

PROVEN TECHNOLOGY TO RAISE ANY NATION TO INVINCIBILITY

Maintaining an Invincible Influence of Coherence, Integrity, Strength, and Well-Being in the Nation

The scientific research findings summarized in this document establish that the knowledge and practical procedures are now available to secure in any nation a state of all positivity and no negativity—reflected in increasing happiness, health, economic vitality, national security, and reduced turbulence and violence in the whole population—in a word, the invincibility of the nation. To establish this effect it is only necessary to maintain a group of individuals trained to create an integrated national consciousness.

Scientifically Validated Programme to Secure National Invincibility

Scientific research has verified the practicality of creating an integrated national consciousness through group practice of the Transcendental Meditation and TM-Sidhi Programme, including Yogic Flying. This technology of consciousness enlivens in collective consciousness the source of all order and progress in nature—the Unified Field of Natural Law (please refer to figure on the next page). Complete knowledge of the Unified Field as the field of Transcendental Consciousness, and the practical technologies to apply this field of perfect order to national life, are now available in Maharishi's Vedic Science.

More than 600 scientific research studies, conducted at over 250 universities and research institutes in 33 countries, confirm the profound benefits for individual and social life of the Transcendental Meditation and TM-Sidhi Programme.

Benefits for Individual Life

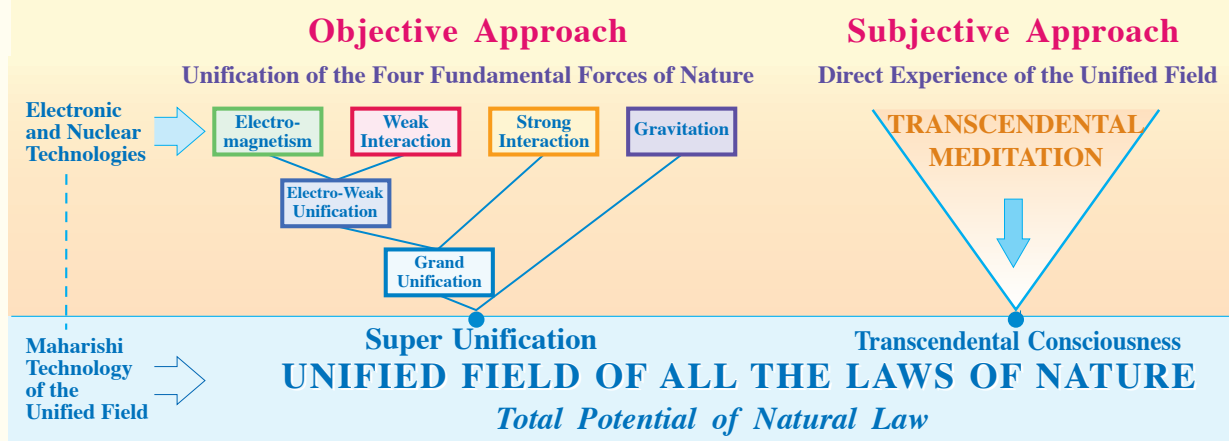
Benefits at the individual level include the following: increased use of total brain functioning, as indicated by increased EEG coherence (ref. 1, back page), greater synchrony of brain functioning, more adaptive and flexible brain functioning, and mobilization of the latent reserves of the brain (2); increased intelligence, clarity of mind, and creativity (3); improved perception and mind-body coordination (4); improved health, less illness, and reduced health care costs (5); more healthy behaviour (6); improved mental health—decreased anxiety, decreased depression, improved well-being (7); improved job performance and increased productivity (8); improved relationships at home and at work (9).

Benefits for the Whole Society

Most relevant to the creation of national invincibility are the many research studies documenting the effect of increased coherence in the whole society created by sufficiently large groups of participants in the Transcendental Meditation and TM-Sidhi Programme, including Yogic Flying. The positive influence of increased coherence and invincibility in society has been measured in terms of reduction of crime and violence in society, improved economic conditions, and improved social trends, using the most rigorous scientific methods.

These research studies confirm the formula that a single group of individuals numbering at least the square root of one per cent of the population of the nation, participating

Understanding and Experience of the Unified Field



Progress of physics during the past 30 years has provided an increasingly unified understanding of the Laws of Nature governing all forces and particles, culminating in the mathematical description of the Unified Field of Natural Law. This discovery confirms that the entire diversity of the ever-expanding universe is the expression of unity at the most fundamental scale of nature's functioning. This field is open to direct experience as the field of Transcendental Consciousness, through the Transcendental Meditation and TM-Sidhi Program, including Yogic Flying. It is through these technologies of consciousness that the field of Transcendental Consciousness is applied to all areas of individual life and society.

in the twice-daily group practice of these technologies, is sufficient to generate an influence of integrity, harmony, strength, and increased vitality in the whole national consciousness—the growth of national invincibility.

The required size of the group of Yogic Flyers is extremely small in light of its far-reaching effects, and thus is very practical to achieve. For example, a country of 16 million citizens will require a group of only 400 experts in the TM-Sidhi Programme; and a nation of 64 million people will require a group of only 800 experts. Such groups can be created even by incorporating this programme in the schools, so that the nation is growing in integration as the students are growing in the individual benefits noted above.

This influence of coherence in society created from one group of TM-Sidhi Yogic Flyers is known in the scientific literature as the Maharishi Effect. The Maharishi Effect in society is parallel to the Meissner Effect of physics, in which a highly coherent physical system maintains its internal

integrity and repels potentially disruptive outside influences (please refer to figure on next page).

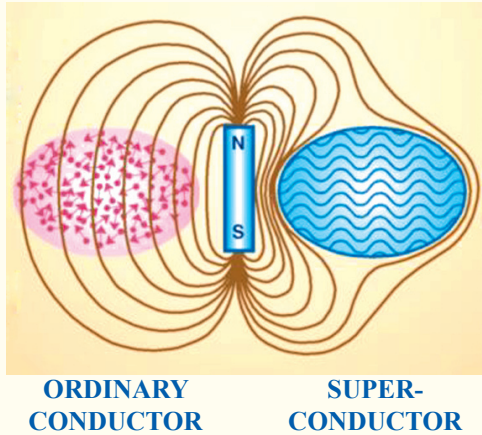
The following sections list the scientific research findings at the city, state, national, and international levels during the specific time periods when large groups of coherence-creating experts practicing the TM-Sidhi Programme with Yogic Flying have been established.

Improved Quality of City Life

- Decreased Crime and Decreased Crime Rate (10)
- Decreased Violent Crime and Decreased Homicides (11)
- Decreased Automobile Accidents (12)
- Decreased Emergency Psychiatric Calls (13)
- Decreased Hospital Trauma Visits (13)
- Decreased Police Complaints (13)
- Improved Quality of City Life as Measured by an Index Comprising Data on Fires, Automobile Accidents, and Crime (12)

Meissner Effect

Example of Invincibility in the Quantum Physics of Superconductivity



In an ordinary electrical conductor (left), incoherent disordered electrons allow penetration by an external magnetic field. In a superconductor (right), coherent collective functioning of the electrons spontaneously repels an external magnetic field, and maintains its impenetrable status.

Improved Quality of Provincial Life

- Decreased Crime (14, 15)
- Decreased Traffic Fatalities (15)
- Decreased Unemployment (15)
- Improvement on an Overall Index Including Total Crime Rate, Mortality Rate, Motor Vehicle Fatality Rate, Auto Accident Rate, Unemployment Rate, Pollution, Alcoholic Beverage Consumption Rate, and Cigarette Consumption Rate (14)

*Improved Quality of National Life**

- Decreased Crime (12)
- Decreased Number of Fatalities from Suicide, Homicide, Accidents (16)
- Improved National Economy as Measured by Reduced Inflation and Unemployment (17)
- Increased International Economic Competitiveness (18)
- Stable Growth of Balanced Economic Health (18)
- Increased National Confidence, Opti-

mism, and Economic Prosperity as Measured by Improvement in Stock Market Index (12)

- Improved Quality of National Life as Measured by an Index Comprising Data on Crime, the National Stock Market, and National Mood (12)
- Improvement on an Index of Motor Vehicle Fatalities, Homicides, and Suicides (16, 19)
- Improvement on an Overall Index Including Motor Vehicle Fatalities, Homicide, and Suicide, Cigarette Consumption, Worker-Days Lost in Strikes (19)
- Improvement on an Overall Index Including Motor Vehicle Fatalities, Homicide, Suicide, Deaths Due to Accidents (other than Motor Vehicle), Notifiable Diseases, Alcohol Consumption, Cigarette Consumption (20)

Improved Quality of International Life

- Reduced International Conflict (21)
- Reduced Fatalities and Injuries Due to International Terrorism (21)
- Decreased War Intensity and Deaths (22)
- Increased Progress toward Peaceful Resolution of Conflict (22)
- Increased Harmony in International Relations (23)

*In addition to the findings listed here, which are the results of research conducted over the past decades, the most recent results at the national level have been found in The Netherlands, where an influence of invincibility has been created by a group of 400 Yogic Flyers established on 12 April 2006. Positive national economic changes reported by the press during the following weeks included reduced unemployment, increased job creation, increased business and consumer confidence, record stock exchange transactions, and unexpectedly positive economic projections. Positive social trends included greater government consensus and decisiveness in introducing and approving policies that are beneficial to businesses, to the economic welfare and health of citizens, to developing sustainable energy sources, and to maintaining cultural integrity.

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