

# GLOBAL COUNTRY OF WORLD PEACE

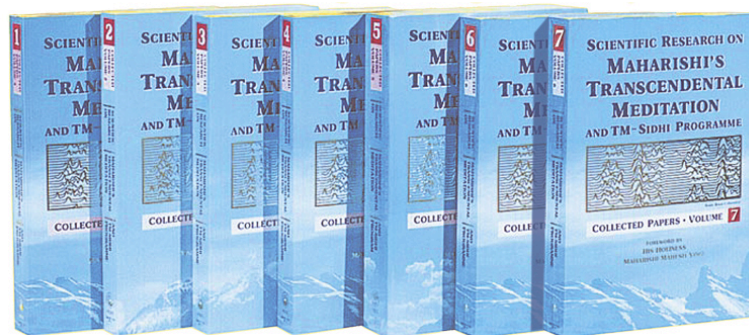
*Programs to Bring Life into Harmony with Natural Law  
and Raise Every Nation to Invincibility*

## DEPARTMENT OF LAW AND ORDER

This Department will provide mistake-free action to individual life in order to create an integrated, positive, and invincible national consciousness, rendering the administration of society free from punishment.

## SCIENTIFIC RESEARCH FINDINGS

Verifying that the highest goals of  
the Department of Law and Order 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 law and order. The numbers in parentheses after the finding refer to the number of the study as it is reprinted in the first five volumes of Scientific research on Maharishi's Transcendental Meditation and TM-Sidhi Programme: Collected Papers (Volumes 6 and 7 are in press).*

*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.*

### **Prevention of Crime and Social Disorder through the *Maharishi Effect***

The following research findings demonstrate that the square root of one per cent collectively practicing the TM-Sidhi program with Yogic Flying radiate a powerful influence of coherence and harmony in collective consciousness bringing life increasingly in accord with all the Laws of Nature, neutralizing negative tendencies and promoting positive trends throughout society as a whole.

- Decreased Crime (Vol. 1: 98, Cities, USA, 1973; Vol. 2: 166, Cities, USA, 1974–1976; Vol. 4: 318, Cities, USA, 1973–1977; Vol. 4: 319, Cities, USA, 1975–1976; Vol. 4: 320 and Vol. 5: 402, Cities, USA, 1972–1978, and Metropolitan Areas, USA, 1973–1979; Vol. 4: 323, USA, 1979; Vol. 4: 325, Holland, 1979 and 1981; Vol. 4: 326 and Vol. 5: 401, Union Territory of Delhi, India, 1980–1981; Vol. 4: 328 and Vol. 5: 402, Washington, DC, USA, 1981–1983; Vol. 4: 333, Jerusalem and also Israel, 1983; Vol. 4: 334 and Vol. 5: 401, Puerto Rico, 1984; Vol. 4: 337, State of Victoria, Australia; Washington, DC, USA; and Karachi, Pakistan, 1983–1984; Vol. 5: 401, Metro Manila, Philippines 1984–1985)
- Decreased Violent Crime (Vol. 4: 323, USA, 1979, Vol. 5: 402, Washington, DC, 1981–1983)
- Decreased Homicides (Vol. 4: 328, Washington, DC, USA, 1981–1983)
- Improved Quality of Provincial Life as Measured by an Index Measuring

Reduction in the Following Variables: Total Crime Rate, Mortality Rate, Motor Vehicle Fatality Rate, Auto Accident Rate, Unemployment Rate, Pollution, Beer Consumption Rate, and Cigarette Consumption Rate (Vol. 4: 321 and Vol. 5: 401, Rhode Island, USA, 1978)

- Improved Quality of Provincial and National Life as Measured by an Index Measuring Reduction in the Following Variables: Fetal Deaths, Other Deaths, and Crime (Vol. 5: 401, Metro Manila Region and Philippines, 1979–1981)
- Improved Quality of National Life as Measured by an Index Comprising Data on Reduced Crime, the Increase in National Stock Market, and Improved National Mood (Vol. 4: 333, Israel, 1983)
- Improved Quality of National Life as Measured by a Weekly Index Measuring Reduction in the Following Variables: Motor Vehicle Fatalities, Homicides, and Suicides (Vol. 5: 407, USA, 1979–1985; 408, Canada, 1983–1985)
- Improved Quality of National Life as Measured by Reductions of Weekly Fatalities Due to Accidents Other than Motor Vehicle Fatalities (Vol. 5: 408, Canada, 1983–1985)
- Improved Quality of National Life as Measured by Improvements on a Monthly Index Measuring Reduction in the Following Variables: Violent Fatalities (Motor Vehicle Fatalities, Homicides, and Suicides), Cigarette Consumption, and Worker-Days Lost in Strikes (Vol. 5: 408, Canada, 1972–1986)
- Decreased Fatalities from Suicide, Homicide, and Accidents (Vol. 4: 323, USA, 1979)
- Decreased Suicide Rate (Vol. 4: 317, Cities, USA, 1973–1977)
- Decreased Motor Vehicle Accidents and Fatalities (Vol. 4: 317, Cities, USA, 1973–1977; 323, USA, 1979; 325, Holland, 1979; 327, USA, 1982; 333, Jerusalem, Israel, 1983; 337, USA; South Africa; and States of New South Wales, Victoria, and Western Australia, Australia, 1983–1984)
- Decreased Air Traffic Fatalities and Air Transport Fatal Accidents (Vol. 4: 323, USA, 1979; 337, Worldwide, 1983–1984)
- Decreased War Intensity and War Deaths (Vol. 4: 322, Rhodesia [Zimbabwe], 1978; 331, Baskinta, Lebanon, 1982–1984; 333, Lebanon, 1983; 335, Lebanon, 1983–1984; Vol. 5: 410, Lebanon, 1983–1985)
- Reduction of Conflict (Increased Cooperation, Reduced Level of Conflict, Reduced War Fatalities, and Reduced War Injuries); Improvement on a Daily Index Composed of All Four Variables (Vol. 5: 410, Lebanon, 1983–1985)
- More Positive, Progressive Statements and Actions of Heads of State and Greater National and International Support for Their Policies and Leadership (Vol. 4: 337, Worldwide, 1983–1984; Vol. 5: 409, USA, 1985–1987)

- Increased Progress toward Peaceful Resolution of Conflict (Vol. 4: 322, Major Trouble-Spot Countries, 1978; 335, Lebanon, 1983–1984; 337, Worldwide, 1983–1984; Vol. 5: 410, Lebanon, 1983–1985; 411, Worldwide, 1983–1985)
- Increased Harmony in International Affairs (Vol. 4: 322, Worldwide, 1978; 337, Worldwide, 1983–1984; Vol. 5: 409, USA-USSR, 1985–1987; 411, Worldwide, 1983–1985)
- Improved International Relations: Reduced Conflict Globally, Reduced Terrorism, and Increase in World Index of Stock Prices, during Three Large Assemblies of Participants in the Transcendental Meditation and TM-Sidhi program (Vol. 5: 411, Worldwide, 1983–1985)

## **Effective Rehabilitation of Prisoners**

### ***Reduced Return to Prison***

- Lower Recidivism (Vol. 3: 285, 286; Vol. 5: 398)
- Fewer New Convictions (Vol. 3: 285, 286)
- Fewer Parole Violations (Vol. 1: 89; Vol. 3: 286)

### ***Increased Physiological Balance and Stability of Prisoners***

- Increased Autonomic Stability (Vol. 1: 87)
- Improved Sleep Patterns:
  - Decreased Time to Fall Asleep (Vol. 2: 160; Vol. 3: 278, 280; Vol. 4: 314)
  - Decreased Awakenings per Night (Vol. 2: 160; Vol. 3: 278, 280; Vol. 4: 314)
  - Improved Quality of Sleep (Vol. 2: 160; Vol. 3: 278, 280; Vol. 4: 314)

### ***Improved Psychological Health of Prisoners***

- Decreased Anxiety (Vol. 1: 88, 89; Vol. 2: 160; Vol. 3: 278, 280, 284; Vol. 4: 314)
- Decreased Tension (Vol. 2: 160; Vol. 3: 284)
- Decreased Neuroticism (Vol. 2: 158; Vol. 3: 278, 280)
- Decreased Depression (Vol. 2: 158)
- Decreased Guilt (Vol. 2: 158)
- Decreased Introversion (Vol. 1: 87; Vol. 3: 284)
- Decreased Suspicion (Vol. 2: 158)
- Decreased Resentment (Vol. 2: 158; Vol. 3: 278)
- Decreased Negativism (Vol. 3: 278)
- Decreased Irritability (Vol. 2: 158; Vol. 3: 278)
- Decreased Aggression (Vol. 2: 158; Vol. 3: 278, 284)
- Improved Control of Anger (Vol. 4: 314)
- Decreased Hostility (Vol. 2: 158, 160; Vol. 3: 278, 280; Vol. 4: 314)
- Decreased Schizophrenic Symptoms (Vol. 3: 284)

- Decreased Psychopathic Deviation (Vol. 2: 158; Vol. 3: 284)
- Increased Emotional Stability and Maturity (Vol. 1: 87; Vol. 2: 158)
- Increased Ability to Handle Stress and Tension (Vol. 2: 161)
- Increased Self-Esteem (Vol. 2: 158)
- Greater Self-Development (Vol. 3: 284)
- Growth toward Higher States of Consciousness (Vol. 3: 284)

### ***Improved Behavior of Prisoners***

- Decreased Prison Disciplinary Rule Infractions (Vol. 1: 89; Vol. 2: 160)
- Decreased Use of Drugs and Alcohol (Vol. 1: 89; Vol. 2: 161)
- Decreased Use of Cigarettes (Vol. 2: 161; Vol. 3: 280)
- Increased Participation in Recreational, Educational, or Business Activities (Vol. 1: 89; Vol. 3: 284)
- Improved Ability to Deal with Others (Vol. 2: 161)
- Improved Work Performance (Vol. 2: 161)
- Decreased Social Introversion (Vol. 1: 87; Vol. 3: 284)
- Decreased Obsessive-Compulsive Behavior (Vol. 1: 87)
- Improved Quality of Relationships (Vol. 2: 161; Vol. 3: 284)
- Increased Social Responsibility (Vol. 2: 158)

### ***Effective Rehabilitation of Juvenile Offenders***

- Decreased Anxiety (Vol. 1: 90; Vol. 3: 288)
- Positive Change as Reported by Both Subjects and Parents (Vol. 1: 90)
- Increased Happiness and Self-Regard (Vol. 1: 90)
- Reduced Use of Drugs (Vol. 1: 90)
- Improved Relationships (Vol. 1: 90)
- Fewer Court Problems (Vol. 1: 90)

## **Research Indicating Thought and Action Increasingly in Harmony with Natural Law in the General Population**

### ***Increased Coherence of Brain Functioning***

- Increased Orderliness of Brain Functioning (Vol. 1: 1–4, 14–18, 20, 102; Vol. 2: 115, 117, 121; Vol. 3: 205, 210, 211, 213, 215, 217, 218, 224; Vol. 4: 294–296)
- Increased Integration of Brain Functioning (Vol. 1: 14–17, 20, 102; Vol. 3: 205, 210, 211, 213, 215, 217, 218, 224; Vol. 4: 294–296; Vol. 5: 370, 371, 375)
- Increased Brainwave Coherence (Vol. 1: 20, 21, 102; Vol. 3: 205, 210, 213, 215, 217, 218, 224; Vol. 4: 294, 296; Vol. 5: 370, 371)
- Increased Neurological Efficiency:
  - Increased Efficiency of Information Transfer in the Brain (Vol. 2: 114, 116; Vol. 3: 214, 251; Vol. 5: 374)

—Improved Spinal Reflex Activity (Vol. 3: 226, 227, 229)

—Improvements in Reaction-Time Measures Correlated with Intelligence (Vol. 5: 390)

- Improved Left Hemispheric Functioning—Improved Verbal and Analytical Thinking (Vol. 1: 54–56, 58, 62, 63, 103; Vol. 2: 134; Vol. 3: 260, 265; Vol. 5: 387, 389, 390, 392)
- Improved Right Hemispheric Functioning—Improved Synthetic and Holistic Thinking (Vol. 1: 103; Vol. 2: 135, 140; Vol. 3: 257, 260; Vol. 5: 393)
- Increased Sensitivity, Strength, and Flexibility of the Nervous System (Vol. 4: 301)
- Faster Processing of Cognitively Complex Information in the Elderly (Vol. 5: 374)

### ***Decreased Physiological Stress and Increased Relaxation during Activity***

- Biochemical Indications of Reduced Stress: Decreased Urinary Free Cortisol Levels (Vol. 2: 109)
- Increased Autonomic Stability (Vol. 1: 25–28, 87; Vol. 2: 123, 130; Vol. 3: 197, 205; Vol. 5: 356)
- More Effective Interaction with the Environment: Improved Resistance to Stress (Vol. 1: 25–28; Vol. 2: 123; Vol. 5: 370)
- Improved Stress Reactivity: Lower Beta-Adrenergic Receptor Sensitivity; Lower Blood Pressure Reactivity to Stress; More Normal Resting Blood Pressure; Lower Resting Epinephrine Level (Vol. 5: 367)
- Maintenance of a Relaxed Style of Physiological Functioning outside of the Practice of Maharishi's Transcendental Meditation Technique (Vol. 1: 6, 18, 30; Vol. 3: 197; Vol. 5: 356, 358, 359)
- Greater Physiological Calmness during Task Performance (Vol. 2: 122; Vol. 5: 372, 399)

### ***Reduction in Negative Personality Characteristics***

- Decreased Anxiety (Vol. 1: 33, 35, 61, 62, 68, 71, 72, 74, 75, 78, 81, 84, 92, 93; Vol. 2: 125, 138, 143, 145, 148, 150, 153, 154; Vol. 3: 234, 243, 268, 273, 275, 290; Vol. 4: 308, 310, 311, 316; Vol. 5: 370, 399)
- Decreased Tension (Vol. 1: 65, 77, 81; Vol. 2: 157, 161; Vol. 3: 277, 281, 284, 290; Vol. 4: 308; Vol. 5: 399)
- Decreased Nervousness (Vol. 1: 65, 77; Vol. 2: 147; Vol. 3: 237, 273, 277, 290; Vol. 4: 308, 316)
- Decreased Neuroticism (Vol. 1: 54, 55, 65, 67, 74, 77, 78, 92; Vol. 2: 137; Vol. 3: 267, 269, 277, 290; Vol. 4: 308, 310; Vol. 5: 370)
- Decreased Psychosomatic Disturbance (Vol. 1: 65, 77; Vol. 3: 232, 241, 277, 290)
- Decreased Depression (Vol. 1: 65, 67, 74, 77, 78; Vol. 2: 143, 147, 150; Vol. 3:

238, 239, 268, 273, 277, 290; Vol. 4: 308, 313)

- Decreased Irritability (Vol. 1: 65, 73, 77; Vol. 2: 147, 158, 164; Vol. 3: 278; Vol. 4: 308)
- Decreased Aggressiveness (Vol. 1: 65, 73, 74, 77; Vol. 2: 147, 158; Vol. 3: 284, 290; Vol. 4: 308)
- Decreased Hostility (Vol. 2: 142, 143, 158, 160; Vol. 3: 278, 280; Vol. 4: 314)
- Decreased Impulsiveness (Vol. 2: 138, 157)
- Decreased Drug Abuse (Vol. 1: 73, 79–82, 84–86, 89, 90, 95; Vol. 2: 153, 161–163; Vol. 3: 239, 247, 277, 282, 287)

### ***Growth of Personal Integration and Fulfillment***

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- Increased Autonomy and Independence (Vol. 1: 62, 71; Vol. 2: 151, 153; Vol. 5: 395)
- Increased Self-Satisfaction, Increased Moral-Ethical Self, Increased Social Self (Vol. 5: 371)
- Greater Self-Control (Vol. 1: 65, 77; Vol. 2: 153; Vol. 3: 290; Vol. 4: 308)
- Increased Self-Confidence and Self-Assuredness (Vol. 1: 65, 77; Vol. 2: 150, 164; Vol. 3: 261, 277, 290; Vol. 4: 308)
- Enhanced Inner Well-Being (Vol. 2: 125, 147; Vol. 4: 310; Vol. 5: 395)
- Increased Inner Calm and Tranquility (Vol. 1: 65, 73, 77; Vol. 2: 150; Vol. 4: 308, 316)
- Increased Contentment (Vol. 1: 65, 67, 77; Vol. 2: 150; Vol. 3: 277, 290; Vol. 4: 308)
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- Increased Emotional Stability (Vol. 1: 65, 71, 77, 87, 93, 95; Vol. 2: 150, 153, 158; Vol. 3: 241, 273, 277, 290; Vol. 4: 308)
- Increased Emotional Maturity (Vol. 1: 65, 77; Vol. 2: 150, 153, 158; Vol. 3: 290; Vol. 4: 308)
- Increased Moral Maturity (Vol. 1: 91; Vol. 3: 265, 270; Vol. 4: 309)
- Increased Altruism (Vol. 1: 71; Vol. 2: 138)
- Increased Intrinsic Spirituality (Vol. 5: 395)
- Greater Satisfaction with One's Moral Worth and with One's Relationship to God and Religion (Vol. 2: 156)

- Increased Ability to Connect Past, Present, and Future Meaningfully (Vol. 1: 69, 70, 76, 94; Vol. 2: 151, 153, 155)

### ***Growth of Ideal Social Behavior***

- Increased Ability to See Man as Essentially Good (Vol. 1: 76; Vol. 2: 153; Vol. 3: 266)
- Increased Social Maturity (Vol. 2: 138; Vol. 3: 261)
- Greater Sense of Social Responsibility (Vol. 2: 138, 158)
- Decreased Social Introversion (Vol. 1: 87; Vol. 2: 147, 164; Vol. 3: 284)
- Increased Capacity for Warm Interpersonal Relationships (Vol. 1: 69, 70, 73, 76, 77; Vol. 2: 149, 151, 153; Vol. 3: 277, 284, 290; Vol. 4: 316)
- Increased Friendliness (Vol. 1: 65, 73, 77; Vol. 3: 277, 290)
- Improved Ability to Appreciate Others (Vol. 3: 271)
- Increased Ability to Cooperate with Others (Vol. 1: 73; Vol. 2: 164)
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- Improved Health of the Cardiovascular System (Vol. 1: 32–35; Vol. 2: 124, 125, 130; Vol. 3: 202, 232, 233, 235, 236, 238, 244–247; Vol. 4: 300; Vol. 5: 367, 378, 380)
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- Improved Health of the Nervous System (Vol. 1: 1–4, 14–18, 20, 21, 25–28, 43, 45–49, 53–56, 58, 62, 63, 87, 102–104; Vol. 2: 114–117, 120, 123, 129–131, 134, 135, 140; Vol. 3: 202, 205, 210, 211, 213–219, 221, 223, 224, 226, 227, 229–231, 245, 246, 248, 250–254, 257, 258, 260, 265; Vol. 4: 294–296, 298, 301; Vol. 5: 368, 370–375, 378, 390, 393)
- Improved Health of the Endocrine System (Vol. 2: 109; Vol. 3: 206, 238, 240; Vol. 4: 299; Vol. 5: 363, 364, 366–368, 376)
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- Improved Health of the Musculoskeletal System (Vol. 3: 238, 241; Vol. 5: 378)
- Improved Health of the Digestive System (Vol. 1: 39, 95; Vol. 3: 237–239; Vol. 5: 378)
- Improved General Health (Vol. 1: 2, 40–42, 44, 95; Vol. 2: 125–127, 150, 153, 157, 160; Vol. 3: 232, 238, 239, 241, 243, 247, 278, 280, 290; Vol. 4: 300, 314; Vol. 5: 377, 378, 379, 380, 399)
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