

THE CONSCIOUSNESS-BASEDSM EDUCATION PROGRAM

*A practical, proven approach to prevent anti-social behavior
and other educational problems by developing the
creative intelligence and inner happiness of every student*

**Offering a course that gives students understanding
of the field of total knowledge within themselves, and the
technology to experience this field. so that their full potential
is increasingly lived in daily life**

Many students today are exposed to situations that create stress in mind and body, including negative influences from other young people, from their home environments, from their communities, and from society at large. Stress is not normal; accumulated stress leads to unhealthy choices, to problems and mistakes, to apathy and alienation, to dropping out of school, and in extreme cases, to violence. When stress builds up in an individual, entire school, or community, the natural tendency of life to realize its full potential is shadowed and distorted. The crises and conflicts in every nation today attest to the inadequacy of education in eliminating stress.

It is time for bold and innovative action, not superficial responses.

Establishing complicated discipline and security measures, or organizing student discussions about their difficulties are superficial approaches. A real solution is needed to the problems in schools everywhere, one that will eliminate students' mental and physical stress and develop inner strength; a solution that will increase their ability to meet daily challenges with clarity, creativity, and calm; a solution that will unfold their latent intelligence, so that they become increasingly responsible in their choices and behavior, and unfold their unique talents with enthusiasm and joy.

**The Consciousness Based education program is a scientifically validated
approach for developing inner potential and dissolving stress.**

The Consciousness-Based Education program was founded by Maharishi Mahesh Yogi, the world authority on the science of consciousness. This program has proven its practicality and success with many thousands of students in schools around the world for 50 years. Offered as a course in the school, the essential component of this program is the Transcendental Meditation® technique, practiced for a few minutes twice daily. Over four million people of all cultures, religions, and educational backgrounds have learned this technique.

More than 600 scientific research studies, conducted at over 250 universities and research institutes in thirty countries, document the benefits of the Transcendental Meditation technique for mind, body, behavior, and society.

FOR THE INDIVIDUAL STUDENT

Reducing Stress and Promoting Progress and Happiness

Education traditionally has focused on the subjects of study. What has been lacking is a way to directly and systematically develop the students themselves—their creative intelligence, capacity to learn, and natural humanity.

How much students gain from their education fundamentally depends on the level of their alertness, or *consciousness*.

The success of the school, the teacher, and the curriculum primarily depend on the quality of alertness, or consciousness, of the students themselves. If students are sleepy, dull, unhappy, angry, or agitated, their consciousness does not have the quality of restful alertness that is needed for optimal learning. Their receptivity is diminished, and their thinking less clear.

Scientific research confirms that Transcendental Meditation technique activates more of the brain's total potential, resulting in greater restful alertness, or wakefulness. A fully developed mind is fully wakeful. The full potential of consciousness, characterized by total brain functioning and fully expressed mental and physical capabilities, naturally develops through regular practice of the Transcendental Meditation technique.

The Transcendental Meditation technique systematically develops consciousness.

Transcendental Meditation is a simple, natural, effortless technique, practiced a few minutes twice daily, which settles the mind to its most silent, creative, and blissful level, Transcendental Consciousness—the field of one's total inner intelligence. This practice also gives profound rest, which dissolves accumulated stress and restores balanced functioning to mind and body.

Leading quantum field theorists have identified Transcendental Consciousness as the unified field of natural law, from where all force and matter fields emerge, giving rise to all the laws of nature in the universe. In the language of the science of consciousness, Maharishi Vedic Science, Transcendental Consciousness is the field of total knowledge of natural law, the inner self of everyone. (Please refer to pages 6 and 7.)

The Consciousness-Based Education program gives *experience* of this field through the twice-daily practice of the Transcendental Meditation technique, and intellectual *understanding* of this area of knowledge through a regular class.

Students have the natural desire to expand—in what they know and what they can achieve. Without the growing experience and knowledge of their total inner intelligence, they can become dissatisfied, frustrated, and resentful; they create problems for themselves and others, and too often drop out of school. Only by enlivening the totality of their inner potential will their inner happiness and ability to fulfill their desires continue to expand, on the basis of which their behavior towards others becomes increasingly kind, compassionate, and uplifting.

With the blossoming of their creative intelligence, students' thoughts, feelings, speech, and behavior become more life-supporting for themselves and others. They grow in the experience of unity with everyone and everything, displaying qualities of ideal citizenship.

Scientific Research and Educational Outcomes

The hundreds of scientific research studies on the Consciousness-Based Education program show it to be a profound and practical means for holistic development of life.

For example, meta-analyses that combine the results of hundreds of research studies confirm that the **Transcendental Meditation program is uniquely effective in reducing anxiety, increasing self-actualization, and reducing substance abuse of all kinds.**

Mental potential—Continued growth of abstract intelligence after the age that it ordinarily stops developing; increased mental efficiency; increased creativity; increased orderliness of brain functioning; clearer perception; increased self-development to uniquely high levels.

Health—Faster physiological recovery from stress; reduction of stress-related biochemicals; reduction of psychosomatic health problems; reduced cigarette and alcohol consumption.

Social behavior—Increased self-esteem; greater appreciation of others; increased ability to resist peer pressure; reduced absenteeism, reduced rule infractions, and reduced suspensions.

Sample research findings on the Transcendental Meditation program

- Increased intelligence and creativity
 - Increased use of latent reserves of the brain
 - Improved academic performance
 - Increased resistance to stress
 - Reduced anxiety; reduced depression
 - Reduced aggression and hostility
 - Orientation towards more positive values
 - Higher levels of moral reasoning
 - Improved emotional well-being
 - Increased tolerance
 - Increased problem-solving ability
 - Reduced behavior problems at school
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Achievements of students and schools participating in the Consciousness-Based Education program

Students worldwide participating in Consciousness Based education perform exceptionally well. For example, students at Maharishi School of the Age of Enlightenment, Iowa, U.S.A., have won over 100 first-place awards in state, national, and international competitions. These include:

- First place in the American High School Math Exam, Class 1A/2A, for four consecutive years
- 46 state championships in the creativity competition “Odyssey of the Mind” and “Destination-ImagiNation;” three first-place finishes at the world championship competition; and more top-10 finishes than any other school in the world
- More of the top awards at the Iowa High School All-State Speech Competition than any other school in the history of the competition
- Over 10 times the national average of National Merit Scholar Finalists in the past decade
- Winner of 17 state tennis state championships in the past 15 years
- Five 1st-place prizes at the Iowa History Fair
- First prizes in statewide competitions in art, photography, writing, spelling, science, academic decathlon, chess, golf, and track
- **Grades 10-12 consistently score in the top 1% of the nation on standardized tests, even though when students enter the school, they score as a group near the 50th percentile.**

Visiting educators at schools using Consciousness-Based education consistently remark on the happiness, maturity, and kindness of the students.

FOR TEACHERS AND ADMINISTRATORS:

Growth in Vitality, Creativity, and Stress-Free Life

The profession of teaching demands that the teacher assume a wide range of roles in guiding students to higher levels of intellectual and personal development. The teacher must be ever-alert, moving the class forward, addressing individual needs, solving problems, and handling emergencies. The Transcendental Meditation program benefits teachers and administrators immensely, enabling them to meet their responsibilities with composure, creativity, and joy.

Scientific research findings on the Maharishi Transcendental Meditation program of special interest to teachers and administrators include • reduction of mental and physical stress • increased physiological and mental flexibility • reduction of stress-related health problems, such as high blood pressure and insomnia • substantially reduced medical expenditures and hospitalization • increased field independence, the ability to maintain broad awareness while focusing sharply • increased job satisfaction • increased self-actualization.

As teachers develop their total brain potential through this technique, their creativity and inner happiness blossom; mistake-free days, when they do everything right, become the norm rather than the exception. This is life increasingly in accord with natural law. Making use of total knowledge of natural law through regular practice of Transcendental Meditation is a highly reliable way to prevent problems and gain fulfillment in professional and personal life.

An award-winning educational leader in Detroit with 40 years of teaching and administrative experience described the results of implementing the program:

“When I arranged for 10 teachers in the school to start Transcendental Meditation, you wouldn’t believe the change—that group of teachers swept the tension away, and really transformed the whole building. TM is something very practical for in-service classes. When teachers practice TM they radiate a serenity and silence and peace that create a classroom more conducive to learning.”

FOR THE ENTIRE SCHOOL:

Reducing Stress and Creating Harmony in the School Environment and Community

Just as individual stress restricts harmony and happiness in individual life, *collective* stress and tension in the school creates disorder and lack of harmony in the whole school environment. When the Transcendental Meditation program is implemented widely in the school, not only does the school atmosphere change markedly; but also the surrounding community becomes more calm and peaceful. These effects begin to be noticed even within a few days when a sizable group of students and teachers begin this program.

Many research studies show that when large numbers of people together practice the Transcendental Meditation program, and its advanced procedure, the TM-Sidhi® program, including Yogic Flying, then coherence and harmony increase in the whole social environment, as measured by such variables as decreased crime, decreased violence, and decreased accidents.

COMMENTS FROM AMERICAN EDUCATIONAL LEADERS ON TRANSCENDENTAL MEDITATION AND CONSCIOUSNESS-BASED EDUCATION



“As a Principal and teacher in both private and public schools for the last 28 years, I feel that the Transcendental Meditation program should be an essential component of every educational program for administrators, teachers, and students. For decades I have observed the profound and far-reaching effects of this program when implemented in the schools.

“Its benefits for me personally include being able to remain composed and maintain clarity of thinking in stressful situations; the ability to remain focused on detail while not losing the larger view; a greater appreciation of my good fortune in being a father, son, and teacher; ability to see the good points in ‘difficult’ co-workers and students; and growth of spontaneous feelings of happiness and compassion and the urge to share them.

“I encourage all Superintendents and Principals to consider implementing the Transcendental Meditation and Consciousness-Based education program to help in realizing their highest educational goals.” —**Kevin Colgan, former Principal; Social Studies Teacher, Pennsylvania, USA**



“The way public and private schools are set up today, everything is stressful, and stress leads to violence. My experience using TM with teachers and students is that it relieves the stress and makes teaching and learning a lot easier. If students are required to take social studies, art, or physical education, why aren’t students—and teachers—required to take the TM and Consciousness-Based program? It will make our schools much better, and it will reduce the deep stress that led to school violence and all the other violence and terrorism in the world.” —**Dr. George Rutherford, public school Principal for over 25 years in Washington, D.C., and Maryland, USA**



“Our staff was taught the TM technique for the mental and physical health benefits that result in the work environment with the release of stress. In students, we have seen the TM program enhance study skills, academic performance, critical thinking skills, interpersonal and social skills—all because of the deep rest that the body is receiving. We are looking forward to the years to come when more and more schools and work environments will realize that not much gets done until the stress is out of the way.”

—**Carmen N’Namdi, Principal, Michigan, USA**



“Our schools need to help teachers and administrators develop effective management skills to enhance student learning in our classrooms. One activity that will dissipate stress and refine our educational efforts is Transcendental Meditation. Transcendental Meditation has been well documented by modern research to reduce stress. It also enhances the development of a more integrated person and produces a more harmonious environment.

“I have seen TM have a transforming, positive impact upon students, teachers and administrators even within three months. You will find that it will begin to work for you, as you, staff members, and students make use of it.” —**Dr. Norman Brust, retired Superintendent of Schools and Principal, Missouri, USA**

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FOUNDATION OF CONSCIOUSNESS-BASED EDUCATION

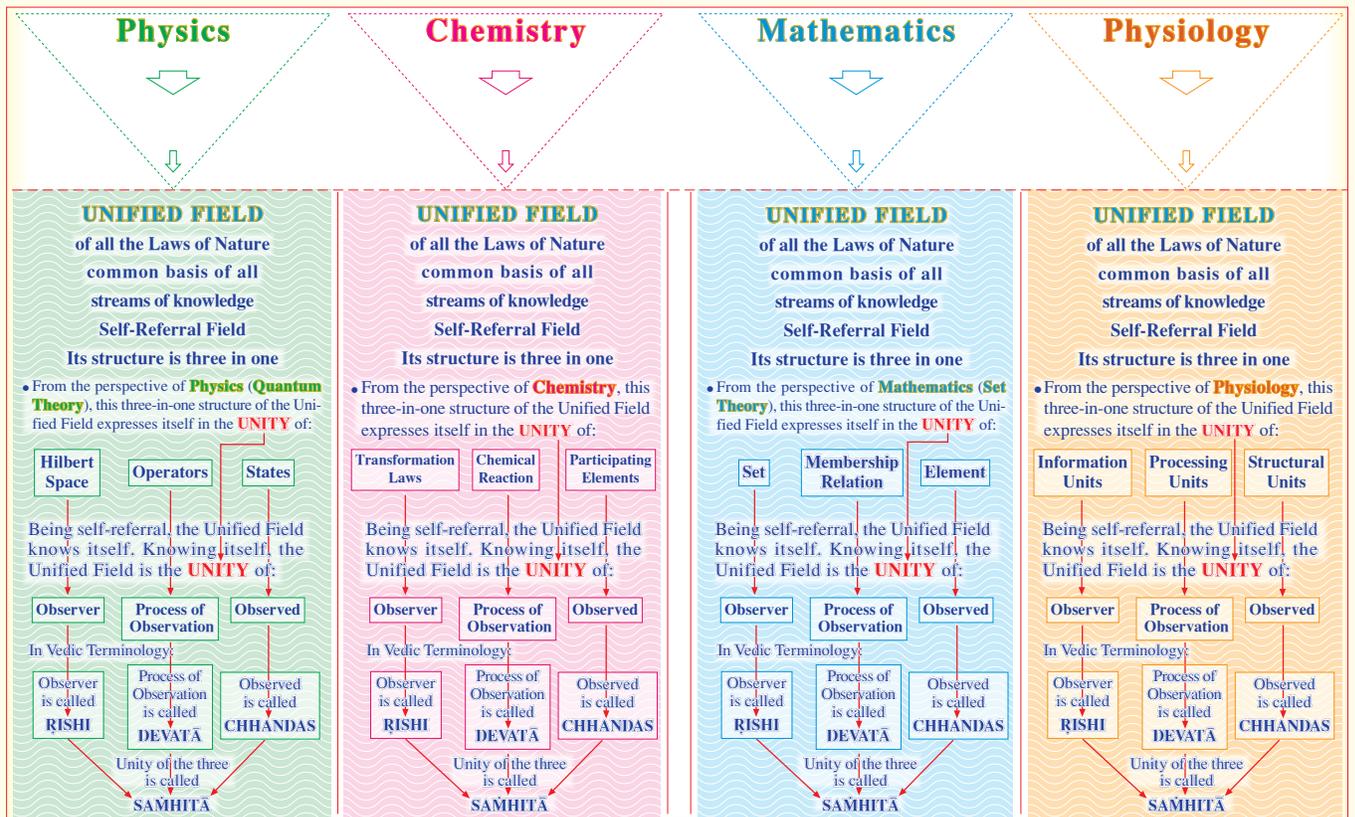
Why the Consciousness-Based Education program is so effective

The Transcendental Meditation technique is a central technology of Maharishi Vedic Science. Maharishi Mahesh Yogi has restored the ancient knowledge of consciousness contained in the Vedic Literature as a complete science of consciousness, for the full significance of its theory and practice.

This science describes seven states of consciousness, each with its own distinct psychophysiological characteristics: the familiar waking, dreaming, and sleep states; Transcendental Consciousness; and three higher states of consciousness.

Leading quantum field theorists have identified Transcendental Consciousness as the unified field of all the laws of nature, the field of total natural law. This field gives rise to the limitless diversity of natural laws that govern the universe. (Please refer to following charts.)

Through practice of the Transcendental Meditation technique, Transcendental Consciousness—the field of total natural law—becomes infused into one’s thinking and action, leading to an increasingly mistake-free, problem-free, fulfilling life—life spontaneously in harmony with natural law.



The unified field of natural law is the unified basis of all streams of knowledge, here expressed in terms of the disciplines of physics, chemistry, mathematics, and physiology. In each of these disciplines, the underlying unity of natural law expresses itself in a three-in-one structure corresponding to the unified state of observer, process of observation, and observed. In the language of the science of consciousness, Maharishi Vedic Science, this structure is the *Samhitā* (unified state) of *Rishi* (observer or knower), *Devatā* (process of knowing), and

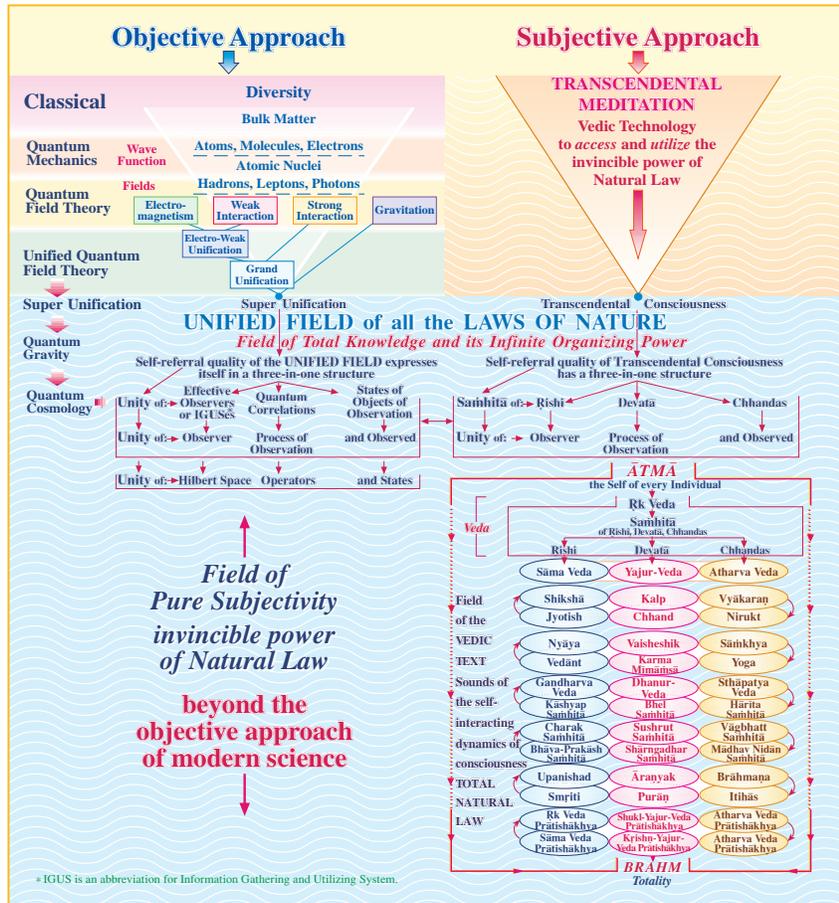
Chhandas (known). By systematically enlivening this unified state of awareness through the practice of the Maharishi Transcendental Meditation program, students naturally grow in the experience that their own consciousness is the source of all streams of knowledge, and come to feel increasingly at home with everything they learn and everyone they know. The development of consciousness is the basis of developing perfection in life and ideal citizenship—the ability to fulfill one’s desires while supporting the interests of others.

Experience and Understanding of Total Natural Law Within Every Student to Raise Life out of Problems, into Harmony with All the Laws of Nature

The Consciousness-Based Education program adds to the familiar *objective* approach to knowledge the *subjective* approach of Transcendental Meditation, which gives students direct experience of total knowledge of natural law, the unified field of natural law, which is Transcendental Consciousness, the field of their own total intelligence, the inner Self of everyone.

In the language of quantum physics, Transcendental Consciousness is the unified field of natural law, whose self-interacting dynamics give rise to the fundamental forces and particles of nature, which in turn are expressed in the physiology of every student and in the physical universe as a whole.

Thus, the physiology of everyone has its basis in the field of consciousness.* This field, which is the foundation of the Consciousness-Based Education program, is illustrated here in the bottom two-thirds of the chart.



Maharishi Vedic Science identifies the self-interacting dynamics of the unified field as the 40 fundamental structures of natural law, Veda and the Vedic Literature, pictured on the lower right of the chart.

One key expression from the Vedic Literature describes the importance of experiencing the unified field: “*Āicho Ak-kshare parame vyoman yasmin Devā adhi vishwe nishedu` yastanna Veda kim āichā kar-*

* Professor Tony Nader, M.D., Ph.D., was honored with his weight in gold in 1998 for the scientific discovery that the field of consciousness and its precise structures of intelligence are at the basis of human physiology. In 2000, Professor Nader was crowned as the first sovereign ruler of the Global Country of World Peace, a country without borders founded to solve and prevent individual, national, and global problems, and to establish world peace through a new science of administration based on the most advanced understanding of natural law from modern science and Maharishi Vedic Science.

ishyati ya it tad vidus ta time samāsate—The Āichās of the Veda (structures of intelligence) exist in the self-interacting dynamics of the transcendental field, in which reside all the Laws of Nature responsible for the whole manifest creation. He whose awareness is not open to this field, what can the Āichās accomplish for him? Those who know this level of reality are established in evenness—wholeness of life.”

In other words, gaining knowledge of a few laws of nature from the different disciplines, without enlivening their unified basis within one’s awareness, may develop expertise in one narrow area, but can never develop mastery of the whole of life.

The unified field of natural law is enlivened in individual awareness through the Transcendental Meditation and TM-Sidhi programs, including Yogic Flying, as part of the Consciousness-Based Education program.

COMMENTS FROM AMERICAN EDUCATIONAL LEADERS ON TRANSCENDENTAL MEDITATION AND CONSCIOUSNESS-BASED EDUCATION

(Continued from page 5)



“Maharishi School of the Age of Enlightenment is a world-renowned independent school of the highest caliber academically, akin to the finest independent schools in your state. In fact, the Maharishi School of the Age of Enlightenment routinely is recognized as outstanding in Iowa, since its students frequently take top prizes in state-wide academic competitions (and the school almost always has the state’s top SAT [Scholastic Aptitude Test] scores).” —**Patrick F. Bassett, President, National Association for Independent Schools, USA**



“I would highly recommend the use of Consciousness-Based education to help students stay in school. All of the kids in our [Boys and Girls] Clubs who have learned have benefited, and in many cases lives have been completely turned around.

“Children who were lost and withdrawn began to feel self-assured and able to interact with others. Children who were aggressive began to soften and notice others’ feelings. Children who were hyperactive and scattered became more focused and able to follow instructions. I would recommend it to any club or school that is trying to help youngsters grow up and take responsibility for their lives.” —**Dave Felicy, Director, after-school program, Nebraska, USA**

The Program Is Easily Implemented

The Consciousness-Based Education program in a school has the following options:

- 1. Transcendental Meditation program.** Professional instructors teach this technique to the interested school faculty, then to the students, after which the faculty supervise the students’ group practice of the Transcendental Meditation technique for 10 to 15 minutes twice daily.
- 2. The Transcendental Meditation program with an added class.** Ideally, in addition to the twice-daily group practice of the Transcendental Meditation technique, the Natural Law curriculum (available for all grade levels) is taught at least once per week to give students knowledge of their full creative potential; understanding of the scientific basis of Transcendental Meditation; and appreciation of how mind, body, and behavior develop as consciousness develops.

Teacher preparation. In-service programs prepare teachers to teach this curriculum.

For further information:

Visit the website of the Consciousness-Based Education Association (CBEA)

www.cbeprogram.org
