

AWAKEN THE TOTAL CREATIVE POTENTIAL OF YOUR BRAIN

SCIENTIFIC RESEARCH VERIFIES THAT CONSCIOUSNESS-BASED EDUCATION PROMOTES DEVELOPMENT TOWARD THE FULL POTENTIAL OF BRAIN FUNCTIONING

Consciousness-Based education makes use of the Transcendental Meditation® and TM-Sidhi® programs to develop higher integration of brain functioning and associated higher cognitive capabilities, as the basis for increasingly effective and rewarding thought and action.

As you develop the *total* potential of your brain,

- you bring your life into harmony with Natural Law
- you fulfill your desires more easily
- your actions become increasingly nourishing to those around you
- you gain greater good fortune
- you become more successful *and* more fulfilled
- you set yourself on the most rapid path to enlightenment, to higher states of consciousness in which your cosmic potential is fully unfolded
- and you become a lighthouse of peace for the world

The research findings that directly pertain to increased integration and effectiveness of brain functioning can be summarized in four categories:

Measured *during* the practice of the Transcendental Meditation technique

1. Greater integration of all cortical areas during the practice of the Transcendental Meditation technique — measured by greater use of the latent reserves of the brain; increased synchrony and coherence of electroencephalographic activity at diverse frequencies and cortical areas; neuroendocrine and respiratory activity; and increased cerebral blood flow throughout the cortex.

Measured *outside* the practice of the Transcendental Meditation technique

2. Greater integration of diverse styles of brain functioning — as measured by greater activation of each brain hemisphere; and by the unique integration of EEG associated with the experience of higher states of consciousness.

3. Greater integration and efficiency of brain functioning underlying cognitive processes — as measured by faster and more efficient processing by the brain of cognitive and sensory stimuli; and by development of cognitive abilities that are associated with more integrated brain functioning associated with the experience of higher states of consciousness. These include increased intelligence, field independence, and emotional and ego development, all of which were previously thought to stop developing after the initial maturation of the brain in late childhood.

4. Greater integration and effectiveness in the total functioning of the brain, peripheral nervous system, and neuroendocrine processes — measured by more adaptive responses to stress by the autonomic nervous system and the endocrine system; and by reversal of the detrimental effects of the aging process, shown by the reduction of chronic and acute disorders in a wide variety of physiological, cognitive, and behavioral variables.