



**The Consciousness
Development Programme**

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Transcendental Meditation®, and the TM-Sidhi Programme®, founded by Maharishi Mahesh Yogi®, are available in the UK only from Maharishi Foundation®, registered educational charity, number: 270157 (England & Wales); X0610/9 (Northern Ireland), and SC041919 (Scotland).

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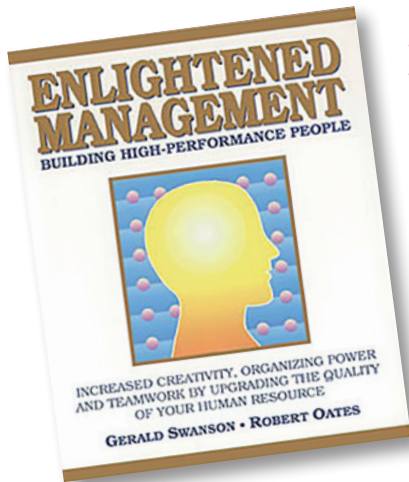
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TESTIMONIALS 2 - INTERNATIONAL

INTERNATIONAL TESTIMONIALS

There have been more than 50 books published in the last 30 years on the Transcendental Meditation technique, written by authors from many different disciplines including doctors, business people, researchers, psychologists, physiologists, academics and business consultants.

Here are excerpts from a few of them.



Enlightened Management – building high-performance people by Gerard Swanson and Robert Oates, published 1989

An overview of the book

Most management theories and programs are like computer software. They just give instructions to the human computer. They tell your people what to do. But

getting dramatic improvements in human output is like getting dramatic improvements in computer output; you have to upgrade the hardware.

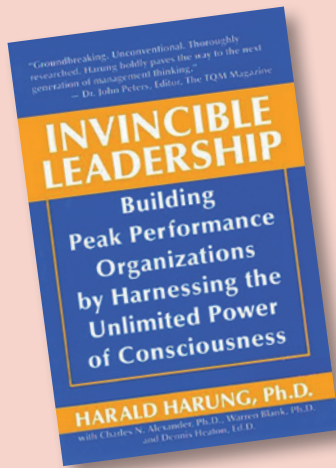
The most precious resource of your business is the brain physiology of your people - the neural hardware of your human computers.

Now hundreds of published scientific papers and numerous case studies have shown you can upgrade this most basic level of business success – the nervous systems and brains of the people you employ - through the implementation of an innovative but much-researched self-development technique, the Transcendental Meditation program founded by Maharishi Mahesh Yogi.

The payoff is large:

- Increased intelligence, creativity, & productivity
- Increased energy and motivation
- Increased ability to function under stress
- 50% reduction in health-care utilization

There is already more research documenting these benefits than there is for any other management programme. And best of all, the outcome is strictly win-win: employees enjoy their personal growth as much as management appreciates the increased profits.



Invincible Leadership – Building Peak Performance Organisations by Harnessing the Unlimited Power of Consciousness by Herald Harung, published 1999

Quotations from business people and professionals practicing Transcendental Meditation

“Of all the methods I have tried, Transcendental

Meditation is the one that appeals most to me because it is so simple and the results are already so tangible after a short time of practice. My ability to concentrate has increased. I find solutions to my problems more quickly. I have more strength to deal with unpleasant matters at the same time that I am able to handle conflicts and difficult collaboration questions in a better way. Life has become simpler and more filled with happiness.” - *Mart Vilu, Personnel Director, Volvo, Sweden*

“For me the experience of settled inner wakefulness and expanded awareness during the Transcendental Meditation technique is the real foundation for successful decision making. After meditating, I have the mental clarity and alertness for laser-like focus on the details and, at the same time, for broad comprehension so I don't get lost in the details. I find myself continuously growing in insight and intuition, as well as in the ability to focus and analyze. Over my years in business, the TM technique has been a real competitive advantage.”

- *Steve Rubin, Chairman and CEO, United Fuels International, USA*

“I started Transcendental Meditation when I was a deputy general manager of the educational department two years ago. Now I always feel relaxed and I can maintain equilibrium of mind and stability even when in a strained work situation. This brings a great advantage for me and my work.”

- *Hideo Takada, Deputy General Manager, Department of General affairs, Toyota Company, Japan*

“My practice of the Transcendental Meditation technique has given me a 360-degree awareness. In business, I have always been very fixed and focused on my goals. Now,

with the expanded awareness gained from the Transcendental Meditation program, I am able to be more open and flexible in my approaches to achieving these goals. In my personal life, I feel that I am a far more integrated, fulfilled human being.”

- *Tom Gould, Chairman and CEO, Younkers, USA*

Positive signal in making Transcendental Meditation available to employees

“Frequently, top managers speak at celebrations and write in value statements that the employees are their company’s most valuable resource. Yet, unfortunately, these corporations seldom do something concrete to follow through on this statement. In recent years, the Transcendental Meditation program has been made available to the members of a large number of organizations world-wide. Our experience is that this training has a positive signaling effect that we did not initially expect. With the introduction of meditation, we have noticed repeatedly that the employees perceive this training as a concrete signal that their boss sincerely cares for them and their welfare. Since the program represents a personal tool for improved quality of life, it increases loyalty and engagement also from the point of view of gratitude.”

- *Harald Harung, Ph.D. author of Invincible Leadership*

Leadership governed by collective consciousness

“Sue Hammer had for several years been a highly successful CEO of a major catering company. As a leader she displayed a high degree of determination, entrepreneurship, and care for her employees. Because she observed that her employees flourished, she felt an increasing determination to try out her management style in the town where her company was located. This determination was fueled by a strong social responsibility for her community, especially since it was characterized by many more problems than her own firm.

Since Sue’s achievements were widely acknowledged, it was relatively easy for her to be elected as mayor of her town. However, much to her surprise she was unable to maintain her former level of accomplishment in her new position. This lowering of achievements was not because her leadership ability suddenly declined or because her management principles were no longer valid. The reason was that the collective consciousness of the town was lower than that of her firm. The difference between her

own level of development and that of the town citizens' was significant, but still within the limits permitting her to be elected. Although she had the same leadership ability and skills as before, she could only enact her more advanced sense of reality to the extent that her new followers permitted.”

- *Harald Harung, Ph.D. author of Invincible Leadership*

Company success through refined intuition and support of nature

“One morning earlier this year, I suddenly had a clear intuition to contact a major Fortune 500 company with whom we had no prior experience and no leads. In a flash, I knew that we should use a three-step process to get an invitation to make a formal presentation on Human Factors International’s services and products. I reviewed the three-step process with a sales person (account executive) and asked him to carry out the plan. He called the company and systematically followed my plan. To my delight, but not surprise, we had an appointment to make our presentation, and soon after we secured a major contract with this industry giant.”

- *Jay More, Vice President of Sales and Marketing, Human Factors International, Inc. Fairfield, Iowa, USA.*

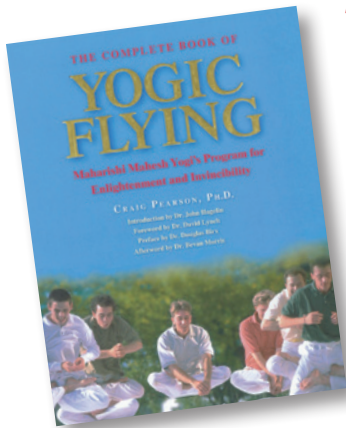
Senior executive achieving more than he had imagined

“In my executive experience, I have found that intelligence, energy, commitment, interpersonal communication and motivational skills, organizing power, vision, and a complete grasp of all the relevant factors are absolutely necessary to succeed in business. What is amazing is that these factors are often not enough in themselves to guarantee success. Other issues, loosely defined as intuition, luck, fortune, support of nature, often come into play. In my experience, I have found that it is both necessary and possible to gain control over even these intangible factors.

“To gain an intuitive insight or to enjoy good fortune from time to time is a very gratifying experience. To enjoy these benefits on a more predictable basis, is much more satisfying. I experience this “full support of nature” through the regular practice of Transcendental Meditation, which opens my mind to its full potential in a very simple, easy, and natural way. With TM, I am able to be more successful. For example, my thinking is clearer more precise and more comprehensive. I am able to rebound from

intensely stressful situations more quickly and I am able to operate from a much higher level of energy. The end result is that everything moves quickly and easily towards the desired results. I achieve success at levels that I wouldn't have been able to imagine before, let alone achieve.”

- Warren Berman, *Former Vice Chairman, Nabors Industries, Inc.*



The Complete Book of Yogic Flying by Craig Pearson, Ph.D. published in 2008

What Yogic Flying adds to a company

“As general manager of a technical services staffing firm, I consider staff development to be critical to our growth and success.

I'm always looking for programs that can develop skills and qualities in our employees. A number of our people are Yogic Flyers. I've noticed significant growth in their personal and professional lives. I see benefits in three areas:

“First is increased clarity in their thinking. At meetings they tend to contribute in a more creative, positive, and harmonious way. They add to the success of the team while maintaining their competitive spirit. This has been a great asset for our group.

“Second is enhanced communications skills. Their telephone manner, speaking skills, and ability to present concepts and proposals have grown. They maintain a confident, professional, friendly attitude.

“Finally, they accomplish more and more in their work while seemingly expending less effort and energy. They do not break under the pressures of their job. Their productivity and effectiveness have grown considerably.

“I look forward to still greater results from these valued members of our team as they continue with the TM-Sidhi program, including Yogic Flying.”

- Laurie Neil Sluser, *President and Chief Operating Officer, The Donatech Corporation, Fairfield, Iowa, USA*

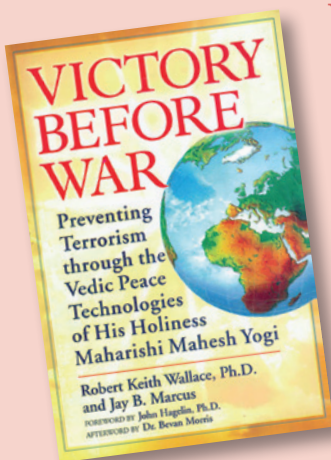
They will grow your company

“Managers must invest in their employees’ ability to be successful. A business’s success is based on the clarity, creativity, health, and unified focus of its people.

“For this reason I highly recommend the Transcendental Meditation program to all business leaders and their employees. You will see, as I have seen, that they will grow in health and ambition and they will prosper - and they will grow your company.

“With the epidemic of stress in our world, Transcendental Meditation is the requirement of our times. Nothing else has this ability to reduce our employees’ stress and increase their capacity to produce without getting tired and strained. This is what’s missing in life today.

“In the next three to five years, Transcendental Meditation will be as mainstream in corporate America as health insurance.’ – *Jeffrey Abramson, Principal, The Tower Companies, North Bethesda, Maryland, USA*



Victory Before War – Preventing Terrorism through the Vedic Peace Technologies of His Holiness Maharishi Mahesh Yogi by Robert Keith Wallace, Ph.D. and Jay B. Marcus, published 2005

Foreword

How can we create a lasting state of world peace in this age of nuclear overkill and weapons of mass destruction? Scientific advances now allow small countries or even small groups of individuals to threaten the security of entire nations. Biological and chemical weapons are widely available and can be easily transported across national borders. Conventional military strategies for homeland defense have become increasingly irrelevant, and no one is truly secure.

We urgently need a new, more fundamental approach to peace that can neutralize the very basis of terrorism and war. Victory Before War by Dr. Robert Keith Wallace and Jay Marcus presents just such an approach. Maharishi’s proven, practical technology for preventing terrorism has been validated by almost 50 studies published in leading

peer-reviewed scientific journals. This approach is a technological application of the most advanced discoveries in the fields of quantum mechanics, neuroscience, and human consciousness.

From June through July 1993, I directed a two-month scientific research experiment using this peace-creating technology in Washington, D.C.. The study, which brought approximately 4,000 project participants to the District, resulted in a marked reduction in the level of violent crime. The statistical probability that this outcome could have reflected chance variation in crime levels was less than 2 in a billion (p .000000002) Social Indicators Research 47: 153-201, 1999.

A remarkable calm descended upon the city: a tense atmosphere of police sirens, audible gunshots, and rancorous partisan bickering and Congressional gridlock was suddenly transformed into palpable peace, social harmony, and a new spirit of bipartisan cooperation.

But this study is only one of 50. This peace-based approach, described fully in this book, has been subjected to extensive scientific investigation during the past 25 years and repeatedly shown to defuse acute ethnic, political, and religious tensions; to quell violence and open warfare in war-torn areas; and to dramatically reduce global terrorism. Many of these applications took the form of carefully controlled experiments, and the findings withstood rigorous, anonymous peer review and were published in leading scientific journals. In study after study, this approach has successfully reduced crime, violence, and terrorism in tests conducted at local, statewide, national, and international levels. It has worked every time, and now has the support of hundreds of scientists who have examined the technology and its associated research.

This new approach to homeland defense calls for the immediate establishment of large, permanent groups of peace-creating experts practicing specific “technologies of consciousness” that have been scientifically shown to neutralize the societal tensions that fuel violence, terrorism, and social conflict. Such groups create a measurable effect of harmony and peace throughout society.

While conventional technologies are based on the application of specific, isolated laws of nature functioning at the chemical, biological, and nuclear levels, this new approach

is based on the discovery of a completely holistic level of natural law that is vastly more fundamental and powerful than even the nuclear force. Consequently, this technology

- Can easily overpower - and effectively disarm - conventional technologies of offense, based on the chemical, biological, or nuclear levels;
- Creates pervasive and inescapable results, since it works from the most comprehensive and holistic level of natural law; and
- Is inherently safe, despite its power, with effects that are broadly life-supporting and free from unanticipated negative side effects.

Now all of us - citizens and governmental leaders alike - must act immediately to implement this approach widely and thereby uphold national security and global peace. We would be irresponsible to do otherwise.

In *Victory Before War*, the authors have created a powerful and compelling manual for creating permanent world peace. I urge all well-wishers of peace to read it carefully and then take every possible action to bring its vision to fruition, for the sake of our generation and all generations to come. - *John Hagelin, Ph.D.*

Dr. Hagelin is one of the world's foremost physicists and a winner of the prestigious Kilby Award.

He is the president of the U.S. Peace Government and director of the Institute of Science, Technology and Public Policy at Maharishi University of Management in Fairfield, Iowa.

THE NEXT STEP

These extracts from published books describe how successful men and women from all walks of life have experienced great benefit from the Consciousness Development Programme and in some cases attribute all their success to the benefits they have experienced from the regular practice of the programme.

Contact details of your local Consciousness Development Consultant are on the business card in the folder (or email info@800SidhasNow.org.uk or phone 01394 421163).