



Maharishi Mahesh Yogi

Transcendental Meditation news

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NEW GLOBAL WEBSITE GOES LIVE



- The Maharishi Peace Palace in Germany
- African refugees find relief from stress
- From Anxiety to Peace by Dr Nick Argyle
- The Maharishi Yoga Asana Course
- Norman Zierold: the Hollywood biographer who found bliss

Transcendental Meditation™, founded by Maharishi Mahesh Yogi®, is a programme for the Development of Consciousness which, in the UK, is available only from Maharishi Foundation®, registered educational charity number 270157.

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A GREAT MAGAZINE AND A GREAT HOPE FOR HEART HEALTH

This issue of Transcendental Meditation News includes a wonderful range of reports highlighting the global expansion of Maharishi's teachings, and the great benefits they are bringing to people everywhere. You will note that the magazine has a new style of layout of the pages, making it easier to see at a glance the topics being presented and the main points.

I would like to congratulate the editor and the whole team for providing this wonderful service. With Transcendental Meditation News we gain a quick overview every month of the best and most interesting stories of the changing trends of time from the UK and all over the world. We could each spend many hours each week gleaning this information from various websites and newsletters, but in this wonderful magazine all that work is done for us and we have a digest of the best and most interesting news.

And what a fantastic range of news there is in this issue – from the story about the new global website platform for Transcendental Meditation, a feature on the new Maharishi Peace Palace in Germany, new research on how

MAHARISHI MAHESH YOGI®, *Science of Being and Art of Living*
Speaking Harmoniously, pp 152-153



“The art of speaking lies in clear thinking and in an innocent, simple way of expression. One should speak as one feels provided the thought is suitable to the occasion. If one feels in a certain way, and if the surroundings will be harmed by the expression of that feeling, then it is better not to speak. ...

“Many people think truthfully by nature, and they think that truthfulness lies in saying exactly what they think. This may be truthful speech, but it may also be tactless and displeasing to the listener and result in a disharmony which mars its very purpose. Even if you must give a ruling against something, express it in acceptable words. This quality of kindness and delicacy of the heart develops as the heart begins to melt from the experience of bliss and the great happiness of transcendental Being. The heart becomes softer, and then a man cannot by nature be harsh or displeasing to anyone. Speech will flow naturally in all harmony.”

by Dr Peter Warburton, Chairman
of Maharishi Foundation UK



Transcendental Meditation has helped Congolese refugees recover from traumatic stress, and three fabulous new books, one by a psychiatrist on relief from anxiety, one on the “Symphony of Silence”, and one from a Hollywood biographer.

Right at the end of the magazine, though, is a short piece with perhaps the most significant news of all. This is the fact that the American Heart Association has recently published a scientific statement presenting an assessment of alternative approaches to the reduction of blood pressure. The purpose of the report is to inform physicians which alternative approaches to lowering blood pressure have been shown by research to be effective. After considering meta-analyses and the latest clinical trials

on different types of meditation, the report stated that while Transcendental Meditation is recommended to lower blood pressure, there is not enough scientific evidence to recommend other meditation or relaxation techniques.

Dr Robert Schneider, one of the lead researchers on Transcendental Meditation and heart health, points out that hypertension affects over 26% of the world's population, is the biggest cause of mortality, and is responsible for more than half of all strokes and heart attacks. Drugs for hypertension can reduce blood pressure, but they also have side effects. Transcendental Meditation reduces hypertension, heart attacks and strokes, and does not have side effects.

One of the main reasons that the AHA released this study is that they receive so many requests for information on non-drug treatments for hypertension. The AHA recommendation has already been reported in over 100 articles, and it is expected that it will cause a significant increase in the number of doctors worldwide recommending Transcendental Meditation for high blood pressure.

Jai Guru Dev
Raja Peter



Transcendental
Meditation

TM.ORG NEW GLOBAL TRANSCENDENTAL MEDITATION WEBSITE GOES LIVE

A new global website for Transcendental Meditation is being piloted in the UK and the Netherlands as part of an initiative to develop an integrated global image that reflects the quality and uniqueness of the technique.

Spearheading the project are leaders of the Transcendental Meditation organisation, including Dr Peter Warburton, Dr John Hagelin and Dr Paul Gelderloos (National Director for Transcendental Meditation in the Netherlands) and a team of Transcendental Meditation Teachers with expertise in the field of marketing and the development of corporate websites: Andrew Wilmot, Richard Hobbs, and Mike and Antonella Sullivan.

A brand identity that resonates with our core audience

The services of a top brand development agency, Elmwood (www.elmwood.com) were employed to help bring the project to fruition. Elmwood lists charities and universities as well as commercial entities among its clients and describes its role in straightforward terms: “Put simply, we help brands uncover what’s special and different about themselves and tell the world about it.”

Richard Hobbs, Director of Expansion for the Transcendental

Meditation organisation in the USA, explains the challenge: “With the advent of the Internet people can very easily search for ‘Meditation’ and find a huge range of different programmes available. We have had to put ourselves in their shoes, and say: ‘How would I decide what to go for?’

“One of the most important things has got to be providing a brand identity that resonates with our core audience positively, that looks both global and professional, and reflects the values of the programme that we are offering. Overall, it’s essential that our website, and all of our communications, ‘stand out from the crowd’.”

Up to now, the different look and feel of Transcendental Meditation websites around the world has given the impression of different organisations. The new globally integrated structure comprising a hierarchy of websites shows the visitor that what we are offering is part of a worldwide standardised programme. As Richard explains, it gives the look and feel of quality that goes with a global brand. The international website has been built on the www.tm.org domain with separate sub-sites for each country (such as www.tm.org/uk for this country) and, within these, micro-sites for each Transcendental Meditation Centre. On entering www.tm.org in their browser, visitors will automatically be redirected

“The new global website is not only elegant, beautiful, sophisticated and very much up to date, but it’s also very easy to navigate.”
– Dr Peter Warburton

“With the advent of the Internet, people can very easily search for ‘Meditation’ and find a huge range of different programmes available. We have had to put ourselves in their shoes, and say: ‘How would I decide what to go for?’”
– Richard Hobbs

to the appropriate national sub-site for the part of the world they are in (note that as we go to press this feature has yet to be activated).

The UK site was launched on 22 March at an auspicious *Muhurta* – a favourable time according to Maharishi Jyotish, Vedic Astrology. A few days later, 58 sub-sites for all the Transcendental Meditation Centres in the country were also launched, again at a selected *Muhurta*.

Eventually a section with its own separate home page will be built on the same platform to provide information for Meditators about all of Maharishi's programmes.

A winning logo

A key element of the new brand identity is the logo – the tree of knowledge image that Maharishi worked on with Lawrence Sheaff and other artists many years ago. This logo stood out as a clear winner against others that were considered, both in external consumer research and within the Transcendental

Meditation organisation. The addition of a sunrise effect behind the tree has enhanced its appeal. It will also be used in other promotional materials, including business cards, leaflets, and signs outside Transcendental Meditation Centres. A modified version (see top of front page) has been developed for use in places such as Facebook where there may not be room for the words 'Transcendental Meditation' in full.

Easy to use

The different pages of the website, covering such topics as "What is TM?" "How is TM different?" and "Why learn TM?" have been designed with the help of experts and are easy to navigate. Features include a rotating banner with key benefits such as 'enlightenment', 'inner peace' and 'stress release', a column with testimonials, and a clear call to action in the middle of the home page in the form of a search box to locate one's local Transcendental Meditation Centre.

"Recommending someone to learn Transcendental Meditation has never

been easier – we think your friends will love this new website," says National Communications Office Manager Norma Sullivan, one of the team working on the site's content. "It has a wealth of information and includes video clips of doctors and scientists talking about the benefits and the scientific research, and quotes from celebrities such as David Lynch and Oprah Winfrey. In one click, you can find the Centre closest to where you live or work, just by entering your postcode. Booking an introductory talk can now be done online. Don't take our word for it, have a look for yourself - we welcome your feedback."

Over the next few months the new global website will be rolled out to include links to sites for 80 countries. In this way, we are doing justice to everything that is universal and unique about Transcendental Meditation, as Dr Peter Warburton explains: "This is a tool to bring Maharishi's knowledge more effectively and more quickly to the world, to make it more accessible to people and to bring about the Age of Enlightenment more quickly, Heaven on Earth." ■

FROM ANXIETY TO PEACE

BY DR NICK ARGYLE

Review by Dr Roger Chalmers

This enjoyable book elegantly summarises different strategies for managing anxiety, explaining in clear and practical terms how they work and for whom they are most helpful. The tone is positive and hopeful, emphasising that anxiety is eminently treatable, with many useful examples and practical insights drawn from the author's long experience at the frontline of clinical psychiatry.


Dr Argyle distils the essential features of different approaches to mental health, neatly integrating often confusing and contradictory elements into a unified framework. A common theme is that difficulties are often best solved by

bringing a second element to bear on the problem – darkness is dispelled by bringing light, not by investigating darkness.

From Anxiety to Peace shows how different therapies help the individual to move beyond the busy, fragmented, surface level of thinking – where worry and agitation are all too common – to utilize more fundamentals levels of mind and intellect, where thinking is naturally calmer, more integrated, harmonious, effective and progressive.

Argyle highlights the inextricable link between mental states and brain functioning, emphasising that all human beings are endowed with a state-of-the-art computer

Dr Nick Argyle is a psychiatrist with a background in both conventional and alternative medicine. He has been a clinician and researcher in anxiety disorders and a Clinical Director in Mental Health. He has worked in Cambridge, London, New York and Auckland, and currently works as a psychiatrist in Australia and the Pacific, working with refugees. He has spoken at many conferences and on radio and TV programmes on mental health, stress and Transcendental Meditation. Dr Argyle is originally from the UK and now lives in Auckland with his wife Jacqueline. They are both Teachers of Transcendental Meditation.




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Learning Transcendental Meditation

Transcendental Meditation is easy to learn. The technique is learned in just 90 minutes on each of four consecutive days. This is followed by one-to-one meetings and group sessions to ensure maximum results. After the course, support continues to be available.

LearningFollow upSupport

Seven Steps to learning Transcendental Meditation

Step 1 Introductory Talk

Hear from an experienced teacher how Transcendental Meditation will benefit you and how it differs from other practices, and have your questions answered. Everyone interested in


Take the first step

Find your nearest teacher

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Muriel, Chef:

"I am so thankful for my Transcendental Meditation."

What got you interested in Transcendental Meditation?

Dr Nick Argyle: I learned as a teenager as I was interested in the expansion of consciousness and getting the most out of my brain. I felt there was more to education than was taught in schools.



What benefits did you gain?

Establishing a level of inner calm has helped me enjoy working as a psychiatrist in stressful circumstances. Having extra rest has enabled me to enjoy an active life working, having a family, travelling round the world, teaching Transcendental Meditation and still staying fresh.

I live in a Maharishi Vastu house we built in Auckland. Maharishi Ayur-Veda takes care of your most immediate

environment, your body, while Sthapatya Veda takes care of the next layer, your home. Having these in balance certainly makes for a more blissful life.

What motivated you to train as a Teacher?

I trained in 1980. Teaching Transcendental Meditation is a good supplement to traditional psychiatry. I also needed to keep up with my wife who had trained a couple of years earlier!

What results have you seen in patients who have learned to meditate?

Rest counteracts anxiety and fatigue while experiencing inner bliss lifts mood. People who have had severe illness like psychosis benefit from a stronger sense of Self which is steady and beyond the changes in the relative world. I have also trained in Maharishi Ayur-Veda and used this in my practice to good effect.

FROM ANXIETY TO PEACE



Dr. Nick Argyle

In his newly published book, *From Anxiety to Peace*, Dr Argyle shows how the therapeutic approaches of modern psychology and psychiatry can be integrated with the natural approach to healthcare from the Vedic tradition of India, including Transcendental Meditation.

which we must learn to use properly. As we learn new skills, we are utilizing more of the brain's vast potential. Conversely, when the body is free from fatigue and imbalances then the operational capacity of our brain is enhanced, leading to more rewarding experience, clearer thinking and greater happiness.

Refreshingly, Dr Argyle looks beyond short-term, problem-oriented approaches to anxiety, to consider how individuals can best achieve personal growth towards lasting peace and well-being. Building on the unified framework developed in his exploration of psychological therapies, he identifies the ultimate source of inner peace

and happiness at the most settled and expanded state of the human mind, the field of consciousness which underlies all aspects of experience, thinking and behaviour. Argyle shows how experience of this field of inner peace is easily accessible to everyone through Maharishi's Transcendental Meditation – a simple, effortless technique with scientifically-documented benefits for integrated brain functioning, improved mental and physical health, and better occupational and education performance.

From Anxiety to Peace further explores how the mind-body relationship can be turned to our advantage through

a comprehensive system of natural health-care, Maharishi Ayur-Veda, which provides many time-tested methods for promoting balance in the physiology and in our relationship with the environment.

I highly recommend this concise and comprehensive overview to anyone who wants to overcome anxiety and develop inner peace. It is also a useful resource for doctors and other health professionals in guiding patients towards effective treatment for anxiety and greater well-being.

From Anxiety to Peace by Dr Nick Argyle is available from Amazon.com

ACHIEVING BALANCE WITH MAHARISHI YOGA ASANA



"In the absolute state of balance, Yoga, is found the purpose of Asana. The unboundedness, most exalted state of Totality, Brahm, that alone is eternally stationed in eternity – this is the supreme ideal of Asana." – Maharishi

Maharishi said that time spent on Yoga Asanas is a golden time of the day. Ten people recently enjoyed the 16-lesson Maharishi Yoga Asana course, held at Maharishi Garden Village, Rendlesham, and led by Sue Lincoln. Among them was a local GP, Dr Lindsay Crockett, who commented that she would love to be able to prescribe the course on the NHS.

This short course gives a comprehensive understanding of the nature of Yoga – the unification of individual and cosmic life – as well as practical training in Yoga postures (Asana) and breathing exercises (Pranayama).

The physical postures of the Maharishi Yoga Asanas are traditional positions that enliven the connection between mind and body, consciousness and physiology. When done properly, they help to dissolve stress and give the experience of inner calm and expansion in the direction of the experience of pure consciousness, or Yoga.

As well as receiving instruction in how to perform the Asanas, course participants learn about the specific effects of each posture on the mind and body. ■

"Learning the intricacies of each Asana week by week, alerted me to the depth of potential that each can bring. By combining the postures together as a daily commitment, I have felt greater energy, greater flexibility, and I've learnt how to listen to the tensions in different parts of my body. By giving attention to these tensions I am able to understand my thoughts and reactions better and breathe more deeply... I would love to be able to prescribe this course on the NHS."

– Dr Lindsey Crockett

Book Review A SYMPHONY OF SILENCE: AN ENLIGHTENED VISION

by George Ellis

A *Symphony of Silence: an Enlightened Vision* is the second book by George Ellis about Transcendental Meditation. Ellis's first book, *Inside Folsom Prison*, was published in 1979 and drew upon his experience of teaching Transcendental Meditation in top security prisons in the United States.

The inspiration for his second book, *A Symphony of Silence*, arose following a meeting with Maharishi in 1986, although it was only in 2012 that Ellis completed the work. It is now available in English and Spanish, with 10 more translations on the way.

As the title suggests, the fundamental message is that there is an inner silence available to each and every one of us. That silence is the source of all our thoughts, actions and achievements in life, and it is waiting for us to discover it at the quietest level of our own mind.

Just as a symphony is a harmonious combination of different instruments, Ellis's book brings together stories of transformation from different individuals who practise Transcendental

Meditation. Each contributor has experienced the inner stillness of Transcendental Consciousness and shares their experience from his or her unique perspective.

There are reports from academics, including research scientist Dr David Orme-Johnson, professor of philosophy Jonathan Shear, and professor of literature Rhoda Orme-Johnson.

Of special interest is a chapter by Jerry Jarvis, who first met Maharishi in 1961 and for two decades served as National Director for the Transcendental Meditation organisation in the United States. In addition, contributions from musicians, artists, poets, philanthropists, business people and a Roman Catholic Deacon all make for a fascinating read. There are heart warming stories of transformation from inside top security prisons, and a report on the wonderful achievements of a woman in Guatemala who introduced Transcendental Meditation to orphanages for abandoned children.

Available from Amazon.com ■

"To read this book, to listen to this symphony, is to enjoy the infinite melodies of the 'Song of Life'. This collection compiled by George Ellis, this symphony of silence, allows us to more deeply and joyously appreciate the great teaching of life revived by Maharishi."
– Jerry Jarvis

MAHARISHI AYUR-VEDA CONSULTANT: SUE LINCOLN

Tips for a healthy start to the day

- Rise with the sun. This will be easy if you go to bed before 10 pm. Waking up early gives you the best start to your day.
- As well as retiring early, take measures to ensure sound sleep: if necessary use the Blissful Sleep formula (available from Maharishi Ayurveda Products) which is made from some of the most healing herbs in nature.
- Before practising Transcendental Meditation, perform daily

abhyanga – a full body sesame oil massage, followed by a warm bath or shower.

- Have a good breakfast to avoid unbalancing *sadhaka pitta* which can result in irritability and unsettled emotions. Eating some stewed apples will help to create *ojas*, the final and most refined by-product of digestion. Sweet juicy fruits are excellent cleansers that help to eliminate impurities from the body, and can be taken

30 minutes before your cereal. Remember, fruit and milk at the same meal are not compatible.

- Take an early morning walk with a friend or family. Walking is a *tridoshic* exercise – it balances all of the three doshas, vata, pitta and kapha. It is calming to the mind and nourishing to the senses.

Sue Lincoln is a Maharishi Ayur-Veda Consultant living at Maharishi Garden Village, Suffolk: 07980 335757 ■



EUROPE'S FIRST MAHARISHI PEACE PALACE

by Richard Johnson, National Director of Transcendental Meditation, England

“You really have to desire to have a Maharishi Peace Palace, and then go ahead with your plan and focus on every detail. In the end it came out quite differently from what we originally envisaged – the Peace Palace was much bigger than we planned for. Everything was organised by Nature.” – Eckart Stein

Members of our Maharishi Peace Palace project team at Maharishi Garden Village, Rendlesham, Suffolk, travelled to Germany in March to see the newly constructed Peace Palace at Erfurt – the first of its kind in Europe. The purpose of our visit was to learn from the success of the project: how funding was secured and costs kept under control, as well as to take note of lessons gleaned from the project management, including construction methods, sourcing of materials and design details.

Our first glimpse of the Maharishi Peace Palace when we arrived in the evening was deeply impressive: illuminated by lights shining inside and out, the whiteness and purity of the building was reflected by a fresh fall of snow. Located on one hectare of land, the Peace Palace is very close to the city centre giving it a powerful public presence. Erfurt itself is a magnificent historic town, beautifully

preserved, situated in the Brahmadhyan (geographical centre) of Germany, in the state of Thuringia.

Our visit was hosted by Eckart and Lila-Maria Stein, who led the project to build the Peace Palace and are now its Directors. Every minute of our two day stay was spent in discussion with our hosts going through their project in tremendous detail. The lessons that we learned strengthened our resolve, announced earlier this year, to go ahead with construction of the main Peace Palace in Rendlesham as quickly as possible.

Eckart and Lila-Maria explained their strategy of obtaining key investors in the project, supplemented by donations and a bank loan. With 75% of funding in place, they had felt sufficiently confident to proceed with construction. Taking this crucial decision created a momentum which inspired all the additional financial support they needed to complete the whole building, including the top floor. Diana Leighton, a key member of our fundraising team, was taking extensive notes at this point.

Project managing the construction themselves, they used the Master Builder System developed under Maharishi's guidance at MERU, Vlodrop, in Holland. This system uses pre-cast wall panels which incorporate all the beautiful Vedic decorations that make such a powerful impression, and in themselves are said to promote enlightenment before one even enters the building. These delicately crafted features seen from a distance attract the visitor to come closer to the building to appreciate them in more detail. The full significance of a substantial porch became clear with its important role of sheltering the visitor while making the transition from outside to inside the building.

Our national Vastu consultant, John Renwick, together with our project management advisor, John McHale, carefully reviewed the all-important cost control aspects of the development, together with the terms of contracts with the builders and sub-contractors. Carrying out extensive research on key components was critical in keeping within budget. Sourcing materials direct from manufacturers to obtain the keenest prices proved a highly effective means of controlling costs.

Reviewing the wide range of issues relating to the external and internal design aspects, David Williams came away from the visit with many ideas to make the building a very dignified home for Maharishi's knowledge. He also took more than 400 photographs to provide an inspiring record of the achievement, a few of which are shown on the opposite page.

We all felt that stepping into and experiencing first-hand a completed Maharishi Peace Palace was a huge step forward and an inspiration to start the construction of our own.

As Eckart said on the Maharishi Global Family Chat, on 3 April: “You really have to desire to have a Maharishi Peace Palace, and then go ahead with your plan and focus on every detail. In the end it came out quite differently from what we originally envisaged – the Peace Palace was much bigger than we planned for. Everything was organised by Nature.”

For information about the Maharishi Peace Palace at Rendlesham: 0845 605 7020
contact@peacepalace.org.uk
New Facebook page: <https://facebook.com/pages/MAHARISHI-PEACE-PALACE-PROJECT-SUFFOLK-UK/481131605292190> ■



The Maharishi Peace Palace in Erfurt, Germany, viewed from the North-East.



The porch at the main entrance makes a powerful impression. The pillars are adorned with Vedic decorations such as lotus flower reliefs.



A view of the exterior walls, showing a panel from the MERU Master Builder System, designed by the team of experts in Maharishi Vastu architecture at Vlodrop, Holland.



Members of the team from Maharishi Garden Village in Suffolk (right) with their German hosts, Lila-Maria and Eckart Stein (far left) who led the project to build the Peace Palace.



The magnificent central hall, with a beautiful marble floor, chandeliers, and large windows with sunrise detail at the top.



A view of the main hall showing its many uses as both a lecture room and exhibition area. Subtle colours and a lotus design in the marble floor mark the exact position of the Brahmadhyan (seen here in the foreground).



A spacious guest suite on the first floor. Further accommodation is located on the top floor.

AFRICAN REFUGEES FIND RELIEF FROM STRESS

Study published in academic journal



“Before [Transcendental Meditation] I could not even imagine myself being capable of taking care of my children, of raising them. I used to think I should die and leave them behind. That is why I am so happy about TM. It has saved me.”



“My mind can function again, I can sleep again.”

“Meditation helped me to feel peace inside again.”

A new research paper, “Reduction in Post-traumatic Stress Symptoms in Congolese Refugees Practising Transcendental Meditation”, has just been published in the April 2013 issue of the peer-reviewed academic journal, the *Journal of Traumatic Stress* (Volume 26, Issue 2, pp. 295-298).

It is now recognised that a significant percentage of soldiers returning from wars exhibit symptoms of post-

traumatic stress, observe the authors of the study. But, they ask, what about the victims of such violence? These victims, many of them forced to flee as refugees, live with the constant reminder of what war has done to their lives and those of their families.

Could Transcendental Meditation be an effective antidote to post-traumatic stress for such individuals? This was the question that prompted Colonel Brian Rees, MD (a Colonel in the US

Army Reserves with over 37 years experience of military service) and Fred Travis, PhD (Director of the Center for Brain, Consciousness and Cognition at Maharishi University of Management, USA) to carry out this study.

Dramatic reductions to a non-symptomatic level after just one month

The randomised control study

measured the severity of post-traumatic stress symptoms in refugees before and after learning Transcendental Meditation. It showed dramatic reductions to a non-symptomatic level after just one month of practising Transcendental Meditation, with the improvement maintained at 135 days.

Forty-two refugees from the Congolese civil war, living in Uganda, were assigned to one of two groups: one that received instruction in Transcendental Meditation immediately and a control group that waited until after the study. The two groups were matched for age, gender and severity of post-traumatic stress symptoms. All participants were given a standard test, the Post-Traumatic Stress Disorder Checklist (PCL) before learning, and then again 30 days and 135 days after learning Transcendental Meditation.

Both groups had severe post-traumatic stress symptoms at the start of the study. For the control group, PCL scores showed an upward trend, indicating an increase in the severity of their symptoms, during the experimental period. In contrast, PCL scores in the group that learnt Transcendental Meditation went from high at baseline, to a non-symptomatic level after 30 days of practice, and remained low at 135 days. A drop of 11 points on this measure is considered clinically significant – visible improvements can be seen.

“I was surprised to see how quickly Transcendental Meditation practice had an effect on post-traumatic stress symptoms in these refugees, who had no home, no job and very little support from their environment.”
– Fred Travis, PhD

Transcendental Meditation practice led to three times that drop in post-traumatic stress symptoms after just 30 days.

Transcendental Meditation reverses the damage caused by trauma

A person with post-traumatic stress may be hyper-vigilant, sleep poorly, distrust others, have memory problems, and have difficulty making decisions and following them through. Traumatized populations are challenged both by outer circumstances and by inner conditions that influence their ability to help themselves. As Rees and Travis point out, post-traumatic stress symptoms are therefore resistant to change by usual therapy.

The conclusion reached by the authors is that the state of restful alertness gained during Transcendental Meditation appears to reverse the damage done by traumatic experiences. The findings of the study replicate earlier research on veterans of Vietnam, and of Iraq and Afghanistan. In the Vietnam study, Transcendental Meditation was found to be more effective in the treatment of veterans than psychotherapy for reducing anxiety, depression, insomnia, alcohol abuse, post-traumatic stress symptoms and stress reactivity. A later study on veterans of Iraq and Afghanistan found that three months practice of Transcendental Meditation resulted in a decrease in anxiety, depression and post-traumatic stress symptoms.

Based on the research conducted so far, the authors call for large-scale studies to be carried out, assessing both quantitative and qualitative measures to investigate the effects of Transcendental Meditation on reducing behavioural, psychological and physiological symptoms resulting from traumatic experiences.

Funding provided by David Lynch Foundation

The African refugees study was funded by the David Lynch Foundation, working in partnership with African PTSD Relief to help the victims of war in Africa. Their immediate goal is

“We anticipated improvement, but I didn’t expect this magnitude of change. The continued improvement at four months also led us to conclude that Transcendental Meditation may be a very worthwhile intervention for anyone suffering from post-traumatic stress.”
– Colonel Brian Rees, MD

to sponsor 10,000 Africans to learn Transcendental Meditation within one year, and to expand the project to provide instruction for one million over five years.

For more information about the Africa PTSD Relief Project visit <http://www.davidlynchfoundation.org/africa>

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THE HOLLYWOOD BIOGRAPHER WHO FOUND BLISS

Published in January this year, That Reminds Me is a charming conversational memoir by the celebrated Hollywood biographer, Norman Zierold, in which he reminisces on six decades of extraordinary encounters with some of the greatest stars and personalities of his time. In 1972, Zierold added a keystone to the arch of his life story, beginning the practice of Transcendental Meditation, which he found so personally satisfying that he completed training as a Teacher and taught the technique to many hundreds of people. At different stages of his memoirs, he writes about this and the influence that Maharishi's teaching has had on him, for as he points out: "At every stage of my life, wisdom from his lectures comes back to guide me."

Born in 1927, Norman Zierold grew up in the Amana colonies, a Christian community west of Iowa City. After the war he took a degree in political science at Harvard University, and then furthered his studies by earning a graduate degree in English Literature at the University of Iowa. His penchant for meeting famous people manifested even in these early years. As a student he fell into a conversation with Dylan Thomas quite by chance when the poet was visiting Iowa City for a reading of his work.

Following university, Zierold spent two years in France on a teaching assistantship where he landed a job teaching English to the President's son. He recalls the wonderful moment of sitting down with the President and his family at their private residence to watch the coronation of Queen Elizabeth II.

Returning to America, he went to New York where he worked for several entertainment magazines, becoming editorial director of *Theatre Arts Magazine*. Eventually he went to Los Angeles, where he mixed with the stars of Hollywood, and it was here that

he fulfilled his lifelong calling to become a writer. His books include several Hollywood biographies: *The Child Stars*, *The Moguls: Hollywood's Merchants of Myth*, *Garbo*, and *Sex Goddesses of the Silent Screen*.

The famous personalities he encountered and who feature in his memoirs include Andy Warhol, Mae West, Groucho Marx, Rex Harrison, Richard Burton and the composer Francis Poulenc. There are many fascinating anecdotes, such as his stories of working with Anthony Quinn on his autobiography in Libya, whilst the actor filmed *Lion in the Desert*.

A new direction

It was in the 1970s that Zierold's life took a new direction. In 1972 he learnt Transcendental Meditation and found it so satisfying that he trained to become a Teacher. He was soon to be found teaching the technique in California's beautiful village resort of Laguna Beach. He explains how his involvement came about.

"As for how I came to Transcendental

Meditation initially, Laguna Beach helped. My writing career earlier took me to Los Angeles, to Hollywood specifically, and then to Laguna Beach, when life in the fast lane started to pall on me."

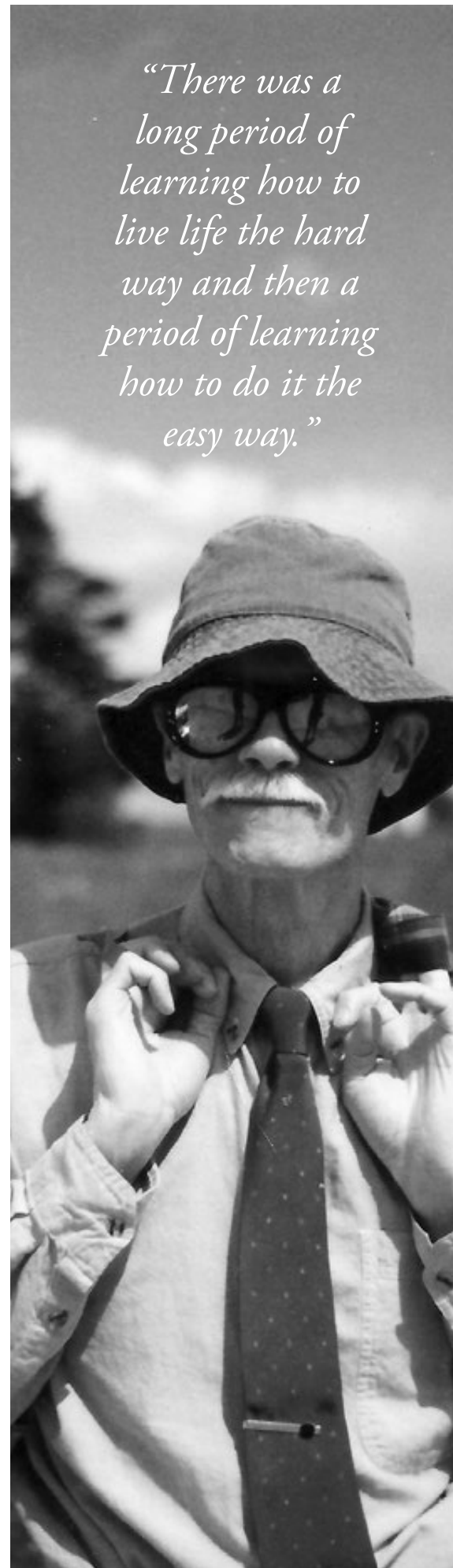
He saw a poster for an introductory talk on a telephone pole. He decided to go along, thinking that Maharishi would be there.

"He wasn't, but a peppy young man of 18 or 19 held forth about Transcendental Meditation and seemed so happy that I thought I'd start, which I did. It was pleasant, though nothing special for several months."

One glorious day I awoke feeling saturated with bliss

"Then I went to a weekend residence course. Meditating for several rounds must have released a huge amount of stress, because one glorious day I awoke feeling saturated with bliss. Not just for one hour or one day, but day after day for over a year. It no doubt went on even after that, but I was now so used to feeling good that the contrast with my prior state was not so strong.

"There was a long period of learning how to live life the hard way and then a period of learning how to do it the easy way."



"In any event, I became a Transcendental Meditation Teacher, wanting to share my experience with others. After teaching in Laguna Beach and elsewhere, I was fortunate to be able to teach my father, who had very fine experiences which changed his entire attitude toward life, and I also taught my favourite aunt, and saw to it later that my mother learned too."

Recollections of Maharishi

Zierold's recollections of meetings with Maharishi include a charming incident on his Teacher Training Course in Villars, Switzerland, in 1973.

"I remember we were always hearing rumours that Maharishi was coming, but each time the rumours whirled about he remained absent. One morning I awoke very early, and the thought came to me strongly to go to the window. Well, it was 5:30 in the morning and I was still sleepy, but then the thought came again, more sharply, 'Go to the window'. This time I rushed to that window and pulled up the shade – just in time to see a falling star whirling through space."

Later that day he heard from other course participants that Maharishi had arrived. They urged him to be the first speaker in the initial meeting with Maharishi.

"So I told the story about the falling star, as I just told it here. Maharishi laughed and laughed as only he could. And then he said, 'And now, it's good it's fallen.' More laughter!"

It was many years later, in 1983 during a visit to Fairfield, the home of Maharishi University of Management, that Maharishi made a remark that Zierold says most influenced him.

"He said, 'Why waste your life on such little, little things.' ... it rang in my ears for several years."

While Maharishi's remark clearly meant different things to different people, for Zierold it was the inspiration that led him to devote a period of his life to the Purusha Programme, the coherence creating programme for single men that is dedicated to extended practice of the Transcendental Meditation and TM-Sidhi Programme.

After nearly 20 years on this programme he moved to Fairfield, Iowa, where he remains to this day, working in Media Relations at

Maharishi University of Management.

I had 200 percent of life. I never missed anything. I just knew this was the way to go.

Recently Zierold was interviewed by Tony Ellis for an article in *The Fairfield Source*. He spoke about the turn in his life that led to a more spiritual direction when he learnt to meditate, or as Ellis puts it, when "he relinquished the life of a *bon vivant* and traded in his evening cocktails for a mantra."

Ellis: "You were right there in the middle of two important and very opposite trends of the '60s: the self-indulgent celebrity culture and the awakening to the spiritual wisdom from the East. In a way, you went from sinner to saint, and that is fascinating."

Zierold: "Absolutely, I did go through that. And the spiritual trend has totally dominated the second half of my life."

Ellis: "Do you ever have any moments of regret about the life that you gave up to pursue the spiritual?"

Zierold: "No, because I didn't really give it up. I still continued writing whenever I wanted to. I had 200 percent of life. I never missed anything. I just knew this was the way to go."

Ellis: "Is it possible to encapsulate your life experience in a few sentences?"

Zierold: "There was a long period of learning how to live life the hard way and then a period of learning how to do it the easy way."

This last remark is a fitting tribute to Maharishi's teaching and the principle of effortlessness in action. However, there is one regret that Zierold does admit to.

"I have my undergraduate degree from Harvard, *cum laude*, no less. However, while it's a very good traditional school, it does not address the fundamental need to gain Enlightenment. My regret then, is that I was not able to learn Transcendental Meditation much earlier in life and go on to study at MUM. Mind you, MUM did not exist when I was choosing a college, so I did the best I could."

That Reminds Me by Norman Zierold is available from Amazon.co.uk ■

AHA ENDORSES TM

On 22 April, the American Heart Association published a scientific statement on alternative approaches to reducing blood pressure, which included an evaluation of research on meditation techniques, including Transcendental Meditation. The report stated that Transcendental Meditation may help to lower blood pressure and recommends that it may be considered in clinical practice for the prevention and treatment of hypertension.

The report also stated that there is not sufficient data at the present time to support using other types of meditation and relaxation techniques to lower blood pressure.

<http://newsroom.heart.org/news/alternative-therapies-may-help-lower-blood-pressure>. Also: online.wsj.com/article/PR-CO-20130501-909027.html ■

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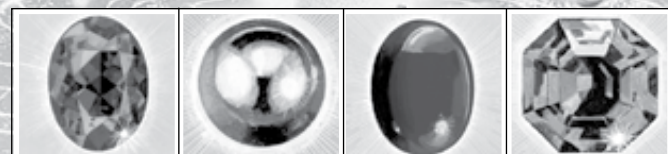
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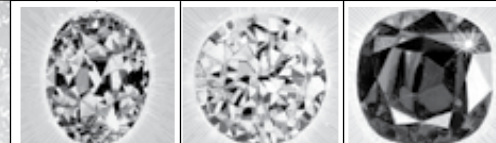
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