

## THE PROBLEM: NATIONAL STRESS



Multiple indicators showed high or rising levels of national stress in the U.S.

Rising Trends (2000-2008):  
Murder, Vehicle Fatalities,  
Drug-Induced Deaths.

Drug Deaths

### National Stress Composite Index

Homicide, Rape, Robbery, Infant Mortality, Aggravated Assault, Vehicle Fatalities, Youth Injury Deaths

## THE EXPERIMENT & RESULTS: A 17-YEAR NATIONAL DEMONSTRATION

### Baseline Period (2000-2006)

Avg. 622 Participants

Below Threshold (1,725)

Group size at  
Maharishi International  
University (MIU) was well  
below the required threshold.

### Demonstration Period (2007-2011)

Avg. 1,815 Participants

↑ Above Threshold (1,725)

### Immediate & Simultaneous Reduction in National Stress

When threshold was reached in 2007, all eight stress indicators showed a significant decrease in negative trends ( $p < .0001$ ).

An Estimated  
**395,027**  
Deaths Averted

Across all measured categories during Demonstration and Post periods compared to forecasts.

28,553	948,632	95,885	79,941
fewer homicide murders	fewer aggravated assaults	lower vehicle fatalities	lower drug- induced deaths

### Post Period (2012-2016)

Declined to  
~628 Participants

↓ Below Threshold (1,725)

### Negative Trends Returned When Group Size Declined

As the group size fell below the threshold, all eight indicators reversed course and began to rise again, strengthening the evidence for causality.

# The Maharishi Effect

The Science of Collective Consciousness

## THE THEORY: THE EXTENDED MAHARISHI EFFECT



### The Maharishi Effect

When 1% of a population practices Transcendental Meditation (TM), a phase transition to increased orderliness and reduced negative trends occurs.



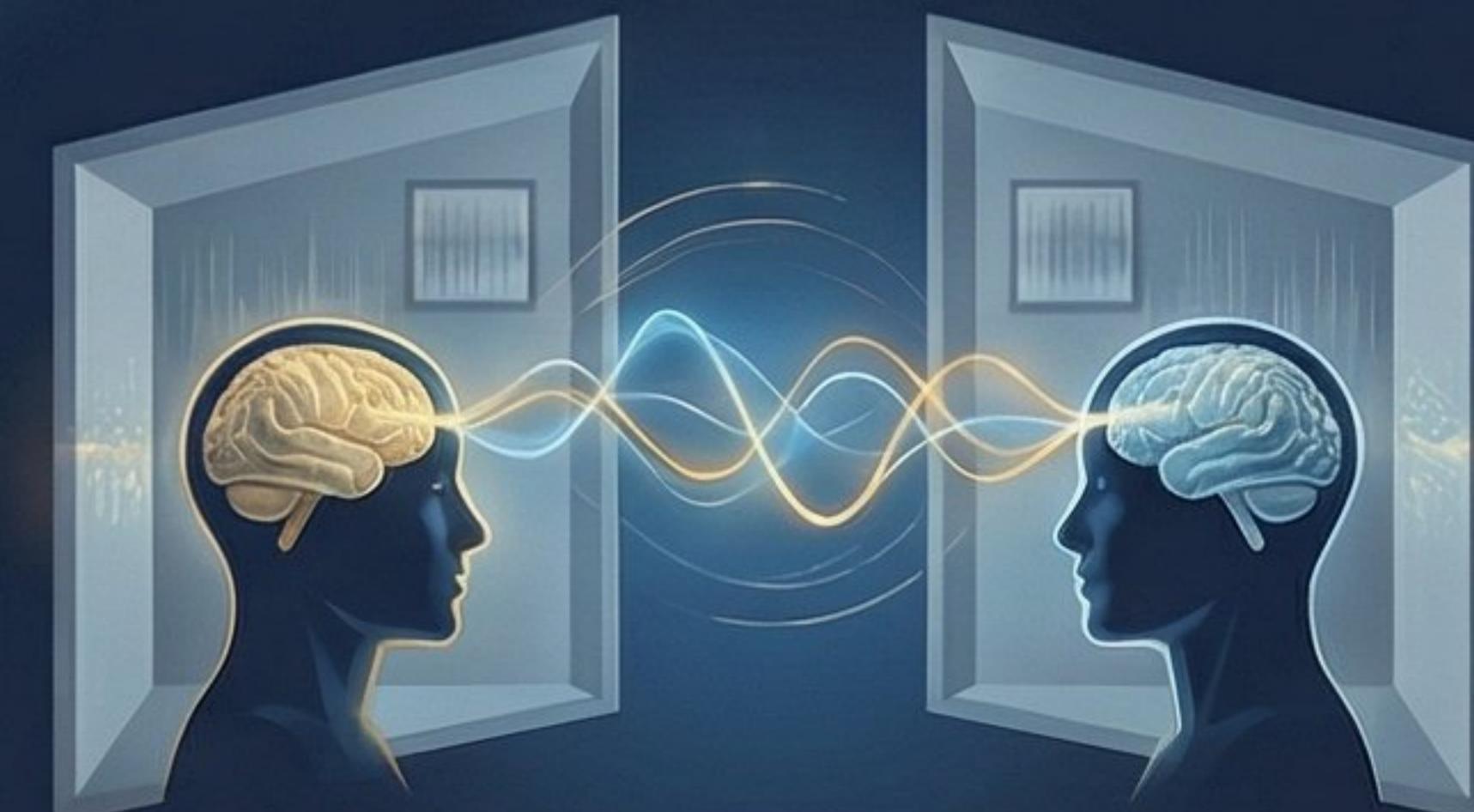
### The Extended Maharishi Effect

A more powerful effect occurs when the square root of 1% ( $\sqrt{1\%}$ ) of a population practices the advanced Tbl Shifii program together in a single group.

**1,725 People**  
The U.S. Threshold

Predicted minimum participants in one group for a nationwide effect.

## A POTENTIAL MECHANISM: INTERSUBJECT BRAINWAVE COHERENCE



A "Field Effect" was observed between two individuals in separate rooms. Changes in the meditator's EED coherence (3.7 & 3 Hz) consistently and significantly predicted parallel changes in the non meditator's brainwave coherence.

This suggests a non-local "field of consciousness" may link individuals, supporting the hypothesis that consciousness itself can act as a field for the large scale Maharishi Effect.