

Table of Contents:

Click a topic to link to it

1. [Aging](#)
2. [Brain use](#)
3. [Cardiovascular Health](#)
4. [ADHD](#)
5. [Stress/Depression](#)
6. [Department of Corrections](#)
7. [Schools](#)
8. [How to Meditate](#)
9. [Bibliography of 364 Peer Reviewed Articles on Meditation](#)
10. [Famous Quotes](#)

Meditation and Aging

Meditation Associated With Increased Grey Matter In The Brain

<http://www.sciencedaily.com/releases/2005/11/051110215950.htm>

ScienceDaily (Nov. 11, 2005) — Meditation is known to alter resting brain patterns, suggesting long lasting brain changes, but a new study by researchers from Yale, Harvard, Massachusetts General Hospital, and the Massachusetts Institute of Technology shows meditation also is associated with increased cortical thickness.

Magnetic resonance imaging showed that regular practice of meditation is associated with increased thickness in a subset of cortical regions related to sensory, auditory, visual and internal perception, such as heart rate or breathing. The researchers also found that regular meditation practice may slow age-related thinning of the frontal cortex.

The effects of the transcendental meditation and tm-sidhi program on the aging process

<http://informahealthcare.com/doi/abs/10.3109/00207458209147602>

Together with numerous physiological and psychological studies conducted on the TM and TM-Sidhi program, this study suggests that the TM program may affect certain neural mechanisms which in turn influence age correlated physiological variables.

Meditation experience is associated with increased cortical thickness

http://journals.lww.com/neuroreport/Abstract/2005/11280/Meditation_experience_is_associated_with_increased.5.aspx

Between-group differences in prefrontal cortical thickness were most pronounced in older participants, suggesting that meditation might offset age-related cortical thinning. Finally, the thickness of two regions correlated with meditation experience. These data provide the first structural evidence for experience-dependent cortical plasticity associated with meditation practice.

Meditation and Brain Use

Evidence Builds That Meditation Strengthens the Brain

<http://www.sciencedaily.com/releases/2012/03/120314170647.htm>

They found pronounced group differences (heightened levels of gyrification in active meditation practitioners) across a wide swatch of the cortex, including the left precentral gyrus, the left and right anterior dorsal insula, the right fusiform gyrus and the right cuneus. Perhaps most interesting, though, was the positive correlation between the number of meditation years and the amount of insular gyrification.

"The insula has been suggested to function as a hub for autonomic, affective and cognitive integration," said Luders. "Meditators are known to be masters in introspection and awareness as well as emotional control and self-regulation, so the findings make sense that the longer someone has meditated, the higher the degree of folding in the insula."

Researchers study how meditating helps improve focus and minimize pain

<http://www.technologyreview.com/mitnews/425109/your-brain-on-meditation/>

Studies have shown that meditating regularly can help relieve chronic pain, but the neural mechanisms underlying the relief were unclear. Now, researchers from MIT, Harvard, and Massachusetts General Hospital have found a possible explanation.

In a recent study published in the journal *Brain Research Bulletin*, the researchers found that people trained to meditate over an eight-week period were better able to control a specific type of brain waves, called alpha rhythms.

Meditation and Cardiovascular Health

Effects of Stress Reduction on Carotid Atherosclerosis in Hypertensive African Americans

<http://stroke.ahajournals.org/content/31/3/568.full>

Background and Purpose—African Americans suffer disproportionately higher cardiovascular disease mortality rates than do whites. Psychosocial stress influences the development and progression of atherosclerosis. Carotid intima-media thickness (IMT) is a valid surrogate measure for coronary atherosclerosis, is a predictor of coronary outcomes and stroke, and is associated with psychosocial stress factors. Stress reduction with the Transcendental Meditation (TM) program decreases coronary heart disease risk factors and cardiovascular mortality in African Americans. B-mode ultrasound is useful for the noninvasive evaluation of carotid atherosclerosis.

Conclusions—Stress reduction with the TM program is associated with reduced carotid atherosclerosis compared with health education in hypertensive African Americans. Further research with this stress-reduction technique is warranted to confirm these preliminary findings.

Meditation Practice May Decrease Risk for Cardiovascular Disease in Teens

<http://www.sciencedaily.com/releases/2012/06/120607092810.htm>

During meditation, which Barnes likens to a period of deep rest, the activity of the sympathetic nervous system decreases and the body releases fewer-than-normal stress hormones. "As a result, the vasculature relaxes, blood pressure drops and the heart works less," he said.

School records also showed behavioral improvements.

"Transcendental meditation results in a rest for the body that is often deeper than sleep," Barnes said. "Statistics indicate that one in every 10 black youths have high blood pressure. If practiced over time, the meditation may reduce the risk of these teens developing cardiovascular disease, in addition to other added health benefits.

Transcendental Meditation Helped Heart Disease Patients Lower Cardiac Disease Risks by 50 Percent

<http://www.sciencedaily.com/releases/2009/11/091116163204.htm>

Patients with coronary heart disease who practiced the stress-reducing **Transcendental Meditation® technique** had nearly 50 percent lower rates of heart attack, stroke, and death compared to nonmeditating controls, according to the results of a first-ever study presented during the annual meeting of the American Heart Association in Orlando, Fla., on Nov.16, 2009.

Meditation Can Lower Blood Pressure, Study Shows

http://news.uky.edu/news/display_article.php?artid=3275

The study's lead author, Dr. James W. Anderson, professor of medicine at the [University of Kentucky College of Medicine](#), said that blood pressure reductions of this magnitude would be expected to be accompanied by significant reductions in risk for atherosclerotic cardiovascular disease—without drug side effects. Anderson's most recent findings reinforce an earlier study that found Transcendental Meditation produces a statistically significant reduction in high blood pressure that was not found with other forms of relaxation, meditation, biofeedback or stress management.

Usefulness of the transcendental meditation program in the treatment of patients with coronary artery disease

[http://www.ajconline.org/article/S0002-9149\(97\)89184-9/abstractref](http://www.ajconline.org/article/S0002-9149(97)89184-9/abstractref)

****** In conclusion, results of this prospective, singleblind, controlled pilot study suggest that practice with the Transcendental Meditation program is useful in reducing exercise-induced myocardial ischemia in patients with coronary artery disease and may be considered beneficial for the prevention and treatment of coronary artery disease.

Long-Term Effects of Stress Reduction on Mortality in Persons ≥55 Years of Age With Systemic Hypertension

[http://www.ajconline.org/article/S0002-9149\(05\)00183-9/abstract](http://www.ajconline.org/article/S0002-9149(05)00183-9/abstract)

Psychosocial stress contributes to high blood pressure and subsequent cardiovascular morbidity and mortality. Previous controlled studies have associated decreasing stress with the Transcendental Meditation (TM) program with lower blood pressure.

... Compared with combined controls, the TM group showed a 23% decrease in the primary outcome of all-cause mortality after maximum follow-up (relative risk 0.77, $p = 0.039$). Secondary analyses showed a 30% decrease in the rate of cardiovascular mortality (relative risk 0.70, $p = 0.045$) and a 49% decrease in the rate of mortality due to cancer (relative risk 0.49, $p = 0.16$) in the TM group compared with combined controls. These results suggest that a specific stress-decreasing approach used in the prevention and control of high blood pressure, such as the TM program, may contribute to decreased mortality from all causes and cardiovascular disease in older subjects who have systemic hypertension.

Meditation and ADHD

Sahaja Yoga Meditation as a Family Treatment Programme for Children with Attention Deficit-Hyperactivity Disorder (ADHD) - Clinical Child Psychology and Psychiatry 1359–1045
<http://www.researchingmeditation.org/studies/adhdstudies>

Results showed improvements in children's ADHD behaviour, self-esteem and relationship quality. Children described benefits at home (better sleep patterns, less anxiety) and at school (more able to concentrate, less conflict). Parents reported feeling happier, less stressed and more able to manage their child's behaviour. Indications from this preliminary investigation are that SYM may offer families an effective management tool for family-oriented treatment of childhood ADHD.

Relief from both ADHD and Its Over-medication

<http://www.iapcs.com/cms/One.aspx?portalId=770601&pageId=783163>>

ADHD is another epidemic greatly exacerbated by stress. Therefore, any approach that reduces stress would have an impact on ADHD.

This was the idea Dr. Sarina Grosswald investigated in her research on ADHD. Dr. Grosswald conducted her studies at DC-area middle schools that have been implementing 'Quiet Time with Transcendental Meditation.' Her study, published in the online journal *Current Issues in Education*, received international media attention, including on ABC and PBS. It showed this practice significantly reduces ADHD symptoms: reductions in anxiety, improvements in organizing, planning, problem-solving, task-execution, focus of attention, and memory. Students report being able to focus better, control their impulsivity, and feel more confident.

American University undergraduate Josh Goulding, diagnosed with ADHD in grade school. "I was on medication up through my junior year. Then I started TM. In three months my doctor said he didn't think I had ADHD anymore, so I came off the medication," and felt fully adjusted within two- three months.

Meditation and Stress/Depression

Sahaja Yogo Meditation Proven Highly Effective for Treatment of Stress and Depressive Mood

<http://www.researchingmeditation.org/epilepsy/epilepsy-study-1/>

<http://www.hindawi.com/journals/ecam/2011/960583/>

In one of the most thoroughly designed studies of meditation ever published, full-time workers who used Sahaja Yoga meditation became much less stressed and depressed compared to more conventional approaches to relaxation or even placebo, according to a paper published this week in the online journal Evidence Based Complementary Medicine, a leading publication in its field.

This study provides preliminary evidence to support the use of a mental silence form of meditation called Sahaja Yoga to reduce work stress and depressed mood.

Work stress is described by many experts as a modern epidemic. It costs the Australian economy \$15 billion per year and the US economy more than \$300 billion. It is a leading cause of absenteeism, causing both mental health problems such as anxiety and physical problems such as heart disease. Sahaja Yoga can now be confidently put forward as a simple, low cost intervention that can help prevent this.

Meditation and the Department of Corrections

Benefits of Maharishi's Transcendental Meditation for the Department of Corrections

http://www.istpp.org/rehabilitation/page_10.html

The chart above shows how **\$26 billion in savings** accumulate as the Transcendental Meditation program is taught throughout the U.S. federal and state prison systems for a period of five years. The savings in the last column include years six through ten. These savings result from: 1) a 40% reduction in recidivism, 2) a 50% reduction in staff and inmate medical utilization, 3) a reduction of 16% in the staff-to-inmate ratio, and 4) an average reduction of one month in the sentence served. These are all very modest estimates when compared to the changes experienced when the Transcendental Meditation program was implemented nationwide in the Senegalese Penitentiary System

REDUCED DRUG ABUSE

http://www.istpp.org/rehabilitation/page_06.html

The significant physiological changes in the direction of more balanced and stable functioning produce dramatic changes in the long-standing aberrant behavior patterns of the most recalcitrant inmates--drug abusers. Homeostasis in physiological functioning is correlated with significant positive trends in behavior. Further, these positive experiences while incarcerated carry over after release.

Benefits of the Transcendental Meditation program for Inmates

http://www.istpp.org/rehabilitation/page_07.html

Addressing the Problem at its Source

Clearly, we need an effective rehabilitation program that addresses the problem at its source--the psychology and physiology of the inmate. A number of meta-analyses of meditation and relaxation programs have shown Transcendental Meditation to be uniquely **effective in reducing anxiety and drug abuse and in increasing self-esteem, all variables that relate to stress.**¹ Many of the more than five hundred studies on Transcendental Meditation have shown that these psychological changes are deeply rooted in physiological changes. **Transcendental Meditation is a program which produces positive, healthy growth within the individual and gives a positive direction to life after release.**

Large-Scale, Nationwide Case Study

Another striking illustration of the power of this program occurred in the West African nation of Senegal. In 1987, frustrated with their total inability to manage the prisons, His Excellency President Abdou Diouf instructed the prison administration to implement Maharishi's Transcendental Meditation program system-wide for all inmates, correctional officers, and prison administrators. **More than eleven thousand inmates and nine hundred officers were instructed. Prisons that were violent became peaceful; inmates who were self-centered and impulsive became caring and stable.** In one of the prisons the warden stopped the program for five months. During that time there were three murders and five rapes--offenses that once again quickly disappeared with the revival of the program in that prison under a new warden.

"...However, six months after the amnesty in June 1988, in which 2,390 inmates were released, we could register less than forty recidivists who were meditators. Considering that there is no structure or scheme for the reintegration of inmates into society, nor is there any provision for work or jobs for those released, it appears that the only possible explanation for this remarkable drop in recidivism in our country is to be found in the application of your program."

Meditation and Schools

Maharishi University, Iowa - Accreditation and rankings

http://en.wikipedia.org/wiki/Maharishi_University_of_Management

The University is accredited by [The Higher Learning Commission](#) and is a member of the North Central Association of Colleges and Schools, the oldest accrediting agency in the USA.^[72] MUM is recognized by the [US Department of Education](#) and the [Council on Higher Education Accreditation](#) (CHEA).^[73] The University's business programs (B.A., MBA, and Ph.D.) are accredited by the [International Assembly for Collegiate Business Education](#) (IACBE).^[73] The University is also a charter signatory of the American College and University Climate Commitment.^[74]

The MUM website cites high rankings on "benchmarks of effective educational practice" from the NSSE.^[75] The 2002 NSSE survey, which obtained data from 135,000 students at 613 institutions, shows MUM was in the top 10% for: active and collaborative learning, supportive campus environment, enriching educational experiences and student-faculty

interaction.^{[76][77]} MUM participated in the [National Survey of Student Engagement](#) (NSSE) in 2002, 2005, and 2009.^[54]

The "Best Colleges 2010" Masters Midwest Category of [U.S. News & World Report College and University rankings](#) listed Maharishi University of Management as a tier 4 (lowest ranking),^{[78][not in citation given]} application deadline as "rolling" and fall admissions selectivity as "less selective" while the [U.S. News & World Report](#), education web page lists MUM as "unranked".^[54]

Alumni Survey Results

http://www.mum.edu/alumni_survey.html/

In 2008, Maharishi University of Management participated in the American College Testing (ACT) Alumni Outcomes Survey. The results are compared below with the normative alumni data from over 1,000 U.S. colleges and universities participating in ACT's survey.

Taking Care of The Student - The Forgotten Element in Education

Ideal Academy Public Charter School - Washington

<http://www.iapcs.com/cms/One.aspx?portalId=770601&pageId=783163>

In this article, we look at some recommendations and programs addressing this problem. We begin with refreshing our understanding of the goal of ideal education.

Next we look at sleep deprivation, stress, anxiety, and related Students meditate during 'Quiet Time' at the Ideal Academy Public Charter. School problems of **ADHD** and **depression**, and the impact on **student health** and **learning**. Next, advice by professionals who work in this field of stress and adolescence will be presented. Finally, we look at promising examples where recommendations are successfully implemented: a school in D.C., the Ideal Academy Public Charter School, experiencing remarkable results by incorporating "Quiet Time" into the daily routine; and breakthrough research on ADHD and "Quiet Time" from several middle schools.

How to Meditate

There are many forms of meditation and they offer different results. Deep Meditation or Transcendental Meditation (TM) seem to be they styles that most of the research results are based on. I provide links to the TM website and a book below.

Supporters you may know - The Beatles, Beach Boys, Sheryl Crowe, Sting, Oprah, Jerry Seinfeld, Moby, Clint Eastwood, the list goes on and on.

The Transcendental Meditation Organization started by Maharishi Mahesh Yogi was specifically brought to the Western world and backed up by science. It has been supported by athletes, celebrities, schools and prisons for years now. It died off in the 60's and with today's evolving spiritual culture is coming back to help compliment lifestyle wellness in a holistic manner. They trained many people to be certified teachers of the practice and they follow a very specific script to ensure quality. They say you just can't learn from a book. The idea being like golf, you don't want to start on your own and learn bad habits and not get results. For me the problem is that there is tuition of **\$1,500** to learn. Once you take the classes you're welcome back anytime for

the rest of your life to take classes, ask questions..etc. However, after much reading I still couldn't get past the \$1500. Maybe someday. The organization is www.TM.org.

Finally, I found a book called **Deep Meditation – Pathway to Personal Freedom**, which Luanne actually had. They believed learning from a book was possible. They did a great job! The philosophy, technique, common questions and what to expect is very well detailed. [Click here to view the book Amazon](#)

Bibliography of 364 Peered Review Articles on Meditation

Bibliography = <http://www.truthabouttm.org/utility/showDocumentFile/?objectID=62>

Famous Quotes

Who am I? The silent awareness standing behind all this.
~ Yogani

We are not human beings on a spiritual journey. We are spiritual beings on a human journey
~ Le Phénomène Humain

Luke 17:21 Neither will they say, 'Look, here!' or, 'Look, there!' for behold, the Kingdom of God is within you."
~Jesus Christ

"We can't solve problems by using the same kind of thinking we used when we created them."
~ Albert Einstein

All that lies before us and all that lies behind us are tiny matters compared to what lies within us
~ Emerson

"The only thing that interferes with my learning is my education."
~ Albert Einstein

"Education is what remains after one has forgotten everything he learned in school."
~ Albert Einstein

The surgeon general said that America is swimming in an ocean of stress. If this is true, our children are drowning in it.
~ Robert Roth, Vice President of the David Lynch Foundation