

= TM and Cult Mania =

TM and Cult Mania is a non @-@ fiction book that examines assertions made by the Transcendental Meditation movement (TM). The book is authored by Michael Persinger , Normand Carrey and Lynn Suess and published in 1980 by Christopher Publishing House . Persinger is a neurophysiologist and has worked out of Laurentian University . He trained as a psychologist and focused on the impacts of religious experience . Carrey is a medical doctor who specialized in psychiatry . He focused his studies into child psychiatry with research at Dalhousie University , and has taught physicians in a psychiatry residency program in the field of family therapy . Suess assisted Persinger in researching effects of geological phenomena on unidentified flying object sightings in Washington ; the two conducted similar research in Toronto and Ottawa .

TM and Cult Mania analyzes the efficacy or lack thereof of the TM meditation process , concluding that it is , " no more effective than many other meditation techniques " . The authors write that , " Transcendental Meditation has achieved international recognition through commercial exploitation " and " poor scientific procedures " . The book notes that physiological changes observed due to partaking in TM methodology are very small . Persinger , Carrey , and Suess conclude in TM and Cult Mania , " science has been used as a sham for propaganda by the TM movement . "

A positive capsule review in the Los Angeles Times noted that the authors use logic to point out transparencies in the assertions of Transcendental Meditation . John Horgan , in his book Rational Mysticism , questions Persinger 's neutrality and says that in his book he treats religious beliefs and spiritual practices as mental illness .

= = Authors = =

Michael Persinger is a neurophysiologist who has worked at Laurentian University in Greater Sudbury , Ontario , Canada . He trained as a psychologist and focused on the impacts of religious experience . Persinger is the author of the book Neuropsychological Basis of Human Belief , and since its publication he has researched and examined the physiological and neurological causes of religious belief systems . Normand Carrey received education as a medical doctor and specialized in psychiatry . He became a child psychiatrist , and worked out of Dalhousie University in Halifax , Canada . Carrey has conducted studies into psychological resilience , and has taught physicians in a psychiatry residency program in the field of family therapy . He has worked in the field of adolescent psychiatry at IWK Health Centre . Lynn Suess assisted Persinger in 1980 , in researching geological phenomena which may have affected unidentified flying object sightings in Washington . Suess and Persinger performed similar research in Toronto and Ottawa .

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TM and Cult Mania takes a look at the assertions made by the Transcendental Meditation movement and analyzes them from a scientific perspective . The book acknowledges that those who practice the Transcendental Meditation technique feel relaxed and experience an increase in creativity . According to the book , the physiological effects reported by the scientific studies on Transcendental Meditation are relatively small from a scientific perspective and " no more effective than many other meditation techniques " . Transcendental Meditation is seen as most noteworthy due to its ability to manipulate stress and expectancy .

" Transcendental Meditation has achieved international recognition through commercial exploitation " and " poor scientific procedures " , write the authors . The book notes , " Frankly , the reported effects of TM upon human behavior are trivial . Considering the alleged potency of the TM procedure , the changes in physiological and behavioral measures are conspicuously minute . " TM and Cult Mania comes to the conclusion that , " science has been used as a sham for propaganda by the TM movement . "

= = Reception = =

A capsule review of the book for the Los Angeles Times , Phil Freshman commented , " Using hard logic and crackling humor , a trio of Canadian laboratory researchers cogently deflates Transcendental Meditation ; they spotlight transparencies in its claims and warn of its latent hazards to those in wobbly mental health . " In his book Rational Mysticism , author John Horgan comments that although Persinger says he 's neutral toward religious belief , he 's more biased than other neurotheologians and that his two books " cast religious belief and spiritual practices in a psychopathological light " .