I'm not robot	reCAPTCHA
---------------	-----------

Continue

JSTOR 2580722. New Delhi. "Mummy, can we meditate now?". ^ Schrodt, Phillip A. "Meditation practitioner transcends all mental activity and experiences the 'source of thought', which is said to be pure silence, '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 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 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, Volume 1. ISBN 9780879833176. Parsons, Gerald (1994). PMC 4142584. ^ Holley, David (5 June 1986). "Bricks Mortar and Serenity". "A Point of View". ^ Williamson, Lola (2010). Retrieved 3 August 2013. ^ Mizroch, Amir (23 July 2006). "Meditation therapy for anxiety disorders". Deans, Ashley (2005) MUM Press, A Record of Excellence, ISBN 0-923569-37-5 Denniston, Denise, The TM Book, Fairfield Press 1986 ISBN 0-931783-02-X Forem, Jack (2012) Hay House UK Ltd, Transcendental Meditation: The Essential Teachings of Maharishi Mahesh Yogi ISBN 1-84850-379-2 Geoff Gilpin, The Maharishi Effect: A Personal Journey Through the Movement That Transformed American Spirituality, Tarcher-Penguin 2006, ISBN 1-58542-507-9\* Pollack, 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". 5 (1-2): 200. p. 289. "Modern Science and Vedic Science and Vedi [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 is "ever 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 inaugurated "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, Marshal 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 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 School learn SCI principles such as "the nature 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 (2010). Harris (1990). Harris (1990). Hournal of Modern Science and Vedic Science. 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 beditation technique and the TM-Sidhi program plus programs like Maharishi Sthapatya 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 978-0-14-044824-5. 9996615-0-5. ^ Spivack, Miranda (12 September 2008). New York: Tarcher/Penguin. "Meditation programs for psychological stress and well-being: a systematic review and meta-analysis". New York: NYU Press. p. 32. doi:10.1001/jamainternmed.2013.13018. Archived from the original on 4 June 2011. Maharishi University of Management. doi:10.1177/105256290002400505. By the late 2000s, TM had been taught to millions of individuals and the addition of advanced meditative techniques in the 1970s,[24] the Transcendental Meditation technique has remained relatively unchanged ^ Benson, Herbert; Klipper, Miriam Z. Journal of Hypertension. "Scientific Creationism and the Science of Creative Intelligence". Psychological Bulletin. ^ Schneider, Robert; Fields, Jeremy (2006). ISBN 0520057317. As a result of the limited number of included studies, the small sample sizes and the high risk of bias ^ Canter PH, Ernst E (November 2003). ^ "Transcendental Meditation Fees and Course Details". PMC 8678745. Buffalo, N.Y: Prometheus Books. (2008). ^ Bonshek, Anna; Bonshek, Corrina; Fergusson, Lee (2007). Epilepsy & Behavior. Wujastyk, Dagmar; Smith, Frederick M. 3: 69–90. PMID 25436436. Aldershot, Hampshire, England; Burlington, VT: Ashgate. ... we found low evidence of no effect or insufficient evidence that mantra meditation programs had an effect on any of the psychological stress and well-being outcomes we examined. "Meditation touted as crime-fighter // Study presented builds the case for 'Maharishi effect'". ^ Lansky, Ephraim; St Louis, Erik (November 2006). "Investigating the effect of transcendental meditation on blood pressure: a systematic review and meta-analysis". doi:10.2307/2580722. Encyclopedia of American Religions. Vol. 53, no. -S S1-S13. ^ Rosenthal, Norman E. p. 442. Proponents of the program denied that Transcendental Meditation was a religion; the Third Circuit concluded that it was. Cults: The Battle for God. The Cochrane Database of Systematic
Reviews. There is no public worship, no code of ethics, no scriptures to be studied, and no rites of passage that are observed, such as dietary laws, giving to the poor, or pilgrimages. The Roots of Ayurveda: Selections from Sanskrit Medical Writings. ^ Lyn Freeman, Mosby's Complementary & Alternative Medicine: A Research-Based Approach, Mosby Elsevier, 2009, p. p. 192. "On Founders and Followers: Some Factors in the Development of New Religious Movements". Price, writing in the Creation/Evolution Journal (the journal of the National Center for Science Education), compares the Science of Creative Intelligence to Creationism.[141] Price says instruction in the Transcendental Meditation technique is "never offered without indoctrination into the metaphysics of 'creative intelligence'".[141] Skeptic James Randi says SCI has "no scientific characteristics."[142] Astrophysicist and sceptic Carl Sagan writes that the "Hindu doctrine" of TM is a pseudoscience.[143] Irving Hexham, a professor of religious studies, describes the TM teachings as "pseudoscientific language that masks its religious nature by mythologizing science".[120] Sociologists Rodney Stark and William Sims Bainbridge describe the SCI videotapes as largely based on the Bhagavad Gita, and say that they are "laced with parables and metaphysical postulates rather than anything that can be recognized as conventional science".[144] In 1979, the court case Malnak v Yogi determined that although SCI/TM is not a theistic religion, it deals with issues of ultimate concern, truth, and other ideas analogous to those in well-recognized religions.[145] Maharishi biographer Paul Mason suggests that the scientific terminology used in SCI was developed by the Maharishi as part of a restructuring of his philosophies in terms that would gain greater acceptance and increase the number of people starting the TM technique. The Washington Post. "Transcendental meditation for the primary prevention of cardiovascular disease". ^ "The Transcendental Meditation Program". ^ a b Kennedy, John W; Hexham., Irving (8 January 2001). "A look into the Transcendental Deception". Church-State Issues in America Today. ISBN 978-0-399-11815-9. I pp. 293-296. Retrieved 29 December 2009. ISBN 0-345-40946-9. ISBN 0-8158-0392-3. Yogi, Maharishi Mahesh (1968) (Bantam Books) Transcendental Meditation: Serenity Without Drugs ISBN 0-451-05198-X Yogi, Maharishi Mahesh (1967) Penguin, Maharishi Mahesh Yogi on the Bhagavad-Gita: A New Translation and Commentary ISBN 0-14-019247-6. ISBN 978-1-85109-863-7. A Randi, James (1982). Cochrane Database of Systematic Reviews (1): CD004998. 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 Vedic Approach to Health Maharishi Ayurveda Main article: Maharishi Vedic 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:10.1002/14651858.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, 919,300" ^ 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 ^ Sedlmeier, Peter; Eberth, Juliane; et al. Modern and global Ayurveda: Pluralism and Paradigms. Random House Information Group. doi:10.1161/HYP.0b013e318293645f. 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 TM organization. Archived from the original on 31 March 2010. Evid Rep Technol Assess (Full Rep) (155): 1-263 [4]. p. D.01. (December 1991). ^ Stark, Rodney; William Sims Bainbridge (1986). Continuum International Publishing Group. ISBN 0-415-91202-4. "A methodological critique of a test of the Maharishi technology of the unified field". ^ "Maharishi Mahesh Yogi". ^ Freeman, Lyn (2009). S2CID 20166373. 93-103 "none of the other 'cultic qualities' defined by cult watchers can be fairly attributed to TM." ^ Rowson, Jonathan (23 April 2007) Meditation: for old hippies or a better way of life? p. B.4.5.1. TM is a movement led by Maharishi Mehesh Yogi, ... (1975) TM: Discovering Inner Energy and Overcoming Stress ISBN 0-440-06048-6 Sharma, Hari; Clark, Christopher (1998). "Delving into alternative care: Non-traditional treatments draw increased interest, research funding". Evid Rep Technol Assess (Full Rep) (155): 62. Although it enables one to cope with life, it offers no goal beyond human existence (such as moksha), nor does it offer rites or passage or an ethic. doi:10.1037/0003-066X.61.3.227. Archived from the original on 30 July 2010. Retrieved 3 March 2019. ^ Dawson, Lorne L. London (UK). 48 (48-1): 5-20. AHRQ Comparative Effectiveness Reviews. doi:10.1177/0022002790034004008. 1979. has received more than \$20 million in government support to date to explore the health benefits of meditation. pp. 301-303. By the early 2000s. TM had been taught to millions of people; the worldwide TM organization had grown to include educational programs, health products, and related services. p. 1045. p. 23. The Sociology of Religious Movements. St Paul, MN: Paragon House. ISBN 978-0-7546-3410-2. Brookline. (Consciousness, Literature the Arts). JSTOR 174187. ISBN 978-0-470-22878-4. ^ Heritage, Stuart (March 2014). Star Tribune. Total Heart Health: How to Prevent and Reverse Heart Disease with the Maharishi Vedic Approach to Health. Rodopi. 7 February 2008. doi:10.1111/jch.14236. p. 138. The TM movement also operates a worldwide network of Transcendental Meditation teaching centers, schools, universities, health centers, herbal supplements, solar panel, and home financing companies, plus several TM-centered communities. Retrieved September 2010. ISBN 978-0-521-85743-7. Archived from the original on 1 January 2014. Sleep. Meridian Publishing. S2CID 145812629. p. 03.B. ^ Fay, Liam (13 June 2004). Stress management: An integrated approach to therapy. PMID 17764203. 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; sociologists, scholars, and a New Jersey judge and court are among those who have expressed views on it being religious or nonreligious. [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 latest count, there have been 340 per-reviewed articles published on TM, many of which have appeared in highly respected journals. "The challenge of metaphysical experiences outside Orthodoxy and the Orthodoxy January 2002). ISBN 9780814794500. S2CID 145426830. Archived from the original (PDF) on 25 February 2009. "Meditation practices for health: state of the research". ^ Sinatra, Stephen T.; Roberts, James C.; Zucker, Martin (20 December 2007). 115 (21-22): 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/assr.1979.2186. 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 as a 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) " the TM movement is not a cult",
accessed 2 Feb 2013 ^ Hannaford, Alex (27 December 2010). Transcendental Meditation: Official website for the UK. ^ "James Randi Educational Foundation — An Encyclopedia of Claims, Frauds, and Hoaxes of the Occult and Supernatural". Unlike certain other Hindu-derived movements, TM does not prescribe a dharma to its followers - that is to say a set of spiritual obligations deriving from one's essential nature. pp. 197-198. (Winter 1982). At this time, he began training TM teachers and created specialized organizations to present TM to specific segments of the population such as business people and students. ISBN 978-0520057319. ISBN Transcendental Meditation was first taught in the 1950s in India and has continued since the Maharishi's death in 2008. "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 EB, 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 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 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 movement originated with their founder Maharishi Mahesh Yogi and continued beyond his death in 2008. Salon. pp. 48-71. ^ Bainbridge, William Sims (1997) Routledge, William Sims (19 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" ^ Meditation a magic bullet for high blood pressure - study, Sunday Tribune (South Africa.), (27 January 2008) "More than five million people have learned the technique worldwide, including 60,000 in South Africa.) (27 January 2008) "More than five million people have learned the technique worldwide, including 60,000 in South Africa." ^ Maharishi Mahesh Yogi - Transcendental Meditation founder's grand plan for peace, The Columbian (Vancouver, WA), 19 February 2006 | ARTHUR MAX Associated Press writer "transcendental meditation, a movement that claims 6 million practitioners since it was introduced." ^ Bickerton, Ian (8 February 2003). Much of the research is of poor methodological quality,[12][13] and is married by a high risk for bias owing to the connection of researchers to the TM organization and by the selection of subjects with a favorable opinion of TM.[97][98][99][12][100] A 2012 meta-analysis published in Psychological Bulletin, which reviewed 163 individual studies, tentatively found that Transcendental Meditation produced superior results in "reducing negative emotions, trait anxiety, and neuroticism" as well as improving markers of learning, memory, and self-actualization by comparison with other meditation approaches; the research evidence for future research evidence for future research and Quality found moderate evidence for future research and Quality found moderate evidence for future research evidence for improvement in anxiety, depression and pain with low evidence for improvement in stress and mental health-related quality of life. [102] [103] A 2013 statement from the American Heart Association said that TM could be considered as a treatment for hypertension, although other interventions such as exercise and device-guided breathing were more effective and better supported by clinical evidence. [104] A 2014 Cochrane review of four studies found that it was impossible to draw any conclusions about whether TM is effective in preventing cardiovascular disease, as the scientific literature on TM was limited and at "serious risk of bias". [105] By contrast, a 2015 systematic review and metaanalysis of 12 studies found that TM may reduce blood pressure compared to control groups, although the underlying studies may have been biased and further studies with better designs are needed.[106] A 2021 review on non-pharmacological hypertension management showed that TM showed a significant decline in systolic and diastolic blood pressure in both men and women after 3 months of observation.[107] The first studies of the health effects of Transcendental Meditation appeared in the early 1970s.[108] By 2004 the US government had given more than \$20 million to Maharishi International University to study the effect of meditation on health.[109] Theoretical concepts Views on consciousness (1963) In his 1963 book, The Science Of Being and Art of Living, Maharishi Mahesh Yogi says that, over time, through the practice of the TM technique, the conscious mind within the capacity of the conscious mind, resulting in expanded awareness in daily activity. 163 ^ QUICK, SUSANNE (17 October 2004). Since then TM has made a comeback of sorts with some governmental sponsorship ^ Bainbridge, William Sims (1997). Meditation Programs for Psychological Stress and Well-Being. Philosophers and religious leaders. ^ Ospina MB, Bond K, Karkhaneh M, et al. ^ Chandler, Kenneth. p. 69. The Future Of Religion. ^ Ashman, Allan (January 1978). ^ Verma, Narsingh; Rastogi, Smriti; Chia, Yook-Chin; Siddique, Saulat; Turana, Yuda; Cheng, Hao-min; Sogunuru, Guru Prasad; Tay, Jam Chin; Teo, Boon Wee; Wang, Tzung-Dau; Tsoi, Kelvin Kam Fai (2021). p. 522. Transcendental Meditation (TM), a concentrative technique ... "Interview with Larry King". The Telegraph. 61 (3): 227-39. History of transcendental meditation. Jerusalem Post. It is understood in terms of the reduction of stress and the charging of one's mental and physical batteries. Greek Orthodox Theological Review. The Orynx Press. New Religions: A Guide To New Religious Movements, Sects and Alternative Spiritualities ^ Dalton, Rex (8 July 1993). "Forget the F-16s, Israel needs more Yogic Flyers to beat Hizbullah: 30-strong TM group, sole guests at Nof Ginnosar Hotel, say they need another 235 colleagues to make the country safe". Archived from the original on 5 January 2013. ^ Mason, L (February 1997). ^ Needleman, Jacob (1970). Profiles of American colleges (24th ed.). ISBN 978-0-7641-7294-6. pp. 8-9. Cult controversies: the societal response to new religious movements. PMID 15480084. ISBN 1458799247. Cambridge University Press. Retrieved 2 March 2021. a b Cowan, Douglas E.; Bromley, David G. Further reading Alexander, Charles and O'Connel, David F. "Stop the bleeping pseudoscience; Quantum physics film drowns in its own bunk science High point in What The Bleep is stunning animation sequence". ^ AP (5 February 2008). p. B.8. ^ Teasdale, Michelle (3 June 2010). Wochenschr. p. 184. ISBN 978-0-7100-8539-9. ^ Dawson, Lorne (2003). TM and cult mania. CNBC. notwithstanding the not so positive conclusion of the conclusion Ospina et al., the claim of therapeutic benefits of meditation is backed up by growing empirical evidence. The Journal of Clinical Hypertension. Journal of Conflict Resolution: ^ "Celebrity Meditators - Celebrities". "Transcendental meditation: does it work?". 9 (3): 394-400. SUNY Press. doi:10.1093/sleep/20.2.102. PMID 23608661 ISBN 9780323053464. doi:10.1111/j.1749-6632.2009.04538.x. ISBN 9781573316774. 1 (48). "Electrophysiological correlates of higher states of consciousness during sleep in long-term practitioners of the Transcendental Meditation program". The Future of Religion: Secularization, Revival, and Cult Formation. 43 (2): 61-63. ISBN 0-87630-557-5 Dealing With Deities: The Ritual Vow in South Asia. ^ a b Calo, Zachary (2008). ^ Park, Robert L. Roth, Robert (1994) Primus, Transcendental Meditation ISBN 1-55611-403-6 Skolnick, Andrew "Maharishi Ayur-Veda: Guru's Marketing Scheme Promises the World Eternal 'Perfect Health'!", JAMA 1991;266:1741-1750,2 October 1991. "Politics and Transcendental Meditation". New York: Oxford University Press. Archived from the original on 10 September 2017. (2002). Retrieved 30 May 2012. Sunday Times. Sociological Analysis. the movement claims to have five million followers, ^ Maharishi Mahesh Yogi, Spiritual Leader Dies, New York Times, By LILY KOPPEL, Published: 6 February 2008 "Since the technique's inception in 1955, the organization says, it has been used to train more than 40,000 teachers, taught more than 40,000 teachers, taught more than 40,000 teachers, taught more than five million people" ^ Sharma & Clark 1998, Preface ^ "Welvaert, Brandy, "Vedic homes seek better living through architecture", Rock Island Argus, (5 August 2005)" (PDF). ^ Ospina, MB; Bond, K; Karkhaneh, M; Tjosvold, L; Vandermeer, B; Liang, Y; Bialy, L; Hooton, N; et al. Interpreting the Free Exercise of Religion: The Constitution and
American Pluralism. ^ Stark, Rodney; Bainbridge, William, Sims (1986). p. 287. ^ King, Larry (12 May 2002). "The Psychological Effects of Meditation: A Meta-Analysis". ^ a b c Karam, Ted (2005) Jumping on Water: Awaken Your Life, page 137 ^ Wager, Gregg (11 December 1987). ^ Humes, C.A. (2005). Hauppauge N.Y.; London: Barron's. "Insufficient evidence to conclude whether or not Transcendental Meditation decreases blood pressure: results of a systematic review of randomized clinical trials". (1995) Routledge Self Recovery: Treating Addictions Using Transcendental Meditation and Maharishi Ayur-Veda ISBN 1-56024-454-2 Bloomfield, Harold H., Cain, Michael Peter, Jaffe, Dennis T. "University's Degree Comes With a Heavy Dose of Meditation (and Skepticism)". 13 October 1975. "Australian Food Store Offers Transcendental Meditation to Employees". Tarcher Penguin. The Open University/Methuen. . p. 12. p. 210. PMC 6823216. Exploring New Religions. ISBN 9780198604433. New York: G.P. Putnam's Sons. ISBN 97801986044433. New York: G.P. Putnam's Sons. ISBN 97801986044433. New York: G.P. Putnam's G.P. Put and tranquillity after learning the art of transcendental meditation, The Birmingham Post (England), "TM is not a religion, a cult or a philosophy" ^ Liebler, Nancy and Moss, Nancy (2009) Healing Depression the Mind-Body Way: Creating Happiness with Meditation ["the TM technique does not require adherence to any belief system—there is no dogma or philosophy attached to it, and it does not demand any lifestyle changes other than the practice of it." [1] accessed 25 May 2013 "It's used in prisons, large corporations and schools, and it is not considered a religion." [3] Archived 3 March 2016 at the Wayback Machine Concord Monitor ^ Chryssides George D. p. 30. Evid Rep Technol Assess (Full Rep) (155): 1-263. www.ariplex.com. ^ Occhiogrosso, Peter. S2CID 31764098. In 1955,[14][15][16] "the Maharishi began publicly teaching a traditional meditation technique"[17] learned from his master Brahmananda Saraswati that he called Transcendental Deep Meditation[18] and later renamed Transcendental Meditation.[19] The Maharishi initiated thousands of people, then developed a TM teacher training program as a way to accelerate the rate of bringing the technique to more people.[19][20] He also inaugurated a series of tours that started in India in 1955 and went international in 1958 which promoted Transcendental Meditation. [21][22] These factors, coupled with endorsements by celebrities who practiced TM and claims that scientific research had validated the technique, helped to popularize TM in the 1960s and 1970s. The Relaxation Response. Archived from the original on 29 September 2007. "Longevity Potential Life Span and Health Span Enhancement through Practice of the Basic Yoga Meditation Regimen". ISBN 978-0-415-08326-3. Britannica Online Encyclopedia. Advocates of TM claim that the technique promotes a state of relaxed awareness, stress relief, and access to higher states of consciousness, [3] as well as physiological benefits such as reducing the risk of heart disease and high blood pressure.[4] Building on the teachings of his master Brahmananda Saraswati (known honorifically as Guru Dev), the Maharishi taught thousands of people during a series of world tours from 1958 to 1965, expressing his teachings in spiritual and religious terms.[5][6] TM became more popular in the 1960s and 1970s, as the Maharishi shifted to a more technical presentation, and his meditation technique was practiced by celebrities, mostly prominently members of the Beatles and the Beach Boys. ISBN 9781405143493. Religion and the Law in America. For example, TM is simply - as they state - a technique. ^ "Behavior: The TM Craze: 40 Minutes to Bliss". ^ Eric Andre Goes Undercover on Reddit, YouTube and Twitter | GQ, archived from the original on 30 October 2021, retrieved 10 May 2021 ^ Bob Roth Interviews Jerry Seinfeld on "Success Without Stress", archived from the original on 30 October 2021, retrieved 10 May 2021 ^ Clint Eastwood on the benefits the Transcendental Meditation technique has had on his life, archived from the original on 30 October 2021, retrieved 10 May 2021 ^ Russell Brand talks about Transcendental Meditation at Operation Warrior Wellness launch, archived from the original on 30 October 2021, retrieved 10 May 2021 ^ Stieg, Cory (7 January 2020). "Mantra with a mission; Feature Om or ominous? London, New York, etc.: Penguin. 138 (6): 1139-1171. Firm conclusions on the effects of meditation practices in healthcare cannot be drawn based on the available evidence. {{cited or of the conclusions on the effects of meditation practices in healthcare cannot be drawn based on the available evidence. } web}}: Check date values in: |access-date= (help) ^ Sagan, Carl (1997). Transcendent in America: Hindu-Inspired Meditation Movements as New Religion. ^ Yogi, Maharishi and Buckminster Fuller Press Conference YouTube, retrieved September 24, 2012 ^ a b c Kroll, Una (1974) John Knox Press, The Healing Potential of Transcendental Meditation, chapter 1: The Guru, pp 17-25 ^ Melton (2003). ^ Wallace 1993, pp. 64-66 ^ Sharma & Clark 1998 ^ Reddy & Egenes 2002 ^ Sharma & Clark 1998, Preface ^ For a brief history of traditional ayurveda, and selected translations from the original Sanskrit sources, see Wujastyk 2003 ^ Cynthia Ann Humes, "Maharishi Ayur-Veda", chapter 17 in Wujastyk & Smith 2008, pp. 309 and 326 ^ Sharma 1995 Sources Reddy, Kumuda; Egenes, Linda (2002), Conquering Chronic Disease Through Maharishi Ayur-Veda", chapter 17 in Wujastyk & Smith 2008, pp. 309 and 326 ^ Sharma, Hari (1995), "Maharishi Ayur-Veda", chapter 17 in Wujastyk & Smith 2008, pp. 309 and 326 ^ Sharma, Hari (1995), "Maharishi Ayur-Veda", chapter 17 in Wujastyk & Smith 2008, pp. 309 and 326 ^ Sharma, Hari (1995), "Maharishi Ayur-Veda", chapter 17 in Wujastyk & Smith 2008, pp. 309 and 326 ^ Sharma, Hari (1995), "Maharishi Ayur-Veda", chapter 17 in Wujastyk & Smith 2008, pp. 309 and 326 ^ Sharma, Hari (1995), "Maharishi Ayur-Veda", chapter 18 in Wujastyk & Smith 2008, pp. 309 and 326 ^ Sharma, Hari (1995), "Maharishi Ayur-Veda", chapter 19 in Wujastyk & Smith 2008, pp. 309 and 326 ^ Sharma, Hari (1995), "Maharishi Ayur-Veda", chapter 19 in Wujastyk & Smith 2008, pp. 309 and 326 ^ Sharma, Hari (1995), "Maharishi Ayur-Veda", chapter 19 in Wujastyk & Smith 2008, pp. 309 and 326 ^ Sharma, Hari (1995), "Maharishi Ayur-Veda", chapter 19 in Wujastyk & Smith 2008, pp. 309 and 326 ^ Sharma, Hari (1995), "Maharishi Ayur-Veda", chapter 19 in Wujastyk & Smith 2008, pp. 309 and 326 ^ Sharma, Hari (1995), "Maharishi Ayur-Veda", chapter 19 in Wujastyk & Smith 2008, pp. 309 and 326 ^ Sharma, Hari (1995), "Maharishi Ayur-Veda", chapter 19 in Wujastyk & Smith 2008, pp. 309 and 326 ^ Sharma, Hari (1995), "Maharishi Ayur-Veda", chapter 19 in Wujastyk & Smith 2008, pp. 309 and 326 ^ Sharma, Hari (1995), "Maharishi Ayur-Veda", chapter 19 in Wujastyk & Smith 2008, pp. 309 and 326 ^ Sharma, Hari (1995), "Maharishi Ayur-Veda", chapter 19 in Wujastyk & Smith 2008, pp. 309 and 326 ^ Sharma, Hari (1995), "Maharishi Ayur-Veda", chapter 19 in Wujastyk & Smith 2008, pp. 309 and 326 ^ Sharma, Hari (1995), "Maharishi Ayur-Veda", chapter 19 in Wujastyk & Smith 2008, pp. 300 ^ Sharma, while a waxio (1995), "Maharishi Ayur-Veda", chapter 19 in Wujastyk & Smith 2008, VedaAn Ancient Health Paradigm in a Modern World", Alternative and Complementary Therapies, 1 (6): 364, doi:10.1089/act.1995.1.364 Wallace, Robert Keith (1993), The physiology of consciousness, Fairfield, Iowa: Maharishi International University Press, pp. 64-66, ISBN 978-0-923569-02-0 Wujastyk, Dominik (2003). Social Forces. (2001). ISBN 9780826459596. "Although one can identify the Maharishi's philosophical tradition, its teachings are in no way binding on TM practitioners. "Constitutional Law ... "Transcendental Meditation. "Maharishi's Vedic Science and Technology: The Only Means to Create World Peace" (PDF). PMID 16931164. p. 61. ^ Roach, Mary (1 December 2000). Harrison, Shirley (1990). ^ Jefferson, William (1976). Experience of Meditation: Experts Introduce the Major Traditions. Christian D. ^ Canter PH, Ernst E (November 2004). The Herald (South Carolina, USA). Sausalito, California: Institute of Noetic Sciences. ^ a b Russell, Peter (1977). Chryssides, George D. p. J.13. In 1977 a US district court ruled that a curriculum in TM and the Science of Creative Intelligence (SCI) being taught in some New Jersey schools was religious in nature and in violation of the First Amendment of the United States Constitution.[8][45] The technique has since been included in a number of educational and been praised for its high visibility in the mass media and effective global propagation, and criticized for using celebrity and scientific endorsements as a marketing tool. ABA Journal. The Times (London). Voodoo science: The road from foolishness to fraud. ^ a b Goldberg, Philip (2011) Harmony Books, American Veda, page 165 ^ Johnson, Benton (1992). 6 (6): CD006507. New York, NY: Quill. ^ "GROUP CLAIMS TM MOVEMENT IS A CULT". ^ a b c Krisanaprakornkit, T; Krisanaprakornkit, T; Krisanaprakornkit, W; Piyavhatkul, N; Laopaiboon, M (2006). The maverick film director David Lynch wants to bring Transcendental program called the TM-Sidhi program. [52] Movement Main article: Transcendental Meditation movement Consists of the programs and organizations connected with the Transcendental Meditation movement Consists of the programs and organizations connected with the Transcendental Meditation movement Consists of the programs and organizations connected with the Transcendental Meditation movement Consists of the programs and organizations connected with the Transcendental Meditation movement Consists of the programs and organizations connected with the Transcendental Meditation movement Consists of the programs and organizations connected with the Transcendental Meditation movement
Consists of the programs and organizations connected with the Transcendental Meditation movement Consists of the programs and organizations connected with the Transcendental Meditation movement Consists of the programs and organizations connected with the Transcendental Meditation movement Consists of the programs and organizations connected with the Transcendental Meditation movement Consists of the programs and organizations connected with the Transcendental Meditation movement Consists of the programs and organizations connected with the Transcendental Meditation movement Consists of the program of the Consists of the Program Consist Maharishi, ISBN 0671805266 Kropinski v. TM.org. Celebrating the Dawn: Maharishi Mahesh Yogi and the TM technique. p. 106. "The meeting of meditative disciplines and Western psychology: a mutually enriching dialogue". This lawsuit was the most significant setback for TM in the United States ... Retrieved 15 November 2009. "Chapter 4: The Internationalization of Church-State Issues". Yogi". has been the most extensively studied meditation technique. ^ a b Stark, Rodney; Bainbridge, William Sims (1985). S2CID 222086314. doi:10.1016/j.yebeh.2006.04.019. 12 February 2008. PMID 9143069. p. 144. Tavistock Publications. ^ For new religious movement see: Beckford, James A. "Higher Church-State Issues". Yogi". education for higher consciousness Maharishi University of Management as a model for spirituality in management education". p. 288. ^ "Malnak v. In Forsthoefel, Thomas A.; Humes, Cynthia Ann (eds.). ^ "Commission d'enquête sur les sectes - Assemblée nationale". ^ Schmidt-Wilk, Jane; Heston, Dennis; Steigard, David (2000). Los Angeles Times Cults and New Religious Movements. Those Curious New Cults in the 80s. ^ Cotton, Dorothy H. According to the Transcendental Meditation movement, it is a non-religious method for relaxation, stress reduction, and self-development. ^ "Maharishi Effect - Research on the Maharishi Effect". PMID 33738923. Britannica Concise Encyclopedia. Phelan, Michael (July-September 1979). p. 09. Archived from the original on 3 September 2010. 174 (3): 357-68. American Bar Association (January 1978). doi:10.1002/14651858.CD006507.pub2. Humes, Cynthia A (2005). ISBN 978-90-420-2172-3. Sarasota Herald Tribune Family Weekly. Krisanaprakornkit, Thawatchai (ed.). ISBN 978-0-8264-0-1002/14651858.CD006507.pub2. 5959-6. Agency for Healthcare Research and Quality. "The last tourist in Mozambique". World Plan Executive Council, 853 F, 2d 948, 956 (D.C. Cir, 1988) Marcus, Jay (1991) MIU press, Success From Within: Discovering the Inner State That Creates Personal Fulfillment and Business Success ISBN 0-923569-04-9 Oates, Robert and Swanson, Gerald (1989) MIU Press, Enlightened Management: Building High-performance People ASIN: B001L8DBY2 Rothstein, Mikael (1996). Ballantine Books. Insider. G. ^ Brook RD, Appel LJ, Rubenfire M, Ogedegbe G, Bisognano JD, Elliott WJ, Fuchs FD, Hughes JW, Lackland DT, Staffileno BA, Townsend RR, Rajagopalan S (2013). pp. 55-79. ^ "The Science of Creative Intelligence Course". Mosby Elsevier. Westport, Connecticut: Praeger. ^ "Die Deutsche Amalgam-Page, SEKTEN - Risiken und Nebenwirkungen". External links Transcendental Meditationat Wikipedia's sister projectsDefinitions from WiktionaryMedia from CommonsData from Wikidata Official website Retrieved from " ^ Shapiro, Shauna L. Walsh, Roger (2003). CNN. "Bank makes an issue of mystic's mint". Journal for Meditation Research. ISBN 978-0-375-76557-5. ^ Irwin, T. (1976). pp. 148-149. p. 159. ^ "Maharishi's ashes immersed in Sangam". 44 (1-4): 21, 34. Los Angeles, CA: Janreg Press. Tm.org. Flim-flam!: psychics, ESP, unicorns, and other delusions. Oxford University Press. Journal Sentinel. Milwaukee, Wisconsin. PMID 16594839. ISBN 978-0-275-99368-9. It is taught by certified teachers through a standard course of instruction, which costs a fee that varies by country. Archives de sciences sociales des religions. New York: Doubleday (1996); p 66, citing "close to a million" in the USA. Cochrane Database Syst Rev. 12 (12): CD010359. JAMA Intern Med. Contemporary Ayurveda. "Maharishi Mahesh Yogi, guru to Beatles, dies". 20 (2): 102-110. 64: 144. The San Diego Union - Tribune. (2000). "Oprah, Ray Dalio and Lady Gaga swear by this simple meditation technique". Great Britain: Element Books Limited. "Musicians Spread the Maharishi Message of Peace". ^ a b c Mahesh Yogi, Maharishi (1963). ISSN 0040-781X. Complete Book of Colleges, 2007 Edition. www.assemblee-nationale.fr. ^ Morris, Bevan (1994). ^ Bushell, William (2009). ^ Murphy, M; Donovan, S; Taylor, E (1997). [1][2] Maharishi Mahesh Yogi created the technique in India in the mid-1950s. Berkeley, Calif: University of California Press. ISBN 978-0-380-81595-1. "An Analysis of Recent Meditation Research and Suggestions for Future Directions" (PDF). ^ Oates, Robert M. p. 188. Kent: Christopher Helm. The demon-haunted world: science as a candle in the dark. Among the first organizations to promote TM were the Spiritual Regeneration Movement and the International Meditation Society, [26] AFSCI, [27] World Plan Executive Council, Maharishi Vedic Education Development Corporation, Global Country of closed.[31][32] It is reported to be one of the most widely practiced,[33][34] and among the most widely researched, meditation technique is made available worldwide by certified TM teachers in a seven-step course,[42] and fees vary from country to country. [43][44] Beginning in 1965, the Transcendental Meditation technique has been incorporated into selected schools, universities, corporations, and prison programs in the US, Latin America, Europe, and India. Aghiorgoussis, Maximos (Spring 1999). Language: English. "What's New in the Law". Transcendental Deception: Behind the TM Curtain. pp The Guardian. (2006). {{cite web}}: Check date values in: |access-date= (help) ^ DePalma, Anthony (29 April 1992). Defining the New Spirituality One possible suggestion is that religion demands exclusive allegiance: this would ipso facto exclude Scientology, TM and the Soka Gakkai simply on the grounds that they claim compatibility with whatever other religion the practitioner has been following. doi:10.1002/14651858.CD004998.pub2. p. 227. ISBN 87-7288-421-5. (2007). A Rosenthal, Norman (2011). Transcendence: Healing and Transformation through Transcendental Meditation. ISBN 978-1-4051-6128-2. Pocket Books, New York, NY. (12 May 2012). A Epstein, Edward (29 December 12 December 13 December 14 December 14 December 15 December 15 December 16 December 16 December 16 December 16 December 17 December 17 December 17 December 17 December 17 December 17 December 18 December 18 December 18 December 19 Dec December 1995). ISBN 978-0-7914-6708-4. American Bar Association Journal. Belief Transformations: Some Aspects of the Relation Between Science and Religion in Transcendental Meditation and the International Society for Krishna Consciousness. "Field of TM dreams". Berkeley: University of California Press. ^ Zelazo, Philip David; Moscovitch, Morris; Thompson, Evan, eds. 34 (4): 745-755. Separating Church and State". Churchill Livingstone. K. ISBN 978-1-58542-873-1. ^ a b Price, Robert M. Reverse Heart Disease Now: Stop Deadly Cardiovascular Plaque Before It's Too Late. ^ Siegel, Aryeh (2018). A Revitalization of the American Civil Religion". ^ CALAMAI, PETER (9 October 2004). (8 October 1972). "Sharp HealthCare announces an unorthodox, holistic institute". Micozzi, (2010) Springer Science + Business Media, Teaching Mindfulness, Page 47 ^ Olson, Carl (2007) Rutgers University Press, The Many Colors of Hinduism, page 345 ^ Shakespeare, Tom (24 May 2014). 61 (6): 1360-83. The Science of Being and Art of Living. Alternative religions: a sociological introduction. Aarhus universitetsforlag. BBC News. The TM technique involves the use of a silently-used sound called a mantra, and is practiced for 15-20 minutes twice per day. Laguna Beach, CA: Basic Health Publications. The global organization is reported to have an estimated net worth of USD 3.5 billion.[67] [68] The TM movement has been characterized in a variety of ways and has been called a spiritual movement, a movem sources contend that TM and its movement are not a cult. [78] [81] 81] 82 [83] 84] [85] The organization has also been criticized as well as praised for its public presentation and marketing techniques throughout its 50-year history. [citation needed] The organization has been the subject of controversies that includes being labelled a cult by several parliamentary inquiries or anti-cult movements in the world. [86][87][88][70][75][76] Some notable figures in pop-culture practicing TM include The Beatles, Kendall Jenner, Hugh Jackman, Tom Hanks, Jennifer Lopez, Mick Jagger, Eva Mendez, DJ Moby, David Lynch, Jennifer Aniston, Nicole Kidman, Eric Andre, Jerry Seinfeld, Howard Stern, Clint Eastwood, Martin Scorsese, Russell Brand and Oprah Winfrey.[89][90][91][92][93][94][95][96][excessive citations] Health effects There is currently no conclusive evidence establishing that Transcendental Meditation has significant health effects. PMID 19735236. ^ "How To Learn". 1 April 2020. The Growth of Religious Diversity: Traditions. Univ of North Carolina Press. The Big Fish: Consciousness as Structure, Body and Space. doi:10.1037/a0028168. Krisanaprakornkit T (ed.). Transcendence: Healing and Transformation Through practice called the TM-Sidhi program ("Yogic Flying"), an alternative health care program called Maharishi Ayurveda, [64] and a system of building and architecture called Maharishi Sthapatya Ved. [65][66] The TM movement's past and present media endeavors include a publishing company (MUM Press), a television station (KSCI), a radio station (KHOE), and a satellite television channel (Maharishi Channel). ^ a b c Persinger, Michael A.; Carrey, Normand J.; Suess, Lynn A. "Meditation therapies for attention-deficit/hyperactivity disorder
(ADHD)". p. 226. Leagle. 'The Story of The Maharishi ', pp118-123. This is known as the "Maharishi effect" and according to the Maharishi, it was perceived in 1974 after an analysis of crime statistics in 16 cities.[110]:329[147][148] With the introduction of the TM-Sidhi program including Yogic Flying, the Maharishi proposed that the same place would create benefits in society. "Non-pharmacological management of hypertension". ^ "25 Celebrities Who Know Transcendental Meditation". Scientific research on meditation practices does not appear to have a common theoretical perspective and is characterized by poor methodological quality. ^ "TM Course Fee". 29 (11): 653-62. "Children meditate on top class GCSEs". The Independent. ^ Goldhaber, Nat (1976). Transcendental meditation is comparable with other kinds of relaxation therapies in reducing anxiety ^ a b Ospina MB, Bond K, Karkhaneh M, et al. Archived from the original (PDF) on 2010-05-27. Hypertension. Annals of the New York Academy of Sciences. ^ Bette Novit Evans (9 November 2000). University of California Press. The future of religion: secularization, revival, and cult formation. ^ Press Release by Maharishi University ... ISBN 9781573561525. ^ Bai, Z; Chang, J; Chen, C; Li, P; Yang, K; Chi, I (12 February 2015). ^ Dhaliwal, Pavan; Ernst, Edzard; Colquhoun, David; Singh, Simon; et al. TM:An alphabetical guide to the Transcendental Meditation program.

