

Modern Science Documents the Maharishi Effect



***'Through the window of science we see the dawn
of the Age of Enlightenment.'* —Maharishi**

The following findings are a brief summary of the over 40 scientific papers which document the *Maharishi Effect*, published in *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Programme: Collected Papers*—Volumes 1–6 [over 5,000 pages; Volume 7 is in press]. More than 600 scientific studies, conducted at over 250 independent research institutions in 33 countries, objectively document the benefits of Maharishi's Transcendental Meditation and TM-Sidhi Programme, and prove their extraordinary value to actualize the highest Vedic ideals of life, bringing fulfilment to the individual and to all areas of society. (Refer to: www.tm.org/research/508_studies.html)

These studies are a record of the historic transformation of time, from the scientific age to the Age of Enlightenment, brought about by Maharishi's teachings, which have opened the gates of enlightenment for millions of people, leading to the establishment of an ideal quality of life for the whole world—Heaven on Earth.

A Brief Summary of Results

*An analysis of the remarkable findings of the Maharishi Effect,
the Extended Maharishi Effect, and the Global Maharishi Effect*

*[The numbers within parentheses after each finding refer to the numbers of the
original research studies as printed in the six volumes of the Collected Papers.]*

THE MAHARISHI EFFECT

**Improved Quality of City, Provincial,
National, and International Life**

In 1974 it was discovered in 11 cities in the USA that when the number of people participating in the Transcendental Meditation Programme reached one per cent of the city population the trend of rising crime rate was reversed, indicating increasing order and harmony in the life of the whole city. The research scientists named this phenomenon of rising coherence in the collective consciousness of the whole society through the practice of the Transcendental Meditation Programme the *Maharishi Effect* in honour of His Holiness Maharishi Mahesh Yogi, who predicted this effect as early as 1960. Research involving several hundred other cities subsequently replicated this original finding.

As Maharishi explains the mechanics of this effect, during the practice of Transcendental Meditation individuals experience and enliven the field of Transcendental Consciousness—the experience of the Unified Field of Natural Law. When a sufficient number of individuals enliven this field, then through a 'Field Effect' of consciousness (the *Maharishi Effect*) an influence of orderliness and harmony is radiated from the level of the Unified Field of Natural Law to the whole population.

The *Extended Maharishi Effect*: In 1976, with the introduction of the advanced TM-Sidhi Programme, an even more powerful effect was expected. The first major test of this prediction took place in 1978 during Maharishi's Global Ideal Society Campaign, and Maharishi's World Peace Project, which immediately followed it. This research demonstrated a new formula: the square root of one per cent of a population practising the Transcendental Meditation and TM-Sidhi Programme morning and evening together in one place is sufficient to neutralize negative tendencies and promote positive trends throughout the whole population.

This much reduced requirement—in many cases just a few hundred individuals practising Maharishi's Transcendental Meditation and TM-Sidhi Programme, including Yogic Flying, to bring life in accord with Natural Law for a whole nation—enabled this discovery to be repeatedly verified using rigorous scientific procedures. Fifty scientific research studies have replicated this effect on the city, provincial, national, and international levels. (Also refer to the following section, *Global Maharishi Effect*.)

The *Maharishi Effect*: Increased Coherence in Collective Consciousness through the Practice of Maharishi's Transcendental Meditation Technique

- Improved Quality of City Life:
 - Decreased Crime Rate (Vol. 1: 98, Cities, USA, 1973; Vol. 2: 166, Suburban Communities, 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)
 - Decreased Suicide Rate (Vol. 4: 317, Cities, USA, 1973–1977)
 - Decreased Automobile Accident Rate (Vol. 4: 317, Cities, USA, 1973–1977)
 - Cessation of Attack on a Community and Protection from Ongoing Armed Conflict in the Surrounding Area (Vol. 4: 331, Baskinta, Lebanon, 1982–1984)

The *Extended Maharishi Effect*: Increased Coherence in Collective Consciousness through the Collective Practice of Maharishi's Transcendental Meditation and TM-Sidhi Programme

- Improved Quality of City Life:

- Increased Confidence and Economic Prosperity (Vol. 4: 329, Washington, DC, USA, 1981–1983)
- Decreased Crime (Vol. 4: 333, Jerusalem, Israel, 1983; Vol. 5: 401, Metro Manila, Philippines, 1984–1985)
- Decreased Violent Crime (Vol. 5: 402, Washington, DC, USA, 1981–1983)
- Decreased Homicide (Vol. 4: 328, Washington, DC, USA, 1981–1983)
- Decreased Automobile Accidents (Vol. 4: 333, Jerusalem, Israel, 1983)
- Decreased Number of Fires (Vol. 4: 333, Jerusalem, Israel, 1983)
- Improved Quality of City Life as Measured by an Index Comprising Data on Fires, Automobile Accidents, and Crime (Vol. 4: 333, Jerusalem, Israel, 1983)

- Improved Quality of Provincial Life:

- As Measured by an Index Including 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)
- As Measured by a Provincial and National Index Including Foetal Deaths, Other Deaths, and Crime (Vol. 5: 401, Metro Manila Region and Philippines, 1979–1981)
- Decreased Crime (Vol. 4: 326, and Vol. 5: 401, Union Territory of Delhi, India, 1980–1981; Vol. 4: 334, and Vol. 5: 401: Puerto Rico, 1984)
- Decreased Violent Crime (Vol. 4: 323, Massachusetts, USA, 1979)
- Decreased Motor Vehicle Fatalities (Vol. 4: 323, Massachusetts, USA, 1979)

- Improved Quality of National Life:

- As Measured by an Index Including Crime Rate, Percentage of Civil Cases Reaching Trial, Rate of Infectious Diseases, Infant Mortality Rate, Suicide Rate, Cigarette Consumption Rate, Alcohol Consumption Rate, Gross National Product per Capita, Patent Application Rate, Degrees Conferred per Capita, Divorce Rate, and Traffic Fatality Rate (Vol. 4: 332, USA, 1976–1983)
- Improved Quality of National Life as Measured by a Weekly Index of 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 Including Violent Fatalities (Motor Vehicle Fatalities, Homicides, and Suicides), Cigarette Consumption, and Worker-Days Lost in Strikes (Vol. 5: 408, Canada, 1972–1986)
- Improved Quality of National Life as Measured by an Index Comprising Data on

Crime, the National Stock Market, and National Mood (Vol. 4: 333, Israel, 1983)

- Improved National Economy as Measured by a Monthly Index of Inflation and Unemployment, Controlling for Changes in Major Economic Variables (Vol. 5: 403, USA and Canada, 1979–1988; 404–406, USA, 1979–1988)
- Increased Confidence, Optimism, and Economic Prosperity (Vol. 4: 323, USA, 1979; 330, United Kingdom, 1982–1983; 333, Israel, 1983; 335, Lebanon, 1984)
- Increased Positivity in National Mood (Vol. 4: 333, Israel, 1983)
- Decreased Crime (Vol. 4: 325, Holland, 1979 and 1981; 333, Israel, 1983)
- Decreased Violent Crime (Vol. 4: 323, USA, 1979)
- Decreased Number of Fatalities from Suicide, Homicide, and Accidents (Vol. 4: 323, USA, 1979)
- Decreased Traffic Accidents with Injury (Vol. 4: 325, Holland, 1979)
- Decreased Motor Vehicle Fatalities (Vol. 4: 323, USA, 1979; 327, USA, 1982)
- Decreased Air Transport Fatal Accidents (Vol. 4: 323, USA, 1979)
- Improved Quality of International Life:
 - Improvement in Domestic Affairs and International Relations for Major Trouble-Spot Countries (Vol. 4: 322, 1978)
 - Decreased War Intensity and War Deaths (Vol. 4: 322, Rhodesia [Zimbabwe], 1978; 333, Lebanon, 1983; 335, Lebanon, 1983–1984; Vol. 5: 410, Lebanon, 1983–1985)
 - Increased Progress towards Peaceful Resolution of Conflict (Vol. 4: 322, Major Trouble-Spot Countries, 1978; 335, Lebanon, 1983–1984; Vol. 5: 410, Lebanon, 1983–1985)
 - Increased Harmony in International Affairs (Vol. 4: 322, Worldwide, 1978; Vol. 5: 409, USA-USSR, 1985–1987)

THE GLOBAL MAHARISHI EFFECT

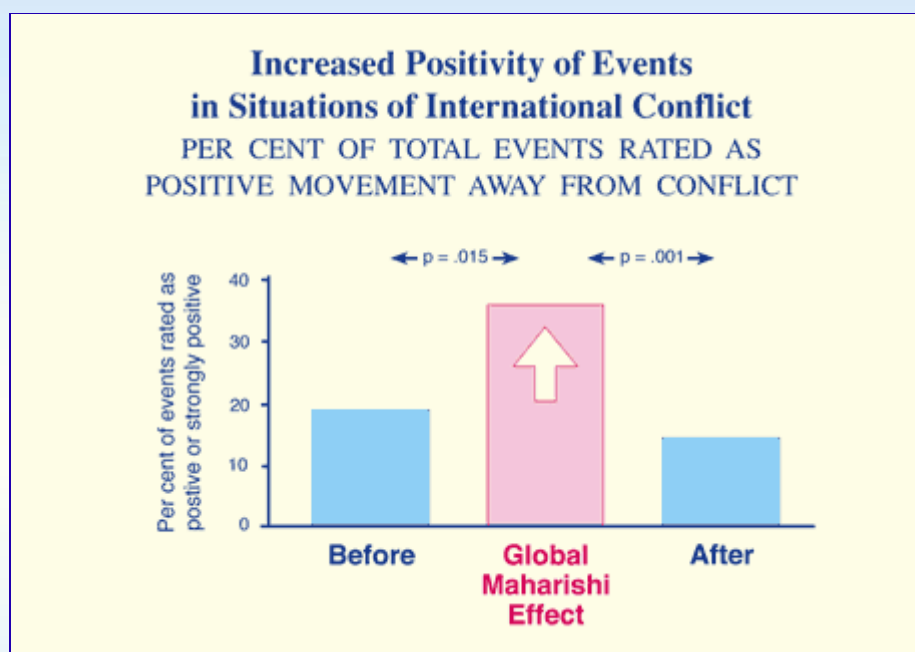
With the discovery that a powerful influence of harmony and coherence is generated in society by only the square root of one per cent of a population collectively practising the Transcendental Meditation and TM-Sidhi Programme, time demanded that this formula be verified and applied on a global scale. In December 1983 the Institute of World Leadership of Maharishi International University (now Maharishi University of Management) announced, in over 100 of the world's leading newspapers and news magazines, a global experiment—the gathering of 7,000 experts in Maharishi's Transcendental Meditation and TM-Sidhi Programme, including Yogic Flying, (approximately the square root of one per cent of the world's population at that time) from 17 December 1983 to 6 January 1984 to create the *Global Maharishi Effect* and give the world a sample 'Taste of Utopia'. The research results arising from this experiment, listed as follows and illustrated on pages 216-220, testify to the global influence of this assembly and the reality of the formula to create harmony, peace, and an ideal quality of life for all mankind.

- Improved Quality of City, Provincial, National, and International Life during the Taste of Utopia Assembly, 17 December 1983–6 January 1984:
 - Increased Harmony in International Affairs (Vol. 4: 337, Worldwide, 1983–1984)
 - Increased Progress towards Peaceful Resolution of Conflict (Vol. 4: 335, Lebanon; 337, Worldwide; Vol. 5: 410, Lebanon)
 - 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)
 - Increased Confidence, Optimism, and Economic Prosperity as Measured by Rise of World Index of Stock Prices and Simultaneous Increase in Major Stock Market Indices (Vol. 4: 336, Worldwide; 337, Worldwide)
 - Decreased Air Traffic Fatalities (Vol. 4: 337, Worldwide)
 - Decreased War Deaths and War Injuries (Vol. 4: 335, Lebanon)
 - Decreased Traffic Fatalities (Vol. 4: 337, USA, South Africa, and Australia)
 - Increased Creativity as Measured by Increased Patent Applications (Vol. 4: 337, USA, Australia, South Africa, and United Kingdom)
 - Decreased Incidence of Infectious Diseases (Vol. 4: 337, USA and Australia)
 - Decreased Crime (Vol. 4: 337, State of Victoria, Australia; Washington, DC, USA; and Karachi, Pakistan)

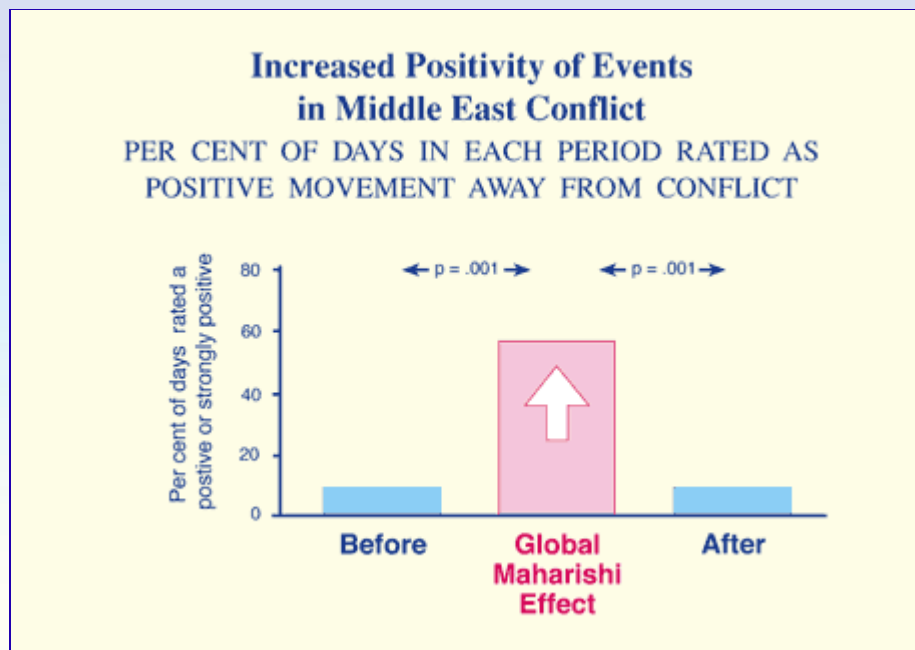
The charts on the following pages graphically summarize the results of scientific research on the Taste of Utopia Assembly of 7,000 experts in the Maharishi Technology of the Unified Field.



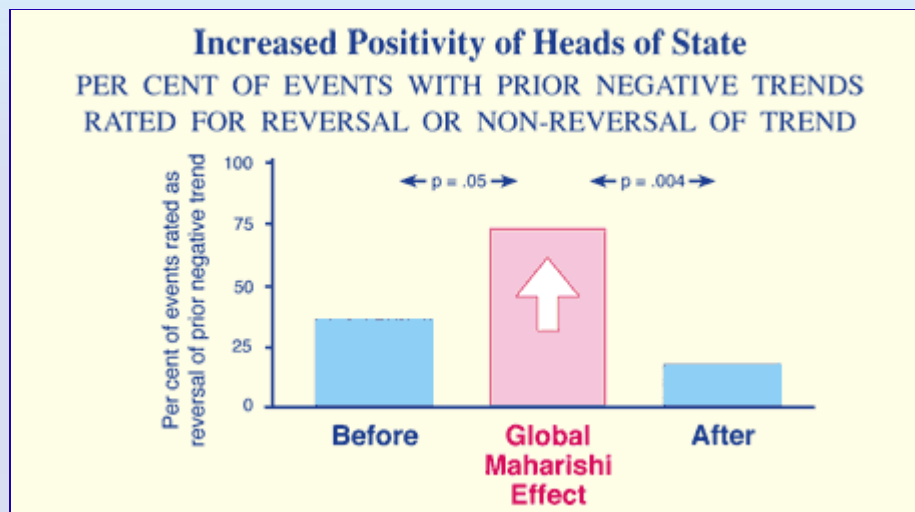
7,000 experts in Maharishi's Transcendental Meditation and TM-Sidhi Programme in the presence of His Holiness Maharishi Mahesh Yogi, creating a 'Taste of Utopia' for all mankind, Maharishi International University, Fairfield, Iowa, USA, 17 December 1983 to 6 January 1984.



During the three-week period of the Taste of Utopia Assembly, compared to the three-week period before the Assembly, the balance of negativity to positivity in events pertaining to international conflicts in the trouble-spot areas of the world shifted significantly towards increased positivity, as indicated by content analysis of the news. In the three-week period after the Assembly the balance of events reverted towards the previous condition of increased negativity. Such trends were not found during the same time the previous year. **Reference:** *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Programme—Collected Papers*, Vol. 4: pp. 2730–2762, 1989.

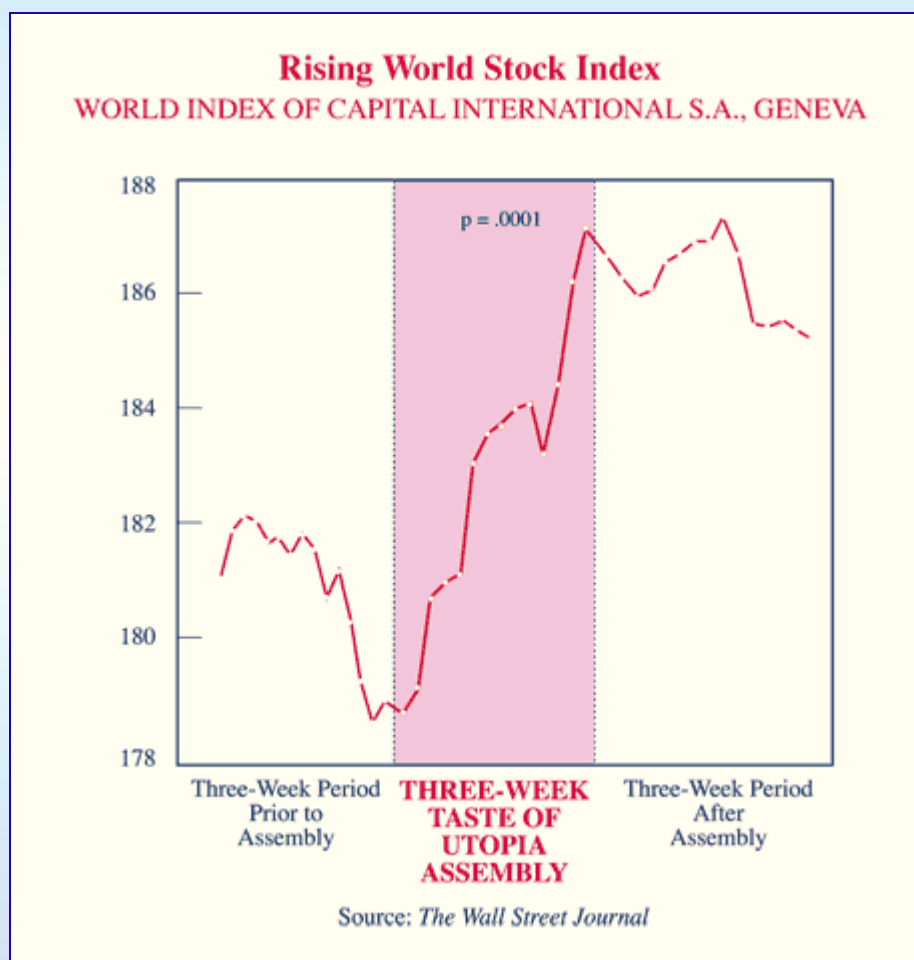


During the three-week period of the Taste of Utopia Assembly, compared to the three weeks before, there was a significant increase in positive events associated with the Middle East conflict in Lebanon, as principally seen in the rapid evolution of an agreement on a national security plan. In the three weeks after the Assembly the situation quickly deteriorated. Control data from the previous year showed that the specific time of year of the Assembly was not associated with improved conditions in this conflict. **Reference:** *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Programme—Collected Papers, Vol. 4: pp. 2730–2762, 1989.*

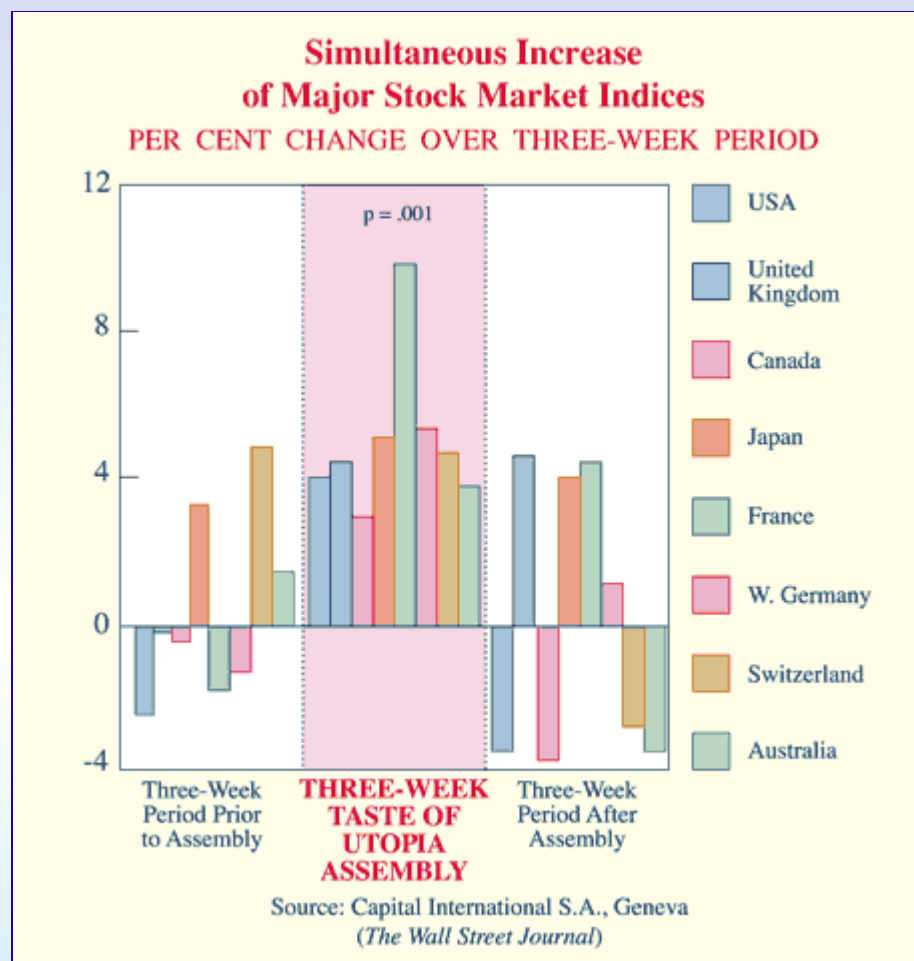


According to Maharishi, government is the innocent mirror of the nation, and the Heads of State reflect by their speech and actions the quality of national consciousness. During the three-week period of the Taste of Utopia Assembly, compared to the three-week period before, coherence increased in world consciousness as exhibited by more positive, progressive statements and actions of heads of state of nations throughout the world and by greater national and international support for their policies and leadership. In the three weeks after the Assembly the quality of the statements and actions of heads of state and of the support they received

reverted towards less positivity. Control data from the previous year indicated that this result was not due to a general pattern at the time of year of the Assembly. **Reference:** *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Programme—Collected Papers*, Vol. 4: pp. 2730–2762, 1989.



During the Taste of Utopia Assembly, rising coherence created a wave of confidence and optimism throughout the world, seen as a rise in the World index of stock prices, a composite index of 19 countries. After the Assembly the Index resumed a downward trend. **References:** *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Programme—Collected Papers*, Vol. 4: pp. 2715–2729, 2730–2762, 1989.



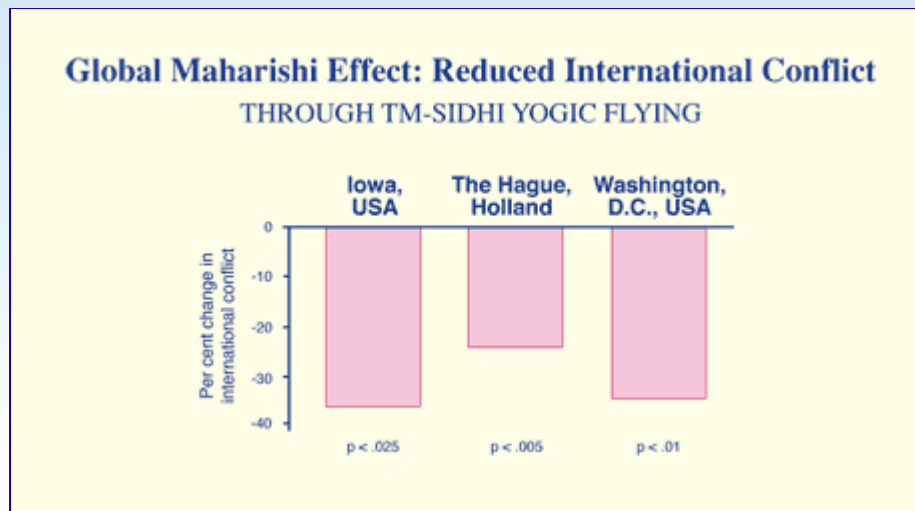
During the Taste of Utopia Assembly, the major stock markets of the world increased simultaneously, indicating balanced economic growth worldwide. After the Assembly the same major stock markets reverted to a pattern similar to that seen prior to the Assembly, with the market of some countries increasing and of other countries decreasing. **Reference:** *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Programme—Collected Papers*, Vol. 4: pp. 2730–2762, 1989.

REPLICATION OF THE GLOBAL MAHARISHI EFFECT

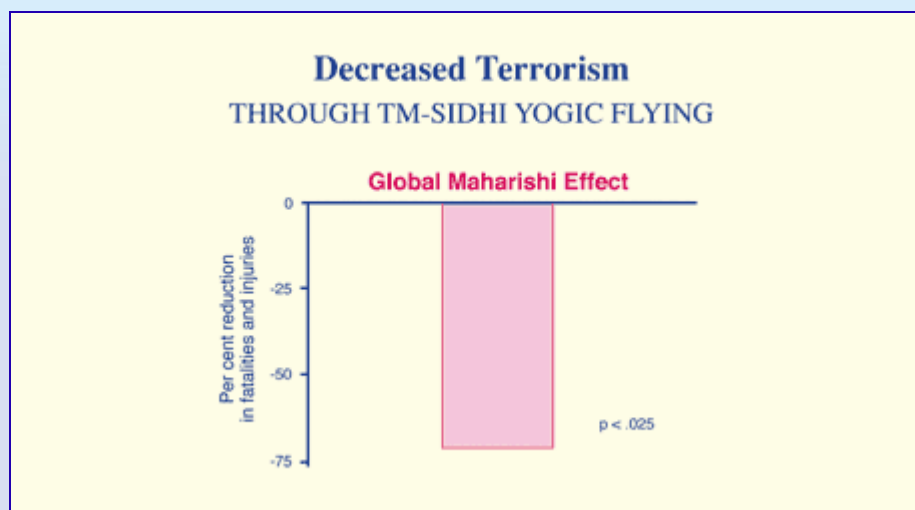
Three large assemblies of experts in Maharishi's Transcendental Meditation and TM-Sidhi Programme, including Yogic Flying, approaching or exceeding 7,000 in number (the square root of one per cent of the world's population at that time), were held from 1983 to 1985. These large World Peace Assemblies, held in Fairfield, Iowa, USA (17 December 1983 to 6 January 1984), the Hague, Holland (21 December 1984 to 13 January 1985), and Washington, DC, USA (1–10 July 1985), were found by research to have the following results:

- Reduced International Conflict (Vol. 5: 411, Worldwide)
- Reduced Terrorism (Vol. 5: 411, Worldwide)
- Increased World Stock Prices (Vol. 5: 411, Worldwide)

- Increased Cooperation, Reduced Level of Conflict, Reduced War Fatalities and Injuries (Vol. 5: 410, Lebanon)



During the periods of three assemblies approaching or exceeding 7,000 experts in the Transcendental Meditation Sidhi Programme (the square root of one per cent of the world's population at the time), there was a significant decrease in international conflict worldwide. **Reference:** 'Time series impact assessment analysis of reduced international conflict and terrorism: Effects of large assemblies of participants in the Transcendental Meditation and TM-Sidhi Program'. Paper presented at the American Political Science Association Annual Meeting, Atlanta, Georgia, August 1989.



There was a significant decrease in fatalities and injuries due to international terrorism during the periods of three assemblies approaching or exceeding 7,000 experts in the Transcendental Meditation Sidhi Programme (the square root of one per cent of the world's population at the time), as indicated by time series analysis of an independent data bank. **Reference:** 'Time series impact assessment analysis of reduced international conflict and terrorism: Effects of large assemblies of participants in the Transcendental Meditation and TM-Sidhi Program'. Paper presented at the American Political Science Association Annual Meeting, Atlanta, Georgia, August 1989.

In Conclusion

Maharishi spoke the following words over forty years ago. The truth of these words is reflected for all times in the vast body of scientific research conducted on Maharishi's Vedic Science and Technology since then:

'Generation after generation man is born anew. Each generation gives rise to new aspirations in life and brings a new quest for fulfilment. Each man needs sound physical and mental health, greater ability in action, a greater capacity to think clearly, increased efficiency in work, and more loving and rewarding relationships with others. He needs enough vitality and intelligence to satisfy the desires of his mind and bring contentment to his life. We have seen that all this can be gained through the regular practice of Transcendental Meditation.

' . . . A new humanity will be born, fuller in conception and richer in experience and accomplishments in all fields. Joy of life will belong to every man, love will dominate human society, truth and virtue will reign in the world, peace on earth will be permanent, and all will live in fulfilment in fullness of life in God Consciousness.'

*Science of Being and Art of Living—Transcendental Meditation
[374-page publication]*

Links to related websites:

Scientific Research: www.permanentpeace.org/evidence/index.html

Maharishi's Programme for World Peace: www.permanentpeace.org

Maharishi Purusha Programme: www.purusha.org

Mother Divine Programme: www.motherdivine.org

World Peace Assemblies: www.mum.edu/programs/advanced/wpa.html

Creating Coherence Programme: www.mum.edu/programs/advanced/ccp.html

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