

**Key Research Studies Confirming Reductions in War, Violence, Crime, and Terrorism through Individual and Collective Practice of the Transcendental Meditation and TM-Sidhi Program: Creating a Field Effect in Collective Consciousness (the Maharishi Effect)**

1. Two Maharishi Effect Studies on More Than Half the Urban Population of the U.S with Causal-Analysis Demonstrate Crime Reduction.  
Dillbeck, M. C., Banus, C. B., Polanzi, C., & Landrith III, G. S. (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, 457–486. <https://www.jstor.org/stable/43853459>
2. Five Studies on the Maharishi Effect and Field-Effects of Consciousness Demonstrate Improvement in Multiple Social Indicators in India, the Philippines, Puerto Rico, and the U.S.  
Dillbeck, M. C., Cavanaugh, K. L., Glenn, T., Orme-Johnson, D. W., Mittlefehldt, V. (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. <https://www.jstor.org/stable/43853335>
3. Field-Effects of Consciousness Reduce Violent Death in the U.S.  
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(4), 399–418. <https://doi.org/10.1007/BF00303834>
4. Field-Effects of Consciousness Demonstrate Decreased War in Lebanon and Improved Quality of Life in Israel.  
Orme-Johnson, D. W., Alexander, C. N., Davies, J. L., Chandler, H. M., Larimore, W. E. (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. <https://doi.org/10.1177/0022002788032004009>
5. Seven Replications of Field-Effects of Consciousness Demonstrate Decreased War and Increased Peace in Lebanon.  
Davies, J. L., Alexander, C. N. (2005). Alleviating political violence through reducing collective tension: Impact assessment analysis of the Lebanon war. *Journal of Social Behavior and Personality*, 17(1), 285–338. <https://www.gusp.org/pdf/JSBP-davies-alex-2005.pdf>
6. National Demonstration of Field-Effects of Consciousness Finds Reduced Crime in Washington D.C.  
Hagelin, J. S., Rainforth, M.V., Orme-Johnson, D. W., Cavanaugh, K. L., Alexander, C. N., Shatkin, S. F., ... Ross, E. (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. <https://doi.org/10.1023/A:1006978911496>

7. Field-Effects of Consciousness Reduce International Conflicts and Terrorism.  
Orme-Johnson, D. W., Dillbeck, M. C., & Alexander, C. N. (2003). Preventing terrorism and international conflict: Effects of large assemblies of participants in the Transcendental Meditation and TM-Sidhi programs. *Journal of Offender Rehabilitation*, 36, 283-302. [https://www.tandfonline.com/doi/abs/10.1300/J076v36n01\\_13](https://www.tandfonline.com/doi/abs/10.1300/J076v36n01_13)
8. A 17-year Study of Field-Effects of Consciousness for Reducing National Stress Indicators in the U.S.  
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 Transcendental Meditation and TM-Sidhi programs on reducing national stress in the United States. *World Journal of Social Science*, 9(2), 1–38.  
<https://doi.org/10.5430/wjss.v9n2p1>
9. Field-Effects of Consciousness Reduce Homicides in the U.S.  
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.  
<https://doi.org/10.5430/sass.v8n1p1>
10. Field-Effects of Consciousness Reduce Drug-Related Deaths in the U.S.  
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.  
<https://doi.org/10.3390/medicina59020195>

