

# GLOBAL COUNTRY OF WORLD PEACE

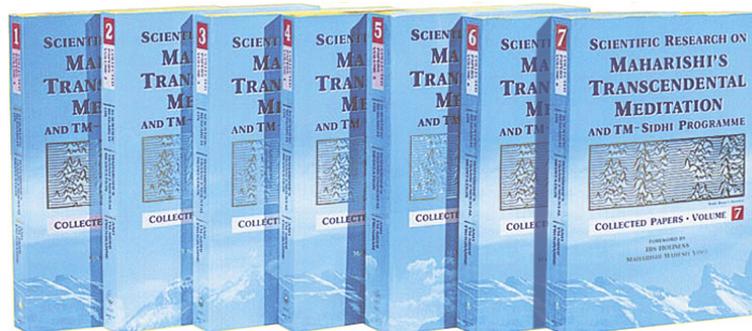
*Programs to Bring Life into Harmony with Natural Law  
and Raise Every Nation to Invincibility*

## DEPARTMENT OF ARCHITECTURE

Construction of Colonies of Fortune-Creating Homes  
in the Vicinity of Every Major City

### SCIENTIFIC RESEARCH FINDINGS

Verifying that the highest goals of  
the Department of Architecture can be achieved  
fully and practically by applying the  
programs of Maharishi's Vedic Science



More than 600 scientific research studies, conducted at over  
250 universities and research institutes in 33 countries,  
confirm the benefits of Maharishi's Transcendental Meditation  
and TM-Sidhi program for every area of life. These studies  
have been reprinted from the scientific journals  
in 7 volumes of Collected Papers.

**Department of Architecture**  
Construction of Colonies of Fortune-Creating Homes  
in the Vicinity of Every Major City

*The numbers in parentheses refer to the publication references of the original research papers, which are listed at the end of this document.*

**1. Scientific Research on the Benefits of Vedic Architecture**

This section reviews sample scientific research studies confirming fundamental principles of Vedic Architecture. The principles of Vedic Architecture, or Maharishi Sthapatya Veda, govern such factors as the orientation of the building, the location of the building, the proportions of the building and its rooms, the placement of rooms, and so forth. The orientation of the building, and of the activities within it, is a key principle of Vedic Architecture that is examined in this section in relation to scientific research findings. It should be understood that the principles and computations of Sthapatya Veda take into account the vast scope of cosmic life and their relationship to the individual structure, a scope of consideration that is beyond the range of current scientific analysis; nevertheless, scientific findings give some insight into the importance of Vedic Architecture.

**Importance of Orientation for Human Brain Functioning**

Fundamental neuroscience research shows that the human brain is intrinsically sensitive to orientation. Functional magnetic resonance imaging studies indicate that there is an activation of the hippocampus during tasks requiring orientation and navigation in the environment. The hippocampus provides a representation of the spatial environment, which is fundamental to the sense of orientation, position, and direction. The right inferior parietal cortex, also activated during navigation, uses this environmental representation to compute the correct body turns to enable movement towards a goal in light of the currently heading direction. (1)

According to Vedic Architecture, not only is the brain sensitive to orientation, but in fact the effects of different orientations (directions) can be either beneficial or disruptive to balance in the individual's physiology and well-being. Sthapatya Veda points out that the orientation of a rectangular building on the cardinal directions of latitude and longitude, with its entrance facing east, is most beneficial for the inhabitants. In addition, the individual facing east in the building (for working, etc.) is also most positive in its influence. In contrast, south in an unfavorable direction for well-being (please see graphic below).

**Examples of Good and Bad Effects  
of the Orientation of Buildings**

Direction of entrance has different effects.

**GOOD** • Layout of the house should be aligned north/south, east/west.  
• Entrance on the east is auspicious—positive influence of affluence and fulfilment.



**BAD** Tilted layout of the house is always inauspicious.



**BAD** Entrance facing south:  
Destructive influence, problems, and suffering



These effects can be verified by anyone living in such buildings.

A very good measure for assessing the positive effect of direction on brain functioning is the coherence (orderliness) of the electroencephalogram (EEG). Research (2) has shown that global EEG coherence becomes very great during the experience of Transcendental Consciousness in while individual are practicing Transcendental Meditation. The practical importance of EEG coherence for daily life is confirmed by studies which show that EEG coherence in the frontal cortex is significantly correlated with greater neurological efficiency (faster spinal reflex recovery), higher creativity, greater efficiency in learning new concepts, more principled moral reasoning, higher verbal intelligence (IQ), less neuroticism, and higher academic achievement. (3)

The first research on the effects of direction on EEG coherence have been consistent with the principles of Vedic Architecture. A subject, facing east, with eyes closed, was found to have a high level of coherence between EEG leads in the frontal and central brain areas. When the same subject sat with eyes closed facing south, the very substantial coherence of brain functioning was not evident; there were fewer relationships of coherence. (4) Because the individual was in the habit of effortless transcending through regular practice of the Transcendental Meditation technique, the different firing patterns of specific neurons could reflect spontaneous transcending when facing east versus south. Thus, the difference in coherence patterns would be directly due to the process of transcending and supported by to the difference in direction.

These research findings on human brain functioning indicate that the principle of orientation is fundamental to the physiology, and the initial research results on EEG coherence indicate that the orientation principle of Maharishi Sthapatya Veda promotes a quality of EEG functioning that is in the direction of well-being and development of consciousness, reflected in clarity of mind and the other positive correlates of higher EEG coherence.

### **Importance of Orientation for Health and Happiness**

The principles of Maharishi Sthapatya Veda indicate the great importance of the health-promoting influence of the rising sun, which is enjoyed fully by buildings facing east. Recent scientific research studies support this principle.

For example, research indicates that hospital patients being treated for bipolar depression were released an average of 3.67 days earlier if their hospital room was receiving the eastern sunlight, in contrast to the western sunlight. (5)

Similarly, studies using artificial light to treat those hospitalized for depression found that effectiveness was greatest, as measured by early release from the hospital, when the light was given in the morning, simulating the effect of natural eastern sunlight. (6)

However, when exposure of hospital patients to the eastern sunlight was blocked by another building, resulting in less overall light on the east, hospital patients undergoing cervical and lumbar spinal surgery experienced greater stress, took 22% more pain medication per hour, and had 21% more pain medication costs, in contrast to patients on the other side of the hallway. (7)

Another study evaluated the effects of the orientation of homes on the well-being of those who lived in them, with results supporting the principles of Vedic Architecture. This study, performed by physicians, measured the degree to which the orientation of their patients' homes might be contributing to problems of physical and mental health, and to other difficulties that they might be facing; the patients filled out questionnaires of mental health, behavioral concerns, and gave information about the direction of the entrance to their homes and their activities in their homes. (8) According to the principles of Sthapatya Veda, the most beneficial direction for the entrance of the home is due east, with due north is also beneficial; in contrast, south entrance is highly negative in its effects. Among a sample of 167 patients, those whose homes faced east or north, in contrast to south, had the following results:

- Higher Levels of Mental Health
- Fewer Financial Problems

Vedic Architecture also denotes the direction to face that is most beneficial for various activities, such as work or sleep. The same study of 167 patients found that those who slept with their head in the directions prescribed as most beneficial according to Sthapatya Veda, in contrast to the direction noted as negative for health and well-being, were measured as having higher levels of mental health. (8)

### **Vedic Architecture to Promote Invincibility in Society**

When an entire community is constructed according to the principles of Sthapatya Veda, then the whole community rises in invincibility as each citizen enjoys the benefits of these buildings. This is called the *Maharishi Vastu Effect*. One very vivid measure of this is given by a study which assessed the burglaries of homes in a community over a three-year period, in relation to the direction of entrance of the homes. As noted above, a southern entrance to a home is most negative according to the principles of Vedic architecture. Among homes whose entrance was oriented unambiguously in one of the four cardinal directions, homes with a south entrance had 75% more burglaries than homes whose entrances faced the other directions. (8)

## **2. Scientific Research on Increased Coherence and Integration in the Whole Society: Creating an Influence of Progress, Prosperity, and Peace at the City, Provincial, National and International Levels**

The most profound benefit for the nation that accrues from establishing housing developments built in accord with Natural Law, through the principles of Vedic Architecture, is that when the members of these communities are participating together in the Transcendental Meditation and TM-Sidhi program, they are enlivening an influence of coherence and harmony in their society.

Among the hundreds of scientific research studies on the benefits of the Transcendental Meditation and TM-Sidhi program, many studies confirm that the benefits extend to the whole society when a sufficiently large group of individuals is participating together in the program. These research studies indicate that when a group of individuals collectively practicing the advanced TM-Sidhi program with Yogic Flying numbers at least the square root of one per cent of the population of the society, then there is a phase transition to greater orderliness, harmony, and peace in the whole society. Depending only on the size of the group, this influence, termed the *Maharishi Effect* in the scientific literature, can extend to the city, province, or the whole nation, as reflected in immediate improvement in the statistics measuring the behavior of the society. If the group exceeds 8,000 in number, the square root of one per cent of the world's population, then the effects are measurable on the international level.

This influence of coherence, created by a sufficiently large group, spreads to the whole society because it is generated from the level of the Unified Field of Natural Law, the field of Transcendental Consciousness, where every individual is connected.

Research on the *Maharishi Effect* has demonstrated the following effects at the city, state, national, and international levels during the specific time periods when large groups of coherence creating experts practicing the TM-Sidhi program with Yogic Flying have been established.

**Improved Quality of City Life**

- Decreased Crime and Decreased Crime Rate (9)
- Decreased Violent Crime and Decreased Homicides (10)
- Decreased Automobile Accidents (11)
- Decreased Emergency Psychiatric Calls (12)
- Decreased Hospital Trauma Visits (12)
- Decreased Police Complaints (12)
- Improved Quality of City Life as Measured by an Index Comprising Data on Fires, Automobile Accidents, and Crime (11)

**Improved Quality of Provincial Life**

- Decreased Crime (13, 14)
- Decreased Traffic Fatalities (14)
- Decreased Unemployment (14)
- Improvement on an Overall Index Including Total Crime Rate, Mortality Rate, Motor Vehicle Fatality Rate, Auto Accident Rate, Unemployment Rate, Pollution, Alcoholic Beverage Consumption Rate, and Cigarette Consumption Rate (13)

**Improved Quality of National Life**

- Decreased Crime (11)
- Decreased Number of Fatalities from Suicide, Homicide, and Accidents (15)
- Improved National Economy as Measured by Reduced Inflation and Unemployment (16)
- Increased International Economic Competitiveness (17)
- Stable Growth of Balanced Economic Health (17)
- Increased Confidence, Optimism, and Economic Prosperity as Measured by Improvement in Stock Market Index (11)
- Improved Quality of National Life as Measured by an Index Comprising Data on Crime, the National Stock Market, and National Mood (11)
- Improvement on an Index of Motor Vehicle Fatalities, Homicides, and Suicides (18, 19)
- Improvement on an Overall Index Including Motor Vehicle Fatalities, Homicide, and Suicide, Cigarette Consumption, and Worker-Days Lost in Strikes (19)
- Improvement on an Overall Index Including Motor Vehicle Fatalities, Homicide, Suicide, Deaths Due to Accidents (other than Motor Vehicle), Notifiable Diseases, Alcohol Consumption, Cigarette Consumption (20)

**Improved Quality of International Life**

- Reduced International Conflict (21)
- Reduced Fatalities and Injuries Due to International Terrorism (21)
- Decreased War Intensity and War Deaths (22)
- Increased Progress toward Peaceful Resolution of Conflict (22)
- Increased Harmony in International Affairs (23)
- Increased Confidence, Optimism, and Economic Prosperity as Measured by Rise of World Index of Stock Prices and Simultaneous Increase in Major Stock Market Indices (24)

- More Positive, Progressive Statements and Actions of Heads of State and Greater National and International Support for Their Policies and Leadership (25)

### **Scientific Research References for Findings Listed in this Document**

- (1) *Science* 280:921–924, 1998; *Neuron* 49: 905–916, 2006.
- (2) *International Journal of Neuroscience* 14: 147–151, 1981; *Psychosomatic Medicine* 46: 267–276, 1984; *International Journal of Neuroscience* 54: 1–12, 1990.
- (3) *International Journal of Neuroscience* 15: 151–157, 1981; *International Journal of Neuroscience* 13: 211–217, 1981; *Journal of Moral Education* 12: 166–173, 1983.
- (4) F. Travis, (Maharishi University of Management, Fairfield, Iowa, USA) prepublication results (*In preparation—2006*)
- (5) *Journal of Affective Disorders* 62: 221–223, 2001.
- (6) *Psychopharmacological Bulletin* 26: 3–11, 1990; *Archives of General Psychiatry* 55: 883–889, 1998.
- (7) *Psychosomatic Medicine* 67: 156–163, 2005.
- (8) *Journal of Social Behavior and Personality* 107: 553–564, 2005.
- (9) *Journal of Conflict Resolution* 32: 776–812, 1988; *Journal of Crime and Justice* 4: 25–45, 1981; *The Journal of Mind and Behavior* 8: 67–104, 1987; *The Journal of Mind and Behavior* 9: 457–486, 1988; *Psychology, Crime, and Law* 2: 165–174, 1996.
- (10) *The Journal of Mind and Behavior* 9: 457–486, 1988; *Social Indicators Research* 47: 153–201, 1999.
- (11) *Journal of Conflict Resolution* 32: 776–812, 1988.
- (12) *Social Indicators Research* 47: 153–201, 1999.
- (13) *The Journal of Mind and Behavior* 8: 67–104, 1987; *Dissertation Abstracts International* 51(12): 1991.
- (14) *Dissertation Abstracts International* 51(12): 1991.
- (15) *Social Indicators Research* 22: 399–418, 1990.
- (16) *Proceedings of the American Statistical Association, Business and Economics Statistics Section* (Alexandria, Virginia: American Statistical Association): 799–804, 1987; *Proceedings of the American Statistical Association, Business and Economics Statistics Section* (Alexandria, Virginia: American Statistical Association): 491–496, 1988; *Proceedings of the American Statistical Association, Business and Economics Statistics Section* (Alexandria, Virginia: American Statistical Association): 565–570, 1989; *Proceedings of the Midwest Management Society*, ed. R.G. Greenwood (Chicago, Illinois: Midwest Management Society): 183–190, 1989.
- (17) *Dissertation Abstracts International* 61(4): 2271B, 2000.

- (18) *Social Indicators Research* 22: 399–418, 1990.
- (19) *Psychological Reports* 76: 1171–1193, 1995.
- (20) *American Statistical Association, 1996 Proceedings of the Social Statistics Section*, pp. 38–43. Alexandria, VA: American Statistical Association, 1996.
- (21) *Journal of Offender Rehabilitation* 36: 283–302, 2003.
- (22) *Journal of Social Behavior and Personality* 17: 285–338, 2005.
- (23) *Social Science Perspectives Journal* 2(4): 80–94, 1988; *Proceedings of the American Statistical Association, Social Science Statistics Section* (Alexandria, Virginia: American Statistical Association): 297–302, 1990.
- (24) *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Programme: Collected Papers*, Volume 4: 2715–2729, 1989; Volume 5: 3263–3265, 1990.
- (25) *Social Science Perspectives Journal* 2(4): 80–94, 1988; *Dissertation Abstracts International* 58(6): 2385A, 1997.