

**COMMENTS FROM USA SCHOOL PRINCIPALS
AND OTHER EDUCATIONAL LEADERS
ON THE TRANSCENDENTAL MEDITATION PROGRAM
AND CONSCIOUSNESS-BASED EDUCATION**

“**A**s a principal and teacher in both private and public schools for the last 28 years, I feel that the Transcendental Meditation program should be an essential component of every educational program for administrators, teachers, and students. For decades I have observed the profound and far-reaching effects of this program when implemented in the schools.

“Its benefits for me personally include being able to remain composed and maintain clarity of thinking in stressful situations; the ability to remain focused on detail while not losing the larger view; a greater appreciation of my good fortune in being a father, son, and teacher; ability to see the good points in ‘difficult’ co-workers and students; and growth of spontaneous feelings of happiness and compassion and the urge to share them.

“I encourage all superintendents and principals to consider implementing the Transcendental Meditation and Consciousness-Based education program to help in realizing their highest educational goals.”

—**Kevin Colgan, former Principal; Social Studies Teacher, School District of Philadelphia, Pennsylvania, USA**

“**T**he way public and private schools are set up today, everything is stressful, and stress leads to violence. My experience using TM with teachers and students is that it relieves the stress and makes teaching and learning a lot easier. If students are required to take social studies, art, or physical education, why aren’t students—and teachers—required to take the TM and Consciousness-Based program? It will make our schools much better, and it will reduce the deep stress that led to school violence and all the other violence and terrorism in the world.”

—**Dr. George Rutherford, public school Principal for over 30 years in Washington, D.C., and Maryland, USA**

“**O**ur staff was taught the Transcendental Meditation (TM) technique for the mental and physical health benefits that result in the work environment with the release of stress. In students, we have seen the TM program enhance study skills, academic performance, critical thinking skills, interpersonal and social skills—all because of the deep rest that the body is receiving. We are looking forward to the years to come when more stress is out of the way.”

—**Carmen N’Namdi, Founder and Principal of School in Detroit, Michigan, USA**

“**O**ur schools need to help teachers and administrators develop effective management skills to enhance student learning in our classrooms. One activity that will dissipate stress and refine our educational efforts is Transcendental Meditation. Transcendental Meditation has been well documented by modern research to reduce stress. It also enhances the development of a more integrated person and produces a more harmonious environment.

(Continues...)

“I have seen TM have a transforming, positive impact upon students, teachers and administrators even within three months. You will find that it will begin to work for you, as you, staff members, and students make use of it.”

—**Dr. Norman Brust, retired Superintendent of Schools and Principal, Afton, Missouri USA**

“**M**aharishi School of the Age of Enlightenment is a world-renowned independent school of the highest caliber academically, akin to the finest independent schools in your state. In fact, the Maharishi School of the Age of Enlightenment routinely is recognized as outstanding in Iowa, since its students frequently take top prizes in state-wide academic competitions (and the school almost always has the state’s top SAT [Scholastic Aptitude Test] scores).

—**Patrick F. Bassett, President, National Association for Independent Schools**

“**C**onsciousness-Based education is unique in the world today because, as scientific research shows, it develops more of the brain’s total potential, thereby allowing the student to be more alert and receptive to knowledge.

“Any educator who wants to see the fruits of Consciousness-Based education should come and visit our school. Not only are our students achieving unprecedented success in academics, the arts, sports, and creative problem-solving; they are also wholesome, caring, responsible individuals, destined for leadership in any profession they enter.”

—**Ashley Deans, Ph.D., Director of Maharishi School of the Age of Enlightenment, Fairfield, Iowa, USA**

“**A**t the Consciousness-Based school in Iowa, I found that because both students and teachers were experiencing their most settled state of consciousness through Transcendental Meditation, communication between teacher and students was easy, relationships were harmonious, and focus on learning came naturally.

“The Consciousness-Based program was clearly developing in the students an innate thirst for learning, improving their critical thinking, creativity, and integration of knowledge; and increasing their happiness, kindness, and compassion. The Consciousness-Based education program, in my view, fulfills the most exalted aspirations of educators everywhere, providing the basis for an ideal society.”

—**Roxie Teague, Master Teacher and Curriculum Developer, Santa Barbara, California USA**

“**I**would highly recommend the use of Consciousness-Based education to help students stay in school. All of the kids in our [Boys and Girls] Clubs who have learned have benefited, and in many cases lives have been completely turned around. Children who were lost and withdrawn began to feel self-assured and able to interact with others. Children who were aggressive began to soften and notice others’ feelings. Children who were hyperactive and scattered became more focused and able to follow instructions. I would recommend it to any club or school that is trying to help youngsters grow up and take responsibility for their lives.”

—**Dave Felicy, Director, Boys and Girls Club, Nebraska, USA**