



TM as a Tool for Human Life Transformation

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Problems in Society

- Health Issues
- Domestic Violence
- Education and Unemployment

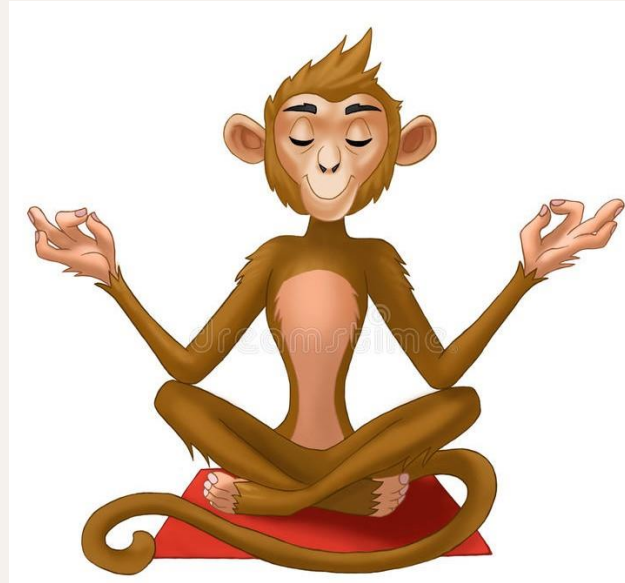
Health Issues

- content



Solution ?

- All in one solution ?



TM



Consciousness / Awareness?
***Mind and body are deeply
connected***

Sleep and Rest



Nutrition / Food



Exercise / Activities / Yoga Asanas



Transcendence

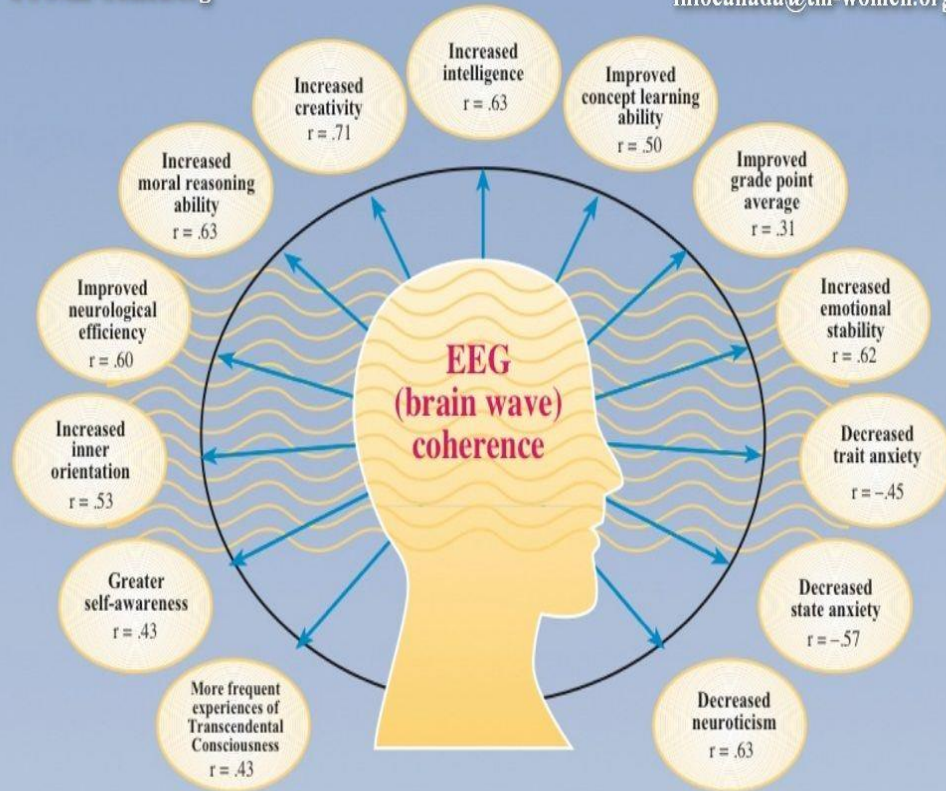
- Changes perception of a person about things
- Increases awareness



Benefits of coherent brain functioning

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Through the Transcendental Meditation technique



- 1960, Maharishi predicted that when even 1% of the world population learned the TM technique, whole population become peaceful.
- Israel and Lebanon – reduced warfare and improved quality of life(1983) – after two months of TM by many no of meditators, war deaths dropped 76%
- Reduced International Terrorism
- Washington, DC – reduced violent crime, 1993 – crime rate decreased by 23.3% in two months



Questions ?