

INTERNATIONAL FOUNDATION  
OF CONSCIOUSNESS-BASED EDUCATION

**Summary of  
Scientific Research on  
*Consciousness-Based*<sup>SM</sup>  
Education**

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



*Bringing perfection to education in every nation  
through study and research in consciousness*

# Summary of Scientific Research on *Consciousness-Based Education*

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

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## INTRODUCTION

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### Consciousness-Based education program fulfills fundamental needs

**T**his scientifically documented program, founded by Maharishi Mahesh Yogi and applied for over four decades worldwide, fulfills fundamental needs in education.

This program 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. This effect is greatly enhanced by group practice of the advanced Transcendental Meditation Sidhi program.

### **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; and later the TM-Sidhi program.
- A course of study, taught once or twice per week, which presents universal principles—natural laws—that are 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 250 universities and research institutes in 33 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)

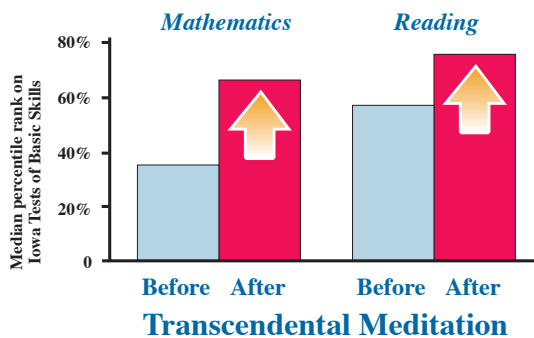
- Cognitive Orientation towards Positive Values (16)
- Improved Problem-Solving Ability (2)

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

### 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.

#### Increased Creativity

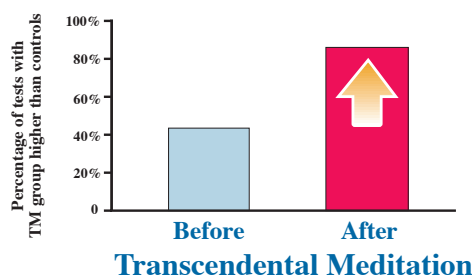
- Enhanced Creativity (2, 5, 21)
- Increased Innovation (2)
- Increased Cognitive Flexibility (9)

#### Higher Levels of Brain Functioning

- Mobilization of the Hidden Reserves of the Brain: Wider Distribution of the Brain's Response to Sensory Input (22)
- Increased Neurological Efficiency:
  - Increased Efficiency of Information Transfer in the Brain (14, 23–28)

### 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.

- Improved Spinal Reflex Activity (29–30)
- Improvements in Reaction-Time Measures Correlated with Intelligence (7)

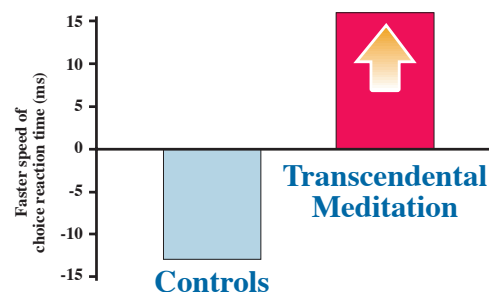
- Greater Adaptability of Brain Functioning (31)
- Faster Processing of Cognitively Complex Information in the Elderly (9)
- Increased Efficiency and Decreased Age-Related Deterioration of Cognitive Information Processing as Measured by Event-Related Brain Potentials (14)
- Increased Blood Flow to the Brain (103)
- Increased EEG Coherence—Integration of Brain Functioning (104–105)
- 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)

### 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.

- Between High EEG Coherence, High Levels of Principled Moral Reasoning, and a Unified Cosmic Perspective on Life (33)

#### 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

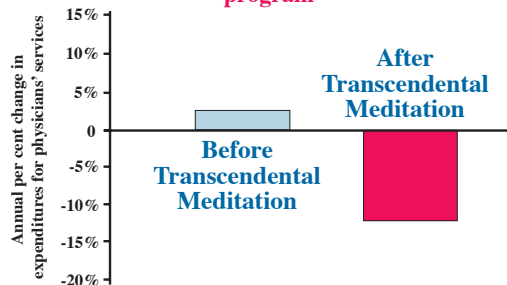
- Increased Energy and Enthusiasm (2, 42, 44)
- Increased Physical and Mental Well-Being (9, 45–47)
- Decreased Fatigue (42)

### Improved Health

- Lower Health Insurance Utilization Rates: Significantly Fewer Hospital Inpatient Days and Outpa-

### Decreased Health Care Expenditures

through the Transcendental Meditation program



A study of 1418 people in the province of Québec, Canada who learned the Transcendental Meditation program found that after learning the program, in contrast to matched controls, government payments for physicians' services declined significantly, by 13.8% per year. Reference: *American Journal of Health Promotion* 14: 284–291, 2000.

tient Visits in All Age Categories; Fewer Inpatient Admissions for All Major Categories of Disease (47)

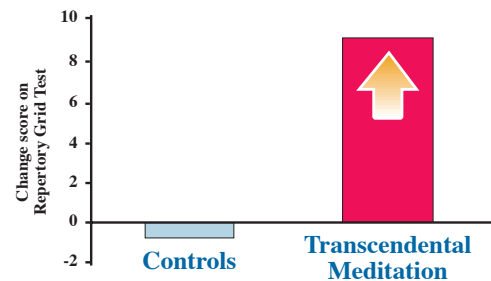
- Longitudinal Reduction in Health Care Costs (48)
- Improved Self-Health Rating (9, 42, 45–46, 49)

### Increased Integration of Personality

- Increased Self-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

### 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.

Advanced Participants in the *Transcendental Meditation Program* (50)

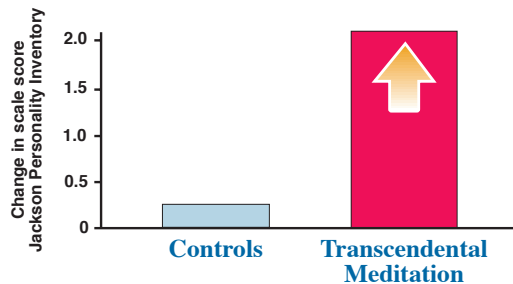
- Orientation towards Positive Values: Better Recall for Positive than Negative Words; Lower Recognition Thresholds for Positive Words than Negative Words; More Positive Appraisal of Others (16)
- Increased Inner-Directedness: Greater Independence and Self-Supportiveness (38–40)
- Increased Autonomy 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)



### 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.

- Decreased Drug Abuse (43, 66–69, 73)

#### Growth of Ideal Social Behavior

- 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 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.

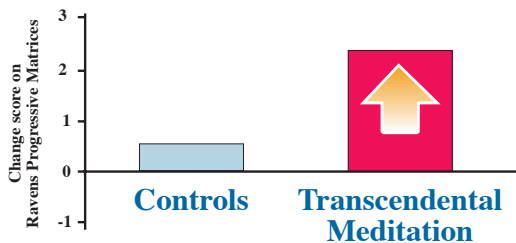
• **Development of intelligence—Increased IQ among university students.** University students practicing the Transcendental Meditation program increased significantly in intelligence compared to control subjects from another nearby university (7). This finding corroborates other studies showing increased 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 achieve-

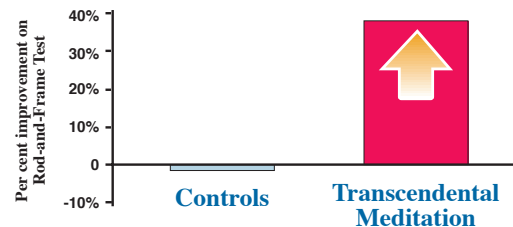
### Increased Intelligence in Secondary School Students through the Transcendental Meditation program



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.

ment on national standardized tests (17–18); improved cognitive abilities (12); and 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 pro-

gram 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 substance abuse and antisocial behavior through the Transcendental Meditation program. An 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.

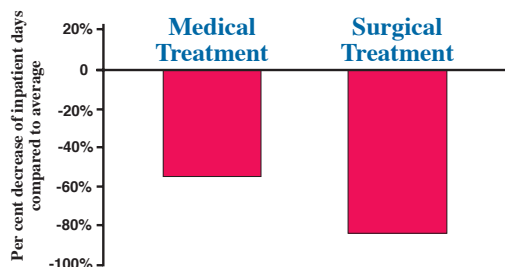
## 3. BENEFITS FOR TEACHERS AND ADMINISTRATORS

*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 hypertension, 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 care utilization, as compared to matched controls, as well as lower sickness rates in 17

### 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.

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.

Longitudinal research in Canada demonstrated an average reduction of 13.8% per year in health care costs among those who learned the Transcendental Meditation technique, in comparison to matched controls and controlling for inflation (48).

• **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).

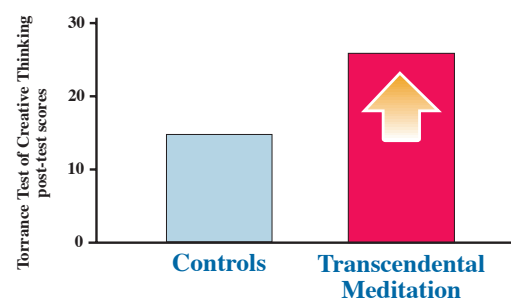
• **Increasing teacher creativity, personal satisfaction, and self-actualization.**

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.

### Increased Creativity through the Transcendental Meditation program

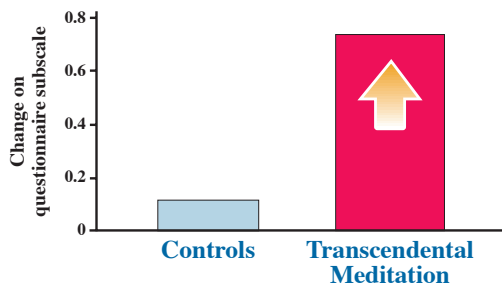


Individuals who learned the Transcendental Meditation program showed increased creativity in comparison to controls as measured by a higher level of pictorial originality after five months of practice. They also showed increased creativity as measured by higher levels of pictorial flexibility and verbal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



### 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 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).

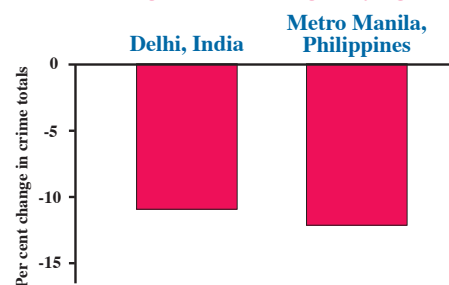
In addition to the increases in employee satisfaction, the cost savings due to reduced illness and health care utilization by people practicing the Transcendental Meditation program, as described above, are sufficient to warrant the inclusion of this technology in any administrator or teacher development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

such meta-analyses on the effects of the Transcendental Meditation program in comparison to other techniques are described below.

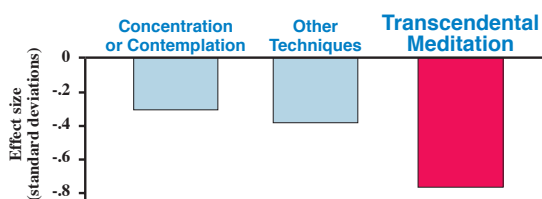
(1) **Physiological rest.** A meta-analysis published in *American Psychologist* reviewed 31 studies, and found that the Transcendental Meditation technique produces more than twice the degree of physiological rest produced by simply sitting with eyes closed (98).

(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.

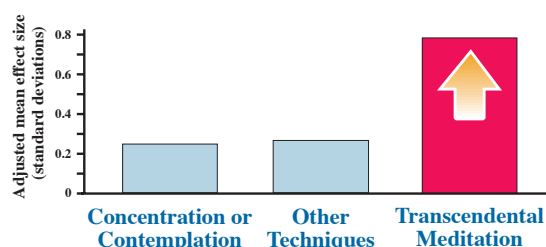
alertness, which releases accumulated stress and increases the stability and flexibility of the nervous system (98).

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

### 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

### Examples from the United States, United Kingdom, and India

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 Schools of the Age of Enlightenment in Fairfield, Iowa, U.S.A. and in Lancashire, England, and Maharishi Vidya Mandir Schools in India; and at the university level from Maharishi University of Management, Fairfield, Iowa, U.S.A.

A similar level of success is seen in Maharishi Schools in other locations in Europe, South America, Asia, and Australia.

#### **Maharishi School in Fairfield, Iowa, U.S.A.** *Founded in 1974*

- **Academic Awards.** In the past decade, students at Maharishi School have won well over 100 international, national, and state titles in the areas of science, mathematics, speech, drama, writing, poetry, spelling, art, photography, history, chess, tennis, golf, track, and international problem-solving competitions.

- **Highest national and state rankings.** Despite the fact that the school has no academic admission tests, the secondary students in Maharishi School consistently score in the top 1% the nation and in Iowa on standardized tests of academic development (ITED). Almost 100% of the graduates are accepted at four-year colleges and universities, resulting in the Iowa Department of Education awarding the school with special accreditation

status as a college preparatory school. Maharishi School was recognized by the main newspaper in Iowa, the Des Moines Register, as one of the top five in the state for the performance of their graduates as freshmen at Iowa public universities.

- **Outstanding Creative Achievements.** The exceptional creativity of students in Consciousness-Based Schools is evidenced in their success in competitions.

For example, Maharishi School students have won the state championship in a competition in which students design, develop, and build robots; they have been recognized as Iowa Young Writer of the Year and Iowa Young Poet of the Year; and have won first place in the high school category of the Iowa Poetry Association contest.

In the fine arts Maharishi School students have been awarded the "Congressional Art Award" grand prize four times; the grand prize in the International Photo Imaging Education Association competition; and more awards in the Iowa High School Large Group Speech Competition than any school since the competition began 40 years ago.

- **Sports achievements.** In sports, the school's girls and boys basketball teams have won the district championship a combined total of five times; the School has won the state championship in boys' golf for both team and individual; and boys and girls tennis players from Maharishi School have won a combined total of 17 state championships over the past 20 years.

#### **Maharishi School of the Age of Enlightenment Skelmersdale, Lancashire, U.K.** *Founded in 1986*

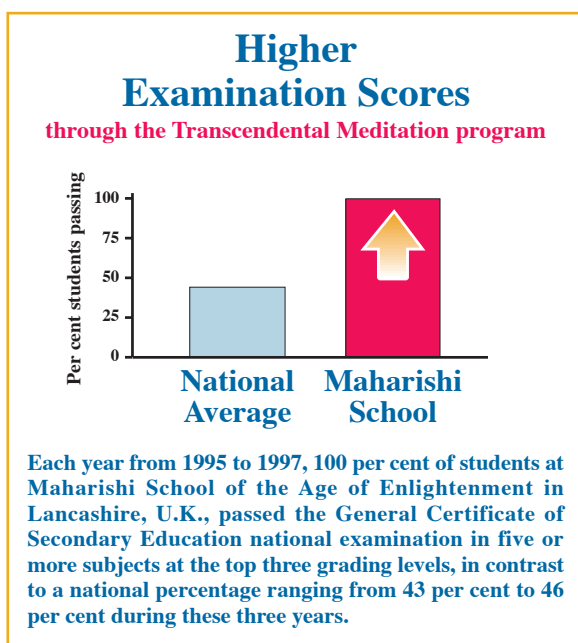
- **Academic achievements.** Since 1990, when the Maharishi School in Skelmersdale started entering pupils in the General Certificate of Secondary Education (GCSE) examinations, the following results are particularly noteworthy:

The percentage of GCSE passes at grades A or

A+ at the Maharishi School since 1990 is 39%, while nationally the figure is 14% over the same period.

The percentage at grades A to C from pupils at the Maharishi School since 1990 is 87%; nationally the figure is 54%.

Since 1990, the percentage of pupils at the Maharishi School gaining 5 or more passes at grades A to C is 89%, while the national figure is 44.6%.



In summary, pupils at the Maharishi School pass examinations at grades A or A+ at almost 3 times the national rate. Passes at grades A to C are almost 60% higher than the national average; while the percentage of pupils passing 5 or more GCSE examinations at grades A+ to C is double the national average rate.

Pupils of the School continue to win top awards in the annual U.K. Mathematics Challenge involving over 200,000 students.

• **Outstanding achievements in poetry and creative writing.** Maharishi School pupils continue to win prizes for poetry and creative writing in national competitions. So many poetry prizes have been won that the poems have been collected in an anthology and published with an introduction by the Poet Laureate of the nation.

### **Maharishi Vidya Mandir Schools and Maharishi Universities in India**

In India, the system of Maharishi Vidya Mandir schools founded in 1991 is the largest private educational system in the country, offering the Central Board of Secondary Education (CBSE) curriculum together with the approach of Consciousness-Based education. There are currently more than 145 schools in 17 states of India, enrolling over 100,000 students.

Students have distinguished themselves by receiving highest awards in academic examinations, science, poetry, sports, and other areas.

Most branches achieved 100% result in the CBSE class 10 and 12 exams. Hundreds of Maharishi Vidya Mandir students have obtained 95–100% marks in various subjects and have achieved positions in district, state, and national merit lists.

Several hundred students have succeeded in national-level prestigious admission entrance test exams, including Common Admission Test, Indian Institute of Technology, Central Pre-Medical Test, State Pre-Medical Test, National Defence Academy, Indian Military Academy, All India Engineering Entrance Exam, and many other such tests and exams.

Maharishi Mahesh Yogi Vedic University in the state of Madhya Pradesh (established by state act in 1995), and Maharishi University of Management and Technology in the state of Chhattisgarh (established in 2002 by state act) enroll over 20,000 students. Maharishi Institute of Management has over 1,000 students in five branches.

### **Maharishi University of Management in Fairfield, Iowa, U.S.A.— Founded in 1971**

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 of Colleges and Schools, the largest and oldest educational accrediting organization in the United States.



• **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).

• **Educational excellence.** The National Survey of Student Engagement, the most comprehensive assessment of effective practices in higher education, found that Maharishi University of Management is among the top U.S. bachelor and master degree institutions in the survey’s “benchmarks of educational practice,” based on data from surveys of 135,000 senior students at 613 colleges and universities between 2000 and 2002. Maharishi University of Management was among the top 3% in “active and collaborative learning,” among the top 7% in “student-faculty interaction,” among the top 4% in “enriching educational experiences,” among the top 8% in “supportive campus environment,” and among the top 26% in “level of academic challenge.”

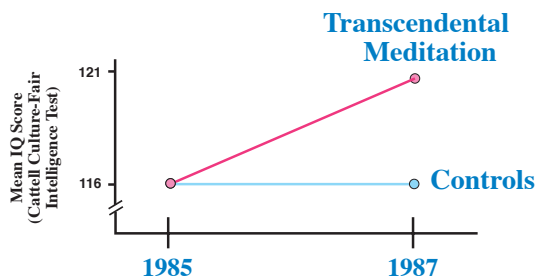
Students also expressed significantly higher satisfaction with their education in contrast to the national reference group of 1000 colleges and universities, as evaluated by the American College Testing Service. For example, among Maharishi University of Management graduates, compared to norms, 39% more student said they would definitely choose the university again, 54% more said the university prepared them exceptionally well for their further education, 35% more said the university prepared them very well for their present occupation, and 64% more said the university prepared them very much to care for their own physical and mental health.

• **Student Achievements.** Graduates of Maharishi University of Management have continued their education at over 130 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.

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.

### Development of Intelligence

Increased IQ in University Students  
through the Transcendental Meditation program

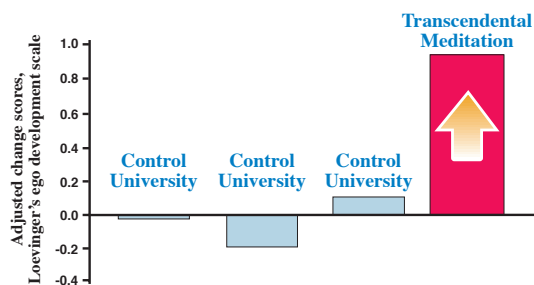


Maharishi University of Management students who were practicing the Transcendental Meditation and TM-Sidhi programs displayed a significant increase in intelligence in contrast to control students.

Reference: *Personality and Individual Differences* 12:1105-1116, 1991.

### Increased Self-Development

through the Transcendental Meditation program



Maharishi University of Management students who were practicing the Transcendental Meditation and TM-Sidhi programs increased significantly in 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: *Journal of Social Behavior and Personality* 17: 93–121, 2005



## 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 students' 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 a harmonious, peaceful nation.

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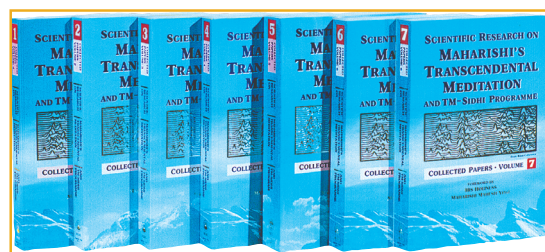


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## SUMMARY OF SCIENTIFIC RESEARCH ON CONSCIOUSNESS-BASED EDUCATION

**T**he effectiveness of Consciousness-Based education has been validated by hundreds of research studies and 50 years of educational experience. The holistic benefits produced by this approach can easily be gained by any university or school by adding one period per day of study and research in consciousness to the existing curriculum.

### **For information about implementing the Consciousness-Based education program:**

#### **International Foundation of Consciousness-Based Education**

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