

8 Great Reasons to Meditate

An Introduction to the Transcendental Meditation® technique

Success

RAY DALIO President & CIO, Bridgewater Associates

Wellness

DR. MEHMET OZ Host, *The Dr. Oz Show*

Equanimity

RAMANI AYER Past Chairman and CEO, The Hartford

Balance

DR. NANCY LONSDORF Author, *The Ageless Woman*

Coherence

DR. GARY KAPLAN Neurologist, Hofstra University School of Medicine

Focus

BILL DUKE Founder, Duke Media Entertainment and Duke Media Foundation

Creativity

DAVID LYNCH Film Director

Happiness

SARAH EL NABULSI, Clinical Psychologist



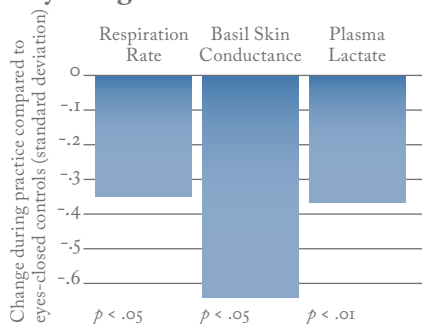
CENTER FOR LEADERSHIP PERFORMANCE
Optimizing Wellness, Productivity and Profitability

1 Success



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 technique 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.

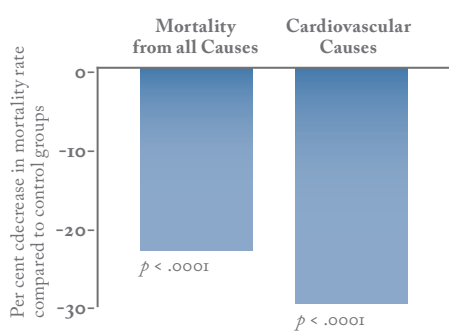
“I started meditating over 35 years ago, and I would say TM is the single most important reason for whatever success I’ve had.”

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.

2 Wellness



BE HEALTHY Reduced Mortality Rate



This study followed the mortality pattern up to 19 years after adults with high blood pressure learned the Transcendental Meditation technique or participated in control interventions. The results showed a 23% decrease in mortality due to all causes, and a 30% decrease in the rate of cardiovascular mortality, among those who learned the Transcendental Meditation technique.

Reference: *American Journal of Cardiology* 95 (2005): 1060–1064.

Mehmet Oz, M.D.

“The amazing thing about Transcendental Meditation is the very well established research showing that the technique impacts things that we didn’t think were changeable. If you look at basic high blood pressure, which is the number one cause of death, you can actually reduce your blood pressure significantly with just using Transcendental Meditation. You can also reduce cholesterol, atherosclerosis, obesity, risk of stroke—even reduce death rates due to cardiovascular disease. But there are so many more benefits—these are just the tip of the iceberg.”

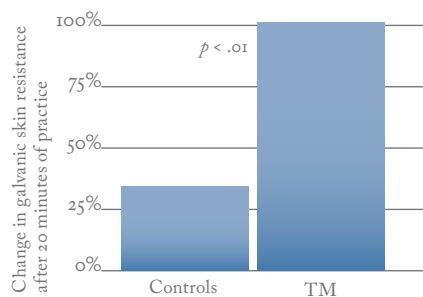
Dr. Oz is host of the Daytime Emmy Award-winning *The Dr. Oz Show*, one of the most well-known cardiac surgeons currently practicing in the United States, Vice-Chair and Professor of Surgery at Columbia University’s Department of Surgery, and director of the Cardiovascular Institute and Complementary Medicine Program at New York Presbyterian Hospital.

3 Equanimity



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

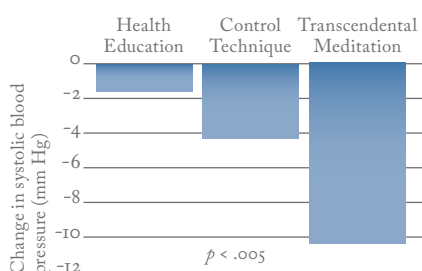
“**A** leader has to be capable of seeing the future—of embracing bold, positive ideas and setting very ambitious goals. A leader has to have the capacity to understand, in very harsh, real terms, what is going on at the ground level of his business—what are its strengths, its weaknesses, its opportunities 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 past Chairman and Chief Executive Officer of The Hartford, which is one of the nation’s largest financial services and insurance companies.

4 Balance



BE LESS STRESSED Reduced high blood pressure



Patients with high blood pressure who learned the Transcendental Meditation technique 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.

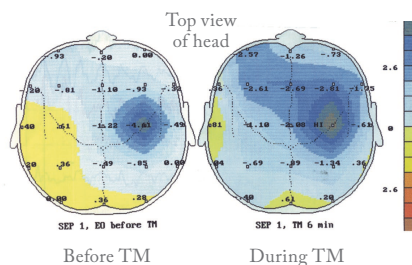
“**W**hen you meditate, job stress affects you less, and that has immediate benefits for your health and happiness. It also naturally follows that you enjoy your work more, are more productive, and find it easier to get along with co-workers. But equally important, you don’t carry stress from the office 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.

5 Coherence



DEVELOP YOUR BRAIN Increased use of brain reserves



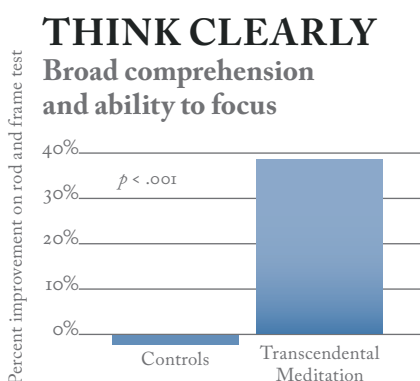
During the Transcendental Meditation technique, early (sensory) components of the brain's response to somatosensory stimuli are more widely distributed across the cortex, indicating greater participation of the whole brain in the response to a stimulus. **Reference:** *Human Physiology* 25: 171-180, 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, neuroscientist, and Associate Professor of Clinical Neurology at Hofstra University School of Medicine. He is the former Director of Clinical Neurophysiology at North Shore University Hospital and also the recipient of the Albert H. Douglas Award from the Medical Society of the State of New York for his outstanding achievements as a clinical teacher interested in promoting and improving the medical education of physicians.

6 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).

Bill Duke

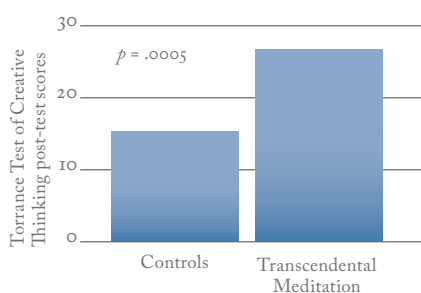
“**F**ocus to me is synonymous with clarity. True clarity occurs when the chatter of the mind and the ego are stilled. When I meditate the chatter of my mind settles into silence and a heightened internal clarity. More importantly, after my meditation I am able to translate that clarity into action. I am not as distracted by the things that do not move me in the direction of my goals, whether those obstacles be internal or external. TM gives the stillness that enables clarity to preside which is the foundation of focus.”

Bill Duke, actor, director, producer, writer, humanitarian, and founder of Duke Media Entertainment, has produced critically acclaimed film and television content for more than 30 years. His feature credits include *Sister Act 2: Back in the Habit*, *Get Rich or Die Trying*, *Deep Cover*, *Hoodlum*, *Predator*, *Menace II Society*, and *Not Easily Broken*. His outstanding work has been recognized by former President Bill Clinton, former Governor Arnold Schwarzenegger, and by the Directors Guild of America with a Lifetime Achievement Tribute.

7 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.”

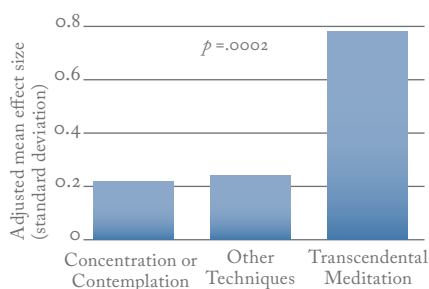
Mr. Lynch is an award-winning filmmaker (*Blue Velvet*, *Twin Peaks*, *Mulholland Drive*, *INLAND EMPIRE*), photographer, painter, songwriter, and musician, and author of *Catching the Big Fish: Meditation, Consciousness and Creativity*.

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.

Sarah El Nabulsi, Clinical Psychologist

“One of the most powerful ways to dissolve deep rooted stresses that carry over day after day is the TM technique. It is so simple and easy to learn and yet so effective. It quietly empowers my clients to make tremendous progress in achieving greater balance, purpose, and fulfillment in life. Everyone wants to grow in happiness and bring that joy to their family and friends. Here is a way for anyone to begin to practically realize this.”

Ms. El Nabulsi, M.Sc., M.A. is a clinical psychologist based in Dubai, UAE. She is a regular speaker at conferences on self-development.

Q&A

John Hagelin, Ph.D.



Dr. Hagelin, Chair 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 technique 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 pre-frontal 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

TM.org

DoctorsOnTM.org

StressFreeSchools.org



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