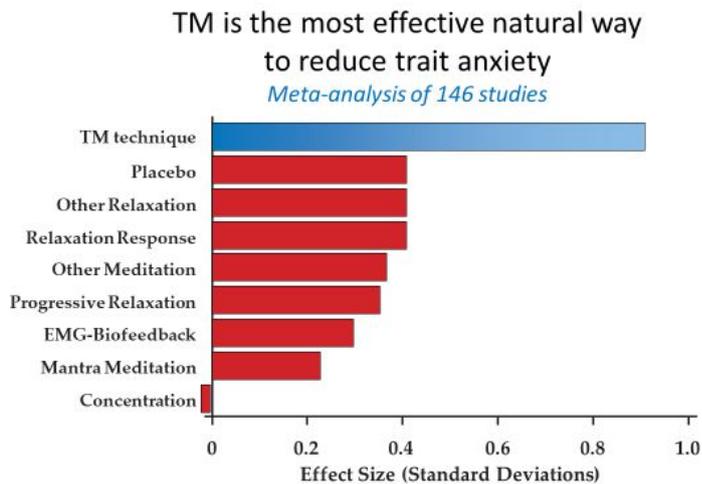
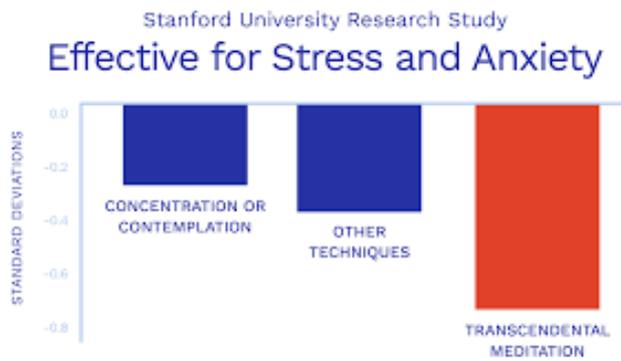


Kort overzicht wetenschappelijk onderzoek algemene effecten TM techniek:

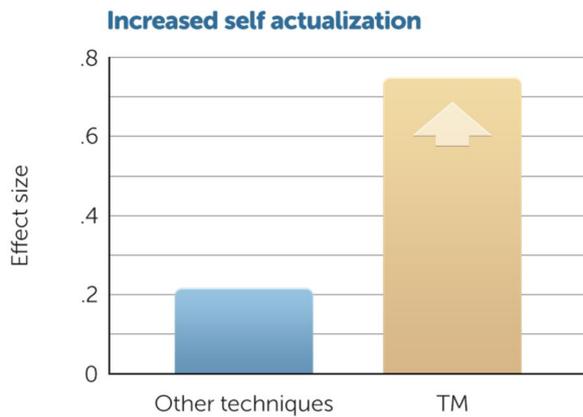
Stress

Het uitzonderlijke resultaat van Transcendente Meditatie is vrij vroeg gedetecteerd bij het doen dalen van het algemeen stress- en angstniveau bij mediterenden.



References: Eppley, K., Abrams, A., Shear, J. (1989). Differential effects of relaxation techniques on trait anxiety: a meta-analysis. *Journal of Clinical Psychology*, 45 (6): 957-974.

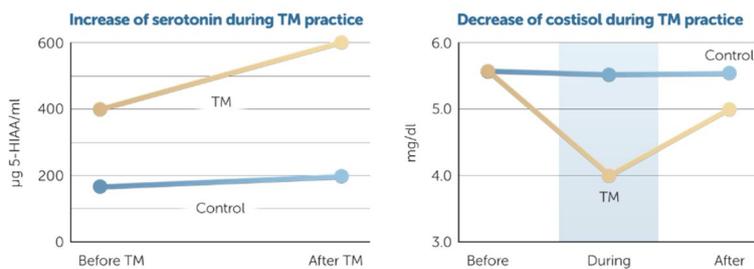
Zelfontwikkeling



Rijksuniversiteit Groningen (Groningen, Netherlands), University of New England at Armidale (Australia), University of Massachusetts (USA), University of Oklahoma (USA), University of Hawaii (USA), University of Cincinnati (USA), California School of Professional Psychology, (USA) California State University at Northridge, (USA) Victoria University (New Zealand), Maharishi International University (USA), University of Southern California LA, (USA) George Washington University (Washington DC, USA), State University of New York (USA), 1972-1990.

Journal of Social Behaviour and Personality, vol. 6, 1991, pp 189-247, een meta analyse van 18 studies.

Stresshormonen nemen af, gelukshormoon serotonine neemt toe

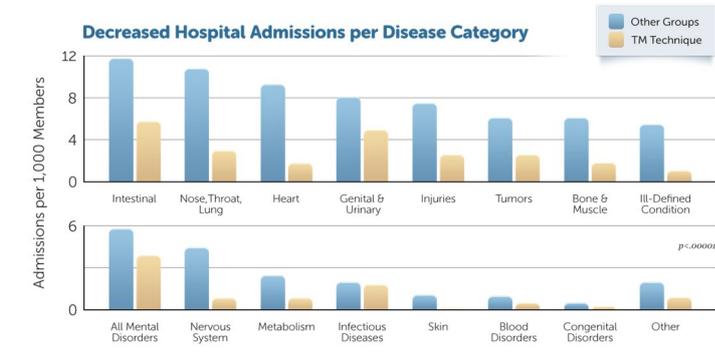
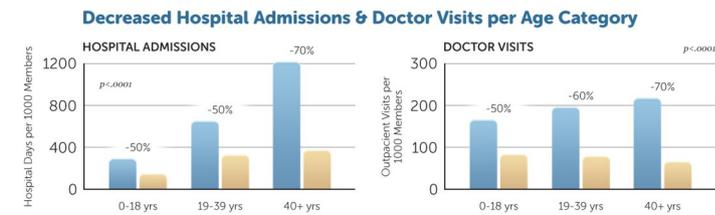
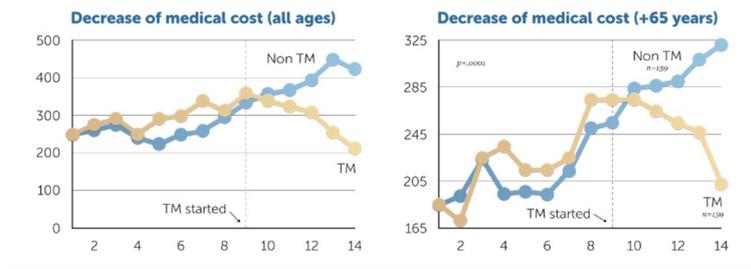


Ludwig Boltzmann institute for Neurochemistry, Wenen, Oostenrijk, 1976

Journal of Neural Transmission Vol 39, 1976, pp 257-267.

5 andere studies vonden: toename van serotonine tijdens TM beoefening, een toename van "serotonine turnover", significant hogere serotonine concentraties op lange termijn (gemiddeld 8,5 jaar).

Daling ziektekosten



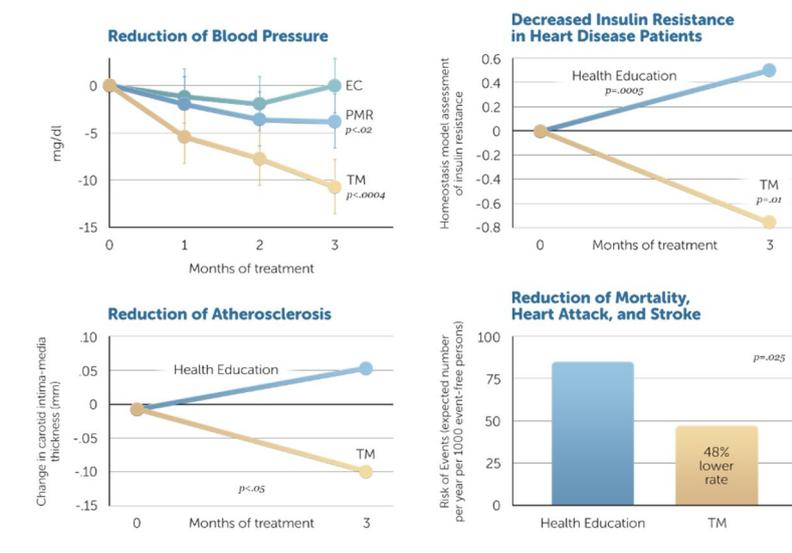
University of Iowa (USA), Maharishi University of Management (USA), 1987-2000.

Psychosomatic Medicine 49: 493–507, 1987

American Journal of Health promotion, 14: 2000, pp. 298-291

Meer dan 200 studies hebben de effecten van TM op individuele gezondheidsproblemen bevestigd

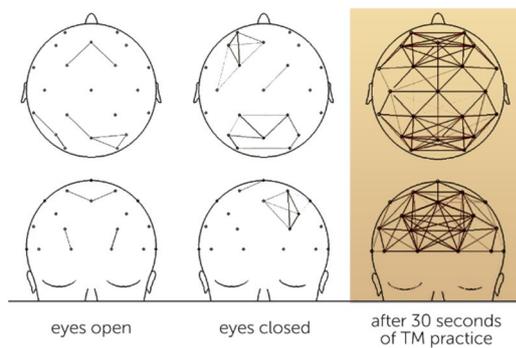
Hart- en Vaatziekten



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Hypertension, November 1995 and August 1996; *Stroke*, (American Heart Association) March 2000
Psychosomatic Medicine, July 1999 and January 1999; *American Journal of Cardiology*, April 2002
American Journal of Hypertension, April 2004 and January 2005
American Medical Association's Archives of Internal Medicine, July 2006
Current Hypertension Reports, December 2007

Beter hersenfunctioneren en EEG coherentie.



Institute for Brain Research, Russian Academy of Medical Sciences (Moscow, Russia), Harvard University (USA) Boston College, (Chestnut hill, Massachusetts, USA), Johannes Gutenberg University (Mainz, Germany), University of Alberta (Edmonton, Canada), University of Arkansas (USA), Maharishi University of Management (Iowa, USA), Maharishi European Research University (Switzerland), 1975-2014.

Meer dan 50 publicaties in o.m. *International Journal of Neuroscience, Consciousness and Cognition, Psychophysiology, International Journal of Psychophysiology, Sleep, Biological Psychology, Bulletin of Experimental Biology and Medicine.*