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658	A FIELD-THEORETIC VIEW OF CONSCIOUSNESS: REPLY TO CRITICS  David W. Orme-Johnson, PhD; and Robert M. Oates, MA  Replication of Improved Quality of Life (Israel, August-September 1983) Controlling for Cultural/Political Events	. 5808
659	SOCIETAL VIOLENCE AND COLLECTIVE CONSCIOUSNESS: REDUCTION OF U.S. HOMICIDE AND URBAN VIOLENT CRIME RATES  Michael C. Dillbeck, PhD; and Kenneth L. Cavanaugh, 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: Con	asciousness	
660	CONSCIOUSNESS IS ALL THERE IS: A MATHEMATICAL APPROACH WITH APPLICATIONS <i>Tony Nader, MD, PhD, MARR</i> The author analyses the axiomatic implications of the postulate that consciousness is all that there is, and examines the experiential consistency of the approach and also its practical utility for solving previously intractable problems in the study of consciousness	. 5851
661	TRANSCENDENTAL CONSCIOUSNESS WAKES UP IN DREAMING AND DEEP SLEEP Lynne 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
662	TRANSCENDENTAL EXPERIENCES DURING MEDITATION PRACTICE Frederick Travis, PhD  The author describes research evaluating both the subjective characteristics and the physiological correlates	

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	of experiences of Transcendental Consciousness during the Transcendental Meditation technique. The author also reviews research on individuals reporting the stabilization of Transcendental Consciousness as an ongoing feature of experience, termed the state of Cosmic Consciousness	. 5899
B: Phy	siology and Health	
663	FOCUSED ATTENTION, OPEN MONITORING AND AUTOMATIC SELF-TRANSCENDING: CATEGORIES TO ORGANIZE MEDITATIONS FROM VEDIC, BUDDHIST AND CHINESE TRADITIONS	
	Fred Travis, PhD; and Jonathan Shear, 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
664	STRESS REDUCTION AND PREVENTION AND TREATMENT 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
665	CLINICAL AND PRE-CLINICAL APPLICATIONS OF THE TRANSCENDENTAL MEDITATION PROGRAM IN THE PREVENTION AND TREATMENT OF ESSENTIAL HYPERTENSION AND CARDIOVASCULAR DISEASE IN YOUTH AND ADULTS	
	Vernon A. Barnes, PhD; and David W. Orme-Johnson, PhD	
	The authors review research findings indicating reduction of blood pressure and reduced risk for cardiovascular disease in adults and adolescents, and emphasize the importance of the Transcendental Meditation technique for programmes to prevent and treat cardiovascular disease	. 5929
666	CARDIOVASCULAR DISEASE PREVENTION AND HEALTH PROMOTION WITH THE TRANSCENDENTAL MEDITATION PROGRAM AND MAHARISHI CONSCIOUSNESS-BASED HEALTH CARE	
	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
667	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
668	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 outbors review the wide range of findings of the Transcendental Meditation technique indicating	
	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	E0.45
	cardiovascular morbidity, and decreased mortality	. 5965

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669	TRANSCENDENTAL MEDITATION IN THE PREVENTION AND TREATMENT OF CARDIOVASCULAR DISEASE AND PATHOPHYSIOLOGICAL MECHANISMS: AN EVIDENCE-BASED REVIEW Robert H. Schneider, MD; and Timothy Carr, MBBS  The authors review effects of the Transcendental Meditation technique for prevention and treatment of cardiovascular disease (CVD), including reducing the physiological processes associated with CVD, reducing the physiological and behavioural risk factors for CVD, and reducing clinical events such as heart attack and stroke	. 5984
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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
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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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<ul> <li>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     </li> <li>F: Quality of Life</li> </ul>	h		
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-Sid 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			

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