

**Research Publications on  
Maharishi's Transcendental Meditation and TM-Sidhi Program**

**Bibliography 2001–2009**

**Compiled by Dr Roger Chalmers, MRCP(UK) MRCGP DRCOG**

<b>FILE</b>	<b>TITLE OF THE ARTICLE</b>
alex2005e1.pdf	Alexander CN, Kurth SC, Travis F, Alexander VK. Effect of practice of the children's Transcendental Meditation technique on cognitive stage development: acquisition and consolidation of conservation. <i>Journal of Social Behavior and Personality</i> 2005 17(1):21-46
alex2003w2.pdf	Alexander CN, Orme-Johnson DW. Walpole study of the Transcendental Meditation program in maximum security prisoners II: longitudinal study of development and psychopathology. <i>Journal of Offender Rehabilitation</i> 2003 36(1-4):127-160
alex2003w3.pdf	Alexander CN, Rainforth MV, Frank PR, Grant JD, Von Stade C. Walpole study of the Transcendental Meditation program in maximum security prisoners III: reduced recidivism. <i>Journal of Offender Rehabilitation</i> 2003 36(1-4):161-180
alex2003w1.pdf	Alexander CN, Walton KG, Goodman R. Walpole study of the Transcendental Meditation program in maximum security prisoners I: cross-sectional differences in development and psychopathology. <i>Journal of Offender Rehabilitation</i> 2003 36(1-4):97-126
Book	Alexander CN, Walton KG, Orme-Johnson DW, Goodman RS, Pallone NJ (eds). <i>Transcendental Meditation in Criminal Rehabilitation and Crime Prevention</i> . Binghamton, New York: Haworth Press, 2003
ande2000b1.pdf	Anderson JW, Liu C, Kryscio RJ. Blood pressure response to Transcendental Meditation: a meta-analysis. <i>American Journal of Hypertension</i> 2008 21(3):310-316
ankl2003h1.pdf	Anklesaria FK, King MS. The Enlightened Sentencing Project: a judicial innovation. <i>Journal of Offender Rehabilitation</i> 2003 36(1-4):35-46
ankl2003t1.pdf	Anklesaria FK, King MS. The Transcendental Meditation program in the Senegalese penitentiary system. <i>Journal of Offender Rehabilitation</i> 2003 36(1-4):303-318
aren2004b1.pdf	Arenander A, Travis FT. Brain patterns of Self-awareness. In B Beitman, J Nair (eds), <i>Self-Awareness Deficits</i> . New York: WW Norton, 2004
barn2003i1.pdf	Barnes VA, Bauza LB, Treiber FA. Impact of stress reduction on negative school behavior in adolescents. <i>Health and Quality of Life Outcomes</i> 2003 1(1):10
barn2006c1.pdf	Barnes VA, Orme-Johnson DW. Clinical and pre-clinical applications of the

	Transcendental Meditation program in the prevention and treatment of essential hypertension and cardiovascular disease in youth and adults. <i>Current Hypertension Reviews</i> 2006 2(3):207-218
barn2008i1.pdf	Barnes VA, Orme-Johnson DW. El impacto de la reduccion del estres en el hipertension esencial y las enfermedades cardiovasculares. <i>Revista Internacional De Ciencias Del Deporte</i> (International Journal of Sports Science) 2008 4(12):1-30
barn2005i1.pdf	Barnes VA, Schneider RH, Alexander CN, Rainforth M, Staggars F, Salerno, J. Impact of Transcendental Meditation on mortality in older African Americans with hypertension—eight-year follow-up. <i>Journal of Social Behavior and Personality</i> 2005 17(1):201-216
barn2001i1.pdf	Barnes VA, Treiber FA, Davis H. Impact of Transcendental Meditation on cardiovascular function at rest and during acute stress in adolescents with high normal blood pressure. <i>Journal of Psychosomatic Research</i> 2001 51(4):597-605
barn2004I1.pdf	Barnes VA, Treiber FA, Johnson MH. Impact of stress reduction on ambulatory blood pressure in African American adolescents. <i>American Journal of Hypertension</i> 2004 17(4):366-369
broo2005w1.pdf	Broome JR, Orme-Johnson D, Schmidt-Wilk J. Worksite stress reduction through the Transcendental Meditation program. <i>Journal of Social Behavior and Personality</i> 2005 17(1):235-276
brow2005o1.pdf	Brown CL. Overcoming barriers to use of promising research among elite Middle East policy groups. <i>Journal of Social Behavior and Personality</i> 2005 17(1):489-546
	Camelia CR, Hawkins, MA. The use of meditation with at-risk youth in the Netherlands Antilles. <i>Caribbean Journal of Criminology and Social Psychology</i> 2005 10(1/2):102-140
chan2005t1.pdf	Chandler HM, Alexander CN, Heaton DP, Grant J. Transcendental Meditation and postconventional self-development: a 10-year longitudinal study. <i>Journal of Social Behavior and Personality</i> 2005 17(1):93-122
davi2005a1.pdf	Davies JL, Alexander CN. Alleviating political violence through reducing collective tension: impact assessment analysis of the Lebanon war. <i>Journal of Social Behavior and Personality</i> 2005 17(1):285-338
dixo2005a1.pdf	Dixon C, Dillbeck MC, Travis F, Msemaje H, Clayborne BM, Dillbeck SL, Alexander CN. Accelerating cognitive and self development: longitudinal studies with preschool and elementary school children. <i>Journal of Social Behavior and Personality</i> 2005 17(1):65-91
	Elder C, Aickin M, Bauer V, Cairns J, Vuckovic N. Randomized trial of a whole-system Ayurvedic protocol for type 2 diabetes. <i>Alternative Therapies</i> 2006 12(5):24-30
fiel2002e1.pdf	Fields JZ, Walton KW, Schneider RH, Nidich SI, Pomerantz R, Suchdev P <i>et al.</i> Effect of a multimodality natural medicine program on carotid atherosclerosis in older subjects: a pilot trial of Maharishi Vedic Medicine. <i>American Journal of Cardiology</i> 2002 89(8):952-958
	Goodman RS, Goodman DH, Orme-Johnson DW. Congressional bipartisanship through a consciousness-based approach. <i>Proceedings of the 64th Annual Meeting of the Midwest Political Science Association</i> 2006 MPSA06 proceeding:137454.doc
good2001c1.pdf	Goodman RS, Goodman DH, Wolfson RA. A consciousness-based approach to

	human security. In MV Naidu (ed.), <i>Perspectives on Human Security</i> (pp.189-210). Brandon, Manitoba: Canadian Peace Research and Education Association, 2001
good2003t1.pdf	Goodman RS, Walton KG, Orme-Johnson DW, Boyer R. The Transcendental Meditation program: a consciousness-based developmental technology for rehabilitation and crime prevention. <i>Journal of Offender Rehabilitation</i> 2003 36(1-4):1-34
gros2008u1.pdf	Grosswald SJ, Stixrud WR, Travis F, Bateh MA. Use of the Transcendental Meditation technique to reduce symptoms of Attention Deficit Hyperactivity Disorder (ADHD) by reducing stress and anxiety: an exploratory study. <i>Current Issues in Education</i> [On-line] 2008 10(2). Available: <a href="http://cie.ed.asu.edu/volume10/number2/">http://cie.ed.asu.edu/volume10/number2/</a>
haru2009h1.pdf	Harung H, Travis F, Blank W, Heaton D. Higher development, brain integration, and excellence in leadership. <i>Management Decision</i> 2009 47(6):872-894
hawk2003e1.pdf	Hawkins MA. Effectiveness of the Transcendental Meditation program in criminal rehabilitation and substance abuse recovery: a review of the research. <i>Journal of Offender Rehabilitation</i> 2003 36(1-4):47-66
hawk2003c1.pdf	Hawkins M, Alexander CN, Travis FT, Camelia CR, Walton KG, Durchholz CF et al. Consciousness-based approach to rehabilitation of inmates in the Netherlands Antilles: psychosocial and cognitive changes. <i>Journal of Offender Rehabilitation</i> 2003 36(1-4):205-228
hawk2005r1	Hawkins MA, Orme-Johnson DW, Durchholz CF. Re-enlivening and Fulfilling the Criminal Justice Rehabilitative Ideal through the Transcendental Meditation and TM-Sidhi Programs: Primary, Secondary, and Tertiary Prevention. <i>Journal of Social Behavior and Personality</i> 2005 17(1):443-488
heat2001a1.pdf	Heaton D, Harung HS. Awakening creative intelligence and peak performance: reviving an Asian tradition. Chapter in J Kidd et al. (eds), <i>Human Intelligence Deployment in Asian Business</i> . London: Macmillan, and New York: St. Martin's Press, 2001
heat2004c1.pdf	Heaton D, Schmidt-Wilk J, Travis FT. Constructs, methods, and measures for researching spirituality in organizations. <i>Journal of Organizational Change Management</i> 2004 17(1):62-82
	Hebert JR, Lehmann D, Tan G, Travis FT, Arenander A. Enhanced EEG alpha time-domain phase synchrony during Transcendental Meditation: implications for cortical integration theory. <i>Signal Processing</i> 2005 85(11):2213-2232
herr2005c1.pdf	Herron RE. Can the Transcendental Meditation program reduce medical expenditures of older people? A longitudinal medical cost minimization study in Canada. <i>Journal of Social Behavior and Personality</i> 2005 17(1):415-442
infa2001c1.pdf	Infante JR, Torres-Avisbal M, Pinel P, Vallejo JA, Peran F, Gonzalez F et al. Catecholamine levels in practitioners of the Transcendental Meditation technique. <i>Physiology and Behavior</i> 2001 72(2):141-146
jaya2007e1.pdf	Jayadevappa R, Johnson JC, Bloom BS, Nidich S, Desai S, Chhatre S et al. Effectiveness of Transcendental Meditation on functional capacity and quality of life of African Americans with congestive heart failure: a randomized control study. <i>Ethnicity and Disease</i> 2007 17:72-77
jone2003a1.pdf	Jones C, Clayborne M, Grant JD, Rutherford G. Attacking crime at its source: consciousness-based education in the prevention of violence and anti-social behavior. <i>Journal of Offender Rehabilitation</i> 2003 36(1-4):229-256

kond2001i1.pdf	Kondwani KA, Lollis CM. Is there a role for stress management in reducing hypertension in African Americans? <i>Ethnicity and Disease</i> 2001 11:788-792
magi2003c1.pdf	Magill DL. Cost savings from teaching the Transcendental Meditation program. <i>Journal of Offender Rehabilitation</i> 2003 36(1-4):319-332
	Mason LI, Patterson RP, Radin DI. Exploratory study: the random number generator and group meditation. <i>Journal of Scientific Exploration</i> 2007 21(2):295-317
orme2003p1.pdf	Orme-Johnson DW. Preventing crime through the Maharishi Effect. <i>Journal of Offender Rehabilitation</i> 2003 36(1-4):257-281
orme2006e1.pdf	Orme-Johnson DW. Evidence that the Transcendental Meditation program prevents or decreases diseases of the nervous system and is specifically beneficial for epilepsy. <i>Medical Hypotheses</i> 2006 67:240-246
orme2008j1.pdf	Orme-Johnson DW. Commentary on the AHRQ report on research on meditation practices in health. <i>The Journal of Alternative and Complementary Medicine</i> 2008 14(10):1215-1221
orme2005c1.pdf	Orme-Johnson, DW, Alexander, CN, Hawkins MA. Critique of the National Research Council's report on meditation. <i>Journal of Social Behavior and Personality</i> 2005 17(1):383-414
orme2005r1.pdf	Orme-Johnson DW, Barnes VA, Hankey AM, Chalmers RA. Reply to critics of research on Transcendental Meditation in the prevention and control of hypertension. <i>Journal of Hypertension</i> 2005 23(5):1107-1108
orme2003p2.pdf	Orme-Johnson DW, Dillbeck MC, Alexander CN. Preventing terrorism and international conflict: effects of large assemblies of participants in the Transcendental Meditation and TM-Sidhi programs. <i>Journal of Offender Rehabilitation</i> 2003 36(1-4):283-302
orme2003f1.pdf	Orme-Johnson DW, Moore RM. First prison study using the Transcendental Meditation program: La Tuna Federal Penitentiary. <i>Journal of Offender Rehabilitation</i> 2003 36(1-4):89-96
	Orme-Johnson DW, Oates RM. A field-theoretic view of consciousness: reply to critics. <i>Journal of Scientific Exploration</i> 2009 23(2):139-166
orme2006n1.pdf	Orme-Johnson DW, Schneider RH, Son YD, Nidich S, Cho Z-H. Neuroimaging of meditation's effect on brain reactivity to pain. <i>NeuroReport</i> 2006 17(12):1359-1363
paul2006e1.pdf	Paul-Labrador M, Polk D, Dwyer JH, Velasquez I, Nidich SI, Rainforth M <i>et al.</i> Effects of a randomized controlled trial of Transcendental Meditation on components of the metabolic syndrome in subjects with coronary heart disease. <i>Archives of Internal Medicine</i> 2006 166(11):1218-1224
rain2003e1.pdf	Rainforth M, Alexander CN, Cavanaugh KL. Effects of the Transcendental Meditation program on recidivism of former inmates of Folsom Prison: survival analysis of 15-year follow-up data. <i>Journal of Offender Rehabilitation</i> 2003 35:181-204
	Rainforth MV, Schneider RH, Nidich SI, Gaylord-King C, Salerno JW, Anderson JW. Stress reduction programs in patients with elevated blood pressure: a systematic review and meta-analysis. <i>Current Hypertension Reports</i> 2007 9(6):520-528

rani2000e1.pdf	Rani JR, Rao PV. Effects of meditation on attention processes. <i>Journal of Indian Psychology</i> . 2000 18(1):52-60
schm2003t1.pdf	Schmidt-Wilk J. TQM and the Transcendental Meditation program in a Swedish top management team. <i>The TQM Magazine</i> 2003 15(4):219-229
schm1994i1.pdf	Schmidt-Wilk J, Alexander CN, Swanson GC. Introduction of the Transcendental Meditation program in a Norwegian top management team. In B Glaser (ed.), <i>Grounded Theory: 1984-1994</i> . Mill Valley, California: Sociology Press, 2003
schn2002d1.pdf	Schneider RH, Alexander CN, Salerno JW, Robinson Jr DK, Fields JZ, Nidich SI. Disease prevention and health promotion in the aging with a traditional system of natural medicine: Maharishi Vedic Medicine. <i>Journal of Aging and Health</i> 2002 14(1):57-78
	Schneider RH, Alexander CN, Staggars F, Orme-Johnson D, Rainforth M, Salerno J <i>et al</i> . A randomized controlled trial of stress reduction in African Americans treated for hypertension for over one year. <i>American Journal of Hypertension</i> 2005 18(1):88-98
schn2005i1.pdf	Schneider RH, Alexander CN, Staggars F, Rainforth M, Salerno JW, Hartz A <i>et al</i> . Long-term effects of stress reduction on mortality in persons $\geq 55$ years of age with systemic hypertension. <i>American Journal of Cardiology</i> 2005 95(9):1060-1064
schn2001b1.pdf	Schneider RH, Castillo-Richmond A, Alexander CN, Myers H, Kaushik V, Aranguri C <i>et al</i> . Behavioral treatment of hypertensive heart disease in African Americans: rationale and design of a randomized controlled trial. <i>Behavioral Medicine</i> 2001 27(2):83-95
schn2001t1.pdf	Schneider RH, Nidich SI, Salerno JW. The Transcendental Meditation program: reducing the risk of heart disease and mortality and improving quality of life in African Americans. <i>Ethnicity and Disease</i> 2001 11:159-160
schn2003f1.pdf	Schneider RH, Salerno J, Nidich SI. Future trends in use: focus on a traditional system of natural medicine. In N Cherniack, P Cherniack (eds), <i>Alternative Medicine for the Elderly</i> (pp. 73-87). New York: Springer-Verlag, 2003
	Schneider RH, Walton KG, Salerno JW, Nidich SI. Cardiovascular disease prevention and health promotion with the Transcendental Meditation program and Maharishi Consciousness-Based Health Care. <i>Ethnicity &amp; Disease</i> 2006 16(3) Supplement 4:15-26
	Scurfield L. Transcendental Meditation. <i>Australian Family Physician</i> 2001 30:735-736
so2001t1.pdf	So KT, Orme-Johnson DW. Three randomized experiments on the holistic longitudinal effects of the Transcendental Meditation technique on cognition. <i>Intelligence</i> 2001 29(5):419-440
	Sridevi K, Krishna Rao PV. Temporal effects of meditation on cognitive style. <i>Journal of Indian Psychology</i> 2003 21:38-51
tann2009e1	Tanner MA, Travis F, Gaylord-King C, Haaga DAF, Grosswald S, Schneider RH. The effects of the Transcendental Meditation program on mindfulness. <i>Journal of Clinical Psychology</i> 2009 (in press)
trav2001a1.pdf	Travis FT. Autonomic and EEG patterns distinguish transcending from other experiences during Transcendental Meditation practice. <i>International Journal of Psychophysiology</i> 2001 42(1):1-9
trav2001t1.pdf	Travis FT. Transcendental Meditation technique. In WE Craighead, CB

	Nemeroff (eds), <i>The Corsini Encyclopedia of Psychology and Behavioral Science, 3rd edition</i> (pp.1705-1706). New York: John Wiley & Sons, 2001
	Travis FT. From I to I: concepts of Self on an object-referral/ self-referral continuum. In AP Prescott (ed.), <i>The Concept of Self in Psychology</i> . New York: Nova Publishing, 2006
trav2006c1.pdf	Travis FT, Arenander A. Cross-sectional and longitudinal study of effects of Transcendental Meditation practice on interhemispheric frontal asymmetry and frontal coherence. <i>International Journal of Neuroscience</i> 2006 116(12):1519-38
trav2004p1.pdf	Travis FT, Arenander A, DuBois D. Psychological and physiological characteristics of a proposed object-referral/self-referral continuum of self-awareness. <i>Consciousness and Cognition</i> 2004 13(2):401-420
	Travis FT, Brown S. My brain made me do it: brain maturation and levels of self-development. In AH Pfaffenberger, PW Marko, T Greening (eds), <i>The Postconventional Personality: Perspectives on Higher Development</i> . New York: Sage Publishing, 2009 (in press)
trav2009s1.pdf	Travis FT, Haaga DH, Hagelin JS, Tanner M, Arenander A, Nidich S, et al. A self-referential default brain state: patterns of coherence, power, and eLORETA sources during eyes-closed rest and the Transcendental Meditation practice. <i>Cognitive Processes</i> 2009 (in press)
trav2009a1.pdf	Travis F, Haaga DA, Hagelin JS, Tanner M, Nidich S, Gaylord-King C et al. Effects of Transcendental Meditation practice on brain functioning and stress reactivity in college students. <i>International Journal of Psychophysiology</i> 2009 71(2):170-176
trav2003m1	Travis FT, Munly K, Olsen T. The significance of Transcendental Consciousness for addressing the "hard" problem of consciousness, <i>Journal of Social Behavior and Personality</i> 2005 17(1):123-135
trav2001p1.pdf	Travis FT, Olson T, Egenes T, Gupta HK. Physiological patterns during practice of the Transcendental Meditation technique compared with patterns while reading Sanskrit and a modern language. <i>International Journal of Neuroscience</i> 2001 109(1/2):71-80
trav2002p1.pdf	Travis FT, Tecce J, Arenander A, Wallace RK. Patterns of EEG coherence, power and contingent negative variation characterize the integration of transcendental and waking states. <i>Biological Psychology</i> 2002 61(3):293-319
trav2001c1.pdf (Abstract)	Travis FT, Tecce JJ, Guttman J. Cortical plasticity, contingent negative variation, and transcendent experiences during practice of the Transcendental Meditation technique. <i>Biological Psychology</i> 2001 55(1):41-55
trav2010f1.pdf	Travis FT, Shear, J. Focused attention, open monitoring and automatic self-transcending: Categories to organize meditations from Vedic, Buddhist and Chinese traditions
	Van Wijk EP, Koch H, Bosman S, Van Wijk R. Anatomical characterization of human ultraweak photon emission in practitioners of Transcendental Meditation and control subjects. <i>Journal of Alternative and Complementary Medicine</i> 2006 12(1):31-38
	Van Wijk EP, Ludtke R, Van Wijk R. Differential effects of relaxation techniques on ultraweak photon emission. <i>Journal of Alternative and Complementary Medicine</i> 2008 14(3):241-250
walt2005e1.pdf	Walton KG, Cavanaugh KL, Pugh ND. Effect of group practice of the

	Transcendental Meditation program on biochemical indicators of stress in non-meditators: a prospective time series study. <i>Journal of Social Behavior and Personality</i> 2005 17(1):339-376
	Walton KG, Fields JZ, Levitsky DK, Harris DA, Pugh ND, Schneider RH. Lowering cortisol and CVD risk in postmenopausal women: a pilot study using the Transcendental Meditation program. <i>Annals of the New York Academy of Sciences</i> 2004 1032:211-215
walt2003e1.pdf	Walton KG, Levitsky DK. Effects of the Transcendental Meditation program on neuroendocrine abnormalities associated with aggression and crime. <i>Journal of Offender Rehabilitation</i> 2003 36(1-4):67-88
walt2004r1.pdf	Walton KG, Schneider RH, Nidich SI. Review of controlled research on the Transcendental Meditation program and cardiovascular disease—risk factors, morbidity and mortality. <i>Cardiology in Review</i> 2004 12(5):262-266
walt2002p1.pdf	Walton KG, Schneider RH, Nidich SI, Salerno JW, Nordstrom CK, Merz CN. Psychosocial stress and cardiovascular disease. Part 2: effectiveness of the Transcendental Meditation program in treatment and prevention. <i>Behavioral Medicine</i> 2002 28(3):106-123
walt2005p1.pdf	Walton KG, Schneider RH, Salerno JW, Nidich SI. Psychosocial stress and cardiovascular disease. Part 3: clinical and policy implications of research on the Transcendental Meditation program. <i>Behavioral Medicine</i> 2005 30(4):173-183
	Yamamoto S, Kitamura Y, Yamada N, Nakashima Y, Kuroda S. Medial prefrontal cortex and anterior cingulate cortex in the generation of alpha activity induced by Transcendental Meditation: a magnetoencephalographic study. <i>Acta Medica Okayama</i> 2006 60(1):51-58

Catchy article titles can make all the difference. The difference between your blog post getting 1000's of views or sinking into obscurity. When people find your blog post in the search results, it's the title that determines whether they click through to your page and read your article. According to Moz, 80% of readers never make it past the headline. But how do you write article titles that readers will click on? That's exactly what I'm going to show you in this article: 21 formulas for writing catchy article titles that readers click on. Quick Navigation. 1. Use Numbers. 3. The theme of the article is closely connected with title of the article 4. This article deals with, is devoted to 5. The main idea is expressed in the first (the last) paragraph. 6. At the beginning the author describes, explains, introduces, analyses, gives a review of, comments on, enumerates, points out 7. From the article we learn that 8. At the end the author comes to the conclusion that 9. To my mind (in my opinion) 10. As far as I know, understand, remember 11. For all I know 12. First of all, to began with 13. The thing (problem, fact, point) is 14. On the one hand, on the

Please note in this article, the terms "Title" and "Headline" are inter-changeable. They mean the same thing. 10 Post Titles Guaranteed to Get YOU Results. 1. The Classic How-to Title / Headline. A lot of popular blogs and websites have discovered formulas that deliver results every time. One headline formula that's been incredibly effective for more than a century is the classic how to. Recognize what posts captivate you and start a list of the headlines that compelled you to click " I bet you'll notice something strikingly similar about each. Identify that "something" and use it to your advantage. Title of Study (Please state the title of your study in a brief and concise manner, as the title of a thesis or an article.) (Maximum 30 words) this question came from Turkish master program scholarship. Design and Numerical Simulation of the Performance of Acoustic Plenum Chamber of a Marine Gas Turbine Air Supply System. Answered by Mehrdad Rasoulmoghadam on 31 Oct, 2018. Upvote this Answer. 2. Comment. Answer: Design and Numerical Simulation of the Performance of Acoustic Plenum Chamber of a Marine Gas Turbine Air Supply System.