

INTERNATIONAL FOUNDATION
OF CONSCIOUSNESS-BASED EDUCATION



SCIENTIFIC RESEARCH
FINDINGS
ON THE
TRANSCENDENTAL
MEDITATION PROGRAM
IN EDUCATION

Summary of 40 years of research findings
on the Transcendental Meditation
and Transcendental Meditation Sidhi programs

*More than 600 scientific research studies,
conducted at over 250 universities
and research institutes in 33 countries*

Scientific Research Findings on the Transcendental Meditation® program in Education

The Transcendental Meditation program has been applied in schools and universities worldwide for the past 50 years. As verified by hundreds of scientific research studies and outstanding educational achievements, the Transcendental Meditation and advanced TM-Sidhi program systematically and holistically unfold the latent creative potential of students and teachers, irrespective of their social or educational background.

Mentally, the students become more alert, receptive, and intellectually keen. Physically they become more balanced, calm, and vital; damaging habits spontaneously decline. Emotionally, they become more tolerant, appreciative, confident, and happy; and the influence of the whole school population practicing these technologies creates an environment that is orderly, harmonious, and positive—an environment most conducive to learning and to developing students' unique abilities.

Particularly significant for society as a whole is the repeated scientific finding that when large groups practice the Transcendental Meditation and TM-Sidhi programs together in one place, negative and disorderly social trends measurably decrease and positive trends increase. Schools incorporating this technology thus benefit not only the students and teachers individually; they radiate a beneficial influence in the community and—if many schools participate—in the entire country. Through such schools, national consciousness can become so integrated that no chaotic or weakening influences from within the country or outside its borders can take hold—the nation will become increasingly invincible.

Extensive Scientific Research Validating the Benefits

The unique effectiveness of the Transcendental Meditation and TM-Sidhi programs in education has been scientifically documented over the past 40 years. More than 600 scientific research studies, conducted at over 250 universities and research institutes in 33 countries, verify the profound benefits of Consciousness-Based education for all aspects of individual life and society.

The selected research findings on the following pages are particularly relevant to education.

Note: The numbers in parentheses after each of the following findings indicate the references of the original research papers, which are listed at the end of this document.

1. Improved Brain Functioning, Increased Intelligence, and Improved Academic Performance

Greater Use of Total Brain Functioning

- Mobilization of the Hidden Reserves of the Brain (1)
- Increased Efficiency of Information Transfer in the Brain (2–5)
- Greater Adaptability of Brain Functioning (6)
- Increased Blood Flow to the Brain (7)
- Increased Coherence of Brain Functioning (8–9)
- Maximum Coherence of Brain Wave Activity (Electroencephalogram—EEG) During Yogic Flying Practice of the TM-Sidhi Program (10–11)

Increased Intelligence and Mental Ability

- Increased Intelligence (12–16)
- Improved Memory (17–18)
- Accelerated Cognitive Development in Children (19–20)
- Increased Efficiency of Concept Learning (21)
- Broader Comprehension and Improved Ability To Focus Attention—Increased Field Independence (22–23)

Increased Creativity

- Enhanced Creativity (13, 24–25)
- Increased Innovation (13)
- Increased Cognitive Flexibility (17–18)

Improved Attention and Reduced Distraction

- Decreased Distraction Effects in EEG (26)
- More Effective Executive Functioning of the Brain Indicated by Diminished EEG Distraction Effects (27)
- More Efficient Attention Deployment During Choice Reaction Time Task (28)

Improved Academic Performance

- Improved Academic Performance in Elementary and Secondary School (29–30)
- Improved Academic Performance in College and Post-Graduate Study (31–32)
- Improved Educational Outcomes—Primary and Secondary School Students Performing in the top 1% on National Standardized Tests; Secondary School Students Winning State Competitions in All Academic Areas, and in Athletics (79)
- Increased Time Competence: Increased Ability To Think and Act Efficiently in the Present (33–35)
- Increased Efficiency and Productivity (36–37)

2. Increased Integration of Personality

Growth of Positive Qualities

- Increased Self-Actualization: Increased Integration, Unity, and Wholeness of Personality (33–35)
- Higher Levels of Self Development (38)
- Orientation towards Positive Values (39)
- Enhanced Self-Regard and Self-Esteem (13, 40–42)
- Enhanced Inner Well-Being (17)
- Increased Emotional Stability (43–45)

Reduction of Negative Qualities

- Decreased Anxiety (13, 37, 44–47)
- Decreased Tension (37, 43)
- Decreased Depression (40, 43–44)
- Decreased Hostility and Aggression (48–49)
- Decreased Impulsiveness (50)
- Less Sensitivity to Criticism (40)

3. Improved School-Related Behavior

Reduced Behavior Problems in School

- Decreased Absenteeism (51)
- Decreased Rule Infractions (51)
- Decreased Suspension Days (51)
- Decreased Dropout Rate from School in Economically Deprived Adolescents with Learning Problems (41)
- Decreased Use of Cigarettes, Alcohol, and Drugs (37, 44, 52–53)

Growth of Ideal Social Behavior

- Increased Tolerance (13, 54)
- Increased Capacity for Warm Interpersonal Relationships (34, 43, 54)
- Improved Work and Personal Relationships (37)
- Improved Interpersonal Behavior of Juvenile Offenders (42)
- Decreased Verbal Hostility (54)
- Decreased Tendency to Assault (54)

Benefits in Special Education

- Improvements in Autism: Decreased Echolalic Behavior (55)
- Benefits for Subjects with Intellectual Disabilities: Improved Social Behavior; Improved Cognitive Functioning; Increased Intelligence; Improved Physical Health (56, 57)

4. Improved Health

Improved Mind-Body Coordination

- Faster Reactions (58–60)
- Increased Psychomotor Speed (61)

Increased Energy and Dynamism

- Increased Energy and Enthusiasm (13, 37, 54)
- Increased Physical and Mental Well-Being (17, 50)
- Decreased Fatigue (37)

Reduction of Stress-Related Health Problems

- Reduction of High Blood Pressure in Adolescents and Adults (62–64)
- Decreased Insomnia (65)

Reduction of Health Care Costs

- Lower Health Insurance Utilization Rates: Significantly Fewer Hospital Inpatient Days, and Outpatient Visits in All Age Categories; Fewer Inpatient Admissions for All Major Categories of Disease (66)
- Longitudinal Reduction in Health Care Costs (67)

5. Benefits for Society: Creating an Influence of Coherence and Harmony in Collective Consciousness

Many research studies verify that when large groups of individuals—the square root of one percent of the population—practice the Transcendental Meditation and TM-Sidhi programs with Yogic Flying together in one place, they radiate a measurable influence of coherence in the whole society:

- Reduced Crime (68–71)
- Reduced Deaths due to Homicides, Suicides, and Accidents (72)
- Improved Overall Quality of Life (70, 73–75)
- Improved Economic Trends (76)
- Reduced Conflict and Violence (70, 77–78)

Educational institutions can be a continuous source of harmony and peace for the whole society. The above findings indicate that by adding the Transcendental Meditation and TM-Sidhi programs to the existing curriculum, the educational institutions of a country can create and maintain a steady influence of positivity, prosperity, and peace for the nation as a whole. As the students are individually rising to their full creative potential, at the same time they are contributing directly toward the full flowering of their society’s potential—even while they are students.

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