Reading assignment of “Scientific Research on the Transcendental Meditation Program”

**Wholeness:**

Through the Transcendental Meditation technique, we can get many benefit from creative intelligence spontaneously. Those benefit have been verified by scientific research and thousands of meditators.

**Supporting main points:**

Optimization of Brain Functioning (page 8): Because creative intelligence is comprehensive, so the benefit we get mentally is multifarious. Through EEG, we can find the ability of those who practice Transcendental Meditation is enhanced efficiently, which includes creativity, concept learning, academic performance, neurological efficiency, transcendental consciousness, moral reasoning, IQ and decreased neuroticism.

From my own experience, after several practices, I can focus more when working, and I become more efficient to learn words, which means my brain functions in a better way.

Reduced Psychological Stress (page 16): Transcendental Meditation and other meditation or techniques are good at releasing stress, but the result of Transcendental Meditation is twice better than others.

From my own experience, before I learn, I doubt if it could make my stress reduced. But, after several practices, I do feel better, I do feel I am not anxiety any more. I believe that I will become more fulfillment, happy, peace through the practice of Transcendental Meditation.

**Reflection:**

I thought that some benefit like fulfillment, energetic are just self-suggestion, but after TM courses, I have realized it is based on the laws of nature, it is science, it has been verified by many research. Science of creative intelligence is the core science of the world, many science or activities need support from the science of creative intelligence, because creative intelligence is invincible.