

## QUESTIONS AND ANSWERS

### About the Assembly of 10,000 for World Peace and the Field Effect of Consciousness — the Maharishi Effect

#### **QUESTION: What is the Assembly of 10,000 for World Peace?**

**ANSWER:** From 29 December 2023 until 13 January 2024, more than 10,000 experts in the technologies of consciousness from all walks of life, ages, cultures, and religions are assembling from 119 countries at Kanha Shanti Bhavan near Hyderabad, Telangana, India, to practice together in one place technologies proven to create peace.

Extensive scientific research has found that these technologies create a strong influence of coherence in the collective consciousness of society, providing a foundation for lasting peace.

The Assembly of 10,000 for World Peace will inaugurate in Hyderabad an initiative to establish permanently a large peace-creating and peace-keeping group for the entire world.

#### **QUESTION: What will the 10,000 experts assembling near Hyderabad be doing?**

**ANSWER:** The 10,000 people assembling near Hyderabad are highly trained experts in specific advanced technologies of consciousness. These technologies are the Transcendental Meditation (TM) and TM-Sidhi Program, as brought to light by Maharishi Mahesh Yogi.

#### **QUESTION: Where do these technologies of consciousness come from?**

**ANSWER:** These technologies were derived by Maharishi directly from the ancient Vedic science tradition of India.

Maharishi was a world-renowned scientist of consciousness. He was trained in physics at India's Allahabad University and subsequently studied directly under His Holiness Brahmananda Saraswati, Shankaracharya of Jyotirmath, Himalayas, the most renowned expert in modern times of India's ancient Vedic science of consciousness.

From 1958 until 2008, Maharishi taught throughout world. Today, organizations in more than 100 countries offer authorized training in these powerful technologies of consciousness.

**QUESTION: Is the Assembly of 10,000 for World Peace merely another collective demonstration of our common desire that there be peace in our troubled world?**

**ANSWER:** No. The Assembly of 10,000 for World Peace is not merely a call for peace, nor is it a forum for meetings and discussions. The Assembly will focus entirely on the practice of the technologies of consciousness to radiate a coherence-creating influence in the collective world consciousness.

**QUESTION: What is the expected effect on the individual of the Assembly of 10,000 for World Peace?**

More than 750 empirical studies conducted at over 200 universities and research institutions in about 100 countries during five decades — many published in peer-reviewed scholarly journals — have confirmed the comprehensive beneficial effects of these technologies of consciousness for the physical and mental health of the individual, including reductions in the negative effects of trauma and stress. Ongoing studies in the USA, some funded in part by agencies of the US government (the National Institutes of Health and the US Department of Defense), show significant reductions in post-traumatic stress disorder (PTSD), anxiety, depression, and cardiovascular risk factors. Other studies have shown marked improvements in performance, creativity, heart health, longevity, and self-actualization. These changes largely result from increased coherence in brain activity. This normalizes overall physical and mental functioning and promotes peak physiological and mental performance.

**QUESTION: What does this have to do with creating world peace?**

**ANSWER:** Since the mid-1970s, 54 empirical studies on the societal effects of these technologies have been published in leading peer-reviewed scholarly journals or professional conference proceedings. These studies found that groups of experts practicing these technologies of consciousness together in one place radiate a powerful influence of coherence in the entire surrounding society. Findings include significant reductions in violence, crime, accidents, sickness, terrorism, and war. This effect was named by scientists “the Maharishi Effect” because Maharishi predicted it in 1962.

**QUESTION: How many experts are needed to produce the Maharishi Effect?**

**ANSWER:** The scientific studies found that just a small number of individuals practicing the TM and TM-Sidhi program together in a group will produce the Maharishi Effect. By experiment, it was found that only the square root of one percent of a population practicing together is enough to create the Maharishi Effect throughout any population — for a city, a state, a nation, or even the entire world. For the world’s

population today, a permanent group of 9,000 experts is needed. We are calling for a permanent group of 10,000 experts as a safety factor to be sure the Maharishi Effect is produced globally, continuously, and permanently.

After reviewing the research findings on the Maharishi Effect, the Australian government has officially recognized these technologies for crime prevention, and the foundation in Australia that is overseeing them has the official government status of “Advancing the Security or Safety of Australia or the Australian Public.”

**QUESTION: How can people practicing the technologies of consciousness in India positively affect what happens faraway — in the Middle East or Europe, for example?**

**ANSWER:** Modern physics has uncovered deeper levels of physical reality — from the macroscopic to the microscopic, molecular, atomic, nuclear, and sub-nuclear levels of nature. Current physical research is revealing a single unified field of intelligence at the basis of all forms and phenomena in the universe.

The convener of the Assembly of 10,000 for World Peace is Dr. Tony Nader, MD, PhD, a neuroscientist, worldwide leader in the field of consciousness studies, and respected Vedic scholar. Dr. Nader was trained at Harvard and the Massachusetts Institute of Technology. As the successor to Maharishi, Dr. Nader leads the TM organizations globally. In his forthcoming book, *Consciousness Is All There Is*, Dr. Nader describes in detail that progress in our scientific understanding of the universe is introducing an entirely new paradigm, in which consciousness is not merely a product emerging from brain functioning but is fundamental: that, in fact, the unified field of physics *is* the field of consciousness.

The technologies of consciousness that the Assembly experts will be practicing directly access the unified field and from there stimulate a coherent field effect, producing coherence throughout the collective consciousness of the world’s population. (For a more detailed discussion of the theoretical foundation of the Maharishi Effect, please see: <https://www.gusp.org/defusing-world-crises/theoretical-foundation/>.)

**QUESTION: Why gather the Assembly of 10,000 for World Peace now?**

**ANSWER:** The answer is obvious. Conflict and war are growing alarmingly. There is an urgent need now for a new approach, a need made even more urgent by the proliferation of weapons of mass destruction. In an open letter to President Biden and other world leaders recently published as a full page in the *Wall Street Journal* (see: <https://www.gusp.org/media-materials/>), Dr. Nader points out that conflict has never put an end to war, nor has diplomacy. It is long past the time for a real, lasting, and cost-effective solution. For less than the cost of one day of war, a coherence-creating

group of sufficient size to prevent war and conflict can be established immediately and permanently.

As Dr. Nader has commented, “Albert Einstein famously defined insanity as doing the same thing over and over again and expecting a different result. If we want world peace, we absolutely must try something new. Fortunately, in India’s ancient Vedic science, modern science has finally found a proven solution. Now at long last we **can** create world peace.”

**QUESTION: What positive outcomes are you expecting from the Assembly of 10,000 for World Peace?**

The purpose of the Assembly is to showcase to leaders in every country— and especially to all philanthropists who desire a peaceful and prosperous world — that a practical way to achieve world peace is available.

Because the coherence created by the Assembly operates at such a fundamental level of world consciousness — positively affecting so many different trends of life — we cannot say exactly what the effects will be, except that they will be positive. And though these positive effects will be immediate, it can take some time for them to show up in social statistics. We will be monitoring these trends, both in India and worldwide, and will report the results of this research in the months after the Assembly.

The reason so many of us have assembled at our own personal expense from so many countries is that we know from previous research that these technologies of consciousness work. Our earnest hope is that the news of our big Assembly will wake up world leaders. We want them to know that a proven technology for peace is available today. It only needs support from wise leaders for there to be world peace.

**QUESTION: Does the permanent group of 10,000 have to be in India?**

**ANSWER:** Because the positive effects are global, the permanent group of 10,000 experts can be established in any country. Our world urgently needs the permanent group together in one place, and that place can be anywhere.

The important thing is to do this now.

By permanently establishing the group of 10,000 experts in the technologies of consciousness, together we can end suffering in our family of nations and establish an enduring peace.

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