Brainwave Coherence and Correlates of Mind-Body Health & Well Being

Significant correlations in practitioners of the Transcendental Meditation® technique

- Emotional Stability
- Concept Learning
- Moral Reasoning
- Creativity
- Decreased Neuroticism
- Inner Orientation
- Intelligence
- Enlightenment
- Computational Efficiency
- Decreased Anxiety
- Neuromuscular Efficiency
- Self-Awareness
- Academic Performance

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