

The Transcendental Meditation® Program

“WHAT’S THE BEST THING I CAN DO TO IMPROVE MY HEALTH AND WELL-BEING?”

Answers abound as health trends come and go—the latest diet, megavitamin, or no-sweat workout promises to hold the key.

But the foundation of good health is simple: very deep rest. Deep rest neutralizes stress and fatigue. It revitalizes and rejuvenates the mind and body. However, in order to keep up with the hectic pace of life today, rest is usually the first thing that people cut back on. In fact, about 10% of Americans are plagued with life-interfering insomnia, according to the National Institutes of Health.

It is a simple, natural, effortless procedure practiced 20 minutes twice each day while sitting comfortably with the eyes closed. It’s not a religion, philosophy, or lifestyle. It’s the most widely practiced, most researched, and most effective method of self-development.

What happens when you meditate?

The Transcendental Meditation technique allows your mind to settle inward beyond thought to experience the source of thought — pure awareness, also known as transcendental consciousness. This is the most silent and peaceful level of consciousness — your innermost Self. In this state of restful alertness, your brain functions with significantly greater coherence and your body gains deep rest.

Beyond relaxation

The Transcendental Meditation technique provides a unique state of profound rest that naturally dissolves deep-rooted stress and fatigue. During a 20-minute session of the TM technique, the mind settles deep within and experiences finer and finer states of thought until it “transcends” thought and experiences its own source—a state of pure awareness and quietness within.

As the mind settles, correspondingly the body relaxes and the breath becomes soft. According to research, the sympathetic nervous system,

which controls the body's stress response, quiets down. As a result, stress hormones such as cortisol and adrenaline are reduced.

The TM technique is relaxing, but it is much more. It is a unique combination of deep relaxation along with expanded awareness. This state of "restful alertness" sets the TM technique apart from other relaxation techniques and tension taming activities like exercise or music. After meditation, TM meditators report they feel calm, clear and energetic, much like you feel on your best days. The TM technique can help create that experience throughout the day, every day.

From better health to personal growth

The health benefits of the TM technique begin with your first meditation and accumulate over time. With regular meditation, the body eliminates not just daily tensions, but deep-seated stresses that may have been causing poor health. Research indicates the TM technique actually slows the aging process making meditators look and function younger than their years. Interestingly, the more years the subjects meditated, the greater the reduction in their biological age.

More than 350 studies published in peer-reviewed journals document the health and psychological benefits of the TM technique, for example:

- Decreased need for medical care
- Reduced high cholesterol
- Decreased high blood pressure
- Reduced stress, anxiety and insomnia
- Reduced atherosclerosis
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Over the past 20 years, the National Institutes of Health (NIH) in Washington, DC have contributed over \$26 million in funding for studies on TM and cardiovascular health. For example, in a ground breaking nine-year study published in 2009, heart disease patients who practiced TM had almost 50 percent lower rates of stroke, heart attack and death compared to non-meditating controls. Additionally, the meditators experienced a significant reduction in blood pressure and psychological stress.

With daily practice of the TM technique, vibrant health develops in the mind, body and spirit leading to greater enjoyment and happiness.

<http://www.tm.org/better-health>

