GLOBAL COUNTRY OF WORLD PEACE

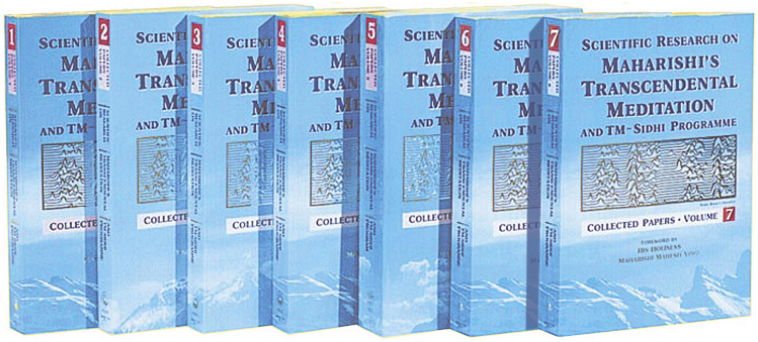
Programs to Bring Life into Harmony with Natural Law and Raise Every Nation to Invincibility

DEPARTMENT OF DEFENSE

Actualizing invincibility in practical life
on all levels of individual and national life

SCIENTIFIC RESEARCH FINDINGS

Verifying that the highest goals of
the Department of Defense 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.

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The following research findings on the Transcendental Meditation and TM-Sidhi program, selected from the more than 600 research studies, are particularly significant for the field of defense. The numbers in parentheses after the finding refer to the publication references of the original research papers, which are listed at the end of this document.

The development of individual and collective consciousness through this program raises individual life to enlightenment and raises the nation to the level of invincibility, characterized by happiness, health, progress, prosperity, and peace.

Scientifically Validated Program to Secure National Invincibility

Scientific research has verified the practicality of creating an integrated national consciousness through group practice of the Transcendental Meditation and TM-Sidhi program. This technology of consciousness enlivens in collective consciousness the source of all order and progress in nature—the Unified Field of Natural Law. The complete knowledge of the Unified Field as the field of Transcendental Consciousness, and the practical technologies to apply this field of perfect orderliness and balance to national life, are now available in Maharishi's Vedic Science.

Benefits for the Whole Society

Most relevant to the creation of national invincibility are the many research studies documenting the effect of increased coherence in the whole society created by sufficiently large groups of participants in the Transcendental Meditation and TM-Sidhi program, including Yogic Flying. The positive influence of increased coherence and invincibility in society has been measured in terms of reduction of crime and violence in society, improved economic conditions, and improved social trends, using the most rigorous scientific methods.

These research studies confirm the formula that a single group of individuals numbering at least the square root of one per cent of the population of the nation, participating in the twice-daily group practice of these technologies, is sufficient to generate an influence of integrity, harmony, strength, and increased vitality in the whole national consciousness—the growth of national invincibility. This influence of coherence in society created from one group of TM-Sidhi Yogic Flyers is known in the scientific literature as the *Maharishi Effect*.

The size of the group of Yogic Flyers required to create this effect is extremely small in light of its far-reaching effects, and thus is very practical to achieve. For example, a country of 16 million citizens will require a group of only 400 experts in the TM-Sidhi program; and a nation of 64 million people will require a group of only 800 experts. Such groups can be created even by incorporating this program in the schools, so that the nation is growing in integration as the students are growing in the individual benefits noted above.

The following sections list scientific research findings 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 (1)
- Decreased Violent Crime and Decreased Homicides (2)
- Decreased Automobile Accidents (3)
- Decreased Emergency Psychiatric Calls (4)
- Decreased Hospital Trauma Visits (4)
- Decreased Police Complaints (4)
- Improved Quality of City Life as Measured by an Index Comprising Data on Fires, Automobile Accidents, and Crime (3)

Improved Quality of Provincial Life

- Decreased Crime (6, 6)
- Decreased Traffic Fatalities (6)
- Decreased Unemployment (6)
- 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 (5)

Improved Quality of National Life

- Decreased Crime (3)
- Decreased Number of Fatalities from Suicide, Homicide, Accidents (7)
- Improved National Economy as Measured by Reduced Inflation and Unemployment (8)
- Increased International Economic Competitiveness (9)
- Stable Growth of Balanced Economic Health (9)
- Increased National Confidence, Optimism, and Economic Prosperity as Measured by Improvement in Stock Market Index (3)
- Improved Quality of National Life as Measured by an Index Comprising Data on Crime, the National Stock Market, and National Mood (3)
- Improvement on an Index of Motor Vehicle Fatalities, Homicides, and Suicides (7, 10)

- Improvement on an Overall Index Including Motor Vehicle Fatalities, Homicide, and Suicide, Cigarette Consumption, Worker-Days Lost in Strikes (10)
- 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 (11)

Improved Quality of International Life

- Reduced International Conflict (12)
- Reduced Fatalities and Injuries Due to International Terrorism (12)
- Decreased War Intensity and Deaths (13)
- Increased Progress toward Peaceful Resolution of Conflict (13)
- Increased Harmony in International Relations (14)

Scientific Research References for Findings Listed in this Document

(1) *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.

(2) *The Journal of Mind and Behavior* 9: 457–486, 1988; *Social Indicators Research* 47: 153–201, 1999.

(3) *Journal of Conflict Resolution* 32: 776–812, 1988.

(4) *Social Indicators Research* 47: 153–201, 1999.

(5) *The Journal of Mind and Behavior* 8: 67–104, 1987; *Dissertation Abstracts International* 51(12): 1991.

(6) *Dissertation Abstracts International* 51(12): 1991.

(7) *Social Indicators Research* 22: 399–418, 1990.

(8) *Proceedings of the American Statistical Association, Business and Economics Statistics Section*: 799–804, 1987; 491–496, 1988; 565–570, 1989.

(9) *Dissertation Abstracts International* 61(4): 2271B, 2000.

(10) *Psychological Reports* 76: 1171–1193, 1995.

(11) *American Statistical Association, 1996 Proceedings of the Social Statistics Section*, pp. 38–43.

(12) *Journal of Offender Rehabilitation* 36: 283–302, 2003.

(13) *Journal of Social Behavior and Personality* 17: 285–338, 2005.

(14) *Social Science Perspectives Journal* 2(4): 80–94, 1988; *Proceedings of the American Statistical Association, Social Science Statistics Section*: 297–302, 1990.