

DAVID LYNCH FOUNDATION UK

QUIET TIME WITH TRANSCENDENTAL MEDITATION
FOR SCHOOL CHILDREN AND YOUNG ADULTS



Promote creativity and energy, increase academic performance, improve health and happiness and reduce stress, anxiety, substance abuse, ADHD and other learning disorders through the Quiet Time Programme with Transcendental Meditation

“It’s easier for me to study and keep up with my school work because of Quiet Time.” —Felicia



TRANSFORMING LIVES FROM WITHIN

Escalating stress levels are prevalent amongst thousands of children and young adults. Those who are disadvantaged and vulnerable are at greater risk of suffering from chronic stress-related disorders that impede academic achievement and undermine physical and mental health.

We believe that for lasting transformation to take place on the outside then change must begin within. To achieve this profound change we employ programmes that unfold the full potential of the individual, at the same time as eliminating stress, promoting creativity and energy, increasing academic performance, and improving health and happiness. Healthy, creative, peaceful individuals are the basis of a healthy, creative, peaceful world.

The David Lynch Foundation, was established in 2005 as a 501(c)(3) organisation in the USA. In 2012 the Foundation expanded its activities to the UK and was established as a registered UK charity..

The David Lynch Foundation UK works in collaboration with government agencies, national and local organisations to make available individual and group programmes to provide a holistic approach to overcome stress related disorders.

The Foundation also funds independent research to assess the effects of the programmes on creativity, intelligence, brain functioning, academic performance, ADHD and learning disorders, anxiety, depression, substance abuse, cardiovascular disease, Post Traumatic Stress Disorder, and diabetes.

The effectiveness of the programmes that we use, which include Transcendental Meditation®, founded by Maharishi Mahesh Yogi, have been established in hundreds of published scientific studies. The research carried out at leading medical institutions, such as Harvard, Stanford, and Yale Medical Schools, has received endorsement and support from private foundations and government institutions worldwide.

“What I appreciate most when I meditate is the inner calm and deep rest. It makes my mind clearer—and my day so much smoother.”

—Coral, age 17, 7-year meditator



PROJECT: CHILDREN CREATING PEACE AND HARMONY IN BELFAST



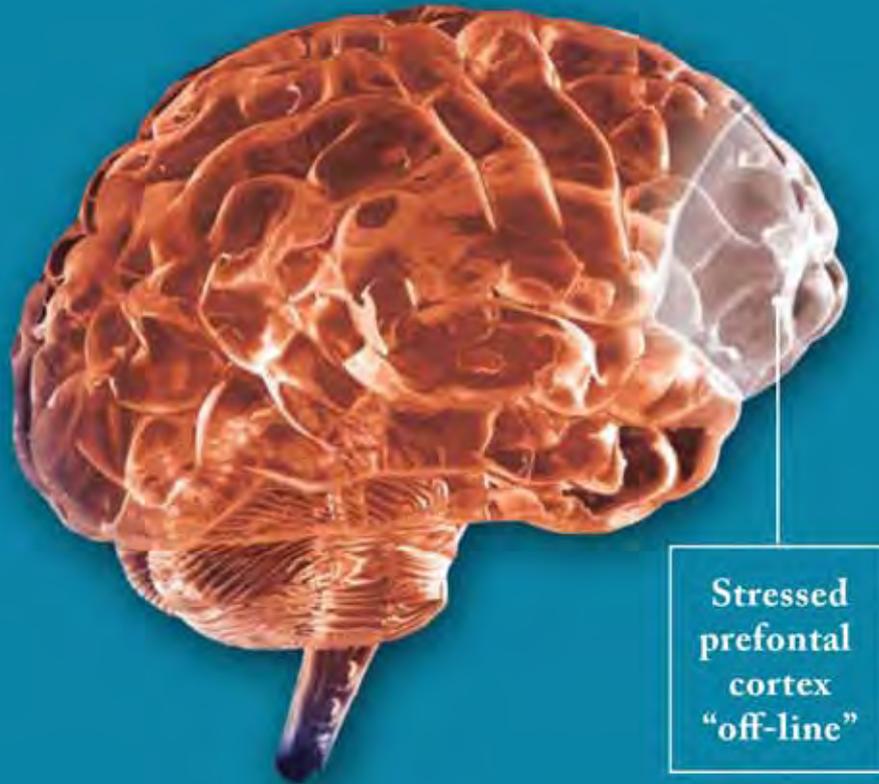
The Quiet Time with Transcendental Meditation programme has been introduced to hundreds of children in schools on both sides of the Belfast Peace Line. Children and their teachers practise Transcendental Meditation for a few minutes together twice a day, at the beginning and end of the school day.

Many of the children near the Peace Line have been badly affected by the violence and conflict. Children suffer from low self-esteem, lack of confidence, and low expectations, and there is a high incidence of suicide, particularly among teenage boys. Teachers are finding the students are experiencing calmer, clearer minds, more happiness and self-worth and show marked improvement in their ability to settle and focus on their work.



“Whenever someone shouts at us in the street I can now calm right down instead of shouting back at them.”

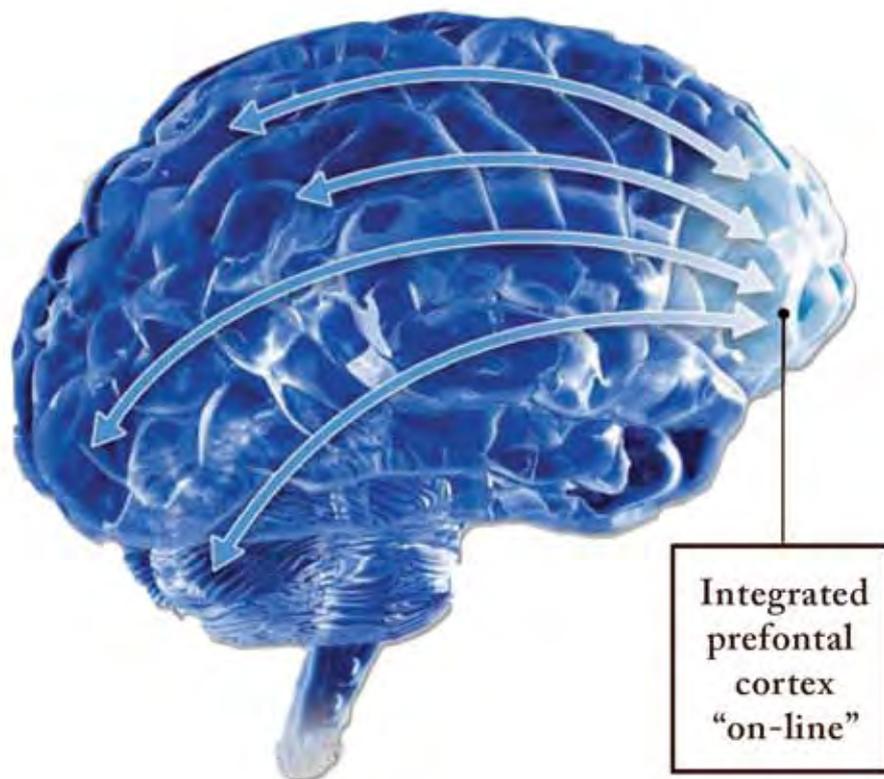
How stress can damage a child's brain



Stress, pressure, fatigue, poor diet, alcohol, and drugs damage neural connections between the brain's prefrontal cortex—or "CEO"—and the rest of the brain. When a child is overtired or under prolonged mental or physical stress, the brain bypasses its "higher," more evolved, rational frontal executive circuits; it starts using more primitive stimulus/ response pathways.

Consequently, the child responds to daily demands without thinking; he or she makes impulsive, short-sighted decisions. When the CEO goes "off-line," strong emotions, such as fear and anger, take over, adversely colouring the child's view of the world.

How Transcendental Meditation optimises the child's brain



The stress-reducing technique Transcendental Meditation provides the experience of “restful alertness”, which reduces stress and strengthens communication between the brain’s prefrontal cortex and different areas of the brain, and develops total brain functioning.

As a result, a child practising Transcendental Meditation displays stronger executive functions, with more purposeful thinking and more effective and farsighted decision-making.

When the CEO is fully “on-line”, the emotional response to the world is more balanced and appropriate.

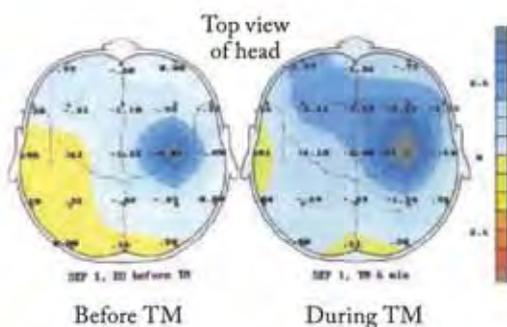
QUIET TIME WITH TRANSCENDENTAL MEDITATION
SUMMARY OF RESEARCH

Extensive research has found that the simple, scientifically validated programme, Transcendental Meditation, which was introduced by Maharishi Mahesh Yogi 60 years ago, reduces stress and stress-related disorders, improves health, optimises brain functioning and develops creative potential.

According to research, different meditation techniques produce different effects on the mind and body—just as different medicines affect the mind and body differently. EEG and brain imaging show that only the practice of Transcendental Meditation enlivens and integrates the whole brain. Mindfulness, visualisation, and concentration techniques enliven isolated areas and functions of the brain.

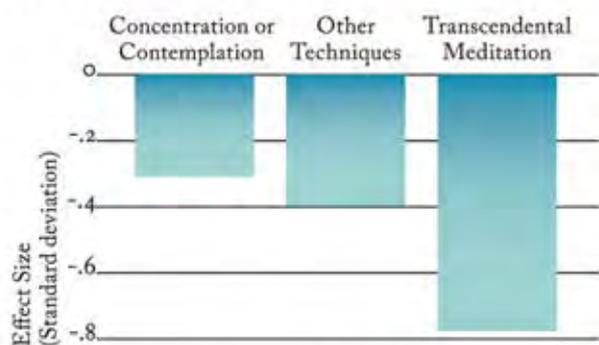
Hundreds of scientific studies have been conducted on the benefits of Transcendental Meditation at more than 250 independent universities and research institutions worldwide. In the United States, the National Institutes of Health has awarded over \$24 million to research the benefits of Transcendental Meditation for improving health, reducing cardiovascular disease and improving brain functioning. Findings have been published in leading, peer-reviewed scientific journals, including the American Medical Association’s *Archives of Internal Medicine*, *The American Journal of Cardiology* and the American Heart Association’s *Hypertension*, and most recently in the US academic journal *Education*.

Increased use of brain reserves



During Transcendental Meditation, early (sensory) components of the brain’s response to somatosensory stimuli are more widely distributed across the cortex, indicating greater participation of the whole brain in the response to a stimulus. **Reference:** *Human Physiology* 25: 171-180, 1999.

Decreased anxiety



A statistical meta-analysis of 146 independent study results found that Transcendental Meditation is significantly more effective in reducing trait anxiety than concentration or contemplation or other techniques. **Reference:** *Journal of Clinical Psychology* 45: 957-974, 1989.

“I would say TM makes me very happy. I feel happy inside when I meditate and I feel happy when I am done meditating.”
—Meena, age 11, 2-year meditator





Transcendental Meditation is a simple, easily-learned technique, practised by children and adults for 10 to 20 minutes twice daily, sitting comfortably with the eyes closed. Transcendental Meditation does not involve any religion, philosophy, or change in lifestyle.

QUIET TIME WITH TRANSCENDENTAL MEDITATION
SUMMARY OF RESEARCH

BENEFITS TO EDUCATION

Research on Transcendental Meditation in educational settings during the past 38 years has shown a wide range of practical benefits for both children and adults.

- **Increased intelligence**
Intelligence
- **Improved academic performance**
Education
- **Increased self-development**
Journal of Social Behavior and Personality
- **Increased calmness**
Physiology & Behavior
- **Reduced anxiety**
Journal of Clinical Psychology
- **Decreased depression**
Journal of Counseling and Development
- **Improved behavior among adolescents**
Health and Quality of Life Outcomes
- **Reduced substance abuse**
Alcoholism Treatment Quarterly
- **Higher graduation rates from school**
Education

Universities and Medical Schools

Research has been conducted on Transcendental Meditation at 250 independent universities and medical schools, including:

- Harvard Medical School
- Yale Medical School
- University of Virginia Medical Center
- University of Michigan Medical School
- University of Chicago Medical School
- University of Southern California Medical School
- UCLA Medical School
- UCSF Medical School
- Stanford Medical School

RECENT RESEARCH IN UK

BRIGHTON AND SUSSEX UNIVERSITY MEDICAL SCHOOL

A study on the effects of practising Transcendental Meditation on emotional well being, quality of life and behavioural concerns in 12-15 year old adolescents on the School Action Plus register for behavioural and emotional difficulties in a mainstream school setting

Following the success of a pilot study carried out in 2012, research has continued for a further year within two categories of secondary education: a school for pupils with emotional and behavioural difficulties; and the Special Educational Needs department of a mainstream school. The results were extremely encouraging, warranting further research.

The pupils selected for 2013 are on the School Action Plus register and include a broader range of learning difficulties, such as Asperger's syndrome, ADHD and specific learning difficulties. The results of this second pilot study are very encouraging and have prompted the intention to carry out a randomised control study in 2014, using pupils from a wider range of mainstream schools. The new study will be conducted by both Sussex Medical School and the Psychology Department at Sussex University.

- Dr Bernadette van den Hout, Consultant Child and Adolescent Psychiatrist, CAMHS

“I never thought I could sit quietly for 10 minutes with my eyes closed, but meditating is easy—and fun.”—Derek, age 12, 3-year meditator





DAVID LYNCH FOUNDATION UK
PROJECT: CHILDREN OF THE NIGHT

“The first time I did it, it was the most calming experience I had ever had in my whole life... Transcendental Meditation is something that helps you with your mind, your body and your soul.”

The David Lynch Foundation, in collaboration with Children of the Night, has introduced Transcendental Meditation to adolescents to help them overcome the deep stress and trauma of their past and move forward with their lives.

Children of the Night, based in Los Angeles and founded by Dr Lois Lee, is a private, charitable shelter and school dedicated to rescuing children between the ages of 11 and 17 from prostitution, providing shelter, safety, re-education, and stress management.



“The deep silence that I have when I do TM is something I look forward to just about every day, because I don’t get that throughout the day. When I am in meditation, I just have a deep silence that I can’t replace.”

QUIET TIME WITH TRANSCENDENTAL MEDITATION RECENT RESEARCH IN USA

CEDARS-SINAI MEDICAL CENTER—LOS ANGELES

Transcendental Meditation reduces hypertension, obesity, and diabetes inpatients with coronary heart disease

This study of 103 people with coronary heart disease found that individuals practising Transcendental Meditation for four months had significantly lower blood pressure; improved blood glucose and insulin levels (which signify reduced insulin resistance); and more stable functioning of the autonomic nervous system compared to controls.

- C. Noel Bairey Merz, M.D., Director of the Preventive and Rehabilitative Cardiac Center at Cedars-Sinai Medical Center; Professor of Medicine at the UCLA Medical School
- American Medical Association's Archives of Internal Medicine, June 2006

AMERICAN UNIVERSITY

Transcendental Meditation produces positive effects on health, brain functioning and cognitive development in students

Preliminary results from this new two year study of 250 college students at American University in Washington, D.C., found that Transcendental Meditation produced beneficial effects for health, brain functioning, and cognitive development compared to controls.

- David Haaga, Ph.D., Professor and Director of the James J. Gray Psychotherapy Training Clinic, American University
(*In press*)

UNIVERSITY OF CONNECTICUT

At-risk adolescents reduce stress, anxiety, and hyperactivity through Transcendental Meditation

This newly-completed study found that 106 at-risk adolescents in three high schools reduced their levels of stress, anxiety, hyperactivity, and emotional problems when practising Transcendental Meditation for four months at school, as compared with controls.

- Robert Colbert, Ph.D., Assistant Professor of Educational Psychology, University of Connecticut
- Annual meeting of the Society for Behavioral Medicine, March 2008

MEDICAL COLLEGE OF GEORGIA

Reduced high blood pressure among high school students

This eight-month study of 156 hypertensive African American high school students found that Transcendental Meditation reduced high blood pressure among the meditating students as compared with little or no change in the control group. (Twenty percent of African American teenagers suffer from high blood pressure.)

- Vernon Barnes, Ph.D., physiologist and research scientist, Georgia Prevention Institute, Medical College of Georgia
- American Journal of Hypertension, April 2004

“Thank you for Transcendental Meditation. I mean that from the bottom of my heart. It has helped me a lot. I wish every student could meditate.”
—Kenny, age 14, 3-year meditator



QUIET TIME WITH TRANSCENDENTAL MEDITATION RECENT RESEARCH IN USA

UNIVERSITY OF MICHIGAN

Transcendental Meditation reduces stress and increases happiness among middle school students

Two studies on 60 sixth-graders at two middle schools found the practice of Transcendental Meditation over four months positively affected emotional development in early adolescent children in a school setting. Meditating students also had significantly higher scores on affectivity, self-esteem, and emotional competence.

- Rita Benn, Ph.D., Director of Education, Complementary & Alternative Medicine Research Center, University of Michigan
- National Institutes of Health in Bethesda, Maryland, April 2003

UNIVERSITY OF CALIFORNIA AT IRVINE

Transcendental Meditation reduces the brain's reaction to stress

In this pilot study, 12 subjects practising Transcendental Meditation for 30 years showed a 40–50% lower brain response to stress and pain compared to 12 healthy controls. Further, when the controls then learned and practised Transcendental Meditation for five months, their brain responses to stress and pain also decreased by a comparable 40–50%.

- David Orme-Johnson, Ph.D., study director, Neuroimaging Laboratory, University of California at Irvine
- NeuroReport, August 2006

ADHD: PREVENTION AND TREATMENT



The Foundation's Office of ADHD and Other Learning Disorders in USA has funded several studies on the effects of the Quiet Time/Transcendental Meditation programme.

Research studies include: Reduced stress and anxiety; improvements in ADHD symptoms and executive function, including improvements in organising and planning, problem solving, executing tasks, focus of attention, and memory.

EXPERTS RECOMMEND TRANSCENDENTAL MEDITATION

“The profound relaxation, and the ease with which people adopt this technique – which is so simple to learn no matter what background, intellect or age – makes Transcendental Meditation stand out from other relaxation techniques. EEG studies show that one dips in and out of a fourth state of consciousness, characterised by restful alertness and distinct from waking, dreaming and sleep states. This state is entirely natural and can be achieved from the beginning, even though few people ever access it spontaneously during their lives. This accounts for the profound effects of Transcendental Meditation on physiology, mind, and emotions – including anxiety and depression.” —Dr Bernadette van den Hout, *Consultant Child and Adolescent Psychiatrist, CAMHS, UK*

“Transcendental Meditation is the best natural approach to reverse the effects of stress. Stress is a major contributor to many illnesses and suffering. I have witnessed the healing effects of TM on thousands of my patients and would recommend it to everyone.”—Dr Donn Brennan. *MB BCh BAO, MRCP, MSc Ayu, General Practitioner and Ayurvedic Physician, Ireland*

“The extensive research on Transcendental Meditation suggests that by reducing stress it can help students develop their brain to work efficiently, creatively, and flexibility. The TM technique can also reduce the risk that children and adolescents will be burdened by depression, anxiety, chemical abuse, eating disorders, or self-injury.”—Dr. William R. Stixrud, Ph.D.

Dr. Stixrud is a clinical neuropsychologist and director of William Stixrud and Associates in Silver Spring, Maryland, USA a group practice specializing in the neuropsychological assessment of children, adolescents, and adults with learning, attentional/executive, and/or emotional disorders. Dr. Stixrud is also a member of the clinical supervisory faculty of the Children's National Medical Center and holds an appointment in the Department of Psychiatry, George Washington University School of Medicine

“The TM technique is a specific, unique form of meditation. It is a simple, natural process that allows the mind to settle down to a state of restful alertness. As the mind settles down, the body becomes deeply relaxed. As thinking settles down, the mind transcends the busy mental activity, and experiences deep silence.”—Dr. Sarina Grosswald, Ed.D.

Dr. Grosswald is an expert in cognitive learning; president of SJ Grosswald & Associates, a consulting firm in medical education in Alexandria, Virginia USA; and director of continuing medical education for the American Medical Women's Association

FURTHER INFORMATION:

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