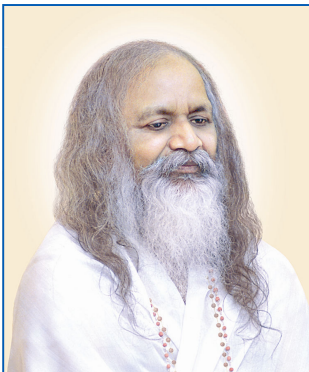




# The Benefits of Consciousness- based Education



Maharishi Mahesh Yogi  
Founder of  
Maharishi School of the  
Age of Enlightenment

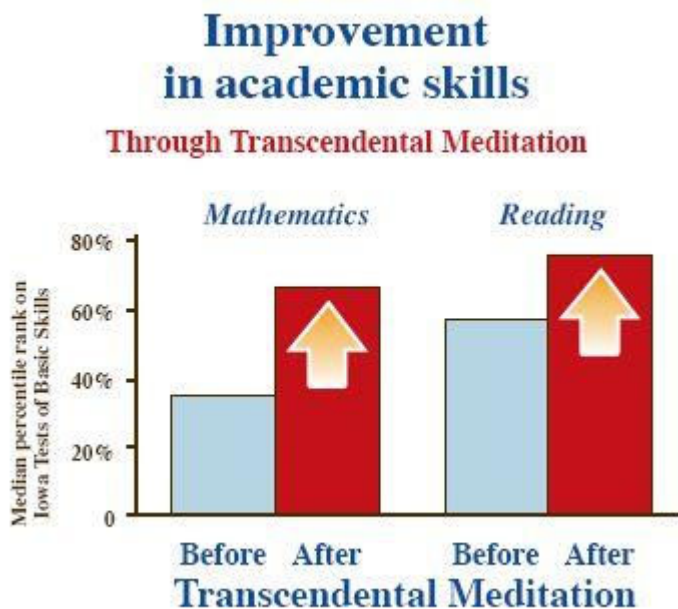
A selection of 6 studies from more than 600 studies documents documenting the holistic development of life through Maharishi's Transcendental Meditation and TM-Sidhi programme.

*Where achievement and happiness go hand in hand*

Maharishi School Cobbs Brow Lane, Lathom, Ormskirk, Lancs L40 6JJ

Tel: 01695 729912 enquiries@maharishischool.com

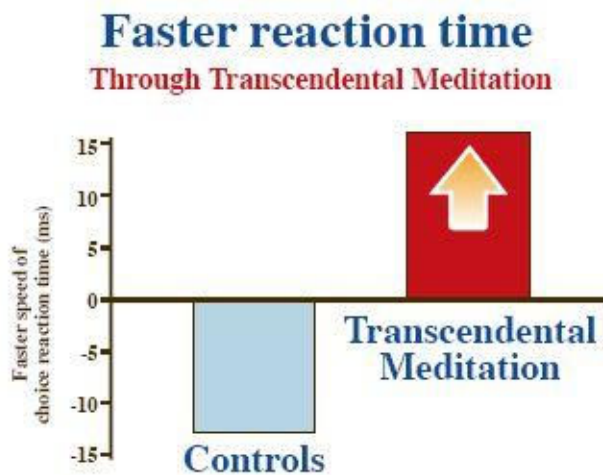
## TM Research with Children



Reference: Education 107: 49-54, 1986

This chart demonstrates significant gains in maths and reading skills after 1 year practising TM.

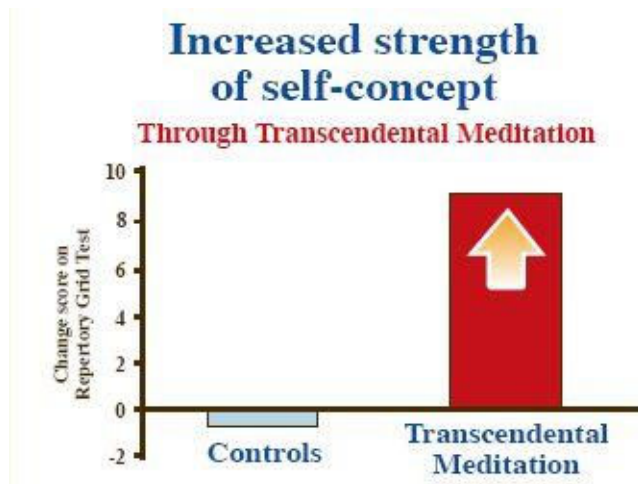
*It's important for parents to know the evidence clearly demonstrates that TM develops makes children smarter.*



Reference: Personality and Individual Differences 12: 1105-1116, 1991

Students practising TM showed significantly faster choice reaction time compared to a control.

*While academic results matter, it's equally important to recognise that a happier less worried child will make faster decisions and easier choices.*



Reference: British Journal of Psychology 73: 57-68, 1982

After just one month's practice, individuals developed a more strongly defined sense of self-concept, compared to the control.

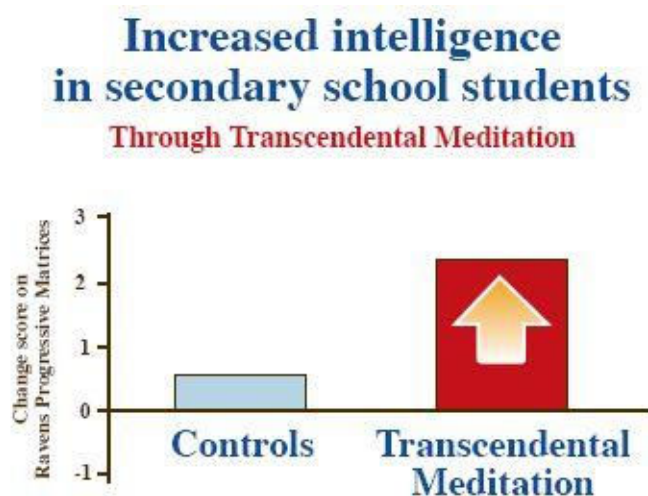
They also reported their actual self was closer to their ideal self.

*Children are daily battered by media and technology, resulting in new complex social rules (my life is better than yours!). Never has a strong sense of self-concept been more valuable to the child.*

## TM Makes Children Smarter

There is no question that TM has a subtle yet profound effects on the mind of the child.

As early as 1978, the evidence showed increased intelligence in secondary school students.



Reference: Dissertation Abstracts International 38(7): 3372B-3373B, 1978

Secondary school students who learned TM showed increased intelligence after 14 weeks, compared to the control group.

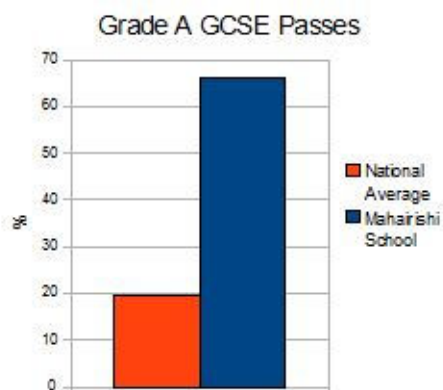
*It's hard to measure any child's intelligence, but the tests show that students practising TM increased their ability to maintain broad comprehension and sharp focus at the same time, while showing increased self-actualisation and self-esteem.*

*They were smarter.*

## Maharishi School Research

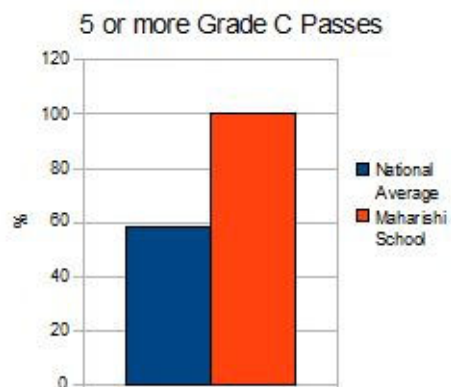
Sometimes it's better to let the facts speak for themselves:

### GCSE Grade A Results



Maharishi School is over three times the national average

### GCSE Grade C passes



Maharishi School is almost double the national average

Success rates like these, year on year, have consistently set Maharishi School in the top ten percent of UK schools.

At Maharishi School learning and happiness really do go hand in hand.

## The Head Teacher Explains



**Head Teacher Derek Cassells explains:** *"We have a very traditional curriculum, but we also have Transcendental Meditation, where the children experience a unique quality of deep rest, twice very day.*

*This releases stresses and tensions, and the nervous system is brought into balance.*

*From this balance come all the benefits - such as greater ability to focus - and this produces academic results. These aren't our goals. They're just a side-effect.*

*What's important is that the children are so at ease they automatically enjoy learning, and they're able to utilise more of their potential."*

## Ofsted say



Ofsted is the government body that inspects and regulates to achieve excellence in education and skills for learners of all ages.

**Ofsted say:** *Maharishi School is a good school that nurtures pupil's personal development, which is outstanding.*

*The good and, on occasion, outstanding teaching, broad and balanced curriculum and positive ethos enable all pupils to make good progress.*

*Pupils enjoy their learning.*

*Their progress is carefully monitored and parents are kept well-informed about their children's achievements.*

The Ofsted report goes even further:

*The school provides a secure and caring environment where relationships are warm and based on mutual respect.*

*Pupils' behaviour is excellent.*

## Maharishi Schools Worldwide

Maharishi Schools are found all over the world, from USA, UK and Europe, to South Africa and South America, to India and SE Asia.

Their pupils have won literally hundreds of international, national and state competitions for a diverse range of activities including academic subjects, sports, the arts, and extra-curricular work.

> Three times winners: Destination ImagiNation, the international problem-solving competition.

> Ten times the national average: National Merit Scholar Finalists

## Leading Educator Explains



**Dr Ashley Deans says:** *Most current educational approaches ignore the consciousness of the student, focussing only on what is "known" - facts, procedures, concepts - but ignore the student's consciousness.*

*This fragmented approach fails to awaken the student's total brain.*

## Summary of Research

Currently, there are over 600 studies demonstrating the value of TM, particularly in education.

The 6 studies shown in this document are genuinely representative of the full research.

For over 25 years in Lancashire, Maharishi School has enjoyed repeated, consistent successes, far outreaching the UK national averages.

This is worth repeating: *Consistent successes far outreaching UK national averages.*

Which is why we say:

*Maharishi School is a place where achievement and happiness go hand in hand*

If you'd like to see Maharishi School for yourself, please email or ring.

You're very welcome.

We'll be pleased to arrange a school tour.

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