



DAVID LYNCH FOUNDATION

ABOUT TRANSCENDENTAL MEDITATION (TM)

What is TM?

TM is a simple, natural, effortless technique practiced 20 minutes twice a day while sitting comfortably with the eyes closed. It's not a religion, philosophy or lifestyle.

What Happens When You Meditate?

Transcendental Meditation allows the active thinking mind to settle inward to experience a naturally calm, peaceful level of awareness. During TM, the body enjoys a profoundly rejuvenating rest, while the brain functions with significantly greater coherence.

How Does Transcendental Meditation Differ from Other Meditation Techniques?

Brain research has identified three basic approaches to meditation:

- Focused attention (concentrating on a thought or object)
- Open monitoring (observing breath, thoughts or the environment)
- Automatic self-transcending (spontaneously experiencing quieter levels of thought – a unique state of restful alertness)

The Transcendental Meditation technique involves no focused attention nor open monitoring. It is a process of automatic self-transcending, allowing the practitioner to experience a field of calm deep within.

What Are the Benefits of Transcendental Meditation?

Transcendental Meditation is an easy-to-learn, enjoyable-to-practice mental technique for deep relaxation and stress reduction that has been successfully offered in medical schools, academic and VA medical centers, hospitals, military academies, substance abuse centers, prisons and other settings. In extensive studies, TM practice has been shown to reduce overall mental burnout, depression and insomnia among the TM group compared to other control groups.

How Do You Learn Transcendental Meditation?

TM is taught in a personal course of instruction by a specially-trained, certified teacher.

For more information, visit TM.org.

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