

List of Scientific Research on the Maharishi Effect
Organized by City, State, Country, and World

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Research on the Maharishi Effect scales to all levels of human collective organization. The larger the group of Transcendental Meditation and TM-Sidhi program practitioners, the larger the population it influences by reducing stress and improving the quality of life, according to the 1% and $\sqrt{1\%}$ formulas.

City Level. The 18 studies on the city level have shown that the Maharishi Effect reduces crime and improves the quality of life on all levels of urban life, ranging from small Midwestern towns in the US, to large cities like Washington D.C., to the largest standard statistical metropolitan areas with populations of over 10 million.

State Level. The five studies on the state level found that the Maharishi Effect reduced crime and improved the quality of life on broad quality of life indices in Iowa, Rhode Island, Massachusetts, and Puerto Rico.

Country Level. The 31 studies on the country level have shown that the Maharishi Effect reduces conflicts and political tensions. Furthermore, these studies have shown that the Maharishi Effect improves economic conditions and quality of life in diverse geopolitical and ethnic groups with differing economic and political structures: the United States, the Soviet Union, Cambodia, Israel, Lebanon, Canada, Holland, and the United Kingdom.

World Level. The five studies on the world level have found increased communication between countries, reduced conflict, increased educational and cultural exchanges in trouble spots—both nationally and worldwide, and softening of relations between superpowers.

The Unified Field. The research on the Maharishi Effect provides the strongest experimental evidence for a unified field of natural law. It shows that enlivening the unified field at the transcendental basis of the mind impacts every level of individual being, in all age groups, across all ethnicities and races, as well impacting every level of collective organization in human society. These striking results confirm the existence of an all pervasive infinite field at the basis of creation from where all forms and phenomena in the universe emerge. We have not been able to find any other explanation for this body of research except that it works on the level of the unified field. Nor have the many reviewers and critics of these studies been able to provide an alternative explanation for the results of this body of research. We invite the reader to help us find an alternative explanation, and if that can't be found, then help us create permanent groups of TM and TM-Sidhi program practitioners for the world, each continent, and every major city. In doing so, we can all live together in peace, creativity, prosperity, and love.

City

Papers Published in Peer Reviewed Journals or Professional Conference Proceedings

1999. Hagelin, J. S., Rainforth, M.V., Orme-Johnson, D. W., Cavanaugh, K. L., Alexander, C. N., Shatkin, S. F., et al. "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* 1999; 47(2):153-201.

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

1996. Hatchard, G. D., Deans, A. J., Cavanaugh, K. L., and Orme-Johnson, D. W. "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* 1996; 2(3):165-174.

1988. Dillbeck, M. C., Banus, C. B., Polanzi, C., and Landrith III, G. S. "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* 1988; 9(4):457–486.

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

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Papers Published in Research Anthologies

1989. Nader, T. M., Alexander, C. N., and Davies, J. L. "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, (Vol. 4)*. Ed. R. A. Chalmers et al. Vlodrop, The Netherlands: Maharishi Vedic University Press, 1989:2623-2634.

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1989. Hatchard, G. "Influence of the Transcendental Meditation program on crime rate in suburban Cleveland." *Scientific Research on Maharishi's Transcendental Meditation and TM-*

Sidhi Program: Collected Papers, (Vol. 2). Ed. R. A. Chalmers et al. Vlodrop, The Netherlands: Maharishi Vedic University Press, 1989:1199-1204.

1989. Lanford, A. G. "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, (Vol. 4). Ed. R. A. Chalmers et al. Vlodrop, The Netherlands: Maharishi Vedic University Press, 1989:2600-2608.

1989. Landrith III, G. S., and Dillbeck, M. C. "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, (Vol. 4). Ed. R. A. Chalmers et al. Vlodrop, The Netherlands: Maharishi Vedic University Press, 1989:2479-2486.

1989. Lanford, A. G. "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, (Vol. 4). Ed. R. A. Chalmers et al. Vlodrop, The Netherlands: Maharishi Vedic University Press, 1989:2609-2615.

1977. Borland, C. L., and Landrith III, G. S. "Improved quality of life through the Transcendental Meditation program: Decreased crime rate." Scientific Research on the Transcendental Meditation Program : Collected Papers (Vol. 1). 2nd ed. Ed D. W. Orme-Johnson and J. T. Farrow. Livingston Manor, New York: Maharishi European Research University Press, 1977:651-658.

State

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

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

Papers Published in Research Anthologies

1989. Davies, J. L., and Alexander, C. N. (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*, 42, 2549-2563. Massachusetts

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. Rhode Island

Country

Papers Published in Peer Reviewed Journals or Professional Conference Proceedings

2023. Dillbeck, M. C., and 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(2), 195.

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. And 2017.

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).

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. Kenneth L. Cavanaugh, K. L., Gelderloos, P., and 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.

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2017. Dillbeck, M.C., and Cavanaugh, K. L. 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*. 2017; January-March:1-15.

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

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

Hatchard, G., and 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. The impact of Maharishi Vedic University on Cambodian economic and social indicators from 1980 to 2015. *Journal of Maharishi Vedic Research Institute*. 2016;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, D. W. 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*. 2016;1(1).

2016. Dillbeck, M. C, Cavanaugh, K. L. Societal violence and collective consciousness: Reduction of U.S. homicide and urban violent crime rates. *SAGE Open* 2016;April-June:1-16.

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

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

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

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United States. Scientific research on the Transcendental Meditation and TM-Sidhi programme: Collected papers, 4, 2589-2599.

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1989. Alexander, C. N., Nader, T. M., Cavanaugh, K. L., Davies, J. L., Dillbeck, M. C., Kfoury, R. J. et al. "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, (Vol. 4). Ed. R. A. Chalmers et al. Vlodrop, The Netherlands: Maharishi Vedic University Press, 1989:2687-2714.

1989. Burgmans, W. H. P. M., Van Der Burgt, A. T., Langenkamp, F. P. T., and Verstagen, J. H. "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, (Vol. 4). Ed. R. A. Chalmers et al. Vlodrop, The Netherlands: Maharishi Vedic University Press, 1989:2566-2582.

1989. Beresford, M. S., and Clements, G. "The group dynamics of consciousness and the U.K. stock market." Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers, (Vol. 4). Ed. R. A. Chalmers et al. Vlodrop, The Netherlands: Maharishi Vedic University Press, 1989:2616-2622.

1989. Dillbeck, M. C., Larimore, W. E. and Wallace, R. K. "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, (Vol. 4). Ed. R. A. Chalmers et al. Vlodrop, The Netherlands: Maharishi Vedic University Press, 1989:2589-2599.

World

Papers Published in Peer Reviewed Journals or Professional Conference Proceedings.

2014. Orme-Johnson, D. W., Dillbeck, M. C., and Alexander, C. N. (2014). Preventing Terrorism and International Conflict Effects of Large Assemblies of Participants in the Transcendental Meditation and TM-Sidhi Programs. In *Transcendental Meditation® in Criminal Rehabilitation and Crime Prevention* (pp. 283-302). Routledge.

Papers Published in Research Anthologies

1989. Alexander, C. N., Nader, T. M., Cavanaugh, K. L., Davies, J. L., Dillbeck, M. C., Kfoury, R. J. et al. "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, (Vol. 4)*. Ed. R. A. Chalmers et al. Vlodrop, The Netherlands: Maharishi Vedic University Press, 1989:2687-2714.

1989. Orme-Johnson, D. W., Cavanaugh, K. L., Alexander, C. N., Gelderloos, P., Dillbeck, M. C., Lanford, A. G. et al. "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, (Vol. 4)*. Ed. R. A. Chalmers et al. Vlodrop, The Netherlands: Maharishi Vedic University Press, 1989:2730-2762.

1989. Orme-Johnson, D. W., Dillbeck, M. C., Bousquet, J. G., and Alexander, C. N. "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, (Vol. 4)*. Ed. R. A. Chalmers et al. Vlodrop, The Netherlands: Maharishi Vedic University Press, 1989:2532-2548.

1989. Cavanaugh, K. L., Orme-Johnson, D. W., and Gelderloos, P. "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*, (Vol. 4). Ed. R. A. Chalmers et al. Vlodrop, The Netherlands: Maharishi Vedic University Press, 1989:2715-2729

24 Journals where Maharishi Effect research has 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