



# CONSCIOUSNESS-BASED<sup>SM</sup> EDUCATION

## Awakening the full potential of every student

**Consciousness is the  
essence and foundation  
of human life.**

**By developing our  
consciousness, we  
develop our total  
potential from within.**

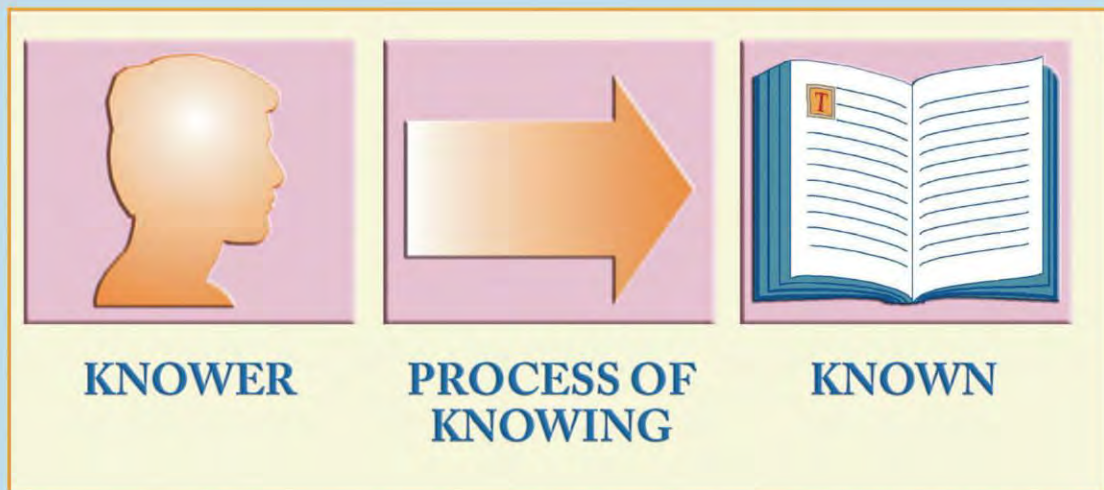


The International Foundation of Consciousness-Based education (IFCBE) was founded in 2005 to develop  
Consciousness-Based educational materials for use in every country.

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**CONSCIOUSNESS-BASED EDUCATION  
DEVELOPS THE STUDENT—  
THE MOST IMPORTANT ELEMENT IN THE LEARNING PROCESS.**

## HOW KNOWLEDGE IS GAINED

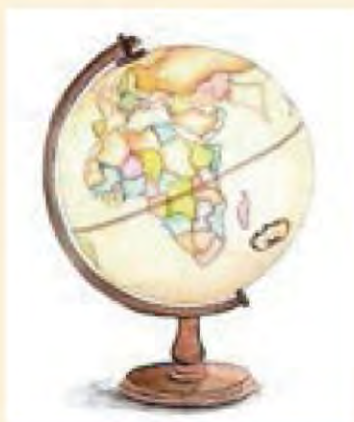


**Knowledge is the result of knower and known coming together through the process of knowing.**

The quality and usefulness of KNOWLEDGE that students gain from education is determined most by how wide awake and aware they are; how alert the mind; and how calm is the body.



## WHAT IS CONSCIOUSNESS-BASED EDUCATION?



### International Educators and Principals say:

“Consciousness-Based education is unique in the world today because, as research shows, it develops more of the brain’s total potential, allowing the student to be more alert and receptive to knowledge. They develop as wholesome, caring, responsible individuals, destined for leadership in any profession they enter.” —Ashley Deans, Ph.D, USA School Principal

“The students are well behaved, awake, and express the qualities of morality, alertness, compassion, gentleness, politeness, and respect to each other, in a very appropriate way. They are also intelligent, vigilant, and live a proper way of life.” —Mother Pratin Kauan Founder of Dhammajarinnee Wittaya School, Thailand

The Goal of Consciousness-Based education (CBE) is to systematically unfold the inner creative potential of every student, and to create a significant influence of coherence and harmony in the school, community, and nation through the Science and Technology of Consciousness.

Consciousness-Based education is implemented easily in any school, and enriches the school’s standard curriculum, teaching practices, and learning environment.

### Where does Consciousness-Based education come from?



Maharishi Mahesh Yogi is the founder of Consciousness-Based education (CBE) and the Transcendental Meditation (TM) and TM-Sidhi programs. He began teaching the Transcendental Meditation program and its advanced techniques over 50 years ago to bring fulfillment to every individual.

Maharishi Mahesh Yogi is widely regarded as the foremost scientist in the field of consciousness and considered to be the greatest teacher of meditation in the world today.

Maharishi said about Consciousness-Based education:

“As a result of this educational approach, students grow in the awareness that all streams of knowledge are but modes of their own intelligence—they feel at home with everyone and everything. Their creative genius blooms with increasing confidence and self-sufficiency.

“They cease to violate natural law and grow in the ability to accomplish anything and spontaneously think and act free from mistakes—the fruit of all knowledge.”—Maharishi Mahesh Yogi



## What is TM?

- A simple, natural effortless mental technique
- Something anyone can learn. TM is not a philosophy, religion, lifestyle or belief system
- A technique done sitting comfortably with the eyes closed for 10-20 minutes twice a day
- The world's most widely practised form of meditation
- The world's most scientifically researched and verified meditation technique with over 650 published studies

## What are the benefits of TM?

- Greater creativity
- Increased clarity of mind
- Reduced stress, anxiety, tension depression
- Better sleep/reduced insomnia
- Increased energy and motivation
- Improved concentration and focus
- Greater self-confidence
- A sense of balance and inner calm
- Normalized blood pressure

## How is TM different from mindfulness and other meditation techniques?

The essential difference between Transcendental Meditation (TM) and other forms of meditation is that TM is effortless!

There is no concentration involved, no attempting to control the mind, no trying to empty the mind of thoughts, no trying to adjust and monitor breathing. Such meditation techniques of concentration or contemplation keep the mind on the active surface level.

TM allows the practitioner to dive deep within

allowing the mind to settle down and “transcend” to enjoy a more settled and coherent state of mind and a more deeply rested state of the physiology.

This completely natural state of transcendental consciousness is characterized by “restful alertness”. The body is deeply rested and yet the mind is clear and alert.

This restful alert state is then enjoyed outside of meditation as well and becomes the normal experience of life.

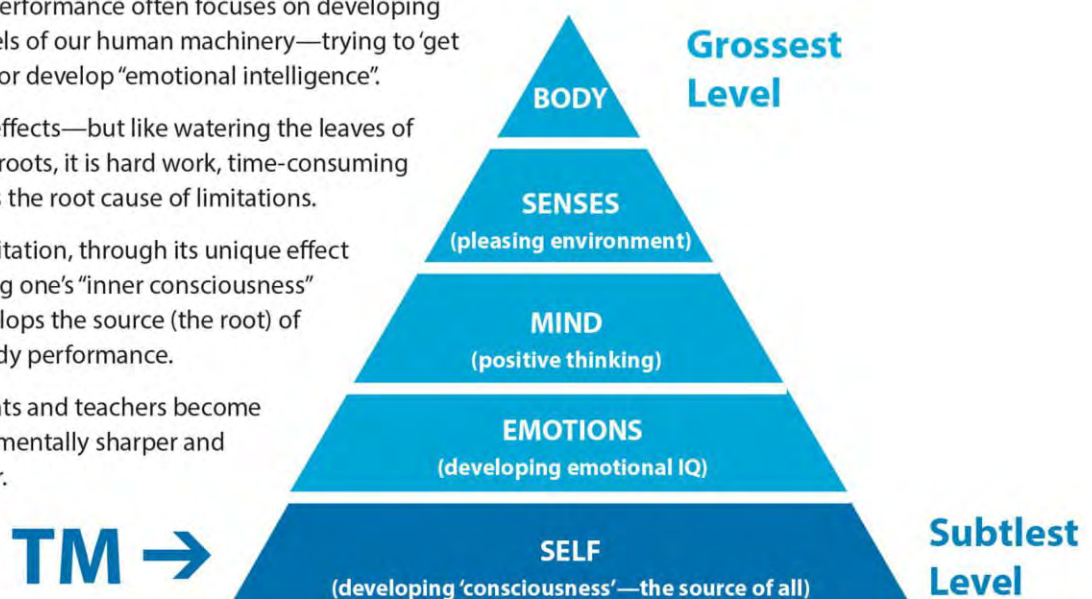
## Why is TM so critical for students today?

Improving student performance often focuses on developing specific, isolated levels of our human machinery—trying to ‘get fit,’ ‘think positively’ or develop ‘emotional intelligence’.

All these have their effects—but like watering the leaves of a tree instead of the roots, it is hard work, time-consuming and may not address the root cause of limitations.

Transcendental Meditation, through its unique effect of directly developing one’s “inner consciousness” simultaneously develops the source (the root) of all levels of mind-body performance.

In one stroke, students and teachers become physically healthier, mentally sharper and emotionally stronger.





## How to become a Consciousness-Based Education School



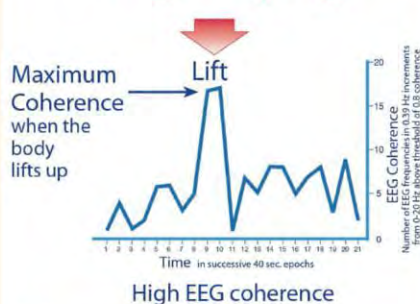
"In the beginning my body used to get very weak with lots of problems. I used to study hard, but I failed in examinations. I used to remember the problems of my house which created in me tension and frustration.

"Then the TM teacher started teaching us the TM and TM-Sidhi program. First I used to wonder, why TM had been included in our daily schedule. But gradually I found my concentration and study power increased.

"Now that I am here is all due TM and I am proud of it.

—Nepal Boy, Grade 10

### Yogic Flying



Extensive research documents that the TM and TM-Sidhi program, including Yogic Flying, not only accelerates personal development of one's creative potential but also, when practiced in a large enough group, generates a measurable influence of increasing orderliness and positivity in the environment.

### STEP 1

School leaders, administrators, and teachers learn the Transcendental Meditation\* program. The course of instruction is 4 consecutive days, 1½ hours each day.

### STEP 2

Students (10 years and older) learn the Transcendental Meditation\* program. The course of instruction is over 4 consecutive days, 1½ hours each day. Parents and guardians are also invited to learn Transcendental Meditation. In addition, there is an introduction and information session for parents and guardians before students learn the TM technique.

\*Note: The TM package of instruction includes materials for introducing the program, and a Follow-up Knowledge program. In addition, each person will receive personal checking of the TM technique to ensure correct practice. Note: Students below 10 years learn the Maharishi Word of Wisdom technique.

### STEP 3

School teachers and students can learn the advanced TM-Sidhi program including Yogic Flying (for students age 14 and up), after 6-12 months of regular practice of the TM program. Parents are also eligible to learn the TM-Sidhi program, which includes Yogic Flying.

This program is implemented when schools have displayed exceptional leadership and commitment to the CBE program and have allocated a sufficient number of trained TM teachers and/or TM monitors in the school.

### STEP 4

The Principal and teachers receive CBE professional development training in preparation for introducing further components of CBE including the Science of Creative Intelligence Course and Ideal Teaching Principles.

### STEP 5

When the administrators, teachers, staff, and students all practice the TM and TM-Sidhi program including Yogic Flying, schools may implement the full system of Consciousness-Based education. The Consciousness-Based methods of instruction and curriculum design, and the institutional policies, are all learned through Professional Development Programs for Principals and Teachers.



# How can your school reduce stress and improve performance?

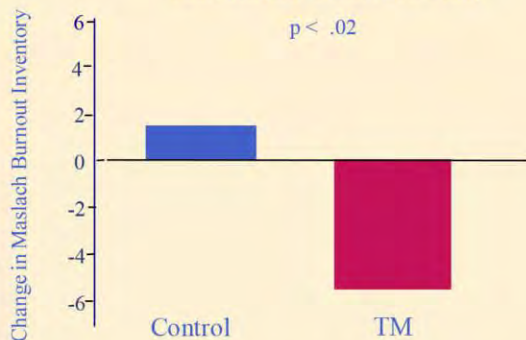
Consciousness can be systematically and consistently developed through 'transcending'. The Transcendental Meditation Program teaches people how to do this easily and effortlessly. Only the natural experience of transcendental consciousness enlivens total brain functioning.



## Research

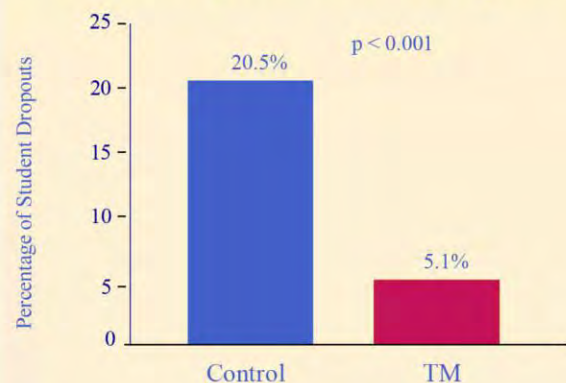
### Decreased Teacher Burnout

Randomized Controlled Study



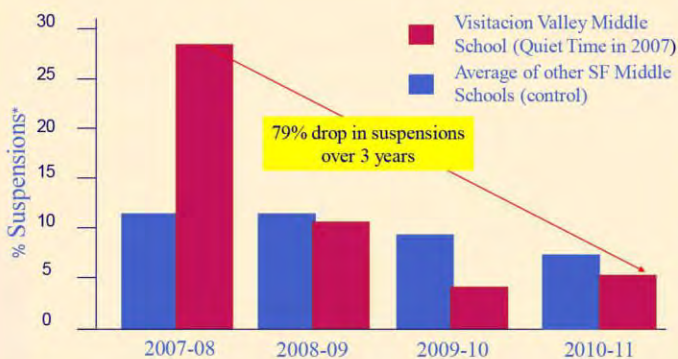
*The Permanente Journal* (2014) 18, 1, 19-23.

### Lower High School Dropout Rates



*Education* (2013) 133, 4, 495-501.

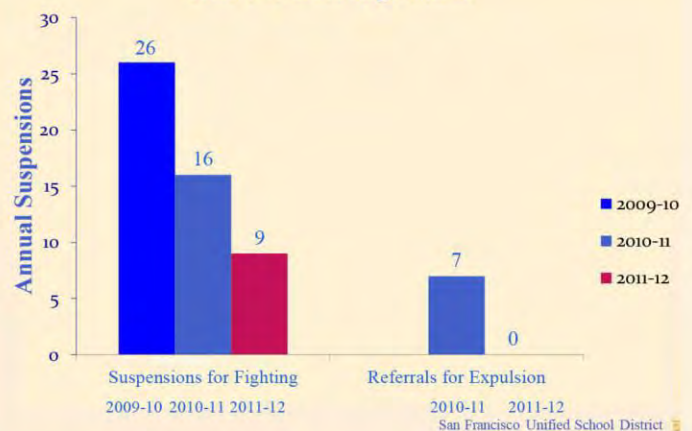
### Reduction in Suspension Rates



\*Suspension calculated as total number of incidents divided by total school enrollment  
San Francisco Unified School District

### Reduction in School Violence

John O'Connell High School



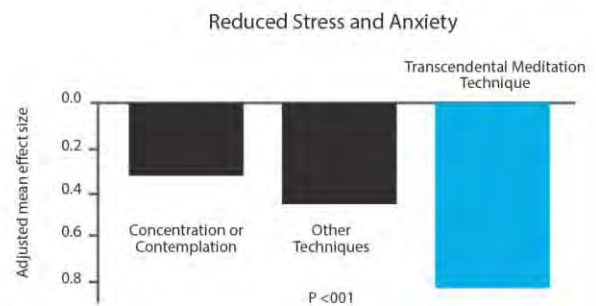
"No other 'stress management technique' has anywhere close to TM's amount of hard data in support of its claims to reduce stress."

Norman Rosenthal –  
MD U.S. National Institutes of Mental Health

## Twice the Reduction of Stress & Anxiety

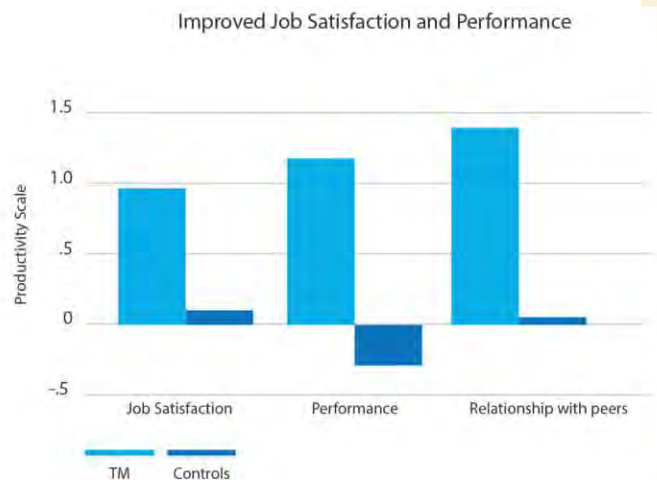
Stanford University: A meta-analysis of 146 independent studies found that the Transcendental Meditation technique is twice as effective at reducing trait anxiety when compared with concentration, contemplation or other techniques.

Reference: Journal of Clinical Psychology, 45 (1989): 957-974



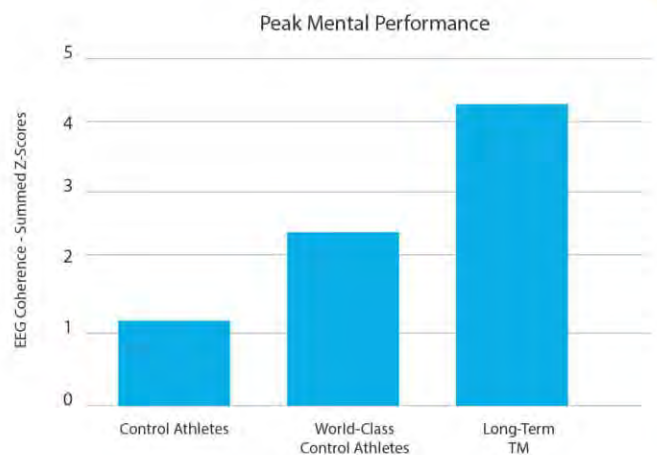
## Improved Job Satisfaction & Performance

TM has repeatedly demonstrated its ability to enhance both productivity and satisfaction in one's personal and professional life. For teaching professionals under high stress, the TM technique will prove an invaluable tool for achieving sustained levels of performance.



## Optimised Brain Functioning

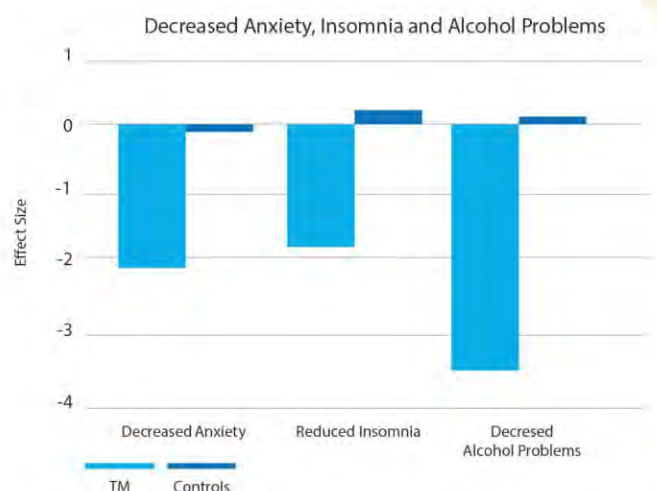
The prerequisite for peak performance – focus, creativity, broad comprehension, proactivity and planning – occur when the brain is functioning coherently. Several studies have shown that Transcendental Meditation – more than any other technique – enhances the brain's coherent functioning.



## Decreased Anxiety, Insomnia and Alcohol Problems

Workplace stress is regarded as one of the foremost epidemics of our time – hampering productivity and job satisfaction and increasing risk of mental and physical illness.

- 42% decrease in insomnia (Journal of Counseling and Development, 1985)
- 40% reduction in psychological distress, including stress and depression (American Journal of Hypertension, 2009)
- 33% decrease in anxiety (Journal of Alternative and Complementary Medicine, 2013)





# TM & Brain Performance - Increased Brainwave Coherence

Brain researchers have found that during the practice of the Transcendental Meditation technique, the brain becomes more coherent and integrated, and that this heightened efficiency of brain functioning grows over time through twice-daily practice — even outside of meditation — improving mental performance and overall health.

Higher coherence is associated with more integrated and effective thinking and behaviour, including greater intelligence, creativity, learning ability, emotional stability, ethical and moral reasoning, self-confidence and reduced anxiety.

Efficiency of the brain depends on its coherent, orderly functioning. Recent studies in neuroscience have found that world-class athletes have higher EEG coherence than controls, and higher-performing CEO's display greater coherence than other executives.

Researchers have long known that most experiences, whether sensory or cognitive, engage specific, localised areas of the brain. Studies on brain patterns during TM practice indicate that the technique enlivens coherence over a wide area—creating more efficient coordination of brain activity and stimulating the growth of what scientists propose to be “total brain functioning.”

Our young people are our future and their education is naturally of enormous significance. It is the responsibility of today's educators to ensure that our future leaders are well-equipped to think intelligently, creatively, compassionately and ethically and that their education unfolds the full unique potential of each student.

Transcendental Meditation is a simple, natural, effortless mental technique which provides the means to develop the students' intelligence, creativity, receptivity to knowledge, self-sufficiency and ability to comprehend both broadly and deeply. It also provides students with a deep level of rest and a means for dissolving anxiety and stress. The result is increasing resiliency in challenging situations. Transcendental Meditation is ideal preparation for learning.

Hundreds of published scientific research studies, conducted in universities and research institutions worldwide over the past 40 years, have found that Transcendental Meditation has wide ranging benefits for the mind, the body, behaviour and society. This impressive research on the benefits of TM has led to its implementation in more than 700 schools and educational institutions in over 60 countries, with more than 360,000 students enjoying its profound benefits.

The practice of Transcendental Meditation enlivens the thinking process, developing the ability for broad comprehension and sharp focus simultaneously. Students exhibit proficiency across a range of multiple intelligences as a result of developing the whole brain.



EEG studies showing brainwave coherence during practise of the TM technique along with synchronized alpha power in the frontal cortex have established the EEG signature for “restful alertness” or “pure consciousness,” the inner experience commonly reported by people practicing the TM technique.

## Integration of Brain Functioning Through Transcendental Meditation



Scientific References incl; International Journal of Neuroscience 14: 147–151, 1981; Science 167 (1970); Scientific American 226 (1972); American Journal of Physiology 221.



**"Nothing is impossible for Total Natural Law.**

**"And that is why education should be such that the individual awareness opens itself to the inner reality of consciousness.**

**"That's why we say Consciousness-Based education."**

**—Maharishi Mahesh Yogi**

TM is practised by

**450,000 students  
in 800 schools  
in 60 countries**

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