**Name:** Walid Sultan Aly Ahmed

**Dr. Pearson’s Book**

The combination of deep rest coupled with full wakefulness, had not been seen before in the laboratory. Which led to the discovery of the fourth state of consciousness. Research studies proved the cumulative effects of Transcendental Meditation. Regular transcending results in many benefits, including increased intelligence, creativity, improved health, and improved relationships.

**Main Points:**

The changes of brain functioning during meditation was a very interesting discovery for the scientists. The EEG patterns reflected immediate switch from random style of functioning to an integrated state.

IQ grows during childhood, then levels off around age 26. With regular transcending, intelligence resumes growing regardless of age, indicating that human development could continue during adolescence.

The transcendental meditation technique has become the most thoroughly researched procedure in the field of human development. The US National Institutes of Health has invested more than $25 million in research on the Transcendental Meditation program.

Everyone has the ability to experience Transcendental Consciousness. The human brain is hard-wired with the potential to function coherently.

**Scientific Research on the Transcendental Meditation Program**

**Reduced International Conflict (Page 22)**

During the assembly of Transcendental Meditation Sidhi program in war torn parts of the world, there was a significant reduction in fatalities and injuries, as indicated by time series analysis.

According to my TM teacher, during the revolution in Egypt, there were lots of TM meetings in different places in Cairo to calm the overall mood of the country, and these meeting had a very positive effect in general.

**Enhanced Job Performance (Page 19)**

Research results shows that after three months of regular practice of Transcendental Meditation, employees showed increased effectiveness and increased performance with their professional and personal life.

I used to work as a software engineer since 2008. Usually work gets too stressful near the project deadline. I was extremely skeptic about the idea that a very simple technique like TM would relieve stress. I started meditating last march, and I have found that TM was really helpful in increasing focus and achieving better work performance.