

## **List of Scientific Research on the Maharishi Effect**

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Sixty papers discuss the effects of individuals or groups practicing the Transcendental Meditation and/or TM-Sidhi programs on conflict-related variables or other social indicators of the larger society's quality of life (the Maharishi Effect). Of these, 41 are research papers reporting 51 separate studies. The other 19 papers are concerned with theory, review, or critique.

Set A, the primary papers for review, consists of 12 paper reporting 17 separate studies. Nine of these papers were published in refereed journals and the other three were published in the proceedings of the *American Statistical Association*. The journals in which the papers appeared include the *Journal of Conflict Resolution*, *Social Indicators Research*, *The Journal of Mind and Behavior*, *Journal of Offender Rehabilitation*, *Journal of Social Behavior and Personality*, *Psychological Reports*, and *Psychology, Crime & Law*.

Set B consists of 48 papers, 43 of which have been published in some venue. Of these, 16 were published in outside peer-reviewed journals, seven were published in a journal produced by Maharishi University of Management (*Modern Science and Vedic Science*), 15 were published for the first time by Maharishi University of Management or affiliate universities in collections of research papers<sup>1</sup>, five were published conference proceedings, two are unpublished conference papers, and three were unpublished PhD dissertation.

### **SET A**

#### **Papers on Intra- and International Conflicts**

1. Orme-Johnson, D. W., C. N. Alexander, J. L. Davies, H. M. Chandler, and W. E. Larimore. "International peace project in the Middle East: The effect of the Maharishi Technology of the Unified Field." *Journal of Conflict Resolution* 1988; 32(4):776–812.
2. Orme-Johnson, D. W., C. N. Alexander, and J. L. Davies. "The effects of the Maharishi Technology of the Unified Field: Reply to a methodological critique." *Journal of Conflict Resolution* 1990; 34:756–768.
3. Davies, J. L. and C. N. Alexander. "Alleviating political violence through reducing collective tension: Impact Assessment analysis of the Lebanon war." *Journal of Social Behavior and Personality*, 2005, 17: 285-338.
4. Orme-Johnson, D. W., M. C. Dillbeck, C. N. Alexander, H. M. Chandler, and R. W. Cranson. "Effects of large assemblies of participants in the Transcendental Meditation and TM-Sidhi program on reducing international conflict and terrorism." *Journal of Offender Rehabilitation* 2003;36 (1/2/3/4):283-302.

5. Gelderloos, P., K. L. Cavanaugh, and J. L. Davies. "The dynamics of U.S.-Soviet relations, 1979–1986: A simultaneous transfer function analysis of U.S.-Soviet relations: A test of the Maharishi Effect." *Proceedings of the American Statistical Association, Social Statistics Section*, 1990:297–302.

#### **Papers on Crime and Violent Death**

6. Dillbeck, M. C. "Test of a field theory of consciousness and social change: Time series analysis of participation in the TM-Sidhi program and reduction of violent death in the U.S." *Social Indicators Research* 1990; 22:399–418.
7. Assimakis P., and M. C. Dillbeck. "Time series analysis of improved quality of life in Canada: Social change, collective consciousness, and the TM-Sidhi program." *Psychological Reports* 1995; 76:1171-1193.
8. J. S. Hagelin, M.V. Rainforth, D. W. Orme-Johnson, K. L. Cavanaugh, C. N. Alexander, S. F. Shatkin, et al. "Effects of group practice of the Transcendental Meditation program on preventing violent crime in Washington, DC: Results of the National Demonstration Project, June–July 1993." *Social Indicators Research* 1999; 47(2):153-201.
9. Hatchard, G. D., A. J. Deans, K. L. Cavanaugh, and D. W. Orme-Johnson. "The Maharishi Effect: A model for social improvement. Time series analysis of a phase transition to reduced crime in Merseyside metropolitan area." *Psychology, Crime & Law* 1996; 2(3):165-174.

#### **Papers on Other Social Indicators**

10. Dillbeck, M. C., K. L. Cavanaugh, T. Glenn, D. W. Orme-Johnson, and V. Mittlefehldt. "Consciousness as a field: The Transcendental Meditation and TM-Sidhi program and changes in social indicators." *The Journal of Mind and Behavior* 1987; 8(1):67–104.
11. Dillbeck, M. C., and M. V. Rainforth. "Impact assessment analysis of behavioral quality of life indices: Effects of group practice of the Transcendental Meditation and TM-Sidhi program." *Proceedings of the American Statistical Association, Social Statistics Section* 1996:38–43.
12. Cavanaugh K. L., K. D. King, and C. Ertuna. "A multiple-input transfer function model of Okun's misery index: An empirical test of the Maharishi Effect." *Proceedings of the American Statistical Association, Business and Economics Statistics Section* 1989:565-570.

#### **SET B**

#### **Papers on Intra- and International Conflicts**

13. Alexander, C. N., T. M. Nader, K. L. Cavanaugh, J. L. Davies, M. C. Dillbeck, R. J. Kfoury, et al. "The effect of the Maharishi Technology of the Unified Field on the war in Lebanon: A time series analysis of the influence of international and national coherence creating assemblies." *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers, (Vol. 4)*. Ed. R. A. Chalmers et al. Vloderp, The Netherlands: Maharishi Vedic University Press, 1989:2687-2714.
14. Davies, J. L., and C. N. Alexander. "The Maharishi Technology of the Unified Field and improved quality of life in the United States: A study of the First World Peace Assembly, Amherst, Massachusetts, 1979." *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected*

*Papers, (Vol. 4)*. Ed. R. A. Chalmers et al. Vlodrop, The Netherlands: Maharishi Vedic University Press, 1989:2549-2563.

15. Gelderloos, P., M. J. Frid, P. H. Goddard, X. Xue, and S. A. Lölliger. "Creating world peace through the collective practice of the Maharishi Technology of the Unified Field: Improved U.S.-Soviet relations." *Social Science Perspectives Journal* 1988; 2(4):80–94.

16. Goodman R. S., D. W. Orme-Johnson, M. S. Rainforth, and D. H. Goodman. "Transforming political institutions through individual and collective consciousness: The Maharishi Effect and government." *Annual Meeting of the American Political Science Association* 1997; Washington, D.C.

17. Nader, T. M., C. N. Alexander, and J. L. Davies. "The Maharishi Technology of the Unified Field and reduction of armed conflict: A comparative, longitudinal study of Lebanese villages." *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers, (Vol. 4)*. Ed. R. A. Chalmers et al. Vlodrop, The Netherlands: Maharishi Vedic University Press, 1989:2623-2634.

18. Orme-Johnson, D. W., K. L. Cavanaugh, C. N. Alexander, P. Gelderloos, M. C. Dillbeck, A. G. Lanford, et al. "The influence of the Maharishi Technology of the Unified Field on world events and global social indicators: The effects of the Taste of Utopia Assembly." *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers, (Vol. 4)*. Ed. R. A. Chalmers et al. Vlodrop, The Netherlands: Maharishi Vedic University Press, 1989:2730-2762.

19. Orme-Johnson, D. W., M. C. Dillbeck, J. G. Bousquet, and C. N. Alexander. "An experimental analysis of the application of the Maharishi Technology of the Unified Field in major world trouble spots: Increased harmony in international affairs." *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers, (Vol. 4)*. Ed. R. A. Chalmers et al. Vlodrop, The Netherlands: Maharishi Vedic University Press, 1989:2532-2548.

#### **Papers on Crime and Violent Death**

20. Borland, C. L., and G. S. Landrith III. "Improved quality of life through the Transcendental Meditation program: Decreased crime rate." *Scientific Research on the Transcendental Meditation Program : Collected Papers (Vol. 1)*. 2<sup>nd</sup> ed. Ed D. W. Orme-Johnson and J. T. Farrow. Livingston Manor, New York: Maharishi European Research University Press, 1977:651-658.

21. Burgmans, W. H. P. M., A. T. Van Der Burgt, F. P. T. Langenkamp, and J. H. Verstagen. "Sociological effects of the group dynamics of consciousness: Decrease of crime and traffic accidents in Holland." *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers, (Vol. 4)*. Ed. R. A. Chalmers et al. Vlodrop, The Netherlands: Maharishi Vedic University Press, 1989:2566-2582.

22. Dillbeck, M. C., C. B. Banus, C. Polanzi, and G. S. Landrith III. "Test of a field model of consciousness and social change: The Transcendental Meditation and TM-Sidhi program and decreased urban crime." *The Journal of Mind and Behavior* 1988; 9(4):457–486.

23. Dillbeck, M. C., G. S. Landrith III, and D. W. Orme-Johnson. "The Transcendental Meditation program and crime rate change in a sample of forty-eight cities." *Journal of Crime and Justice* 1981; 4:25–45.
24. Dillbeck, M. C. "The Transcendental Meditation program and a compound probability model as predictors of crime rate change." *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers, (Vol. 4)*. Ed. R. A. Chalmers et al. Vlodrop, The Netherlands: Maharishi Vedic University Press, 1989:2496-2514.
25. Hatchard, G. "Influence of the Transcendental Meditation program on crime rate in suburban Cleveland." *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers, (Vol. 2)*. Ed. R. A. Chalmers et al. Vlodrop, The Netherlands: Maharishi Vedic University Press, 1989:1199-1204.
26. Lanford, A. G. "Reduction in homicide in Washington, D. C. through the Maharishi Technology of the Unified Field, 1980-83: A time series analysis." *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers, (Vol. 4)*. Ed. R. A. Chalmers et al. Vlodrop, The Netherlands: Maharishi Vedic University Press, 1989:2600-2608.

#### **Papers on Other Social Indicators**

27. Beresford, M. S., and G. Clements. "The group dynamics of consciousness and the U.K. stock market." *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers, (Vol. 4)*. Ed. R. A. Chalmers et al. Vlodrop, The Netherlands: Maharishi Vedic University Press, 1989:2616-2622.
28. Cavanaugh, K. L. "Time series analysis of U.S. and Canadian inflation and unemployment: A test of a field-theoretic hypothesis." *Proceedings of the American Statistical Association, Business and Economics Statistics Section*; 1987:799-904.
29. Cavanaugh, K. L., K. D. King, and B. D. Titus. "Consciousness and the quality of economic life: empirical research on the macroeconomic effects of the collective practice of Maharishi's Transcendental Meditation and TM-Sidhi program." *Proceedings of the Midwest Management Society* 1989 (Chicago, IL: Midwest Management Society), 183-190.
30. Cavanaugh, K. L., D. W. Orme-Johnson, and P. Gelderloos. "The effect of the Taste of Utopia Assembly on the World index of international stock prices." *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers, (Vol. 4)*. Ed. R. A. Chalmers et al. Vlodrop, The Netherlands: Maharishi Vedic University Press, 1989:2715-2729
31. Cavanaugh, K. L. "Maharishi's Vedic Science and Technology: Promoting economic development and world peace." *Modern Science and Vedic Science* 1992; 5(1-2):172-181.
32. Cavanaugh, K. L. and K. D. King. "Simultaneous transfer function analysis of Okun's misery index: improvements in the economic quality of life through Maharishi's Vedic Science and technology of consciousness." *Proceedings of the American Statistical Association, Business and Economics Statistics Section*; 1988.

33. Dillbeck, M. C., W. E. Larimore, and R. K. Wallace. "A time series analysis of the effect of the Maharishi Technology of the Unified Field: Reduction of traffic fatalities in the United States." *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers, (Vol. 4)*. Ed. R. A. Chalmers et al. Vlodrop, The Netherlands: Maharishi Vedic University Press, 1989:2589-2599.
34. Landrith III, G. S., and M. C. Dillbeck. "The growth of coherence in society through the Maharishi Effect: Reduced rates of suicides and auto accidents." *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers, (Vol. 4)*. Ed. R. A. Chalmers et al. Vlodrop, The Netherlands: Maharishi Vedic University Press, 1989:2479-2486.
35. Lanford, A. G. "The effect of the Maharishi Technology of the Unified Field on stock prices of Washington, D.C. area based corporations, 1980-83: A time series analysis." *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program: Collected Papers, (Vol. 4)*. Ed. R. A. Chalmers et al. Vlodrop, The Netherlands: Maharishi Vedic University Press, 1989:2609-2615.
36. Orme-Johnson, D. W., and P. Gelderloos. "The long-term effects of the Maharishi Technology of the Unified Field on the quality of life in the United States (1960 to 1983)." *Social Science Perspectives Journal* 1988; 2(4):127-146.
37. Reeks, D. "Improved Quality of Life in Iowa through the Maharishi Effect." *Dissertation Abstracts International* 1990; 51(12):6155B.

#### **Papers on Physiological Effects**

38. Orme-Johnson, D. W., M. C. Dillbeck, R. K. Wallace, G. S. Landrith. "Intersubject EEG coherence: Is consciousness a field?" *International Journal of Neuroscience* 1982; 16:203-209.
39. Pugh, N. D., K. G. Walton, and K. L. Cavanaugh. "Can time series analysis of serotonin turnover test the theory that consciousness is a field?" *Society of Neuroscience Abstracts* 1988; 14:372.
40. Travis, F. T., and D. W. Orme-Johnson. "Field model of consciousness: EEG coherence changes as indicators of field effects." *International Journal of Neuroscience* 1989; 49:203-211.
41. Walton, K. G., K. L. Cavanaugh, and N. D. Pugh. "Effect of group practice of the Transcendental Meditation program on biochemical indicators of stress in non-meditators: A prospective time series study." *Journal of Social Behavior and Personality* 2005;17(1):339-376.

#### **Review Papers and Critiques**

42. Alexander, C. N. "Peaceful body, peaceful mind, peaceful world." *Modern Science and Vedic Science* 1992; 5(1-2):150-163.
43. Brown, C.L. "Overcoming barriers to use of promising research among elite Middle East policy groups." *Journal of Social Behavior and Personality* 2003, in press.
44. Duval R. "TM or not TM?" *Journal of Conflict Resolution* 1988; 32(4):813-817.
45. Edwards, D. V. "On consciousness-centered social conflict theory: The case of the Maharishi technology of the unified field." American Psychological Association; 1990; Boston.

46. Goodman, R. S., D. H. Goodman, and R. Wolfson. "A consciousness-based approach to human security." *Perspectives on Human Security*. Ed. M. V. Naidu. Brandon, Manitoba, Canada: Canadian Peace Research and Education Association, 2001:189-210.
47. Hagelin, J. S. "Achieving world peace through a new science and technology." *Modern Science and Vedic Science* 1992; 5(1-2):48-75.
48. Kleinschnitz, K. G. An Investigation into Field Effects of Consciousness from the Perspective of Maharishi's Vedic Science and Physics, 1997, Maharishi University of Management, Dissertation Abstracts International UMI 9713470.
49. Leffler, D. R. "A Vedic approach to military defense: Reducing collective stress through the field effects of consciousness." Doctoral Dissertation, The Union Institute, Cincinnati, Ohio, 1997. *Dissertation Abstracts International* 1997; 58(08):3298A. Available at: <http://www.davidleffler.com/doctoraldissertation.html>
50. Leffler, D. R., K. Kleinschnitz, & K. G. Walton. "An alternative to military violence and fear-based deterrence: Twenty years of research on the Maharishi Effect." Security and Political Risk Analysis (SAPRA) India, 1999. Available at: [http://www.subcontinent.com/sapra/military/m\\_1999\\_05\\_01.html](http://www.subcontinent.com/sapra/military/m_1999_05_01.html)
51. Morris, B. "Maharishi's Vedic Science and Technology: The only way to create world peace." *Modern Science and Vedic Science* 1992; 5(1-2):199-297.
52. Orme-Johnson, D. W., and M. C. Dillbeck. "Maharishi's program to create world peace: Theory and research." *Modern Science and Vedic Science* 1987; 1:206-259.
53. Orme-Johnson, D. W., and M. C. Dillbeck. Statement of David Orme-Johnson. *Proposals to establish a U.S. Academy of Peace: Proceedings of the hearing before the Subcommittees on International Security and Scientific Affairs and on International Operations of the Committee on Foreign Affairs, and the Subcommittee on Postsecondary Education of the Committee on Education and Labor, House of Representatives, Ninety-Seventh Congress, Second Session, on bills H.R. 5088 and H.R. 6182, 21 July 1982.* Washington, D.C.: U.S. Government Printing Office, 1982:241-250.
54. Orme-Johnson, D. W. "Introduction to the proceedings of the conference on approaches to creating stable world peace." *Modern Science and Vedic Science* 1992; 5(1-2):1-30.
55. Orme-Johnson, D. W. "Preventing crime through the Maharishi Effect." *Journal of Offender Rehabilitation*, 2005; 36(1/2/3/4): 257-281.
56. Orme-Johnson, D. W. Section introduction: Collective Consciousness and Peace Studies. *Journal of Social Behavior and Personality* 2005; 36(1/2/3/4):277-283.
57. Orme-Johnson, D. W. "Theory and research on conflict resolution through the Maharishi Effect." *Modern Science and Vedic Science* 1992; 5(1-2):76-98.
58. Orme-Johnson, D. W. "Transcendental Meditation as an epidemiological approach to drug and alcohol abuse: Theory, research, and financial impact evaluation." *Alcoholism Treatment Quarterly* 1994; 11:119-165.

59. Russett, B. Editor's comment. *Journal of Conflict Resolution* 1988; 32(4):773-775.

60. Schrod, P. "Methodological critique of 'International peace project in the Middle East.'" *Journal of Conflict Resolution* 1990; 34:756-768.

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1. The majority of these papers are reprinted in the *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi programme: Collected Papers (Vols. 1-5)*, which contains 3,732 pages of original research. The *Collected Papers* are available from Maharishi University of Management Press, and can be ordered by clicking on the link below.

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