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Scientific Validation of the Effect of the Transcendental Meditation Programme in Promoting Self Development

Paper N°	Finding	Reference
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572	Improved Self-Concept	Sheppard, William D.; Staggers, Frank J.; John, Lucille. The effects of a stress management program in a high security government agency. Anxiety, Stress, and Coping 10: 341–350, 1997.
565	Stabilized Pure Consciousness Associated with Subjective Description of Self as Underlying Thought, Feeling and Action (Self-Referral Mode)	Travis, Frederick; Arenander, Alarik; and DuBois, David. Psychological and physiological characteristics of a proposed object-referral/self-referral continuum of self-awareness. Consciousness and Cognition 13: 401–420, 2004.
565	Higher Scores on a Consciousness Factor of Personality Variables	Travis, Frederick; Arenander, Alarik; and DuBois, David. Psychological and physiological characteristics of a proposed object-referral/self-referral continuum of self-awareness. Consciousness and Cognition 13: 401–420, 2004.

565	Greater Inner Orientation	Travis, Frederick; Arenander, Alarik; and DuBois, David. Psychological and physiological characteristics of a proposed object-referral/self-referral continuum of self-awareness. <i>Consciousness and Cognition</i> 13: 401–420, 2004.
564	Greater Confidence	Sridevi, K.; and Krishna Rao, P.V. Temporal effects of meditation on personality. Summary of a paper published in <i>Psychological Studies</i> 43: 95–105, 1998.
564	Greater Organization and Self-Discipline	Sridevi, K.; and Krishna Rao, P.V. Temporal effects of meditation on personality. Summary of a paper published in <i>Psychological Studies</i> 43: 95–105, 1998.
563	Higher Level of Emotional Development	Guttman, Julia Kim. The search for bliss: A model of emotional development based on Maharishi's Vedic Psychology. <i>Dissertation Abstracts International</i> 57(6B): 4055, 1996.
563	Higher Level of Ego Development	Guttman, Julia Kim. The search for bliss: A model of emotional development based on Maharishi's Vedic Psychology. <i>Dissertation Abstracts International</i> 57(6B): 4055, 1996.
562	Increased Ego Development	Chandler, Howard M.; Alexander, Charles N.; Heaton, Dennis P. The Transcendental Meditation program and postconventional self-development: A 10-year longitudinal study. <i>Journal of Social Behavior and Personality</i> 17: 93–121, 2005.
553	Enhanced Self-Concept	Dixon, Carol A.; Dillbeck, Michael C.; Travis, Frederick; Msemaje, Horus I.; Clayborne, B. Mawiyah; Dillbeck, Susan L.; Alexander, Charles N. Accelerating cognitive and self-development: Longitudinal studies with preschool and elementary school children. <i>Journal of Social Behavior and Personality</i> 17: 65–91, 2005.
539	Experience of Pure Consciousness During Sleep Associated with More Frequent Reports of Higher States of Consciousness	Mason, L. I.; Alexander, C. N.; Travis, F. T.; Marsh, G.; Orme-Johnson, D. W.; Gackenbach, J.; Mason, D. C.; Rainforth, M.; and Walton, K. G. Electrophysiological correlates of higher states of consciousness during sleep in long-term practitioners of the Transcendental Meditation program. <i>Sleep</i> 20: 102–110, 1997.
482	Greater Self-Confidence of Prison Staff	Boudigues, J.-M. Case study of the Transcendental Meditation programme in the national prison system of Senegal. This paper summarizes results published in <i>Nouveaux horizons en criminologie et en science pénitentiaire: Le Système Intégré Maharishi de Réhabilitation Fondé sur le Champ Unifié dans les prisons Sénégalaises. Séminaire annuel de l'Administration pénitentiaire. Dakar, Senegal: Maharishi European Research University and Penitentiary Administration of Senegal, 1988; and in a revised version published with the permission of the Penitentiary Administration of Senegal, published in both French and English, with the English title New Horizons in Criminology and Penitentiary Science: The Maharishi Unified Field Based Integrated System of Rehabilitation in Senegalese Prisons. Annual Seminar of the Penitentiary Administration. Vlodrop, The Netherlands: Maharishi Vedic University Press, 1990.</i>

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480	Increased Self-Esteem	Fergusson, L. C.; Bonshek, A. J.; and Boudigues, J.-M. Personality and health characteristics of Cambodian undergraduates: A case for student development. <i>Journal of Instructional Psychology</i> 22: 308–319, 1995.
478	Increased Ego Development	Chandler, H. M. Transcendental meditation and awakening wisdom: A 10-year longitudinal study of self development. <i>Dissertation Abstracts International</i> 51(10): 5048B, 1991.
477	Increased Self-Actualization through Transcendental Meditation in Contrast to Other Procedures as Demonstrated by Meta-Analysis	Alexander, C. N.; Rainforth, M. V.; and Gelderloos, P. Transcendental Meditation, self-actualization, and psychological health: A conceptual overview and statistical meta-analysis. <i>Journal of Social Behavior and Personality</i> 6: 189–248, 1991.
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477	Increased Inner-Directedness (Independence; Self-Supportiveness)	Alexander, C. N.; Rainforth, M. V.; and Gelderloos, P. Transcendental Meditation, self-actualization, and psychological health: A conceptual overview and statistical meta-analysis. <i>Journal of Social Behavior and Personality</i> 6: 189–248, 1991.
477	Increased Self-Actualizing Value (Holding Values of Self-Actualizing People)	Alexander, C. N.; Rainforth, M. V.; and Gelderloos, P. Transcendental Meditation, self-actualization, and psychological health: A conceptual overview and statistical meta-analysis. <i>Journal of Social Behavior and Personality</i> 6: 189–248, 1991.
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456	More Frequent Reports of Higher States of Consciousness	Mason, L.; Alexander, C. N.; Travis, F. T.; Orme-Johnson, D. W.; Gackenbach, J.; Marsh, G.; Walton, K.; and Rainforth, M. Electrophysiological correlates of higher states of consciousness during sleep. Summary of findings of doctoral dissertation by the first author, Department of Psychology, Maharishi International University, 1995. (Findings also published in <i>Dissertation Abstracts International</i> 56(10): 5797B, 1996.)
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395	Greater Autonomy	Gelderloos, P. Psychological health and development of students at Maharishi International University: A controlled longitudinal study. <i>Modern Science and Vedic Science</i> 1: 471–487, 1987.
395	Greater Intrinsic Spirituality	Gelderloos, P. Psychological health and development of students at Maharishi International University: A controlled longitudinal study. <i>Modern Science and Vedic Science</i> 1: 471–487, 1987.
371	Improved Self-Concept: Increased Self-Satisfaction	Gaylord, C.; Orme-Johnson, D. W.; Willbanks, M.; Travis, F.; Rainforth, M.; and Reynolds, B. The effects of the Transcendental Meditation Program on self-concept and EEG coherence in black college students. Findings presented at the annual meeting of the Iowa Academy of Science, Storm Lake, Iowa, USA, April 1989. Findings also published in abstract insert in <i>The Journal of the Iowa Academy of Science</i> 96(1), A31–A32, 1989.
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312	Growth of Higher States of Consciousness	Alexander, C. N.; Alexander, V. K.; Boyer, R. W.; and Jedrczak, A. The subjective experience of higher states of consciousness and the Maharishi Technology of the Unified Field: Personality, cognitive-perceptual, and physiological correlates of growth to enlightenment. Harvard University, Cambridge, Massachusetts, USA; Maharishi International University, Fairfield, Iowa, USA; and MERU Research Institute, Mentmore, Buckinghamshire, England, 1984.

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308	Less Inhibition (Greater Naturalness, Spontaneity, and Self-Sufficiency, Less Tension)	Törber, S.; Mertesdorf, F.; and Hiesel, E. Effects of Transcendental Meditation on mood and bodily sensations. Diplomarbeit of first author (summary), University of Cologne, Cologne, W. Germany, 1976.
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277	Increased Placidity (Increased Self-Assuredness and Good Humor, Decreased Tendency to Procrastinate)	Geisler, M. Therapeutische Wirkungen der Transzendentalen Meditation auf den Drogenkonsumenten. Zeitschrift für klinische Psychologie 7(4): 235–255, 1978.
277	Decreased Inhibition (Increased Naturalness, Spontaneity, and Self-Sufficiency, Decreased Tension)	Geisler, M. Therapeutische Wirkungen der Transzendentalen Meditation auf den Drogenkonsumenten. Zeitschrift für klinische Psychologie 7(4): 235–255, 1978.
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239	Greater Self-Esteem	Farinelli, L. Possibilità di applicazioni della tecnologia della coscienza in aspetti di medicina preventiva: Una ricerca pilota. Doctoral thesis (summary), Faculty of Medicine and Surgery, University of Padova at Verona, Verona, Italy, 1981.
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156	Higher Moral-Ethical Self: Greater Satisfaction with One's Moral Worth and with One's Relationship to God and Religion	Nystul, M. S.; and Garde, M. Comparison of self-concepts of Transcendental Meditators and nonmeditators. <i>Psychological Reports</i> 41: 303–306, 1977.
155	Increased Time Competence (Ability to Live in the Present, and Ability to Connect Past, Present, and Future Meaningfully)	Bosmajian, L. S. Role of expectancy and pretreatment personality in subjects' self-actualizing changes while practicing Transcendental Meditation. Doctoral thesis (summary), Department of Psychology, The George Washington University, Washington, DC, USA, 1977.
155	Increased Inner-Directedness (Independence, Self-Supportiveness)	Bosmajian, L. S. Role of expectancy and pretreatment personality in subjects' self-actualizing changes while practicing Transcendental Meditation. Doctoral thesis (summary), Department of Psychology, The George Washington University, Washington, DC, USA, 1977.
153	Increased Feeling Reactivity (Sensitivity to One's Own Needs and Feelings)	Throll, D. A. The effects of the Transcendental Meditation technique upon adolescent personality. Master's thesis (summary), Victoria University, Wellington, New Zealand, 1978.
153	Increased Ego Strength and Emotional Stability and Maturity, Decreased Overreactionary Behavior	Throll, D. A. The effects of the Transcendental Meditation technique upon adolescent personality. Master's thesis (summary), Victoria University, Wellington, New Zealand, 1978.
153	Increased Bold and Self-Sufficient Behavior, Less Inhibitive Behavior	Throll, D. A. The effects of the Transcendental Meditation technique upon adolescent personality. Master's thesis (summary), Victoria University, Wellington, New Zealand, 1978.
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153	Increased Self-Actualizing Value (Holding Values of Self-Actualizing People)	Throll, D. A. The effects of the Transcendental Meditation technique upon adolescent personality. Master's thesis (summary), Victoria University, Wellington, New Zealand, 1978.
153	Enhanced Self-Regard	Throll, D. A. The effects of the Transcendental Meditation technique upon adolescent personality. Master's thesis (summary), Victoria University, Wellington, New Zealand, 1978.
151	Increased Time Competence (Ability to Live in the Present, and Ability to Connect Past, Present, and Future Meaningfully)	Russie, R. E. The influence of Transcendental Meditation on positive mental health and self-actualization; and the role of expectation, rigidity, and self-control in the achievement of these benefits. Doctoral thesis (summary), California School of Professional Psychology, Los Angeles, California, USA, 1975. Findings also published in Dissertation Abstracts International 36(11): 5816B, 1976.
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150	Increased Ego Strength and Emotional Stability and Maturity, Decreased Overreactionary Behavior	Throll, D. A.; and Throll, L. A. The effect of a three-month residence course upon the personalities of experienced meditators. Victoria University, Wellington, New Zealand, 1977.
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142	Improved Self-Image; Decreased Hostility	Boese, E.; and Berger, K. Psychological effects of Transcendental Meditation. Department of Behavioral Science, Milton S. Hershey Medical Center, Pennsylvania State University, Hershey, Pennsylvania, USA, 1971.
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78	Increased Self-Actualization	Ferguson, P. C.; and Gowan, J. C. Psychological findings on Transcendental Meditation. Findings also published in Journal of Humanistic Psychology 16(3): 51–60, 1976.
77	Increased Placidity (Increased Self-Assuredness and Good Humor, Decreased Tendency to Procrastinate)	Fehr, T. A longitudinal study of the effect of the Transcendental Meditation Program on changes in personality. Department of Social Affairs, MIU/Forschungsring Schöpferische Intelligenz, Dormagen, W. Germany, 1974.
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69	Greater Inner-Directedness (Independence, Self-Supportiveness)	Hjelle, L. A. Transcendental Meditation and psychological health. <i>Perceptual and Motor Skills</i> 39: 623–628, 1974.
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69	Greater Feeling Reactivity (Sensitivity to One's Own Needs and Feelings)	Hjelle, L. A. Transcendental Meditation and psychological health. <i>Perceptual and Motor Skills</i> 39: 623–628, 1974.

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