

Transcendental Meditation Technique

Meditation properly understood and properly practiced is a systematic means to turn the attention powerfully within, to experience and explore deeper levels of the mind, quieter levels of the awareness, until the mind is completely settled in the simplest state of human awareness.

The Transcendental Meditation technique is a simple, natural, effortless process practiced 15-20 minutes twice daily while sitting comfortably with eyes closed. It is unique among techniques of meditation, distinguished by its effortless, naturalness and profound effectiveness.

Scientific research on the Transcendental Meditation program has shown that the daily experience of this state of restful alertness leads to increased creativity, improved learning ability, higher IQ, better moral reasoning, more efficient brain functioning, stress relief and a wide array of health benefits—ranging from normalized blood pressure, reduced need for doctor visits, to a younger biological age.

The TM technique is not a religion or philosophy and involves no change in lifestyle. It is easy to learn and enjoyable to practice, requiring no effort, concentration or special skills. Anyone can learn it—even children.

A Case for Transcendental Meditation as a Vital Business Strategy

Employee health and wellness is vital to business success. Much of the greatest impact to employee health, happiness and productivity, and the business bottom line, is being demonstrated through the results of the TM program. Research demonstrates improved employee health, decreased hospitalization and outpatient visits as well as fewer hospital visits in all disease categories.

To date, the National Institutes of Health has granted over \$24 million to study the impact of the Transcendental Meditation (TM) program for the prevention and treatment of heart disease, hypertension, and stroke.

Join our pilot study!

The Northeast Business Group on Health has been invited to participate in a custom research study designed to measure the beneficial effects of the TM program in the workplace. We are offering a unique opportunity to select member employers to partner with us in this pre conference study. The study is being designed and run by key members of the most published NIH research team who have conducted health and wellness studies on the beneficial effects of the Transcendental Meditation program for mind, health, behavior, and society. Their presentation at NEBGH's 1st Annual Health and Wellness conference will include the first phase results of this study. Learn more about TM at www.tmbusiness.org.

For more information about this study contact: Janaera Gaston – jgaston@nebgh.org
for program details & fees