

List of Scientific Research on the Maharishi Effect

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This is a list of 118 papers on the Maharishi Effect, the effects of individuals or groups practicing the Transcendental Meditation and/or TM-Sidhi programs on conflict-related variables and other social indicators. There are fifty-five papers published in peer-reviewed journals or professional conference proceedings, thirty-eight papers published in research anthologies (principally in *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers*), four papers on physiological variables, and twenty-one theoretical and review papers.

Papers Published in Peer Reviewed Journals or Professional Conference Proceedings

2023. Dillbeck, M. C., & Cavanaugh, K. L. (2023). Empirical Evaluation of the Possible Contribution of Group Practice of the Transcendental Meditation and TM-Sidhi Program to Reduction in Drug-Related Mortality. *Medicina*, 59, 1-32.

2022. Orme-Johnson, D. W., Cavanaugh, K. L., Dillbeck, M. C., & Goodman, R. S. (2022). Field-effects of consciousness: A seventeen-year study of the effects of group practice of the Transcendental Meditation and TM-Sidhi programs on reducing national stress in the United States. *World Journal of Social Science*, 9(2), 1-38.

2022. Cavanaugh, K. L., Dillbeck, M. C., & Orme-Johnson, D. W. (2022). Evaluating a field theory of consciousness and social change: Group: Practice of transcendental meditation and homicide trends. *Studies in Asian Social Science*, 8(1), 1-32.

2019. Gelderloos, P., Cavanaugh K.L., Frid, M. & Xue, X. (2019). Warming U.S.-Soviet relations during the Cold War as measured by U.S. presidential statements: Impact of the group

practice of the Transcendental Meditation-Sidhi program. *Journal of Maharishi Vedic Research Institute*, 9, 93-134.

2019. Fergusson, L., & Cavanaugh, K. L. (2019). Socio-political violence in Cambodia between 1990 and 2008: An explanatory mixed methods study of social coherence. *Studies in Asian Social Science*, 6(2), 1-45.

2018. Cavanaugh, K. L., Gelderloos, P., & Dillbeck, M.C. (2018). Group practice of the Transcendental Meditation-Sidhi program and improved U.S.-Soviet relations. *Journal of Maharishi Vedic Research Institute*, 8, 125–164.

2017. Cavanaugh, K. L., & Dillbeck, M. C. (2017). Researching US urban murder rates and group practice of the Transcendental Meditation and TM-Sidhi program: Evaluation of a prospective quasi-experiment. *Journal of Maharishi Vedic Research Institute*, 5, 11-40.

2017. Dillbeck MC, Cavanaugh KL. (2017). Group Practice of the Transcendental Meditation® and TM-Sidhi® Program and Reductions in Infant Mortality and Drug-Related Death: A Quasi-Experimental Analysis. *SAGE Open*, January-March:1-15.

2017. Cavanaugh KL, Dillbeck MC. (2017). Field Effects of Consciousness and Reduction in U.S. Urban Murder Rates: Evaluation of a Prospective Quasi-Experiment. *Journal of Health and Environmental Research*, 3(3-1):32-43.

2017. Cavanaugh KL, Dillbeck MC. (2017). The contribution of proposed field effects of consciousness to the prevention of U.S. accidental fatalities: Theory and empirical tests. *Journal of Consciousness Studies*, 24(1-2):53–86.

2017. Hatchard, G., & Cavanaugh, K. L. (2017). The Effect of Coherent Collective Consciousness on National Quality of Life and Economic Performance Indicators—An Analysis of the IMD Index of National Competitive Advantage. *Journal of Health and Environmental Research*, 3(3-1):16-31.

2016. Fergusson, L. (2016). The impact of Maharishi Vedic University on Cambodian economic and social indicators from 1980 to 2015. *Journal of Maharishi Vedic Research Institute*, 2:77-135.

2016. Fergusson, L. (2016). Vedic science-based education, poverty removal and social well-being: A case history of Cambodia from 1980 to 2015. *Journal of Indian Education (Journal of the National Council of Educational Research and Training)*, 41(4), 16-45.

2016. Orme-Johnson DW. (2016). Factor analysis of social indicators in the Middle East: Effects of cultural, military, political, and climatic events and group practice of the Transcendental Meditation and TM-Sidhi programs. *Journal of Maharishi Vedic Research Institute*, 1(1).

2016. Dillbeck MC, Cavanaugh KL. (2016). Societal violence and collective consciousness: Reduction of U.S. homicide and urban violent crime rates. *SAGE Open*, April-June:1-16.

2005. Davies, J. L., and C. N. Alexander (2005). Alleviating political violence through reducing collective tension: Impact Assessment analysis of the Lebanon war. *Journal of Social Behavior and Personality*, 2005, 17: 285-338.

2003. Orme-Johnson, D. W., M. C. Dillbeck, C. N. Alexander, H. M. Chandler, and R. W. Cranson (2003). Effects of large assemblies of participants in the Transcendental Meditation and TM-Sidhi program on reducing international conflict and terrorism. *Journal of Offender Rehabilitation*, 36 (1/2/3/4):283-302.

1999. J. S. Hagelin, M.V. Rainforth, D. W. Orme-Johnson, K. L. Cavanaugh, C. N. Alexander, S. F. Shatkin, et al. (1999). Effects of group practice of the Transcendental Meditation program on preventing violent crime in Washington, DC: Results of the National Demonstration Project, June–July 1993. *Social Indicators Research*, 47(2):153-201.

1997. Goodman R. S., D. W. Orme-Johnson, M. S. Rainforth, and D. H. Goodman (1997). Transforming political institutions through individual and collective consciousness: The Maharishi Effect and government. *Annual Meeting of the American Political Science Association*; Washington, D.C.

1996. Hatchard, G. D., A. J. Deans, K. L. Cavanaugh, and D. W. Orme-Johnson (1996). The Maharishi Effect: A model for social improvement. Time series analysis of a phase transition to reduced crime in Merseyside metropolitan area. *Psychology, Crime & Law*; 2(3):165-174.

1996. Dillbeck, M. C., and M. V. Rainforth (1996). Impact assessment analysis of behavioral quality of life indices: Effects of group practice of the Transcendental Meditation and TM-Sidhi program. *Proceedings of the American Statistical Association, Social Statistics Section*, 38–43.

1995. Assimakis P., and M. C. Dillbeck (1995). Time series analysis of improved quality of life in Canada: Social change, collective consciousness, and the TM-Sidhi program. *Psychological Reports*, 76:1171-1193.

1992. Cavanaugh, K. L. (1992). Maharishi's Vedic Science and Technology: Promoting economic development and world peace. *Modern Science and Vedic Science*; 5(1-2):172-181.

1990. Orme-Johnson, D. W., C. N. Alexander, and J. L. Davies (1990). The effects of the Maharishi Technology of the Unified Field: Reply to a methodological critique. *Journal of Conflict Resolution*, 34:756–768.

1990. Gelderloos, P., K. L. Cavanaugh, and J. L. Davies (1990). The dynamics of U.S.-Soviet relations, 1979–1986: A simultaneous transfer function analysis of U.S.-Soviet

relations: A test of the Maharishi Effect. *Proceedings of the American Statistical Association, Social Statistics Section*, 297–302.

1990. Dillbeck, M. C. (1990). Test of a field theory of consciousness and social change: Time series analysis of participation in the TM-Sidhi program and reduction of violent death in the U.S. *Social Indicators Research*, 22:399–418.

1990. Reeks, D. (1990). Improved Quality of Life in Iowa through the Maharishi Effect. *Dissertation Abstracts International*, 51(12):6155B.

1989. Cavanaugh K. L., K. D. King, and C. Ertuna (1989). A multiple-input transfer function model of Okun's misery index: An empirical test of the Maharishi Effect. *Proceedings of the American Statistical Association, Business and Economics Statistics Section*:565-570.

1989. Cavanaugh, K. L., K. D. King, and B. D. Titus (1989). Consciousness and the quality of economic life: empirical research on the macroeconomic effects of the collective practice of Maharishi's Transcendental Meditation and TM-Sidhi program. *Proceedings of the Midwest Management Society* (Chicago, IL: Midwest Management Society), 183-190.

1988. Orme-Johnson, D. W., C. N. Alexander, J. L. Davies, H. M. Chandler, and W. E. Larimore (1988). International peace project in the Middle East: The effect of the Maharishi Technology of the Unified Field. *Journal of Conflict Resolution*, 32(4):776–812.

1988. Cavanaugh, K. L. and K. D. King. (1988). Simultaneous transfer function analysis of Okun's misery index: improvements in the economic quality of life through Maharishi's Vedic Science and technology of consciousness. *Proceedings of the American Statistical Association, Business and Economics Statistics Section*.

1988. Gelderloos, P., M. J. Frid, P. H. Goddard, X. Xue, and S. A. Lölinger (1988). Creating world peace through the collective practice of the Maharishi Technology of the Unified Field: Improved U.S.-Soviet relations. *Social Science Perspectives Journal*, 2(4):80–94.

1988. Dillbeck, M. C., C. B. Banus, C. Polanzi, and G. S. Landrith III. (1988) Test of a field model of consciousness and social change: The Transcendental Meditation and TM-Sidhi program and decreased urban crime. *The Journal of Mind and Behavior*, 9(4):457–486.

1988. Orme-Johnson, D. W., and P. Gelderloos (1988). The long-term effects of the Maharishi Technology of the Unified Field on the quality of life in the United States (1960 to 1983). *Social Science Perspectives Journal*, 2(4):127-146.

1987. Dillbeck, M. C., K. L. Cavanaugh, T. Glenn, D. W. Orme-Johnson, and V. Mittlefehldt (1987). Consciousness as a field: The Transcendental Meditation and TM-Sidhi program and changes in social indicators. *The Journal of Mind and Behavior*, 8(1):67–104.

1987. Cavanaugh, K. L. (1987). Time series analysis of U.S. and Canadian inflation and unemployment: A test of a field-theoretic hypothesis. *Proceedings of the American Statistical Association, Business and Economics Statistics Section*, 799-904.

1981. Dillbeck, M. C., G. S. Landrith III, and D. W. Orme-Johnson (1981). The Transcendental Meditation program and crime rate change in a sample of forty-eight cities. *Journal of Crime and Justice*, 4:25–4

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1989. Alexander, C. N., T. M. Nader, K. L. Cavanaugh, J. L. Davies, M. C. Dillbeck, R. J. Kfoury, et al. (1989). The effect of the Maharishi Technology of the Unified Field on the war in Lebanon: A time series analysis of the influence of international and national coherence creating assemblies. *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers* 2687-2714.

1989. Davies, J. L., and C. N. Alexander. (1989) The Maharishi Technology of the Unified Field and improved quality of life in the United States: A study of the First World Peace Assembly, Amherst, Massachusetts, 1979. *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers*, 4, 2549-2563.

1989. Nader, T. M., C. N. Alexander, and J. L. Davies. (1989). The Maharishi Technology of the Unified Field and reduction of armed conflict: A comparative, longitudinal study of Lebanese villages. *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers*, 4, 2623-2634.

1989. Orme-Johnson, D. W., K. L. Cavanaugh, C. N. Alexander, P. Gelderloos, M. C. Dillbeck, A. G. Lanford, et al. (1989). The influence of the Maharishi Technology of the Unified Field on world events and global social indicators: The effects of the Taste of Utopia Assembly. *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers*, 4, 2730-2762.

1989. Orme-Johnson, D. W., M. C. Dillbeck, J. G. Bousquet, and C. N. Alexander. (1989). An experimental analysis of the application of the Maharishi Technology of the Unified Field in major world trouble spots: Increased harmony in international affairs. *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers*, 4, 2532-2548.

1989. Burgmans, W. H. P. M., A. T. Van Der Burgt, F. P. T. Langenkamp, and J. H. Verstagen. (1989). Sociological effects of the group dynamics of consciousness: Decrease of crime and traffic accidents in Holland. *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers*, 4, 2566-2582.

1989. Dillbeck, M. C. (1989). The Transcendental Meditation program and a compound probability model as predictors of crime rate change. *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers*, 4, 2496-2514.

1989. Hatchard, G. Influence of the Transcendental Meditation program on crime rate in suburban Cleveland. (1989). *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers*, 4, 1199-1204.

1989. Lanford, A. G. (1989). Reduction in homicide in Washington, D. C. through the Maharishi Technology of the Unified Field, 1980-83: A time series analysis. *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers*, 4, 2600-2608.

1989. Beresford, M. S., and G. Clements. (1989). The group dynamics of consciousness and the U.K. stock market. *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers*, 4, 2616-2622.

1989. Cavanaugh, K. L., D. W. Orme-Johnson, and P. Gelderloos. (1989). The effect of the Taste of Utopia Assembly on the World index of international stock prices. *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers*, 4, 2715-2729.

1989. Dillbeck, M. C., W. E. Larimore, and R. K. Wallace. (1989). A time series analysis of the effect of the Maharishi Technology of the Unified Field: Reduction of traffic

fatalities in the United States. *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers*, 4, 2589-2599.

1989. Landrith III, G. S., and M. C. Dillbeck (1989). The growth of coherence in society through the Maharishi Effect: Reduced rates of suicides and auto accidents. *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers*, 4, 2479-2486.

1989. Lanford, A. G. (1989). The effect of the Maharishi Technology of the Unified Field on stock prices of Washington, D.C. area based corporations, 1980-83: A time series analysis. *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers*, 4, 2609-2615.

1984. Dillbeck, M. C., Larimore, W. E., & Wallace, R. K. (1984). A time series analysis of the effect of the Maharishi Technology of the Unified Field: Reduction of traffic fatalities in the United States. *Scientific research on the Transcendental Meditation and TM-Sidhi programme: Collected papers*, 4, 2589-2599.

1983. Dillbeck, M. C.; Foss, A. P. O.; and Zimmermann, W. J. (1983). Maharishi's Global Ideal Society Campaign: Improved quality of life in Rhode Island through the Transcendental Meditation and TM-Sidhi program. *Scientific research on the Transcendental Meditation and TM-Sidhi programme: Collected Papers*, 4, 2521-2531.

1977. Borland, C. L., and G. S. Landrith III. (1977). Improved quality of life through the Transcendental Meditation program: Decreased crime rate. *Scientific Research on the Transcendental Meditation Program : Collected Papers* 1, 651-658.

Papers on Physiological Effects

2005. Walton, K. G., K. L. Cavanaugh, and N. D. Pugh (2005). Effect of group practice of the Transcendental Meditation program on biochemical indicators of stress in non-meditators: A prospective time series study. *Journal of Social Behavior and Personality* 2005;17(1):339-376.

1989. Travis, F. T., and D. W. Orme-Johnson (1989). Field model of consciousness: EEG coherence changes as indicators of field effects. *International Journal of Neuroscience* 1989; 49:203-211.

1988. Pugh, N. D., K. G. Walton, and K. L. Cavanaugh (1988). Can time series analysis of serotonin turnover test the theory that consciousness is a field? *Society of Neuroscience Abstracts* 1988; 14:372.

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Reviews, Theoretical Papers, and Critiques

2018. Orme-Johnson, D. W., & Fergusson, L. (2018). Global impact of the Maharishi Effect from 1974 to 2017: Theory and research. *Journal of Maharishi Vedic Research Institute*, 8, 13–79.

2009. Leffler, D. (2009). A new role for the military: Preventing enemies from arising—reviving an ancient approach to peace. *Journal of Management and Social Sciences*, 5, 153–162.

2005. Orme-Johnson, D. W. (2005). Section introduction: Collective Consciousness and Peace Studies. *Journal of Social Behavior and Personality* 2005; 36(1/2/3/4):277-283.

2005. Orme-Johnson, D. W. (2005). Preventing crime through the Maharishi Effect. *Journal of Offender Rehabilitation*, 2005; 36(1/2/3/4): 257-281.

2005. Brown, C. L. (2005). Overcoming barriers to use of promising research among elite Middle East policy groups. *Social Behavior and Personality*, 489-544.

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1997. Orme-Johnson, D. W. (1997). Transcendental Meditation as an epidemiological approach to drug and alcohol abuse: Theory, research, and financial impact evaluation. *Alcoholism Treatment Quarterly* 1994; 11:119-165.

1997. Leffler, D. R. (1997) A Vedic approach to military defense: Reducing collective stress through the field effects of consciousness. Doctoral Dissertation, The Union Institute, Cincinnati, Ohio, 1997. Dissertation Abstracts International 1997; 58(08):3298A. Available at: <http://www.davidleffler.com/doctoraldissertation.html>

1997. Kleinschnitz, K. G. (1997). An Investigation into Field Effects of Consciousness from the Perspective of Maharishi's Vedic Science and Physics, 1997, Maharishi University of Management, *Dissertation Abstracts International* UMI 9713470.

1992. Orme-Johnson, D. W. (1992). Theory and research on conflict resolution through the Maharishi Effect. *Modern Science and Vedic Science* 1992; 5(1-2):76-98.

1992. Orme-Johnson, D. W. (1992). Introduction to the proceedings of the conference on approaches to creating stable world peace. *Modern Science and Vedic Science* 1992; 5(1-2):1-30.

1992. Morris, B. (1992). Maharishi's Vedic Science and Technology: The only way to create world peace. *Modern Science and Vedic Science* 1992; 5(1-2):199-297.

1992. Hagelin, J. S. (1992). Achieving world peace through a new science and technology. *Modern Science and Vedic Science* 1992; 5(1-2):48-75.

1992. Alexander, C. N. (1992). Peaceful body, peaceful mind, peaceful world. *Modern Science and Vedic Science* 1992; 5(1-2):150-163.

1990. Schrodt, P. (1990). Methodological critique of 'International peace project in the Middle East.' *Journal of Conflict Resolution* 1990; 34:756-768.

1990. Edwards, D. V. (1990). On consciousness-centered social conflict theory: The case of the Maharishi technology of the unified field. *American Psychological Association*; 1990; Boston.

1988. Russett, B. (1988). Editor's comment. *Journal of Conflict Resolution* 1988; 32(4):773-775.

1988. Duval R. (1988). TM or not TM? *Journal of Conflict Resolution* 1988; 32(4):813-817.

1987. Orme-Johnson, D. W., and M. C. Dillbeck.(1987). Maharishi's program to create world peace: Theory and research. *Modern Science and Vedic Science* 1987; 1:206-259.

1982. Orme-Johnson, D. W., and M. C. Dillbeck (1982). Statement of David Orme-Johnson. Proposals to establish a U.S. Academy of Peace: *Proceedings of the hearing before the Subcommittees on International Security and Scientific Affairs and on International Operations of the Committee on Foreign Affairs, and the Subcommittee on Postsecondary Education of the Committee on Education and Labor, House of Representatives, Ninety-Seventh Congress, Second Session, on bills H.R. 5088 and H.R. 6182, 21 July 1982; Washington, D.C.: U.S. Government Printing Office, 1982:241-250.*

Twenty-Four Journals Where Maharishi Effect Studies Have Been Published

Annual Meeting of the American Political Science Association

Criminal Rehabilitation and Crime Prevention

Dissertation Abstracts International

Journal of Conflict Resolution 2

Journal of Consciousness Studies

Journal of Crime and Justice

Journal of Health and Environmental Research

Journal of Indian Education (Journal of the National Council of Educational Research and Training

Journal of Maharishi Vedic Research Institute 5

Journal of Offender Rehabilitation

Journal of Social Behavior and Personality

Medicina

Modern Science and Vedic Science

Proceedings of the American Statistical Association, Business and Economics Statistics Section 2

Proceedings of the American Statistical Association, Social Statistics Section 2

Proceedings of the Midwest Management Society

Psychological Reports

Psychology, Crime & Law

SAGE Open2

Social Indicators Research

Social Indicators Research

Social Science Perspectives Journal 2

The Journal of Mind and Behavior 2

World Journal of Social Science

1. Most of these papers are reprinted in the Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Programme: Collected Papers (Vols. 1-5), which contains 3,732 pages of original research. The Collected Papers are available from Maharishi University of Management Press and can be ordered by clicking on the link below.

http://www.mum.edu/mumpress/p_b01-5.html