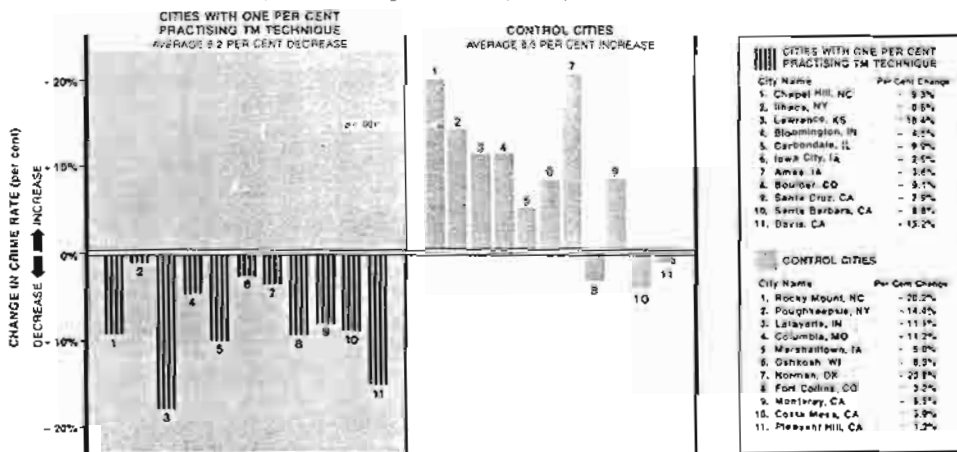


CHART O1

Improved Quality of City Life: Reduced Crime Rate

Indications  
of the  
Age of  
Enlightenment  
The Maharishi  
Effect

Change in Crime Rate 1972-1973: Cities with One Per Cent of the Population Practising the TM Technique Compared to Control Cities



**Finding:** A retrospective study compared 11 cities in which at least one per cent of the population had learned the Transcendental Meditation technique by the end of 1972 to 11 matched control cities with relatively few participants in the TM programme, but otherwise comparable in population, location, and previous crime statistics. Eight of the 11 control cities increased in number of serious crimes from 1972 to 1973 with an average change of +8.3 per cent. (For the nation as a whole, the average increase in city crime that year was six per cent according to the FBI Uniform Crime Reports.) In contrast, the cities with one per cent of their population practising the TM technique decreased in crime rate by an average of 8.2 per cent, a relative decrease of 16.5 per cent when compared with the control group. This difference in change in crime rate between the two groups of cities was statistically significant ( $p < .001$ ).

**Interpretation:** The TM technique is a mental procedure which produces a wide range of physiological and psychological benefits for the individual as well as improved relationships. However the primary effect of the TM technique is to develop higher consciousness in the individual. Individual consciousness is the basic unit of collective consciousness—family consciousness,

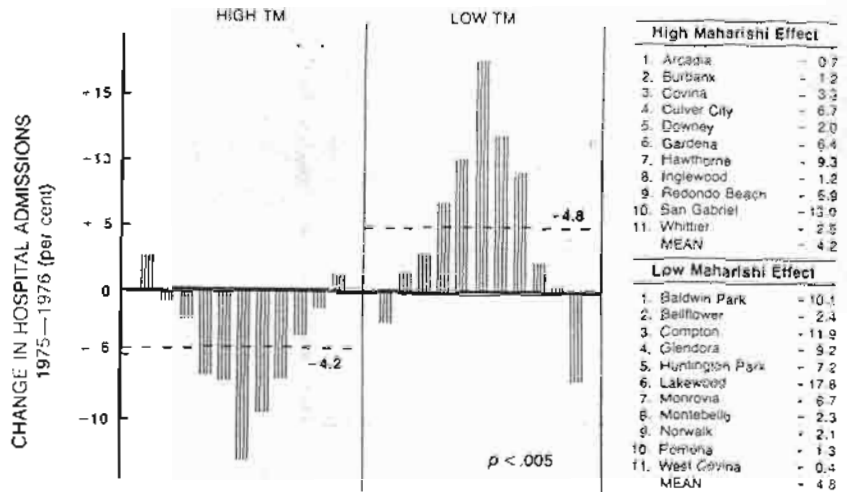
community consciousness, city consciousness, regional or provincial consciousness, national consciousness, and world consciousness. The present study has brought to light the improvements in city life caused by the improvement in the quality of city consciousness when the number of individuals in that city practising the TM technique rises to about one per cent. Increasing harmony and balance in the individual's behaviour naturally increases harmony and balance in the life of the city. This shift towards harmonious functioning throughout society at the one per cent level has been called the Maharishi Effect in honour of Maharishi Mahesh Yogi who predicted this phenomenon in 1960. Over 1,100 cities in the world now have one per cent of the population participating in the TM programme and are enjoying the benefits of the Maharishi Effect. Global research on individual consciousness and world consciousness at MERU in co-operation with other institutions has begun to study additional variables expected to change as the Maharishi Effect influences all levels of collective consciousness, leading to the creation of an ideal society and the Age of Enlightenment.

**Reference:** Candace Borland and Garland Landrieh III, 'Improved Quality of City Life: Decreased Crime Rate', (MERU 1975). Published in *Scientific Research on the Transcendental Meditation Program: Collected Papers*, Vol. 1, MERU Press, 1976.

## Reduction in Hospital Admissions Los Angeles County, California, U.S.A.

CHART O13

### Cities Rising to Perfect Health: Reduced Hospital Admissions



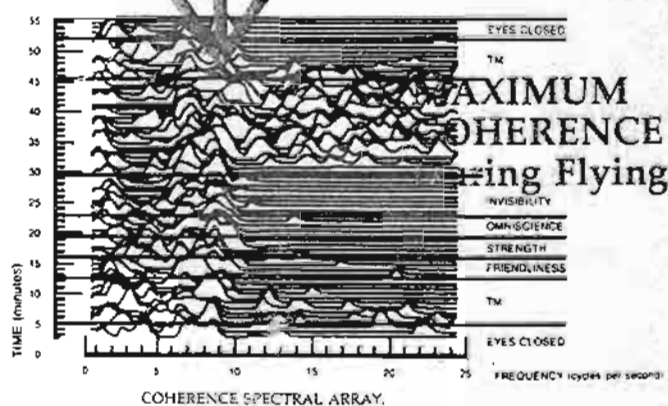
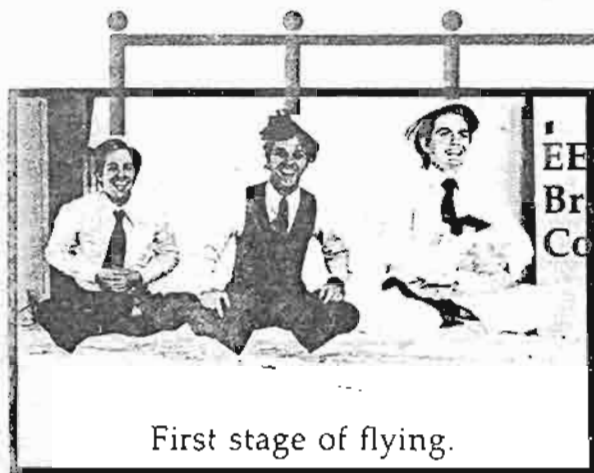
**Finding:** A survey was conducted of 41 hospitals in Los Angeles County for which admissions data were available in 1975 and 1976. The 22 cities in which the hospitals were located were all between 25,000 and 100,000 population and were rated according to the expected Maharishi Effect in December 1975. (The Maharishi Effect is a measure of the expected influence of orderliness caused by a given percentage of individuals in the population practising the Transcendental Meditation technique, see chart O2.) Eleven cities (Group A) were rated 'high Maharishi Effect' and the remainder (Group B) 'low Maharishi Effect' according to the percentage of individuals practising the Transcendental Meditation programme in the population. The mean percentage change in admissions of Group A cities from 1975 to 1976 was a decrease of 4.2%. The Group B cities showed a mean increase of 4.8% in the same period. The difference (9%) was highly significant ( $p < .005$ ). The correlation, over the 22 cities, of change in admissions and predicted change from the Maharishi Effect was significant ( $r = 0.5, p < .02$ ). From 1974 to 1975 the mean percentage changes in the two groups were Group A: -0.6%; Group B: +2.0%.

**Interpretation:** This finding, that a high concentration of individuals practising the Transcendental Meditation technique in the population is associated with a decrease in hospital admissions, is closely in accord with the prediction that the practice of the Transcendental Meditation technique produces an influence of orderliness in the surroundings. The fact that this Maharishi Effect involves not only crime decrease (as shown by

charts O1 to O12) but also decreased hospital admissions, indicates that the influence occurs at a level which simultaneously affects such widely differing areas of life as social behaviour and physical and mental health. Further evidence of improving economic and agricultural productivity in 'high Maharishi Effect' areas supports this hypothesis. A striking feature of the finding shown in this chart is that regression analysis showed the decrease in admissions to be three times that predicted by the Maharishi Effect for isolated cities. This implies that the impact of the local Maharishi Effect was being accelerated by another factor, the cumulative mutual influence of the many cities and suburbs in the Los Angeles County area which had reached the 1% level of individuals practising the Transcendental Meditation technique. This effect of one city on its neighbouring towns is known as the Maharishi Principle of Reciprocity (see chart O7) and means that the power of the local Maharishi Effect can be magnified many times by the rise in the collective consciousness of the region and the state as a whole. This principle allows us to predict that at the world-wide level perhaps as little as 0.5% or 0.1% of the population can produce a phase transition to greater orderliness in society simply by practising the Transcendental Meditation technique.

**Reference:** Stephen Giles, 'The Quality of Life in Southern California: Influence of the Maharishi Effect', Published in *Scientific Research on the Transcendental Meditation Program: Collected Papers*, Vol. II, MERU Press, Rheinweiler, W. Germany (in press).

# OPTIMIZING BRAIN FUNCTIONING THROUGH THE TRAN



Optimum brain functioning, as indicated by maximum coherence (orderliness) in brain wave activity during the TM-Sidhi practice, creates the perfect conditions for the frictionless flow of awareness towards the fulfilment of its desire. The principle of least action, which governs all activity in nature and uses the skill of nature to quietly accomplish everything, is available in its optimum value when brain wave coherence is maximum and awareness is in its simplest state.

The TM-Sidhi programme is a breakthrough in the development of human potential. Enlivening and activating transcendental consciousness and developing the habit to project thought and action from this simplest form of awareness, it makes thought and action most natural and therefore spontaneously evolutionary and opens the field of all possibilities for the fulfilment of every desire.

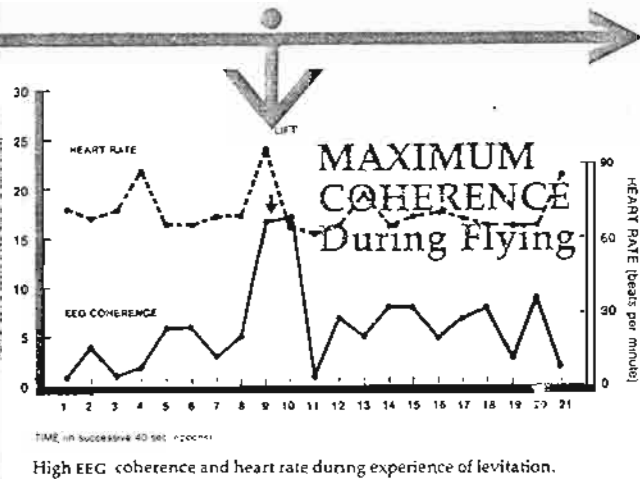
Here is the scientifically validated formula for enlightenment—life in fulfilment, free from suffering and problems. It has arisen with the dawn of the Age of Enlightenment, which was inaugurated by Maharishi on 12 January 1975.

With the world-wide distribution of this knowledge



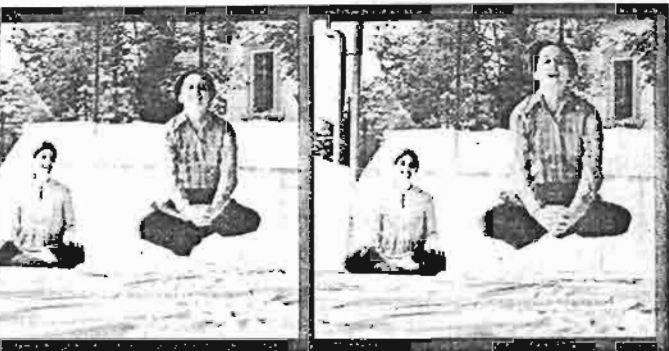
The higher they go the happier they become. Governors under

# TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAMME



Maximum coherence in brain waves accomplishes the specific ability. In the case of the flying ability, the body lifts up at the point of maximum coherence.

and experience, world consciousness has already started to rise, enriching the quality of life everywhere. With the TM-Sidhi programme enlivening the state of infinite correlation at the basis of all life, global transformation is taking place, an ideal society is being born.



...ing at Maharishi European Research University, Switzerland.

The TM-Sidhi programme has come to us in this scientific age as the fulfilment of pure knowledge. Here both ancient Veda and modern science find their ultimate achievement in opening infinite possibilities to human life.

Every individual practising the TM-Sidhi programme today is pioneering the Age of Enlightenment from the deepest, most silent level of his consciousness, for himself, for his family, his nation, and his world—for peace in the family of nations.

The TM-Sidhi programme is essential for rapid progress to higher states of consciousness. Courses are now held at every local Capital of the Age of Enlightenment throughout the world. After six months practice of the TM technique, every individual should commence the series of one-week preparatory courses which lead up to the ability to practise the TM-Sidhis.

# SCIENTIFIC RESEARCH ON THE TRANSCENDENTAL MEDITATION AND



The results of scientific research summarized in this book cover only a small fraction of published research on the Transcendental Meditation and TM-Sidhi programme. A more complete account of over 100 research studies can be found in *Scientific Research on the Transcendental Meditation Program: Collected Papers, Vol. 1, 1976*, a 700-page volume published by MERU Press. Illustrated abstracts of all these studies are available in *Results of Scientific Research on the Transcendental Meditation Program*, a 148-page booklet summarizing each main research result in chart form. Areas covered by this research are as follows:

## PART I Physiological Changes during the Transcendental Meditation and TM-Sidhi Programme

### ● SECTION A Physiology: Metabolic changes

Reduction in metabolic rate (charts A1-A3). Reduced respiratory rate and volume (charts A4-A6, A11). Decreased heart rate (charts A7-A9). Increased autonomic balance—skin resistance (chart A10).

### ● SECTION B Physiology: Biochemical changes

Biochemistry of reduced stress—decreased blood lactate and plasma cortisol (charts B1-B2).

### ● SECTION C Physiology: Electrophysiological changes

Increased skin resistance (charts C1-C4).

### ● SECTION D Physiology: Electroencephalographic (EEG) changes

Increased alpha power, spectral analysis (charts D1, D2, D4, D8, D9). Increased synchronization, balance, and coherence between brain areas (charts D3, D7, D10, D11, D13S). Increased EEG coherence with practice of the TM-Sidhi programme (charts D14S, D15S, D16S, D17S, D18S). Correlation between EEG coherence, creativity, higher consciousness, and physiological efficiency (chart D12).

## PART II Benefits in Daily Activity due to the Transcendental Meditation and TM-Sidhi Programme

### ● SECTION E Improved physiological efficiency

Reduced heart and breath rates (charts E1, E2). Improved flow of respiration (chart E3). Improved recovery from exertion (chart E4). Reduced muscular tension (chart E5).

### ● SECTION F Autonomic and emotional stability

Fewer GSR responses (chart F1). Increased resistance to stress (skin resistance habituation) (charts F2-F4).

# TM-SIDHI PROGRAMME — Over 100 published studies covering fifteen disciplines

## ● SECTION G Improved health

Normalization of blood pressure (chart G1). Reduced alcohol and tobacco abuse (chart G2). Faster recovery from sleep deprivation (chart G3). Improved dental health (chart G4). Relief from insomnia (chart G5). Normalization of weight (chart G6). Beneficial effects in asthma (chart G7). Increased exercise tolerance in angina pectoris (chart G8).

## ● SECTION H Improved athletic performance

Running, high jump, agility tests, cardiovascular efficiency, and respiratory efficiency (charts H1-H5).

## ● SECTION I Psychology: Perception and motor co-ordination

Faster reactions (chart I1). Improved auditory discrimination (charts I2, I6S, I9S). Superior perceptual-motor performance (charts I3, I5, I11S). Greater field independence (charts I4, I7S).

## ● SECTION J Psychology: Intelligence, learning, and academic performance

Increased intelligence and intelligence growth rate (charts J1, J7, J8, J10S). Improved memory (charts J2, J3, J5). Improved academic performance (charts J6, J8).

## ● SECTION K Psychology: Development of personality

Increased self-actualization and inner control (charts K1, K2, K3, K8). Decreased anxiety, neuroticism, and depression (charts K3, K7, K9, K11-K17, K23-K25). In-

creased self-esteem, innovation, tolerance, individuality, and energy (charts K18-K22).

## ● SECTION L Psychology: Creativity

Increased creativity, fluency, flexibility, and originality (charts L1, L2, L3S).

## ● SECTION M Sociology: Productivity and job satisfaction

Increased job satisfaction, improved job performance and relationships at work (charts M1-M7).

## ● SECTION N Sociology: Rehabilitation

Decreased anxiety, drug abuse, and behavioural disturbances among prisoners. Improved moral judgement and behaviour (charts N1-N11). Improved psychiatric rehabilitation (chart N12).

## ● SECTION O Sociology: Improved quality of life through the Maharishi Effect

Decreased crime and hospital admissions in cities and suburbs with about 1% of their populations practising the Transcendental Meditation technique (charts O1-O13).

The research summarized in these charts and research studies is being added to daily by intensive research activity in over 150 universities around the world. By June 1978, research projects undertaken on the Transcendental Meditation and TM-Sidhi programme totalled over 600, with many more currently in the planning and preparation stages.

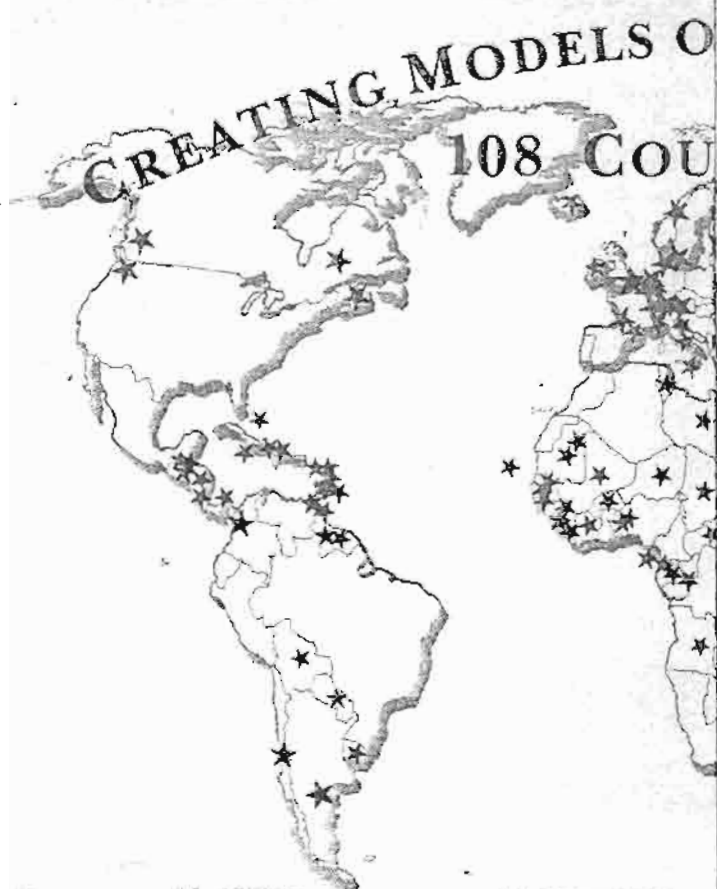
Based on the successful use of the Transcendental Meditation and TM-Sidhi programme as a technology for improving every aspect of mind, body, behaviour, and environment, the World Government of the Age of Enlightenment has inaugurated a pilot project to create models of an ideal society and invincibility in 108 countries.



**MAHARISHI MODEL PROVINCE PROJECT AND  
MAHARISHI INVINCIBLE NATION PROJECT**

To demonstrate in the most concrete and dramatic way possible how much can be accomplished by the Maharishi Effect, it was decided on 1 June 1978 to concentrate all Governors of the Age of Enlightenment in selected provinces in each of 20 countries throughout the world. Over 2,000 Governors have gathered in these provinces and states and are structuring a project to create a model province. Other Governors are preparing to go to the 88 smallest nations in the world to demonstrate that, irrespective of its size, any nation can be made invincible and brought to the level of an ideal society within a few months.

In these nations and provinces, mayors, local government officials, professionals, retired people, students, and citizens in every walk of life are now participating in this programme to enrich the life of society with enlightened individuals whose inner life and outer achievements radiate an influence of harmony and coherence to the whole environment.



- |                                  |                                   |   |   |                       |
|----------------------------------|-----------------------------------|---|---|-----------------------|
| 1 INDIA<br>● Madhya Pradesh      | 6 DENMARK<br>● Copenhagen         | 11 NORWAY<br>● Sor-Trøndelag                | 16 CHILE<br>● Nañoa                               | 21 Upper Volta        |
| 2 HONG KONG<br>● Victoria        | 7 ENGLAND<br>● Kent               | 12 SWEDEN<br>● Skåne                        | 17 COLOMBIA<br>● Antioquia                        | 22 Guatemala          |
| 3 ISRAEL<br>● The whole country  | 8 FRANCE<br>● Gironde             | 13 SWITZERLAND<br>● Uri ● Neuchâtel         | 18 U.S.A.<br>● Rhode Island<br>● Washington State | 23 Tunisia            |
| 4 SOUTH AFRICA<br>● Johannesburg | 9 GERMANY<br>● Hamburg            | 14 ARGENTINA<br>● Rio Negro                 | 19 AUSTRALIA<br>● South Australia                 | 24 Bolivia            |
| 5 AUSTRIA<br>● Tirol             | 10 NETHERLANDS<br>● Noord Brabant | 15 CANADA<br>● British Columbia<br>● Quebec | 20 NEW ZEALAND<br>● Greater Wellington            | 25 Mali               |
|                                  |                                   |   |   | 26 Malawi             |
|                                  |                                   |   |   | 27 Ivory Coast        |
|                                  |                                   |   |   | 28 Finland            |
|                                  |                                   |   |   | 29 Zambia             |
|                                  |                                   |   |   | 30 Dominican Republic |
|                                  |                                   |   |   | 31 Haiti              |
|                                  |                                   |   |   | 32 Niger              |

# IDEAL SOCIETY IN COUNTRIES



## THE MERU IDEAL SOCIETY INDEX

In order to measure in the most scientific way the effect of the Maharishi Model Province Project, scientists at Maharishi European Research University (MERU) have devised an index of statistical and sociological criteria for assessing the growth of collective consciousness in society. The structure of this index has been based on the development in every aspect of life of six *Fundamentals of Progress*:

- 1. Creativity
- 2. Adaptability
- 3. Stability
- 4. Integration
- 5. Purification
- 6. Growth

These fundamentals, expressed in physiology, psychology, sociology, and ecology, are measured by drawing upon the wealth of statistics, news reports, scientific and professional journals, and government records available in all walks of life: education, health, law and order, economics and industry, government, agriculture, environment, and social welfare. By recording and making publicly available this concrete documentation of society's progress, universities, government departments, and media can all play a part in validating and thus reinforcing and stabilizing the growth of an ideal society.

Senegal	46 Sierra Leone	56 Jamaica	68 Mauritius	80 United Arab Emirates	89 Solomon Islands	99 Dominica
Guinea	47 Central African Empire	57 Costa Rica	69 Guyana	81 Malta	90 Qatar	100 Antigua
Rwanda		58 Liberia	70 Oman	82 Equatorial Guinea	91 Western Samoa	101 Seychelles
Chad	48 Paraguay	59 Panama	71 Botswana	83 Comoro Islands	92 Djibouti	102 St Kitts-Nevis
El Salvador	49 Papua New Guinea	60 South Yemen	72 Cyprus	84 Cape Verde Islands	93 Maldives	103 Andorra
Burundi		61 Mongolia	73 Fiji	85 Barbados	94 St Lucia	104 Monaco
Laos	50 Jordan	62 Mauretania	74 Gabon	86 Bahrain	95 St Vincent	105 Liechtenstein
Somalia	51 Albania	63 Congo	75 Guinea-Bissau	87 Iceland	96 Tonga	106 San Marino
Ireland	52 Libya	64 Bhutan	76 Gambia	88 Bahamas	97 Grenada	107 Nauru
Benin	53 Singapore	65 Trinidad and Tobago	77 Swaziland		98 São Tomé and Príncipe	108 Vatican State
Uruguay	54 Togo	66 Lesotho	78 Surinam			
Honduras	55 Nicaragua	67 Kuwait	79 Luxembourg			
Lebanon						





# NEW PRINCIPLES RISING TO GUIDE LIFE I

'Due to the global influence of coherence and harmony, brought about by two million people in the world practising the Transcendental Meditation programme, stress is being released from world consciousness. As a result, higher principles of life are emerging which are enabling mankind to live life in happiness,

*Old Principles That Kept Life Shrouded in Ignorance for Ages in the Past*

*New Principles\* Arising to Guide Life in the Age of Enlightenment*

**EDUCATION**

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>① Emphasis on information.</li> <li>② Knowledge perceived from the foothills of awareness—waking consciousness.</li> <li>③ Gaining knowledge was based on directing the attention outwards, which limited the awareness to the object of attention.</li> </ul> | <ul style="list-style-type: none"> <li>① Emphasis on consciousness.</li> <li>② Knowledge perceived from the summit of awareness—unity consciousness.</li> <li>③ Gaining knowledge has its basis in turning the attention within and expanding the awareness to unboundedness, which gives the ability to know and accomplish anything at will.</li> </ul> |
|---|---|

**HEALTH**

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>① Health is improved by physical methods of treatment, prevention, and promotion</li> <li>② Lack of knowledge about the fundamental of health.</li> <li>③ The responsibility of the doctor was for the physical and mental health of the individual only.</li> </ul> | <ul style="list-style-type: none"> <li>① Health is improved through development of consciousness, producing a holistic influence for perfect health.</li> <li>② Full knowledge of natural law—life according to natural law, the fundamental of perfect health.</li> <li>③ The responsibility of the doctor is to maintain the whole population in perfect health by developing higher states of consciousness in at least one per cent of the population.</li> </ul> |
|---|---|

**BUSINESS AND INDUSTRY**

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>① Fatigue is proportional to effort.</li> <li>② Routine work cramped the expression of creative intelligence, causing stress, frustration, and discontent.</li> <li>③ Competition often proved to be fatiguing and distressing on the ground of limited creativity.</li> </ul> | <ul style="list-style-type: none"> <li>① Achievement and success are inversely proportional to effort.</li> <li>② The rigidity caused by routine work is neutralized by creating infinity, unbounded awareness, twice daily through Transcendental Meditation.</li> <li>③ Competition is revitalizing on the ground of lively creativity.</li> </ul> |
|---|--|

**GOVERNMENT**

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>① The government governs the nation.</li> <li>② The government was blamed for all national problems.</li> <li>③ Most of the government's energy and national resources were utilized to solve problems.</li> </ul> | <ul style="list-style-type: none"> <li>① National consciousness is the unseen governor of the government.</li> <li>② The government is the pure and innocent mirror of the nation.</li> <li>③ The government's energy and national resources are fully utilized in structuring the steps of progress.</li> </ul> |
|---|--|

**AGRICULTURE**

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>① The farmer was at the mercy of the forces of nature.</li> <li>② Attempt to solve the problems of farming by manipulating surface values.</li> </ul> | <ul style="list-style-type: none"> <li>① Now the farmer gains mastery over nature and spontaneously the weather is controlled according to his needs and desires.</li> <li>② When the value of infinite correlation is fully enlivened in the farmer's awareness, all of nature's elements act in a co-ordinated manner to maximize the yield.</li> </ul> |
|--|---|

# THE DAWNING AGE OF ENLIGHTENMENT

Success, prosperity, and fulfilment, free from the historical tradition of suffering, struggle, problems, and weakness. This is why the principles guiding thought, action, and behaviour in the Age of Enlightenment are going to be completely opposite to the principles which prevailed in the past.' —Maharishi

\*A complete list of over 145 new principles of the Age of Enlightenment is available in issue number 6 of World Government News magazine.

	<i>Old Principles That Kept Life Shrouded in Ignorance for Ages in the Past</i>	<i>New Principles* Arising to Guide Life in the Age of Enlightenment</i>
LAW, JUSTICE, AND REHABILITATION	<ul style="list-style-type: none"> <li>● To err is human.</li> <li>● Order in society was based on the enforcement of external controls.</li> <li>● Rehabilitation was thought to be needed for prisoners and law-breakers only.</li> <li>● Negativity spreads and influences the whole society.</li> </ul>	<ul style="list-style-type: none"> <li>● Perfection is the birthright of man.</li> <li>● Order in society results spontaneously from the order created in the minds of men by contacting pure consciousness, the source of all order and harmony in nature.</li> <li>● Anyone living without the enlivenment of the field of all possibilities in his awareness is in need of rehabilitation.</li> <li>● When one per cent of the population is practising the Transcendental Meditation technique, positivity rises and neutralizes negativity, creating progressive, evolutionary trends in the whole society.</li> </ul>
CULTURAL INTEGRITY	<ul style="list-style-type: none"> <li>● Modern progressive values were thought to be incompatible with old cultural values.</li> <li>● Cultural values have lost their original structure.</li> <li>● No means were available to safeguard the purity of culture.</li> </ul>	<ul style="list-style-type: none"> <li>● Cultural values are at the basis of the progress, prosperity, and fulfilment of any nation.</li> <li>● When the ground state of natural law, the basis of all culture, is opened to individual awareness, the culture will be nourished from within and will blossom in its full value.</li> <li>● Purity of culture is maintained when individuals have the home of all the laws of nature lively in their awareness and are at home in any culture.</li> </ul>
RETIRED PEOPLE	<ul style="list-style-type: none"> <li>● Society bestows rest but retired people still want to be active and give their best to society.</li> <li>● Old age brought fatigue and ill-health.</li> <li>● The older generation was disregarded because it was out of touch with new ideas.</li> </ul>	<ul style="list-style-type: none"> <li>● Retired people perform action from the level of silence—the field of perfect rest—and generate silent waves of inspiration for the whole society.</li> <li>● Old age enjoyed in enlightenment, the state of perfect health.</li> <li>● The older generation will serve as a source of wisdom, inspiration, and enrichment to life for the coming generations.</li> </ul>
DEFENCE	<ul style="list-style-type: none"> <li>● Principle of controlling the enemy on the basis of fear and destruction.</li> <li>● Principle of defence—skilful use of dynamism.</li> <li>● Preparedness for war.</li> <li>● National safety was thought to be secured in the stockpiling of powerful weapons.</li> </ul>	<ul style="list-style-type: none"> <li>● Principle of controlling the enemy on the basis of the power of friendliness and coherence, which destroys enmity.</li> <li>● Principle of defence—skilful use of silence.</li> <li>● Victory before war.</li> <li>● Coherence increasing in national consciousness creates an armour of invincibility for the nation.</li> </ul>

# KNOWLEDGE TO CREATE AN IDEAL SOCIETY

## KNOWLEDGE TO CREATE AN IDEAL SOCIETY

The creation of an ideal society through the enlightenment of its individual members has been put within easy grasp of every society through the development of a series of simple and complete courses designed under Maharishi's direct guidance at Maharishi European Research University (MERU). These courses which complement the practical experience provided by the Transcendental Meditation and TM-Sidhi programme provide a profound perspective on the role that each area of society plays in creating maximum harmony, progress, and fulfilment in the life of society.

This beautiful knowledge for every area of society, capable of creating an ideal society and raising the nation to invincibility, is available at each of the 1,500 Capitals of the Age of Enlightenment in over 140 countries. An outline of the courses is presented below including the Core Course on Invincibility and courses developed specifically for each area of society. Everyone is invited to contact his local Capital of the Age of Enlightenment in order to take full advantage of this unique opportunity to create an ideal world.



Maharishi explains the new principles

### Core Course on Invincibility

- **THEME ONE:** Global Perspective on Invincibility.
- **THEME TWO:** Scientific Principles of Invincibility.
- **THEME THREE:** The Technology for Developing Invincibility in Every Nation—Producing the Maharishi Effect in World Consciousness.
- **THEME FOUR:** Verification of the Principles and Technology of Developing Invincibility for Every Nation.
- **THEME FIVE:** The Science of Creative Intelligence, the Science of Consciousness, is the Science of Invincibility.
- **THEME SIX:** The Fundamentals of Invincibility.
- **THEME SEVEN:** New Principles Coming to Guide Life in the Dawning Age of Enlightenment, Creating the Foundation of Invincibility for Every Nation.
- **THEME EIGHT:** Maharishi's Absolute Theory of Action—Its Role in Making the Nation Invincible.
- **THEME NINE:** Meeting Point of Ancient Veda and Modern Science—Providing a Reliable Basis of Invincibility to Every Nation.
- **THEME TEN:** Vedic Principles of Invincibility to Every Nation.
- **THEME ELEVEN:** Creating an Ideal Society to Make Every Nation Invincible.
- **THEME TWELVE:** Problem-free Society—The Foundation of Invincibility for Every Nation.
- **THEME THIRTEEN:** Ideal Man, the Basis of an Ideal Society and an Invincible Nation.
- **THEME FOURTEEN:** Ideal Leadership for an Ideal Society and an Invincible Nation.
- **THEME FIFTEEN:** Cultural Integrity—Its Role in Making the Nation Invincible.
- **THEME SIXTEEN:** Maharishi's Absolute Theory of Cultural Integrity.
- **THEME SEVENTEEN:** Cultural Integrity and Enlightenment.
- **THEME EIGHTEEN:** Cultural Integrity and World Peace—Harmony in Diversity.
- **THEME NINETEEN:** World Government of the Age of Enlightenment—Its Role in Safeguarding the Sovereignty and Invincibility of Every Nation by Maintaining Higher Consciousness in Society.
- **THEME TWENTY:** Maharishi's Absolute Theory of Invincibility.
- **THEME TWENTY-ONE:** Global Unfoldment of the Age of Enlightenment—Improving the Quality of World Consciousness.
- **THEME TWENTY-TWO:** Celebrating Invincibility to Every Nation—Maharishi's Supreme Gift to the World.

After completion of the Core Course on Invincibility, the courses on the following page enable all sections of society to contribute their share in creating an ideal society.

# TO BRING INVINCIBILITY TO EVERY NATION



Life in the Age of Enlightenment.

## DEGREES AND CERTIFICATES OF HIGHER EDUCATION AT MERU

All who participate in MERU Advanced Courses are formally awarded, on graduation, a certificate of higher learning verifying their achievements and qualifications in the scientific study of consciousness. These qualifications are gained on completion of courses on the Transcendental Meditation technique and the Science of Creative Intelligence, the TM-Sidhi Course, Age of Enlightenment Citizens' Advanced Courses, Teacher Training Courses, and Governor Training Courses, as well as the newly structured courses on invincibility. Courses up to the equivalent of Ph.D. standard are now available, covering up to seven years study, including experimental work, original research, teaching experience, and submission of theses. These can be taken either directly or by special arrangement as part of degree programmes at other universities.

Every citizen, whatever his background or field of study, is invited to participate in the MERU advanced education programme to raise his own consciousness, thereby contributing to the creation of an ideal society and bringing invincibility to his nation.

### Courses for Every Area of Society to Contribute Their Share in Creating an Ideal Society

**A COURSE FOR STUDENTS:** The Importance of Students in Making the Nation Invincible—A Formula.

**A COURSE FOR TEACHERS:** The Importance of Teachers in Making the Nation Invincible—A Formula.

**A COURSE FOR GOVERNMENT:** The Importance of Government in Making the Nation Invincible—A Formula.

**A COURSE FOR MILITARY:** The Importance of the Military in Making the Nation Invincible—A Formula.

**A COURSE FOR POLICE:** The Importance of the Police in Making the Nation Invincible—A Formula.

**A COURSE FOR LAWYERS, JUDGES, AND REHABILITATION EXPERTS:** The Importance of Law, Justice, and Rehabilitation in Making the Nation Invincible—A Formula.

**A COURSE FOR PRISONERS:** The Role of Prisoners and Prison Officials in Making the Nation Invincible—A Formula.

**A COURSE FOR DOCTORS:** The Importance of Perfect Health in Making the Nation Invincible—A Formula.

**A COURSE FOR PROFESSIONALS:** The Importance of Professionals in Making the Nation Invincible—A Formula.

**A COURSE FOR SCIENTISTS:** The Importance of Scientists in Making the Nation Invincible—A Formula.

**A COURSE FOR BUSINESSMEN:** The Importance of Business and Industry in Making the Nation Invincible—A Formula.

**A COURSE FOR FARMERS:** The Importance of Agriculture and Natural Resources in Making the Nation Invincible—A Formula.

**A COURSE FOR LABOUR:** The Importance of Labour in Making the Nation Invincible—A Formula.

**A COURSE FOR WIVES AND MOTHERS:** The Importance of Wives and Mothers in Making the Nation Invincible—A Formula.

**A COURSE FOR RETIRED PEOPLE:** The Importance of Retired People in Making the Nation Invincible—A Formula.

## INVITATION TO MAYORS OF THE WORLD

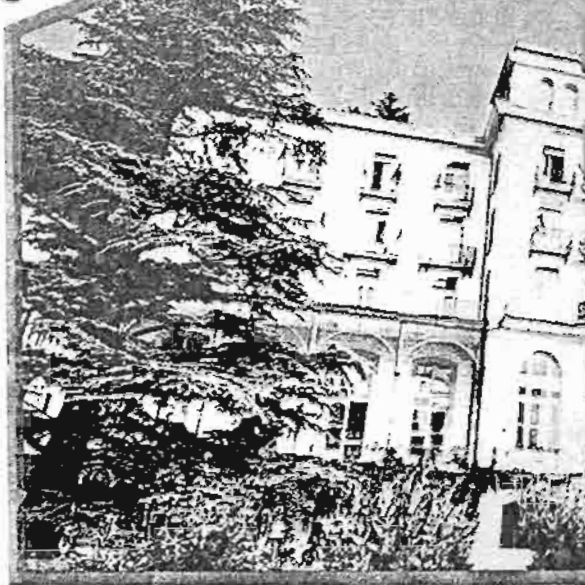
In many parts of the world it has been city mayors in particular who have been quick to respond to the needs of their citizens for a better life. Because of this, the World Government of the Age of Enlightenment has invited the mayor of every city and town to appoint its ten most successful citizens to form a council called the *City Parliament of the Age of Enlightenment*. This parliament of citizens will form an additional wing of administration which will have the responsibility to make available everywhere the knowledge and experience of higher consciousness.

Until now the structure of society has made no provision for maintaining higher states of consciousness in the community. What is needed is an organization in every society responsible for enlivening, in individual and collective consciousness, the full potential of natural law, the basis of all success and dignity in life.

## ADMINISTERING HIGHER CONSCIOUSNESS IN SOCIETY

Already every community has leaders and experts in each sphere of life—economics, law, politics, agriculture, religion, culture, etc.—but still nowhere in the world does an ideal society exist: problems and suffering continue to plague life everywhere. What is necessary to remedy this situation is the knowledge and experience of the state of least excitation of consciousness, the field of all possibilities. This can easily be provided through the Transcendental Meditation and TM-Sidhi programme, which unfolds the individual's full potential of consciousness. Through the Maharishi Effect just one per cent of the population composed of individuals functioning from the state of least excitation of consciousness is

## CITY PARLIAMENTS OF THE



The International Capital of



In the Assembly Hall of the International Capital of the Age of Enlightenment design programmes of the level of invincibility.

## AGE OF ENLIGHTENMENT



Age of Enlightenment



arishi and members of the World Government  
the collective consciousness of every nation to

enough to produce coherence, cultural integrity, invincibility (security from weakening influences), and fulfilment in community consciousness.

The sole responsibility of the members of the City Parliament of the Age of Enlightenment will be to ensure that the collective consciousness of the city is properly administered so that it always remains fully developed—coherent, harmonious, and most creative—in order to disallow problems and provide the ground for fulfilling progress in society. The City Parliament of the Age of Enlightenment will be a unit to bring invincibility to its area and to the entire nation by ensuring that at least one per cent of the population practises the Transcendental Meditation and TM-Sidhi programme.

### TEACHERS OF THE AGE OF ENLIGHTENMENT

The City Parliament of the Age of Enlightenment will select candidates to be trained as Teachers of the Transcendental Meditation and TM-Sidhi programme for the area. The main criteria for selection are that candidates should be men and women with a good education, preferably with a scientific background, and dedicated to uplifting society. They will then be trained on an Age of Enlightenment Teacher Training Course under the guidance of His Holiness Maharishi Mahesh Yogi.

The City Parliament of the Age of Enlightenment will inspire the city population to improve the quality of city life by developing the full creative potential of every citizen. In addition, the City Parliament of the Age of Enlightenment will make use of the MERU Ideal Society Index (see page 25) to monitor improvements in every area of society.



### **INVINCIBILITY TO EVERY NATION: Resolving the Crisis of Defence**

With the successful training of over 4,000 Governors of the Age of Enlightenment, 14,000 Teachers of the Transcendental Meditation programme, and over two million Citizens of the Age of Enlightenment, the World Government of the Age of Enlightenment is confident to offer to the world its supreme gift—invincibility to every nation. This offer has arisen from the recognition that the world is now at a crisis in its history. On the one hand, no nation can defend itself: the family of nations has found no solution to the growing number of weapons in the hands of every nation. On the other hand, man's knowledge of the laws of nature has reached its extreme level of fulfilment—the discovery of the means to experience the ground state of all the laws of nature in the simplest state of awareness and to use this experience to create a completely fulfilled individual and an ideal society. In this crucial situation, the World Government of the Age of Enlightenment has come forward to offer invincibility to every nation simply by instructing one per cent of its population in the Transcendental Meditation and TM-Sidhi programme.

### **Invincibility of the Nation Is Now in the Hands of the Individual**

In the crisis that exists in the field of defence today, when no nation is capable of defending itself against the appalling destructive power of nuclear weapons, and at a time when all attempts at arms limitation and defence treaties are meeting with utter failure, the World Government's offer of a formula for invincibility to every nation is very timely indeed. At no time have individuals felt there was so little they could do, and yet science is now showing that every citizen has within himself an infinite resource with which he can make an essential contribution to creating an ideal society and an invincible nation. It is now the local people—the mayors, businessmen, professionals, workers, students, mothers of families, and retired people of each local area—who hold in their hands the means to structure the only effective and truly invincible defence for their nation.



### Creating an Ideal Society Is the Key to Invincibility

The framework for bringing invincibility to every nation is the World Government's pilot project to create models of an ideal society and invincibility in 108 countries, including the 88 smallest countries in the world, and specially chosen provinces of 20 larger countries. In each of the model provinces and smallest nations, citizens, mayors, and government leaders are discovering for themselves that by releasing stress from the nervous system through the practice of the Transcendental Meditation and TM-Sidhi programme, it is possible for a few individuals to bring the life of society into full accord with all the laws of nature resulting in a quality of life that does not permit mistakes that breed enmity in others. These citizens, making up the first one per cent of the population to take the knowledge of enlightenment for their own and their society's benefit, are the pioneers of invincibility for their nation. It is they who are responsible for awakening the only power that can effectively deal with the threat of nuclear destruction that faces every nation today—the power of nature itself.

When mention is made of the stockpile of nuclear arms in connection with invincibility, it is only to present the fact that the present time is offering a choice to every individual—rise to enlightenment and structure invincibility for the nation, or continue in ignorance and perpetual fear of extinction. The threat of extinction to life is not so great as that of the continued state of mankind in suffering. If, in the past, man has not known how to live according to natural law, this was only due to his ignorance. Yet, it is this ignorance which has brought life to a deplorable state which is worse than extinction. The real call of the rising Age of Enlightenment is for man to rise to his infinite potential and live in bliss consciousness. Life on the level of fulfilment is the real gift of the World Government of the Age of Enlightenment. It is for every individual to rise to his full awakening and establish the dignity of human life for all generations to come.



With the resounding success of the first three months of the Maharishi Model Province Project, the World Government of the Age of Enlightenment has been moved to apply its technology for bringing coherence to collective consciousness to the world's most seriously troubled areas.

In early October 1978, a group of prominent citizens in Nicaragua made a public appeal to individuals and organizations for any means that could eliminate violence from Central America. The World Government of the Age of Enlightenment immediately responded by sending 300 of the most experienced Governors of the Age of Enlightenment to six countries in Central America. The Governors were instructed to engage in no public activity, but instead to remain indoors and practise the Transcendental Meditation and TM-Sidhi programme in order to increase coherence in the collective consciousness of the region. The effect was dramatic. Within a few days, violence in the area ceased.

With this success, the World Government of the Age of Enlightenment was immediately inspired to institute identical programmes in four other major areas of turbulence in the world—southern Africa, the Middle East, Iran, and South-East Asia. By the end of October 1978, over 1,000 Governors had dispersed into these areas. Immediately news reports began to indicate the calming down of violence, and scientists were able to supply the technical knowledge necessary to incorporate the Transcendental Meditation and TM-Sidhi programme into the local culture.

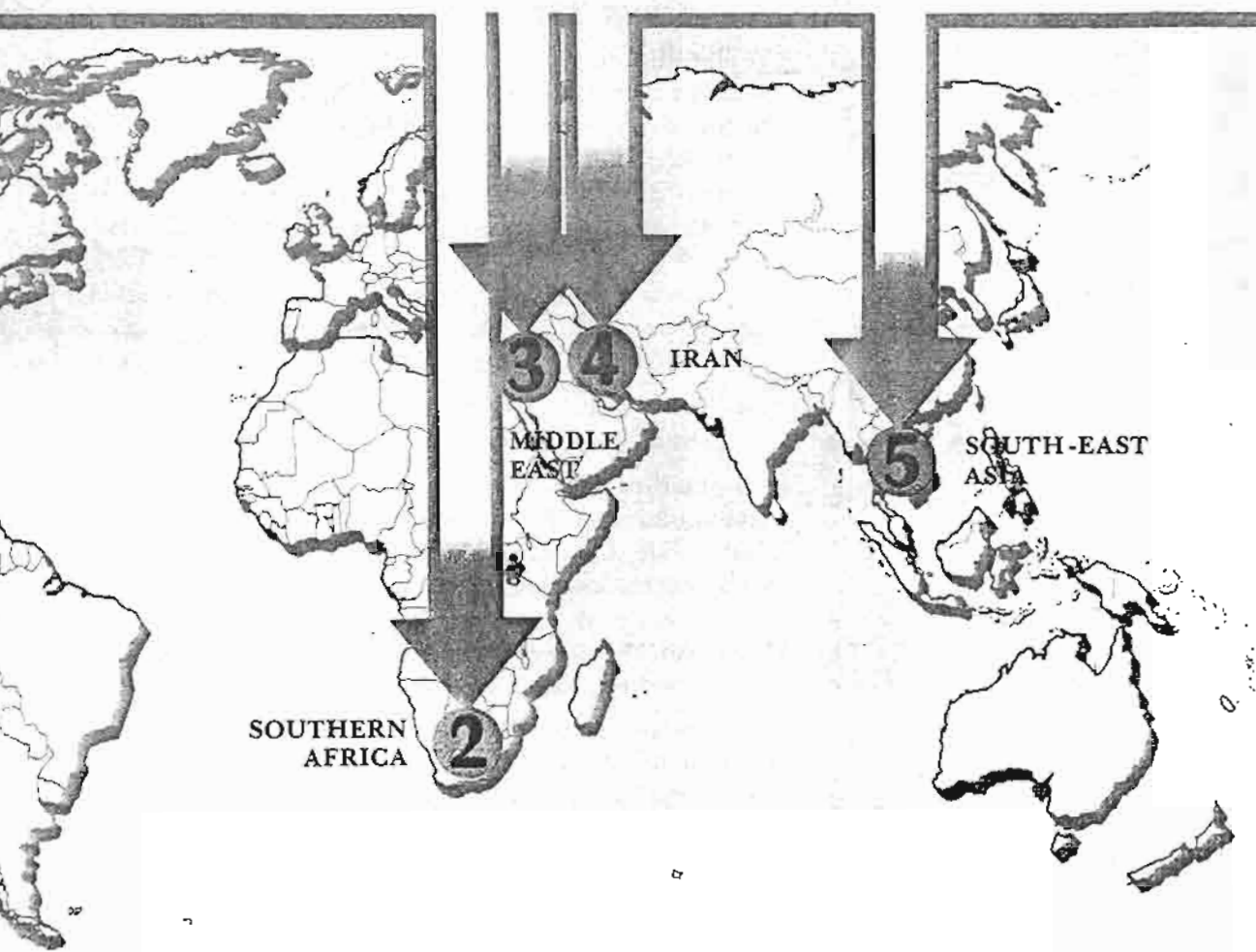
#### WORLD PEACE IN ONE MONTH

The result of this successful experiment has been to bring about the first phase of world peace within a few weeks. It has demonstrated clearly that violence is not a political phenomenon, but is rather a sociological symptom of the accumulation of stress in the nation. As such it can be rapidly eliminated by an essentially medical approach, namely, increasing coherence in collective consciousness by increasing coherence in the physiology of a few individuals in the nation. When a few individuals enliven coherence in the common ground which is responsible for all thinking and behaviour, the effect in the population

*continued on page 28*



# GLOBAL PROGRAMME TO BRING DIATE WORLD PEACE

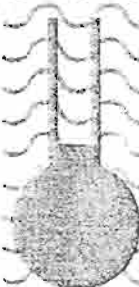


## Principles of Peace from Physics

HIGH  
TEMPERATURE



LOW  
TEMPERATURE



In physics, the Third Law of Thermodynamics describes how orderliness in a system can be increased by reducing the level of excitation (reducing temperature). The same principle applied at the level of individual and collective consciousness explains how a few individuals, creating a settled state of consciousness by practising the Transcendental Meditation programme, can eliminate violence and bring peace even to the most troubled areas of the world.

## GLOBAL PROGRAMME TO BRING

is to reverse the disorganized and excited physiological and biochemical functioning characteristic of stress.

### THREE STEPS TO PEACE IN ANY AREA

The elimination of violence from the troubled areas of the world is a natural phenomenon. Now that world communication is so rapid and world consciousness is so alert, it is inevitable that any pain or suffering anywhere should spontaneously draw the attention of the collective consciousness of the world and attract the means to heal the injured area. The action of the World Government of the Age of Enlightenment in sending Governors of the Age of Enlightenment to practise the TM and TM-Sidhi programme in areas of violence in the world is simply a natural healing phenomenon.

In the process of restoring harmony and dignity to human life in these areas there are three natural phases.

1. In the first phase, Governors of the Age of Enlightenment arrive in the area. During this phase the Governors simply sit quietly in their rooms and allow their awareness to settle into silence. In this simple act of being themselves they act as a catalyst, and while taking no sides and engaging in no intervention whatsoever, they silently facilitate the natural transition towards a more healthy and life-supporting situation in the area.
2. In the second phase, when all is quiet and peaceful, scientists from MERU visit the area to explain what has been done and how it has been accomplished.
3. In the third phase, programmes are established to train local Governors of the Age of Enlightenment who will stabilize the peace and will make the land self-sufficient in the knowledge of invincibility and cultural integrity for many generations.

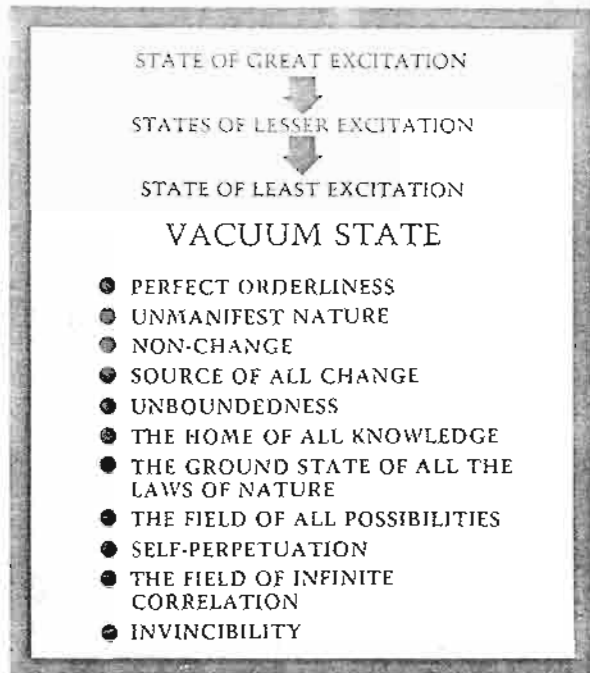
# IMMEDIATE WORLD PEACE

## STAGES IN THE ESTABLISHMENT OF WORLD PEACE

The first stage in this process of bringing about a real and fundamental change towards world peace is to eliminate the most serious outbreaks of violence which have been bringing war to the world. This has been accomplished in a matter of only a few weeks. The next step is to attend to the lesser but still very serious problems which naturally begin to attract collective attention once the worst problems are over. In this way the negativity which has been dominating the world is being eliminated layer by layer, and the true value of life according to natural law is being established in every country simultaneously.

The success of this method of increasing the degree of coherence in national consciousness and collective behaviour confirms the insight on which Maharishi's entire teaching has been based: that human consciousness, in its state of least excitation, is identical with the basic ground state of the laws of nature governing the entire process of evolution. With access to this ground state of all natural law, man is no longer at the mercy of historical trends over which he has little or no control. Instead, he can direct the trends of time.

Over 1,000 Governors of the Age of Enlightenment are now a permanent stand-by to attend emergencies in any part of the world and eliminate outbreaks of violence, sickness, or ecological disturbances within a matter of days. With this force available, with growing interest in establishing a Loan Fund for World Peace to support such an emergency system, and with local Governors of the Age of Enlightenment now being trained in many nations, the ground is set for an extremely long period of real peace and happiness for the world.



The state of least excitation of consciousness experienced during Transcendental Meditation is the ground state of all the laws of nature, identified in physics as the vacuum state of the quantum field.



A group of Governors of the Age of Enlightenment—experts in enlivening the ground state of natural law.

# CAPITALS OF THE AGE OF ENLIGHTENMENT

The Transcendental Meditation and TM-Sidhi programme is offered at the 1,500 Capitals of the Age of Enlightenment in over 140 countries. At every local Capital of the Age of Enlightenment the following basic courses are made available for everyone in the locality.

A seven-step course to learn the *Transcendental Meditation technique*

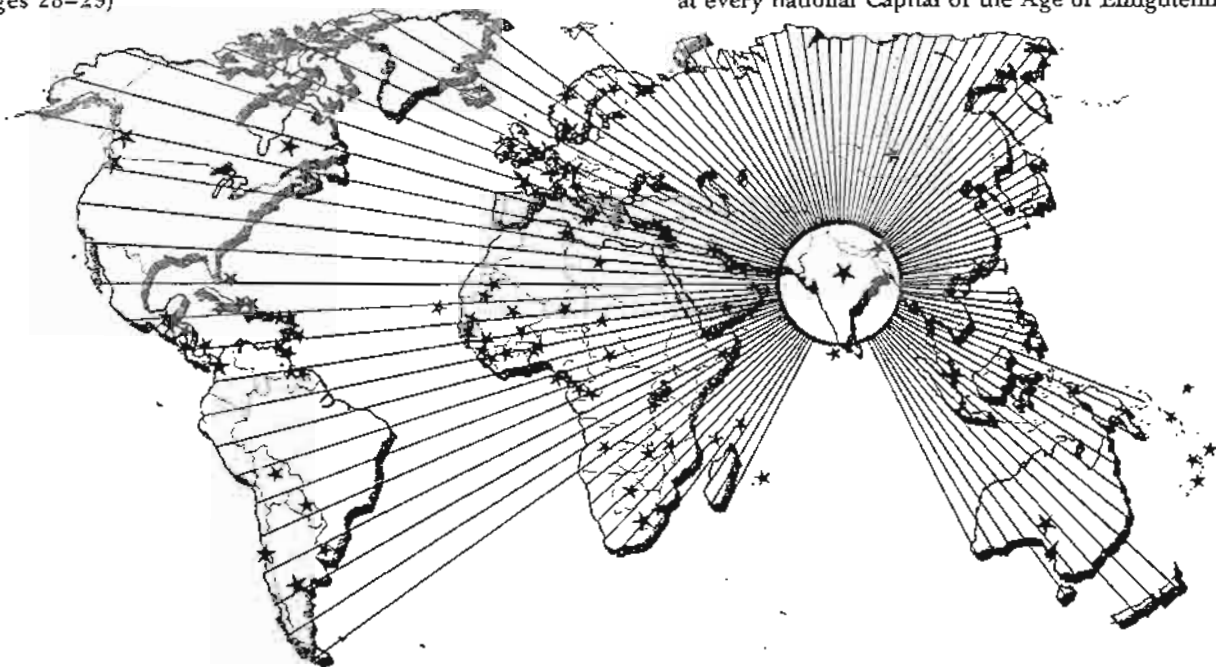
A 33-lesson course in the *Science of Creative Intelligence*

Courses on *Invincibility* for each area of society, (see pages 28-29)

*Age of Enlightenment Citizens Advanced Courses* for learning the TM-Sidhi programme

The *Age of Enlightenment Teacher Training Course*

The *Age of Enlightenment Governor Training Course* (offered at every national Capital of the Age of Enlightenment)



Activities of Creating an Ideal Society in India are primarily conducted by the following organisations:

MAHARISHI INSTITUTE OF  
CREATIVE INTELLIGENCE  
RAM NIVAS  
BEOHAR BAG, JABALPUR (M.P.)

MAHARISHI DHYAN VIDYA PEETH  
SHANKARACHARYA NAGAR  
RISHIKESH (U.P.)

MAHILA DHYAN VIDYA PEETH  
54-55 GOLF LINKS  
NEW DELHI 110003

LOCAL CENTRE

DHARMA PRATISHTHANAM  
B 4/59 SAFDARJUNG ENCLAVE  
NEW DELHI 110016