



CONSCIOUSNESS-BASED EDUCATION
for stress-free schools and academic excellence

Benefits of Consciousness-Based Education

SUMMARY OF SCIENTIFIC RESEARCH

Selected from more than 600 studies documenting
the holistic development of life through Maharishi's
Transcendental Meditation and TM-Sidhi programme



Enlightenment for Every Student and Invincibility for the Nation

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Scientific Research on Consciousness-Based Education

This document outlines the wide range of research findings on Transcendental Meditation and its Advanced Techniques, including the TM-Sidhi programme. This evidence shows that Consciousness-Based Education promotes:

- increased intelligence and learning ability
- improved academic performance
- increased creativity
- development of total brain functioning
- improved attention capacity
- improved mind-body co-ordination
- increased organisational ability
- increased energy
- improved health
- increased integration of the personality,
- reduction in negative personality characteristics
- improved social behaviour
- improved cognitive processing
- behaviour among students in special or remedial education.

In addition, benefits for teachers and administrators are reviewed. The research findings reviewed here also include the benefit of increased coherence and harmony in society generated by large groups of students participating together in the Consciousness-Based Education programme, on the basis of which the nation can gain a state of profound balance, harmony, and integrity – invincibility.

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Introduction

More than 600 scientific research studies have documented the benefits of the educational technology of Consciousness-Based Education – the Transcendental Meditation and TM-Sidhi programmes – for mental potential, health, social behaviour, and society. Conducted at more than 250 universities and research institutes in 33 countries, these studies have been compiled from the scientific journals into seven volumes of Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi programme: *Collected Papers*. This document selects sample findings from these studies that are especially relevant to success in education.

Foundation of Consciousness-Based Education: The Transcendental Meditation programme

The central component of Consciousness-Based Education is the twice-daily group practice of the Transcendental Meditation programme, which is added to the existing curriculum along with the study of consciousness (see pages 11-13).

The Transcendental Meditation programme, founded by Maharishi Mahesh Yogi, the world's foremost scientist in the field of consciousness, has been learned by over five million people worldwide from all cultures and religions. Transcendental Meditation is a simple, natural, effortless technique that allows the mind to settle to increasingly silent and orderly levels of awareness, and experience the simplest, most expanded state of awareness, the full potential of the mind – Transcendental Consciousness, the Self of everyone.

As the mind becomes more settled and alert during Transcendental Meditation, the body gains a unique physiological state of restful alertness, which releases accumulated stress and increases the stability and flexibility of the nervous system.

Regular experience of this restfully alert state produces a broad range of benefits, reflected in the increasing ability to express one's full creative potential in daily life. One achieves one's goals without strain, fulfilling one's own interests while upholding the interests of others and society as a whole.

Research indicates that the experience of Transcendental Consciousness is unique in its ability to develop total brain functioning. With regular practice of Transcendental Meditation, the immense creative intelligence inherent in the brain physiology expresses itself increasingly in thought and action as one rises to higher states of consciousness

– life in enlightenment, life spontaneously in harmony with Natural Law.

Unified Field of Natural Law

Quantum physicists have identified Transcendental Consciousness – this field of our own total intelligence – as the Unified Field of all the Laws of Nature, which gives rise to the infinite diversity of Natural Laws that govern the ever-expanding universe with perfect order. Enlivening this field of Nature's total intelligence in his own awareness through Transcendental Meditation the individual gains greater command over his life, with the organising power to achieve any great goal.

Transcendental Consciousness as the basis of human physiology

From the understanding provided by physiology, Total Natural Law – experienced in Transcendental Consciousness – has been discovered as the intelligence at the basis of the structures and functions of human physiology.* When this inner intelligence within the body of everyone is enlivened through Consciousness-Based Education, then all thought and action is naturally in full accord with the evolutionary direction of Natural Law. No one will violate Natural Law, and no one will create the basis of suffering for himself or others.

Transcendental Meditation as the basis of invincibility and peace

Extensive research has shown that when large groups of individuals practise Transcendental Meditation and the advanced TM-Sidhi programme with Yogic Flying, together in one place, orderliness (coherence), positivity, and harmony in society dramatically increase. Studies show decreased crime and violence, decreased civil unrest, more healthy behaviour, and improved economic and social trends (see page 9). Such peace-creating groups can easily be formed in a nation by the students and teachers of schools, colleges, and universities. As students are rising to fulfil their own creative potential, at the same time they are creating an indomitable influence of peace in the whole society. This influence of intense coherence will disallow any negative influences from taking hold in the collective consciousness, whether they come from outside or inside the country, thereby raising the nation to invincibility.

*Professor T Nader, MD, PhD. Human Physiology: expression of Veda and Vedic Literature. Netherlands: MVU Press 2000.

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

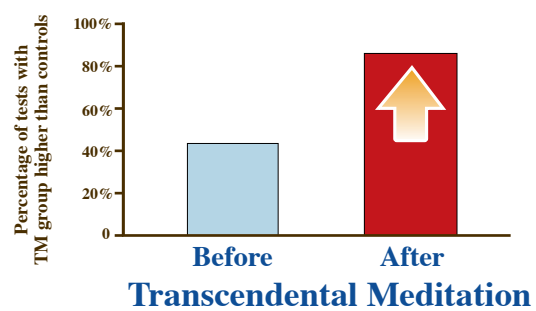
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Increased intelligence, learning ability, and intellectual performance

- Increased intelligence (1-7, 101-102)
- 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 post-graduate academic performance

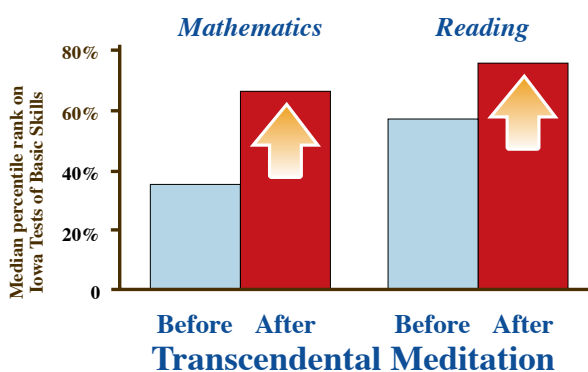
Through Transcendental Meditation



Master degree engineering students who learned the Transcendental Meditation programme 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.

Improvement in academic skills

Through Transcendental Meditation



Within one school year, elementary school students who practised the Transcendental Meditation programme showed significant gains on a national standardised test of basic skills. Reference: *Education* 107: 49-54, 1986.

Improved academic performance and academic orientation

- Improved academic performance at the elementary, secondary, college, and post-graduate levels (17-20)
- Enhanced creativity (2, 5, 21)
- Increased innovation (2)
- Increased cognitive flexibility (9)

Greater use of total brain functioning

- Mobilisation of the hidden reserves of the brain: Wider distribution of the brain's response to sensory input (22)
- 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)

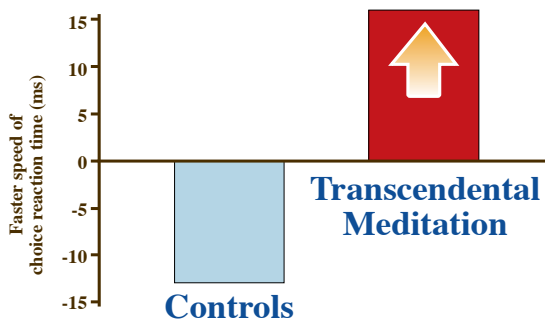
- Faster processing of cognitively complex information in the elderly (9)
- Increased efficiency and decreased age-related deterioration of cognitive information processing as measured by event-related brain potentials (14)
- Increased blood flow to the brain (103)
- Increased coherence of brain functioning (104–105)
- Correlations found in subjects practising the Transcendental Meditation and TM-Sidhi programme:
 - 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)
- Maximum EEG coherence during Yogic Flying of the TM-Sidhi programme (106–107)

Improved attention, reduced distraction - Physiological basis for alleviation of attention deficit in school children

- Decreased distraction effects in EEG (111)
- More effective executive functioning of the brain indicated by diminished EEG distraction effects (112)
- More efficient attention deployment during choice reaction time task – one of several measures comprising a brain integration scale displaying improvements for those practising the Transcendental Meditation technique and still greater improvement for those reporting stabilised Transcendental Consciousness (113)

Faster reaction time

Through Transcendental Meditation



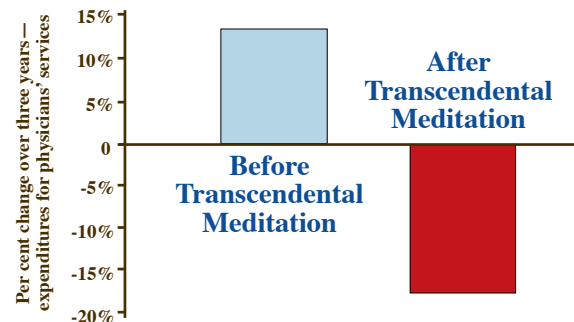
University students who were practising the Transcendental Meditation and TM-Sidhi programme showed significantly faster choice reaction time, in contrast to control students. Reference: *Personality and Individual Differences* 12: 1105–1116, 1991.

Improved mind-body coordination

- Faster reactions (34–36)
- Increased psychomotor speed (37)

Decreased health care expenditures

Through Transcendental Meditation



A study of 677 people in Quebec who learned the Transcendental Meditation programme found that after learning the programme, 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 organisational 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)
- Decreased tendency to procrastinate (43)
- Greater physiological calmness during task performance (42)

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 utilisation 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)

Increased integration of personality

- Increased self-actualisation: Increased integration, unity, and wholeness of personality (38–40)
- Uniquely effective means of increasing self-actualisation (40)

- Uniquely high scores on self-development in advanced participants in the Transcendental Meditation programme (50)
- Orientation towards positive values: Better recall for positive than negative 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)
- Higher levels of self development (100)
- Enhanced inner well-being (9)
- Increased emotional stability (43, 55, 56)
- Increased emotional maturity (44)
- Decreased behavioural rigidity (9)
- Improved mental health (9, 38–40, 42–46, 51, 52, 54, 55, 57–64)

Reduction in negative personality characteristics and behaviour

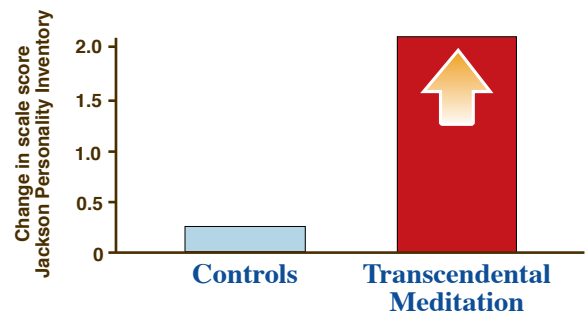
- Decreased anxiety (2, 42, 44, 54, 55, 57, 58, 60, 62, 65)
- Decreased tension (42, 43, 58)
- Decreased irritability (60)
- Decreased neuroticism (43, 45, 51, 59, 62)
- Decreased depression (43, 51, 55)
- Decreased hostility and aggression (60, 71)
- Decreased impulsiveness (44, 45)
- Decreased use 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 behaviour

- Increased social maturity (3)
- Increased sociability (44)
- Increased capacity for warm interpersonal relationships (39, 43, 44)

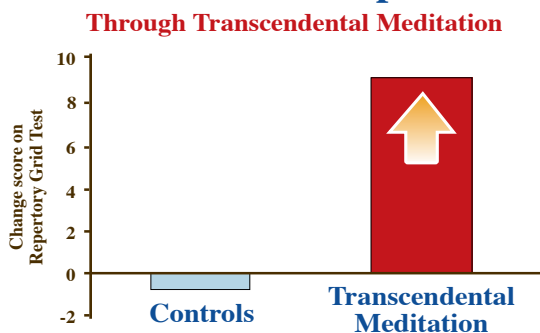
- Increased friendliness (43)
- Improved work and personal relationships (42)
- Increased ability to be objective, fair-minded, and reasonable (44)
- Increased good humour (43)
- Increased trust (51)
- Increased tolerance (2, 44)
- Growth of a more sympathetic, helpful, and caring nature (44)
- Increased sensitivity to the feelings of others (44)
- Improved interpersonal behaviour of juvenile offenders (54)
- Reduced behaviour problems in school – decreased absenteeism, rule infractions, and suspensions days (109)

Increased tolerance in secondary school students Through Transcendental Meditation



Secondary students who learned the Transcendental Meditation programme 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 strength of self-concept Through Transcendental Meditation



After one month of practice of the Transcendental Meditation programme, 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.

Benefits in special education and remedial education

- Improvements in personality relevant to learning disorders in economically deprived adolescents with learning problems (53)
 - Increased independence and self-supportiveness
 - Improved self-regard
- Decreased dropout rate from school in economically deprived adolescents with learning problems (53)
- Improvements among children from low-income families (74)
 - Increased intelligence
 - Improved self-concept
- Improvements in autism: Decreased echolalic behaviour (75)
- Benefits for mentally retarded subjects:
 - Improved social behaviour (76)
 - Improved cognitive functioning (76, 77)
 - Increased intelligence (76, 77)
 - Improved physical health (76)
- Decreased stuttering (78, 79)

2. SELECTED STUDIES: IMPROVED INTELLECTUAL FUNCTIONING, ENHANCED WELL-BEING, AND IMPROVED BEHAVIOUR IN STUDENTS

- **Development of intelligence – Increased IQ (intelligence quotient) among university students.**

University students who regularly practised the Transcendental Meditation programme increased significantly in intelligence and in the ability to make rapid choice decisions compared to control students (7). This finding corroborates other studies showing increased IQ and faster choice reaction through practice of Transcendental Meditation.

- **Increased intelligence and improved mental and physical health among students preparing for university studies.**

Among Cambodian students taking one year of preparatory study before beginning their university degree programmes, one group learned the practice of Transcendental Meditation, while the others did not. Students who learned the Transcendental Meditation programme showed increased intelligence over the course of three months in contrast to the control students (102). Those who learned Transcendental Meditation also showed improved physical health, decreased depression, decreased anxiety, and increased self-esteem in contrast to two groups of control students (84).

- **Improved academic achievement, cognitive abilities, creativity, and self-esteem in university and secondary students.**

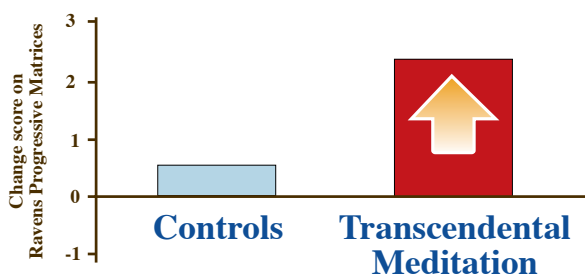
Longitudinal research on Transcendental Meditation at the university and secondary levels shows increased development of intellectual ability, creativity, field independence (ability to maintain broad comprehension and sharp focus at the same time), academic achievement, and self-esteem (3, 4, 7, 15, 19–21); enhanced self development to uniquely high levels (50, 100); and increased self-actualisation (38–40).

- **Reduced substance abuse.**

Numerous studies with college students, high school students, and adults have shown reduction in substance abuse and antisocial behaviour through Transcendental Meditation. A special issue of the journal *Alcoholism Treatment Quarterly* (80) was devoted entirely to the effects of the Transcendental Meditation technique in reducing substance abuse. The research findings show reduction in usage of all classes of illegal drugs, as well as of alcohol, cigarettes, and prescribed drugs.

Increased intelligence in secondary school students

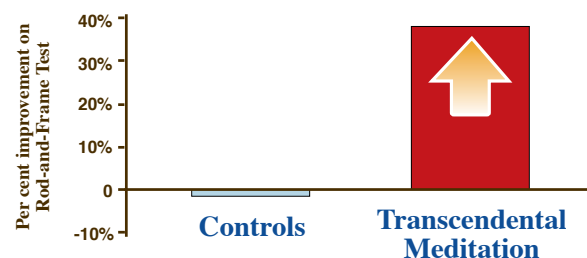
Through Transcendental Meditation



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

Increased field independence

Broader comprehension and greater ability to focus
Through Transcendental Meditation



Individuals randomly assigned to learn the Transcendental Meditation programme 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.

3. BENEFITS FOR TEACHERS AND ADMINISTRATORS

The comprehensive benefits of Transcendental Meditation are experienced not only by students, but also by teachers and administrators.

- **Improved health and decreased stress.**

Research on the Transcendental Meditation programme has found long-term reductions on biochemical and other physiological indicators of stress (77, 81) and ageing (9, 82). Two studies, one of which was supported by the United States National Institutes of Health, demonstrated reductions in hypertension among the elderly (9, 83), replicating the findings of 14 earlier studies showing decreased hypertension, a major risk factor in heart disease.

Especially promising for reducing health care costs in schools and universities are the results of a study of insurance statistics of 2000 Transcendental Meditation programme participants over a five-year period (47). The Transcendental Meditation group showed a 50% reduction in both inpatient and outpatient medical care utilisation, as compared to matched controls; and lower sickness rates in all categories of disease.

Longitudinal research in Canada demonstrated an average reduction of 14% per year in health care costs among those who learned Transcendental Meditation, in comparison to matched controls (after controlling for inflation) (110).

- **Increased inner calm and balance.**

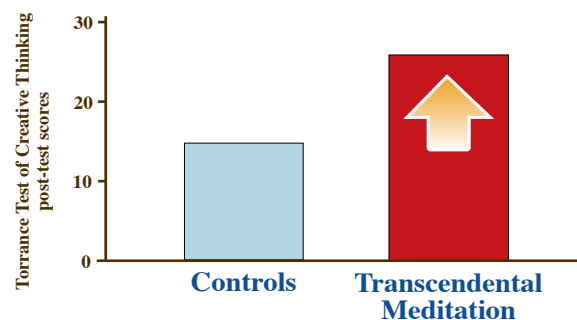
Effective teachers are able to maintain inner evenness and focus on their learning objectives while adapting to continually changing demands in the classroom.

The research findings of increased physiological stability and increased field independence through Transcendental Meditation directly relate to this ability. For example, studies examining galvanic skin responses, which measure physiological mobilisation, found that the Transcendental Meditation programme enables the body to react more quickly to a situation while at the same time return more quickly to a calm state after the situation has passed (81).

Similarly, those who practise Transcendental Meditation have been found to significantly improve in field independence, a measure of the ability to maintain internal stability in a distracting environment (15).

Increased creativity

Through Transcendental Meditation

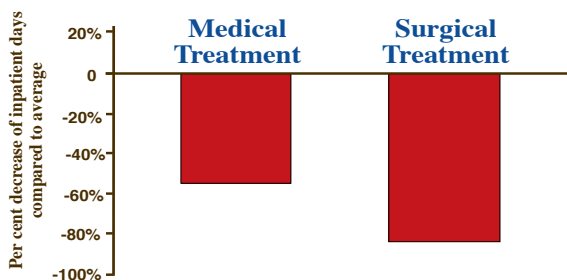


Individuals who learned the Transcendental Meditation programme showed increased creativity in comparison to controls as measured by a higher level of pictorial originality, after five months of practice. They also showed increased creativity as measured by higher levels of pictorial flexibility and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

Decreased need for medical care:

Reduced hospitalization

Through Transcendental Meditation



A study of approximately 2000 participants in the Transcendental Meditation programme 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.

- **Increased creativity, personal satisfaction, and self-actualisation.**

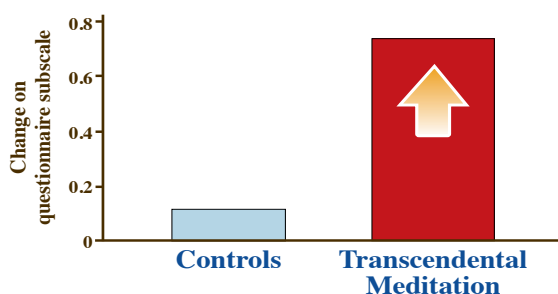
A major factor contributing to teacher satisfaction is the experience that one is progressing, and actualising one's potential.

Research shows the Transcendental Meditation programme to be uniquely effective in promoting self-actualisation, the fulfilment of one's potential (40). Other research shows longitudinal increases in creativity (2, 21) and physiological, cognitive, and behavioural flexibility (9, 10, 14, 27). Growth of these qualities naturally results in expanding creativity in teaching, the ability to adapt fruitfully to different situations with students, and the resulting fulfilment that comes from greater success.

On the basis of greater fulfilment, teachers naturally flow in greater appreciation and respect

Improved work and personal relationships

Through Transcendental Meditation



A study of executives and workers in the automotive industry found that after three months of regular practice of the Transcendental Meditation programme, 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.

for their students, and feel greater commitment to the success of each student. This is borne out in the scientific research findings of increased tolerance, appreciation, helpfulness, and caring through Transcendental Meditation (2, 16, 39, 43, 44).

• Increased job satisfaction and performance; better relationships with supervisors and co-workers

The Transcendental Meditation programme has been adopted in hundreds of businesses as a means of developing the human resource and increasing the efficiency and productivity of the company.

Many of the benefits of Transcendental Meditation found in business apply equally to educational administration. A three-month study of managers and employees in two businesses found that those who learned Transcendental Meditation showed increased job satisfaction, improved general health, greater efficiency and productivity, and better work and personal relationships, compared to controls at the same work sites; those learning Transcendental Meditation also decreased significantly in anxiety, job worry, and cigarette and alcohol use, compared to controls (42). A study by researchers at the National Institute of Industrial Health of the Japanese Ministry of Labour found that employees showed improved physical and mental health after learning the Transcendental Meditation programme, in comparison to matched controls, including improved sleep quality, reduction of smoking, reduced physical complaints, and decreased anxiety (45, 46).

• Benefits for the educational institution

The increased effectiveness and well-being gained by teachers from this practice contribute profoundly to the success and vitality of the whole university, college, or school. The institution will also benefit financially from reduced illness and health care utilisation among teachers and administrators practising Transcendental Meditation. This programme is therefore an important addition to teacher training courses and in-service staff development.

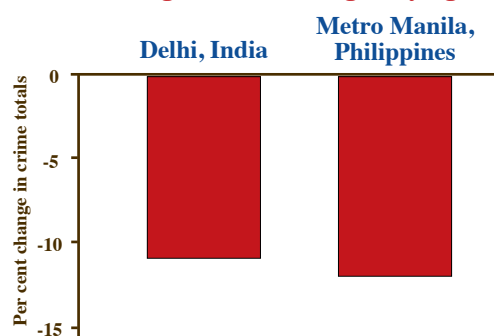
4. BENEFITS FOR SOCIETY

Creating an influence of coherence and harmony in collective consciousness.

Fifty research studies verify that when large groups of individuals practise the Transcendental Meditation and TM-Sidhi programme with Yogic Flying together in one place, they radiate a measurable influence of coherence and harmony in the whole society. Scientific research findings include reduced crime (85–89), reduced deaths due to homicides, suicides, and accidents (90), improved overall quality of life (87, 88, 91–93), improved economic trends (88, 94, 95), and reduced conflict and violence (74, 87, 96, 97). Educational institutions can thus be sources of harmony and peace for the whole society. These powerful findings indicate how schools, or a large university or college, can provide groups of students and teachers large enough to radiate a steady influence of coherence and harmony throughout the national consciousness as they are individually rising to higher states of consciousness.

Decreased crime in national capital districts

Through TM-Sidhi Yogic Flying



During periods in which large groups of participants in the Transcendental Meditation Sidhi programme 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. META -ANALYSES THAT COMBINE MANY RESEARCH FINDINGS IN ONE STUDY VERIFY UNIQUE EFFECTIVENESS OF TRANSCENDENTAL MEDITATION

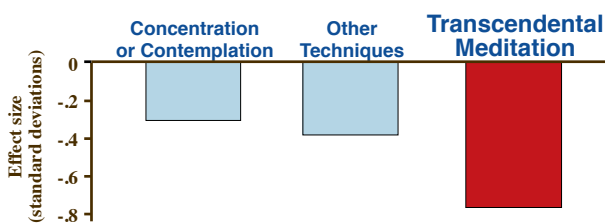
The most powerful and rigorous method for drawing conclusions from a large body of scientific research is the statistical procedure of meta-analysis. Four such meta-analyses have been published on the effects of the Transcendental Meditation programme in comparison to other techniques:

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

(2) Reduced trait anxiety. A meta-analysis published in the *Journal of Clinical Psychology* reviewed 146 research findings, and found Transcendental Meditation to produce more than twice the reduction in trait anxiety (i.e., chronic stress) than produced by other techniques (65).

Decreased anxiety

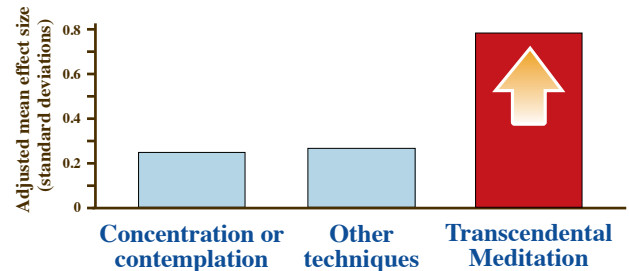
Through Transcendental Meditation



A statistical meta-analysis of 146 independent study results found that the Transcendental Meditation programme 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-actualisation

Through Transcendental Meditation



Statistical meta-analysis of all available research (42 independent study results) indicated that practice of the Transcendental Meditation programme increased self-actualisation 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.

(3) Increased self-actualisation. A meta-analysis published in the *Journal of Social Behaviour and Personality* showed Transcendental Meditation to increase self-actualisation 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 Transcendental Meditation to result in a greater and more lasting reduction in consumption of alcohol, drugs, and cigarettes than other techniques or preventive education programmes (69).

These meta-analysis studies verify that the Transcendental Meditation programme is unique in its holistic benefits. It is unique because the programme develops all levels of individual life – body, senses, mind, intellect, ego – by enlivening their common basis, Transcendental Consciousness.

6. OUTSTANDING ACADEMIC ACHIEVEMENT - MAHARISHI SCHOOL, LANCASHIRE



*Derek Cassells,
Head Teacher of Maharishi
School, Skelmersdale,
Lancashire*

Britain's award-winning Consciousness-Based school offers primary and secondary education in combination with an excellent traditional academic curriculum in a loving and dynamic learning environment. The school has become a noted institution for its exceptional record of academic achievement and competition successes. www.MaharishiSchool.com

In 2007, students at the Maharishi School who took their GCSE examinations were delighted to find that they had all achieved 5 or more passes at grade C or above. In fact, all of the passes were at grade C or above compared with a national average of 63%. Even more astonishing is that almost 66% of the passes were at the highest grades of A or A* – over 3 times the national figure of 19.5%.

In 2006 all pupils gained 5 or more passes at grades A–C and in addition 58% of the passes were at the highest grade of A or A*. One student was sent a letter of congratulations by Michael Cresswell, Director General of the Assessment and Qualification Alliance. In GCSE English Literature, this student achieved one of the top 5 marks in the country, out of a total entrance of 362,438 pupils nationwide.

Since Maharishi School started entering pupils for GCSE examinations in 1990, 89% of students have achieved 5 passes at Grade C or higher; the national average is 44.9 %. 38.5% of passes have been at grade A or A* compared to a national average of 13.8 % for the same period.

This is a remarkable achievement, given that Maharishi School has an open enrolment policy and does not select pupils on the basis of academic ability.

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.

Head Teacher, Derek Cassells, explains: "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. Stress-es 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 they can utilise more of their potential."

Ofsted on Maharishi School - excerpt from 2006 report

"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."



7. EDUCATORS SPEAK ABOUT THE BENEFITS OF CONSCIOUSNESS-BASED EDUCATION



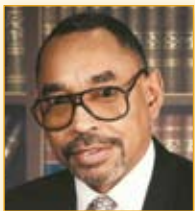
ASHLEY DEANS, PhD

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. The Maharishi School 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, England.

Maharishi School students have won over 100 international, national, and state competitions for academics, sports, arts, and extracurricular activities. For example, in Destination ImagiNation, an international problem-solving competition, Maharishi School students have not only won the World Championship three times, but have had more top ten finishes than any other school in the world.



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**



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**



REDUCED STRESS AT DETROIT SCHOOL

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.

8. ENLIGHTENMENT AND INVINCIBILITY - THROUGH CONSCIOUSNESS-BASED SCHOOLS

Schools offering the complete range of Consciousness-Based Education will give their students the gift of enlightenment – the natural development of full brain potential, good health, and ideal citizenship – providing the perfect preparation for a successful, happy life. In addition, Consciousness-Based schools make a unique contribution to the creation of an ideal, invincible nation, which will be immune to negative influences from inside or outside the nation.

Published research has shown that when Transcendental Meditation and its Advanced Techniques are practised in a group equivalent in size to the square root of 1% of the population, the

quality of life is profoundly improved throughout the population. Negative tendencies, such as crime, accidents, and sickness, are significantly reduced. Positive, life-supporting values – social, economic, and cultural – are all enhanced, creating a powerful influence of coherence and invincibility in national consciousness. Scientists have named this phenomenon the Maharishi Effect in honour of Maharishi Mahesh Yogi, who first described it in 1972.

Just 800 school pupils in Great Britain, participating in Consciousness-Based Education will be sufficient to create the Maharishi Effect – and crown Great Britain with invincibility.



Artist's rendering of a 12-storey Maharishi Tower of Invincibility – to be built in England, Scotland, and Wales. A Consciousness-Based school at its base will provide the experience of total Natural Law to its students and through them, the peace and invincibility of Great Britain will be ensured. The Maharishi Tower of Invincibility will be the pride of the nation, fulfilling the most desirable national requirement of all times.

9. INVITATION TO IMPLEMENT CONSCIOUSNESS-BASED EDUCATION

The results of hundreds of scientific research studies on the Transcendental Meditation programme, together with the five decades of educational experience worldwide, indicate that the universities or schools in any nation applying this approach to education will enjoy the blossoming of all aspects of the lives of both students and teachers, in an increasingly harmonious and vital learning environment.

Educational leaders in every country are invited to implement Consciousness-Based Education in their universities and schools by adding to their academic day the twice-daily practice of the Transcendental Meditation programme and later the TM-Sidhi programme with Yogic Flying.

In addition to this direct experience of developing consciousness, the students can study the field of consciousness in a course that presents the scientific principles for the enrichment of all areas of practical life. Through this study, students come to appreciate their own unbounded potential, and how to unfold it fully for the benefit of themselves and their society.

With sufficient groups of students practising the Transcendental Meditation and TM-Sidhi programme together, the whole nation will enjoy rising prosperity, harmony, and invincibility; and society will realise its highest educational ideals.

10. REFERENCES FOR SCIENTIFIC RESEARCH FINDINGS LISTED IN THIS BOOKLET

The effectiveness of Consciousness-Based Education has been validated by hundreds of scientific research studies and decades of educational experience. The holistic benefits produced by this approach can easily be gained by the educational system of any country, or any university or school, by adding experience and study of consciousness to the existing curriculum, and without otherwise changing the educational system in any way.

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If you would like to know more about
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Consciousness-Based Education is a programme offered by Maharishi Foundation,
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Please note that Transcendental Meditation™, founded by Maharishi Mahesh Yogi®,
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