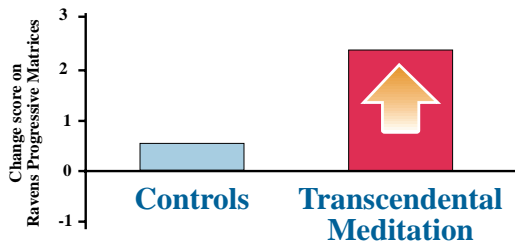
The following sample studies demonstrate the effectiveness of the Transcendental Meditation program and its applicability to a wide variety of educational settings.

- **Development of intelligence—Increased IQ among university students.** University students practicing the Transcendental Meditation program increased significantly in intelligence compared to control subjects from another nearby university (7). This finding corroborates other studies showing increased IQ and faster choice reaction through the practice of the Transcendental Meditation technique.
- **Increased intelligence and reduced anxiety among high school students.** A longitudinal random-assignment study of students learning the

Transcendental Meditation program in four Canadian high schools showed significant improvement in intelligence, creativity, tolerance, self-esteem, and five other personality factors, in comparison to randomly assigned controls (2).

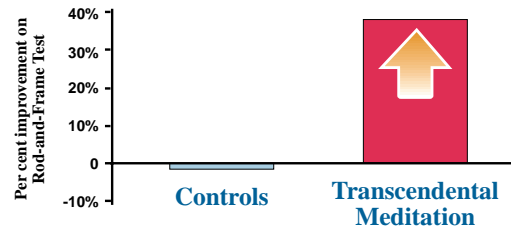
- **Improved academic achievement, cognitive abilities, creativity, and self-esteem.** Research has shown that the practice of the Transcendental Meditation program by elementary and secondary students significantly improved academic achievement on national standardized tests (17, 18); improved cognitive abilities (12); and

Increased Intelligence in Secondary School Students through the Transcendental Meditation program



Secondary school students who learned the Transcendental Meditation program showed increased intelligence after 14 weeks, in contrast to control students. Reference: *Dissertation Abstracts International* 38(7): 3372B–3373B, 1978.

Increased Field Independence Broader Comprehension and Greater Ability to Focus through the Transcendental Meditation program



Individuals randomly assigned to learn the Transcendental Meditation program displayed a significant increase after three months, in comparison to controls, on measures of field independence, indicating broader comprehension with increasing ability to focus. Reference: *Perceptual and Motor Skills* 39: 1031–1034, 1974.

improved field independence, indicating broader comprehension with the ability to focus sharply (13).

Post-secondary students showed increased intellectual ability, creativity, field independence, academic achievement, and self-esteem (3, 4, 7, 15, 19–21); improved self development to uniquely high levels (50); and increased self-actualization (38–40) through the Transcendental Meditation program.

• **Improved student behavior at school.** African American adolescents at risk for hypertension who learned the Transcendental Meditation program

showed not only lower blood pressure, but also reduced number of school-related negative behavioral incidents and suspensions, reduced absenteeism, and reduced tardiness (102).

• **Reduced substance abuse.** Studies with students and adults show reduced in substance abuse and antisocial behavior through the Transcendental Meditation program. A recent issue of the journal *Alcoholism Treatment Quarterly* (80) is devoted entirely to the effects of this program in reducing substance abuse. Findings show reduced use of all classes of illegal drugs, and reduced use of alcohol, cigarettes, and prescribed drugs.

3. BENEFITS FOR TEACHERS AND ADMINISTRATORS

Research on the Transcendental Meditation program indicates that the benefits for the individual are comprehensive. Findings especially relevant to faculty and administrator development include improved health and reduction of stress; greater inner stability and resistance to stress; and increased creativity, personal satisfaction, and self-actualization.

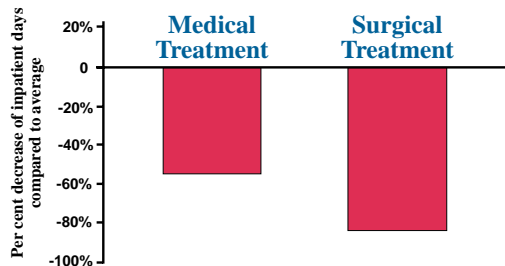
• **Improved health and decreased teacher stress.**

Research on the Transcendental Meditation program has found long-term reductions on biochemical and general physiological indicators of stress (77, 81) and aging (9, 82). In addition, two well-controlled studies demonstrating reductions in hypertension among the elderly (9, 83) substantiate the findings of fourteen earlier studies on hyper-

tension, a major risk factor in heart disease.

Especially promising for reducing health care costs in schools and universities are the results of a field study of insurance statistics of 2000 Transcendental Meditation program participants over a five-year period (47). The group practicing the Transcendental Meditation program showed a 50% reduction in both inpatient and outpatient medical

Decreased Need for Medical Care: Reduced Hospitalization through the Transcendental Meditation program

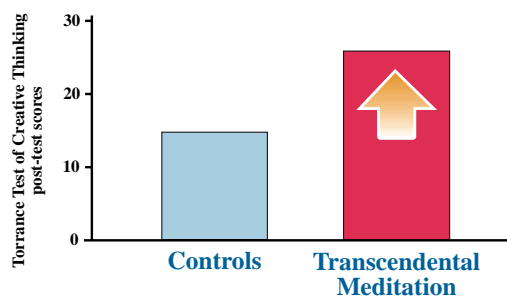


A study of approximately 2000 participants in the Transcendental Meditation program analyzing five years of medical insurance data found that they required significantly less hospitalization, for both medical and surgical procedures, in comparison to the average of all other insured persons. Reference: *Psychosomatic Medicine* 49: 493–507, 1987.

care utilization, as compared to matched controls, as well as lower sickness rates in 17 categories of disease, including 87% less hospitalization for heart disease; 87% less for nervous system disorders; 73% less for nose, throat and lung disorders; and 55% less for tumors.

Recent longitudinal research in Canada demonstrated an average reduction of 7% per year in health care costs among those who learned the Transcendental Meditation technique, in comparison to matched controls and controlling for inflation (48).

Increased Creativity through the Transcendental Meditation program



Individuals who learned the Transcendental Meditation program showed increased creativity in comparison to controls as measured by a higher level of pictorial originality after five months of practice. They also showed increased creativity as measured by higher levels of pictorial flexibility and verbal fluency (not charted). Reference: *The Journal of Creative Behavior* 13: 169–180, 1979.

• **Developing inner stability and resistance to stress.** Teachers need to be able to maintain focus on their objectives, while adapting to continually changing demands in the classroom. Research on the Transcendental Meditation program indicating increased physiological stability and field independence is thus highly relevant to effective teaching. Studies examining galvanic skin responses, which measure physiological excitation, found that the Transcendental Meditation technique enables more rapid mobilization of one's physiological resources, while at the same time facilitating quicker recovery to baseline levels of functioning (81). Similarly, studies of field independence, a measure of the ability to maintain internal stability in a distracting environment, have found significant improvements among those who learn the Transcendental Meditation program (15).

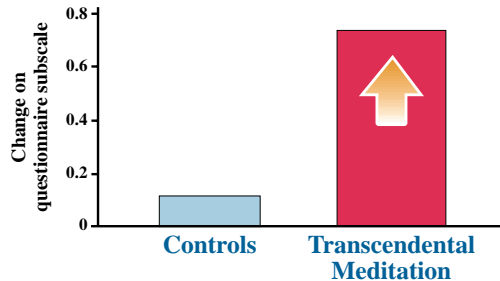
• **Increasing teacher creativity, personal satisfaction, and self-actualization.** Educational research has found that in schools perceived as effective the teachers are satisfied with their careers and teaching circumstances (84). Other research indicates that a major factor contributing to teacher dissatisfaction is the sense of stagnation which occurs after the strategies that the teacher has learned in the past begin to become obstacles to growth and personal progress.

An analysis of research studies found the Transcendental Meditation program to be uniquely effective in promoting self-actualization (40). Other research shows longitudinal increases in figural and verbal creativity (2, 21) and physiological, cognitive and behavioral flexibility (9–10, 14, 27). The growth of these qualities supports the ability to avoid stagnation in the teaching profession, to continue to develop new and more effective teaching strategies, and to enjoy increasing fulfillment in teaching on the basis of expanding creativity.

• **Results relating to effective administration and organization.** The Transcendental Meditation program has been adopted in hundreds of businesses. It is viewed by managers as a means of developing the human resources of business, and also as a means of increasing the efficiency and productivity of the company. Many of these benefits apply equally to administration of an educational institution.

Improved Work and Personal Relationships

through the Transcendental Meditation program



A study of executives and workers in the automotive industry found that after three months of regular practice of the Transcendental Meditation program, employees showed improved work and personal relationships, in comparison to controls from the same work sites. Reference: *Anxiety, Stress and Coping: An International Journal* 6: 245–262, 1993.

One study in a business setting, utilizing both self-report questionnaires and evaluations of co-workers and supervisors, found significantly improved job satisfaction, enhanced job performance, and better relations with peers and supervisors, as well as decreased turnover potential among people practicing the Transcendental Meditation program, as compared to non-meditating controls (41).

A recent three-month study in two occupational settings, which compared managers and employees who learned the Transcendental Meditation program to demographically similar controls, found that participants in the Transcendental Meditation program showed significant decreases, as compared to controls, in trait anxiety, state anxiety, job worry, and cigarette and alcohol use. They also showed increased job satisfaction, improved general health, greater efficiency and productivity, and better work and personal relationships (42).

A large-scale study by researchers at the National Institute of Industrial Health of the Japanese Ministry of Labor found that workers at Sumitomo Heavy Industries showed improved physical and mental health after learning the Transcendental Meditation program, in comparison to matched controls (45–46).

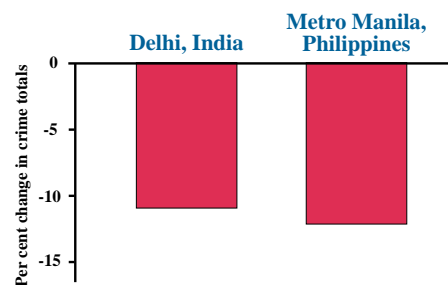
In addition to the increases in employee satisfaction, the cost savings due to reduced illness and health care utilization by people practicing the Transcendental Meditation program, as described above, are sufficient to warrant the inclusion of this technology in any administrator or teacher development program.

4. BENEFITS FOR SOCIETY

Nearly fifty research studies verify that when large groups of individuals practice the Transcendental Meditation technique or participate together in the group practice of the advanced TM-Sidhi program, including Yogic Flying, then an influence of coherence and harmony is radiated from the group to the whole society. This increased coherence and harmony in society is measured by such trends as reduced crime (85–89), reduced accidents (90), improved overall quality of life (87–88, 91–93), improved economic trends (88, 94–95), and reduced conflict and violence (87, 96–97, 101). When all students and faculty at a large school or university learn the TM-Sidhi program, their group practice creates a beneficial influence for the whole city, and if the group is large enough, for the state and nation.

Decreased Crime in National Capital Districts

through TM-Sidhi Yogic Flying



During periods in which large groups of participants in the Transcendental Meditation Sidhi program were established, crime totals decreased significantly in the Union Territory of Delhi, India, and in Metro Manila, Philippines. Reference: *The Journal of Mind and Behavior* 8: 67–104, 1987.

5. DESCRIPTION OF THE *TRANSCENDENTAL MEDITATION* TECHNIQUE

Over the last four decades, the Transcendental Meditation program has been learned by more than five million people worldwide, of all ages, nationalities, and religions. The Transcendental Meditation technique is a simple, natural, effortless technique that settles the mind to increasingly silent and orderly levels of awareness, allowing one to naturally experience the most silent, expanded state of one's own consciousness, Transcendental Consciousness, the full creative potential of the mind.

As the mind becomes more settled and wide awake during this technique, the body correspondingly gains a unique physiological state of restful alertness, which releases accumulated stress and increases the stability and flexibility of the nervous system (98).

This unique state of restful alertness produces a broad range of benefits as one continues to practice the technique. These benefits are reflected in the increasing ability of individuals to express their full creative potential, and to achieve success in whatever they undertake without damaging the interests of others.

Unique effectiveness of the Transcendental Meditation program: Results of meta-analyses

The most powerful and rigorous method for drawing conclusions from a large body of scientific research is the statistical procedure of meta-analysis. Four such meta-analyses have been conducted on the

effects of the Transcendental Meditation program in comparison to other techniques. The results are as follows:

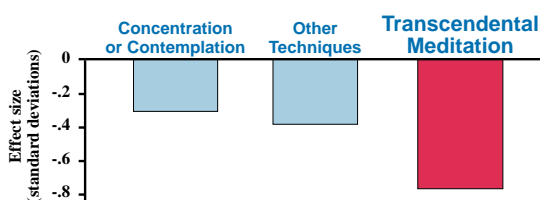
(1) **Physiological rest.** A meta-analysis published in *American Psychologist* reviewed 31 studies, and found that the Transcendental Meditation technique produces more than twice the degree of physiological rest produced by simply sitting with eyes closed (98).

(2) **Reduced trait anxiety.** A meta-analysis published in the *Journal of Clinical Psychology* reviewed over 100 research findings, and found the Transcendental Meditation technique to produce more than twice the reduction in trait anxiety (i.e., chronic stress) produced by any other technique (65).

(3) **Increased self-actualization.** A meta-analysis published in the *Journal of Social Behavior and Personality* showed the Transcendental Meditation technique to increase self-actualization by three times as large an effect as that of other techniques (40).

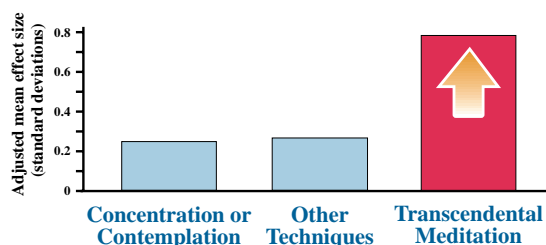
(4) **Reduced substance abuse.** Another meta-analysis, published in *Alcoholism Treatment Quarterly*, showed the practice of the Transcendental Meditation technique to result in a greater degree of reduction and more lasting reduction in consumption of alcohol, drugs, and cigarettes than other techniques or preventive education programs (69).

Decreased Anxiety through the Transcendental Meditation program



A statistical meta-analysis of 146 independent study results found that the Transcendental Meditation program is more than twice as effective in reducing trait anxiety than procedures of concentration or contemplation, or other techniques. Reference: *Journal of Clinical Psychology* 45: 957-974, 1989.

Increased Self-Actualization through the Transcendental Meditation program



Statistical meta-analysis of all available research (42 independent study results) indicated that practice of the Transcendental Meditation program increased self-actualization by about three times as much as procedures of contemplation or concentration, or other techniques. Reference: *Journal of Social Behavior and Personality* 6: 189-248, 1991.

6. ACHIEVEMENTS OF EDUCATIONAL INSTITUTIONS IMPLEMENTING *CONSCIOUSNESS-BASED EDUCATION*— United States and United Kingdom

The research findings described above are reflected in the achievements of the students of schools worldwide that apply Consciousness-Based education. Decades of experience have shown that any school or university whose teachers and students regularly practice the Transcendental Meditation technique enjoys the same beneficial results: the flowering of its students' potential, increasingly creative and effective teaching, improved quality of student life, and a harmonious and positive atmosphere.

Below are reports on research studies and educational outcomes at the primary and secondary level of education from the Maharishi School of the Age of Enlightenment in Fairfield, Iowa, U.S.A.; from the Maharishi School of the Age of Enlightenment in Lancashire, England; and at the university level, from Maharishi University of Management, Fairfield, Iowa, U.S.A.

Maharishi School in Fairfield, Iowa, U.S.A.— Recent Achievements

Maharishi School in Iowa (K–12) was founded in 1974, and currently has over 400 students from a wide range of socioeconomic backgrounds. As in all schools that implement Consciousness-Based education, its unique addition to the traditional curriculum is the systematic development of the students' consciousness through a course that includes the practice of the Transcendental Meditation technique twice daily during school time. Children under age 10 practice the Word of WisdomSM technique. This simple technique, practiced for a few minutes twice daily, is suitable for the active nature of young children.

Maharishi School has a liberal admissions policy, and the entering scores of the students are average. The extraordinary achievements of the students as they progress through this system of education are therefore particularly impressive.

Overall Academic Achievement:

- Upper School classes (Grades 10 to 12) consistently score in the 99th percentile in the nation on standardized national tests of academic achievement. This result is particularly notable in light of the fact that when first admitted to the school, the students as a whole score at around the fiftieth percentile (average). No other school in the United States produces this great a change in its student body as a whole.
- Over the past seven years, 95% of the graduates of Maharishi School have continued with higher education, attending four-year colleges and universities.
- Over the past five years, 5% of Maharishi School seniors have been named National Merit Scholar Finalists. This is about ten times greater than the national norm.

Science and Mathematics Achievements:

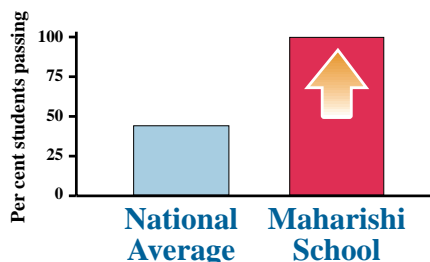
- In 2000, for the ninth time since 1986, a Maharishi School student won first place in the state science and engineering fair, qualifying them to represent Iowa at the International Science and Engineering Fair.
- In 1996 Maharishi School ranked first in Iowa Class 1A in the American High School Mathematics Examination, and in 1997, 1998, and 1999, first in Iowa in Class 2A. In both 1996 and 1998 a Maharishi School 8th grade student scored highest in the state of Iowa on the American Junior High School Mathematics Examination.
- 2001 World Champions in Destination Imagination—In 2001 teams from Maharishi School won five state championships in Destination Imagination, an international problem-solving competition, qualifying the School to represent Iowa at the World Finals where Maharishi School teams finished 1st, 2nd, 6th, and 10th.

Arts and Humanities Achievements:

- In the 1998 Iowa High School Speech Associa-

Higher Examination Scores

through the Transcendental Meditation program



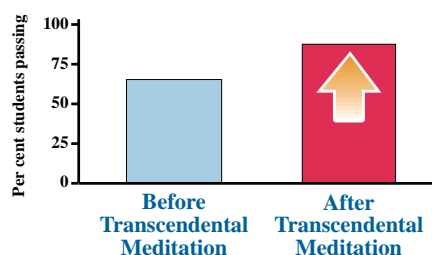
Each year from 1995 to 1997, 100 per cent of students at Maharishi School of the Age of Enlightenment in Lancashire, U.K., passed the General Certificate of Secondary Education national examination in five or more subjects at the top three grading levels, in contrast to a national percentage ranging from 43 per cent to 46 per cent during these three years.

tion All-State Festival, Maharishi School was awarded the Sweepstakes trophy for the school with the highest number of outstanding performances of the festival. In the past decade Maharishi School has won more Critic's Choice awards than any other school in the state.

- In 2000 for the sixth time in the past decade, a Maharishi School student won first place at the Iowa State History Fair qualifying them to represent Iowa at the National History Fair in Washington, D.C.
- In 1999, 2000, and 2001 Maharishi School students won the prestigious Congressional Art award.

Improved Pass Rates

through the Transcendental Meditation program



Five schools in a township in South Africa introduced the practice of the Transcendental Meditation program; in the year after adding the program, an average of 18% more students passed to their next grade.

- In 2001 at the Iowa Educational Media Association State Photography Competition, Maharishi School students won first place in seven of the seven categories they entered.

- Maharishi School students have also won other top state awards in writing, spelling, chess, mathematics, poetry, media, and computer programming.

Sports Achievements:

- In 1999 and 2000 Maharishi School students won the State Class 1-A singles, doubles, and team tennis championships, becoming the first school in Iowa history to win the "Triple Crown" twice. Maharishi School has won 14 state tennis championships in the past decade.
- In 1995 a Maharishi School student won the state individual golf championship and in 1996 Maharishi School won the state team golf championship.
- In 1995 Maharishi School athletes, coaches, and fans received the highest sportsmanship ratings in the state.
- In 2000 a Maharishi School student set a new Class 1-A record in winning the state 800-meter track title.

Maharishi School in the United Kingdom— Recent Achievements

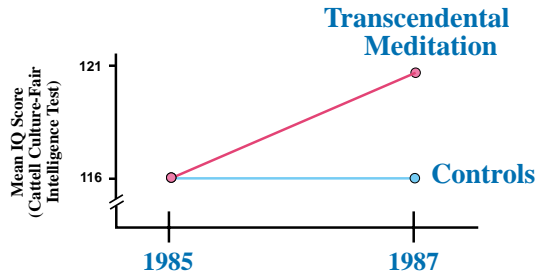
Maharishi School in the United Kingdom has 100 elementary and secondary students. Objective measures of the School's creative and intellectual achievements include the following:

Overall Academic Achievement:

- In 1995, 1996, 1997, and 1999 the performance of Maharishi School of the Age of Enlightenment on the national examinations of the Department for Education and Employment ranks the Maharishi School academically in the top 2.5 % of all schools in the nation. This includes both selective and non-selective schools, which makes the achievement even more impressive. Maharishi School ranks number one among the thousands of schools in its county.
- In the General Certificate of Secondary Education national examination, 100% of students at Maharishi School passed the examination in

Development of Intelligence

Increased IQ in University Students
through the Transcendental Meditation program



University students who were practicing the Transcendental Meditation and TM-Sidhi programs increased significantly on intelligence in contrast to control students. Reference: *Personality and Individual Differences* 12: 1105–1116, 1991.

1995, 1996, 1997, and 1999 in five or more subjects at the top three grading levels (C, B, and A), in contrast to the nationwide percentage of 43% to 46% for students achieving this standard.

Literary Achievements:

- Among the 13 winners of the Young National Poetry Competition of 1998, 4 winners were from Maharishi School, and were awarded their prizes in a ceremony at Royal Festival Hall in London.
- In 1995, 1996, 1997, and 1998, on 15 occasions, Maharishi School students have won the national Times Educational Supplement Young Poet of the Week competition. Only one other school has won this competition more than twice.
- Other national poetry awards were conferred on both Maharishi School as a whole and individual students in 1994, 1996, 1997, and 1998.

Maharishi University of Management in Fairfield, Iowa, U.S.A.— Recent Achievements

Maharishi University of Management, founded in 1971, offers bachelor's, master's, and Ph.D. degree programs; it is accredited by The Higher Learning Commission of the North Central Association (www.ncahigherlearningcommission.org, 312-263-0456), the largest and oldest educational accrediting organization in the United States.

Scientifically Validated Holistic Development:

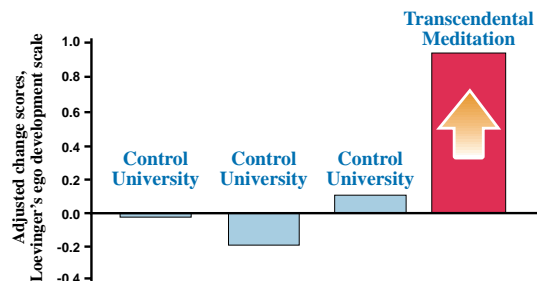
Scientific research studies show that Maharishi University of Management students display unique and holistic development of their mental potential, health, and social behavior, as measured by increased intelligence (3–4, 7), increased field independence (broader comprehension with improved ability to focus) (4), improved learning ability (8), improvement in reaction time measures that are correlated with intelligence (7), increased neurological efficiency (30), reduced need for outpatient or inpatient medical care and reduced health care costs among university staff (99), increased social maturity (3), and growth to uniquely high levels of self-development (100).

Students also expressed significantly higher satisfaction with their education in contrast to the national reference group of colleges and universities, as evaluated by the American College Testing Service. Findings included 21% more students at Maharishi University of Management than the norm responding that their college experience had definitely improved their quality of life; and 31% more Maharishi University of Management students than the norm responded that their university prepared them very well for their occupation.

Student Achievements:

Graduates of Maharishi University of Management have continued their education at over 130

Increased Self-Development through the Transcendental Meditation program



University students who were practicing the Transcendental Meditation and TM-Sidhi programs increased significantly on self-development (ego-development) when measured after graduation, in contrast to control students at three other universities who were not participating in this program. Reference: *Dissertation Abstracts International* 51(10): 5048B, 1991.

graduate and professional schools, and are hired by leading corporations and institutions. They are notably successful as business entrepreneurs, and have won major professional awards. For example, in 1996 Christopher Hartnett was honored by the major technology stock exchange (NASDAQ) and a leading national newspaper (*USA Today*) with the prestigious “Entrepreneur of the Year for Emerg-

ing Technologies.”

Maharishi University of Management graduate students have published research in academic journals and presented their research findings at state and national conferences. Students have also won major national and state awards, including National Science Foundation Fellowships and student research grants from the National Institutes of Health.

7. CONCLUSION

The achievements of the students at institutions using Consciousness-Based education, together with the results of the hundreds of scientific research studies on the Transcendental Meditation program, and educational experience of almost five decades, indicate that any university or school in any nation implementing this approach to education will enjoy the progressive development of the stu-

dents’ and teachers’ creative potential in an increasingly harmonious and vital learning environment.

Educational leaders are invited to implement Consciousness-Based education through the addition of one period per day to the existing curriculum of schools and universities, and thereby ensure the development of ideal citizens, and national life increasingly in harmony with natural law.

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