

Reducing conflict in the world through the Maharishi Effect: An explanation

The Maharishi Effect

Extensive research—118 studies, 54 of which have been published in peer-reviewed scholarly journals or professional conference proceedings—demonstrates that Transcendental Meditation (TM) practice, and in particular group practice of the TM and TM-Sidhi programs, is a highly cost-effective, practical approach for reducing societal stress and associated crime, violence, war, and social conflict. This approach has been repeatedly verified by modern science on all levels of social organization—city, state, nation, and world. It has been so consistently successful that the resulting increase in positive trends in society has been called the Maharishi Effect after Maharishi Mahesh Yogi, the founder of the TM technique, who first predicted it in the 1960s.

How is This Possible? The Nature of Fields

How is this possible? It is possible because of the nature of fields. For example, the gravitational field of the Sun influences the Earth 150 million kilometers away; the electromagnetic field transmits light to a whole room when a light bulb is lit in one corner. Fields allow effects to propagate over large distances.

While these examples of field effects are common knowledge, what is less well known is that everything in nature is a field. For example, the electrons in your pen are excitations of a single universal electron field, and these electrons interact with each other via the electromagnetic field. Progress in physics over the past century has led to an understanding that all the various fields in nature become more and more unified at deeper levels of nature, culminating in the recent discovery of completely unified field theories. These theories locate a single, universal, unified field of intelligence at the basis of all the other fields in nature.

Since everything in nature is a field, it should not come as a great surprise to learn that consciousness is also a field. But this idea needs some clarification because in the past, two things were misunderstood: it was thought 1) that the brain creates consciousness and 2) that consciousness is localized in the brain. These misunderstandings have been resolved 1) by the pioneering work of Dr. Tony

Nader, M.D., Ph.D., who has shown that the structures of consciousness described in the ancient Veda and Vedic Literature are expressed precisely in structure and function as the structures in the human brain, and 2) by the research on the Maharishi Effect, which provides firm evidence for field effects of consciousness.

The N-Squared Effect and the Number Needed for the World

So how can a group of individuals reduce violence in society as a whole? Just as hundreds of scientific studies have shown that Transcendental Meditation practice reduces stress and tension on an individual level, 28 studies have also shown that even a relatively small group practicing the Transcendental Meditation and TM-Sidhi programs produces the Maharishi Effect — a demonstrable reduction in societal stress and its associated crime and social violence. This outcome is possible because consciousness is a field, and any increase of orderliness at one place in the field naturally spreads through the field to influence the whole society.

In this (or any) field model of consciousness, it follows that the power of the effect will grow as the square of the number of meditators in the group (i.e., grow quadratically, as opposed to linearly). Why? Because the amplitude (height) of a wave is equal to the sum of all the contributing waves that occupy a common space—yet the power of that resulting combined wave is proportional to the square of the height of that wave. This principle explains why, for example, the volume of two loudspeakers playing monaural sound near each other is two-squared—or four times—the sound of a single loudspeaker. It also explains why the intensity of laser light grows as the square of the number of photons in the beam. This is a universal principle of wave behavior, known as *constructive interference*.

The resulting N-squared growth of the coherent influence of a meditating group is well documented in the published literature. This N-squared effect makes it highly practical to generate a substantial peace-creating effect with even a relatively small number of meditating participants when they are gathered in a group. For example, research shows a measurable effect when the square root of one percent of a population are practicing the TM and TM-Sidhi programs in a group. For a world with a population approaching 10 billion, a group of only 10,000 people would be needed to create this effect. And if such a group could be made permanent, then peace would be maintained in the world.