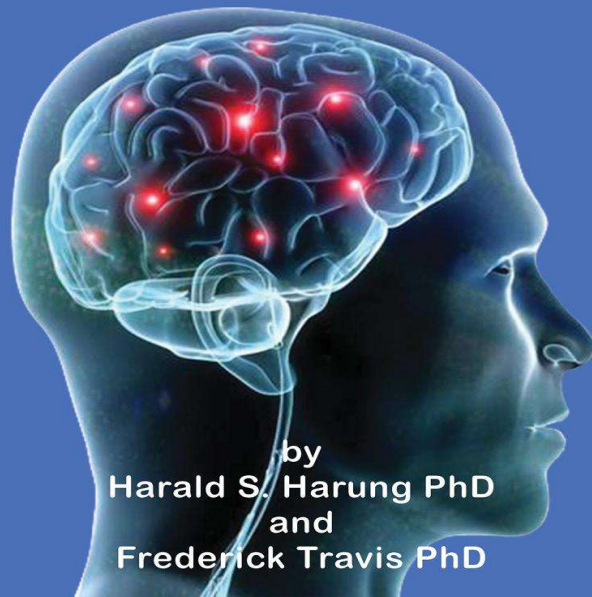
The background features a soft-focus landscape of mountains under a bright sky. In the foreground, three dark silhouettes of people stand on a rocky outcrop, their arms raised in a gesture of triumph or joy. The overall color palette is light and airy, with a blue horizontal bar at the top.

Better Health through
Maharishi Ayurveda
and **Transcendental**
Meditation - TM

WORLD-CLASS BRAIN



by
Harald S. Harung PhD
and
Frederick Travis PhD

Readable shorbook:

Harung, H. S. & Travis, F.
(2019). *World-Class Brain*,
www.harvest.no

Harung, H. S. & Travis, F.
(2016). *Excellence through
Mind-brain Development*,
Routledge, UK

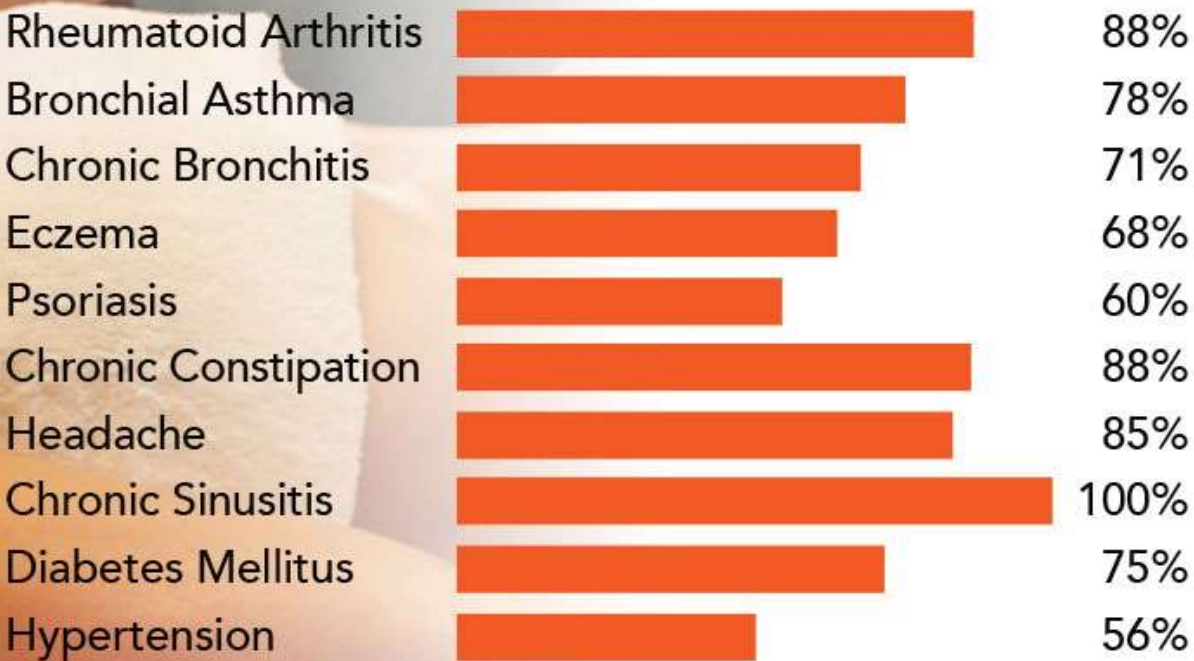
Maharishi Ayurveda

- World's oldest system of health
- Approved by WHO and in USA for specialization of doctors and nurses
- Main focus on long-term prevention of disease
- Individualized approach:
 - Cleansing of body
 - Transcendental Meditation – TM
 - Herbs



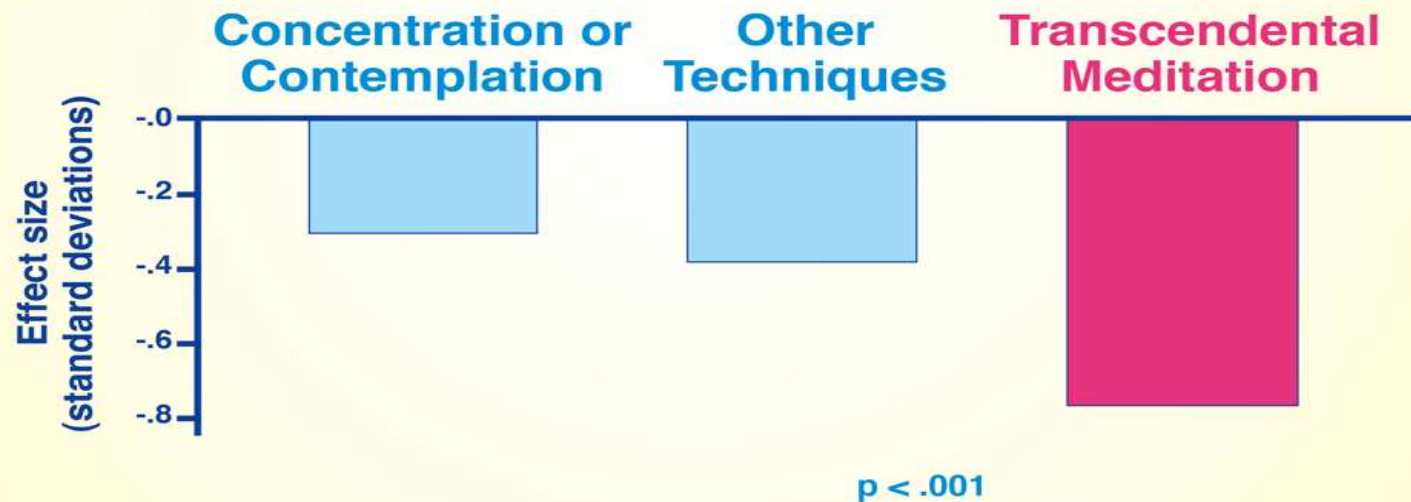


PANCHAKARMA SUCCESS WITH CHRONIC DISEASES



Decreased Anxiety

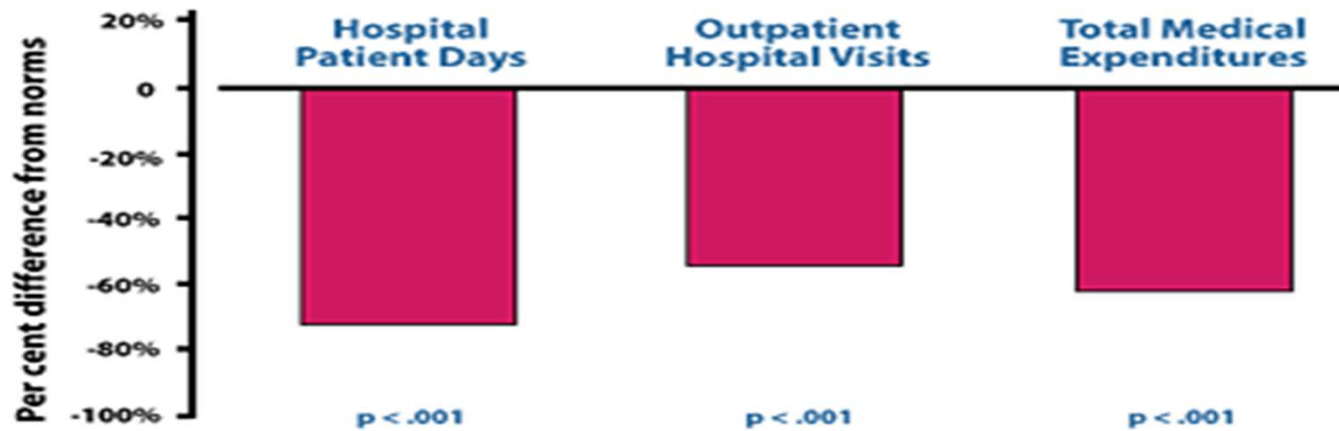
THROUGH TRANSCENDENTAL MEDITATION



E18. Decreased Anxiety through Transcendental Meditation: A meta^{*}-analysis of 146 studies comparing the effectiveness of different mental and physical relaxation techniques, including biofeedback, on reducing trait anxiety, showed that the Transcendental Meditation Programme was significantly more effective in reducing anxiety than other procedures. **Reference:** *Journal of Clinical Psychology* 45(6): 957 – 974. 1989.

Reduced Illness and Medical Expenditures

THROUGH THE TRANSCENDENTAL MEDITATION PROGRAM



A study of medical utilization and expenditures found that those who participated in the Maharishi Consciousness-Based Approach to Health, which includes practice of the Transcendental Meditation program, showed greatly reduced hospital stays, outpatient hospital visits, and overall medical expenditures in comparison to norms.
Reference: *The American Journal of Managed Care* 3: 135–144, 1997.

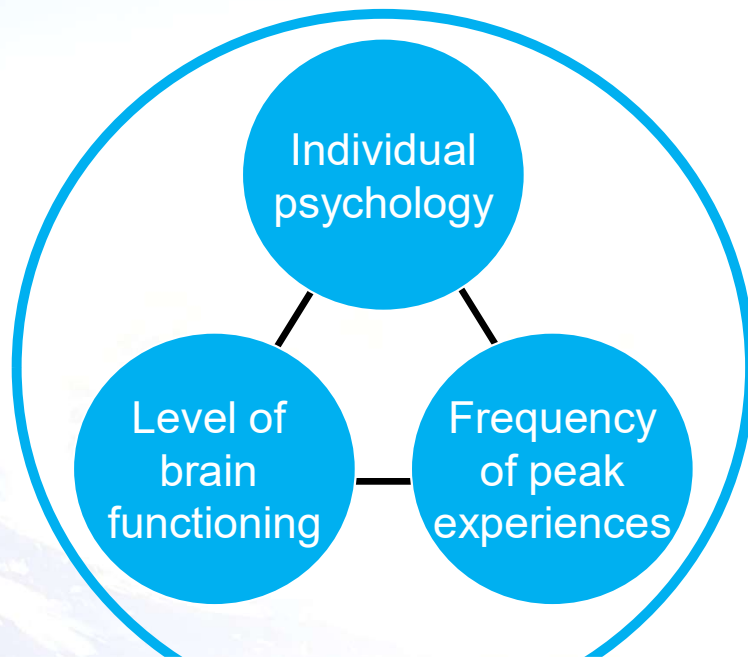
Our research on world-class performers

Four studies comparing world-class performers to average performers:

- Top-level managers
- World-class athletes
- Professional classical musicians
- World-class professionals



Unified Theory of Performance



Performer's mind-brain development

+

Social context of performance

=

Performance



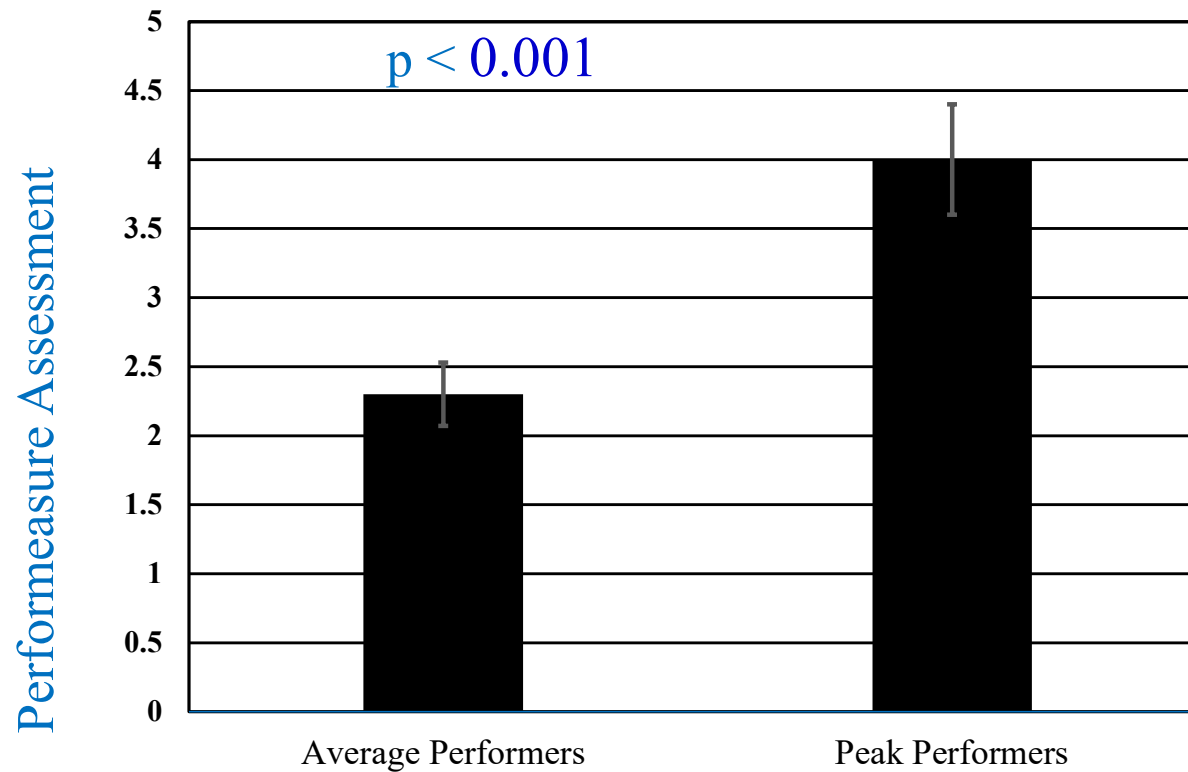
Sense of invincibility



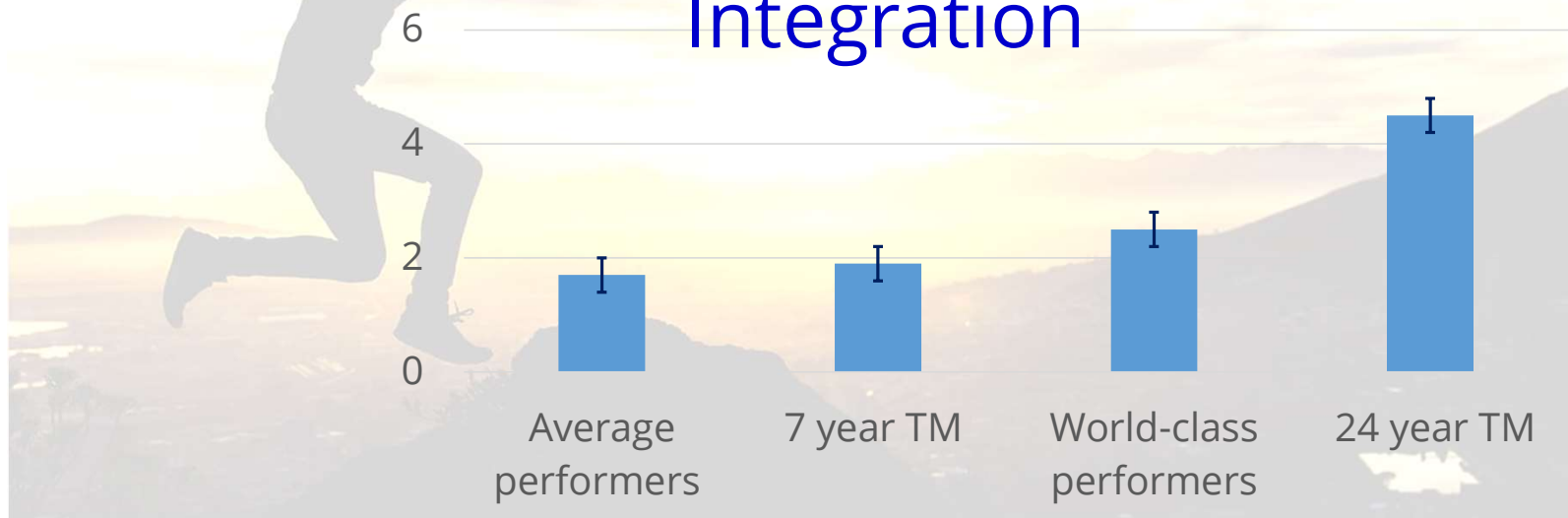
“ *When everything is at the very highest level, then I feel invincible. The up hills are not long enough nor steep enough; extremely good sensation.*

**– Thomas Alsgaard
cross-country skier
11 gold medals**

The Performance Assessment Scores Averaged Across Athletes, Managers, and Musicians



Transcendental Meditation: Improved Brain Integration



Home Sites

- www.tm.org
- www.mapi.com
- www.miu.edu