GLOBAL COUNTRY OF WORLD PEACE

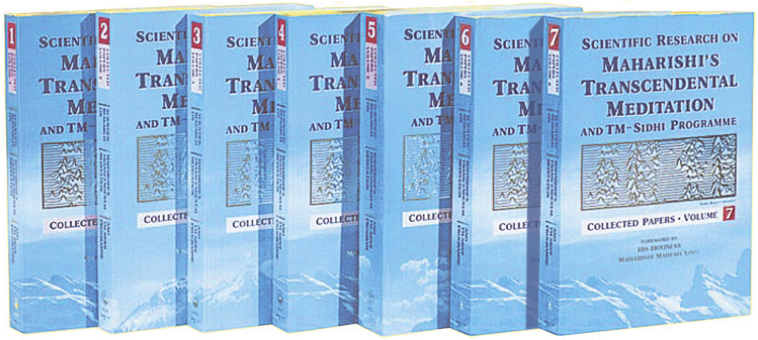
Programs to Bring Life into Harmony with Natural Law and Raise Every Nation to Invincibility

DEPARTMENT OF EDUCATION

Creating Schools, Colleges, and Universities
To Give Total Knowledge and Enlightenment to Every Student
and thereby Create Invincibility for the Nation

SCIENTIFIC RESEARCH FINDINGS

Verifying that the highest goals of
the Department of Education 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 improving the effectiveness of education. 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.

Increased Intelligence, Learning Ability, and Intellectual Performance

- Increased Intelligence (1–7, 101–102)
- Increased Learning Ability (8–9)
- Improved Memory (9–10)
- Accelerated Cognitive Development in Children (11–13)
- Improved Cognitive Flexibility (9–10)
- Increased Efficiency of Concept Learning (8)
- Faster Processing of Cognitively Complex Information (14)
- Broader Comprehension and Improved Ability To Focus Attention—Increased Field Independence (4, 13, 15)
- Cognitive Orientation towards Positive Values (16)
- Improved Problem-Solving Ability (2)

Improved Academic Performance

- Improved Academic Performance at the Elementary, Secondary, College, and Post-Graduate Levels (17–20)

Increased Creativity

- Enhanced Creativity (2, 5, 21)
- Increased Innovation (2)
- Increased Cognitive Flexibility (9)

Greater Use of Total Brain Functioning

- Mobilization of the Hidden Reserves of the Brain: Wider Distribution of the Brain's Response to Sensory Input (22)
- Increased Neurological Efficiency:
  - Increased Efficiency of Information Transfer in the Brain (14, 23–28)
  - Improved Spinal Reflex Activity (29, 30)
  - Improvements in Reaction-Time Measures Correlated with Intelligence (7)

- Greater Adaptability of Brain Functioning (31)
- Faster Processing of Cognitively Complex Information in the Elderly (9)
- Increased Efficiency and Decreased Age-Related Deterioration of Cognitive Information Processing as Measured by Event-Related Brain Potentials (14)
- Increased Blood Flow to the Brain (103)
- Increased Coherence of Brain Functioning (104–105)
- Correlations Found in Subjects Practicing the Transcendental Meditation and TM-Sidhi Program:
  - Between High EEG Coherence, Higher States of Consciousness, and High Levels of Creativity (32)
  - Between High EEG Coherence, Neurological Efficiency, and Flexibility of Concept Learning (8)
  - Between High EEG Coherence, High Levels of Principled Moral Reasoning, and a Unified Cosmic Perspective on Life (33)
- Maximum EEG Coherence during TM-Sidhi Program Yogic Flying (106–107)

Improved Attention and Reduced Distraction

- Decreased Distraction Effects in EEG (111)
- More Effective Executive Functioning of the Brain Indicated by Diminished EEG Distraction Effects (112)
- More Efficient Attention Deployment During Choice Reaction Time Task (113)

Improved Mind-Body Coordination

- Faster Reactions (34–36)
- Increased Psychomotor Speed (37)

Increased Organizational Ability and Efficiency

- Increased Time Competence: Increased Ability To Think and Act Efficiently in the Present (38–40)
- Increased Efficiency and Productivity (41, 42)
- Increased Employee Effectiveness (42)
- Decreased Tendency To Procrastinate (43)
- Greater Physiological Calmness during Task Performance (42)

Increased Energy and Dynamism

- Increased Energy and Enthusiasm (2, 42, 44)
- Increased Physical and Mental Well-Being (9, 45–47)
- Decreased Fatigue (42)

Improved Health

- Lower Health Insurance Utilization Rates: Significantly Fewer Hospital Inpatient Days, and Outpatient Visits in All Age Categories; Fewer Inpatient Admissions for All Major Categories of Disease (47)
- Longitudinal Reduction in Health Care Costs (48)

- Improved Self-Health Rating (9, 42, 45, 46, 49)

Increased Integration of Personality

- Increased Self-Actualization: Increased Integration, Unity, and Wholeness of Personality (38–40)
- Uniquely Effective Means of Increasing Self-Actualization (40)
- Uniquely High Scores on Self-Development in Advanced Participants in the Transcendental Meditation Program (50)
- Orientation towards Positive Values: Better Recall for Positive than Negative Words; More Positive Appraisal of Others (16)
- Increased Inner-Directedness: Greater Independence and Self-Supportiveness (38–40)
- Increased Autonomy and Independence (2, 40, 50)
- Less Sensitivity to Criticism (51)
- Enhanced Self-Concept (52)
- Enhanced Self-Regard and Self-Esteem (2, 51, 53, 54)
- Higher Levels of Self Development (100)
- Enhanced Inner Well-Being (9)
- Increased Emotional Stability (43, 55, 56)
- Increased Emotional Maturity (44)
- Decreased Behavioral Rigidity (9)
- Improved Mental Health (9, 38–40, 42–46, 51, 52, 54, 55, 57–64)

Reduction in Negative Personality Characteristics and Behavior

- Decreased Anxiety (2, 42, 44, 54, 55, 57, 58, 60, 62, 65)
- Decreased Tension (42, 43, 58)
- Decreased Irritability (60)
- Decreased Neuroticism (43, 45, 51, 59, 62)
- Decreased Depression (43, 51, 55)
- Decreased Hostility and Aggression (60, 71)
- Decreased Impulsiveness (44, 45)
- Decreased Use of Cigarettes (42, 66–70)
- Decreased Use of Alcohol (42, 55, 61, 66–69, 72)
- Decreased Drug Abuse (43, 66–69, 73)

Growth of Ideal Social Behavior

- Increased Social Maturity (3)
- Increased Sociability (44)
- Increased Capacity for Warm Interpersonal Relationships (39, 43, 44)
- Increased Friendliness (43)
- Improved Work and Personal Relationships (42)
- Increased Ability To Be Objective, Fair- Minded, and Reasonable (44)

- Increased Good Humor (43)
- Increased Trust (51)
- Increased Tolerance (2, 44)
- Growth of a More Sympathetic, Helpful, and Caring Nature (44)
- Increased Sensitivity to the Feelings of Others (44)
- Improved Interpersonal Behavior of Juvenile Offenders (54)
- Reduced Behavior Problems in School—Decreased Absenteeism, Rule Infractions, and Suspensions Days (109)

Benefits in Special Education and Remedial Education

- Improvements in Personality Relevant to Learning Disorders in Economically Deprived Adolescents with Learning Problems (53)
  – Increased Independence and Self-Supportiveness
  – Improved Self-Regard
- Decreased Dropout Rate from School in Economically Deprived Adolescents with Learning Problems (53)
- Improvements among Children from Low-Income Families (74)
  – Increased Intelligence
  – Improved Self-Concept
- Improvements in Autism: Decreased Echolalic Behavior (75)
- Benefits for Mentally Retarded Subjects:
  – Improved Social Behavior (76)
  – Improved Cognitive Functioning (76, 77)
  – Increased Intelligence (76, 77)
  – Improved Physical Health (76)
- Decreased Stuttering (78, 79)

Benefits for Society: Creating an Influence of Coherence and Harmony in Collective Consciousness

Fifty research studies verify that when large groups of individuals practice the Transcendental Meditation and TM-Sidhi program with Yogic Flying together in one place, they radiate a measurable influence of coherence and harmony in the whole society.

Scientific research findings include the following:

- Reduced Crime (85–89)
- Reduced Fatalities from Homicides, Suicides, and Motor Vehicle Accidents (90)
- Improved Quality of Life (87, 88, 91–93)
- Improved Economic Trends (88, 94, 95)
- Reduced Conflict and Violence (87, 96, 97)

Educational institutions can thus be sources of harmony and peace for the whole society. These powerful findings indicate how the schools of any country, or a large university or college, can create and maintain peace for the whole

nation. If the groups of students and teachers are large enough, they will be radiating a steady influence of coherence and harmony in the whole national consciousness as they individually are rising to higher states of consciousness.

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