

Enumerate and briefly describe 5 benefits of participating the TM Technique. Hint – think different granularity.

1. Stress relief

Overcoming stress could well be THE main Transcendental Meditation benefit.

Research conducted with students, with people suffering from post-traumatic stress disorder, or with employees confirms beyond doubt that TM provides deep relaxation and rest for the body and mind.

2. Higher work efficiency

Across the board, regular TM meditators improve significantly (3 months into practice) on such crucial measures as:

- effectiveness,
- leadership abilities,
- job satisfaction,
- professional relationships,
- physiological settledness and stability during mental task performance

3. Improved intelligence:

Scientific research has found that meditators' test scores will improve in the following areas:

- ability to successfully reason in new situations,
- speed of information processing,
- ability to achieve and maintain success in work, love, social relationships,
- a cluster of traits including cognitive functioning, personality and social behaviour,
- balanced use of cognitive, affective and volitional domains (traits like comprehension, analysis, curiosity, unconventionality, synthesis, and risk calculation).

4. Better school performance

Numerous studies with students at all levels of their educational path (primary school, middle school, college, universities etc) demonstrate that someone practicing TM meditation benefits from:

- increases in general intellectual and cognitive performance,
- positive impact on academic test results,
- reduced negative school behaviour (absenteeism, infractions),
- reduced school-related stress, anxiety and depression.

5. Healthy blood pressure

Numerous studies confirm that Transcendental Meditation reduces blood pressure.

One controlled study of individuals over 55 years of age with hypertension showed that people practicing TM lived longer. Their rate of mortality related to elevated blood pressure decreased by 30%.