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THE EFFECTS OF THE MAHARISHI TECHNOLOGY OF THE UNIFIED FIELD: REPLY TO A METHODOLOGICAL CRITIQUE <i>David W. Orme-Johnson, Ph.D.; Charles N. Alexander, Ph.D.; and John L. Davies, Ph.D.</i> Strong Replication of Original Research Methodology: Decreased International Conflict (Israel and Lebanon, August–September 1983)		THE PHYSIOLOGY OF HIGHER STATES OF CONSCIOUSNESS <i>Robert Keith Wallace, Ph.D.</i> The author reviews current research on the Transcendental Meditation programme delineating physiological correlates of the development of higher states of consciousness.	4186
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THE DYNAMICS OF US-SOVIET RELATIONS, 1979–1986: EFFECTS OF REDUCING SOCIAL STRESS THROUGH THE TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAM. <i>Paul Gelderloos, S.Sc.D.; Kenneth L. Cavanaugh, Ph.D.; and John L. Davies, Ph.D.</i> Improved USA–USSR Relations: Improved USA Statements and Actions Towards the USSR and		SERUM HORMONAL CONCENTRATIONS FOLLOWING TRANSCENDENTAL MEDITATION—POTENTIAL ROLE OF GAMMA AMINOBUTYRIC ACID <i>Alan N. Elias, M.D.; and Archie F. Wilson, M.D., Ph.D.</i> The authors review research on the hormonal changes associated with the Transcendental Meditation technique and attempt to understand these changes in light of the known effects of the neurotransmitter gamma aminobutyric acid (GABA) on hormonal secretion and release, proposing that one of the mechanisms by which the Transcendental Meditation technique produces relaxation is by enhancing the effects of an endogenous neurotransmitter.	4214

PART IV: THEORETICAL AND REVIEW PAPERS

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503 A NEUROENDOCRINE MECHANISM FOR THE REDUCTION OF DRUG USE AND ADDICTIONS BY TRANSCENDENTAL MEDITATION <i>Kenneth G. Walton, Ph.D.; and Debra Levitsky, M.S.</i> This paper outlines a model of the neurochemical and endocrine processes associated with chronic stress and their contribution to the development of drug addiction; it also reviews research on the physiological effects of Transcendental Meditation in light of this model, indicating mechanisms of how this technique creates physiological balance and thereby promotes freedom from addictive behaviours.	4225	507 PREPARING THE STUDENT TO SUCCEED AT CALCULUS <i>M. Anne Dow, Ph.D.</i> The author describes how current reforms in teaching of calculus address the object of knowledge and the process of knowing, but leave the development of the student's full mental capacity, the knower, largely to chance. The practice of the Transcendental Meditation programme develops the knower and thereby gives at least two distinct advantages: a relaxed, alert mind and an intuitive experiential framework for feeling at home with the limit process.	4302
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504 IN SEARCH OF AN OPTIMAL BEHAVIORAL TREATMENT FOR HYPERTENSION: A REVIEW AND FOCUS ON TRANSCENDENTAL MEDITATION <i>Robert H. Schneider, M.D.; Charles N. Alexander, Ph.D.; and Robert Keith Wallace, Ph.D.</i> This paper reviews the body of research papers on the benefits of the Transcendental Meditation programme for reduction of hypertension, focussing in detail on two controlled clinical trials showing decreased hypertension among the elderly. The authors examine the Transcendental Meditation technique in light of requirements for an optimal behavioural treatment of hypertension.	4239	508 HIGHER STATES OF CONSCIOUSNESS: MAHARISHI MAHESH YOGI'S VEDIC PSYCHOLOGY OF HUMAN DEVELOPMENT <i>Michael C. Dillbeck, Ph.D.; and Charles N. Alexander, Ph.D.</i> The authors outline the development of higher states of consciousness from Maharishi's Vedic Psychology in light of relevant research, and propose that human development to these higher states beyond the experience of waking, dreaming and sleeping results from experience of pure consciousness, the Self.	4309
505 THE EFFECTS OF TRANSCENDENTAL MEDITATION COMPARED TO OTHER METHODS OF RELAXATION AND MEDITATION IN REDUCING RISK FACTORS, MORBIDITY, AND MORTALITY <i>Charles N. Alexander, Ph.D.; Pat Robinson, Ph.D., O.T.R.; David W. Orme-Johnson, Ph.D.; Robert H. Schneider, M.D.; and Kenneth G. Walton, Ph.D.</i> This paper reviews four meta-analyses that show the superiority of the Transcendental Meditation programme compared to other techniques in producing deep rest, decreasing anxiety, increasing self-actualization, and decreasing substance abuse (cigarettes, drugs, alcohol). It also reviews individual well-controlled studies on the beneficial effects of this technique on hypertension, mortality, medical care, and medical expenses, and discusses physiological mechanisms for these effects.	4255	509 ADVANCED HUMAN DEVELOPMENT IN THE VEDIC PSYCHOLOGY OF MAHARISHI MAHESH YOGI: THEORY AND RESEARCH <i>Charles N. Alexander, Ph.D.; Dennis P. Heaton, Ed.D.; and Howard M. Chandler, Ph.D.</i> The authors describe the development of higher states of consciousness as brought to light by Maharishi Mahesh Yogi in his Vedic Psychology, and contrast this to contemporary themes of cognitive or self-development. The authors then review research demonstrating uniquely high scores on self-development among advanced participants in the Transcendental Meditation and TM-Sidhi programme.	4325

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510 MAHARISHI'S VEDIC PSYCHOLOGY: ALLEVIATE SUFFERING BY ENLIVENING BLISS—RECONNECT THE PARTIAL VALUES OF LIFE WITH THE WHOLENESS OF LIFE <i>Paul Gelderloos, S.Sc.D.</i> This paper examines how Maharishi's Vedic Psychology fulfils the practical goals of psychology and reviews scientific research indicating that the Transcendental Meditation and TM-Sidhi programme improves the physical and mental health of the individual and creates an influence of harmony in society.	4342	515 THE TRANSCENDENTAL MEDITATION PROGRAM FOR PREVENTION OF ALCOHOL AND DRUG ABUSE AMONG JUVENILES AT RISK <i>Michael C. Dillbeck, Ph.D.</i> The author reviews research indicating that the Transcendental Meditation programme reduces risk factors for substance abuse and increases factors that protect against abuse; the paper also reviews research demonstrating effective reduction of alcohol and drug use through this programme.	4404
511 THE BHAGAVAD-GITA: A CASE STUDY IN MAHARISHI'S VEDIC PSYCHOLOGY <i>Michael C. Dillbeck, Ph.D.</i> The paper considers the <i>Bhagavad-Gita</i> as a model case study from the Vedic Literature, providing knowledge of the full range of human development to higher states of consciousness; this knowledge of development of consciousness is systematically brought to light in Maharishi's Vedic Psychology and supported by research on the Transcendental Meditation and TM-Sidhi programme.	4357	516 TRANSCENDENTAL MEDITATION AS AN EPIDEMIOLOGICAL APPROACH TO DRUG AND ALCOHOL ABUSE: THEORY, RESEARCH, AND FINANCIAL IMPACT EVALUATION <i>David W. Orme-Johnson, Ph.D.</i> This paper focuses on the contributions of the Transcendental Meditation programme to resolving the broad social problems associated with addictions. The author proposes that drug and alcohol abuse are symptoms of a general stress-addiction-crime epidemic in society. The paper then reviews sociological research findings showing how societal disorder—experienced as crime, drug abuse, political conflict, and economic instability—can be substantially and cost-effectively reduced through the group practice of the Transcendental Meditation and TM-Sidhi programme.	4413
512 THE CONCEPT OF SELF IN THE BHAGAVAD-GITA AND IN THE VEDIC PSYCHOLOGY OF MAHARISHI MAHESH YOGI: A FURTHER NOTE ON TESTABILITY <i>Michael C. Dillbeck, Ph.D.</i> This paper points out that the subjective experience of Transcendental Consciousness ('Self') described in the <i>Bhagavad-Gita</i> has effects that have been measured through extensive scientific research on the Transcendental Meditation programme.	4380	517 THE THEORETICAL FOUNDATIONS AND PRACTICAL VALIDATION OF MAHARISHI'S INTEGRATED SYSTEM OF REHABILITATION <i>Michael S. King, B.Juris., LL.B.(Hons.)</i> This paper outlines the theoretical foundations of Maharishi's Integrated System of Rehabilitation. It shows how this system of rehabilitation is validated by extensive scientific research and by personal experience of offenders instructed in the Transcendental Meditation programme. The author concludes that this system of rehabilitation offers a solution to key problems within the field of rehabilitation, including recidivism, the method of rehabilitation, and measurement of rehabilitation.	4436
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513 TRANSCENDENTAL MEDITATION <i>Charles N. Alexander, Ph.D.</i> The author presents an introduction to the Transcendental Meditation programme and major scientific research findings on its effects for the individual and society.	4385	518 THE INTELLIGENCE MODEL OF ORGANIZATIONAL EFFECTIVENESS: ITS IMPLICATIONS FOR ENHANCED PRODUCTIVITY <i>Robert E. Herron, M.B.A.; and William W. Graff, M.A., M.B.A.</i> The authors review research on the importance of intelligence in job performance, and on the effect of the Transcendental Meditation programme	4387
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514 EFFECTIVENESS OF THE TRANSCENDENTAL MEDITATION PROGRAM IN PREVENTING AND TREATING SUBSTANCE MISUSE: A REVIEW <i>Paul Gelderloos, S.Sc.D.; Kenneth G. Walton, Ph.D.; David W. Orme-Johnson, Ph.D.; and Charles N. Alexander, Ph.D.</i> The authors review research studies demonstrating decreased substance abuse among the general population, among participants in treatment programmes, and among prison inmates through practice of the Transcendental Meditation programme.	4387		

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633 TREATMENT OF FIBROMYALGIA AT THE MAHARISHI AYURVEDA HEALTH CENTRE IN NORWAY. A SIX-MONTH FOLLOW-UP STUDY <i>Lars Bjørn Rasmussen, MD; Knut Mikkelsen, MD; Margaretha Haugen, RD, PhD; Are H. Pripp, PhD; and Øystein T. Førre, PhD</i> Among Patients Learning the <i>Transcendental Meditation</i> Technique Compared to Other Patients—Increased Working Ability; Decreased Pain; Decreased Tiredness; Decreased Morning Tiredness; Decreased Stiffness; Decreased Anxiety. Among All Patients in Maharishi Ayurveda Treatment—Increased Working Ability; Decreased Pain; Decreased Tiredness; Decreased Morning Tiredness; Decreased Stiffness; Decreased Depression	5621
634 TREATMENT OF FIBROMYALGIA AT THE MAHARISHI AYURVEDA HEALTH CENTRE IN NORWAY. II—A 24-MONTH FOLLOW-UP PILOT STUDY <i>Lars Bjørn Rasmussen, MD; Knut Mikkelsen, MD; Margaretha Haugen, RD, PhD; Are H. Pripp, PhD; Jeremy Z. Fields, PhD; and Øystein T. Førre, PhD</i> Among Patients Learning the <i>Transcendental Meditation</i> Technique Compared to Other Participants—Increased Working Ability; Decreased Pain; Decreased Tiredness; Decreased Morning Tiredness; Decreased Stiffness; Decreased Anxiety; Decreased Depression; Alleviation of Symptoms. Among All Participants in Maharishi Ayurveda Treatment—Increased Working Ability; Decreased Pain; Decreased Tiredness; Decreased Morning Tiredness; Decreased Stiffness; Decreased Anxiety	5628

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635 EFFECT OF PRACTICE OF MAHARISHI WORD OF WISDOM TECHNIQUE ON CHILDREN'S COGNITIVE STAGE DEVELOPMENT: ACQUISITION AND CONSOLIDATION OF CONSERVATION <i>Charles N. Alexander, PhD; Sidney C. Kurth, JD; Frederick Travis, PhD; and Victoria K. Alexander, JD, LLM</i>	
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637 THE EXPERIENCE OF TRANSCENDENTAL MEDITATION IN MIDDLE SCHOOL STUDENTS: A QUALITATIVE REPORT <i>Cara Rosaen, BA; and Rita Benn, PhD</i> Student Experiences of Increased Alertness, Improved Emotional Intelligence Skills, and Improved Academic Performance	5663
638 USE OF THE TRANSCENDENTAL MEDITATION TECHNIQUE TO REDUCE SYMPTOMS OF ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD) BY REDUCING STRESS AND ANXIETY: AN EXPLORATORY STUDY <i>Sarina J. Grosswald, EdD; William R. Stixrud, PhD; Fred Travis, PhD; and Mark A. Bateh, MS</i> Reduced Symptoms of Attention Deficit Hyperactivity Disorder (ADHD) Reported by Students; Reduced Symptoms of ADHD Reported by Teachers; Improved Executive Function; Improved Behavioural Regulation; Improved Metacognition; Improved Performance Measures of Executive Performance	5668
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641 THE EFFECTS OF THE TRANSCENDENTAL MEDITATION PROGRAM ON MINDFULNESS <i>Melissa A. Tanner, MS; Fred Travis, PhD; Carolyn Gaylord-King, PhD; David A.F. Haaga, PhD; Sarina Grosswald, EdD; and Robert H. Schneider, MD</i> Increased Mindfulness	5689
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644 THE EFFECT OF MEDITATION ON SELF-REPORTED MEASURES OF STRESS, ANXIETY, DEPRESSION, AND PERFECTIONISM IN A COLLEGE POPULATION <i>Jaime L. Burns; Randolph M. Lee; and Lauren J. Brown</i> Decreased Perceived Stress; Decreased Anxiety; Decreased Depression	5716

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646 TRANSCENDENTAL MEDITATION FOR AUTISM SPECTRUM DISORDERS? A PERSPECTIVE <i>David O. Black, MD; and Norman Rosenthal, MD</i> Case Studies of Reduced Stress and Anxiety and Other Benefits of <i>Transcendental Meditation</i> for Those with Autism Spectrum Disorders	5718
647 EFFECTS OF THE TRANSCENDENTAL MEDITATION TECHNIQUE ON TRAIT ANXIETY: A META-ANALYSIS OF RANDOMIZED CONTROLLED TRIALS <i>David W. Orme-Johnson, PhD; and Vernon A. Barnes, PhD</i> Decreased Trait Anxiety in Comparison to Active Alternative Treatments; Decreased Trait Anxiety in Comparison to Treatment-as-usual Controls; Greater Anxiety Reduction for Participants with Higher Initial Anxiety, But Not Moderated by Other Factors	5722
648 METHODOLOGICAL CONCERNS FOR META-ANALYSES OF MEDITATION: COMMENT ON SEDLMEIER ET AL. (2012) <i>David W. Orme-Johnson, PhD; and Michael C. Dillbeck, PhD</i> Larger Effect Size of <i>Transcendental Meditation</i> Compared to Other Meditation Techniques on Psychological Variables	5736
649 STRESS REDUCTION WITH THE TRANSCENDENTAL MEDITATION PROGRAM IN CAREGIVERS: A PILOT STUDY <i>Sanford Nidich, EdD; Randi J. Nidich, EdD; John Salerno, PhD; Brooke Hadfield, BA; and Charles Elder, MD, MPH</i> Reduced Stress; Improved Perceived Physical Health; Increase Spiritual Well-Being; Reduced Mood Disturbance	5745

PART III: SOCIOLOGY

A: Rehabilitation

650 EFFECTS OF TRANSCENDENTAL MEDITATION IN VETERANS OF OPERATION ENDURING FREEDOM AND OPERATION IRAQI FREEDOM WITH POSTTRAUMATIC STRESS DISORDER: A PILOT STUDY <i>Joshua Z. Rosenthal, MD; Sarina Grosswald, EdD; Richard Ross, MD, PhD; and Norman Rosenthal, MD</i> Reduced Clinician Administered Posttraumatic Stress Disorder Scale; Reduced Clinician-Assessed Severity; Reduced Self-Assessed Posttraumatic Stress Disorder Symptoms; Increased Quality of Life Enjoyment and Satisfaction	5754
651 CLINICAL CASE SERIES: TREATMENT OF PTSD WITH TRANSCENDENTAL MEDITATION IN ACTIVE DUTY MILITARY PERSONNEL <i>Vernon A. Barnes, PhD; John L. Rigg, MD; and Jennifer J. Williams, LCSW</i> Case Studies Indicating Reduced Self-Assessed Posttraumatic Stress Disorder Symptoms	5759
652 IMPACT OF TRANSCENDENTAL MEDITATION ON PSYCHOTROPIC MEDICATION USE AMONG ACTIVE DUTY MILITARY SERVICE MEMBERS WITH ANXIETY AND PTSD <i>Vernon A. Barnes, PhD; Andrea Monto, LMSW; Jennifer J. Williams, LCSW; and John L. Rigg, MD</i> Reduced Need for Medication to Maintain Psychological Stability; Reduction of Severity of Psychological Symptoms Compared to Matched Controls	5765
653 REDUCTION IN POSTTRAUMATIC STRESS SYMPTOMS IN CONGOLESE REFUGEES PRACTICING TRANSCENDENTAL MEDITATION <i>Brian Rees, MD, MPH; Fred Travis, PhD; David Shapiro, MA; and Ruth Chant, MSc</i> Decreased Self-Assessed Posttraumatic Stress Disorder Symptoms	5774

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654 SIGNIFICANT REDUCTIONS IN POSTTRAUMATIC STRESS SYMPTOMS IN CONGOLESE REFUGEES WITHIN 10 DAYS OF TRANSCENDENTAL MEDITATION PRACTICE <i>Brian Rees, MD, MPH; Fred Travis, PhD; David Shapiro, MA; and Ruth Chant, MSc</i> Decreased Self-Assessed Posttraumatic Stress Disorder Symptoms	5778
655 DISASTER RELIEF FOR THE JAPANESE EARTHQUAKE-TSUNAMI OF 2011: STRESS REDUCTION THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE <i>Mitsunobu Yoshimura, BA; Etsuko Kurokawa, BA; Takayuki Noda, BA; Koji Hineno, MD; Yasuo Tanaka, MD; Yuji Kawai, BA; and Michael C. Dillbeck, PhD</i> Immediate Reduction in Total Mental and Physical Symptoms; Immediate Reduction in Intensity of Mental and Physical Symptoms	5782
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656 EFFECTS OF TRANSCENDENTAL MEDITATION ON EMPLOYEES STRESS, DEPRESSION, AND BURNOUT: A RANDOMIZED CONTROLLED STUDY <i>Charles Elder, MD, MPH; Sanford Nidich, EdD; Francis Moriarty, EdD; and Randi Nidich, EdD</i> Decreased Perceived Stress; Decreased Depression; Decreased Teacher Burnout	5791
657 SPIRITUAL DIMENSIONS OF ENTREPRENEURSHIP IN TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAM PRACTITIONERS <i>Eva Norlyk Herriott, PhD; Jane Schmidt-Wilk, PhD; and Dennis P. Heaton, EdD</i> Greater Inner Stability; Broader Awareness and Intuition	5798
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658 A FIELD-THEORETIC VIEW OF CONSCIOUSNESS: REPLY TO CRITICS <i>David W. Orme-Johnson, PhD; and Robert M. Oates, MA</i> Replication of Improved Quality of Life (Israel, August-September 1983) Controlling for Cultural/Political Events	5808
659 SOCIETAL VIOLENCE AND COLLECTIVE CONSCIOUSNESS: REDUCTION OF U.S. HOMICIDE AND URBAN VIOLENT CRIME RATES <i>Michael C. Dillbeck, PhD; and Kenneth L. Cavanaugh, PhD</i> Reduction of Homicide Rate in the United States; Reduction of Urban Violent Crime in the United States (United States, 2007–2010)	5826

PART IV: THEORETICAL AND REVIEW PAPERS

A: Consciousness

660 CONSCIOUSNESS IS ALL THERE IS: A MATHEMATICAL APPROACH WITH APPLICATIONS <i>Tony Nader, MD, PhD, MARR</i> The author analyses the axiomatic implications of the postulate that consciousness is all that there is, and examines the experiential consistency of the approach and also its practical utility for solving previously intractable problems in the study of consciousness	5851
661 TRANSCENDENTAL CONSCIOUSNESS WAKES UP IN DREAMING AND DEEP SLEEP <i>Lynne I. Mason, PhD; and David Orme-Johnson, PhD</i> The authors review research findings indicating that among participants in the Transcendental Meditation programme who report the stable experience of Transcendental Consciousness, the EEG characteristics of Transcendental Consciousness are found during dreaming and deep sleep	5894
662 TRANSCENDENTAL EXPERIENCES DURING MEDITATION PRACTICE <i>Frederick Travis, PhD</i> The author describes research evaluating both the subjective characteristics and the physiological correlates	

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of experiences of Transcendental Consciousness during the Transcendental Meditation technique. The author also reviews research on individuals reporting the stabilization of Transcendental Consciousness as an ongoing feature of experience, termed the state of Cosmic Consciousness	5899
B: Physiology and Health	
663 FOCUSED ATTENTION, OPEN MONITORING AND AUTOMATIC SELF-TRANSCENDING: CATEGORIES TO ORGANIZE MEDITATIONS FROM VEDIC, BUDDHIST AND CHINESE TRADITIONS <i>Fred Travis, PhD; and Jonathan Shear, PhD</i> The authors present categories useful for classifying the EEG research findings on different types of meditation; the Transcendental Meditation technique is described as a unique class of meditation based on effortless transcending, with distinctive EEG characteristics	5906
664 STRESS REDUCTION AND PREVENTION AND TREATMENT OF CARDIOVASCULAR DISEASE IN AFRICAN AMERICANS: A REVIEW OF CONTROLLED RESEARCH ON THE TRANSCENDENTAL MEDITATION PROGRAM <i>Robert H. Schneider, MD; Charles N. Alexander, PhD; John Salerno, PhD; Maxwell Rainforth, PhD; and Sanford Nidich, EdD</i> Research is reviewed demonstrating that the Transcendental Meditation programme reduces stress and simultaneously reduces risk factors for cardiovascular disease, disease events, and their underlying pathophysiological mechanisms	5917
665 CLINICAL AND PRE-CLINICAL APPLICATIONS OF THE TRANSCENDENTAL MEDITATION PROGRAM IN THE PREVENTION AND TREATMENT OF ESSENTIAL HYPERTENSION AND CARDIOVASCULAR DISEASE IN YOUTH AND ADULTS <i>Vernon A. Barnes, PhD; and David W. Orme-Johnson, PhD</i> The authors review research findings indicating reduction of blood pressure and reduced risk for cardiovascular disease in adults and adolescents, and emphasize the importance of the Transcendental Meditation technique for programmes to prevent and treat cardiovascular disease	5929
666 CARDIOVASCULAR DISEASE PREVENTION AND HEALTH PROMOTION WITH THE TRANSCENDENTAL MEDITATION PROGRAM AND MAHARISHI CONSCIOUSNESS-BASED HEALTH CARE <i>Robert Schneider, H. MD; Kenneth G. Walton, PhD; John W. Salerno, PhD; and Sanford I. Nidich, EdD</i> The authors summarize results demonstrating the effects of the Transcendental Meditation technique in reducing blood pressure, reducing risk factors for cardiovascular disease, reducing cardiovascular disease morbidity and mortality, as well as reducing health care costs; theoretical principles and additional treatment modalities of Maharishi Consciousness-Based Health Care are also reviewed	5944
667 TRANSCENDENTAL MEDITATION FOR PRIMARY AND SECONDARY PREVENTION OF CORONARY HEART DISEASE <i>D. W. Orme-Johnson, PhD; V. A. Barnes, PhD; and R. H. Schneider, MD</i> The authors review research studies demonstrating that the Transcendental Meditation programme reduces physiological and psychological stress, and reduces the risk factors for coronary heart disease (CHD) among subclinical CHD patients, as well as reducing cardiovascular mortality and clinical events, and improving physiological functioning in patients with coronary artery disease	5958
668 PREVENTION AND TREATMENT OF CARDIOVASCULAR DISEASE IN ADOLESCENTS AND ADULTS THROUGH THE TRANSCENDENTAL MEDITATION PROGRAM®: A RESEARCH REVIEW UPDATE <i>Vernon A. Barnes, PhD; and David W. Orme-Johnson, PhD</i> The authors review the wide range of findings of the Transcendental Meditation technique indicating reduction of stress responses, reduced chronic stress, improved stress reactivity, reduction of risk factors for cardiovascular disease, decreases in a number of cardiovascular disease parameters, decreased cardiovascular morbidity, and decreased mortality	5965

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669 TRANSCENDENTAL MEDITATION IN THE PREVENTION AND TREATMENT OF CARDIOVASCULAR DISEASE AND PATHOPHYSIOLOGICAL MECHANISMS: AN EVIDENCE-BASED REVIEW <i>Robert H. Schneider, MD; and Timothy Carr, MBBS</i> The authors review effects of the Transcendental Meditation technique for prevention and treatment of cardiovascular disease (CVD), including reducing the physiological processes associated with CVD, reducing the physiological and behavioural risk factors for CVD, and reducing clinical events such as heart attack and stroke	5984
C: Psychology	
670 FROM I TO I: CONCEPTS OF SELF ON A OBJECT-REFERRAL / SELF-REFERRAL CONTINUUM <i>Fred Travis, PhD</i> The author classifies concepts of self in the history of psychology along a dimension from object-referral to self-referral, indicating the latter to be ultimately the experience of pure self-awareness gained during practice of the Transcendental Meditation technique. The author reviews physiological indicators of pure self-awareness during Transcendental Meditation and also of the stabilized state of pure self-awareness in daily activity through regular practice of Transcendental Meditation	5992
671 TRANSCENDENT EXPERIENCE AND DEVELOPMENT OF THE POSTREPRESENTATIONAL SELF <i>Dennis Heaton, EdD</i> The author reviews research indicating that the Transcendental Meditation technique fosters growth to higher level of self-development, and presents theoretical descriptions from Maharishi Vedic Science of higher states of human consciousness	6007
672 MORAL DEVELOPMENT AND NATURAL LAW <i>Randi J. Nidich, EdD; Sanford I. Nidich, EdD; and Charles N. Alexander, PhD</i> Experience of Transcendental Consciousness, reflected in high EEG coherence, is associated with a higher stage of moral reasoning characterized by a cosmic perspective	6008
D: Rehabilitation	
673 RE-ENLIVENING AND FULFILLING THE CRIMINAL JUSTICE REHABILITATIVE IDEAL THROUGH THE TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAMS: PRIMARY, SECONDARY, AND TERTIARY PREVENTION <i>Mark A. Hawkins, PhD; David W. Orme-Johnson, PhD; and Christian F. Durchholz, MSc</i> The authors review research findings on the Transcendental Meditation programme related to reduction of crime-producing factors in society (primary prevention), reduced pathology and maturation of the personality in offenders (secondary prevention) as well as in the general population, and reduced criminal recidivism (tertiary prevention)	6015
674 THE USE OF MEDITATION IN CORRECTIONS <i>David Orme-Johnson, PhD</i> The author reviews research on the effects of Transcendental Meditation in improving psychological health and behaviour among inmates who learn the practice, in fostering higher levels of psychological development among inmates, and in enhancing neuroendocrine functioning associated with decreased stress	6038
675 IS ADHD A STRESS-RELATED DISORDER? WHY MEDITATION CAN HELP <i>Sarina J. Grosswald, EdD</i> The author considers research findings related to stress-related factors that detrimentally influence brain development, as well as the known effects of stress upon ADHD. The influence of the Transcendental Meditation technique on brain functioning and on ADHD are reviewed, and the implications of this technique for prevention and amelioration of ADHD symptoms is discussed	6040
676 CAM AND POST-TRAUMATIC STRESS DISORDER <i>Alex Hankey, PhD</i> The author reviews findings on the Transcendental Meditation technique in relation to alleviation of post-traumatic stress disorder among Vietnam veterans, as well as related findings of reduced stress and more effective brain functioning	6053

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E. Productivity	
677 HIGHER DEVELOPMENT, BRAIN INTEGRATION, AND EXCELLENCE IN LEADERSHIP <i>Harald Harung, PhD; Fred Travis, PhD; Warren Blank, PhD; and Dennis Heaton, EdD</i> The authors review research indicating that top performing managers, in contrast to managers at lower levels of responsibility, show higher levels of brain integration, moral maturity, and peak experiences; other research studies show that these same characteristics are found to develop through the Transcendental Meditation technique, indicating the potential of this technique for the development of physiological, psychological, and sociological dimensions of leadership	6056
F: Quality of Life	
678 A NEW ROLE FOR THE MILITARY: PREVENTING ENEMIES FROM ARISING—REVIVING AN ANCIENT APPROACH TO PEACE <i>David Leffler, PhD</i> The author reviews research indicating that the group practice of the Transcendental Meditation and TM-Sidhi programme reduces societal stress and conflict, and proposes the implementation of this technology by the military as a means of prevention against domestic or foreign disturbance	6071