

## **Transcendental Meditation Technique: Benefits for the Individual (with references)**

1. Reduced need for medical care and decreased health care costs

Reference: Orme-Johnson DW. Medical care utilization and the Transcendental Meditation program. *Psychosomatic Medicine* 1987 49:493-507

2. Reduction of major risk factors for cardiovascular disease (high blood pressure, raised cholesterol, smoking, and insulin resistance) and improved cardiovascular health

Reference: Schneider RH *et al.* A randomized controlled trial of stress reduction for hypertension in older African Americans. *Hypertension* 1995 26:820-827

3. Healthier ageing and increased longevity

Reference: Alexander CN *et al.* Transcendental Meditation, mindfulness, and longevity: an experimental study with the elderly. *Journal of Personality and Social Psychology* 1989 57:950-964

4. Improvements in common chronic disorders, including hypertension, angina, heart failure, type 2 diabetes, asthma, post-traumatic stress disorder, insomnia, ADHD

Reference: Schneider RH *et al.* A randomized controlled trial of stress reduction in African Americans treated for hypertension for over one year. *American Journal of Hypertension* 2005 18:88-98

5. A unique state of deep rest during Transcendental Meditation

Reference: Wallace RK. Physiological effects of Transcendental Meditation. *Science* 1970 167:1751-1754

6. Increased orderliness and integration of brain functioning

Reference: Travis FT *et al.* A self-referential default brain state: patterns of coherence, power, and eLORETA sources during eyes-closed rest and the Transcendental Meditation practice. *Cognitive Processes* 2009 (in press)

7. Reduced physical and mental stress

Reference: Barnes VA *et al.* Impact of Transcendental Meditation on cardiovascular function at rest and during acute stress in adolescents with high normal blood pressure. *Journal of Psychosomatic Research* 2001 51:597-605

8. Growth of positive psychological health and enhanced cognitive development

Reference: Alexander CN *et al.* Transcendental Meditation, self-actualization, and psychological health: a conceptual overview and statistical meta-analysis. *Journal of Social Behavior and Personality* 1991 6:189-247

9. Reduced anxiety, depression, hostility, and other forms of psychological distress

Reference: Brooks JS, Scarano T. Transcendental Meditation in the treatment of post-Vietnam adjustment. *Journal of Counseling and Development* 1985 64:212-215

10. Increased intelligence and creativity; improved memory, learning ability, and academic performance

Reference: So KT, Orme-Johnson DW. Three randomized experiments on the holistic longitudinal effects of the Transcendental Meditation technique on cognition. *Intelligence* 2001 29:419-440

11. Improved perception, mind-body coordination, and athletic performance

Reference: Fergusson LC. Field independence, Transcendental Meditation, and achievement in college art: a re-examination. *Perceptual and Motor Skills* 1993 77:1104-1106

12. Increased job satisfaction and performance; improved occupational health

Reference: Alexander CN *et al.* Effects of the Transcendental Meditation program on stress reduction, health, and employee development: a prospective study in two occupational settings. *Anxiety, Stress, and Coping* 1993 6:245-262

13. Improved relationships, including in marriage, families, at work, and in schools

Reference: Aron EN, Aron A. Transcendental Meditation and marital adjustment. *Psychological Reports* 1982 51:887-890

14. Decreased smoking, alcohol consumption and drug abuse

Reference: Shafii M *et al.* Meditation and the prevention of alcohol abuse. *American Journal of Psychiatry* 1975 132:942-945

15. Effective rehabilitation of offenders

Reference: Orme-Johnson, DW. Prison rehabilitation and crime prevention through the Transcendental Meditation and TM-Sidhi program. In LH Hippchen (ed.), *Holistic Approaches to Offender Rehabilitation* (Chapter 19). Springfield, Illinois: Charles C Thomas Press, 1981

16. Improved quality of life for society as a whole: reduced crime, violence, and accidents; increased economic prosperity; more effective leadership

Reference: 360. Assimakis PD, Dillbeck MC. 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

17. Reduced civil and international conflict; decreased deaths and injuries from war and terrorism; increased progress towards peace

Reference: Davies JL, Alexander CN. Alleviating political violence through reducing collective tension: impact assessment analysis of the Lebanon war. *Journal of Social Behavior and Personality* 2005 17:285-338