



MAHARISHI MAHESH YOGI

who introduced the Transcendental Meditation program to the world 50 years ago, giving to millions of people the means to systematically develop higher states of consciousness, is now offering Consciousness-BasedSM programs for every area of society through Peace Palaces and Enlightenment Centers in the 3000 largest cities of the world. The goal is enlightenment for every individual, with the ability to know anything, do anything, and achieve any desire; problem-free administration for every government, invincibility for every nation, and peace in the whole world family—life in harmony with Natural Law.



“Transcendental Meditation opens the awareness to the infinite reservoir of energy, creativity, and intelligence that lies deep within everyone.”

—Maharishi

MAHARISHI TRANSCENDENTAL MEDITATION PROGRAM

The Transcendental Meditation[®] (TM[®]) technique is a simple, natural, effortless procedure practiced for 15 to 20 minutes in the morning and evening, while sitting comfortably in a chair with the eyes closed. During this technique, the individual’s awareness settles down and experiences a unique state of restful alertness. As the body becomes deeply relaxed, the mind transcends all mental activity to experience the simplest form of awareness, Transcendental Consciousness, where consciousness is open to itself. This is the self-referral state of consciousness.

The experience of Transcendental Consciousness develops the individual’s latent creative potential while dissolving accumulated stress and fatigue through the deep rest gained during the practice. This experience enlivens the individual’s creativity, dynamism, orderliness, and organizing power, which results in increasing effectiveness and success in daily life.

Through the regular practice of the Transcendental Meditation technique, individuals grow toward realizing their full potential—the state of enlightenment.

The Transcendental Meditation technique is scientific, requiring neither specific beliefs nor adoption of a particular lifestyle. The practice does not involve any effort or concentration.

It is easy to learn and does not require any special ability. People of all ages, educational backgrounds, cultures, and religions in countries around the world practice the Transcendental Meditation technique and enjoy its many benefits.

Scientific Validation

Over 600 scientific research studies conducted during the past 35 years at more than 250 independent universities and research institutes in thirty countries have shown that the Transcendental Meditation program benefits all areas of individual life—mind, body, behavior, and society.



The research has been published in major scientific journals, including *Science*, *The American Journal of Physiology*, *Scientific American*, *Lancet*, *The Journal of Counseling Psychology*, *The International Journal of Neuroscience*, *The Journal of the Canadian Medical Association*, *The British Journal of Educational Psychology*, and *The Journal of Conflict Resolution*.

SCIENTIFIC RESEARCH FINDINGS INCLUDE:

Benefits for the Individual

- Increased happiness
- Reduced stress
- Increased intelligence
- Increased creativity
- Improved memory
- Improved health
- Reduced high blood pressure
- Improved relationships
- Increased energy
- Reduced insomnia
- Reversal of biological aging

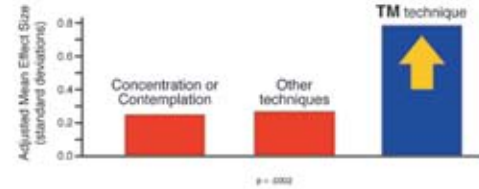
Benefits for Society and the Nation

- Reduced crime and violence
- Reduced collective stress
- Strengthened national unity
- Reduced health care costs by 50%
- Improved national economy
- Reduced unemployment
- Reduced inflation
- Improved quality of city and national life

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Increased Self-Actualization

THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE

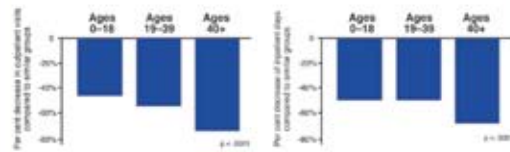


Meta-analysis of 42 independent studies indicated that the effect of the Transcendental Meditation program on increasing self-actualization is much greater than concentration, contemplation, or other techniques. Self-actualization refers to realizing more of one's inner potential, expressed in every area of life: integration and stability of personality, self-regard, emotional maturity, capacity for warm interpersonal relationships, and adaptive response to challenges.

1. *Journal of Social Behavior and Personality* 6 (1991): 189–248
2. *Journal of Counseling Psychology* 19 (1972): 184–187
3. *Journal of Counseling Psychology* 20 (1973): 565–566

IMPROVED HEALTH Reduced Hospitalization

THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE



Medical insurance data showed that 2,000 people practicing the Transcendental Meditation program, when compared with control groups of similar membership, had: • 53% fewer inpatient hospital admissions for all age groups combined • 68% fewer inpatient hospital admissions for adults 40 years and over • 87% less hospitalization for cardiovascular disease.

1. *Psychosomatic Medicine* 49 (1987): 493–507
2. *American Journal of Managed Care* 3 (1997): 135–144



“**T**he biggest challenge for an executive working in a high-stress business environment is reducing stress so you can function at peak performance. Transcendental Meditation is a simple, effective way to do this.”—*Dale Steinbeck, President, Rothman Furniture Stores*



“**M**editation has been a powerful tool in my life for the past thirty years to connect my deeper self and the profundity of nature which surrounds me.”—*Helene Yellin, senior citizen*



“**A**fter I started meditating, I had more energy and it seemed as though my eyes opened up wider. I became a better administrator.”—*Dr. George Rutherford, educator*



“**I** was fortunate enough to learn Transcendental Meditation as a student, and its benefits were invaluable. TM helped me to develop an alert intellect and a joyful curiosity about the world around me. As a writer, I continue to find deeper layers of beauty and meaning in my subjects, and I know that this is a direct result of my continued TM practice.”—*Jennie Rothenberg, National Merit Scholar and magazine editor*



“**O**ur children have been practicing TM since they were four. We watch their continual growth of happiness and success and cannot think of a better legacy to leave them for getting the best out of life.”—*Jose Morales, businessman*

SEVEN STEPS TO LEARN THE MAHARISHI TRANSCENDENTAL MEDITATION TECHNIQUE

1. **Introductory Lecture:** A vision of possibilities through the Transcendental Meditation program (1 hour)
2. **Preparatory Lecture:** The mechanics and origin of the Transcendental Meditation technique (1 hour)
3. **Personal Interview** with a qualified teacher of the Transcendental Meditation program (15 minutes)
4. **Personal Instruction:** Learning the technique (1 hour)
5. **Verification and Validation of Experiences:** Verifying the correctness of the practice (90 minutes)
6. **Verification and Validation of Experiences:** Understanding the mechanics of stabilizing the benefits of the Transcendental Meditation technique (90 minutes)
7. **Verification and Validation of Experiences:** Understanding the mechanics of the development of higher states of consciousness through the Transcendental Meditation technique (90 minutes)

FOR INFORMATION IN YOUR AREA
PLEASE CONTACT:

FOR MORE INFORMATION
on the Transcendental Meditation technique,
contact your local Maharishi Enlightenment Center;
or call toll-free: 888-LEARN TM (532-7686)
Web Site: www.TM.org



INTRODUCTION TO THE

MAHARISHI TRANSCENDENTAL MEDITATION PROGRAM

To Develop
Higher States
of Consciousness,
Create Perfect Health,
and Establish
National Invincibility

