

# 8 Great Reasons to Meditate

An Introduction to the  
Transcendental Meditation® program

## Success

RAY DALIO President & CIO, Bridgewater Associates

## Equanimity

RAMANI AYER Chairman & CEO, The Hartford

## Health

DR. GARY KAPLAN Neurologist, New York University School of Medicine

## Focus

RUSSELL SIMMONS Chairman & CEO, Rush Communications

## Balance

DR. NANCY LONSDORF Author, *The Ageless Woman*

## Creativity

DAVID LYNCH Film Director

## Efficiency

BOB JONES Investment Manager

## Happiness

MINDY WEISEL Artist



CENTER FOR LEADERSHIP PERFORMANCE

# 1

## Success



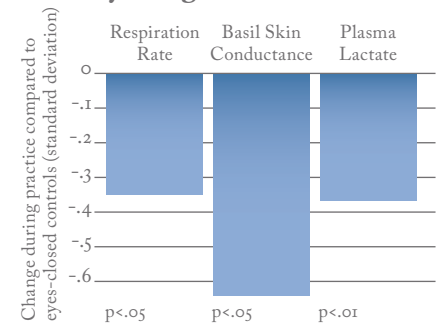
# 2

## Equanimity



### BE RESTED

#### Physiological indicators of rest



Meta-analysis is a procedure for drawing definitive conclusions from large bodies of research studies. A meta-analysis of all available physiological research on the Transcendental Meditation program found that the practice of this technique produces a state of deep rest compared to control conditions, as measured by reduced respiration rate, reduced basal skin conductance (increased skin resistance), and reduced plasma lactate.

**Reference:** *American Psychologist* 42: 879–881, 1987.

### Ray Dalio

“I notice a difference from the moment I start to meditate. I can be stressed or tired and I will meditate and immediately I will get very rested and relaxed and the stress will flow off me. I’ll finish meditation feeling refreshed and centered, and that feeling will carry throughout the day. It’s a heck of a return on an investment of twenty minutes!

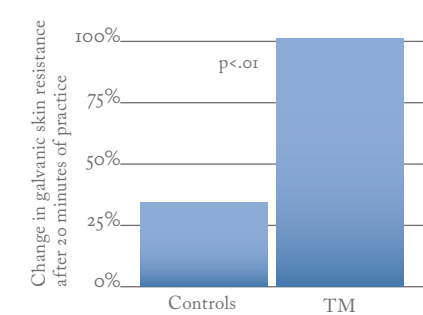
“I want to emphasize: TM is practical. Some people may think it’s exotic—that you light candles and burn incense. It’s not that—and it’s not some religion or dogma. It’s a practical tool that makes life go better.

“I started meditating over 35 years ago, and I would say TM is the single most important reason for whatever success I’ve had.”

Mr. Dalio is the Founder, President, and Chief Investment Officer, Bridgewater Associates, which manages \$150 billion in global investments for a wide array of institutional clients.

### BE CENTERED

#### Inner calm



Individuals who practiced the Transcendental Meditation technique showed significantly increased skin resistance during the practice, in contrast to controls. Skin resistance is an electrophysiological measure of calmness or restfulness.

**Reference:** *Physiology & Behavior* 35: 591–595, 1985.

### Ramani Ayer

“A leader has to be capable of seeing the future—of embracing bold, positive ideas and setting very ambitious goals. A leader has to have the capacity to understand, in very harsh, real terms, what is going on at the ground level of his business—what are its strengths, its weaknesses, its opportunities and challenges. I have been practicing the Transcendental Meditation technique for over 30 years. It has certainly helped me to consistently raise my performance levels. It has helped me cope with the stresses and strains of life. And I believe very strongly that the practice of TM has helped me to maintain a steady state of mind—it has given me equanimity no matter what happens.”

Mr. Ayer is the Chairman and Chief Executive Officer of The Hartford, which is one of the nation’s largest financial services and insurance companies.

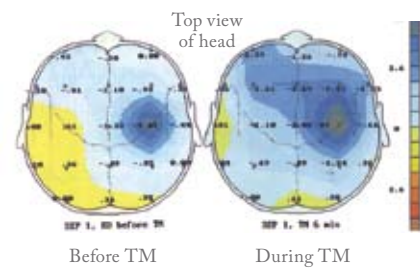
# 3

## Health



### DEVELOP YOUR BRAIN

Increased use of brain reserves



During the Transcendental Meditation program, early (sensory) components of the brain's response to somatosensory stimuli are more widely distributed across the cortex, indicating greater participation of the whole brain in the response to a stimulus. **Reference:** *Human Physiology* 25: 171-180, 1999.

### Gary Kaplan, M.D., Ph.D.

“**T**he TM technique simply and naturally allows the mind to settle down to experience a state of inner coherence and calm during which time the left and right hemispheres, and the front and back of the brain begin to work in harmony with each other. This brain wave coherence has been correlated with improvements in memory, problem-solving and decision-making abilities. In fact, everything good about the brain depends on its coherent, orderly functioning. This change in brain functioning also affects the rest of the physiology, reducing high blood pressure, strengthening the heart, and overall improving health.”

Dr. Kaplan is a neurologist and associate professor of clinical neurology at New York University School of Medicine. He is also the recipient of the Albert H. Douglas Award from the Medical Society of the State of New York for outstanding achievements as a clinical teacher interested in promoting and improving the medical education of physicians.

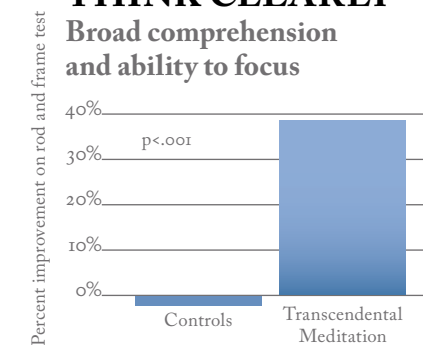
# 4

## Focus



### THINK CLEARLY

Broad comprehension and ability to focus



Field independence has been associated with a greater ability to assimilate and structure experience, greater organization of mind and cognitive clarity, improved memory, greater creative expression, and a stable internal frame of reference. The results show that practice of the Transcendental Meditation technique develops greater field independence. This improvement in Transcendental Meditation meditators is remarkable because it was previously thought that these basic perceptual abilities do not improve beyond early adulthood. **Reference:** *Perceptual and Motor Skills* (39: 1031-1034, 1974.

### Russell Simmons

“**T**ranscendental Meditation promotes stillness—and when you are still is the only time you can think, the only time you can focus. When you have distractions and noise in your mind, you can't comprehend properly and you can't do your job. Comprehension comes from stillness, focus comes from stillness, and TM is the practice of touching that stillness for a few minutes twice a day.”

Mr. Simmons is the co-founder of the pioneering hip-hop label Def Jam, a founder of Russell Simmons Music Group, and the creator of the clothing fashion line Phat Farm. According to *USA Today*, he is one of the “Top 25 Most Influential People of the Past 25 Years” for his groundbreaking vision that has influenced music, fashion, finance, television and film, as well as the face of modern philanthropy.

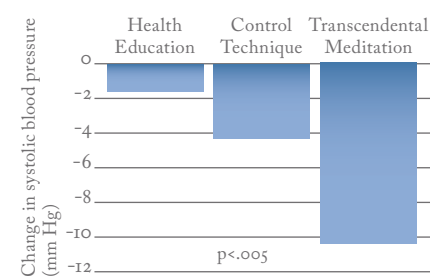
# 5

## Balance



### BE LESS STRESSED

#### Reduced high blood pressure



Patients with high blood pressure who learned the Transcendental Meditation program showed a significant reduction of systolic and diastolic blood pressure after three months, in contrast to those randomly assigned to a control technique or to those who received health education on how to reduce blood pressure through diet and exercise. **Reference:** *Hypertension* 26: 820–827, 1995.

### Nancy Lonsdorf, M.D.

“**W**hen you meditate, job stress affects you less, and that has immediate benefits for your health and happiness. It also naturally follows that you enjoy your work more, are more productive, and find it easier to get along with co-workers. But equally important, you don’t carry stress from the office home with you. You have better relationships with your family and friends, and you enjoy your life more. It’s clear from the research that spending a few minutes twice a day to practice TM is extraordinarily helpful in achieving balance between your work and the rest of your life.”

Dr. Lonsdorf is a specialist in women’s health; author of *A Woman’s Best Medicine* and *The Ageless Woman* and a popular lecturer, who has been featured frequently in the national media.

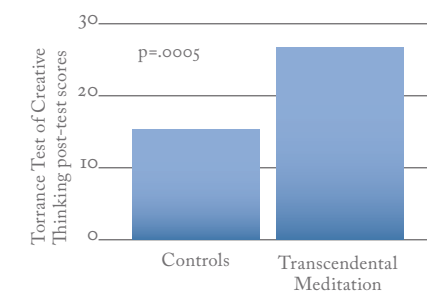
# 6

## Creativity



### ENJOY YOUR LIFE

#### Increased creativity



This study used the Torrance Test of Creative Thinking to measure figural and verbal creativity in a control group and in a group that subsequently learned the Transcendental Meditation technique. On the post-test 5 months later, the Transcendental Meditation group scored significantly higher on figural originality and flexibility and on verbal fluency. **Reference:** *Journal of Creative Behavior* 13:169–190, 1979.

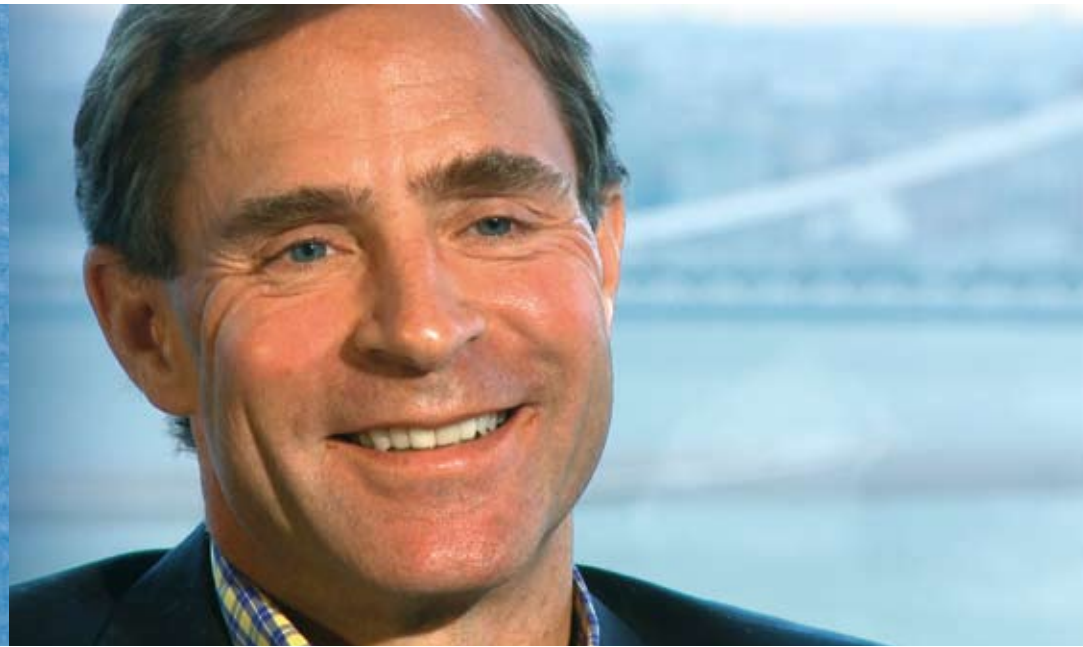
### David Lynch

“**T**he Transcendental Meditation technique is a simple, effortless way to ‘dive within,’ to experience an ocean of pure consciousness, pure creativity, pure knowingness. It’s a unique experience but also very familiar—it is your own Self. I have never missed a meditation in 34 years. I meditate once in the morning and once in the afternoon for about 20 minutes each time. Then I go about the business of my day. I find the joy of the ‘doing’ increases. Creativity increases. Intuition increases. The pleasure of life grows. And negativity recedes.”

Mr. Lynch is an award-winning filmmaker (*Blue Velvet*, *Twin Peaks*, *Mulholland Drive*, *INLAND EMPIRE*), photographer, painter, songwriter, and musician, and author of *Catching the Big Fish: Meditation, Consciousness and Creativity*.

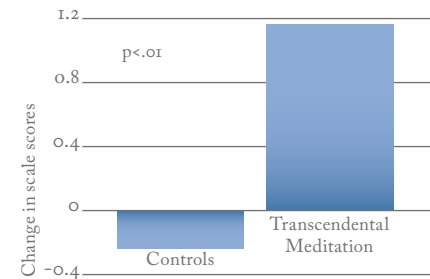
# 7

## Efficiency



### BE ORGANIZED

#### Improved job performance



Employees who learned the Transcendental Meditation program showed improved job performance in comparison to control subjects.

**Reference:** *Academy of Management Journal* 17: 362–368, 1974.

### Bob Jones

“People think they are so busy because they’ve got so many things going on. Well, not all those things are that important. Transcendental Meditation gives you the clarity of mind to realize: ‘These are the things I need to do, and these are the things that are less important that I will get to if I have time.’ By being more settled and focused, you end up with more time than you would without meditation. The relaxation I feel after meditating makes me feel recharged and refreshed so I can prioritize and get things done I need to get done.”

Mr. Jones is the chief investment officer at one of New York’s oldest and largest investment banks.

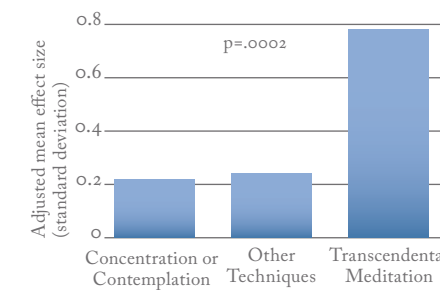
# 8

## Happiness



### BE YOURSELF

#### Increased self-actualization



Self-actualization refers to realizing more of one’s inner potential, expressed in every area of life. A statistical meta-analysis of all available studies—of 42 independent studies—indicated that the effect of the Transcendental Meditation technique on increasing self-actualization is markedly greater than that of other forms of meditation and relaxation. This analysis statistically controlled for length of treatment and quality of research design. **Reference:** *Journal of Social Behavior and Personality* 6: 189–248, 1991.

### Mindy Weisel

“I am happier and more creative now than I ever would have imagined. I just wish I had started to meditate years ago, but I never realized it was something that you can be taught! What a joy it has been to learn TM—it’s such a beautifully easy and natural technique.”

Ms. Weisel’s art hangs in museums and institutions around the world, including the Smithsonian, Hirshhorn Museum, National Museum of American Art, Israel Museum, U.S. Capitol, and Baltimore Museum of Art.

## Q&A

### John Hagelin, Ph.D.



Dr. Hagelin, Executive Director of the Center for Leadership Performance, is a Harvard-trained quantum physicist, author, and educator, who has led an international scientific investigation for the past 25 years into the foundations of human consciousness.

#### What is Transcendental Meditation?

The Transcendental Meditation (TM®) technique is a simple, effortless technique for improving all areas of life. The technique is easily learned and is practiced sitting comfortably in a chair with the eyes closed for 15 to 20 minutes twice a day.

#### What happens when you meditate?

During the TM practice, the active thinking mind settles down naturally to a state of “pure consciousness,” where the mind is silent yet fully alert. At the same time the body gains a profound state of rest and relaxation.

#### What are the benefits of this experience?

This unique state of “restful alertness” develops the total brain and eliminates accumulated stress and fatigue. This experience is the basis for the increased creativity and intelligence and improved health reported by people who practice the TM technique.

#### Is there any scientific evidence to show the technique works?

Yes. More than 600 scientific studies on the benefits of the Transcendental Meditation technique have been conducted at 250 independent universities and research institutions, including Harvard Medical School, Cornell Medical School, University of Michigan Medical School, and UCLA Medical School.

#### Has the research been published?

Yes. Research has been published in leading, peer-reviewed medical journals, including *Scientific American*, *Science*, the American Heart Association’s *Hypertension and Stroke*, and the American Medical Association’s *Archives of Internal Medicine*. Moreover, during the past 18 years, the National Institutes of Health

has awarded over \$24 million to study the beneficial effects of the TM program on heart disease, hypertension, and stroke.

#### Is TM a religion? Do I have to change my diet or adopt a particular lifestyle?

No. The TM technique is not a religion or a philosophy—nor does it require a change in lifestyle. Introduced by Maharishi Mahesh Yogi 50 years ago, the TM technique has now been learned by over five million people of all ages, nationalities, and religions. TM meditators report that the reduced stress and increased clarity of mind resulting from TM practice have helped them to appreciate life more fully—and, for religious people, to follow their religions more faithfully.

#### Is it correct to say that all meditation techniques produce similar results?

No. There are striking physiological and neurophysiological differences between various meditation techniques. For example, EEG and brain imaging technologies clearly distinguish the TM technique from all other practices, showing enhanced EEG coherence and marked improvements in the all-important prefrontal cortex (the “CEO” of the brain), which governs such key executive functions as planning, decision making, problem solving, and judgment.

#### Do other meditation techniques produce similar health benefits?

Many comprehensive meta-analyses of published studies on meditation and stress-reduction techniques clearly show that the TM technique produces highly beneficial effects for health that are not produced by other techniques. These include marked reductions in high blood pressure, anxiety, depression, insomnia, and other stress-related disorders.

#### Can I learn TM from a book or tape?

No. The Transcendental Meditation technique cannot be learned from a book or tape. TM instruction is tailored to each individual who learns the practice. Every person is different, and every person has a different pace of learning and a different set of personal experiences. That is why the technique is taught on a one-to-one basis by a trained TM teacher in a standardized course of instruction. This personalized instruction ensures that everyone learns to meditate properly and gain the maximum benefits.

#### I am a skeptic.

Being skeptical is fine. Fortunately, no belief or change in beliefs is required to learn and practice the TM technique—and to gain all the benefits. In fact, you can be 100 percent skeptical and the TM technique will work just fine.

#### MORE INFORMATION

[TMBusiness.org](http://TMBusiness.org)

[DoctorsOnTM.org](http://DoctorsOnTM.org)

[StressFreeSchools.org](http://StressFreeSchools.org)



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