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THE SCIENCE OF WORLD PEACE

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Introduction

Over the last 30 years I have participated in creating a body of over 600 scientific studies, which collectively demonstrate that we now possess a powerful technology to create world peace. As a scientist, what I know is that 9/11 could have been prevented, the war with Iraq could have been averted, and that we can eliminate terrorism and create permanent world peace. The root cause of war, terrorism, crime, and all other social problems is stress in collective consciousness. Our research shows that ancient ethnic, political, economic, and other kinds of stress can be dissolved in collective consciousness to eliminate the very basis of war.

What is collective consciousness?

People from many walks of life have told me that from time to time they experience being directly connected to other people on the level of the mind. For instance, they have known when another family member was doing unusually well or poorly, or they felt someone's attention on them, only to verify later that it was true. Research from a number of laboratories around the world in the US, Europe, and Asia has demonstrated in many different ways that such phenomena are real beyond a statistical doubt (Radin 1997). When the conditions are right, our minds are aware that they are connected. In fact, we are always connected, via a field of collective consciousness (Benor 2003).

The concept of collective consciousness is not new. The idea that there is a universal consciousness underlying everything, which everyone and everything are part of, is implicit in Western philosophy and is described in detail in the great Eastern traditions.

A traditional analogy to explain consciousness likens it to an ocean with waves. The waves are like our personal thoughts, which are localized in our heads and are, for the most part, private. But if you can imagine all the waves on the ocean completely settling down until it is as flat as a mirror, that would be unbounded awareness, the "field level" of consciousness, which is common to all people and all things animate and inanimate. This is a field of infinite goodness, love, wisdom, bliss, and organizing power. Because this field is deep within everyone, at the core of our existence, everyone has the potential to enliven this field within themselves, and this is the only way to create harmony in society as a whole and a lasting world peace.

How does modern science view the concept of consciousness as a field?

In the social sciences, the founders of modern sociology have written about a *conscience collective*, and a collective unconscious. However, these ideas were not accepted in the

mainstream of the social sciences because the theories did not make specific predictions that could be experimentally tested.

In the physical sciences, the developers of modern quantum theory were led by their discoveries to recognize that consciousness is the basis of natural law. In the words of Max Planck, the father of quantum theory, "I regard consciousness as fundamental. I regard matter as derivative from consciousness." The famous British astronomer and mathematician Sir James Jeans wrote that as science probes more deeply into natural law, nature appears to be more like a great mind than a great machine. Einstein envisioned that the basis of all the laws of nature is a single unified field, responsible for all the diversity of forms and functions in the universe. In the last two decades, physicists have glimpsed a successful unified field theory in heterotic superstring theory, and leading quantum theorist John Hagelin has noted that the unified field of natural law has the precise properties of a universal consciousness. [Hagelin]

Has modern science measured a field of consciousness?

In principle, the field level of consciousness at the fundamental level of natural law cannot be measured by something less basic than itself, but can be directly known to itself by itself in the self-referral level of transcendental consciousness. The ancient Yoga Sutras of Patanjali (1:2) tell us that "Yoga (union, transcendental consciousness) is the least excited state of the mind." It is the silent yet wakeful state of the mind in which all the different modes of mental activity have completely settled down. Instead of consciousness being aware of its various activities (perception, thinking, feeling, etc.), which constitute its "object awareness" modes, when its activity completely settles it becomes "self-referral," aware of itself own infinite, silent, unbounded nature. Synonyms for transcendental consciousness are "pure consciousness," "samadhi," "Bliss consciousness," the "Self," the "Unified Field of Natural Law," and the "Light of God." The only physical instrument capable of directly "measuring" pure consciousness is the human brain, and when the brain becomes perfectly coherent and balanced in its functioning it provides the direct experience of the self-referral level of consciousness.

Research on the Transcendental Meditation technique shows that it provides the experience of transcendental consciousness, which is correlated with periods of maximum coherence of the EEG, marked slowing of respiration, and other indications of distinct quieting of the autonomic and somatic nervous systems. [1]

In addition, there is evidence that an active level of "global consciousness" can be recorded on sensitive instruments. The Global Consciousness Project of the Princeton Engineering Department has pioneered explorations with random number generators (RNGs) around the globe, with the finding that whenever there is a momentous world event such as 9/11, which a large proportion on the world population is aware of through the mass media, the worldwide network of indicators responds [Nelson, 2001].

The nature of the response is usually that the RNG output becomes less random around the times of these events. It is not clearly understood what mechanism could explain how collective attention could influence RNG devices. However, the phenomenon is consistent with the idea that consciousness is a fundamental aspect of natural law, as Max Planck and other quantum theorists have suggested.

Is there any practical applied technology of collective consciousness?

Yes. Our research has brought the connectedness of all people to a practical applied level, which has been called the Maharishi Effect in honor of Maharishi Mahesh Yogi, who predicted it and provided the theory and practical technology for its implementation. [2] We have demonstrated a way to create coherence in collective consciousness that decreases crime, terrorism, and war as well as to improve the general quality of life in society. [3] These studies

have controlled for alternative explanations and have appeared in leading peer-reviewed scientific journals [Orme-Johnson (a)].

What is this new theory of how to reduce war and terrorism?

Actually, the theory of how to effectively reduce conflict in society is very ancient, although it hasn't been put into practice for many centuries. The Vedic texts from India stated thousands years ago: "In the vicinity of Yoga, hostile tendencies are reduced and harmony is created." Yoga, as defined by Patanjali, is the state when the individual mind settles to its silent unbounded basis of universal consciousness.

Here in brief is Maharishi's elaboration of the theory. Every level of society has a corresponding collective consciousness, which each individual contributes to and, reciprocally, which influences each individual. There is family consciousness, community consciousness, city consciousness, state consciousness, national consciousness, and world consciousness, which we all contribute to and which in turn influence every one of us. If we are stressed, we add stress to all levels of collective consciousness, which influences everyone else in society. Likewise, everyone else's stresses affect us through the same channels of collective consciousness. If there is war in Asia, it has an influence on our feelings and thinking — not just through watching it on television, but also as a direct influence on our minds, even if we have no exposure to the news media. If hurts, fears, and angers are being experienced by individuals around the world, then each of us feels these through the collective unconscious on some level of our being. When stress accumulates in collective consciousness, collective disasters break out, such as terrorism and war. To prevent war and other collective disasters we need to neutralize the stresses and create coherence in collective consciousness.

How can you create coherence in a system as complex as society?

The only way to create coherence in something as complex as human society is to put society in tune with the total potential of natural law, which runs the universe without a problem. Only an infinite level of intelligence could do the job. Human intelligence is too limited in its comprehension. Man-made principles of administration as set forth in national constitutions and laws will never be adequate to maintain harmony in society because they are too limited in their scope. They have never created a problem-free society in any country in any generation. On a personal level, it is rather like trying to control your own breathing, rather than allowing your innate intelligence to handle this vital function. The inspiration for world harmony resides inherently in nature, just as your breathing mechanism is a "given" in your life.

To create a harmonious, progressive society, every individual in society has to be in tune with the total potential of natural law. This is simply done by having a relatively few individuals spend part of each day taking their minds from their active levels to their silent levels. Every religious and philosophical tradition has located the source of coherence in nature deep within each individual as the simplest form of awareness, the source of thought— transcendental consciousness. Our active thinking mind is not fundamental. Our active thinking mind, which creates constitutions and laws, cannot effectively organize society. However, by simply allowing the mind to transcend or go beyond thought, to transcendental consciousness, the source of thought — the field level of consciousness — all thinking and behavior subsequently become organized by and in tune with natural law. With a few people in society doing this, the effect spreads to everyone in society. A proven technology to create coherence in the individual and in society is the Transcendental Meditation technique, which takes the mind from its active levels to its silent, coherent level [Orme-Johnson (b)].

Does everyone in society have to meditate?

No. On the order of 1% can do the job. A principle found throughout nature is that coherence is more powerful than incoherence. For example, if ten men push together in one direction on a ball, their influence will overcome the effects of 100 men pushing on it at random. Coherent laser light is more powerful than incoherent incandescent light. What the examples of pushing the ball and incandescent light have in common is that the incoherent elements of the system are working against each other. The random pushes of the 100 men are canceling each other out. The incoherent photons are destructively interfering with each other. Similarly, incoherence in society is like people working against each other, bumping into each other's efforts, and interfering with each other's progress. In contrast, coherence is working together for mutual support, achievement, and fulfillment. In the laser, a relatively few in-phase, coherent photons stimulate the whole system to become coherent. In the heart, approximately 1% of the cells, the pacemaker cells, set all the cells in the heart to beating in rhythm.

Maharishi's theory predicts and our research verifies that even 1% of a population becoming more coherent through practice of Maharishi's Transcendental Meditation turns negative trends into positive ones, such as decreasing crime rate. Moreover, research has shown that as little as the square root of 1% of a population practicing the more advanced TM-Sidhi program measurably improves the trends of social indicators.

But don't you have to address the complex political, economic, and cultural issues that give rise to war and terrorism in order to change them?

The causes of war and other national and international problems are indeed complex, going back to the beginning of time. Each generation's problems are the legacy of the previous generation. However, even if you could identify all the causes of the war, this would not do anything to stop it. The United Nations is full of wise individuals well versed in history and political science. Yet, since it was formed in 1945 there have been 146 major wars. The United Nations and world opinion could not stop the US from attacking Iraq. Since 1000 BC, there have been 8,000 peace treaties, which have lasted an average of no more than nine years. If history has a lesson for us, it is that we need to try something different.

Isn't removing dictators and terrorist leaders the way to get rid of totalitarianism and terrorism?

Maharishi has pointed out that the leadership of a nation is just the "innocent mirror" of the collective consciousness of the nation. An enlightened leadership will naturally arise from an enlightened population, and likewise, a repressive, corrupt leadership will inevitably arise from a criminal population. It is similar to quantum field theory, where the kind of particles that can arise from a field is dictated by the nature of the field. Only Bosons can come from Boson fields, only Fermions can come from Fermion fields. The more chaotic a society is, the more laws, lawyers, police, military, and external force are needed to provide a semblance of social order. If a the head of a nation is removed, without addressing the disharmony and ills in the body of the nation, some other harsh form of social control will inevitably take his place. It is unrealistic to think otherwise. The only viable solution is to educate individuals to be in contact with the source of order within: transcendental consciousness. Those who change a government without creating coherence in collective consciousness will inherit the same problems as their predecessor, and will necessarily end up being repressive. On the other hand, if coherence is first created in collective consciousness, a more enlightened government will natural emerge to replace the old repressive one.

What is the evidence this approach really creates coherence? How do you measure coherence?

The theory posits two basic experimental questions: 1) Does experience of transcendental consciousness increase coherence in the individual? 2) If so, does the coherence spread to others in society?

Both questions have been thoroughly verified. Over 600 studies from more than 200 universities and research universities in 30 countries have shown increased coherence in the individual, as indicated by improved health, creativity, intelligence, and social behavior [4, 5]. The peaceful mind and peaceful body of an individual is the unit of a peaceful world [Alexander].

Another 50 studies have directly shown that the effect spreads to the rest of society, as indicated by decreased crime rate, decreased accidents, improved quality of life, decreased war, and decreased terrorism. These are the only experiments in the history of sociology to be conducted on the scale of society as a whole. These are the only approaches to have actually been introduced in war-torn areas, which reduced the conflicts.

The first of these studies found that in cities in which 1% of a population practiced the Transcendental Meditation technique, there is a decrease of crime in those cities, controlling for many other factors known to influence crime [Dillbeck, et al. 1981]. These studies also demonstrated a causal relation between percent of TM practice and crime reduction. This is shown by the fact that increased numbers of people practicing TM in a metropolitan area resulted in decreased crime in the following years. The converse, a change in crime, does not predict change in TM practice in the following years. The data fit a causal model [Dillbeck, et al. 1988].

In the mid 1970's, Maharishi introduced the more powerful TM-sidhi program and predicted that as little as the square root of 1% of a population practicing it would have a measurable influence on society. This made doing research on collective consciousness much easier.

We formed a group to practice these techniques twice a day at our university in Fairfield, Iowa, near the geographic and population center of the United States. A number of different studies show that as the size of the group approached and exceeded 1600, the square root of 1% of the US population, violent deaths in the country decreased [Dillbeck 1990], the economy became stronger [Cavanaugh 1987], and the general quality of life improved [Orme-Johnson, et al. 1988(a)].

The requirement of a smaller number of people even made it possible to go to trouble-spots with such a group and study its effects. In 1978 we went to the five major trouble areas of the world (Central America, Iran, Lebanon, Southeast Asia, and Southern Africa). We used published data on conflicts and cooperation collected independently by an outside university with no knowledge of the existence of our experiment. We found that conflicts decreased and cooperation increased during the periods when the meditation groups were in each area. The effect could not be attributed to time of year, nor could it have been predicted by any prior trends in the data [Orme-Johnson, et al. 1985].

In a study in the Middle East, we first formed an independent project review board of scientists in the US and Israel, to which we posited our predictions that the coherence creating group would reduce the war in Lebanon and increase quality of life in Israel. We then established a group in Jerusalem for a two-month period (August and September, 1983) and collected data from the police, fire department, newspaper, and public sources. The result was that the coherence-creating group had a dramatic effect on reducing war deaths and conflict; it reduced indices of crime, traffic fatalities, and fires; it increased the national mood as measured by blinded content analysis by of the emotional tone of the lead front page picture

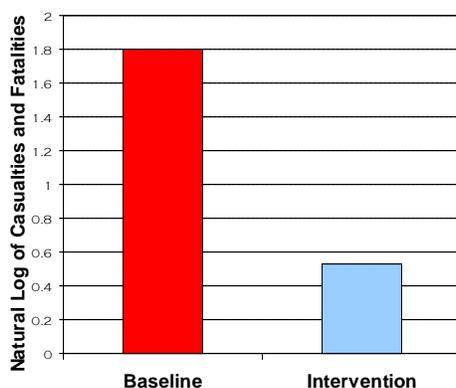
story of the Jerusalem Post, a major Israeli newspaper; and it raised prices on the stock market. This study was published in the *Journal of Conflict Resolution*, the leading journal in the field [Orme-Johnson, et al. 1988(b)]. Moreover, the study was repeated seven times, each time with statistically significant results [Davies & Alexander, 2003].

In 1993 we held a demonstration project in Washington, DC, then known as the “murder capital of the world” for its high local homicide rate (not its foreign policy). A prediction of decreased violent crime was posited in advance of the study with an independent project review board, which participated in the design of the study and monitored its progress. The result, published in *Social Indicators Research*, was a 23% decrease in violent crime [Hagelin, et al. 1999].

If coherence can be created to reduce regional conflicts, can it be applied on an international scale?

Yes. The formula is to have a group at least as big as the square root of 1% of the population you want to affect. This number relative to the world population was approximately 7,000 in the mid 80's. On three occasions, groups of 7,000 TM-Sidhi participants were formed. In each case, the predicted results were lodged in advance of the experiment with scientists and the press. Each time the level of conflict on the worldwide level decreased [Orme-Johnson, et al. 1987]. Moreover, these coherence-creating assemblies markedly decreased terrorism worldwide, as measured independently by the Rand Corporation database on terrorist events. The effect could not have been predicted by prior trends in conflict or terrorism [Orme-Johnson, et al. 2003(a)].

Worldwide Terrorism



- Intervention = three assemblies of 7,000 TM (sq. rt. of 1% world pop.)
- Rand corporation data.
- Time series analysis.
- 72% reduction in casualties and fatalities.
- Control for time of year and trends and cycles.

Orme-Johnson, D.W., Dillbeck, M.C., Alexander, C.N., Chandler, H.M., & Cranson, R.W. (in press). Effects of Large Assemblies of Participants in the Transcendental Meditation and TM-Sidhi Program on Political Crime: Decreased International Conflict and Terrorism. *Journal of Offender Rehabilitation*, April, 2003.

Do these coherence assemblies have an effect on RNG?

We noted earlier that the events of 9/11/01 and other worldwide events have an effect on the random number generators (RNG) placed around the world.

In a pilot study, we found that a large group practicing the TM-Sidhi program — in particular Yogic Flying — the most powerful of the techniques, had the opposite effect on the global RNG as 9/11 and other negative global events [Nelson]. A recent study put RNG devices in the

meditation halls and found there was a powerful effect during meditation, and a ten-times more powerful effect during Yogic Flying. Also, as predicted in advance, this effect was in the opposite direction of that produced by terrorism.

If this approach to creating world peace works, why hasn't it been put into effect yet?

It has. The technology has been available for 50 years, and those who have wanted to take advantage of it have been enjoying its effects. Governments have been approached continuously for 30 years. I personally have participated in presenting the research to the US congress, Pentagon, heads of state, and on four occasions, to the United Nations. We have asked the National Academy of Science to include it in their review of research on meditation and they completely ignored it. A PhD dissertation at Harvard found that scientific reviewers, press, high level US politicians (including a congressman, a senior diplomat and other us government leaders), and politician experts in the Middle East often have negative and emotional reactions to the paradigm shift this research represents. About three fourths of the participants dismissed the research out of hand as impossible, if not highly threatening to their world view and position in society, and refused to even look at the empirical evidence. The other quarter found the research intriguing and stated that they would be open to considering further studies in this area. This is all documented in published papers [Brown 2003; Orme-Johnson, et al. 2003(b)].

Maharishi's plans

The groups that were formed to demonstrate the Maharishi Effect only lasted a few weeks in most cases, and when people went home, the situations of crime and conflict reverted to their previous levels. To create permanent world peace, permanent coherence-creating groups are needed all over the world. Any existing groups would do, such as prisons, retired communities, schools, or a portion of the military. So far no such group has recognized the great opportunity available to them for their personal lives or for society.

There are some existing permanent large groups, such as at Maharishi University of Management, located in Fairfield Iowa, but they are not large enough to create coherence for the entire world. Research has shown that groups the square root of one percent of the world population as well as smaller such groups greatly benefit society, and that during special large assemblies they created a powerful global influence of peace. But these large groups have not been sustained because people had to return to their jobs to support themselves. To have world peace, we need peace-keeping professionals. Just as we pay doctors and accountants for their services, we as a society need to find a way to pay professional peace keepers for doing their job. Otherwise no one will have time to do it because everyone needs to engage in making a living.

For months now, Maharishi has been holding weekly press conferences which can be viewed on the internet or via satellite television or listened to on the telephone, He has presented his plan and answered questions from the press, with press conferences continuing today [6].

His basic plan is to create a permanent group of 40,000 Vedic experts in India, who will create coherence for the whole world. The cost would be one billion dollars for an endowment to support this group in perpetuity. In addition, the plan calls for the creation of Peace Palaces in every country [7]. In the US, we are currently creating two Peace Palaces in every state, and 3000 worldwide. The Peace Palaces will be centers where coherence-creating groups can assemble on a regular basis and where these peace-creating technologies can be taught. Here in Florida, we are trying to build a Peace Palace in Vero Beach. In addition, we have acquired land in Orlando to bring a group of 8,000 Vedic Pundits to create a powerful influence of coherence within the US [8].

Since governments have not yet responded, Maharishi and the TM Movement have undertaken to create these groups themselves. We have raised 100 million dollars, which has provided an endowment for a group of 10,000 in India. We believe that one result is the emergence of the worldwide sentiment for peace we are now witnessing in the world today.

What can you do?

If people want to effectively protect the homeland and contribute to world peace, they should learn the Transcendental Meditation technique, if they haven't already, to enjoy its benefits and radiate an influence of coherence into collective consciousness. Support is also needed for the construction of peace palaces so that these peace-generating technologies are available to everyone in society in every generation.

World Peace Fund <http://www.globalcountry.org/EasyWeb.asp?pcpid=38>

Contact

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Notes

[1] Summaries of research on the physiological effects of the Transcendental Meditation technique: http://www.mum.edu/tm_research/tm_biblio/th_physio.html

[2] Research on the Maharishi Effect: http://www.mum.edu/m_effect/

[3] Table summarizing 47 studies: http://mum.edu/m_effect/summary_table.html

[4] Lists of universities where TM research has been conducted and journals where it has been published: http://www.mum.edu/tm_research/univs_jrnls.html

[5] Bibliography of Scientific Research on the Transcendental Meditation and TM-Sidhi Programs: http://www.mum.edu/tm_research/tm_biblio/welcome.html

[6] Weekly Press Conference, Maharishi Open University:
<http://www.mou.org/media/replays.html>

[7] Cost of Peace Palaces: <http://www.globalcountry.org/mayors-1-3.html>

Endowment fund for Peace Palaces: <http://www.worldpeaceendowment.org/>
Press releases on Peace Palaces and Maharishi's Global News conferences:
<http://www.globalcountry.org.uk/news.php?cat=p>

[8] 3000 Peace Palaces: <http://194.151.37.177/EasyWeb.asp?pcpid=42>

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