PART 1: PHYSIOLOGY

The Studies in the First Two Sections Document Changes during the Transcendental Meditation Technique Unless Otherwise Stated.

A: Metabolic Changes

1 PHYSIOLOGICAL EFFECTS OF TRANSCENDENTAL MEDITATION

Robert Keith Wallace, Ph.D.

A Unique State of Deep Rest Coexisting with Wakeful, Ordered State of Brain Functioning: Decreased Metabolic Rate (Decreased Oxygen Consumption and Carbon Dioxide Elimination); Normal Arterial Oxygen and Carbon Dioxide Partial Pressures; Decreased Respiration Rate; Decreased Minute Ventilation; Decreased Heart Rate; Increased Basal Skin Resistance; Increased Regularity and Intensity of EEG Alpha Activity ........................................ 38

2 THE PHYSIOLOGICAL EFFECTS OF TRANSCENDENTAL MEDITATION: A PROPOSED FOURTH MAJOR STATE OF CONSCIOUSNESS

Robert Keith Wallace, Ph.D.

A Unique State of Deep Rest Coexisting with Wakeful, Ordered State of Brain Functioning: Decreased Metabolic Rate (Decreased Oxygen Consumption and Carbon Dioxide Elimination); Normal Arterial Oxygen and Carbon Dioxide Partial Pressures; Decreased Respiration Rate; Decreased Heart Rate; Increased Basal Skin Resistance; Increased Intensity of EEG Alpha Activity in Frontal and Central Regions; Episodes of Rhythmical EEG Theta Activity in Frontal Region. Reduction in Biochemical Index of Stress: Decreased Arterial Lactate .................................................. 66

3 A WAKEFUL HYPOMETABOLIC PHYSIOLOGICAL STATE

Robert Keith Wallace, Ph.D., et al.

A Unique State of Deep Rest Coexisting with Wakeful, Ordered State of Brain Functioning: Decreased Metabolic Rate (Decreased Oxygen Consumption and Carbon Dioxide Elimination); Normal Arterial Oxygen and Carbon Dioxide Partial Pressures; Decreased Respiration Rate; Decreased Minute Ventilation; Decreased Heart Rate; Increased Basal Skin Resistance; Increased Regularity and Intensity of EEG Alpha Activity in Frontal and Central Regions; Reduction in Biochemical Index of Stress: Decreased Arterial Lactate. Self-Reported Improvements in Physical and Mental Health, and Resistance to Disease ........................................ 43

4 THE PHYSIOLOGY OF MEDITATION

Robert Keith Wallace, Ph.D., et al.

A Unique State of Deep Rest Coexisting with Wakeful, Ordered State of Brain Functioning: Decreased Metabolic Rate (Decreased Oxygen Consumption and Carbon Dioxide Elimination); Normal Arterial Oxygen and Carbon Dioxide Partial Pressures; Decreased Respiration Rate; Decreased Heart Rate; Increased Basal Skin Resistance; Increased Intensity of EEG Alpha Activity in Frontal and Central Regions; Episodes of Rhythmical EEG Theta Activity in Frontal Region. Reduction in Biochemical Index of Stress: Decreased Arterial Lactate. Self-Reported Improvements in Physical and Mental Health, and Resistance to Disease ........................................ 43

5 RESPIRATORY CHANGES DURING TRANSCENDENTAL MEDITATION

John Allison, M.D.

Indication of Deep Rest: Decreased Respiration Rate ........................................ 92

6 AIRWAY CONDUCTION AND OXYGEN CONSUMPTION CHANGES ASSOCIATED WITH PRACTICE OF THE TRANSCENDENTAL MEDITATION TECHNIQUE

Paul W. Corey, M.A., M.D.

A Unique State of Deep Rest: Increased Airway Conductance (Increased Ease of Breathing); Decreased Metabolic Rate (Decreased Oxygen Consumption and Carbon Dioxide Elimination); Decreased Heart Rate ........................................ 94

7 PHYSIOLOGICAL CHANGES ASSOCIATED WITH TRANSCENDENTAL CONSCIOUSNESS: THE STATE OF LEAST EXCITATION OF CONSCIOUSNESS

John T. Farrow, Ph.D.

Experience of Transcendental Consciousness Associated with: High EEG Coherence in the Theta, Alpha, and Beta Bands; Increased Basal Skin Resistance; Increased Intensity of EEG Alpha Activity in Frontal and Central Regions; Reduction in Biochemical Index of Stress: Decreased Arterial Lactate. Self-Reported Improvements in Physical and Mental Health, and Resistance to Disease ........................................ 27

8 PERIODIC SUSPENSION OF RESPIRATION DURING THE TRANSCENDENTAL MEDITATION TECHNIQUE

J. Russell Hebert, M.D.

Maximum State of Deep Rest: Episodes of Spontaneous Breath Suspension (Not Followed by Hyperventilation); Marked Reductions in Metabolic Rate (Oxygen Consumption and Carbon Dioxide Elimination) and Heart Rate; Increased Orderliness and Integration of Brain Functioning: High Amplitude EEG Alpha Activity Extending to Anterior Channels; Bursts of High Amplitude Theta Activity in All Channels; Rhythmical High Amplitude Beta Activity in All Channels; Synchronization of Anterior and Posterior Channels. Electromyographic Evidence of Deep Muscular Relaxation ........................................ 152

9 DECREASED RESPIRATORY RATE DURING THE TRANSCENDENTAL MEDITATION TECHNIQUE: A REPLICATION

Robert Bakker, B.A.

Indication of Deep Rest: Decreased Respiration Rate ........................................ 140

10 INCREASED FOREARM BLOOD FLOW DURING A WAKEFUL HYPOMETABOLIC STATE

Robert Keith Wallace, Ph.D., et al.

Small Increase in Forearm Blood Flow ........................................ 142

11 PLASMA PROLACTIN AND CORTISOL DURING TRANSCENDENTAL MEDITATION

R. Jevning, Ph.D.; A. Wilson, M.D., Ph.D.; E. VanderLaan, M.A.; and S. Levine, Ph.D.

Reduction in Biochemical Index of Stress: Decreased Plasma Cortisol. Small Increase in Plasma Prolactin Immediately following Transcendental Mediation ........................................ 143

12 PLASMA AMINO ACIDS DURING THE TRANSCENDENTAL MEDITATION TECHNIQUE: COMPARISON TO SLEEP

R. Jevning, Ph.D.; A. Wilson, M.D., Ph.D.; W. R. Smith, M.D., and W.R. Smith, M.D.

Increased Plasma Phenylalanine ........................................ 145
21 THE PSYCHOPHYSIOLOGY OF ADVANCED PARTICIPANTS IN THE TRANSCENDENTAL MEDITATION PROGRAM: CORRELATIONS OF EEG COHERENCE, CREATIVITY, H-REFLEX RECOVERY, AND EXPERIENCE OF TRANSCENDENTAL CONSCIOUSNESS

Christopher T. Haynes, B.A.; J. Russell Hebert, M.A.; William Reber, M.S.; and David W. Orme-Johnson, Ph.D.

Correlations between high EEG coherence, high levels of creativity, greater neurological efficiency (faster H-reflex recovery), and clarity of experiences of transcendental consciousness... 208

22 IMMEDIATE EFFECTS OF THE TRANSCENDENTAL MEDITATION TECHNIQUE: INCREASED SKIN RESISTANCE DURING FIRST MEDITATION AFTER INSTRUCTION

Jorn Ajubi

Indication of deep rest: marked increase in basal skin resistance... 213

23 AN INVESTIGATION INTO THE CHANGES IN SKIN RESISTANCE DURING THE TRANSCENDENTAL MEDITATION TECHNIQUE

Gina Laurie, B.A.

Indication of deep rest: marked increase in basal skin resistance... 216

24 CHANGES IN SKIN RESISTANCE IN SUBJECTS RESTING, READING, LISTENING TO MUSIC, OR PRACTICING THE TRANSCENDENTAL MEDITATION TECHNIQUE

Michael A. West, B.S.

Indication of deep rest: marked increase in basal skin resistance... 224

26 AUTONOMIC FUNCTIONING IN SUBJECTS PRACTICING THE TRANSCENDENTAL MEDITATION TECHNIQUE

Gregory G. Wilcox, B.S.

Improved resistance to stress: greater autonomic stability—faster habituation of skin resistance response to stressful stimuli; fewer spontaneous skin resistance responses... 239

27 STABILITY OF SKIN RESISTANCE RESPONSES ONE WEEK AFTER INSTRUCTION IN THE TRANSCENDENTAL MEDITATION TECHNIQUE

Emma Berker, B.A.

Improved resistance to stress: greater autonomic stability—faster habituation of skin resistance response to stressful stimuli; fewer spontaneous skin resistance responses... 243

28 THE TRANSCENDENTAL MEDITATION TECHNIQUE AND SKIN RESISTANCE RESPONSE TO LOUD TONES

Terrance R. Smith, B.S.

Improved resistance to stress: greater autonomic stability—faster habituation of skin resistance response to stressful stimuli... 248

29 EEG RESPONSES TO PHOTIC STIMULATION IN PERSONS EXPERIENCED AT MEDITATION

Paul Williams, Ph.D., and Michael West, B.Sc.

EEG indicators of great alertness (responses to photic stimulation)... 251

30 LOW NORMAL HEART AND RESPIRATION RATES IN INDIVIDUALS PRACTICING THE TRANSCENDENTAL MEDITATION TECHNIQUE

Thomas J. Routt, B.S.

Maintenance of a relaxed state of physiological functioning outside the practice of transcendental meditation: lower heart rate; lower respiration rate. Increased basal skin resistance during transcendental meditation... 256

31 THE TRANSCENDENTAL MEDITATION TECHNIQUE AND TEMPERATURE HOMEOSTASIS

John M. McDonagh, Ph.D., and Thomas Egner, B.A.

Improved temperature homeostasis: faster recovery from normal skin temperature following exertion... 261

C: PHYSIOLOGICAL EFFICIENCY AND STABILITY

25 AUTOMATIC STABILITY AND TRANSCENDENTAL MEDITATION

David W. Orme-Johnson, Ph.D.

Improved resistance to stress: greater autonomic stability—faster habituation of skin resistance response to stressful stimuli; fewer multiple responses; fewer spontaneous skin resistance responses... 233

32 DECREASED BLOOD PRESSURE IN HYPERTENSIVE SUBJECTS WHO PRACTICED MEDITATION

Robert Keith Wallace, Ph.D., et al.

Improved cardiovascular health: decreased blood pressure and state anxiety in hypertensive subjects... 267

33 EFFECTS OF TRANSCENDENTAL MEDITATION ON BLOOD PRESSURE: A CONTROLLED PILOT EXPERIMENT

Barry Blackwell, M.D.; Irvine B. Hamannson, M.D.; Saul S. Bloomfield, M.D.; Herbert M. Mogenheim, M.D.; Sanford I. Nidich, M.A.; and Peter Guertside, Ph.D.

Improved cardiovascular health: decreased blood pressure and state anxiety in hypertensive subjects... 267

34 THE TRANSCENDENTAL MEDITATION PROGRAM AND ESSENTIAL HYPERTENSION

David B. Simons, B.A.; Suzanne Oparil, M.D.; and Chase P. Kimball, M.D.

Improved cardiovascular health: decreased blood pressure in hypertensive subjects... 268

35 THE EFFECTS OF THE TRANSCENDENTAL MEDITATION PROGRAM ON THE EXERCISE PERFORMANCE OF PATIENTS WITH ANGINA PECTORIS

John W. Zamarra, M.D.; Dalo Bezerbighini, M.D.; and Stephen Wittenberg, M.D.

Improvements in angina pectoris: improved exercise tolerance; increased maximum workload; delayed appearance of electrocardiographic abnormalities during exercise; delayed onset of ST segment depression; clinical observations of decreased anxiety, decreased need for medication; improved sleeping patterns; and improved personal relationships... 270

36 THE EFFECT OF TRANSCENDENTAL MEDITATION UPON BRONCHIAL ASTHMA

Ronald W. Honboenger, and Archie F. Wilson, M.D., Ph.D.

Improvements in bronchial asthma: decreased severity of symptoms reported by patients and physicians; reduced airway resistance... 279

37 TRANSCENDENTAL MEDITATION IN TREATING ASTHMA

Ronald W. Honboenger, and Archie F. Wilson, M.D., Ph.D.

Improvements in bronchial asthma: decreased severity of symptoms; reduced airway resistance... 280

E: MOTOR AND PERCEPTUAL ABILITY, AND ATHLETIC PERFORMANCE

45 REACTION TIME FOLLOWING THE TRANSCENDENTAL MEDITATION TECHNIQUE

Robert Shae, B.A., and David Kelb, B.A.

Improved mind-body coordination; faster reactions... 309
PART II: PSYCHOLOGY

A: Intelligence, Learning, and Academic Performance

54 SOME EVIDENCE THAT THE TRANSCENDENTAL MEDITATION PROGRAM INCREASES INTELLIGENCE AND REDUCES NEUROTICISM AS MEASURED BY PSYCHOLOGICAL TESTS Andrei Youn, Ph.D.
Increased Intelligence Growth Rate and Decreased Neuroticism in High School Students .................. 363

55 INCREASED INTELLIGENCE AND REDUCED NEUROTICISM THROUGH THE TRANSCENDENTAL MEDITATION PROGRAM Andrei Youn, Ph.D.
Increased Intelligence; Decreased Neuroticism; Decreased Somatic Neuroticism .......................... 368

Superior Learning Ability (Faster Acquisition of Information) and Better Short- and Long-Term Recall in University Students ...................................................... 377

57 PERFORMANCE ON A LEARNING TASK BY SUBJECTS WHO PRACTICE THE TRANSCENDENTAL MEDITATION TECHNIQUE Donald E. Miskiman, B.S.C. (hons.)
Superior Learning Ability in University Students ................................................................. 382

58 THE EFFECT OF THE TRANSCENDENTAL MEDITATION PROGRAM ON THE ORGANIZATION OF THINKING AND RECALL (SECONDARY ORGANIZATION) Donald E. Miskiman, B.S.C. (hons.)
Improved Spontaneous Organization of Memory, Improved Stabilization of Organized Memory, and Increased Flexibility and Originality .......................... 387

B: Development of Personality

64 INFLUENCE OF TRANSCENDENTAL MEDITATION ON A MEASURE OF SELF-ACTUALIZATION William Seeman, Ph.D.; Sanford Nidich, M.A.; and Thomas Banse, Ph.D.
Increased Self-Actualization; Increased Inner-Directedness (Independence, Self-Supportiveness); Increased Spontaneity; Enhanced Self-Regard .............................. 417

65 STUDY OF PERSONALITY CHANGES RESULTING FROM THE TRANSCENDENTAL MEDITATION PROGRAM: FREIBURGER PERSONALITY INVENTORY Theo Feik, Dipl. Psych.; Uwe Westerheims; and Sibolle Borcher, Dipl. Klinische Psychotherapeut
Improved Social Behavior; Increased Affiliation; Decreased Anxiolytic Behavior; Improved Emotional Reactivity; Improved Socialization; Improved Self-Esteem; Improved Self-Concept; Improved Capacity for Intimate Contact; Improved Interoceptive Reactivity; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Esteem; Improved Socialization; Improved Emotional Reactivity; Improved Self-Est...
THE EFFECTS OF THE TRANSCENDENTAL MEDITATION PROGRAM ON TRAIT ANXIETY

Maureen Stern, M.Ed.

Decreased Trait Anxiety .......................... 442

76 PSYCHOLOGICAL TESTING OF MIU STUDENTS: FIRST REPORT

David W. Orme-Johnson, Ph.D., and Brigitte Duck

Benefits for Students at Maharishi International University: Greater Self-Actualization—Greater Time Competence (Ability to Live in the Present, Ability to Connect Past, Present, and Future Meaningfully); Greater Inner-Directedness (Independence, Self-Supportiveness; Greater Self-Actualizing Value (Holding Values of Self-Actualizing People); Greater Spontaneity; Greater Self-Regard; Higher Scores on Nature of Man Constructive Scale (Seeing Man as Essentially Good); Greater Synergy (Seeing the Opposites of Life as Meaningfully Connected); Greater Capacity for Intimate Contact .......................... 444

73 THE EFFECT OF THE REGULAR PRACTICE OF THE TRANSCENDENTAL MEDITATION TECHNIQUE ON BEHAVIOR AND PERSONALITY

Peter B. Schilling, M.S.

556

Increased Neatness; Warmth, Good-Naturedness, Cooperativeness, Friendliness, and Loyalty; Growth of a More Sympathetic, Helpful, Supportive, and CARING Nature; Improved Leadership Ability; Growth of a More Brave, Adventurous, Action-Oriented Nature; Increased Easygoingness; Friendliness, Calmness, Tactfulness, Forgiveness, and Consideration; Decreased Aggressiveness, Irritability, and Vengefulness; Decreased Use of Alcohol; Decreased Drug Abuse .......................... 453

74 THE RELATIONSHIP OF THE TRANSCENDENTAL MEDITATION PROGRAM TO SELF-ACTUALIZATION AND NEGATIVE PERSONALITY CHARACTERISTICS

Jonathan Shapiro, Ph.D.

462

5758 PSYCHOLOGICAL FINDINGS ON TRANSCENDENTAL MEDITATION

Phillip C. Ferguson, M.A., and John C. Gowen, Ed.D.

Increased Self-Actualization; Decreased Anxiety; Decreased Aggression; Decreased Depression; Decreased Neuroticism .......................... 484

5775 THE EFFECTS OF THE TRANSCENDENTAL MEDITATION PROGRAM ON TRAIT ANXIETY

Jonathan Shapiro, Ph.D.

Increased Self-Actualization; Decreased Aggression; Decreased Depression; Decreased Neuroticism; Decreased Trait Anxiety .......................... 462

57
### B: Productivity and Quality of Life

<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Page</th>
</tr>
</thead>
</table>
| **THE TRANSCENDENTAL MEDITATION TECHNIQUE AND DRUG ABUSE COUNSELORS** David W. Orme-Johnson, Ph.D.; Gary K. Arthur, M.D.; Lavelle Franklin, B.A.; and James O'Connell, B.A.  
Improved Mental Health; Decreased Anxiety; Decreased Hypochondriacal Symptoms; Decreased Schizophrenia (Decreased Internal Conflicts and Confusion) | 597 |
| A STUDY OF THE TRANSCENDENTAL MEDITATION PROGRAM IN THE SERVICE OF COUNSELING Leah Dell Dick, Ph.D., and Robert E. Ragland, Ph.D.  
Increased Self-Actualization; Increased Time Competence (Ability to Live in the Present, Ability to Connect Past, Present, and Future Meaningfully); Increased Inner-Directedness (Independence, Self-Supportiveness); Increased Existentiality (Flexibility in Application of Values); Enhanced Self-Regard; Increased Self-Acceptance | 600 |
| SOME OBSERVATIONS ON THE USES OF THE TRANSCENDENTAL MEDITATION PROGRAM IN PSYCHIATRY Harold H. Bloomfield, M.D.  
Case Histories Illustrating Benefits in the Treatment of Psychiatric Patients with a Variety of Disorders, Including Anxiety Neurosis, Obsessive-Compulsive Neurosis, Depression, Drug and Alcohol Abuse, Psychosomatic Disorders, and Chronic Insomnia | 605 |

### PART IV: THEORETICAL PAPERS

<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Page</th>
</tr>
</thead>
</table>
| IMPROVED QUALITY OF CITY LIFE THROUGH THE TRANSCENDENTAL MEDITATION PROGRAM: DECREASED CRIME RATE Conduce Boltland, Ph.D., and Garland Landrith III, M.A.  
Improved Quality of City Life: Decreased Crime Rate (Cities, USA, 1973) | 639 |
| THE TRANSCENDENTAL MEDITATION TECHNIQUE AND QUANTUM PHYSICS: IS PURE CONSCIOUSNESS A MACROSCOPIC QUANTUM STATE IN THE BRAIN? Lawrence H. Domash, Ph.D.  
In this paper the author interprets the pure consciousness state induced by the Transcendental Meditation technique in terms of quantum physics as a state of zero entropy, and puts forward the hypothesis that a form of superconductivity in the brain may underlie its physiology. Other connections with biophysics and physical theory generally are explained. | 652 |
A review of scientific data shows that a fourth state of consciousness is reached through the Transcendental Meditation technique. It is seen that the repeated experience of this state develops a fifth state of consciousness, cosmic consciousness or enlightenment, in which behaviour is spontaneously in accordance with all the laws of nature. The powerful influence of coherence generated in world consciousness by individuals growing towards enlightenment is seen as the basis of the dawning of the Age of Enlightenment. | 671 |
| NEUROPHYSIOLOGY OF ENLIGHTENMENT Robert Keith Wallace, Ph.D.  
This contribution outlines the broad historical implications of scientific research on the Transcendental Meditation programme for developing enlightened individuals, an enlightened society, cultural integrity, and world peace | 692 |
LIST OF SCIENTIFIC PAPERS

VOLUME 2

PART 1: PHYSIOLOGY

The Studies in the First Two Sections Document Changes during the Practice of the Transcendental Meditation Technique Unless Otherwise Stated.

A: Metabolic, Biochemical, and Cardiovascular Changes

105 ALTERATIONS IN BLOOD FLOW DURING TRANSCENDENTAL MEDITATION R. Jennings, Ph.D.; R. Smith, M.D.; A.F. Wilson, M.D., Ph.D.; and M.E. Morton, M.D., Ph.D. Changes in Regional Blood Flow and Cardiac Output Indicative of Increased Blood Flow to the Brain. 876

106 REDISTRIBUTION OF BLOOD FLOW IN TRANSCENDENTAL MEDITATION R. Jennings, Ph.D.; A.F. Wilson, M.D., Ph.D.; W.R. Smith, M.D.; and M. Morton, M.D., Ph.D. Changes in Regional Blood Flow and Cardiac Output Indicative of Increased Blood Flow to the Brain. 787

107 SALIVARY ELECTROLYTES, PROTEIN, AND pH DURING TRANSCENDENTAL MEDITATION Larry W. McCaug, Ph.D. Increased Concentration of Salivary Electrolytes and Protein 792

108 VENTILATION, HEART RATE AND RESPIRATORY PARTIAL PRESSURES OF ATHLETES PRACTICING THE TRANSCENDENTAL MEDITATION TECHNIQUE Regine Stehle, Dipl. Sportlehrerin A Unique State of Deep Rest: Decreased Metabolic Rate (Decreased Oxygen Consumption and Carbon Dioxide Elimination); Decreased Minute Ventilation; Decreased Respiration Rate; Decreased Heart Rate 794


B: Electrophysiological and Electroencephalographic Changes

114 EEG POWER SPECTRA AND AUDITORY EVOKED POTENTIALS IN TRANSCENDENTAL MEDITATION (TM) By Dr. med. G. Kohal; Dr. med. A. Windhöfer; and Prof. Dr. med. K.-H. Plattig Increased Efficiency of Information Transfer in the Brain: Shorter Latencies of Auditory Evoked Potentials (Both during and outside the Practice of Transcendental Mediation). Increased EEG Alpha Power 823

115 EEG AND TRANSCENDENTAL MEDITATION By Dr. med. K. Krnjevic; and Dr. med. B. Tonel Increased Orderliness of Brain Functioning: High Amplitude EEG Alpha and Theta Activity in All Cortical Regions 823

C: Physiological Efficiency and Stability

116 SHORTENING OF LATENCIES OF HUMAN AUDITORY EVOKED BRAIN POTENTIALS DURING THE TRANSCENDENTAL MEDITATION TECHNIQUE By Dr. med. A. Windhöfer; Priv.-Doz. Dr. med. G. Kohal; and Prof. Dr. med. K.-H. Plattig Improved Efficiency of Information Transfer in the Brain: Shorter Latencies of Auditory Evoked Potentials (Both during and outside the Practice of Transcendental Meditation) 824


118 ANALYSIS OF SLEEP IN ALTERED STATES OF CONSCIOUSNESS BY CLASSICAL EEG AND COHERENCE SPECTRA By J.F. Banquet, Dr. med. H. C. Pickle, M.D.; and A.F. Wilson, M.D., Ph.D. EEG Correlates of Reduced Sleep Requirement. 835

119 SLEEP AND DREAM IN ALTERED STATES OF CONSCIOUSNESS J.F. Banquet, Dr. med. H. C. Pickle, M.D.; and A.F. Wilson, M.D., Ph.D. EEG Correlates of Reduced Sleep Requirement 836

120 HEMISPHERIC LATERALITY AND COGNITIVE STYLE ASSOCIATED WITH TRANSCENDENTAL MEDITATION By James E. Bennett, B.A., and John Trinder, Ph.D. EEG Correlates of Reduced Sleep Requirement 840

121 THETA BURSTS: AN EEG PATTER IN NORMAL SUBJECTS PRACTICING THE TRANSCENDENTAL MEDITATION TECHNIQUE By R. Hebert, M.A., and Prof. Dr. med. D. Lehmkuhl Increased Orderliness of Brain Functioning: High Amplitude Synchronous Theta Bursts 845

The Studies in the following Sections Document Changes outside the Practice of the Transcendental Meditation Technique Unless Otherwise Stated.

122 A STUDY OF THE ABILITY OF INDIVIDUALS TRAINED IN TRANSCENDENTAL MEDITATION TO ACHIEVE AND MAINTAIN LEVELS OF PHYSIOLOGICAL RELAXATION By Steven E. Sultan, Ph.D. Electroencephalographic Evidence of Deep Relaxation during Transcendental Meditation: Greater Ability to Maintain Relaxation during Activity. 855

123 COMPARISON OF THE TRANSCENDENTAL MEDITATION TECHNIQUE TO VARIOUS RELAXATION PROCEDURES By Denor Daniels, Ph.D. Improved Resistance to Stress: Greater Autonomic Stability—Greater Stability of Skin Resistance in Response to Stressful Stimuli. Greater Ability to Process Information at Speed: Superior Dichotic Listening. 864

D: Health


125 THE TRANSCENDENTAL MEDITATION TECHNIQUE—A “FIVE-CARE” PROGRAM FOR THE DIALYSIS/TRANSPLANT PATIENT By David W. Doner, Jr., M.D. Case Histories Demonstrating Improved Mental and Physical Health in Patients on a Kidney Transplant/Dialysis Programme: Decreased Anxiety; Increased Independence; More Positive Self-Image; Improved Sense of Well-Being; Improved Cardiovascular Function; Decreased Blood Pressure 874

126 THE EFFECT OF THE TRANSCENDENTAL MEDITATION PROGRAM ON SLEEPING AND DREAMING PATTERNS By Jeffrey W. Fason, M.D. Improvements in Sleeping and Dreaming Patterns: Improved Quality of Sleep; Decreased Time to Fall Asleep; Increased Restedness on Awakening; Decreased Awakennigs for Night; Decreased Time to Awaken Fully; Decreased Daytime Sleepiness; Decreased Daytime Tiredness without Sleepiness; Decreased Daytime Napping; Decreased Number of Dreams Remembered; Decrease in Complexity of Dreams; Decrease in Unpleasant Emotional Content of Dreams; Decrease in Recurring Dreams; Decreased Need for Sleep Medications; Decreased Need for Prescription Drugs; Decreased Use of Alcohol; Improved Mental Health; Reduced Need for Medical Attention 880
PART II: PSYCHOLOGY

A: Intelligence, Learning, and Academic Performance

128 THE TRANSCENDENTAL MEDITATION PROGRAM AND ITS EFFECTS ON PSYCHOLOGICAL FUNCTIONS IN SECONDARY SCHOOL STUDENTS OF A RURAL INDIAN HIGH SCHOOL

130 THE ROLE OF THE TRANSCENDENTAL MEDITATION PROGRAM IN THE PROMOTION OF ATHLETIC EXCELLENCE—LONG- AND SHORT-TERM EFFECTS AND THEIR RELATION TO ACTIVATION THEORY

130 THE EFFECTS OF TRANSCENDENTAL MEDITATION ON REACTION TIME

131 INFLUENCE OF TRANSCENDENTAL MEDITATION ON PERCEPTUAL ILLUSION: A PILOT STUDY

132 THE TRANSCENDENTAL MEDITATION PROGRAM AND ITS EFFECTS ON PSYCHOLOGICAL FUNCTIONS IN...

B: Development of Personality

141 THE RELATIONSHIP BETWEEN TRANSCENDENTAL MEDITATION AND ADAPTIVE REGRESSION

142 PSYCHOLOGICAL EFFECTS OF TRANSCENDENTAL MEDITATION

143 LEARNING DISORDERS AND THE TRANSCENDENTAL MEDITATION PROGRAM: RETROSPECTS AND PROSPECTS

144 THE EFFECTS OF TRANSCENDENTAL MEDITATION ON RIGHT HEMISPHERIC FUNCTIONING

145 THE INFLUENCE OF TRANSCENDENTAL MEDITATION ON ANXIETY

C: Performance

A: Intelligence, Learning, and Academic Performance

131 THE EFFECTS OF TRANSCENDENTAL MEDITATION ON REACTION TIME

132 THE TRANSCENDENTAL MEDITATION PROGRAM AND ITS EFFECTS ON PSYCHOLOGICAL FUNCTIONS IN...
examples from his own experience of the benefits of the technique for the patient and the doctor.

The benefits of Transcendental Meditation in medical practice are described with particular reference to the alleviation of stress-related illness and psychosomatic complaints.

The benefits of Transcendental Meditation for health for both the individual and society.

The benefits of Transcendental Meditation for physiological functioning are reviewed, and their value in clinical medicine is emphasized.

EEG COHERENCE DURING TRANSCENDENTAL CONSCIOUSNESS

D. Orme-Johnson, Ph.D.

This paper reviews research on EEG coherence indicating the growth of orderliness and integration in brain functioning as a result of Transcendental Meditation.

HIGHER STATES OF CONSCIOUSNESS THROUGH THE TRANSCENDENTAL MEDITATION PROGRAMME

Byron Rigby, M.B., B.S., M.R.C. Psych.

This paper presents a concise review of research on higher states of consciousness developed through the Transcendental Meditation and TM-Sidhi programme and discusses the profound benefits of this programme for the development of perfect health for both the individual and society.

DIE TECHNIK DER TRANSCENDENTALE MEDITATION UND IHRE WIRKUNGEN AUF DIE GESUNDHEIT

Dr. rer. nat. D. Grajf, Dipl. Chem.

The benefits of Transcendental Meditation for physical functioning and their importance for health are reviewed.

TRANSCENDENTAL CONSCIOUSNESS: EXPANDED AWARENESS AS A MEANS OF PREVENTING AND ELIMINATING THE EFFECTS OF STRESS

Demetri P. Kanellakos, Ph.D.

This paper reviews the beneficial effects of the Transcendental Meditation programme in the light of their importance for the prevention and elimination of stress and the expansion of individual consciousness.

DIE TRANSCENDENTALE MEDITATION (TM) UND IHRE THERAPIETECHNISCHEN MÖGLICHKEITEN

Dr. rer. nat. Diether Grajf, Dipl. Chem.

The scientifically validated benefits of the Transcendental Meditation programme are discussed in the context of their relevance to the fields of health and social welfare.

TRANSCENDENTALE MEDITATION UND IHRE INDIKATIONEN FÜR DEN NIEDERELLAGEN ARZT

Dr. med. D. Kroener

Transcendental Meditation is seen as an important method of increasing satisfaction and happiness.

D: Rehabilitation

181 TRANSCENDENTALE MEDITATION—TM—U.A. EINE NICHTCHEMISCHE METHODE GEGEN DROGENMISSBRAUCH

Priv.-Doz. Dr. rer. nat. K.-D. Kniffki, Dipl. Phys.

Transcendental Meditation is discussed as a highly effective method to combat drug abuse.

182 TRANSCENDENTALE MEDITATION AND THE CRIMINAL JUSTICE SYSTEM

Stephen B. Cox, J.D.

The Transcendental Meditation technique is presented as an effective means for criminal and drug rehabilitation.

183 TRANSCENDENTALE MEDITATION—AS APPLIED TO CRIMINAL JUSTICE REFORM, DRUG REHABILITATION AND SOCIETY IN GENERAL

David E. Sykes, B.A., J.D.

The benefits of Transcendental Meditation for mind, body, social behaviour, and world harmony are discussed. On this basis its application in prison and drug rehabilitation is proposed.

184 TRANSCENDENTALE MEDITATION: A NEW METHOD OF REDUCING DRUG ABUSE

Jay B. Marcus, B.A., LL.B., Attorney-at-Law

The author discusses research showing that the Transcendental Meditation programme is effective in the treatment and prevention of drug abuse.

185 THE TRANSCENDENTAL MEDITATION PROGRAM: NEW HOPE FOR CRIMINAL REHABILITATION

F. Joseph Fullerman, M.A., C.S.W.

The unique effectiveness of the Transcendental Meditation programme in the rehabilitation of prisoners is discussed on the basis of results of research projects conducted in U.S. prisons.

186 ENLIGHTENMENT FOR IDEAL REHABILITATION: EXPANSION OF CONSCIOUSNESS AS THE BASIS OF

The author proposes that the development of enlightenment through the Transcendental Meditation programme is the ideal means of rehabilitation. Scientific research on Transcendental Meditation is examined in the light of its application for the restoration of the full creative intelligence of the individual.

E: Quality of Life

189 NEUROPHYSIOLOGISCHE INTEGRATION ALS GRUNDLAGE FÜR LERNEN UND ARBEITEN IN DER ÖKOLOGIE

De rer. nat. Eberhard Baumann, Dipl. Biol., Arzt

The integrated functioning of the nervous system, developed through Transcendental Meditation, is discussed as the basis of a holistic and all-encompassing view of the environment and of life in accord with natural law.
### LIST OF SCIENTIFIC PAPERS
#### VOLUME 3

#### PART 1: PHYSIOLOGY

The Studies in the First Two Sections Document Changes during the Practice of the Transcendental Meditation Technique Unless Otherwise Stated.

<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Title</th>
<th>Authors</th>
</tr>
</thead>
<tbody>
<tr>
<td>190</td>
<td>ADRENOCORTICAL ACTIVITY DURING MEDITATION</td>
<td>Ron Jevning, Ph.D.; A.F. Wilson, M.D., Ph.D.; and J.M. Davidson, Ph.D.</td>
</tr>
<tr>
<td>191</td>
<td>THE TRANSCENDENTAL MEDITATION TECHNIQUE, ADRENOCORTICAL ACTIVITY, AND IMPLICATIONS FOR STRESS</td>
<td>Ron Jevning, Ph.D.; A.F. Wilson, M.D., Ph.D.; and W.R. Smith, M.D.</td>
</tr>
<tr>
<td>192</td>
<td>PLASMA PROLACTIN AND GROWTH HORMONE DURING MEDITATION</td>
<td>Ron Jevning, Ph.D.; A.F. Wilson, M.D., Ph.D.; and Elleen F. VanderLaan, A.B.</td>
</tr>
<tr>
<td>193</td>
<td>DIE KREISLAUFPHYSIOLOGISCHEN AUSWIRKUNGEN BEIDER TRANSENTALNALEN MEDITATION</td>
<td>Dr. med. Ulrich Baulofer, D.S.C.I.</td>
</tr>
<tr>
<td>194</td>
<td>REDISTRIBUTION OF BLOOD FLOW IN ACUTE HYPOMETABOLIC BEHAVIOR</td>
<td>R. Jevning, Ph.D.; A.F. Wilson, M.D., Ph.D.; W.R. Smith, M.D.; and M.E. Morton, M.D., Ph.D.</td>
</tr>
</tbody>
</table>

#### A: Metabolic, Biochemical, and Cardiovascular Changes

<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Title</th>
<th>Authors</th>
</tr>
</thead>
<tbody>
<tr>
<td>198</td>
<td>SYMPTOMATIC ACTIVITY AND TRANSCENDENTAL MEDITATION</td>
<td>Prof. Dr. med. K.A. Meurer; and Prof. Dr. med. W. Meurer</td>
</tr>
</tbody>
</table>

#### B: Electrophysiological and Electrocerebralographic Changes

<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Title</th>
<th>Authors</th>
</tr>
</thead>
<tbody>
<tr>
<td>200</td>
<td>ENDOCRINE CHANGES IN TRANSCENDENTAL MEDITATION</td>
<td>A.J.W. Bevan, M.Sc.</td>
</tr>
<tr>
<td>201</td>
<td>CHANGE IN CARDIAC OUTPUT DURING TRANSCENDENTAL MEDITATION AS MEASURED BY NONINVASIVE IMPEDANCE PLETHYSMOGRAPHY</td>
<td>Detko W. Robertson, Ph.D., and Joe W. Peterson, M.S.</td>
</tr>
</tbody>
</table>

#### REFERENCES

- Changes in Cardiac Output and Stroke Volume...
- Changes in Hormonal Balance as a Result of the TM-Sidhi Programme:
- Changes in Pituitary Hormone Levels...

#### LIST OF SCIENTIFIC PAPERS: VOLUME THREE

<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Title</th>
<th>Authors</th>
</tr>
</thead>
<tbody>
<tr>
<td>203</td>
<td>BEHAVIORAL CONTROL OF RED BLOOD CELL METABOLISM</td>
<td>R. Jevning, Ph.D.; A.F. Wilson, M.D., Ph.D.; and H.C. P. Pilkis, M.D.</td>
</tr>
<tr>
<td>205</td>
<td>BREATH SUSPENSION DURING THE TRANSCENDENTAL MEDITATION TECHNIQUE</td>
<td>John T. Farrow, Ph.D., and J. Russell Hebert, M.A.</td>
</tr>
</tbody>
</table>

#### VOLUME THREE

**Paper Page**

<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Title</th>
<th>Authors</th>
</tr>
</thead>
<tbody>
<tr>
<td>207</td>
<td>MUSCLE AND SKIN BLOOD FLOW AND METABOLISM DURING STATES OF DECREASED ACTIVATION</td>
<td>Ron Jevning, Ph.D.; A.F. Wilson, M.D., Ph.D.; and J.P. O’Halloran, Ph.D.</td>
</tr>
<tr>
<td>208</td>
<td>BEHAVIORALLY INDUCED SECRETION OF ARGinine VASOPRESSIN</td>
<td>J.P. O’Halloran, Ph.D.; R. Skowsky, M.D.; and C.N. Alexander, Ph.D.</td>
</tr>
</tbody>
</table>

**List of Scientific Papers**

- Changes in Regional Blood Flow and Cardiac Output Indicative of Increased Blood Flow to the Brain: Reduction in Biochemical Index of Stress—Decreased Arterial Lactate: Indication of Deep Rest—Decreased Respiratory Minute Volume...
- Changes in Biochemical and Hormonal Balance outside the Practice of Transcendental Meditation: Decreased Levels of Catecholamine and Steroid Metabolites; Decreased Plasma Cortisol: Improved Cardiovascular Health. Decreased Serum Cholesterol: Benefits for Patients with Aggressive Behaviour, Mental Retardation, and Epilepsy; Normalization of Neuroneutrotransmitter Metabolite Levels, Plasma Cortisol Levels, and EEG Features: Decreased Aggression in Aggressive Patients; Improved IQ and Cognitive Functioning in Mentally Retarded Subjects: Reduction of Frequency and Severity of Epileptic Seizures in Epileptic Patients...
- Changes in Hormonal Balance as a Result of the TM-Sidhi Programme: Short- and Long-Term Changes in Pituitary Hormone Levels Indicative of Increased Stability and Sensitivity in Endocrine Control Systems...
- Changes in Serotonergic Activity: Increased 5-Hydroxyindole Excretion: Normal Arterial Oxygen and Carbon Dioxide Partial Pressures. Reduction in Biochemical Index of Stress: Decreased Arterial Lactate. Indication of Deep Rest: Decreased Skin Resistance Responses...
- Practical Application of Increased Stability and Sensitivity in Endocrine Control Systems: Reduction of Frequency and Severity of Epileptic Seizures in Epileptic Patients...
- Changes in Biochemical and Hormonal Balance as a Result of the TM-Sidhi Programme: Decreased Serum Cholesterol: Benefits for Patients with Aggressive Behaviour, Mental Retardation, and Epilepsy; Normalization of Neuroneutrotransmitter Metabolite Levels, Plasma Cortisol Levels, and EEG Features: Decreased Aggression in Aggressive Patients; Improved IQ and Cognitive Functioning in Mentally Retarded Subjects: Reduction of Frequency and Severity of Epileptic Seizures in Epileptic Patients...
- Changes in Serotonergic Activity: Increased 5-Hydroxyindole Excretion: Normal Arterial Oxygen and Carbon Dioxide Partial Pressures. Reduction in Biochemical Index of Stress: Decreased Arterial Lactate. Indication of Deep Rest: Decreased Skin Resistance Responses...
- Changes in Hormonal Balance as a Result of the TM-Sidhi Programme: Short- and Long-Term Changes in Pituitary Hormone Levels Indicative of Increased Stability and Sensitivity in Endocrine Control Systems...
- Changes in Serotonergic Activity: Increased 5-Hydroxyindole Excretion: Normal Arterial Oxygen and Carbon Dioxide Partial Pressures. Reduction in Biochemical Index of Stress: Decreased Arterial Lactate. Indication of Deep Rest: Decreased Skin Resistance Responses...
- Changes in Hormonal Balance as a Result of the TM-Sidhi Programme: Short- and Long-Term Changes in Pituitary Hormone Levels Indicative of Increased Stability and Sensitivity in Endocrine Control Systems...

**Electroencephalographic Changes**

- Changes in Serotonergic Activity: Increased 5-Hydroxyindole Excretion: Normal Arterial Oxygen and Carbon Dioxide Partial Pressures. Reduction in Biochemical Index of Stress: Decreased Arterial Lactate. Indication of Deep Rest: Decreased Skin Resistance Responses...
- Changes in Hormonal Balance as a Result of the TM-Sidhi Programme: Short- and Long-Term Changes in Pituitary Hormone Levels Indicative of Increased Stability and Sensitivity in Endocrine Control Systems...
- Changes in Serotonergic Activity: Increased 5-Hydroxyindole Excretion: Normal Arterial Oxygen and Carbon Dioxide Partial Pressures. Reduction in Biochemical Index of Stress: Decreased Arterial Lactate. Indication of Deep Rest: Decreased Skin Resistance Responses...
- Changes in Hormonal Balance as a Result of the TM-Sidhi Programme: Short- and Long-Term Changes in Pituitary Hormone Levels Indicative of Increased Stability and Sensitivity in Endocrine Control Systems...
212 A CONTROLLED STUDY OF THE INFLUENCE OF TRANSCENDENTAL MEDITATION ON A SPECIFIC VALUE OF THE H-REFLEX (HOFFMANN REFLEX) RECRUITMENT CURVE AND THE SURFACE EMG
Jean-René Chenard, Ph.D.
Electromyographic Evidence of Deep Muscular Relaxation: Mediation in Amplitude of H-Reflex

213 ELECTROPHYSIOLOGICAL CHARACTERISTICS OF RESPIRATORY SUSPENSION PERIODS OCCURRING DURING THE PRACTICE OF THE TRANSCENDENTAL MEDITATION PROGRAM
Khetredine Badawi, Dr en phys.; Robert Keith Wallace, Ph.D.; and Anne-Marie Rouzeré, Dr en chim.
Experience of Pure Consciousness Associated with Epochs of Spontaneous Breath Suspension (Not Followed by Hyperventilation): High EEG Coherence

214 EFFECTS OF MEDITATION ON BRAINSTEM ON THE TRANSCENDENTAL MEDITATION PROGRAM
D.W. Orme-Johnson, Ph.D.; R.K. Wallace, Ph.D.; and D.C. Dillbeck, Ph.D.
Increased Orderliness and Integration of Brain Functioning: Frontal Increase in Frontal EEG Alpha Coherence

215 LONGITUDINAL EFFECTS OF THE TM-SIDHI PROGRAM ON EEG PHASE COHERENCE
D.W. Orme-Johnson, Ph.D.; R.K. Wallace, Ph.D.; and M.C. Dillbeck, Ph.D.
Increased Orderliness and Integration of Brain Functioning as a Result of the TM-Sidhi Programme: Longitudinal Increases in EEG Alpha and Theta Coherence

216 EEG PHASE COHERENCE, PURE CONSCIOUSNESS, CREATIVITY, AND TM-SIDHI EXPERIENCES
David W. Orme-Johnson, Ph.D., and D.C. Dillbeck, Ph.D.
Clear Experiences of Pure Consciousness and TM-Sidhi Correlated with Higher Frontal EEG Alpha Coherence and Greater Creativity

217 SHORT-TERM LONGITUDINAL EFFECTS OF THE TRANSCENDENTAL MEDITATION TECHNIQUE ON EEG POWER AND COHERENCE
Michael C. Dillbeck, Ph.D., and Edward C. Bronson, M.S.
Increased Orderliness and Integration of Brain Functioning: Longitudinal Increase in Frontal EEG Alpha Coherence

218 DOES THE NERVOUS SYSTEM HAVE A GROUND STATE? A DESCRIPTION OF HIGH EEG COHERENCE EVENTS IN A SINGLE SUBJECT
David W. Orme-Johnson, Ph.D.
Experience of Pure Consciousness Associated with Overall High EEG Coherence

219 FRONTAL EEG COHERENCE, H-REFLEX RECOVERY, CONCEPT LEARNING, AND THE TM-SIDHI PROGRAM
Michael C. Dillbeck, Ph.D.; David W. Orme-Johnson, Ph.D.; and R. Keith Wallace, Ph.D.
Improved Efficiency of Concept Learning as a Result of the TM-Sidhi Programme: Correlations between High Frontal EEG Alpha and Theta Coherence, Greater Neurological Efficiency (Faster H-Reflex Recovery), and Greater Flexibility of Concept Learning

220 DISTINGUISHING BETWEEN TRANSCENDENTAL MEDITATION AND SLEEP ACCORDING TO ELECTROPHYSIOLOGICAL CRITERIA
Charles N. Alexander, Ph.D., and Wallace E. Lattimore, Ph.D.
EEG Differentiation between Transcendental Meditation and Napping

221 NEUROPHYSIOLOGICAL ENTRY CHARACTERISTICS: CORRELATION BETWEEN EEG COHERENCE AND MATHEMATIC ACHIEVEMENT WITH SUBJECTS PRACTICING THE TM PROGRAM
High Frontal EEG Alpha Coherence Correlated with Superior Performance in Mathematics

222 INTERSUBJECT EEG COHERENCE: IS CONSCIOUSNESS A FIELD?
David Orme-Johnson, Ph.D.; Michael C. Dillbeck, Ph.D.; R. Keith Wallace, Ph.D.; and Garland S. Landrith III, M.A.
Physiological Correlates of Increased Coherence in Collective Consciousness: Increased Intersubject EEG Coherence Due to Long-Range Influence of Group Practice of the TM-Sidhi Programme

223 KOHLBERGIAN COSMIC PERСПективES, COHERENCE, AND THE TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAM
Frontal EEG Alpha Coherence Correlated with a Unified Cosmic Perspective on Life; High Homolateral Right EEG Alpha Coherence Correlated with Principled Moral Reasoning

224 REAL TIME EEG COHERENCE ANALYSIS OF THE TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAMME
Michael Berenford, B.Sc.; and Geoffrey Clements, D.Phil.
Increased Orderliness and Integration of Brain Functioning: Increasing EEG Coherence in Alpha, Theta, and Beta Bands: Further Increases during the TM-Sidhi Programme

225 EEG COHERENCE, AGE-RELATED PSYCHOLOGICAL VARIABLES, AND THE TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAMME
Michael Berenford, B.Sc.; Andrew Jezckal, B.Sc.; Michael Toomey, B.Sc.; and Geoffrey Clements, D.Phil.
High EEG Coherence Predictive of Superior Performance on Age-Related Psychological Variables: Fluency, Motor Speed, Reaction Time, Shape Memory, and Flexibility

The Studies in the Following Sections Document Changes outside the Practice of the Transcendental Meditation and TM-Sidhi Programme.

C: PHYSIOLOGICAL EFFICIENCY AND STABILITY

226 THE EFFECT OF THE TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAM ON SERUM CHOLESTEROL AND BLOOD PRESSURE
Paul J. Mills, B.S.; B. Keith Wallace, Ph.D.; and Robert Keith Wallace, Ph.D.
Enhanced Neurological Efficiency as a Result of the TM-Sidhi Programme: Facilitation of the Paired H Reflex

227 EFFECTS OF THE TRANSCENDENTAL MEDITATION TECHNIQUE ON NORMAL AND KENDRASSIK REFLEX TIME
Debra Warshal, Ph.D.
Enhanced Neuromuscular Efficiency: Decreased Reflex Latency and Reflex Motor Time

228 THE TRANSCENDENTAL MEDITATION TECHNIQUE AND ACUTE EXPERIMENTAL PAIN
Michael Toomey, B.Sc.; and Geoffrey Clements, D.Phil.
Greater Neurological Efficiency (Faster H-Reflex Recovery), and Superior Academic Performance

229 MODIFICATION OF THE PAIRED H REFLEX THROUGH THE TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAM
Enhanced Neurological Efficiency as a Result of the TM-Sidhi Programme: Facilitation of the Paired H Reflex

230 THE PAIRED H REFLEX AND ITS CORRELATION WITH EEG COHERENCE AND ACADMIC PERFORMANCE IN NORMAL SUBJECTS PRACTICING TRANSCENDENTAL MEDITATION
Correlations between High EEG Coherence, Greater Neurological Efficiency (Faster H-Reflex Recovery), and Superior Academic Performance

231 THE RELATIONSHIP BETWEEN THE PAIRED HOFFMANN REFLEX AND ACADEMIC ACHIEVEMENT IN PARTICIPANTS OF THE TRANSCENDENTAL MEDITATION (TM) PROGRAM
Greater Neurological Efficiency (Faster H-Reflex Recovery) Correlated with Superior Academic Performance

D: HEALTH

232 DER NUTZEN DER TECHNIK DER TRANZENDENTALEN MEDITATION FÜR DIE ÄRZTLICHE PRAXIS
Benefits in General Medical Practice

233 EFFECTS OF TRANSCENDENTAL MEDITATION ON SERUM CHOLESTEROL AND BLOOD PRESSURE
Michael J. Cooper, M.D., and Maurice M. Aygen, M.D.
Improved Cardiovascular Health: Long-Term Reductions in Serum Cholesterol and Blood Pressure to More Ideal Levels in Subjects with Normal or Mildly Elevated Values

234 TRANZENDENTALE MEDITATION IN DER GEBURTSHILFELICHEN PSYCHOPHYLOGE
Dr med. Rainer Heidelberg
235 EFFECT OF TRANSCENDENTAL MEDITATION ON MILD AND MODERATE HYPERTENSION

B. L. Agarwal, M. D., F.R.C.P., and A. Kharbanda, M. B., B. S.

Improved Cardiovascular Health: Decreased Blood Pressure in Patients with Mild and Moderate Hypertension

1815

236 TRANSCENDENTAL MEDITATION IN THE MANAGEMENT OF HYPERCHOLESTEROLEMIA

Michael J. Cooper, M. D., and Maurice M. Aygen, M. D.

Improved Cardiovascular Health: Longer Term Reductions in Serum Cholesterol in Hypercholesterolemic Patients

1819

237 THE EFFECTS OF TRANSCENDENTAL MEDITATION ON PERIODONTAL TISSUE

Gary Seiler, Ed. D., and Victoria Seiler, M. S.

Periodontal Health: Better Periodontal Health

1823

238 TRANSCENDENTAL MEDITATION: A MULTIPURPOSE TOOL IN CLINICAL PRACTICE

Leele Kirtane, M. B. B., B. S., D. G. O.

Benefits in General Medical Practice: Increased Periodontal Health and in a Wide Variety of Physical and Mental Disorders, Including Hypertension, Bronchial Asthma, Angina Pectoris, Diabetes Mellitus, Chronic Headaches, Chronic Bronchitis, Recovery from Major Chronic Physiological Complaints, Recurrent Upper Respiratory Infections, Dyspepsia, Obesity, Allergies, Rheumatism, Menorrhagia, Rheumatoid Arthritis, Chronic Colitis, Insomnia, Anxiety, and Depression; Decreased Need for Tranquilizers, Sleep Medications, and Drugs for Hypertension, Asthma, and Heart Disease; Increased Cooperation with Medical Advice

1826

239 POSSIBILITA DI APPLICAZIONE DELLA TECNOLOGIA DELLA COSCIENZA IN ASSESPI DI MEDICINA PREVENTIVA: UNA RICERCA PILOTA

Linda Farinelli, Medico Chirurgo

Multiple Improvements in Physical and Mental Health: Fewer Infectious Diseases: Better Health of the Respiratory and Digestive Systems: Less Eczema and Fewer Allergic Reactions; Less Depression; Greater Self-Actualization; Greater Self-Esteem; Better Social Relationships; Less Nervousness; Less Insomnia; Lower Use of Tranquilizers, Sleep Medication, and Analgesics; Fewer Accidents. Decreased Use of Cigarettes, Alcohol, Non-Prescribed Drugs, and Coffee

1830

240 GLUCOSE TOLERANCE AND THE TRANSCENDENTAL MEDITATION PROGRAMME (A PILOT STUDY)

A. C. Yee, M. B. B., R. S., and A. S. Dissanayake, M. B. B., D. Phil. (Oxon.), A. S.

Improved Blood Glucose Homeostasis

1846

241 AUSWURKUNGEN DER TECHNIK DER TRANSCENDENTALEN MEDITATION (TM) AUF DIE PSYCHISCHE UND PSYCHOSOMATICHE BEFUNDLICHKEIT

Dr. med. K. D. Overbeck, Dipl. Psych.

Decreased Psychosomatic Complaints; Decreased Musculo-Skeletal Complaints; Decreased Limitations Caused by Physical and General Ailments; Increased Efficiency; Increased Emotional Stability; Decreased Use of Medicines and Non-Prescribed Drugs; Decreased Over-Sensitivity

1850

242 THE EFFECTS OF THE TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAM ON THE AGING PROCESS

Robert Keith Wallace, Ph. D.; Michael C. Dilbeck, Ph. D.; Eliha Jacobe, M. A., M. S. C. I.; and Beth Harrington, M. A.

Reversal of Biological Age: Younger Biological Age Compared with Control Subjects and Population Norms; Length of Time Practicing Transcendental Meditation Correlated with Reduction in Biological Age

1856

243 TRANSCENDENTAL MEDITATION—TREATING THE PATIENT AS WELL AS THE DISEASE

H. David Lovell-Smith, B. A., M. B., Ch. B.

Case History Illustrating Holistic Improvements in Physical and Mental Health Including Relief from Insomnia, Decreased Anxiety, Decreased Need for Tranquilizers, Fewer Headaches, Increased Enjoyment of Life, and Increased Efficiency

1861

244 SYSTOLIC BLOOD PRESSURE AND LONG-TERM PRACTICE OF THE TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAM: EFFECTS OF TM ON SYSTOLIC BLOOD PRESSURE

R. Keith Wallace, Ph. D.; Joel Silver, M. D.; Paul J. Mills, B. S.; Michael C. Dilbeck, Ph. D.; and Dale E. Waggoner, Ph. D.

Improved Cardiovascular Health: Lower Systolic Blood Pressure Compared to Population Norms for Age

1867

245 THE PRACTICE OF THE TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAMME REVERSES THE PHYSIOLOGICAL AGING PROCESS


Reversal of Biological Aging: Younger Biological Age Compared with Norms; Length of Time Practicing the Transcendental Meditation and TM-Sidhi Programme Correlated with Younger Biological Age and Younger Functional Age, and Predictive of Lower Systolic Blood Pressure and Auditory Threshold

1871

246 THE TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAMME AND REVERSAL OF THE AGING PROCESS: A LONGITUDINAL STUDY


Reversal of Biological Aging: Longitudinal Reduction in Biological Age; Younger Biological Age Compared with Norms; Length of Time Practicing the Transcendental Meditation and TM-Sidhi Programme Correlated with Younger Biological Age and Younger Functional Age; Decreased Systolic Blood Pressure; Improved Auditory Threshold

1878

247 IMPROVED MENTAL AND PHYSICAL HEALTH AND DECREASED USE OF PRESCRIBED AND NON-PREScribed DRUGS THROUGH THE TRANSCENDENTAL MEDITATION PROGRAMME

Graeme E. Browne, M. B. B., Ch. B.; David Fougère, M. D.; John Bird, B. Sc.; and H. David Lovell-Smith, B. A., M. B., Ch. B.

Improved Mental and Physical Health with Increased Ability to Use Such Potentials Effectively

1884

E: Motor and Perceptual Ability

248 TRANSCENDENTAL MEDITATION VS SUGGESTION-MEDITATION ON VISUAL CHOICE REACTION TIME

William R. Holt, Ph. D.; John L. Caruso, Ph. D.; and James B. Riley, Ph. D.

Improved Mind-Body Co-ordination: Faster Reactions (Visual Choice Reaction Time)

1905

249 MORE ON THE RELIABILITY OF THE KINESTHETIC AFTER-EFFECTS MEASURE AND NEED FOR STIMULATION

Kenneth E. Friend, Ph. D., and Michael Matyszewski, Ph. M.

Reduced Need for External Stimulation

1906

250 THE EFFECTS OF THE TM-SIDHI PROGRAMME ON RIGIDITY-FLEXIBILITY

Michael Antes, Dipl. Psych.

Increased Behavioral Flexibility as a Result of the TM-Sidhi Programme: Increased Perceptual Flexibility, Increased Psychomotor Speed, Increased Functional Efficiency of Psychomotor Co-ordination

1913

251 EVENT-RELATED POTENTIALS IN ALTERED STATES OF CONSCIOUSNESS

I. P. Banquet, En nêld., En math appl. and N. Lezné, En psychophysiol.

Greater Vigilance and Capacity for Selective Attention: Faster Reactions with Fewer Mistakes (Visual Choice Reaction Time), Shorter Latency and Larger Amplitude of Visual Evoked Potentials

1921

252 THE EFFECTS OF THE TRANSCENDENTAL MEDITATION PROGRAM ON STRENGTH OF THE NERVOUS SYSTEM, PERCEPTUAL REACTANCE, REACTION TIME, AND AUDITORY THRESHOLD

Eric Schwartz, M. S.

Increased Flexibility of the Nervous System: Increased Strength and Sensitivity of the Nervous System—Faster Reactions at High and Low Levels of Stimulation; Improved Auditory Thresholds; Decreased Perceptual Reactions

1926

253 MEDITATION AND FLEXIBILITY OF VISUAL PERCEPTION AND VERBAL PROBLEM SOLVING

Michael C. Dilbeck, Ph. D.

Increased Efficiency of Visual Perception: Increased Freedom from Habitual Patterns of Perception with Increased Ability to Use Such Patterns Effectively Where Appropriate

1928

254 EFFECT OF THE TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAM ON REACTION TIME

Kenneth C. Rowe, M.; M. A. Joseph S. Nearnacht, B. A.; and Sanford J. Nichol, Ed. D.

Improved Mind-Body Co-ordination: Faster Reactions (Visual Choice Reaction Time)

1938


xlvii
### PART III: SOCIOLOGY

#### A: Rehabilitation

- **276** DECREASE IN CIGARETTE SMOKING FOLLOWING TRANSCENDENTAL MEDITATION
- **277** THERAPEUTISCHE WIRKUNGEN DER TRANSCENDENTALEN MEDITATION AUF DROGENKONSUMTEN

#### B: Development of Personality

- **266** TRANSCENDENTAL MEDITATION AND SOCIAL PSYCHOLOGICAL ATTITUDES
- **267** INFYLANDET AV TRANSCENDENTAL MEDITATION PA NEUROTICISM, MEDICINBRUK OCH SÖMNPROBLEM

#### C: Impact on Well-being

- **268** LENGTH OF TIME SPENT IN THE PRACTICE OF TRANSCENDENTAL MEDITATION AND SIX DIFFERENCES RELATED TO INTRAPERSONAL AND INTERPERSONAL ORIENTATION
- **269** THE EFFECT OF THE PRACTICE OF TM ON THE DEGREE OF NEUROTICISM AS MEASURED BY THE DEFENSE MECHANISM TEST
- **270** THE TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAM AND MORAL DEVELOPMENT
- **271** FEFFSKESITY TRAINING AND TRANSCENDENTAL MEDITATION ON PERCEPTION OF OTHERS
- **272** AN INTEGRATIVE META-ANALYSIS OF PSYCHOLOGICAL STUDIES INVESTIGATING THE TREATMENT OUTCOMES OF MEDITATION TECHNIQUES
- **273** TRANSCENDENTAL MEDITATION AND AUTOGENIC TRAINING: A COMPARISON
- **274** EFFECTS OF TRANSCENDENTAL MEDITATION ON SELF-IDENTITY INDICES AND PERSONALITY
- **275** EFFECTS OF THE TRANSCENDENTAL MEDITATION PROGRAM ON STATE-TRAIT ANXIETY

#### D: Educational Outcomes

- **276** IMPROVED PERCEPTIONS OF THE EDUCATIONAL EXPERIENCE
- **277** SCHOOL ACHIEVEMENT MEASURES: A COMPARISON

#### E: Social Relationships

- **278** THE TRANSCENDENTAL MEDITATION PROGRAM AND REHABILITATION AT FOLSOM STATE PRISON: A CROSS-VALIDATION STUDY

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**Paper Number** | **Page** | **Paper Number** | **Page**
---|---|---|---
261 | 1942 | 264 | 1983 |
262 | 1954 | 265 | 1989 |
263 | 2034 | 266 | 1998 |
264 | 1998 | 267 | 2039 |
265 | 2048 | 266 | 2053 |
266 | 2053 | 267 | 2063 |
267 | 2063 | 268 | 2075 |
268 | 2075 | 269 | 2080 |
A FOLLOW-UP STUDY OF THE EFFECTS OF THE TRANSCENDENTAL MEDITATION PROGRAM ON INMATES AT FOLSOM PRISON
Allan I. Abrams, Ph.D.
Rehabilitation of Prisoners: Decreased State and Trait Anxiety; Decreased Hostility; Decreased Neuroticism; Decreased Use of Cigarettes; Improved Sleeping Patterns—Decreased Time to Fall Asleep; Decreased Awakenings per Night

THE SCIENCE OF CREATIVE INTELLIGENCE AND THE TRANSCENDENTAL MEDITATION PROGRAM: REDUCTION OF DRUG AND ALCOHOL CONSUMPTION
Sanford J. Nidich, Ed.D.
Decreased Use of Alcohol; Decreased Drug Abuse

TRANSCENDENTAL MEDITATION: A STRESS REDUCING SELF-HELP SUPPORT SYSTEM
Martin Bielefeld, Ph.D.
Benefits for Patients with Psychiatric and Addictive Disorders in a Vocational Rehabilitation Unit: Greater Ability to Maintain Employment on Discharge; More Frequently Maintained on Out-Patient Care Alone

A SUMMARY OF CROSS-SECTIONAL AND LONGITUDINAL RESULTS
Charles N. Alexander, Ph.D., and Emilie J. Marks, M.B.A.
Rehabilitation of Prisoners: Growth of Consciousness, Enhanced Cognitive Development; Lower State and Trait Anxiety; Fewer Pathological Symptoms (Lower Psychopathic Deviation, Anxiety, Aggression, Tension, and Introversiveness); Greater Capacity for Warm Interpersonal Relationships; Decreased Aggression; Decreased Schizophrenic Symptoms

THE EFFECTS OF THE TRANSCENDENTAL MEDITATION TECHNIQUE ON RECIDIVISM: A RETROSPECTIVE ARCHIVAL ANALYSIS
Charles N. Alexander, Ph.D.; James Grant, M.Ed.; and Christopher von Staude, M.Ed.
Rehabilitation of Prisoners: Lower Recidivism; Fewer New Convictions; Higher Incidence of Clean Records

INFLUENCE OF THE TRANSCENDENTAL MEDITATION PROGRAM ON CRIMINAL RECIDIVISM
Catherine R. Bleick, Ph.D.
Rehabilitation of Prisoners: Lower Recidivism; Fewer New Convictions; Higher Incidence of Clean Records

THE PATTERNS OF REDUCTION OF DRUG AND ALCOHOL USE AMONG TRANSIENT MEDITATION PARTICIPANTS
Elaine N. Aron, M.A., and Arthur Aron, Ph.D.
Decreased Use of Alcohol; Decreased Drug Abuse

REHABILITATION OF JUVENILE OFFENDERS THROUGH THE TRANSCENDENTAL MEDITATION PROGRAM: A CONTROLLED STUDY
Arthur Aron, Ph.D., and Elaine N. Aron, M.A.
Rehabilitation of Juvenile Offenders: Decreased Trait Anxiety

A: Health

THE TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAMME AND THE REVERSAL OF AGEING
Geoffrey Clements, D. Phil., and Daphne M. Clements, M.S.C.I.
Research findings on the Transcendental Meditation and TM-Sidhi programme are reviewed in the context of current knowledge of the ageing process and the usual physiological and psychological changes associated with ageing. The pattern which emerges is that the Transcendental Meditation and TM-Sidhi programme produces a comprehensive set of changes opposite to those usually found with ageing and such as to produce a distinct increase in life expectancy.
The Studies in the First Two Sections Document Changes outside the Practice of the Transcendental Meditation Technique Unless Otherwise Stated.

A: Metabolic, Biochemical, and Cardiovascular Changes

291 FOREARM BLOOD FLOW AND METABOLISM DURING STYLIZED AND UNSTYLIZED STATES OF DECREASED ACTIVATION

R. Jenning, Ph.D.; A.F. Wilson, M.D., Ph.D.; J.P. O'Halloran, Ph.D.; and R.N. Walsh, M.D., Ph.D.


2224

292 METABOLIC CONTROL IN A STATE OF DECREASED ACTIVATION: MODULATION OF RED CELL METABOLISM

R. Jenning, Ph.D.; A.F. Wilson, M.D., Ph.D.; H. Pirkle, M.D.; J.P. O'Halloran, Ph.D.; and R.N. Walsh, M.D., Ph.D.

Fundamental Change in Cellular Metabolism: Reduced Red Cell Metabolism in Red Blood Cells. Normal Arterial Oxygen and Carbon Dioxide Partial Pressures. Reduction in Biochemical Index of Stress. Decreased Arterial Lactate. Indication of Deep Rest: Decreased Spontaneous Skin Resistance Responses

2230

293 EFFECT OF TRANSCENDENTAL MEDITATION ON BREATHING AND RESPIRATORY CONTROL

Norman Wallace, M.D., F.R.C.P.(C); Harvey Kestman, M.D.; Diana Darragh, R.T.; Carol Cohen, M.D., F.R.C.P.(C); and Harold Frank, M.D., F.R.C.P.(C)

A Unique State of Deep Rest: Decreased Minute Ventilation. Episodes of Spontaneous Breath Suspension (Not Followed by Hyperventilation). Findings Suggesting Changes in Chemical and Neural Control of Breathing. Increased Basal Skin Resistance

2235

B: Electroencephalographic Changes

294 IMPROVED FUNCTIONAL ORGANIZATION OF THE BRAIN THROUGH THE MAHARISHI TECHNOLOGY OF THE UNIFIED FIELD AS INDICATED BY CHANGES IN EEG COHERENCE AND ITS CODING CORRELATES: A PROPOSED MODEL OF HIGHER STATES OF CONSCIOUSNESS

D.W. Orme-Johnson, Ph.D.; R.K. Wallace, Ph.D.; M.C. Dilbeck, Ph.D.; C.N. Alexander, Ph.D.; and O.E. Ball, Ph.D.

Improved Functional Organization of the Brain. Higher EEG Coherence Correlated with Superior Cognitive Performance (Verbal Intelligence, Principled Moral Reasoning, and Grade Point Average) and Greater Emotional Stability (Lower Neuroticism). Increased EEG Coherence Both during Transcendental Meditation and Longitudinally as a Result of the TM-Sidhi Programme. Increased Frontal EEG Alpha Coherence Correlated with Increased Creativity

2245

295 HYBRID ANALYSIS OF SPONTANEOUS BRAIN ACTIVITY IN DIFFERENT STATES OF CONSCIOUS EXPERIENCE

Doc. habal. J. Miszczak, and mgr. J. Achimowicz

Increased Orderliness and Integration of Brain Functioning. Increased EEG Alpha Activity with Increased Interhemispheric Synchrony. High Amplitude Synchronized Frontal EEG Theta Activity. High EEG Alpha Coherence

2267

296 EEG COHERENCE AND THE LENGTH OF PRACTICE OF THE TRANSCENDENTAL MEDITATION PROGRAM

Randi Nichid, M.A.; Sanford J. Nichid, Ed.D.; David W. Orme-Johnson, Ph.D.; and B. Keith Wallace, Ph.D.

Correlation between Length of Time Practicing Transcendental Meditation and Higher EEG Alpha Coherence

2273

297 FRONTAL LOBE FUNCTIONING: EEG COHERENCE AS A PREDICTOR OF HIGHLY PRO-SOCIAL BEHAVIOR WITH SUBJECTS PRACTICING THE TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAM

Sanford J. Nichid, Ed.D.; Randi Nichid, M.A.; Allan Abrams, Ph.D.; David Orme-Johnson, Ph.D.; and Robert Keith Wallace, Ph.D.

Correlations between High Frontal EEG Alpha Coherence and Highly Pro-Social Behaviour

2277

C: Health

298 EFFECTS OF TRANSCENDENTAL MEDITATION, ELECTROMYOGRAPHIC (EMG) BIOFEEDBACK RELAXATION, AND CONVENTIONAL RELAXATION ON VASODILATION, MUSCLE TENSION, AND STUTTERING: A QUANTITATIVE COMPARISON

Christine Patmore Allen, Ph.D.

Decreased Stuttering

2287

299 EFFETTI INDOTTI DAL PROGRAMMA DI MEDITAZIONE TRASCENDENTALE SULLA TOLLERANZA GLICIDICA

Sara Taloggi, Medico Chirurgo

Improved Blood Glucose Homeostasis

2289

300 THE EFFECTS OF TRANSCENDENTAL MEDITATION ON COGNITIVE AND BEHAVIORAL FLEXIBILITY, HEALTH, AND LONGEVITY IN THE ELDERLY. AN EXPERIMENTAL COMPARISON OF THE TRANSCENDENTAL MEDITATION PROGRAM, MINDFULNESS TRAINING, AND RELAXATION


2295

D: Motor and Perceptual Ability

301 THE EFFECTS OF THE TRANSCENDENTAL MEDITATION PROGRAM ON STRENGTH OF THE NERVOUS SYSTEM, PERCEPTIONAL REACTANCE, REACTION TIME, AND AUDITORY THRESHOLD

Eric Schwartz, M.S.

Increased Flexibility of the Nervous System. Increased Strength and Sensitivity of the Nervous System—Faster Reactions at High and Low Levels of Stimulation. Improved Auditory Thresholds. Decreased Perceptual Reactance

2317

302 AN INVESTIGATION INTO THE EFFECTS OF TRANSCENDENTAL MEDITATION UPON HEARING THRESHOLD

Paul Remley, M.S.

Enhanced Academic Performance in Postgraduate Students

2384

303 COGNITIVE STAGE DEVELOPMENT IN CHILDREN PRACTICING THE TRANSCENDENTAL MEDITATION PROGRAM: ACQUISITION AND CONSOLIDATION OF CONSERVATION

Charles N. Alexander, Ph.D.; Sidney C. Karth, J.D.; Frederick T. Travis, B.S.; Tiffany Warner, M.A.; and Victoria K. Alexander, J.D., LL.M.

Enhanced Cognitive Development in Children

2352

304 A COMPARATIVE STUDY OF MAHARISHI INTERNATIONAL UNIVERSITY AND TWO SMALL PRIVATE COLLEGES ON PERCEIVED PERSONAL GROWTH, PERCEIVED ACADMIC ATMOSPHERE, AND GENERAL QUALITY OF LIFE

Naomi Buie, M.A.; Sanford Nichid, Ed.D.; and Allan Abrams, Ph.D.


2371

305 SOME EFFECTS OF THE TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAMME ON ARTISTIC CREATIVITY AND APPRECIATION

Peter J. Wrycza, Ph.D.

Enhanced Artistic Creativity and Appreciation

2378

306 THE TRANSCENDENTAL MEDITATION TECHNIQUE AND ACADEMIC PERFORMANCE: A SHORT REPORT ON A CONTROLLED LONGITUDINAL PILOT STUDY

Paul Remley, M.S.

Enhanced Academic Performance in Postgraduate Students

2384
### Part III: Sociology

#### A: Rehabilitation

<table>
<thead>
<tr>
<th>Title</th>
<th>Authors</th>
<th>Volume</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>313 TRANSCENDENTAL MEDITATION IN THE TREATMENT OF POST-VIETNAM ADJUSTMENT</td>
<td>James S. Brooks, M.D., and Thomas Scarrano, Ph.D.</td>
<td>311</td>
<td>316</td>
</tr>
<tr>
<td>Improvements in Post-Vietnam Adjustment Problems: Decreased Post-Vietnam Stress Disorder; Decreased Anxiety; Decreased Depression; Decreased Use of Alcohol; Decreased Insomnia; Improved Employment Status; Decreased Family Problems</td>
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#### B: Development of Personality

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<th>Title</th>
<th>Authors</th>
<th>Volume</th>
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<tr>
<th>Title</th>
<th>Authors</th>
<th>Volume</th>
<th>Page</th>
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<tbody>
<tr>
<td>THE SUBJECTIVE EXPERIENCE OF HIGHER STATES OF CONSCIOUSNESS AND THE MAHARISHI TECHNOLOGY OF THE UNIFIED FIELD: PERSONALITY, COGNITIVE, PERCEPTUAL, AND PHYSIOLOGICAL CORRELATES OF GROWTH TO ENLIGHTENMENT</td>
<td>Charles N. Alexander, Ph.D., Charles Mertesdorf, Ph.D., and Dr. rer. pol. Erich Hiesel, Ph.D.</td>
<td>312</td>
<td>317</td>
</tr>
</tbody>
</table>

#### B: Quality of Life

<table>
<thead>
<tr>
<th>Title</th>
<th>Authors</th>
<th>Volume</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>THE EFFECTS OF TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAM ON THE MARITAL DYAD</td>
<td>Steven Val Marcus, Ph.D.</td>
<td>315</td>
<td>319</td>
</tr>
<tr>
<td>Benefits for Married Couples: Decreased Nervousness (Increased Composure and Relaxation); Increased Enthusiasm for Social Involvement; Increased Capacity for Spontaneous Expression of Warmth and Affection; Increased Ability to Be Sympathetic, Compassionate, and Understanding; Increased Ability to Be Objective, Fair-Minded, and Reasonable; Increased Tolerance and Acceptance of Others, Increased Self-Discipline; Reduced Anxiety</td>
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<tbody>
<tr>
<td>IMPROVED QUALITY OF LIFE THROUGH THE MAHARISHI TECHNOLOGY OF THE UNIFIED FIELD IN MAJOR WORLD TROUBLE-SPOTS</td>
<td>Michael C. Dillbeck, Ph.D.</td>
<td>320</td>
<td>324</td>
</tr>
<tr>
<td>Improved Quality of Provincial Life as Measured by an Index Including: Total Crime Rate, Mortality Rate, Motor Vehicle Fatality Rate, Accident Rate, Unemployment Rate, Inflation, Beer Consumption Rate, and Cigarette Consumption Rate (Rhode Island, USA, 1978)</td>
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**Note:** The list continues with similar entries for other topics and authors, detailing research outcomes related to the Transcendental Meditation and TM-Sidhi programs.
### SCIENTIFIC RESEARCH ON THE TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAMME, VOL. 8

<table>
<thead>
<tr>
<th>Number</th>
<th>Paper Page</th>
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<tr>
<td>324</td>
<td>2549</td>
<td>330</td>
<td>2609</td>
<td>335</td>
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<td>336</td>
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<td>341</td>
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</table>

### LIST OF SCIENTIFIC PAPERS: VOLUME FOUR

<table>
<thead>
<tr>
<th>Paper Page</th>
<th>Page</th>
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<tbody>
<tr>
<td>2653</td>
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</tbody>
</table>

### PART IV: REVIEW PAPERS

**A: Health**

338 **DAS PROGRAMM TRANZENTDALEN MEDITATION IN DER MEDIZIN**

De med. Oliver Wizer, D.S.C.I.

The author discusses the benefits of the Transcendental Meditation programme in general medical practice and shows that it represents a major breakthrough in the field of health.

2769

339 **PERFECT HEALTH THROUGH ENLIGHTENMENT**

De med. Oliver Wizer, D.S.C.I.

The Transcendental Meditation and TM-Sidhi programme is presented as the direct means to develop perfect health for both the individual and society.

2774

340 **RECENT BIOCHEMICAL AND PHYSIOLOGICAL RESEARCH ON THE TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAM: CLINICAL AND EPIDEMILOGICAL APPLICATIONS**

D.R. Orme-Johnson, Ph.D.; R.K. Wallace, Ph.D.; M.C. Dilbeck, Ph.D.; and N. Kay (Rosenberg), M.A.

This paper provides an extensive discussion of electrophysiological and biochemical research on the Transcendental Meditation and TM-Sidhi programme, including some interesting findings on EEG coherence not previously reported in the literature. Research is reviewed from the theoretical perspective of the nature of consciousness and the principles of its development as systematically expounded by Maharishi in the Science of Creative Intelligence. The authors emphasize the value of Maharishi’s insights in relation to some major constructs within psychiatry and discuss important clinical and epidemiological applications of the Transcendental Meditation and TM-Sidhi programme.

2775

341 **MEDITATION TRANSCENDENTALE: RIVUE DE LA LITTERATURE SCIENTIFIQUE**

Brian Blicher, M.D.; and Fernand Blondeau, M.D.
The Transcendental Meditation and TM-Sidhi programme is found to result in a coherent state of higher states of consciousness as described in the Vedic literature. 

This paper presents the Transcendental Meditation and TM-Sidhi programme as a scientifically validated technology for the full development of the knower, which has been successfully implemented at all levels of education.

The Maharishi Technology of the Unified Field is found to fulfill the highest goals of education by bringing life in alliance with the total potential of natural law. Research on the Maharishi Technology of the Unified Field and experience of its application at all levels of education have shown that Unified Field Based Education not only fosters academic excellence, but also unfolds the full potential of individual and collective life.

The first part of this paper summarizes research on the Transcendental Meditation programme conducted in prisons and presents an overview of the physiological, psychological, and sociological findings in terms of the growth of stability and adaptability. The second part presents the perspective of the Science of Creative Intelligence on law, justice, and rehabilitation. This analysis reveals that the Transcendental Meditation and TM-Sidhi programme brings life in accordance with all the laws of nature, ensuring that the individual's thought and action are spontaneously evolutionary both for himself and his environment. The final part of this paper discusses the implications of this perspective for crime prevention. The practice of the Transcendental Meditation and TM-Sidhi programme is shown to produce a coherent influence throughout collective consciousness, thereby preventing crime and promoting positive trends in society.

353 THE APPLICATION OF THE TRANSCENDENTAL MEDITATION PROGRAM TO CORRECTIONS AND CRIME PREVENTION
Michael C. Dilbeck, Ph.D., and Allan I. Abrams, Ph.D.
This paper reviews research demonstrating that the Transcendental Meditation and TM-Sidhi programme produces consistent beneficial effects for both criminal rehabilitation and crime prevention.

354 TRANSCENDENTAL MEDITATION PROGRAM FOR BUILDING FAMILY STRENGTHS: BLUEPRINT FOR INVINCIBILITY
Arthur Aron, Ph.D., and Elaine N. Aron, M.A.
This paper presents the Transcendental Meditation and TM-Sidhi programme as a means to strengthen family life by developing higher states of consciousness for the individual and creating an influence of coherence and harmony in the social environment.

355 A PROPOSAL TO ESTABLISH A U.S. ACADEMY OF PEACE
David Orme-Johnson, Ph.D., and Michael C. Dilbeck, Ph.D.
This proposal presents the group practice of the Transcendental Meditation and TM-Sidhi programme as the practical technology for creating coherence in national and world consciousness, thereby establishing a permanent state of social harmony and world peace.
PART II: PSYCHOLOGY

A: Intelligence, Learning, and Academic Performance

381 THE TRANSCENDENTAL MEDITATION PROGRAM AS A PRENATAL FACTOR IN THE QUIET ALERT STATE IN NORMAL NEWBORNS

Mary J. Doan, M.A.
Increased Quiet Alertness in Newborns of Mothers Practising the Transcendental Meditation and TM-Sidhi Programmes

382 CONSCIOUSNESS AND COGNITIVE DEVELOPMENT: A SIX-MONTH LONGITUDINAL STUDY OF FOUR-YEAR-OLDS PRACTICING THE CHILDREN’S TRANSCENDENTAL MEDITATION TECHNIQUE

Carol A. Dixon, Ph.D.
Accelerated Cognitive Development in Four-Year-Old Children Practising the Word of Wisdom Technique

383 TRANSCENDENTAL MEDITATION AND DEVELOPMENTAL ADVANCEMENT: MEDIATING ABILITIES AND CONSERVATION PERFORMANCE

Tifish Quesen Warner, Ph.D.
Advanced Cognitive Development in Children

384 FIELD INDEPENDENCE OF STUDENTS AT MAHARISHI SCHOOL OF THE AGE OF ENLIGHTENMENT AND A MONTESORI SCHOOL

Paul Gelderloos, S.Sc.D.; Randolph J. Locke, M.A.; and Sonneita Chatterjeeon, B.S.
Increased Field Independence (Growth of a More Stable Internal Frame of Reference, Increased Perceptual Acuity) in Children

385 SCHOOL EFFECTIVENESS: ACHIEVEMENT GAINS AT THE MAHARISHI SCHOOL OF THE AGE OF ENLIGHTENMENT

Increased Academic Achievement for Both Incoming and Continuing Students at Maharishi School of the Age of Enlightenment

386 INCREASED ACADEMIC ACHIEVEMENT AT MAHARISHI SCHOOL OF THE AGE OF ENLIGHTENMENT: A REPLICATION STUDY

Improved Scores on Social Studies, Literacy Materials, Reading, Quantitative Thinking, and General Academic Achievement for Students at Maharishi School of the Age of Enlightenment

387 RELATIONSHIP OF THE PRACTICE OF THE TRANSCENDENTAL MEDITATION TECHNIQUE TO ACADEMIC ACHIEVEMENT

Increased Academic Achievement and IQ as a Function of Months Practising the Transcendental Meditation and TM-Sidhi Programme in Secondary School Students

388 IMPROVING THE SOCIAL CLIMATE OF A PHILIPPINE SECONDARY SCHOOL THROUGH THE PRACTICE OF THE TRANSCENDENTAL MEDITATION PROGRAM

Increased Morale, Facilitative Leadership, and Influence in Decision Making Concerning Classroom Instruction in Teachers Practising the Transcendental Meditation Programme

389 LONGITUDINAL EFFECTS OF THE TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAM ON COGNITIVE ABILITY AND COGNITIVE STYLE

Michael C. Dillbeck, Ph.D.; Panayotis D. Assimakos, Ph.D.; Dennis Raimondi, M.A.; David W. Orme-Johnson, Ph.D.; and Robin Rowe, Ph.D.
Increased Fluid Intelligence and Field Independence (Growth of a More Stable Internal Frame of Reference, Increased Perceptual Acuity) in College Students

390 INCREASED GENERAL INTELLIGENCE THROUGH THE TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAM

Robert Coe, M.A.
Improvements in General Intelligence and Reaction-Time Measures (Which are Correlated with Intelligence)

391 THE TRANSCENDENTAL MEDITATION TECHNIQUE AND POSTGRADUATE ACADEMIC PERFORMANCE

Paul Kember, M.Sc.
Enhanced Academic Performance in Postgraduate Students
<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Page</th>
<th>Paper Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>414</td>
<td></td>
<td>419</td>
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<tr>
<td>426</td>
<td></td>
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</table>

**A: Health and Clinical Experience**

414 **TRANSCENDENTAL MEDITATION AND HEALTH: AN OVERVIEW OF EXPERIMENTAL RESEARCH AND CLINICAL EXPERIENCE**

Andrew Jevicki, B.S.; Diane Miller, Ph.D.; and Michael Antoniou, Ph.D.

The authors review a large body of research indicating improved individual and collective health through the Transcendental Meditation programme and propose that it be applied on a large scale to improve public health and reduce health care costs.  

**B: Education**

415 **THE MAHARISHI TECHNOLOGY OF THE UNIFIED FIELD IN EDUCATION: PRINCIPLES, PRACTICE, AND RESEARCH**

Susan L. Dillbeck, Ph.D., and Michael C. Dillbeck, Ph.D.

The authors outline the principles and practical techniques of the Maharishi Unified Field Based Integrated System of Education and review research indicating the ability of this system to develop the cognitive, affective, and physiological characteristics of the student that contribute to successful learning.

**C: Personality and Development**

418 **TRANSCENDENTAL CONSCIOUSNESS: A FOURTH STATE OF CONSCIOUSNESS BEYOND SLEEP, DREAMING, AND WAKING**

Charles N. Alexander, Ph.D.; Robert W. Crumon, Ph.D.; Robert W. Boyer, Ph.D.; and David Orme-Johnson, Ph.D.

The authors review physiological research indicating that transcendental consciousness is a unique fourth major state of consciousness.

**D: Rehabilitation**

420 **APPLICATION OF THE TRANSCENDENTAL MEDITATION PROGRAM TO CORRECTIONS**

Michael C. Dillbeck, Ph.D., and Allan J. Abrams, Ph.D.

This paper reviews the research on the application of the Transcendental Meditation programme in corrections, including improved mental health and reduced hostility among inmates, and reduced recidivism upon release. The authors propose the implementation of the Transcendental Meditation programme in correctional settings on a large scale, in order to promote effective rehabilitation and thereby reduce the substantial financial and human costs to society of incarceration.

**E: Productivity and Quality of Life**

422 **MAHARISHI’S PROGRAM TO CREATE WORLD PEACE: THEORY AND RESEARCH**

David W. Orme-Johnson, Ph.D., and Michael C. Dillbeck, Ph.D.

This paper reviews Maharishi’s theoretical principles of collective consciousness and the empirical research demonstrating improved quality of life at the city, state, national, and international levels. The research indicates that an influence of peace is created worldwide through the group practice of the Transcendental Meditation and TM-Sidhi programme by at least 7000 individuals—indeed the square root of one per cent of the world’s population.

**F: Maharishi’s Vedic Psychology**

423 **THE COSMIC PSYCHE: AN INTRODUCTION TO MAHARISHI’S VEDIC PSYCHOLOGY—THE FULFILLMENT OF MODERN PSYCHOLOGY**

David W. Orme-Johnson, Ph.D.

This paper introduces basic concepts of Maharishi’s Vedic Psychology and compares its major principles to those of twentieth-century psychology. The author concludes that Maharishi’s Vedic Psychology fulfills the theoretical and applied goals of psychology.

424 **THE COSMIC PSYCHE AS THE UNIFIED SOURCE OF CREATION: VERIFICATION THROUGH SCIENTIFIC PRINCIPLES, DIRECT EXPERIENCE, AND SCIENTIFIC RESEARCH**

David W. Orme-Johnson, Ph.D.

This paper presents the field of pure consciousness, or cosmic psyche, as the source of all mental and physical phenomena. The qualities of this field are verified through several approaches, including direct experience and scientific research.


Michael W. Dillbeck, Ph.D.

This paper outlines how, from the perspective of Maharishi’s Vedic Psychology, the field of pure consciousness sequentially gives rise to the diversity of subjective and objective existence. Research is reviewed indicating that all levels of subjective life are enriched from their basis, pure consciousness, through the Transcendental Meditation and TM-Sidhi programme.

426 **SEVEN STATES OF CONSCIOUSNESS: UNFOLDING THE FULL POTENTIAL OF THE COSMIC PSYCHE IN INDIVIDUAL LIFE THROUGH MAHARISHI’S VEDIC PSYCHOLOGY**

Charles N. Alexander, Ph.D., and Robert W. Boyer, Ph.D.

This paper outlines the sequential unfulfillment of higher states of consciousness brought to light by Maharishi and reviews the scientific research indicating the development of higher states through the Transcendental Meditation and TM-Sidhi programme.

427 **MAHARISHI’S TM-SIDHI PROGRAM: PARTICIPATING IN THE INFINITE CREATIVITY OF NATURE TO ENLIVEN THE TOTALITY OF THE COSMIC PSYCHE IN ALL ASPECTS OF LIFE**

Paul Gelderloos, S.S.C.D., and Willem P. van den Berg, B.A.

This paper introduces Maharishi’s TM-Sidhi programme as the technique to enliven the self-interacting dynamics of consciousness in the awareness of the individual, thereby accelerating growth of higher states of consciousness; it also reviews the scientific research on the TM-Sidhi programme.

428 **THE SAMHITA OF SETS: MAHARISHI’S VEDIC SCIENCE AND THE FOUNDATIONS OF MATHEMATICS**

Michael Westerlia, Ph.D.

This paper reviews basic concepts of set theory and other foundational perspectives in mathematics in relation to the central principles of Maharishi’s Vedic Science.

429 **IS CONSCIOUSNESS THE UNIFIED FIELD? A FIELD THEORIST’S PERSPECTIVE**

John S. Hagelin, Ph.D.

This paper presents an introduction to unified field quantum field theories followed by a discussion of theory, research, and subjective experiences from Maharishi’s Vedic Science, in which pure consciousness is described as the unified field of all the laws of nature.

430 **RESTRUCTURING PHYSICS FROM ITS FOUNDATION IN LIGHT OF MAHARISHI’S VEDIC SCIENCE**

John S. Hagelin, Ph.D.

The author proposes the renaming of the basic forces and particles of nature in light of their being in the unified field; he outlines how Maharishi’s Vedic Science brings fulfillment to this aspiration, and reviews research indicating that the unified field can be directly experienced and utilized by human awareness through the Transcendental Meditation and TM-Sidhi programme.
### LIST OF SCIENTIFIC PAPERS

#### VOLUME 6

**Part I: Physiology**

*The Studies in the First Section Document Changes during the Practice of the Transcendental Meditation Technique Unless Otherwise Stated.*

<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>A: Metabolic, Biochemical, and Cardiovascular Changes</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>431 EFFECTS ON REGIONAL CEREBRAL BLOOD FLOW OF TRANSCENDENTAL MEDITATION</td>
<td>3755</td>
</tr>
<tr>
<td>432 ELEVATED SERUM DEHYDRO-EPIANDROSTERONE SULFATE LEVELS IN PRACTITIONERS OF THE TRANSCENDENTAL MEDITATION (TM) AND TM-SIDHI PROGRAMME</td>
<td>3737</td>
</tr>
<tr>
<td>433 BETA-ADRENERGIC RECEPTOR SENSITIVITY IN SUBJECTS PRACTICING TRANSCENDENTAL MEDITATION</td>
<td>3742</td>
</tr>
</tbody>
</table>

**B: Electrophysiological and Electroencephalographic Changes**

<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>442 MOBILIZATION OF THE HIDDEN RESERVES OF THE BRAIN</td>
<td>3778</td>
</tr>
</tbody>
</table>

**C: Endogenous Evoked Potentials in Subjects Practicing Transcendental Meditation**

<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>446 ENDGENOUS EVOKED POTENTIALS IN SUBJECTS PRACTICING TRANSCENDENTAL MEDITATION</td>
<td>3788</td>
</tr>
</tbody>
</table>

**D: Stress, Serotonin, and Other Neurochemical Changes**

<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>439 STRESS REDUCTION AND PREVENTING HYERTENSION: PRELIMINARY SUPPORT FOR A PSYCHONEUROENDOCRINE MECHANISM</td>
<td>3779</td>
</tr>
</tbody>
</table>

**E: Mood Disturbance**

<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>440 CIRCADIAN RHYTHM ALTERATION BY MENTAL TECHNIQUE FOR STRESS REDUCTION</td>
<td>3760</td>
</tr>
</tbody>
</table>

**F: Immunoreactivity and Cerebral Blood Flow**

<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>441 RELATIONSHIP BETWEEN SUBJECTIVE BLISS, 5-HYDROXY-3-INDOLEACETIC ACID AND THE COLLECTIVE PRACTICE OF MAHARISHI'S TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAMME</td>
<td>3777</td>
</tr>
</tbody>
</table>

**G: Peripheral Serotonergic Activity Following Transcendental Meditation**

<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>442 MOBILIZATION OF THE HIDDEN RESERVES OF THE BRAIN</td>
<td>3778</td>
</tr>
</tbody>
</table>

**H: Cerebral Blood Flow**

<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>443 CEREBRAL CONTROL OF AFFERENT SOMATOSENSORY PROJECTIONS</td>
<td>3783</td>
</tr>
</tbody>
</table>

**I: Quality of Experiences During the TM-Sidhi Programme**

<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>444 P300 UNDER CONDITIONS OF TEMPORAL UNCERTAINTY AND FILTER ATTENUATION: REDUCED LATENCY IN LONG-TERM PRACTITIONERS OF TM</td>
<td>3784</td>
</tr>
</tbody>
</table>

**J: Beta-Adrenergic Receptor Sensitivity, Autonomic Balance, and Serotonergic Activity in Transcendental Meditation Practitioners**

<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>445 TRANSCENDENTAL MEDITATION AS AN INTERVENTION IN THE AGING OF NEUROCOGNITIVE FUNCTION: REDUCED AGE-RELATED DECLINES OF P300 LATENCIES IN ELDERLY PRACTITIONERS</td>
<td>3787</td>
</tr>
</tbody>
</table>

**K: Lymphocyte Transformation**

<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>446 ENDGENOUS EVOKED POTENTIALS IN SUBJECTS PRACTICING TRANSCENDENTAL MEDITATION</td>
<td>3788</td>
</tr>
</tbody>
</table>

**L: Beta-Adrenergic Receptor Sensitivity, Autonomic Balance, and Serotonergic Activity**

<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>447 P300 LATENCY AND AMPLITUDE DURING EYES-CLOSED REST AND TRANSCENDENTAL MEDITATION PRACTICE</td>
<td>3789</td>
</tr>
</tbody>
</table>
448 EEG ANALYSIS DURING MEDITATION: A LITERATURE REVIEW AND EXPERIMENTAL STUDY
Frederick Travis, Ph.D.

Increased EEG Coherence and Power Immediately before the Body Lifted up during TM-Sidhi Yoga Flying

450 THE DYNAMIC CHARACTERISTICS OF MODIFIED CONSCIOUSNESS DURING AND AFTER TRANSCENDENTAL MEDITATION

EEG Indications of Restful Alertness: Increased Stability of Alpha Activity, Increased Beta Power, and Reduced Slow-Wave Delta and Theta Power During Transcendental Meditation; Persistence of EEG Changes Following Transcendental Meditation

453 EEG COHERENCE AND POWER DURING YOGIC FLYING
Frederick T. Travis, Ph.D.; and David W. Orme-Johnson, Ph.D.

454 AN EMPIRICAL TEST OF MAHARISHI’S JUNCTION POINT MODEL OF STATES OF CONSCIOUSNESS
Frederick T. Travis, Ph.D.

456 ELECTROPHYSIOLOGICAL CORRELATES OF HIGHER STATES OF CONSCIOUSNESS DURING SLEEP

457 TRANSCENDENTAL MEDITATION, MINDFULNESS, AND LONGEVITY: AN EXPERIMENTAL STUDY WITH THE ELDERLY

458 A RANDOMIZED CONTROLLED TRIAL OF STRESS REDUCTION ON CARDIOVASCULAR AND ALL-CAUSE MORTALITY IN THE ELDERLY: RESULTS OF 8 YEAR AND 15 YEAR FOLLOW-UPS
Charles Alexander, Ph.D.; Vernon Barner, Ph.D.; Robert Schneider, M.D.; Ellen Langer, Ph.D.; Ronnie Newman, M.Ed.; Howard Chudler, Ph.D.; John Davies, Ph.D.; and Maxwell Rainforth, M.S., M.A.

459 A RANDOMIZED CONTROLLED TRIAL OF STRESS REDUCTION FOR HYPERTENSION IN OLDER AFRICAN AMERICANS

461 THE EFFECT OF TRANSCENDENTAL MEDITATION ON AMBULATORY BLOOD PRESSURE AND CARDIOVASCULAR REACTIVITY
Stig R. Wenneberg, M.S.; Robert H. Schneider, M.D.; Christopher R. K. MacLean, M.S.; Debra K. Levinsky, M.S.; Kenneth G. Walton, Ph.D.; Joseph Mandarino, Ph.D.; and Rafiq Waziri, M.D.

462 COST-EFFECTIVE HYPERTENSION MANAGEMENT: COMPARISON OF DRUG THERAPIES WITH AN ALTERNATIVE PROGRAM
Robert E. Herron, Ph.D.; Robert H. Schneider, M.D.; Joseph V. Mandarino, Ph.D.; Charles N. Alexander, Ph.D.; and Kenneth Walton, Ph.D.

463 USEFULNESS OF THE TRANSCENDENTAL MEDITATION PROGRAM IN THE TREATMENT OF PATIENTS WITH CORONARY ARTERY DISEASE
John W. Zamarra, M.D.; Robert H. Schneider, M.D.; Dalo Reseghini, M.D.; Donald K. Robinson, M.S.; and John W. Salerno, Ph.D.

464 TRANSCENDENTAL MEDITATION AND THREE CASES OF MIGRAINE
H. David Lovell-Smith, B.A, M.B., Ch.B.

465 MONITORING BEHAVIOURAL STRESS CONTROL USING A CRANIO-MANDIBULAR INDEX
R. M. Shaw, B.D.Sc.; M.S.; and D. D. Bettmar, B.D.Sc.

466 EFFECTS OF TRANSCENDENTAL MEDITATION (TM) ON THE MENTAL HEALTH OF INDUSTRIAL WORKERS
Takashi Haratani, Ph.D.; and Takemitsu Hemmi, M.D., Ph.D.

467 EFFECTS OF TRANSCENDENTAL MEDITATION ON AMBULATORY BLOOD PRESSURE AND CARDIOVASCULAR REACTIVITY
Stig R. Wenneberg, M.S.; Robert H. Schneider, M.D.; Christopher R. K. MacLean, M.S.; Debra K. Levinsky, M.S.; Kenneth G. Walton, Ph.D.; Joseph Mandarino, Ph.D.; and Rafiq Waziri, M.D.

468 IMPROVED CARBOHYDRATE METABOLISM IN OLDER AFRICAN AMERICANS: RESULTS OF A Randomized Controlled Trial
David W. Orme-Johnson, Ph.D.; and Paul Gólderloos, S.C.D.

469 HEALTH RATING OF THE VALUE OF TRANSCENDENTAL MEDITATION: A RANDOMIZED CONTROLLED TRIAL
D. B. Smith, R.N.; and William W. Mandarino, M.D.

470 TRIAL OF STRESS REDUCTION FOR HYPERTENSION IN OLDER AFRICAN AMERICANS: II. END-POINT SUBGROUP ANALYSIS

471 REDUCED FREQUENCY AND SEVERITY OF MIGRAINE WITH CORONARY ARTERY DISEASE
H. David Lovell-Smith, B.A, M.B., Ch.B.

472 IMPROVED HEART RATE VARIABILITY IN OLDER AFRICAN AMERICANS: RESULTS OF A Randomized Controlled Trial
David W. Orme-Johnson, Ph.D.; and Paul Gólderloos, S.C.D.

473 REDUCED FREQUENCY AND SEVERITY OF MIGRAINE WITH CORONARY ARTERY DISEASE
H. David Lovell-Smith, B.A, M.B., Ch.B.

474 IMPROVED HEART RATE VARIABILITY IN OLDER AFRICAN AMERICANS: RESULTS OF A Randomized Controlled Trial
David W. Orme-Johnson, Ph.D.; and Paul Gólderloos, S.C.D.

475 IMPROVED HEART RATE VARIABILITY IN OLDER AFRICAN AMERICANS: RESULTS OF A Randomized Controlled Trial
David W. Orme-Johnson, Ph.D.; and Paul Gólderloos, S.C.D.

476 IMPROVED HEART RATE VARIABILITY IN OLDER AFRICAN AMERICANS: RESULTS OF A Randomized Controlled Trial
David W. Orme-Johnson, Ph.D.; and Paul Gólderloos, S.C.D.

477 IMPROVED HEART RATE VARIABILITY IN OLDER AFRICAN AMERICANS: RESULTS OF A Randomized Controlled Trial
David W. Orme-Johnson, Ph.D.; and Paul Gólderloos, S.C.D.

478 IMPROVED HEART RATE VARIABILITY IN OLDER AFRICAN AMERICANS: RESULTS OF A Randomized Controlled Trial
David W. Orme-Johnson, Ph.D.; and Paul Gólderloos, S.C.D.

479 IMPROVED HEART RATE VARIABILITY IN OLDER AFRICAN AMERICANS: RESULTS OF A Randomized Controlled Trial
David W. Orme-Johnson, Ph.D.; and Paul Gólderloos, S.C.D.

480 IMPROVED HEART RATE VARIABILITY IN OLDER AFRICAN AMERICANS: RESULTS OF A Randomized Controlled Trial
David W. Orme-Johnson, Ph.D.; and Paul Gólderloos, S.C.D.

481 IMPROVED HEART RATE VARIABILITY IN OLDER AFRICAN AMERICANS: RESULTS OF A Randomized Controlled Trial
David W. Orme-Johnson, Ph.D.; and Paul Gólderloos, S.C.D.

482 IMPROVED HEART RATE VARIABILITY IN OLDER AFRICAN AMERICANS: RESULTS OF A Randomized Controlled Trial
David W. Orme-Johnson, Ph.D.; and Paul Gólderloos, S.C.D.

483 IMPROVED HEART RATE VARIABILITY IN OLDER AFRICAN AMERICANS: RESULTS OF A Randomized Controlled Trial
David W. Orme-Johnson, Ph.D.; and Paul Gólderloos, S.C.D.

484 IMPROVED HEART RATE VARIABILITY IN OLDER AFRICAN AMERICANS: RESULTS OF A Randomized Controlled Trial
David W. Orme-Johnson, Ph.D.; and Paul Gólderloos, S.C.D.

485 IMPROVED HEART RATE VARIABILITY IN OLDER AFRICAN AMERICANS: RESULTS OF A Randomized Controlled Trial
David W. Orme-Johnson, Ph.D.; and Paul Gólderloos, S.C.D.

486 IMPROVED HEART RATE VARIABILITY IN OLDER AFRICAN AMERICANS: RESULTS OF A Randomized Controlled Trial
David W. Orme-Johnson, Ph.D.; and Paul Gólderloos, S.C.D.

487 IMPROVED HEART RATE VARIABILITY IN OLDER AFRICAN AMERICANS: RESULTS OF A Randomized Controlled Trial
David W. Orme-Johnson, Ph.D.; and Paul Gólderloos, S.C.D.

488 IMPROVED HEART RATE VARIABILITY IN OLDER AFRICAN AMERICANS: RESULTS OF A Randomized Controlled Trial
David W. Orme-Johnson, Ph.D.; and Paul Gólderloos, S.C.D.

489 IMPROVED HEART RATE VARIABILITY IN OLDER AFRICAN AMERICANS: RESULTS OF A Randomized Controlled Trial
David W. Orme-Johnson, Ph.D.; and Paul Gólderloos, S.C.D.

490 IMPROVED HEART RATE VARIABILITY IN OLDER AFRICAN AMERICANS: RESULTS OF A Randomized Controlled Trial
David W. Orme-Johnson, Ph.D.; and Paul Gólderloos, S.C.D.

491 IMPROVED HEART RATE VARIABILITY IN OLDER AFRICAN AMERICANS: RESULTS OF A Randomized Controlled Trial
David W. Orme-Johnson, Ph.D.; and Paul Gólderloos, S.C.D.

492 IMPROVED HEART RATE VARIABILITY IN OLDER AFRICAN AMERICANS: RESULTS OF A Randomized Controlled Trial
David W. Orme-Johnson, Ph.D.; and Paul Gólderloos, S.C.D.
### PART II: PSYCHOLOGY

#### A: Intelligence, Learning, and Academic Performance

<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>472</td>
<td>3906</td>
</tr>
</tbody>
</table>

#### B: Development of Personality

<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>477</td>
<td>3906</td>
</tr>
</tbody>
</table>

### PART III: SOCIOLOGY

#### A: Rehabilitation

<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>481</td>
<td>4056</td>
</tr>
</tbody>
</table>

### LIST OF SCIENTIFIC PAPERS: VOLUME SIX

<table>
<thead>
<tr>
<th>Paper Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>482</td>
</tr>
</tbody>
</table>

- Results of Integrative Meta-Analysis: Significantly Greater Reduction in Use of Illegal Drugs, Alcohol, and Cigarettes than Programmes of Relaxation, Prevention, or Treatment. Abstinence from Illegal Drugs, Alcohol, and Cigarettes Maintained or Increased over Long Term (Relapse Prevention). Improved Psychological Health (Reduced Negative Qualities, Reduced Anxiety, Improved Positive Qualities) Among Those with Substance Abuse Problems. Improved Quality of Life (Ability to Live in the Present; Ability to Connect Past, Present, and Future Meaningfully; Increased Inner-Directedness (Independence, Self-Supportiveness); Increased Self-Actualizing Value (Holding Values of Self-Actualizing People); Increased Existentiality (Flexibility in Application of Values); Increased Spontaneity; Increased Self-Regard; Increased Self-Acceptance; Increased Nature of Man Constructive (Sees Man as Essentially Good); Increased Synergy (Sees Opposites of Life as Meaningfully Related); Increased Acceptance of Feelings; Increased Capacity for Intimate Contact (Warm Interpersonal Relationships); Increased Emotional Maturity; Increased Integrative Perspective on Self and World; Increased Resilient Sense of Self .

- Transcendental Meditation and Awakening Wisdom: A 10-Year Longitudinal Study of Self-Development

- Transcendental Meditation, Adaptation Mechanisms and Valuations

- Personality and Health

- Effects of the Transcendental Meditation Program on Stress Reduction, Brain, and Employee Development: A Prospective Study in Two Occupational Settings

- Effects of the Transcendental Meditation Program on Psychological, Physiological, and Cognitive Functioning
502 TRANSCENDENTAL MEDITATION AS A TECHNIQUE TO INCREASE NEURAL, COGNITIVE, AND BEHAVIORAL PLASTICITY
David W. Orme-Johnson, Ph.D.
The author reviews research indicating that regular practice of the Transcendental Meditation technique can increase the plasticity of the nervous system and improve general adaptive ability. 4219

503 A NEUROENDOCRINE MECHANISM FOR THE REDUCTION OF DRUG USE AND ADDICTIONS BY TRANSCENDENTAL MEDITATION
Kenneth G. Walton, Ph.D.; and Debra Levitsky, M.S.
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

504 IN SEARCH OF AN OPTIMAL BEHAVIORAL TREATMENT FOR HYPERTENSION: A REVIEW OF THE TRANSCENDENTAL MEDITATION
Robert H. Schneider, M.D.; Charles N. Alexander, Ph.D.; and Robert Keith Wallace, Ph.D.
This paper reviews the body of research papers on the benefits of the Transcendental Meditation programme for reduction of hypertension, focusing 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

505 THE EFFECTS OF TRANSCENDENTAL MEDITATION COMPARLED TO OTHER METHODS OF RELAXATION AND MEDITATION IN REDUCING RISK FACTORS, MORBIDITY, AND MORTALITY
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.
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

506 THE IMPACT OF MAHARISHI’S VEDIC SCIENCE BASED EDUCATION IN HIGHER EDUCATION: THE EXAMPLE OF MAHARISHI INTERNATIONAL UNIVERSITY
Christopher H. Jones, Ed.D.
The author reviews research findings demonstrating holistic development among the students of Maharishi International University in the United States (now Maharishi University of Management), and examines the source of these effects in the unique system of Maharishi’s Vedic Science-Based Education offered by the University. 4272

507 PREPARING THE STUDENT TO SUCCEED AT CALCULUS
M. Anne Dow, Ph.D.
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

508 HIGHER STATES OF CONSCIOUSNESS: MAHARISHI MAHESH YOGI’S VEDIC PSYCHOLOGY OF HUMAN DEVELOPMENT
Michael C. Dillbeck, Ph.D.; and Charles N. Alexander, Ph.D.
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

509 ADVANCED HUMAN DEVELOPMENT IN THE VEDIC PSYCHOLOGY OF MAHARISHI MAHESH YOGI: THEORY AND RESEARCH
Charles N. Alexander, Ph.D.; Dennis P. Heaton, Ed.D.; and Howard M. Chandler, Ph.D.
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

510 MAHARISHI’S VEDIC PSYCHOLOGY: ALLEVIATING SUFFERING BY ENLIVENING BLISS—RECONNECT THE PARTIAL VALUES OF LIFE WITH THE WHOLENESS OF LIFE
Paul Gelderslof, S.S.C.D.; and Kenneth G. Walton, Ph.D.
This paper examines how Maharishi’s Vedic Psychology fulfills 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

511 THE BHAGAVAD-GITA: A CASE STUDY IN MAHARISHI’S VEDIC PSYCHOLOGY
Michael C. Dillbeck, Ph.D.
The paper considers the Bhagavad-Gita 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

512 THE CONCEPT OF SELF IN THE BHAGAVAD-GITA AND IN THE VEDIC PSYCHOLOGY OF MAHARISHI MAHESH YOGI: A FURTHER NOTE ON TESTABILITY
Michael C. Dillbeck, Ph.D.
This paper points out that the subjective experience of Transcendental Consciousness (‘Self’) described in the Bhagavad-Gita has effects that have been measured through extensive scientific research on the Transcendental Meditation programme. 4380

513 TRANSCENDENTAL MEDITATION
Charles N. Alexander, Ph.D.
The authors present an introduction to the Transcendental Meditation programme and major scientific research findings on its effects for the individual and society. 4385

514 EFFECTIVENESS OF THE TRANSCENDENTAL MEDITATION PROGRAM IN PREVENTING AND TREATING SUBSTANCE MISUSE: A REVIEW
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

515 THE TRANSCENDENTAL MEDITATION PROGRAM FOR PREVENTION OF ALCOHOL AND DRUG ABUSE AMONG JUVENILES AT RISK
Michael C. Dillbeck, Ph.D.
The author reviews research indicating that the Transcendental Meditation programme reduces risk factors that protect against abuse; the paper also reviews research demonstrating effective reduction of alcohol and drug use through this programme. 4404

516 TRANSCENDENTAL MEDITATION AS AN EPIDEMIOLOGICAL APPROACH TO DRUG AND ALCOHOL ABUSE: THEORY, RESEARCH, AND FINANCIAL IMPACT EVALUATION
David W. Orme-Johnson, Ph.D.
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 programmes. 4413

517 THE THEORETICAL FOUNDATIONS AND PRACTICAL VALIDATION OF MAHARISHI’S INTEGRATED SYSTEM OF REHABILITATION
Michael S. King, B.Arvts., LL.B.(Hons.)
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

E. Productivity
518 THE INTELLIGENCE MODEL OF ORGANIZATIONAL EFFECTIVENESS: ITS IMPLICATIONS FOR ENHANCED PRODUCTIVITY
Robert E. Herron, M.B.A.; and William W. Geoff, M.A., M.B.A.
The authors review research on the importance of intelligence in job performance, and on the effect of the Transcendental Meditation programme
in increasing intelligence, in improving job performance and related variables in the business setting, and in improving the quality of the collective consciousness of the whole society.  

519 TRANSFORMING HUMAN RESOURCES FOR THE TWENTY-FIRST CENTURY  

Jane Schmidt-Wilk, M.B.A.; and Dennis P. Heaton, Ed.D.  

The authors review research indicating that the Transcendental Meditation programme simultaneously promotes creativity, health, and teamwork—three human resource qualities that are vital for success in the future business environment.

520 DEVELOPING CONSCIOUSNESS IN ORGANIZATIONS: THE TRANSCENDENTAL MEDITATION PROGRAM IN BUSINESS.  

Jane Schmidt-Wilk, M.B.A.; Charles N. Alexander, Ph.D.; and Gerald C. Swanson, Ph.D.  

A review of research and case studies on the application of Maharishi’s Transcendental Meditation programme in the workplace indicates improved employee health, increased job satisfaction, improved job performance and productivity, and improved organizational performance and climate. These results are discussed in terms of the development of consciousness of the individual and the organization.

F. Quality of Life  

521 IMPROVING THE NATIONAL ECONOMY THROUGH ALLIANCE WITH NATURE’S GOVERNMENT EFFECTS OF THE GROUP PRACTICE OF MAHARISHI’S TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAM

522 PEACEFUL BODY, PEACEFUL MIND, PEACEFUL WORLD  

Charles N. Alexander, Ph.D.  

This paper reviews scientific research studies demonstrating the development of peace within the individual through Maharishi’s Transcendental Meditation and TM-Sidhi programme, and explains how this development forms the basis of creating peace in the world.

523 THEORY AND RESEARCH ON CONFLICT RESOLUTION THROUGH THE MAHARISHI EFFECT  

David W. Orme-Johnson, Ph.D.  

This paper presents the Maharishi Effect as the practical basis for creating world peace, and describes scientific research demonstrating the effectiveness of the Maharishi Effect in generating coherence and peace on all levels of society.

524 ACHIEVING WORLD PEACE THROUGH A NEW SCIENCE AND TECHNOLOGY  

John S. Hagelin, Ph.D.  

This paper examines scientific evidence for a new technology of world peace based on the Unified Field of Natural Law, and considers its practical utilization through a field effect of consciousness generated by large groups of experts practising the Transcendental Meditation and TM-Sidhi programme.

LIST OF SCIENTIFIC PAPERS  

VOLUME 7

PART I: PHYSIOLOGY

A: Metabolic, Biochemical, and Cardiovascular Changes

525 AUTONOMIC PATTERNS DURING RESPIRATORY SUSPENSIONS: POSSIBLE MARKERS OF TRANSCENDENTAL CONSCIOUSNESS  

Frederick Travis, PhD; and R. Keith Wallace, PhD

Experiences of Transcendental Consciousness Associated with (1) Respiratory Suspension or Marked Reduction in Breath Volume, (2) Skin Conductance Responses, and (3) Heart Rate Deceleration; This Pattern of Autonomic Variables Not Found During Periods of Forced Breath Holding.

526 ACUTE EFFECTS OF TRANSCENDENTAL MEDITATION ON HEMODYNAMIC FUNCTIONING IN MIDDLE-AGED ADULTS  

Vernon A. Burnes, PhD; Frank A. Treiber, PhD; J. Rick Turner, PhD; Harry Davis, MD; and William B. Strong, MD

Decreased Systolic Blood Pressure; Decreased Peripheral Vasoconstriction; Effects Found During Transcendental Meditation and Also Outside the Practice.

527 LOWER LIPID PEROXIDE LEVELS IN PRACTITIONERS OF THE TRANSCENDENTAL MEDITATION PROGRAM  

Robert H. Schneider, MD; Sanford I. Nidich, EdD; John W. Salerno, PhD; Hari M. Sharma, MD; Charles E. Robinson, MS; Randi J. Nidich, EdD; and Charles N. Alexander, PhD

Lower Level of Plasma Lipid Peroxides

528 EFFECTS OF THE TRANSCENDENTAL MEDITATION PROGRAM ON ADAPTIVE MECHANISMS: CHANGES IN HORMONE LEVELS AND RESPONSES TO STRESS AFTER 4 MONTHS OF PRACTICE  

Christopher R. K. MacLean, PhD; Kenneth G. Walton, PhD; Stig R. Wenneberg, PhD; Debra Levitsky, PhD; Dwight A. Harris, BS; Nirmal D. Pugh, PhD; and Robert H. Schneider, MD

More Adaptive Pattern of Cortisol in Relation to Stress: Decreased Basal Cortisol and Average Cortisol, Increased Cortisol Responsiveness to Stressors; Response to Stressors Different Than Controls for Other Hormones (Growth Hormone and Thyroid Stimulating Hormone)

529 ACTH AND Ε-ENDORPHIN IN TRANSCENDENTAL MEDITATION  

Jose Rafael Infante, PhD; Fernando Piran, PhD; Margarita Martinez, MD; Ana Roldan, MD; Rafael Piratas, MD; Concha Ruiz, MD; Francisco Samaniego, PhD; and Frederico Garrido, PhD

Biochemical Indications of Decreased Stress (Lower Morning Levels of ACTH and Beta-endorphin)

530 CATECHOLAMINE LEVELS IN PRACTITIONERS OF THE TRANSCENDENTAL MEDITATION TECHNIQUE  

Jose Rafael Infante, PhD; Miguel Torres-Astinal, PhD; Pilar Pinel, PhD; Juan Antonio Vallejo, MD; Fernando Piran, PhD; Francisco Gonzalez, MD; Pablo Contreras, MD; Carmen Pacheca, MD; Ana Roldan, MD; and Jose Maria Latren, PhD

Biochemical Indications of Decreased Stress (Lower Morning Levels of Noradrenaline and Epinephrine, Lower Evening Level of Noradrenaline)

531 LOWERING CORTISOL AND CVD RISK IN POSTMENOPAUSAL WOMEN: A PILOT STUDY USING THE TRANSCENDENTAL MEDITATION PROGRAM  

Kenneth G. Walton, PhD; Jeremy Z. Fields, PhD; Debra Levitsky, PhD; Dwight A. Harris, BS; Nirmal D. Pugh, PhD; and Robert H. Schneider, MD

Lower Cortisol Response to Stress; Lower Levels of Cardiovascular Risk Factors Correlated with Length of Practice of Transcendental Meditation.

B: Electrophysiological and Electroencephalographic Changes

532 AUTONOMIC AND EEG PATTERNS DURING EYES-CLOSED REST AND TRANSCENDENTAL MEDITATION (TM) PRACTICE: THE BASIS FOR A NEURAL MODEL OF TM PRACTICE  

Frederick Travis, PhD; and R. Keith Wallace, PhD

Lower Respiration Rate; Lower Skin Conductance Level; Higher Respiratory Sinus Arhythmia.
---|---|---|---|---|---|---|---|---|---|---|---
533 | CHANGES IN ELECTROENCEPHALOGRAM AND EVOKED POTENTIALS DURING APPLICATION OF THE SPECIFIC FORM OF PSYCHOLOGICAL TRAINING (MEDITATION) | 4617 | 534 | THETA BURSTS AND RHYTHMICAL THETA TRAINS IN THE TRANSCENDENTAL MEDITATION TECHNIQUE AND TM-SIDHI PROGRAM: A QUALITATIVE AND QUANTITATIVE ANALYSIS OF EEG THETA ACTIVITY | 4629 | 535 | AUTONOMIC AND EEG PATTERNS DISTINGUISH TRANSCENDING FROM OTHER EXPERIENCES DURING TRANSCENDENTAL MEDITATION PRACTICE | 4632 | 536 | CNV REBOUND AND DISTRACTION EFFECTS BEFORE AND AFTER A TM SESSION | 4633 | 537 | CORTICAL PLASTICITY, CONTINGENT NEGATIVE VARIATION, AND TRANSCENDENT EXPERIENCES DURING PRACTICE OF THE TRANSCENDENTAL MEDITATION TECHNIQUE | 4640 | 538 | DEVELOPMENT ALONG AN INTEGRATION SCALE: LONGITUDINAL TRANSFORMATION IN BRAIN DYNAMICS | 4641 |

**533.** CHANGES IN ELECTROENCEPHALOGRAM AND EVOKED POTENTIALS DURING APPLICATION OF THE SPECIFIC FORM OF PSYCHOLOGICAL TRAINING (MEDITATION)

#### MEDITATION

Nicola Ł. Luszczyn, DrMedSci

Motoric Eigenstates of the Brain: Wider Distribution of Cortical Response to Somatosensory Stimuli. Increased EEG Spectral Power in Theta, Alpha, and Beta Frequencies.

**534.** THETA BURSTS AND RHYTHMICAL THETA TRAINS IN THE TRANSCENDENTAL MEDITATION TECHNIQUE AND TM-SIDHI PROGRAM: A QUALITATIVE AND QUANTITATIVE ANALYSIS OF EEG THETA ACTIVITY

Marcia Bernadeau Murphy, PhD

EEG of Restful Alertness: Increased EEG Theta Bursts. Increased EEG Rhythmic Theta Train.

**535.** AUTONOMIC AND EEG PATTERNS DISTINGUISH TRANSCENDING FROM OTHER EXPERIENCES DURING TRANSCENDENTAL MEDITATION PRACTICE

Frederick Travis, PhD

Lower Respiratory Rate, Higher Respiratory Sinus Arrhythmia Amplitudes, Higher EEG Alpha Amplitude, and Higher EEG Alpha Coherence during Experiences of Transcending in Transcendental Meditation.

**536.** CNV REBOUND AND DISTRACTION EFFECTS BEFORE AND AFTER A TM SESSION

Frederick Travis, PhD

Improved Brain Functioning among Those Reporting Stabilized Transcendental Consciousness: Enhanced Attentional Focusing Capability (During Simple Reaction Time Task); More Efficient Attention Deployment (During Choice Reaction Time Task); Higher Broadband Frontal EEG Coherence During Choice Reaction Time Task.

**537.** CORTICAL PLASTICITY, CONTINGENT NEGATIVE VARIATION, AND TRANSCENDENT EXPERIENCES DURING PRACTICE OF THE TRANSCENDENTAL MEDITATION TECHNIQUE

Frederick Travis, PhD; Joseph J. Tece, PhD; and Julia Gattman, PhD

Higher Cortical Nervous Response (Heightened Late CNV Amplitude during Simple Reaction Time Trials) and More Effective Executive Functioning (Diminished CNV Distraction Effects) Associated with Stabilized Experience of Transcendental Consciousness.

**538.** DEVELOPMENT ALONG AN INTEGRATION SCALE: LONGITUDINAL TRANSFORMATION IN BRAIN DYNAMICS

WITH REGULAR TRANSCENDENTAL MEDITATION PRACTICE

Frederick Travis, PhD

Longitudinal Improvement on a Brain Integration Scale: Comprising Global Alpha EEG Power, Frontal EEG Coherence, and Contingent Negative Variation Responses.

**539.** ELECTROPHYSIOLOGICAL CORRELATES OF HIGHER STATES OF CONSCIOUSNESS DURING SLEEP IN LONG-TERM PRACTITIONERS OF THE TRANSCENDENTAL MEDITATION PROGRAM

Lynne M. Mason, PhD; Charles N. Alexander, PhD; Frederick T. Travis, PhD; Gail Marsh, PhD; David W. Orme-Johnson, PhD; Jayne Gackenbach, PhD; and Kenneth G. Walton, PhD

Experience of Pure Consciousness During Sleep Associated with the Following: Theta/Alpha EEG Activity Together with Delta Activity During Deep Sleep; Increased EEG Theta/Alpha Power During Deep Sleep; Decreased EMG Activity During Deep Sleep; Increased REM Density During REM Sleep.

**540.** PATTERNS OF EEG COHESION, POWER, AND CONTINGENT NEGATIVE VARIATION CHARACTERIZE THE INTEGRATION OF TRANSCENDENTAL AND WAKING STATES

Frederick Travis, PhD; Joseph J. Tece, PhD; Alarik Auneanda, PhD; and R. Keith Wallace, PhD

Improved Brain Functioning among Those Reporting Stabilized Transcendental Consciousness: Enhanced Attentional Focusing Capability (During Simple Reaction Time Task); More Efficient Attention Deployment (During Choice Reaction Time Task); Higher Broadband Frontal EEG Coherence During Choice Reaction Time Task.

**541.** IMPACT OF TRANSCENDENTAL MEDITATION ON CARDIOVASCULAR FUNCTION AT REST AND DURING ACUTE STRESS IN ADOLESCENTS WITH NORMAL BLOOD PRESSURE

Verona A. Barnes, PhD; Frank A. Treiber, PhD; and Harvey Davis, MD

Decreased Resting Systolic Blood Pressure; Calmer Response to Stress, as Measured by Systolic Blood Pressure, Heart Rate, and Cardiac Output Reactivity.

**542.** IMPACT OF TRANSCENDENTAL MEDITATION ON AMBULATORY BLOOD PRESSURE AND MORTALITY IN OLDER AFRICAN AMERICANS WITH HYPERTENSION—EIGHT-YEAR FOLLOW-UP

Vernon A. Barnes, PhD; Robert H. Schneider, MD; Charles N. Alexander, PhD; Maxwell Rainforth, PhD; John W. Salerno, PhD; and Frank Staggers, MD

Reduced Mortality Due to Cardiovascular Disease.

**543.** IMPACT OF TRANSCENDENTAL MEDITATION ON SYMPTOMS AND CARDIOVASCULAR REACTIVITY AND AMBULATORY BLOOD PRESSURE

Stig R. Wennberg, PhD; Robert H. Schneider, MD; Kenneth G. Walton, PhD; Christopher R. K. MacLean, PhD; Debra K. Levitsky, PhD; John W. Salerno, PhD; R. Keith Wallace, PhD; Joseph V. Mandarino, PhD; Maxwell V. Rainforth, PhD; and Rajay Wacir, MD

Reduction in Ambulatory Diastolic Blood Pressure.

**544.** A CONTROLLED STUDY OF THE EFFECTS OF THE TRANSCENDENTAL MEDITATION PROGRAM ON CARDIOVASCULAR REACTIVITY AND AMBULATORY BLOOD PRESSURE

Stig R. Wennberg, PhD; Robert H. Schneider, MD; Kenneth G. Walton, PhD; Christopher R. K. MacLean, PhD; Debra K. Levitsky, PhD; John W. Salerno, PhD; R. Keith Wallace, PhD; Joseph V. Mandarino, PhD; Maxwell V. Rainforth, PhD; and Rajay Wacir, MD

Reduction in Ambulatory Diastolic Blood Pressure.

**545.** ERYTHROCYTE SEDIMENTATION RATE AND TRANSCENDENTAL MEDITATION

D. Edwards Smith, MD; Michael C. Dillbeck, PhD; and Hars M. Sharma, MD

Lower Values of Erythrocyte Sedimentation Rate; More Frequent Occurrence of Zero Erythrocyte Sedimentation Rate.

**546.** EFFECTS OF STRESS REDUCTION ON CAROTID ATHEROSCLEROSIS IN HYPERVENTILATING AFRICAN AMERICANS

Amparo Castillo-Richmond, MD; Robert H. Schneider, MD; Charles N. Alexander, PhD; Robert Cook, MD; Hector Myers, PhD; Sanford Nidel, EdD; Chiweshe Hanes, MB; Maxwell Rainforth, PhD; and John Salerno, PhD

Reduced Carotid Atherosclerosis.

**547.** EFFECTS OF TRANSCENDENTAL MEDITATION ON SYMPTOMS AND ELECTROCARDIOGRAPHIC CHANGES IN PATIENTS WITH CARDIAC SYNDROME X

Charles Cunningham, MSc; Sue Brown, RGN; BSc; and Juan Carlos Koski, MD

Reduced Frequency of Angina Episodes; Improved Response to Exercise; Increased Time to ST Depression; Decreased Maximum ST-Segment Depression; Improved Quality of Life; Quality of Life Improvement Positively Correlated with Regularity of Practice of Transcendental Meditation.

**548.** IMPACT OF TRANSCENDENTAL MEDITATION ON MORTALITY IN OLDER AFRICAN AMERICANS WITH HYPERTENSION—EIGHT-YEAR FOLLOW-UP

Vernon A. Barnes, PhD; Robert H. Schneider, MD; Charles N. Alexander, PhD; Maxwell Rainforth, PhD; John W. Salerno, PhD; and Frank Staggers, MD

Reduced Mortality Due to Cardiovascular Disease.

**549.** LONG-TERM EFFECTS OF STRESS REDUCTION ON MORTALITY IN PERSONS ≥ 25 YEARS OF AGE WITH SYSTEMIC HYPERTENSION

Robert H. Schneider, MD; Charles N. Alexander, PhD; Frank Staggers, MD; Maxwell Rainforth, PhD; John W. Salerno, PhD; Arthur Hartz, MD; Stephen Abt, PhD; Vernon A. Barnes, PhD; and Sanford I. Nidel, EdD

Reduced Mortality Due to All Causes; Decreased Cardiovascular Mortality Rate.

**550.** AN INNOVATIVE APPROACH TO REDUCING MEDICAL CARE UTILIZATION AND EXPENDITURES

David W. Orme-Johnson, PhD; and Robert E. Herron, PhD

Fewer Hospital Patient Days than Norms; Fewer Outpatient Visits than Norms; Lower Total Medical Expenses than Norms; Lower Hospital Admission Rates per Disease Category Compared to Norms and to Controls.

**551.** THE IMPACT OF THE TRANSCENDENTAL MEDITATION PROGRAM ON MEDICAL EXPENSES FOR PHYSICIANS IN QUEBEC: AN UPDATE

Amparo Castillo-Richmond, MD; Robert H. Schneider, MD; Charles N. Alexander, PhD; Robert Cook, MD; Hector Myers, PhD; Sanford Nidel, EdD; Chiweshe Hanes, MB; Maxwell Rainforth, PhD; and John Salerno, PhD

Reduced Carotid Atherosclerosis.
### Part II: Psychology

#### A: Intelligence, Learning, and Academic Performance

<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Page</th>
<th>Paper Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>557</td>
<td></td>
<td>558</td>
<td></td>
</tr>
<tr>
<td>EFFECTS OF MEDITATION ON ATTENTION PROCESSES</td>
<td></td>
<td>TEMPORAL EFFECTS OF MEDITATION ON COGNITIVE STYLE</td>
<td></td>
</tr>
<tr>
<td>N. Ishani Rani, PhD; and P. V. Krishna Rao, PhD</td>
<td></td>
<td>K. Sridvi, PhD; and P. V. Krishna Rao, PhD</td>
<td></td>
</tr>
<tr>
<td>Greater Field Independence; Greater Cognitive Flexibility; Greater Ability to Regulate Attention following Transcendental Meditation</td>
<td></td>
<td>Greater Field Independence; Greater Spatial Reasoning Ability; Greater Right Hemispheric Orientation</td>
<td></td>
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<tr>
<td>4807</td>
<td></td>
<td>4809</td>
<td></td>
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<tr>
<td>WHAT DOES MEDITATION CHANGE? MEASUREMENT OF COGNITIVE STYLES</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Yousuke Sakaki, PhD</td>
<td></td>
<td></td>
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<tr>
<td>Greater Positivity in Selective Word Recognition; Lower Anxiety; Longitudinally Increased Positivity in Selective Word Recognition; Longitudinally Decreased Anxiety; Increased Positivity in Selective Word Recognition Correlated with Decreased Anxiety</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4811</td>
<td></td>
<td>560</td>
<td></td>
</tr>
<tr>
<td>DEVELOPMENT OF A SCALE FOR MEASURING COGNITIVE STYLES MODIFIED BY MEDITATION</td>
<td></td>
<td></td>
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<tr>
<td>Yousuke Sakaki, PhD</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Greater Flexibility; Greater Receptiveness (Objectiveness and Positive Orientation); Greater Happy-Go-Lucky Attribution (Good Fortune); Longitudinally Increased Flexibility; Longitudinally Increased Receptiveness (Objectiveness and Positive Orientation)</td>
<td></td>
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<tr>
<td>4812</td>
<td></td>
<td>561</td>
<td></td>
</tr>
<tr>
<td>EFFECT OF THE TRANSCENDENTAL MEDITATION PROGRAM ON INTELLECTUAL DEVELOPMENT IN COMMUNITY-DWELLING OLDER ADULTS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sanford I. Nidich, EdD; Robert H. Schneider, MD; Randi J. Nidich, EdD; Gloria Foster, MA; Hari Sharma, MD; John Salerno, PhD; Rachel Goodman, PhD; and Charles N. Alexander, PhD</td>
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<tr>
<td>Higher Reasoning Ability; Higher Verbal Intelligence; Better Long-Term Memory; Faster Speed of Processing</td>
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<tr>
<td>4814</td>
<td></td>
<td>562</td>
<td></td>
</tr>
<tr>
<td>THE TRANSCENDENTAL MEDITATION PROGRAM AND POSTCONVENTIONAL SELF-DEVELOPMENT: A 10-YEAR LONGITUDINAL STUDY</td>
<td></td>
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<tr>
<td>Howard M. Chandler, PhD; Charles N. Alexander, PhD; and Dennis P. Heaton, EdD</td>
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<tr>
<td>Greater Ego Development; Increased Principled Moral Reasoning; Increased Motivation for Warm Interpersonal Relationships</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4822</td>
<td></td>
<td>563</td>
<td></td>
</tr>
<tr>
<td>THE SEARCH FOR BLISS: A MODEL OF EMOTIONAL DEVELOPMENT BASED ON MAHARISHI’S VEDIC PSYCHOLOGY</td>
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</tr>
<tr>
<td>Julia Kim Guttman, PhD</td>
<td></td>
<td></td>
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<tr>
<td>Higher Level of Emotional Development; Higher Level of Ego Development</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>4838</td>
<td></td>
<td>564</td>
<td></td>
</tr>
<tr>
<td>TEMPORAL EFFECTS OF MEDITATION AND PERSONALITY</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>K. Sridvi, PhD; and P. V. Krishna Rao, PhD</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Greater Sensitiveness and Prudence; Greater Cooperativeness; Greater Trust and Acceptance; Greater Practical Orientation; Greater Diplomacy and Astuteness; Greater Confidence; Greater Organization and Self-Discipline; More Relaxed and Patient</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4839</td>
<td></td>
<td>565</td>
<td></td>
</tr>
<tr>
<td>PSYCHOLOGICAL AND PHYSIOLOGICAL CHARACTERISTICS OF A PROPOSED OBJECT-REFERRAL/SELF-REFERRAL CONTINUUM OF SELF-AWARENESS</td>
<td></td>
<td></td>
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<tr>
<td>Frederick Travis, PhD; Alainik Akanrand, PhD; and David Dubois, PhD</td>
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<tr>
<td>Stabilized Pure Consciousness Associated with the Following: Subjective Description of Self as Underlying Thought, Feeling and Action (Self-Referal Mode); Objective Measurement of Personality Variables Indicating Higher Scores on a Consciousness Factor; Greater Inner Orientation, Higher Moral Reasoning; Lower State Anxiety; Lower Trait Anxiety; Greater Extraversion; Greater Agreeableness; Greater Emotional Stability; Greater Openness to Experience</td>
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<tr>
<td>4841</td>
<td></td>
<td>566</td>
<td></td>
</tr>
<tr>
<td>PART III: SOCIOLOGY</td>
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</tr>
</tbody>
</table>

#### B: Development of Personality

<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>566</td>
<td></td>
</tr>
<tr>
<td>THE TRANSCENDENTAL MEDITATION PROGRAM AND POSTCONVENTIONAL SELF-DEVELOPMENT: A 10-YEAR LONGITUDINAL STUDY</td>
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<tr>
<td>Howard M. Chandler, PhD; Charles N. Alexander, PhD; and Dennis P. Heaton, EdD</td>
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</tr>
<tr>
<td>Greater Ego Development; Increased Principled Moral Reasoning; Increased Motivation for Warm Interpersonal Relationships</td>
<td></td>
</tr>
<tr>
<td>4822</td>
<td></td>
</tr>
</tbody>
</table>
B: Productivity and Quality of Life

572 THE EFFECTS OF A STRESS MANAGEMENT PROGRAM IN A HIGH SECURITY GOVERNMENT AGENCY
William D. Sheppard, PhD; Frank J. Stagner, MD; and Lucile John
Decreased Anxiety; Decreased Depression; Improved Self-Concept 4956

573 EFFECTS OF TRANSCENDENTAL MEDITATION FOR REDUCING ANXIETY IN JAPANESE BUSINESSMEN
Yoake Sakurai, PhD
Lower Anxiety Compared to Non-Meditators and Prospective Meditators; Longitudinal Reduction in Anxiety Compared to Controls; Reduction in Anxiety Uncorrelated with Prior Expectation 4961

574 LEADERSHIP DEVELOPMENT AND SELF-DEVELOPMENT: AN EMPIRICAL STUDY
Bruce McColllum, PhD
Increased Leadership Behaviour; Improvement in Each Subscale of Leadership Behaviour (Challenging the Process, Inspiring a Shared Vision, Enabling Others to Act, Modeling the Way, Encouraging the Heart) 4963

575 EFFECTS OF THE TRANSCENDENTAL MEDITATION PROGRAM ON PSYCHOLOGICAL, HEALTH, SOCIAL, AND BEHAVIORAL INDICATORS OF STRESS REDUCTION AND HUMAN RESOURCE DEVELOPMENT IN THE INDIAN WORKPLACE
Thomas William Carlisle, PhD
Decreased Perceived Stress; More Healthy Lifestyle; Improved Personal Experiences; Reduction of Mood Symptoms; Increased Self-Esteem 4970

576 WORKSITE STRESS REDUCTION THROUGH THE TRANSCENDENTAL MEDITATION PROGRAM
J. Richard N. Brosme, PhD; David W. Orme-Johnson, PhD; and Jane Schmidt-Wilk, PhD
Reduction in Psychological Stress; Reduction in Systolic and Diastolic Blood Pressure; Improved Corporate Climate—Greater Support; Reduction of Psychological Stress 4971

577 CONSCIOUSNESS-BASED MANAGEMENT DEVELOPMENT: CASE STUDIES OF INTERNATIONAL TOP MANAGEMENT TEAMS
Jane Schmidt-Wilk, PhD
Case Studies in Corporations—Holistic Development in Managers and Managing Teams 4992


John S. Hagelin, PhD; Maxwell V. Rainforth, PhD; David W. Orme-Johnson, PhD; Maxwell L. Cavanaugh, PhD; Charles N. Alexander, PhD; Susan F. Shatkin, MA; John L. Davies, PhD; Anne G. Hughes, PhD; and Emanuél Rüos

579 TRANSFORMING POLITICAL INSTITUTIONS THROUGH INDIVIDUAL AND COLLECTIVE CONSCIOUSNESS: THE MAHARISHI EFFECT AND GOVERNMENT
Rachel S. Goodman, PhD; David W. Orme-Johnson, PhD; Maxwell V. Rainforth, PhD; and David H. Goodman, PhD
Improved Quality of Life in National Capital; Decreased Emergency Psychiatric Calls; Decreased Hospital Trauma Cases; Decreased Complaints Against Police; Decreased Accidental Deaths; Reduction of Social Stress Index (Washington, DC, July 1993); Improved Quality of National Government: Increased Approval Ratings of the Head of State (USA, 1993); Increased Media Positive Toward the Head of State (USA, 1993) 5031

580 AN ANALYSIS OF IMPROVED QUALITY OF LIFE AND ENHANCED ECONOMIC PERFORMANCE THROUGH THE APPLICATION OF THE MAHARISHI EFFECT IN NEW ZEALAND, NORWAY, USA, MOZAMBIQUE, AND METROPOLITAN MERSEYSIDE, UK
Guy David Hatchard, PhD
Increased International Economic Competitiveness (New Zealand and Norway, 1993); Stable Growth of Balanced Economic Health (New Zealand and Norway, 1993–1997); Reduced Crime (Merseyside, U.K., 1988) 5049

581 ALLEVIATING POLITICAL VIOLENCE THROUGH REDUCING COLLECTIVE TENSION: IMPACT ASSESSMENT ANALYSES OF THE LEBANON WAR
John L. Davies, PhD; and Charles N. Alexander, PhD
Increased Peace Index; Increased Cooperation; Decreased Conflict; Decreased War Fatalities; Decreased War Injuries (Lebanon, Seven Periods in 1983–1985) 5050

A: Physiology and Health

582 PREVENTING TERRORISM AND INTERNATIONAL CONFLICT: EFFECTS OF LARGE ASSEMBLIES OF PARTICIPANTS IN THE TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAMS
David W. Orme-Johnson, PhD; Michael C. Dillbeck, PhD; and Charles N. Alexander, PhD
Decreased International Conflict; Decreased International Terrorism (International, Three Periods in 1983–1985) 5080

583 PURE CONSCIOUSNESS DISTINCT PHENOMENOLOGICAL AND PHYSIOLOGICAL CORRELATES OF “CONSCIOUSNESS ITSELF”
Frederick Tuvis, PhD; and Craig Pearson, PhD
The authors review subjective and physiological correlates of the experience of Transcendental Consciousness, or “consciousness itself” during the practice of Transcendental Meditation 5100

584 STRESS, STRESS REDUCTION, AND HYPERCHOLESTEROLEMIA IN AFRICAN AMERICANS: A REVIEW
Raul Calderon, Jr., MA, MS; Robert H. Schneider, MD; Charles N. Alexander, PhD; Hector F. Myers, PhD; Sanford I. Nidich, EdD; and Chirillo Haney, BA
The authors review research on reduction of stress and reduction of coronary heart disease risk factors through the practice of Transcendental Meditation, and the potential benefit of this program for reducing the high rates of coronary heart disease among African Americans 5107

585 STRESS, STRESS REDUCTION, AND HYPERTENSION IN AFRICAN AMERICANS: AN UPDATED REVIEW
Vernon A. Barnes, PhD; Robert H. Schneider, MD; Charles N. Alexander, PhD; and Frank Staggers, PhD
The authors review research on the factors underlying the greater prevalence of hypertension in African Americans, and the effects of behavioural stress reduction through Transcendental Meditation 5118

586 TRANSCENDENTAL MEDITATION, HYPERTENSION AND HEART DISEASE
Michael S. King, PhD; Tim Carey, MBBS; and Cathryn D’Crue, MBBS, FRACP

The authors review research on the benefits of Transcendental Meditation in prevention and treatment of coronary heart disease 5132

587 REVIEW OF CONTROLLED RESEARCH ON THE TRANSCENDENTAL MEDITATION PROGRAM AND CARDIOVASCULAR DISEASE: RISK FACTORS, MORBIDITY, AND MORTALITY
Kenneth G. Walton, PhD; Robert H. Schneider, MD; and Sanford I. Nidich, EdD
Research is reviewed indicating that the Transcendental Meditation programme reduces cardiovascular risk factors, and also the conditions that result from these factors; the possible role of normalization in neuroendocrine functioning from the effects of chronic stress is discussed 5137

588 PSYCHOSOCIAL STRESS AND CARDIOVASCULAR DISEASE PART 2: EFFECTIVENESS OF THE TRANSCENDENTAL MEDITATION PROGRAM IN TREATMENT AND PREVENTION
Kenneth G. Walton, PhD; Robert H. Schneider, MD; Sanford I. Nidich, EdD; John W. Salerno, PhD; Cheryl K. Nordstrom, PhD, MPH, and C. Noel Barry, MD
The authors review research on the Transcendental Meditation programme indicating reduction in physiological indicators of stress, and demonstrating reduction of cardiovascular risk factors, morbidity, and mortality 5141

589 PSYCHOSOCIAL STRESS AND CARDIOVASCULAR DISEASE PART 3: CLINICAL AND POLICY IMPLICATIONS OF RESEARCH ON THE TRANSCENDENTAL MEDITATION PROGRAM
Kenneth G. Walton, PhD; Robert H. Schneider, MD; John W. Salerno, PhD; and Sanford I. Nidich, EdD
The authors review research evidence for prevention of cardiovascular disease and also reduction of health care expenditures related to cardiovascular disease and to other disorders 5156

590 MEDICAL EFFECTS OF TRANSCENDENTAL MEDITATION
Luis Bijlon Bannuschen, MD
The author summarizes research findings on the Transcendental Meditation programme indicating improved mental health, improved cardiovascular health, and reduction of the detrimental effects of the ageing process 5167

B: Education

591 CONSCIOUSNESS-BASED EDUCATION FOR TOTAL DEVELOPMENT OF THE BRAIN IN
ATTACKING CRIME AT ITS SOURCE: on student learning and development through integrate spirituality into management education, Management as a model for educators seeking to management education at Maharishi University of

ANTISOCIAL BEHAVIOR

CONSCIOUSNESS-BASED EDUCATION IN

SCIENCE OF THE COSMIC PSYCHE

THE TRANSCENDENTAL MEDITATION

THE TRANSCENDENTAL MEDITATION

THE TRANSCENDENTAL MEDITATION

EFFECTIVENESS OF THE TRANSCENDENTAL

EFFECTIVENESS OF THE TRANSCENDENTAL

EFFECTIVENESS OF THE TRANSCENDENTAL

THE TRANSCENDENTAL MEDITATION PROGRAM ON

THE TRANSCENDENTAL MEDITATION PROGRAM ON

THE TRANSCENDENTAL MEDITATION PROGRAM ON

THE TRANSCENDENTAL MEDITATION PROGRAM ON

THE TRANSCENDENTAL MEDITATION PROGRAM ON

THE TRANSCENDENTAL MEDITATION PROGRAM ON

THE TRANSCENDENTAL MEDITATION PROGRAM ON

THE TRANSCENDENTAL MEDITATION PROGRAM ON

THE TRANSCENDENTAL MEDITATION PROGRAM ON

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THE TRANSCENDENTAL MEDITATION PROGRAM ON

THE TRANSCENDENTAL MEDITATION PROGRAM ON
<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>606</td>
<td>5398</td>
</tr>
<tr>
<td>607</td>
<td>5406</td>
</tr>
<tr>
<td>608</td>
<td>5415</td>
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<td>609</td>
<td>5421</td>
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<td>610</td>
<td>5426</td>
</tr>
<tr>
<td>611</td>
<td>5446</td>
</tr>
<tr>
<td>612</td>
<td>5456</td>
</tr>
</tbody>
</table>

### LIST OF SCIENTIFIC PAPERS

**Volume 8**

#### Part I: Physiology

**A: Metabolic, Biochemical, and Cardiovascular Change**

**Paper Number**

**606**

**ANATOMIC CHARACTERIZATION OF HUMAN ULTRA-WEAK PHOTON EMISSION**

In Practitioners of Transcendental Meditation and Control Subjects

Edward P.A. van Wijk, PhD; Helke Koch, MA; Sascha Boosman, PhD; and Roeland van Wijk, PhD

Lower Level of Ultraweak Photon Emission, Indicative of Lower Free Radical Activity

**607**

**DIFFERENTIAL EFFECTS OF RELAXATION TECHNIQUES**

On Ultraweak Photon Emission

Edward P.A. van Wijk, PhD; Rainer Lüdtke, PhD; and Roeland van Wijk, PhD

Lower Level of Ultra-Wake Photon Emission Compared to Controls and to Other Meditation Techniques, Indicative of Lower Free Radical Activity

**608**

**DAYTIME HORMONAL RHYTHMS IN PRACTITIONERS OF THE TRANSCENDENTAL MEDITATION-SIDHI PROGRAM**

Jose R. Infante, PhD; Fernando Perun, PhD; Jean I. Rayo, PhD; Justo Servano, PhD; Maria L. Dominguez, MD; Lucia Garcia, MD; Carmen Duran, MD; Roman Sanchez, MD; and Ana Roldan, MD

Different Diurnal Rhythms of ACTH and Catecholamines among TM-Sidhi Programme Participants

**609**

**LEVELS OF IMMUNE-CELLS IN TRANSCENDENTAL MEDITATION PRACTITIONERS**

Jose R. Infante, PhD; Fernando Perun, PhD; Jean I. Rayo, PhD; Justo Servano, PhD; Maria L. Dominguez, MD; Lucia Garcia, MD; Carmen Duran, MD; and Ana Roldan, MD

Higher Levels of Natural Killer Cells, Higher Levels of B Lymphocytes; Different Pattern of T Lymphocyte Categories

**610**

**EFFECT OF GROUP PRACTICE OF THE TRANSCENDENTAL MEDITATION PROGRAM ON BIOCHEMICAL INDICATORS OF STRESS IN NON-MEDITATORS: A PROSPECTIVE TIME SERIES STUDY**

Kenneth G. Walton, PhD; Kenneth L. Caranaugh, PhD; and Virgil D. Pugh

Daily Increase in Size of Group Participating in the TM-Sidhi Programme Significantly Associated with Subsequent Mean Level of the Following Physiological Markers of Reduced Stress in Non-Participants: Lower Cortisol Excretion, Higher Excretion of Serotonin Metabolite 5-HIAA, and Higher Ratio of Excretion Rates of 5-HIAA to Cortisol

**611**

**IMPACT OF TRANSCENDENTAL MEDITATION ON LEFT VENTRICULAR MASS IN AFRICAN AMERICAN ADOLESCENTS**

Vernon A. Barnes, PhD; Gaston K. Kapsuka, MD, PhD; and Frank A. Treiber, PhD

Decreased Left Ventricular Mass; Decreased Left Ventricular Mass Index; Reduced Body Mass Index; Less Increase in Body Weight

**B: Electrophysiological and Electroencephalographic Changes**

**612**

**ENHANCED EEG ALPHA TIME-DOMAIN PHASE SYNCHRONY DURING TRANSCENDENTAL MEDITATION: IMPLICATIONS FOR CORTICAL INTEGRATION THEORY**

Russell Hebert, PhD; Dietrich Lohmann, Prof Dr Med; Gabriel Tan, PhD; Fred Travis, PhD; and Alarik Arenander, PhD

Increased EEG Long-Range Anterior-Posterior Alpha Phase Synchrony; Increased Global EEG Phase Synchrony; Increased Incidence of Zero-Lag EEG Alpha Synchrony

---

**613**

**CROSS-SECTIONAL AND LONGITUDINAL STUDY OF EFFECTS OF TRANSCENDENTAL MEDITATION PRACTICE ON INTERHEMISPHERIC FRONTAL ASYMMETRY AND FRONTAL COHERENCE**

Frederick Travis, PhD; and Alarik Arenander, PhD

Cross-sectional—Higher Frontal Broadband EEG Coherence During Task Performance; Higher EEG Alpha Lateralized Asymmetry During Eyes-Closed Rest (Due to Higher Right-Hemisphere EEG Alpha); Higher Moral Reasoning; More Inner Orientation; Greater Emotional Stability; Lower State Anxiety; Lower Trait Anxiety; Frontal Broadband EEG Coherence Correlated with Higher Moral Reasoning, Higher Inner Orientation, Greater Emotional Stability, Lower State Anxiety, and Lower Trait Anxiety; Longitudinal—Short-Term Increase in Frontal Broadband EEG Coherence During the Transcendental Meditation Technique; Long-Term Increase in Frontal Broadband EEG Coherence Outside of the Transcendental Meditation Technique.

**614**

**A SELF-REFERENTIAL DEFAULT BRAIN STATE: PATTERNS OF COHESION, POWER, AND ELORETA SOURCES DURING EYES-CLOSED REST AND TRANSCENDENTAL MEDITATION PRACTICE**

Fred Travis, PhD; David A.F. Haaga, PhD; John Hagelin, PhD; Melissa Tanner, MS; Alarik Arenander, PhD; Sanford Nidich, EdD; Carolyn Gaylord-King, EdD; Sarina Grosswald, EdD; Maxwell Reinforth, PhD; and Robert H. Schneider, MD

Increased Frontal Alpha EEG Power; Increased Frontal and Parietal Alpha EEG Coherence; Increased Frontal Beta EEG Coherence; Source Analysis (Electromagnetic Tomography) of Alpha EEG Indicative of a Ground State of Cerebral Functioning.

**615**

**MEDIAL PREFRONTAL CORTEX AND ANTERIOR CINGULATED CORTEX IN THE GENERATION OF ALPHA ACTIVITY INDUCED BY TRANSCENDENTAL MEDITATION: A MAGNETOEENCEPHALOGRAPHIC STUDY**

Shin Yamamoto, PhD; Yoshihiko Kitamura, PhD; Norihito Yamada, PhD; Yoshihiko Nakashima, PhD; and Shigetoshi Kuroda, PhD

Increased Frontal Alpha EEG Power; Decreased Frequency of Occipital Alpha Activity; Magnetoencephalographic Measurements Indicate Sources of EEG Alpha Activity During Transcendental Meditation as Medial Prefrontal Cortex and Anterior Cingulate Cortex.

**616**

**EFFECTS OF TRANSCENDENTAL MEDITATION PRACTICE ON BRAIN FUNCTIONING AND STRESS REACTIVITY IN COLLEGE STUDENTS**

Fred Travis, PhD; David A.F. Haaga, PhD; John Hagelin, PhD; Melissa Tanner, MS; Sanford Nidich, EdD; Carolyn Gaylord-King, EdD; Sarina Grosswald, EdD; Maxwell Reinforth, PhD; and Robert H. Schneider, MD

Increased Brain Integration Scale Scores; Decreased Sleepiness; Faster Habituation to Stress.

**617**

**ADHD, BRAIN FUNCTIONING, AND TRANSCENDENTAL MEDITATION PRACTICE**

Frederick Travis, PhD; Sarina Grosswald, EdD; and William Stitziel, PhD

Decreased Theta/Beta Ratio in EEG (associated with ADHD); Increased Theta EEG Coherence; Increased Letter Fluency; Parental Rating of Increased Ability to Focus on Schoolwork; Increased Organizational Ability; Increased Ability to Work Independently; Increased Happiness; Improved Quality of Sleep.

**618**

**NEUROMAGING OF MEDITATION’S EFFECT ON BRAIN REACTIVITY TO PAIN**

David W. Orme-Johnson, PhD; Robert H. Schneider, MD; Young O. Son, MSc; Sanford Nidich, EdD; and Cho Zang-Hye, PhD

Reduction of Affective Dimension of Brain’s Response to Pain: Less Activation in Thalamus and Total Brain among Participants in the Transcendental Meditation Programme, and Longitudinal Reduction of Activation of Thalamus, Prefrontal Cortex, and Total Brain among Those who Learn the Transcendental Meditation Technique.

**619**

**COMPARISON OF COHERENCE, AMPLITUDE, AND ELORETA PATTERNS DURING TRANSCENDENTAL MEDITATION AND TM-SIDHI PRACTICE**

Fred Travis, PhD

Higher Frontal Alpha1 EEG Amplitude during TM-Sidhi Practice; Higher Frontal Beta EEG Amplitude during TM-Sidhi Practice; Source Analysis (Electromagnetic Tomography) of Alpha EEG Indicative of Right-Hemisphere Object-Recognition Areas Involved in Specific/Holistic Representation.
<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>C: Health</td>
<td></td>
</tr>
</tbody>
</table>
| **620** | EFFECTS OF A RANDOMIZED CONTROLLED TRIAL OF TRANSCENDENTAL MEDITATION ON COMPONENTS OF THE METABOLIC SYNDROME IN SUBJECTS WITH CORONARY HEART DISEASE  
Mauriza Paul-Labrador, MPH; Donna Polk, MD, MPH; James H. Dwyer, PhD; Ivan Velasquez, MD; Sanford Nidich, EdD; Maxwell Rainforth, PhD; Robert Schneider, MD; and C. Noel Bairey Merz, MD |
| Decreased Systolic Blood Pressure; Decreased Mean Arterial Blood Pressure; Decreased Insulin Resistance | 5531 |
| **621** | EFFECTIVENESS OF TRANSCENDENTAL MEDITATION ON FUNCTIONAL CAPACITY AND QUALITY OF LIFE OF AFRICAN AMERICANS WITH CONGESTIVE HEART FAILURE: A RANDOMIZED CONTROL STUDY  
Ravishankar Jayadevappa, PhD; Jerry C. Johnson, MD; Bernard S. Bloom, PhD; Sanford Nidich, EdD; Shahshank Dasvi, MD; Samudha Chhatre, PhD; Donna B. Riazano, MD; and Robert Schneider, MD |
| Improved Functional Capacity as Measured by Performance on Six-Minute Walk Test; Improved Quality of Life (Social Functioning); Decreased Depression | 5540 |
| **622** | BLOOD PRESSURE RESPONSE TO TRANSCENDENTAL MEDITATION: A META-ANALYSIS  
James W. Anderson, MD; Chunxu Liu, MS; and Richard J. Krzycio, PhD |
| Reduced Systolic Blood Pressure; Reduced Diastolic Blood Pressure; Results Consistent for Hypertensive Subjects and Highest-Quality Studies | 5547 |
| **623** | STRESS REDUCTION PROGRAMS IN PATIENTS WITH ELEVATED BLOOD PRESSURE: A SYSTEMATIC REVIEW AND META-ANALYSIS  
Maxwell V. Rainforth, PhD; Robert H. Schneider, MD; Sanford I. Nidich, EdD; Carolyn Gaylord-King, PhD; John W. Salerno, PhD; and James W. Anderson, MD |
| Reduced Systolic Blood Pressure; Reduced Diastolic Blood Pressure; Effects of Transcendental Meditation on Blood Pressure Unique among Stress Reduction Programmes | 5555 |
| **624** | A RANDOMIZED CONTROLLED TRIAL ON EFFECTS OF THE TRANSCENDENTAL MEDITATION PROGRAM ON BLOOD PRESSURE, PSYCHOLOGICAL DISTRESS, AND COPING IN YOUNG ADULTS  
Sanford Nidich, EdD; Maxwell V. Rainforth, PhD; David A.F. Haaga, PhD; John Hagelin, PhD; John W. Salerno, PhD; Fred Travis, PhD; Melissa Tanner, MS; Carolyn Gaylord-King, PhD; Sarina Grosswald, EdD; and Robert H. Schneider, MD |
| Reduced Systolic and Diastolic Blood Pressure Among Hypertension Risk Subjects; Reduced Psychological Distress; Decreased Anxiety; Decreased Depression; Decreased Anger/Hostility; Improved Coping | 5564 |
| **625** | INVESTIGATING THE EFFECT OF TRANSCENDENTAL MEDITATION ON BLOOD PRESSURE: A SYSTEMATIC REVIEW AND META-ANALYSIS  
Zhenggang Bai, PhD; Jianbo Chang, BS; Changshun Chen, BS; Peilin Li, BS; Kehu Yang, MS; and Iris Chi, DSW |
| Reduced Systolic and Diastolic Blood Pressure; Subgroup Analysis Suggested Results Influenced by Subject Factors: Age, Initial Blood Pressure, Study Duration, Gender | 5572 |
| **626** | COMMENT ON ‘INVESTIGATING THE EFFECT OF TRANSCENDENTAL MEDITATION ON BLOOD PRESSURE: A SYSTEMATIC REVIEW AND META-ANALYSIS’  
D. Orme-Johnson, PhD |
| Bai et al. Subgroup Analyses Had Confounded Factors. In Particular, It May Be Important to Consider Initial Level of Blood Pressure and More Detail About Study Duration | 5573 |
| **627** | STRESS REDUCTION IN THE SECONDARY PREVENTION OF CARDIOVASCULAR DISEASE: RANDOMIZED, CONTROLLED TRIAL OF TRANSCENDENTAL MEDITATION AND HEALTH EDUCATION IN BLACKS  
Robert H. Schneider, MD; Claraene E. Grim, MD; Maxwell V. Rainforth, PhD; Theodore Kotchen, MD; Sanford I. Nidich, EdD; Carolyn Gaylord-King, PhD; John W. Salerno, PhD; Jane Morley Kotchen, MD, MPH; and Charles N. Alexander, PhD |
| Reduction in Mortality, Myocardial Infarction, and Stroke; Reduced Systolic Blood Pressure; Reduced Anger Expression | 5575 |

**Part II: Psychology**

**A: Intelligence, Learning, and Academic Performance**

**635** | EFFECT OF PRACTICE OF MAHARISHI WORD OF WISDOM TECHNIQUE ON CHILDREN’S COGNITIVE STAGE DEVELOPMENT: ACQUISITION AND CONSOLIDATION OF CONSERVATION  
Charles N. Alexander, PhD; Sidney C. Karath, JD; Frederick Travis, PhD; and Victoria K. Alexander, JD, LLM |
<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>636</td>
<td>5639</td>
</tr>
<tr>
<td>AWARENESS AND COGNITION: THE ROLE OF AWARENESS TRAINING IN CHILD DEVELOPMENT</td>
<td></td>
</tr>
<tr>
<td>Tifrah J. Warren, PhD</td>
<td></td>
</tr>
<tr>
<td>Higher Levels of Cognitive Performance in Children: Enhanced Working Memory, Greater Reflectivity, Greater Flexibility. Verbal IQ Correlated with Length of Practice (Controlling for Age)</td>
<td></td>
</tr>
<tr>
<td>637</td>
<td>5637</td>
</tr>
<tr>
<td>THE EXPERIENCE OF TRANSCENDENTAL MEDITATION IN MIDDLE SCHOOL STUDENTS: A QUALITATIVE REPORT</td>
<td></td>
</tr>
<tr>
<td>Cara Rossum, BA; and Rita Benn, PhD</td>
<td></td>
</tr>
<tr>
<td>Student Experiences of Increased Restful Alertness, Improved Emotional Intelligence Skills, and Improved Academic Performance</td>
<td></td>
</tr>
<tr>
<td>638</td>
<td>5636</td>
</tr>
<tr>
<td>USE OF THE TRANSCENDENTAL MEDITATION TECHNIQUE TO REDUCE SYMPTOMS OF ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD) BY REDUCING STRESS AND ANXIETY: AN EXPLORATORY STUDY</td>
<td></td>
</tr>
<tr>
<td>Sarina J. Grosswald, EdD; William R. Sitzrad, PhD; Fred Travis, PhD; and Mark A. Bates, MS</td>
<td></td>
</tr>
<tr>
<td>Reduced Symptoms of Attention Deficit Hyperactivity Disorder (ADHD) Reported by Students; Reduced Symptoms of ADHD Reported by Teachers; Improved Executive Function; Improved Behavioral Regulation; Improved Metacognition; Improved Performance Measures of Executive Performance</td>
<td></td>
</tr>
<tr>
<td>639</td>
<td>5638</td>
</tr>
<tr>
<td>ACADEMIC ACHIEVEMENT AND TRANSCENDENTAL MEDITATION: A STUDY WITH AT-RISK URBAN MIDDLE SCHOOL STUDENTS</td>
<td></td>
</tr>
<tr>
<td>Sanford Nidich, EdD; Shujaat Mjasiri, MBA; Randy Nidich, EdD; Maxwell Rainforth, PhD; James Grant, EdD; Laurent Valosek, BA; Walter Chang, MA; and Ronald L. Zigler, EdD</td>
<td></td>
</tr>
<tr>
<td>Improved Mathematics Achievement; Improved Language Achievement</td>
<td></td>
</tr>
<tr>
<td>640</td>
<td>5678</td>
</tr>
<tr>
<td>EFFECT OF THE TRANSCENDENTAL MEDITATION PROGRAM ON GRADUATION, COLLEGE ACCEPTANCE AND DROPOUT RATES FOR STUDENTS ATTENDING AN URBAN PUBLIC HIGH SCHOOL</td>
<td></td>
</tr>
<tr>
<td>Robert D. Colbert, PhD; and Sanford Nidich, EdD</td>
<td></td>
</tr>
<tr>
<td>Increased Graduation Rate from Secondary School; Decreased Dropout Rate from Secondary School; Increased Post-Secondary Education Acceptance Rate</td>
<td></td>
</tr>
<tr>
<td>641</td>
<td>5684</td>
</tr>
<tr>
<td>THE EFFECTS OF THE TRANSCENDENTAL MEDITATION PROGRAM ON MINDFULNESS</td>
<td></td>
</tr>
<tr>
<td>Melissa A. Tanner, MS; Fred Travis, PhD; Carolyn Gaylord-King, PhD; David A.F. Haaga, PhD; Sarina Grosswald, EdD; and Robert H. Schneider, MD</td>
<td></td>
</tr>
<tr>
<td>Increased Mindfulness</td>
<td></td>
</tr>
<tr>
<td>B: Development of Personality</td>
<td></td>
</tr>
<tr>
<td>642</td>
<td>5702</td>
</tr>
<tr>
<td>REDUCED PSYCHOLOGICAL DISTRESS IN RACIAL AND ETHNIC MINORITY STUDENTS PRACTICING THE TRANSCENDENTAL MEDITATION PROGRAM</td>
<td></td>
</tr>
<tr>
<td>Charles Elder, MD, MPH; Sanford Nidich, EdD; Robert Colbert, PhD; John Hagelin, PhD; Lisa Grayshield, PhD; Dynah Ostivalo-Lim, MA; Randy Nidich, EdD; Maxwell Rainforth, PhD; Chris Jones, EdD; and Denise Gerace, PhD</td>
<td></td>
</tr>
<tr>
<td>Decreased Psychological Distress; Decreased Anxiety</td>
<td></td>
</tr>
<tr>
<td>643</td>
<td>5701</td>
</tr>
<tr>
<td>PRACTICING TRANSCENDENTAL MEDITATION IN HIGH SCHOOLS: RELATIONSHIP TO WELL-BEING AND ACADEMIC ACHIEVEMENT AMONG STUDENTS</td>
<td></td>
</tr>
<tr>
<td>Staci Wendt, PhD; Jerry Hipp, PhD; Allen Abrams, PhD; Jamie Grant, EdD; Laurent Valosek, BA; and Sanford Nidich, EdD</td>
<td></td>
</tr>
<tr>
<td>Reduced Anxiety; Increased Resilience</td>
<td></td>
</tr>
<tr>
<td>644</td>
<td>5716</td>
</tr>
<tr>
<td>THE EFFECT OF MEDITATION ON SELF-REPORTED MEASURES OF STRESS, ANXIETY, DEPRESSION, AND PERFECTIONISM IN A COLLEGE POPULATION</td>
<td></td>
</tr>
<tr>
<td>Jaime L. Burns; Randolph M. Lee; and Lauren J. Brown</td>
<td></td>
</tr>
<tr>
<td>Decreased Perceived Stress; Decreased Anxiety; Decreased Depression</td>
<td></td>
</tr>
</tbody>
</table>
SIGNIFICANT REDUCTIONS IN POSTTRAUMATIC STRESS SYMPTOMS IN CONGOLESE REFUGEES WITHIN 10 DAYS OF TRANSCENDENTAL MEDITATION PRACTICE
Brian Rees, MD, MPH; Fred Travis, PhD; David Shapiro, M.D.; and Ruth Chant, M.D.
Decreased Self-Assessed Posttraumatic Stress Disorder Symptoms ........................................... 5778

DISASTER RELIEF FOR THE JAPANESE EARTHQUAKE-Tsunami of 2011: STRESS REDUCTION THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE
Mitsunobu Yoshimura, Ba; Etiko Kurokawa, Ba; Takahiro Noda, B.A.; Koji Hineno, MD; Yuuo Tamada, MD; TaJa Kevir, B.S.; and Michael C. Dillbeck, PhD
Immediate Reduction in Total Mental and Physical Symptoms; Immediate Reduction in Intensity of Mental and Physical Symptoms ......................................................... 5782

B: Productivity and Quality of Life

EFFECTS OF TRANSCENDENTAL MEDITATION ON EMPLOYEES STRESS, DEPRESSION, AND BURNOUT: A RANDOMIZED CONTROLLED STUDY
Charles Elder, MD, MPH; Sanford Nidich, EdD; Francis Moriarty, EdD; and Randy Nidich, EdD
Decreased Perceived Stress; Decreased Depression; Decreased Teacher Burnout ........................................... 5791

SPIRITUAL DIMENSIONS OF ENTREPRENEURSHIP IN TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAM PRACTITIONERS
Eva Norfly Herrst, PhD; Jane Schmidt-Wilk, PhD; and Dennis P. Heaton, EdD
Greater Inner Stability; Broader Awareness and Intuition ........................................................................ 5798

The Following Papers in This Section Document the Growth of Coherence in the Collective Consciousness of States, Nations, and the World.

A FIELD-THEORETIC VIEW OF CONSCIOUSNESS: REPLY TO CRITICS
David W. Orme-Johnson, PhD; and Robert M. Gates, MA
Replication of Improved Quality of Life (Israel, August-September 1983) Controlling Cultural-Political Events .................................................................................. 5808

SOCIETAL VIOLENCE AND COLLECTIVE CONSCIOUSNESS: REDUCTION OF U.S. HOMICIDE AND URBAN VIOLENT CRIME RATES
Michael C. Dillbeck, PhD; and Kenneth L. Cavanagh, PhD
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

CONSCIOUSNESS IS ALL THERE IS: A MATHEMATICAL APPROACH WITH APPLICATIONS
Tony Nader, MD, PhD, MARR
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

TRANSCENDENTAL CONSCIOUSNESS WAKES UP IN DREAMING AND DEEP SLEEP
Lyons I. Mason, PhD; and David Orme-Johnson, PhD
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

TRANSCENDENTAL EXPERIENCES DURING MEDITATION PRACTICE
Fred Travis, PhD
The author describes research evaluating both the subjective characteristics and the physiological correlates 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

FOCUSED ATTENTION, OPEN MONITORING AND AUTOMATIC SELF-TRANSCEndING: CATEGORIES TO ORGANIZE MEDITATIONS FROM VEDIC, BUDHIST AND CHINESE TRADITIONS
Fred Travis, PhD; and Jonathan Shean, PhD
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

STRESS REDUCTION AND PREVENTION OF CARDIOVASCULAR DISEASE IN AFRICAN AMERICANS: A REVIEW OF CONTROLLED RESEARCH ON THE TRANSCENDENTAL MEDITATION PROGRAM
Robert H. Schneider, MD; Charles N. Alexander, PhD; John Salerno, PhD, Maxwell Rainforth, PhD; and Sanford Nidich, EdD
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

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
Vernon A. Barnes, PhD; and David W. Orme-Johnson, PhD
The authors review research studies demonstrating 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

CARDIOVASCULAR DISEASE PREVENTION AND HEALTH PROMOTION WITH THE TRANSCENDENTAL MEDITATION PROGRAM AND MAHARISHI CONSCIOUSNESS-BASED HEALTH CARE
Robert Schneider, H. MD; Kenneth G. Walton, PhD; John W. Salerno, PhD; and Sanford I. Nidich, EdD
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

TRANSCENDENTAL MEDITATION FOR PRIMARY AND SECONDARY PREVENTION OF CORONARY HEART DISEASE
D. W. Orme-Johnson, PhD; V. A. Barnes, PhD; and R. H. Schneider, MD
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

PREVENTION AND TREATMENT OF CARDIOVASCULAR DISEASE IN ADOLESCENTS AND ADULTS THROUGH THE TRANSCENDENTAL MEDITATION PROGRAM: A RESEARCH REVIEW UPDATE
Vernon A. Barnes, PhD; and David W. Orme-Johnson, PhD
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
### C: Psychology

**670** FROM I TO I: CONCEPTS OF SELF ON A OBJECT-REFERRAL / SELF-REFERRAL CONTINUUM

**Fred Travis, PhD**

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

**Dennis Heaton, EdD**

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

**Randi J. Nidich, EdD; Sanford I. Nidich, EdD; and Charles N. Alexander, PhD**

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

**Mark A. Hawkins, PhD; David W. Orme-Johnson, PhD; and Christian F. Durchholz, MSc**

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

**David Orme-Johnson, PhD**

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

**Sarina J. Grosswald, EdD**

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

**Alex Hankey, PhD**

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

**Harald Harung, PhD; Fred Travis, PhD; Warren Blank, PhD; and Dennis Heaton, EdD**

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

**678** A NEW ROLE FOR THE MILITARY: PREVENTING ENEMIES FROM ARISING—REVIVING AN ANCIENT APPROACH TO PEACE

**David Leffler, PhD**

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

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**F: Quality of Life**

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