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JSTOR 2580722. New Delhi. "Mummy, can we meditate now?". ^ Barron's Educational Series, Inc. Harman (2007). "Maharishi Mahesh Yogi: Beyond the T.M. Technique". ^ Schrodt, Phillip A. "Meditation practices for health: state of the research" (PDF). He also teaches that the Transcendental Meditation practitioner transcends all mental activity and experiences the "source of thought", which is said to be pure science, 'pure awareness' or 'transcendental Being', 'the ultimate reality of life'[110]:pp 44-53[111][112] TM is sometimes self described as a technology of consciousness.[113] According to author Michael Phelan "The fundamental premise of the psychology of fulfillment is that within every person exists a seemingly inexhaustible center of energy, intelligence, and satisfaction... Raj, Selva J.; William P. Archived from the original on 3 August 2013. In Duncan, Ann; Jones, Steven (eds.). Mosby's Complementary & Alternative Medicine: A Research-Based Approach. "The cumulative effects of Transcendental Meditation on cognitive function—a systematic review of randomised controlled trials". The Hindustan Times. (2003) Blackwell Publishing, Cults and New Religious Movements, Chapter 3: Three Types of New Religious Movement by Roy Wallis (1984), page 44-48 ^ Christian Blatter, Donald McCown, Diane Reibel, Marc S. (2011). ISBN 978-0-8078-6134-9. pp. 97-99. Vol. 45, no. 1. The Sunday Times (London). doi:10.1007/BF03040500. Albany: State University of New York Press. All 4 positive trials recruited subjects from among people favourably predisposed towards TM, and used passive control procedures ... The association observed between positive outcome, subject selection procedure and control procedure suggests that the large positive effects reported in 4 trials result from an expectation effect. "Beyond medications and diet: alternative approaches to lowering blood pressure: a scientific statement from the American Heart Association". ^ "MUM catalog for the Department of Maharishi Vedic Science" (PDF). Modern Science and Vedic Science. 1 January 1, ISBN 9780879833176. Parsons, Gerald (1994). P. 442594. . Holley, David (5 June 1986). "Beats, Mortar and Serenity". "A Point View". ^ Williamson, Loia (2010). Retnais, 3 August 2013. ^ Zoroch, Amir (23 July 2006). "Meditation therapy for anxiety disorders". Deans, Ashne (2005) MUM Press, A Record of Science, ISBN 0-923569-37-5 Doniston, Donise. The TM Book, Fairfield Press 1986 ISBN 0-937402-X Forem, Jack (2012) Hay House UK Ltd, Transcendental Meditation: The Essential Teachings of Maharishi Mahesh Yogi ISBN 1-94850-379-2 Geoff Gilpin, The Maharishi Effect: A Personal Journey Through the Movement That Transformed American Spirituality, Tarcher-Penguinum 2006, ISBN 1-58542-507-9P. A. The small number of studies included in this review do not permit any conclusions to be drawn on the effectiveness of meditation therapy for anxiety disorders. This was referred to as the "Extended Maharishi Effect".[147][149] Author Ted Karam claims that there have been numerous studies on the Maharishi effect including a gathering of over 4,000 people in Washington, D.C. in the summer of 1993.[147] The effect has been examined in 42 scientific studies.[150] The TM organisation has linked the fall of the Berlin wall and a reduction in global terrorism, US inflation and crime rates to the Maharishi effect.[151] The Maharishi effect has been endorsed by the former President of Mozambique Joaquim Chissano.[152] As the theories proposed by TM practitioners[153] go beyond modern science, the Maharishi effect still lacks a causal basis.[154] Moreover, the evidence has been said to result from cherry-picked data[155] and the credulity of believers.[154][156] Critics, such as James Randi have called this research pseudoscience.[157] Randi says that he investigated comments made by former Maharishi International University faculty member Robert Rabinoff in 1978. The American Psychologist. p. 54. Garden City N.Y.: Doubleday. Wien. The Demon-haunted World: Science as a Candle In the Dark. A. Weber, M. North Quincy, Mass.: Christopher Pub. ^ Shear, Jonathan, ed. p. 16. "Schools of pseudoscience pose a serious threat to education". 5 (1-2): 200. p. 289. "Modern Science and Vedic Science: An Introduction". Presidential Address — 1987. To the extent that our behavior depends on the degree of energy and intelligence available to us, this center of pure creative intelligence may be described as that resource which gives direction to what we experience, think and do."[114] According to the Maharishi, there are seven levels of consciousness: (i) deep sleep; (ii) dreaming; (iii) waking; (iv) transcendental consciousness; (v) cosmic consciousness; (vi) God consciousness; and, (vii) unity consciousness. (115) The Maharishi says that transcendental consciousness can be experienced through Transcendental Meditation, and that those who meditate regularly over time could become aware of cosmic consciousness.[116] An indication of cosmic consciousness is "evening silent wakefulness" present even during sleep.[117] Research on long-term TM practitioners experiencing what they describe as cosmic consciousness, has identified unique EEG profiles, muscle tone measurements, and REM indicators that suggest physiological parameters for this self described state of consciousness.[117][118] However, the Cambridge Handbook of Consciousness notes that it is premature to say that the EEG coherence found in TM is an indication of a higher state of consciousness.[119] Science of Creative Intelligence (1971) In 1961, the Maharishi created the "International Meditation Society for the Science of Creative Intelligence".[120] In 1971 the Maharishi inaugurated "Maharishi's Year of Science of Creative Intelligence" and described SCI as the connection of "modern science with ancient Vedic science".[121] Author Philip Goldberg describes it as Vedanta philosophy that has been translated into scientific language.[122] A series of international symposiums on the Science of Creative Intelligence were held between 1970 and 1973 and were attended by scientists and "leading thinkers", including Buckminster Fuller, Melvin Calvin, a Nobel Prize winner in chemistry, Hans Selye, Marshall McLuhan and Jonas Salk.[122] These symposiums were held at universities such as Humboldt State University and University of Massachusetts.[123][124][125][126] The following year, the Maharishi developed a World Plan to spread his teaching of SCI around the world.[126][127] The theoretical part of SCI is taught in a 33-lesson video course.[128] In the early 1970s the SCI course was offered at more than 25 American universities including Stanford University, Yale, the University of Colorado, the University of Wisconsin, and Oregon State University.[126][129]:p 125[130] Until 2009, Maharishi University of Management (MUM) required its undergraduate students to take SCI classes.[131][132][133][134] and both MUM and Maharishi European Research University (MERU) in Switzerland have awarded degrees in the field.[135] The Independent reports that children at Maharishi Schools learn SCI principles such as "all the future of life is to grow" and "order is present everywhere".[136] SCI is reported to be part of the curriculum of TM related lower schools in Iowa, Wheaton, Maryland[137] and Skelmersdale, UK.[138] In 1975 SCI was used as the call letters for a TM owned television station in San Bernardino, California.[139] The Science of Creative Intelligence is not science. [140] Theologian Robert M. ISBN 1-85230-571-1. p. 62. Cults and New Religions: A Brief History (Blackwell Brief Histories of Religion). ^ Szimhart, Joseph (1990). Harris (1999). Journal of Modern Science and Vedic Science. ^ Williams, Patrick Gresham (2000) The Spiritual Recovery Manual: Vedic Knowledge and Yogic Techniques to Accelerate Recovery, page 202 ^ Tillery, Gary, The Cynical Idealist: A Spiritual Biography of John Lennon Archived 2014-03-04 at the Wayback Machine Quest Books, 2009 ISBN 0-8356-0875-1, ISBN 978-0-8356-0875-6 pp 66-67 ^ a b Walsh R, Shapiro SL (April 2006). New York: Brunner/Mazel. Journal of Human Hypertension. ^ Phelan, Michael (1979). Klin. claims "more than a million" in the USA and Europe. S2CID 30878081. "Beatles guru dies in Netherlands". New York: Ballantine Books. He spoke to the Fairfield Chief of Police who said local crime levels were the same and the regional Agriculture Department who reportedly deemed that farm yields for Jefferson County matched the state average.[158] Maharishi Vedic Science (1981) The Maharishi proclaimed 1981 as the Year of Vedic Science.[110]:336 It is based on the Maharishi's interpretation of ancient Vedic texts and includes subjective techniques like the Transcendental Meditation technique and the TM-Sidhi program plus programs like Maharishi Shatpata Veda (MSV) and Maharishi Vedic Astrology (MVA) services which apply Vedic science to day-to-day living.[159][160] Vedic science studies the various aspects of life and their relationship to the Veda. ISBN 978-0-14-044824-5. 76 (2): 511–525. Maharishi School. ^ Rooney, Ben (6 February 2008). USA Today. ISBN 0-7914-6573-X. p. 176. ISBN 978-0-90247-6. ISBN 978-1-85109-863-7. ^ Randi, James (1982). Cochrane Database of Systematic Reviews (1). CD00499. These include the Spiritual Regeneration Movement, the International Meditation Society, World Plan Executive Council, Maharishi Vedic Education Development Corporation, the Global Country of World Peace, and the David Lynch Foundation. Minneapolis, Minn. Wiley-Blackwell. Maharishi Ayurveda Main article: Maharishi Vedic Approach to Health Maharishi Ayurveda[161][162] or Maharishi Vedic Medicine[163] is a form of alternative medicine founded in the mid-1980s by Maharishi.[164] Distinct from traditional ayurveda, it emphasizes the role of consciousness, and gives importance to positive emotions.[165] Maharishi Ayurveda has been variously characterized as emerging from, and consistently reflecting, the Advaita Vedanta school of Hindu philosophy, representing the entirety of the ayurvedic tradition.[166][167] References ^ "Transcendental Meditation". doi:10.1021/14651858.CD010359.pub2. ^ a b Sagan, Carl (1997). Retrieved 31 January 2013. S2CID 22261. The claim that TM has a specific and cumulative effect on cognitive function is not supported by the evidence from randomized controlled trials. "This School Offers Readin', 'Ritin' and Mantras". p. 13. "Time magazine in 1975 estimated that the U.S. total had risen to 600,000 augmented by half that number elsewhere"="900,000 world wide" "Annual Growth in TM Initiations in the U.S. [chart] Cumulative total at the End of Each Year: 1977, 913,900" ^ Peterson, William (1982). "Evaluating Heterodox Theories". TM had no advantage over health education to improve measures of systolic blood pressure and diastolic blood pressure, body weight, heart rate, stress, anger, self-efficacy, cholesterol, dietary intake, and level of physical activity in hypertensive patients ^ Sedlmeyer, Peter; Eberth, Juliane; et al. Modern and global Ayurveda: Pluralism and Paradigms. Random House Information Group. doi:10.1161/HYP.0b013e3182393645. The TM Technique: An Introduction to Transcendental Meditation and the Teachings of Maharishi Mahesh Yogi. Liverpool. All the randomized clinical trials of TM for the control of blood pressure published to date have important methodological weaknesses and are potentially biased by the affiliation of authors to the Transcendental Meditation movement. Retrieved September 2010. ISBN 978-0-921-85747-3. Archived from the original on 1 January 2014. Sleep. Meridian Publishing. S2CID 14581269. p. 03.B. ^ Fay, Liam (13 June 2004). Stress management: An integrated approach to therapy. PMID 1776203. 22 (11): 2049–54. Indo-Asian News Service. Retrieved 10 May 2021. "What's New in Science: Transcendental Meditation: Medical Miracle or 'Another Kooky Fad'". pp. 25–26. Motilal Banarsidass. ^ a b Fales, Evan; Markovsky, Barry (1997). Our review finds that the mantra meditation programs do not appear to improve any of the psychological stress and well-being outcomes we examined, but the strength of this evidence varies from low to insufficient. London: Routledge. The technique has been seen as both religious[7] and non-religious; sociologists, scholars, and a New Jersey judge and court are among those who have expressed views on it being religious or non-religious.[6][8][9] The United States Court of Appeals for the Third Circuit upheld the federal ruling that TM was essentially "religious in nature" and therefore could not be taught in public schools.[10][11] Scientific research on meditation practices does not appear to have a common theoretical perspective and is characterized by poor methodological quality. ^ deFiebre, Conrad (7 October 1994). New York Times. Wiley. ABC-CLIO. M6478968. doi:10.1038/hjh.2015.6. PMID 25673114. Hoboken, New Jersey: Blackwell Publishing. "Transcendental Meditation". PMID 22582738. PMID 17435579. The Physical and Psychological Effects of Meditation: A Review of Contemporary Research with a Comprehensive Bibliography 1931–1996. PMID 20556767. ^ Merriman, Scott A. The New Religions (1st ed.). In modern times, the movement has grown to encompass schools and universities that teach the practice.[25] and includes many associated programs based on the Maharishi's interpretation of the Vedic traditions. By my latest count, there have been 340 per-reviewed articles published on TM, many of which have appeared in high-profile journals. "The challenge of metaphysical experiences outside Orthodoxy and the Orthodox response". Skeptical Inquirer. ^ Princeton Review (15 August 2006). Archived from the original on 3 March 2016. ^ Tolley, Claire (12 February 2002). ISBN 9780814794530. Archived from the original (PDF) on 25 February 2009. "Meditation practices for health: state of the research". ^ Sinaas, Stephen T.; Roberts, James C.; Zuber, Martin (20 December 2007). 115 (2): 222. 758–66. (May 2012). New Canaan, Connecticut: Keats Publishing. Following the Maharishi's death in 2008, leadership of the TM organization passed to neuroscientist Tony Nader. doi:10.3406/ass.1979-2196. Toronto Star. ISBN 0-87975-198-3. He says that this change toward a more academic language was welcomed by many of the Maharishi's American students.[146] Maharishi effect (1974) Maharishi Mahesh Yogi claimed that the quality of life would noticeably improve if at least one per cent of the population practised the Transcendental Meditation technique. PMID 16437509. Retrieved 19 May 2017. Understanding mantras. ^ Hunt, Stephen (2003). ^ Richard Feloni (2016). Archives des sciences sociales des religions. pp. 123. A few studies of overall poor methodological quality were available for each comparison in the meta-analyses, most of which reported nonsignificant results. In particular, there is no real TM community: practitioners do not characteristically meet together for public worship, but simply recite the mantra, as they have been taught it, not as religious obligation, but simply as a technique to benefit themselves, their surroundings and the wider world." ^ Partridge, Christopher (200). Retrieved 31 May 2014. ^ Buckley, Stephen (19 March 1993). "Eastern Family, Part I". Time. The Times. (1980). ISBN 978-0-7914-7489-1. For neo-Hindu, see: Alper, Harvey P. ^ Hartley, L. Mavrodakis, A.; Flowers, N.; Ernst, E.; Rees, K (1 December 2014). Retrieved 2013. Can he get it off the ground?". p. 14. "Eclectic TV KSCI's Programming in 14 Languages Offers News, Entertainment, Comfort to Ethnic Communities". Creation Evolution Journal. Sunday Herald (Scotland). 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Transcendental meditation: a double-edged sword in epilepsy? ^ A., Case, D. von Dehsen; Scott L. 24 (5): 580–611. ISBN 0-8153-0500-1. p. 4. ISBN 978-81-208-0746-4. PMID 24395196. ^ Goyal M, Singh S, Sibinga EM, Gould NF, Rowland-Seymour A, Sharma R, Berger Z, Sleicher D, Maron DD, Shihab HM, Ranasinghe PD, Linn S, Saha S, Bass BE, Haythornthwaite JA (2014). House. doi:10.1097/00004872-200411000-00002. Firm conclusions on the effects of meditation practices in healthcare cannot be drawn based on the available evidence.[12][13] History Main article: History of Transcendental Meditation The Transcendental Meditation program and the Transcendental Meditation movement originated with their founder Maharishi Mahesh Yogi and continued beyond his death in 2008. Salon. pp. 48–71. ^ Bainbridge, William Sims (1997) Routledge, The Sociology of Religious Movements, page 189 "the million people [Americans] who had been initiated" ^ Analysis: Practice of requiring probationers to take lessons in transcendental meditation sparks religious controversy, NPR All Things Considered, 1 February 2002 ^ ROBERT SIEGEL "TM's five million adherents claim that it eliminates chronic health problems and reduces stress." ^ Martin Hodgson, The Guardian (5 February 2008) "[He [Maharishi] transformed his interpretations of ancient scripture into a multimillion-dollar global empire with more than 5m followers worldwide" ^ Stephanie van den Berg. Sydney Morning Herald, Beatles guru Maharishi Mahesh Yogi dies, (7 February 2008) "the TM movement, which has some five million followers worldwide". 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