



*Golden Jubilee
of Maharishi's
first visit to
Great Britain*



*DECEMBER 1959 ~
2009*



MAHARISHI TOWER OF INVINCIBILITY

Enlightenment to every individual, Invincibility to
Great Britain and lasting world peace



His Holiness

MAHARISHI MAHESH YOGI®

who introduced Transcendental Meditation™ more than 50 years ago, and the TM-Sidhi programme® including Yogic Flying more than 25 years ago, opening the gate to enlightenment to everyone on earth and making available a practical technology for creating world peace and invincibility.

The Tower of Invincibility will be a place of knowledge to secure Invincibility for all time. Through this programme, gradually the world's action will be brought to that level. It will be a school, a college, a university of Invincibility. We will be designing the home of Total Knowledge for all children of all future generations, and we will do it without delay. Who would not like to have a healthy, wealthy, and wise family. If we have a place of light, we would have done for all future of the world."

– Maharishi



DR PETER WARBURTON

When Maharishi Mahesh Yogi arrived in London for the first time on 13 December 1959 he brought a simple practical technique, Transcendental Meditation, and the message that the true nature of life is bliss, that man is born to enjoy not to suffer, and that world peace is within our grasp. Maharishi brought the know-

ledge bestowed on him by his master, Guru Dev, Swami Brahmananda Saraswati, who had revived the practical essence of the eternal Vedic wisdom of India and made it available to householder and recluse alike in the modern world.

Transcendental Meditation is unique and extraordinary. With Maharishi's encouragement over the past 50 years scientists have studied and analysed the technique and its effects from every possible angle. Today, it is the most thoroughly researched of all meditation programmes and its benefits are well established in hundreds of studies published in the world's most repu-

table scientific journals. It has also been shown clearly to be the most beneficial of all systems of meditation.

A recently completed and rigorously controlled nine-year study funded by the US National Institutes of Health found a 47 per cent reduction in the rate of major clinical events (mortality, heart attacks, and strokes) amongst heart patients practising Transcendental Meditation. If this were the finding for the effects of a new drug, it would be a multi-billion dollar business to make it available immediately to all heart patients in the world.

Maharishi's contribution to every area of life is equally profound. The Maharishi Tower of Invincibility is the monument to honour, celebrate, and present this practical contribution. The presentations and exhibitions on each of its 12 floors will be a tremendous resource and inspiration for all well-wishers of life. The Maharishi Invincibility Schools that will be built nearby will offer Total Knowledge to every student for personal enlightenment and fulfilment and to create an influence of peace, positivity and ultimately Invincibility for the whole nation.

– Dr Peter Warburton,
Chairman, Maharishi Foundation, UK



The Maharishi Tower of Invincibility will be a grand twelve-storey structure containing exhibitions that will present the application of Total Knowledge of Natural Law to bring fulfilment to all areas of life (see overleaf).

STATE-OF-THE-ART

State-of-the-art interactive electronic displays will create a lively, entertaining and informative experience for all who visit. At the base of the tower will be a welcome centre with lecture hall, restaurant, and gift shop. On the top level will be a planetarium to display the relationship between the individual and the cosmos, and their common basis in the Unified Field of Natural Law, the field of invincibility.

As visitors go through each level of the tower, they will learn about Maharishi's knowledge and programmes in twelve main areas of society to bring

perfection and fulfilment to the life of every individual, family and nation: Law, Education, Health, Agriculture, Economics, Administration, Architecture and Engineering, Defence, Communication, Music and Arts, Religion and Culture, and Supreme Political Science.

These twelve fields of knowledge, restored to completeness in this age by Maharishi™, are the basis to secure Invincibility for the individual and society for all time, disallowing any weakness in the country and maintaining a high degree of positivity and coherence in national consciousness.

The Tower associated with two large buildings, either immediately adjacent or nearby, will accommodate Maharishi Invincibility University, College, or Schools, for study and practice of all aspects of Total Knowledge.

HOME OF TOTAL KNOWLEDGE

Offering perfection in every area of society and invincibility to every nation

A new monument for London with 12 floors of exhibitions presenting Maharishi's programmes to bring fulfilment to all areas of life.



The Maharishi Tower of Invincibility will be an inspiration and practical resource of knowledge for the leaders and individuals of every area of society. The exhibitions on the 12 floors with the planetarium on the top floor, will offer practical, scientifically validated programmes to bring the support of Total Natural Law and problem-free progress to every area of life.

Planetarium – State-of-the-art, video-animated projections take the viewer to the origins of space and time in the Unified Field of Natural Law. Here, modern science and Maharishi's Vedic Science reveal the natural laws that govern the vast galactic universal order, from bigger than the biggest, to smaller than the smallest – that are found imprinted within the cosmic Self of everyone > **page 18 – 19**

12 **Supreme Political Science** (*National Invincibility and World Peace*) – Engaging the all-mighty and all-nourishing intelligence of Nature's government to achieve automation in administration and uphold perfect order in every nation > **page 17**

11 **Religion and Culture** – Developing Unity Consciousness, the light of God, to enliven the underlying divine unity of life at the basis of the diverse cultural and religious traditions of our world family > **page 16**

10 **Music and Arts** – Music is the science and art of expressing the real nature of life, and enjoying bliss in every wave of creation; giving expression to the eternal unmanifest field of sound at the transcendental level of life > **page 15**

9 **Communication** – Developing ideal communication grounded in the eternal state of togetherness, the self-referral state of Unity, the field of infinite correlation and bliss. From this level the goal is achieved directly, with the support of the most advanced computer technology > **page 14**

8 **Defence** (*Prevention*) – Security that prevents the birth of an enemy, or prevents conflict from arising in the nation, by creating an integrated national consciousness > **page 13**

7 **Architecture** – Design and construction principles and technologies for building healthy, fortune-creating homes and cities in harmony with Natural Law > **page 12**

6 **Administration** (*Problem-Free Management*) – Ideal, problem-free administration is available to every government in the Constitution of the Universe—Nature's silent government, which upholds the infinite diversity of the ever-expanding universe in perfect harmony. > **page 11**

5 **Economics** (*Finance, Planning, and Trade*) – Unfolding the infinite treasury of Nature's creative intelligence within everyone as the basis for eliminating poverty and creating progress and prosperity for every individual and every nation > **page 10**

4 **Agriculture** – Sustainable, organic agriculture that enlivens the total nourishing intelligence of Natural Law in the farmer, soil and seed, to produce pure, healthy foods in favour of life > **page 9.**

3 **Health** – Prevention-oriented, natural health care that awakens the inner intelligence of the body and strengthens the healing power of the physiology. > **page 8**

2 **Education** (*Enlightenment*) – Consciousness-Based Education that develops total brain functioning to bring the 'fruit of all knowledge' to everyone—enlightenment > **page 7**

1 **Law** (*Constitution*) – Knowledge to prevent mistakes and suffering in life caused by the violation of the laws of Nature. National law must be supported by Natural Law so that national administration remains free from problems and is equally nourishing to everyone > **page 6**

Gardens and fountains – The approach to the Tower in its parkland setting with beautiful gardens and fountains will settle and uplift the minds of all who visit, in preparation for the exposition of Total Knowledge



LEVEL
1

LAW (Constitution) Creating a crime-free society

National law must be supported by Natural Law so that national administration remains free from problems, and administers the nation with the same perfect order as Natural Law administers the universe.”

– Maharishi

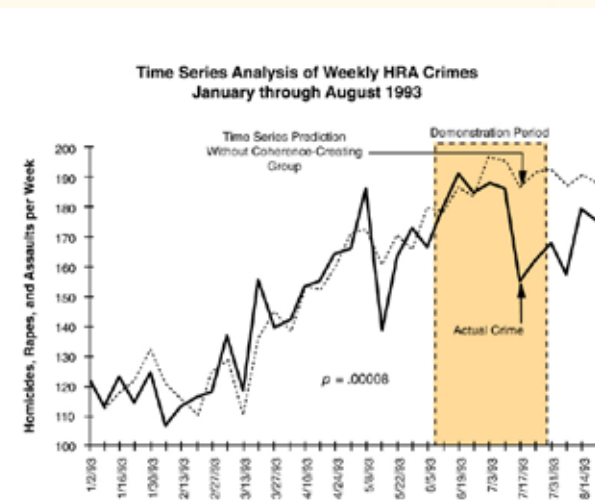
Ideal India – Lighthouse of Peace on Earth
(536-page publication)

The ideal of Law in every country is achieved when the whole population is naturally law-abiding, living in full accord with Natural Law. This goal can be practically achieved through Maharishi’s Consciousness-Based Education, Maharishi Ayur-Veda, and Maharishi’s Natural Law based Administration. These programmes unfold the potential creativity of Natural Law - the total potential of Law - in the consciousness and physiology of everyone, so that the impulse of Cosmic Law, Total Law - Natural Law - becomes the guiding light for every individual.

In addition, Maharishi’s Transcendental Meditation programme has been proven to dramatically counteract the debilitating effects of chronic stress so prevalent in our society and school systems. Research has shown its ability to reduce violence in stress-ridden inner-city schools, reduce drug and alcohol dependence and criminal behaviour, and reduce recidivism among maximum-security inmates.

Maharishi’s Natural Law based approach to rehabilitation has been practised in prisons and probation programmes around the world for over thirty years. The results have been remarkable. Research shows:

- Decreased Crime
- Greater Respect for Traditional Values
- Higher Levels of Moral Maturity – Increased Moral Ethical Self
- Effective Rehabilitation
- Improved Psychological Health



Invincible Defence Technology – A National Demonstration Project, Washington, D.C.

A National Demonstration Project conducted in Washington, D.C., from June 7 to July 30, 1993, tested the efficacy of the Invincible Defence Technology for reducing crime and social stress and improving the effectiveness of government.

In this carefully controlled experiment, the coherence-creating group increased from 800 to 4,000 over the two-month period. Although violent crime had been steadily increasing during the first five months of the year, soon after the start of the study, violent crime (measured by FBI Uniform Crime Statistics) began decreasing and continued to drop until the end of the experiment (maximum decrease 23.3%), after which it began to rise again.

www.invincibledefense.org/research.html

Links to web sites

Rehabilitation: www.istpp.org/rehabilitation/index.html
Crime Prevention: www.istpp.org/crime_prevention/index.html
Permanent Peace: www.mum.edu/mumpress/p_k03



LEVEL
2

EDUCATION (Enlightenment) Maharishi’s Consciousness-Based Education™

Maharishi’s Consciousness-Based Education is education based on total knowledge of Natural Law. Maharishi has brought to light the missing element at the basis of education—the field of pure consciousness (Transcendental Consciousness), which lies at the source of thought and is the fountainhead of Natural Law. The experience of Transcendental Consciousness, which awakens the total functioning of the brain, makes it possible to unfold the full creative potential and inner happiness of every student.

Maharishi’s Consciousness-Based Education is offered in hundreds of schools and universities around the world – in USA, UK, India, the Netherlands, Ecuador, Cambodia, Russia, Kenya, Australia, South America and other countries.

“The process of education takes place in the field of consciousness. The prerequisite for gaining complete education, complete knowledge—the prerequisite for knowing everything, experiencing everything, and doing everything—is to bring the awareness to the level of pure intelligence, pure knowledge, self-referral intelligence, self-referral consciousness, Transcendental Consciousness.”

– Maharishi

Maharishi Vedic University (362-page publication)

Links to web sites

Consciousness-Based Education, United Kingdom:

www.consciousnessbasededucation.org.uk

Maharishi School of the Age of Enlightenment, USA:

www.maharishischooliowa.org

Maharishi University of Management, USA: mum.edu

Maharishi’s Consciousness-Based Education, USA:

www.CBEprograms.org

Maharishi University of Enlightenment:

www.maharishiuniversityofenlightenment.com

Maharishi Institute, South Africa:

www.maharishinstitute.org



Maharishi School, England

A key element of Consciousness-based Education is the group practice of Transcendental Meditation at the beginning and end of the school day. Pupils at Maharishi School pass examinations at grades A or A* at almost 3 times the national rate. Passes at grades A to C are almost 60% higher than the national average while the percentage of pupils passing 5 or more GCSE examinations at grades A*- C is double the national average rate. In 2002, the average pupil point score was 62.4, ranking the school 12th out of about 4,400 secondary schools in the UK, and top in Lancashire. These exam results have been achieved even though the school has a non-selective admissions policy. www.MaharishiSchool.com

‘Outstanding’ in 11 areas, ‘Outstanding overall’ – Ofsted Report 2009

Maharishi School, South Africa: maharishischoolsa.org

Maharishi School, Switzerland: maharishischool.ch

CBE Schools, South Africa: www.cbesa.org

Association for Stress Free Schools:

www.stressfreeschools.org

Schule Ohne Stress, Germany: www.schuleohnestress.de

Scuola Senza Stress, Italy: www.scuolasenzastress.it

Center for Brain, Consciousness, and Cognition:

www.mum.edu/cbcc

David Lynch Foundation for Consciousness-Based Education and World Peace: davidlynchfoundation.org

Maharishi Centre for Educational Excellence, India:

www.mceeindia.com

Maharishi Institute of Management, India:

www.maharishiinstituteofmanagement.com

Maharishi Vidya Mandir Schools, India:

www.maharishividyamandir.com



LEVEL

3

HEALTH

Prevention-oriented health care free from side-effects

Ayur-Veda is the world's most comprehensive system of natural medicine. Ayur-Veda originated in the Vedic Civilisation of ancient India and is officially recognised by the World Health Organisation.

Maharishi Ayur-Veda represents the modern restoration by Maharishi of the complete and authentic practice of Ayur-Veda as recorded in the Vedic Texts. Maharishi Ayur-Veda offers programmes which are time-tested and free from harmful side-effects to prevent disease, restore health, and promote longevity by enlivening the body's inner intelligence, understood in Vedic Medicine to be the basis of all physiological self-repair healing mechanisms.

The benefits of the Maharishi Ayur-Veda health care system have been validated by more than 600 scientific research studies, conducted in over 200 independent universities and research institutions, and published in over 100 peer-reviewed scientific journals. Research findings have shown a wide range of benefits for mind, health, behaviour and society. In addition, the National Institutes of Health in the USA have to date granted over \$24 million to study the effects of Transcendental Meditation in the prevention and treatment of heart disease, hypertension, and stroke. (See page 20)

Training and Research Centres for Maharishi Ayur-Veda

- **Maharishi College of Perfect Health – USA**
Offering Pre-Med Programme with Natural Health Care: B.A. in Physiology and Health:
www.mum.edu/premed/welcome.html
- **Maharishi University of Vedic Medicine – Switzerland:** Offering Bachelor of Science and a Master of Science in Maharishi Vedic Medicine:
www.maharishi-university-of-vedic-medicine.ch/

Maharishi Ayur-Veda™ pulse diagnosis



Maharishi Ayur-Veda pulse diagnosis is the most ancient and natural means of determining the level of balance or imbalance in the mind and body.

“The centuries-old medicine-predominated approach to health has failed to eliminate sickness and suffering; this is because medicine alone is too superficial to influence all the innumerable values that constitute the structure of life and its evolution. Only a holistic approach that takes into consideration all aspects of mind and body together can be successful in handling health.” – Maharishi

Maharishi Forum of Natural Law and National Law for Doctors: Perfect Health for Everyone – Disease-Free Society (480-page publication)

Links to web sites

- Maharishi Ayur-Veda Health Centre in UK:**
www.maharishiayurveda.co.uk
- Maharishi Ayurveda Products/Herbal Preparations:**
www.maharishi.co.uk; www.MAPI.com
- Maharishi Light Therapy with Gems:**
Tel: +44(0)1695-722240; Email: MLG@AofE.net
- Maharishi Vedic Vibration:** www.VedicVibration.com
- Aroma Therapy:** www.VedaAroma.com
- Maharishi Spas:** www.MaharishiSpas.com
- Scientific Research:** www.t-m.org.uk/research.html
- Maharishi Vedic Approach to Health:**
www.vedicapproachtohealth.org/
- Total Heart Health:** www.totalhearthealth.info
- Ask the Doctors:** www.doctorsontm.org
- Brain Research:** www.istpp.org/news/bri.html



LEVEL

4

AGRICULTURE

Maharishi Vedic Organic Agriculture®

Maharishi Vedic Organic Agriculture is agriculture in harmony with Natural Law. It is a system of agriculture that nourishes and supports the farmer, his crops, and the greater environment.

Vedic agriculture recognises the fundamental link between man and nature, between the individual and the cosmos, and seeks to enhance that relationship. The technologies of Maharishi Vedic Organic Agriculture balance individual and collective life in such a manner that nature in turn becomes balanced and supportive.

Maharishi Vedic Organic Agriculture incorporates in its programmes the most rigorous existing standards for pure organic food, which go well beyond current organic standards. By using the ancient Vedic Agricultural technologies recently revived by Maharishi, farmers rise to higher consciousness and live life in harmony with all the Laws of Nature.

THE USE OF VEDIC SOUNDS

The sounds of the Veda and Vedic Literature are used to enliven the inner intelligence of the plants to produce food bursting with the vitality of Nature's intelligence, and at the same time create a healthy environment for the farmer to cultivate an abundance of pure, nourishing food.

“The whole process of the plant sprouting from the seed and growing into leaves, flowers, and fruits, has been found to gain nourishment from soothing music and melodies; from enhanced seasonal influences of Sun, Moon, planets, and stars, and from increased qualities of harmony and pleasantness in the environment. This is now quite well established through worldwide scientific research. To produce this effect we will have the Vedic Experts from India whose traditional melodies and Vedic Recitations are most effective.” – Maharishi

MAHARISHI'S PROGRAMME TO ELIMINATE POVERTY

Maharishi's Programme to Eliminate Poverty utilises the unused lands in every nation to provide healthy nourishing food to the world through Vedic Organic Farming. This programme will provide farmers and their families with personal development for their creativity and good fortune through the practise of Maharishi's Transcendental Meditation and TM-Sidhi programme along with tuition in the necessary skills for Vedic Organic Farming to develop their lands. This holistic approach also includes Maharishi's Natural Law based programmes

Maharishi Honey®



Maharishi Honey is produced on Maharishi Vedic Farms in the unpolluted atmosphere of virgin forests and lands, enhanced by Vedic Organic (Natural Law-based) Farming Technologies.

www.maharishihoney.com

for education, health care and housing for the farmers and their families, and financing through the Raam Global Development currency. As a result, the Natural Laws of the land will be enlivened, enabling fertility to return to the soil and communities to “turn the dry sand into gold”.
www.poverty-removal.org

Links to web sites

- Maharishi Vedic Organic Agriculture:** www.mvoa.com
- Maharishi Vedic City:** maharishivediccity.net/agriculture



LEVEL
5

ECONOMICS (Finance, Planning and Trade)

Ideal Economy is based on Nature's Economy, which creates thousands of fruits from one seed



The art of Economy lies in doing less in order to accomplish more. Just as a wave that draws from the silent depth of the ocean can effortlessly rise high, so the mind that draws from the silent ocean of Total Knowledge, the transcendental level of existence at the source of thought, can accomplish anything. This is the basis for eliminating poverty and creating progress, prosperity and balance in Nature for every individual and every nation to enjoy.

“The secret of success in business today is to develop the field of creativity that lies deep within each individual. My Corporate Development Programme provides the technology through which the awareness of the individual comes into contact with pure consciousness, the field of unlimited creativity, which is the total potential of Natural Law. The spontaneous result of this regular experience is that the infinite dynamism and organising power of Nature are made available in daily life. Application of this technology will ensure that the goal of business, which is to bring prosperity, progress and fulfilment to individuals and society as a whole, is achieved.”
– Maharishi

SCIENTIFIC RESEARCH Simultaneous Increase of Major Stock Market Indices during the ‘Taste of Utopia’ assembly of 7000 Yogic Flyers

During the Taste of Utopia Assembly (17th December 1983 to 6 January 1984), rising coherence generated in the collective consciousness of the world from one place, created a wave of confidence and optimism throughout the world. Major stock markets rose simultaneously, indicating balanced economic growth worldwide. After the assembly, the same major stock markets reverted to a pattern similar to that seen prior to the assembly, with the markets of some countries increasing and some decreasing. Ref: *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Programme (Collected Papers, Vol. 4: pp. 2730-2762, 1989).*

Transcendental Meditation at the Tower Companies



Jeffrey Abramson
President of the
Tower Companies

For 12 years, Transcendental Meditation has been offered as a company-sponsored wellness programme to all employees of this award-winning green developer in Washington, D.C.

See: www.tmbusiness.org/videos
www.tower.companies.com

Links to web sites

Benefits to the economy: permanentpeace.org/benefits
Maharishi's Programme to Eliminate Poverty in the World: www.poverty-removal.org
Centre for Leadership Performance: tmbusiness.org
Global Financial Capital of New York: www.gfcny.net
Maharishi Corporate Development Programme India: www.mcdpindia.com
Benefits in the workplace: tm.org/benefits-workplace
Master of Business Administration (MBA), MUM, USA: www.mum.edu/management



LEVEL
6

ADMINISTRATION (Problem-Free Management)



Problem-free administration

“In order for the administration of any country to be perfect, it has to spontaneously maintain connectedness with the total potential of Natural Law, the Administering Intelligence of the Universe.....When action is motivated from this field of intelligence, it is initiated from the Unified Field of Natural Law; the whole course of action from its inception to its goal is upheld and promoted by the evolutionary power of Natural Law.”
– Maharishi

Ideal problem-free administration is available to every government and every organisation in the Constitution of the Universe – Nature's silent government, which upholds the infinite diversity of the universe in perfect harmony. Administration in tune with Natural Law succeeds through Nature's principle of least action, spontaneously achieving maximum with minimum effort, automation in administration, organising problem-free progress for everyone.

THE MAHARISHI TECHNOLOGY OF THE UNIFIED FIELD

Enlivening Automation in Administration

By introducing Maharishi's Transcendental Meditation and TM-Sidhi programme into any organis-

ation, the Unified Field of Natural Law with its unlimited organising potential can be located and enlivened in individual and collective consciousness. This brings support of Natural Law, automation in administration and problem-free progress for every individual, organisation, and society as a whole.

SCIENTIFIC RESEARCH

An upsurge of positivity in world events during the ‘Taste of Utopia’ assembly of 7000

- Increased positivity of events in situations of international conflict
- Decreased terrorism
- Increased positivity of Heads of State
- Rising world Stock Index

‘Taste of Utopia’ assembly



References

See: www.permanentpeace.org/evidence
Maharishi's Programme for World Peace:
www.permanentpeace.org



LEVEL
7

ARCHITECTURE AND ENGINEERING

Fortune-Creating™ buildings in harmony with Natural Law

Because the individual life is cosmic, everything about individual life should be in full harmony with cosmic life. Maharishi Vedic Architecture provides dimensions, formulas, and orientations to create buildings that provide cosmic harmony and support to the individual for his peace, prosperity and good health – daily life in accord with Natural Law, daily life in the evolutionary direction.”

– Maharishi

KEY PRINCIPLES OF MAHARISHI VEDIC ARCHITECTURE

- **Right direction:** Buildings are oriented towards East, towards the life-giving rays of the rising sun.
- **Right placement of rooms:** Rooms with their specific functions (eating, sleeping, studying etc.) are placed in the home around a central 'Brahmasthan' (silent space), according to the different qualities of the sun's energy as it travels across the sky.
- **Right proportion:** Key elements of design in the natural world, correct proportion and measurement are prescribed by Vedic Architecture in order to strengthen the connection of individual intelligence with cosmic intelligence.
- **Other considerations:** Slope and shape of land, position of water bodies, unobstructed sunrise, timing, are all important elements of consideration.
- **Non-toxic materials and technologies:** Natural, non-polluting, sustainable approaches to building, energy generation and living are used.



FORTUNE-CREATING PROJECTS

UK: Maharishi Garden Village, Rendlesham, Suffolk: A high quality development in traditional styles of 50 homes, comprising single houses and flats, a health centre and residential course facility. www.MSVhomes.co.uk

USA: Tower Oaks, Rockville, Washington DC: A 'LEED' Platinum Certified/EPA Energy Star rated, Fortune-Creating ultra modern office building. www.toweroaks.com

USA: Maharishi University of Management Sustainable Living Centre. America's first off-the-grid zero-energy campus building: www.mum.edu/slc.html

Links to fortune-creating projects around the world: www.peacepalace.org.uk
www.sthapatyaveda.com; www.vastu.eu



LEVEL
8

DEFENCE (Prevention) Invincible defence

The UNESCO charter states: “War begins in the minds of men.” Maharishi's Unified Field Based Science of Consciousness points out, moreover, that war begins not in the individual minds of politicians or generals, but rather in the collective consciousness of entire societies.

Peace-creating groups practising Maharishi's Unified Field Based technologies, act from the level of total Natural Law to prevent terrorism and war by dissolving stress in the collective consciousness before it can break out as social violence.

“It is clear that on the basis of power of armament, peace will never be lasting; and the power of negotiation, being devoid of power, will always be baseless.

“Peace on a permanent basis can only be established on the basis of nourishing power – invincible nourishing power. Such an eternally nourishing power is available in the evolutionary power of Natural Law, which administers the infinite diversity of the universe with perfect order and harmony.”

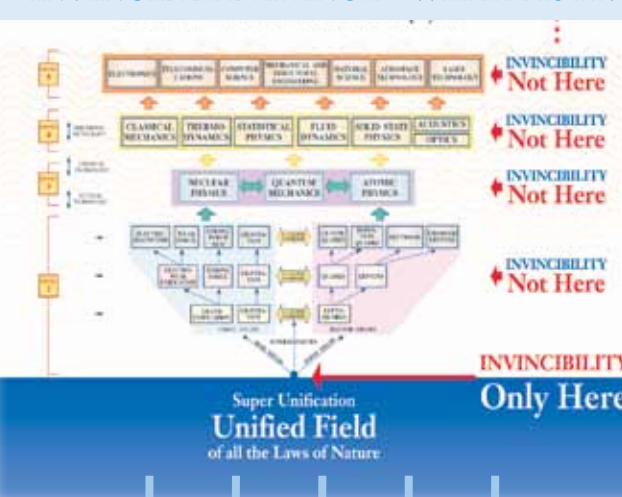
– Maharishi

Ideal India—Lighthouse of Peace on Earth
(536-page publication)

ENLIVENING THE NOURISHING POWER OF NATURAL LAW IN THE NATION

Published research confirms that when one per cent of the population practises the Transcendental Meditation Programme, or the square root of one percent of the population practises the TM-Sidhi programme and Yogic Flying, a powerful influence of coherence and positivity is enlivened in the entire collective consciousness of the nation, creating the Maharishi Effect. The Maharishi Effect creates an invincible armour of defence for the nation, which can never be penetrated by any outside negative influence.

INVINCIBLE DEFENCE – WHERE IS IT?

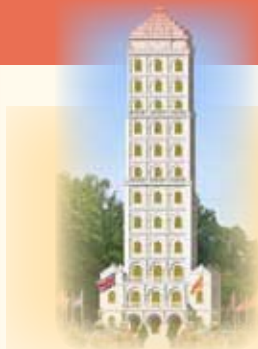


A Unified Field Based Approach to Peace

Maharishi's Unified Field Based Approach to Defence constitutes a direct technological application of the unified field. Because it works at the deepest, most powerful and holistic level of Natural Law, its effects are pervasive and inescapable. It can overpower – and effectively disarm – conventional technologies of offence based on the electronic, chemical, biological, or nuclear levels. Yet it is inherently safe, despite its power, because it is based on the application of a completely holistic level of Natural Law, which has the ability to destroy the enmity in the enemy and transform it into friendliness.

Links to web sites

- International Center for Invincible Defense:** www.invincibledefense.org
- The US Department of Veteran Affairs sponsors veterans of war to learn Transcendental Meditation:** www.istpp.org/veterans/index.html
- Maharishi's 7-point programme to create invincibility for every nation:** www.globalfinancialcapitalny.org
- Invincibility Trusts:** www.invincibilitytrusts.org



LEVEL
9

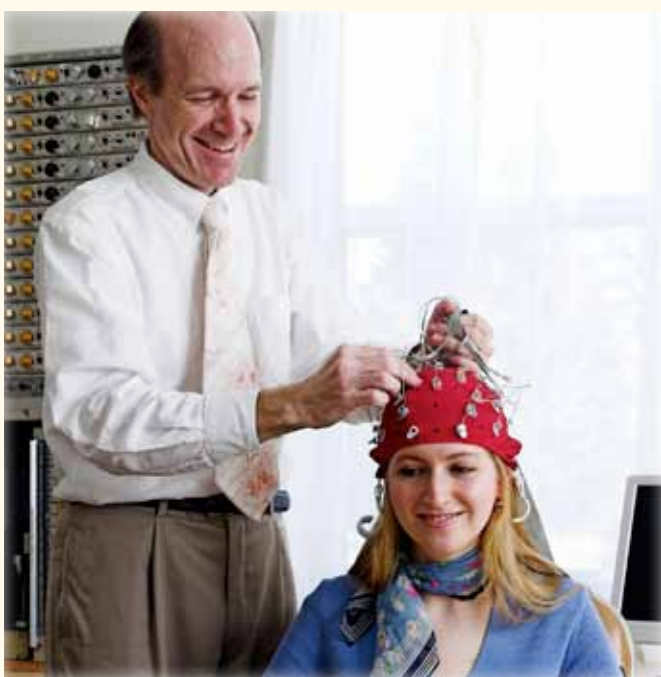
COMMUNICATION

Nourishing all life through
ideal communication

Communication is the science and art of unifying. Ideal communication is based in the eternal state of togetherness, the self-referral state of Unity, the field of infinite correlation and bliss available in the transcendental consciousness of everyone.

During the practice of Transcendental Meditation the mind effortlessly settles down to experience transcendental consciousness, a unique state of restful alertness. At the same time, body and mind experience profound rest, enabling deeply rooted stresses to be released. As a result of regular practice of Transcendental Meditation, all aspects of life are enhanced, bringing success and fulfilment to all areas of personal, family and professional communication.

Scientific research has documented the benefits to the whole of society when advanced programmes of Transcendental Meditation including Yogic Flying are practised in large groups.



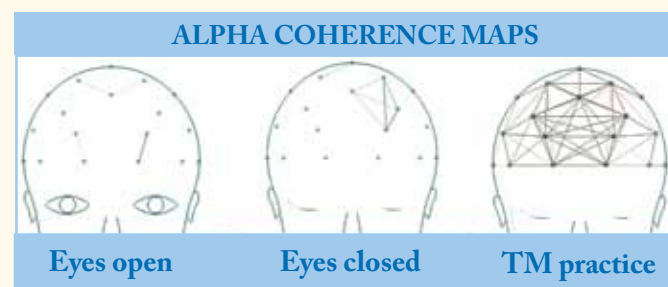
Fred Travis Ph.D., Director – Centre for Brain, Consciousness and Cognition at Maharishi University of Management, USA prepares a meditating subject for EEG coherence measurement.

Creating a powerful influence of coherence and positivity in the collective consciousness of society enables stress-free and positive communication between all members of a family, an organisation or a whole society. In this way, the frictionless flow of information becomes the flow of inspiration.

“The world is going to be a beautiful mosaic of differences. Differences will not be eliminated, but unity will breathe life through all the differences.”

– Maharishi

SCIENTIFIC RESEARCH Demonstrating Enhanced Communication Through Transcendental Meditation



Enhanced Communication within the brain:

- Increased EEG coherence during Transcendental Meditation: *International Journal of Neuroscience*, 1993 14: 147-151.

Enhanced Communication with others:

- Higher Development, Brain Integration, and Excellence in Leadership: *Management Decision*, 2009 47 (6): 872-894.
- Improved work and personal relationships: *Anxiety Stress and Coping*, 1993 6: 245-262
- Increased Self-actualisation: *Journal of Social Behaviour and Personality*, 1991 6: 189-248.

Communicating positivity to the environment:

- Groups of Yogic flyers, functioning coherently within themselves, communicate through the field of ‘infinite correlation’ an intense influence of harmony and positivity, dramatically reducing negativity in the environment, including war deaths and violent crime: *Journal of Conflict Resolution*, 1988 32: 776-812
- Social Indicators Research*, 1999 47: 155-201



LEVEL
10

MUSIC AND ARTS

The expression of Nature

Maharishi’s programmes for music and arts develop the deepest value of creative expression by opening to the awareness of every artist the home of all the laws of nature, the unbounded reservoir of creative intelligence at the source of thought. On this universal platform artists and musicians can fulfil their cosmic purpose and inspire harmony, balance and bliss in the environment.

Through the practice of Transcendental Meditation, musicians and artists are able to connect with the deep mechanics of creativity, to very naturally experience effortless and spontaneous creative expression.

“The artist has to be a man of fully developed heart and fully developed mind. With full development of his heart, his life will blossom in fulfilment; and with full development of his mind, his life will be in harmony with everything around him.”

– Maharishi

GANDHARVA VEDA – THE MUSIC OF NATURE

Maharishi has inspired the revival of the classical music of the ancient Vedic Civilisation – Gandharva Veda - in its full dignity. Under the guidance of Maharishi, many of India’s renowned musicians have joined in a worldwide revival of this music in its purity, by reconnecting it to its source in the Veda and Vedic Literature.

Listening to concerts of Gandharva Veda music produces a scientifically documented beneficial influence on the health and well-being of the physiology and environment.

“Gandharva music is universal. It is at home with every land, with every man, with every society. It is the language of bliss, the science and art of bliss, the song of Nature. . . . Gandharva Veda music is that



Global concert tours of Maharishi’s Festival of Music for World Peace have brought Gandharva Veda music to audiences throughout the world. More than 50 teams of the finest Gandharva Veda musicians of India have travelled to over 350 cities in over 55 countries to play the melodies of Gandharva Veda.

style of melody which matches with the swings of Nature that control the passage of evolution in waves of bliss, sung spontaneously on all levels of creation, from the most minute, to the huge enormous, ever-expanding universe.”

– Maharishi

Links to web sites

Maharishi Gandharva Veda:

www.maharishi-gandharva.com

A taste of Gandharva Veda: www.maharishi.org/gandharva/music_selections.html

Maharishi Ayurveda Products – Gandharva Veda:

www.maharishi.co.uk/gv/index.htm

Maharishi University of Management – BA Fine Arts programme: www.mum.edu/arts/programs.html



LEVEL
11

RELIGION AND CULTURE

Enlightenment to every individual,
Invincibility to every nation

Religion is a way to God, culture is a way to perfection – so culture is religion. But this is an intellectual perspective of the two areas – culture and religion – they cannot be separated, they are not two things. Religion cultures, and culture achieves the religion, and the object of religion.”

– Maharishi

Inauguration of World Peace Parliament 2006

Religion is the supreme science and art of connecting back to the source of all life – investigating everywhere the omniscient, omnipotent, and omnipresent to discover the source of all life in the Light of God. The ideal of religion is living the light of God in daily life, as available in the field of Total Knowledge, the field of the science and technology of Total Natural Law, the Unified Field of all the Laws of Nature.

Culture is the joyful expression of life in Unity in the context of the localised values of Natural Law, according to the prevailing climatic and geographic conditions. Cultural values are those which culture life, upholding a right sense of values and supporting the life of everyone in the evolutionary direction.

When the collective consciousness of any nation is coherent—which means that individuals are living life in accord with Natural Law and national law – then every individual will naturally uphold his own cherished cultural traditions while embracing all that enriches national life and promotes progress.

Impervious to any negative influences from within or without, peaceful coexistence with all other nations is the natural result.

Native Americans learning Transcendental Meditation to enliven traditional values and prevent diabetes



American Indian students in the middle school and high school on the Winnebago Reservation in Nebraska have been learning Transcendental Meditation since 2006. The positive impact of Transcendental Meditation in the lives of these children inspired the Winnebago Elders to learn to meditate as well.

Among the many documented benefits of Transcendental Meditation, the Elders noticed an immediate and surprising effect: a dramatic reduction in the symptoms of diabetes, a health problem that plagues an extremely high proportion of the Native American Indian population.

Consequently, the tribe has now launched a major research study, in collaboration with the US Government’s Indian Health Services, to evaluate the effects of Transcendental Meditation on this disease.

www.AmericanIndianSustainableConference.org

Web site link

Transcendental Meditation: www.tm.org (click on link “What religious leaders say”).



LEVEL
12

SUPREME POLITICAL SCIENCE

(National invincibility and world peace)

Engaging the all-nourishing intelligence of Nature’s Government to create invincibility for every nation and permanent world peace

A new quality of administration is dawning based on the administration of Nature’s Government – perfect, eternal, and true for all time.”

– Maharishi

Government is the innocent reflector of the collective consciousness of the nation. Only a high level of coherence and positivity in national consciousness can inspire enlightened government policies which will enjoy the full support of Natural Law, bringing affluence, peace and invincibility to the nation.

THE PRINCIPLE OF INVINCIBILITY THROUGH COHERENCE

In modern physics the principle of the Meissner Effect demonstrates the quality of invincibility. The Meissner Effect shows that when a system is coherent within itself it does not allow negative influences to survive inside or to enter from outside. National invincibility is like this. It does not allow any negative influence to rise from within or to enter from outside the nation.



This can practically be achieved by ‘A group for a Government’; a specially trained group of coherence-creating experts numbering the square root of one per cent of the population (800 for Great Britain). Practising Maharishi’s Transcendental Meditation and TM-Sidhi programme, including Yogic Flying, together in a group creates a powerful influence of coherence, harmony and positivity in national consciousness bringing support of Nature to all areas of national life.

EMPLOYING NATURE’S GOVERNMENT TO SOLVE NATIONAL PROBLEMS

In 1993 President Chissano of Mozambique introduced the Transcendental Meditation programme to 13,000 military personnel in order to create an upsurge of coherence and harmony in the country and put an end to the 16-year civil war:



“First I started the practice of Transcendental Meditation myself, then introduced the practice to my close family, my cabinet of ministers, my government officers and my military. The result has been political peace and balance in nature in my country.”

– Former President of Mozambique, Joaquim Chissano

NATIONAL DEMONSTRATION PROJECT, WASHINGTON, D.C. – June-July 1993

Scientific research shows the effects of group practice of the Transcendental Meditation programme on preventing violent crime in Washington, D.C.: Results of the National Demonstration Project, June-July, 1993. *Social Indicators Research*, 47(2): 153-201.

Web site link – Institute of Science, Technology and Public Policy: www.istpp.org



The Planetarium

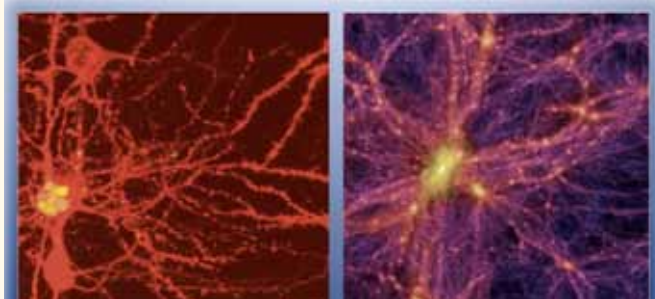
Display of Total Knowledge From bigger than the biggest to smaller than the smallest

“Once you reach the top of the tower you will never come down, because the realisation that man is really cosmic inside will never leave us.” – Maharishi

With its 36 reclining seats, domed projection ceiling and state-of-the-art projection equipment, the top floor planetarium will provide stunning high resolution images to take the traveller on the ultimate voyage of discovery.

Constantly updated, the software of the controlling master computer incorporates the latest data from NASA, the Hubble telescope and other systems, mapping out the far regions of the universe, typically in the order of billions of light years away.

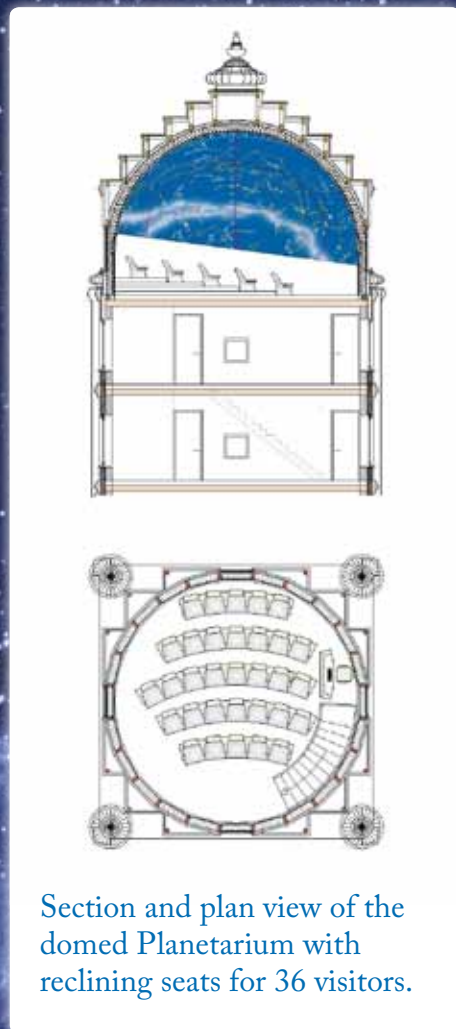
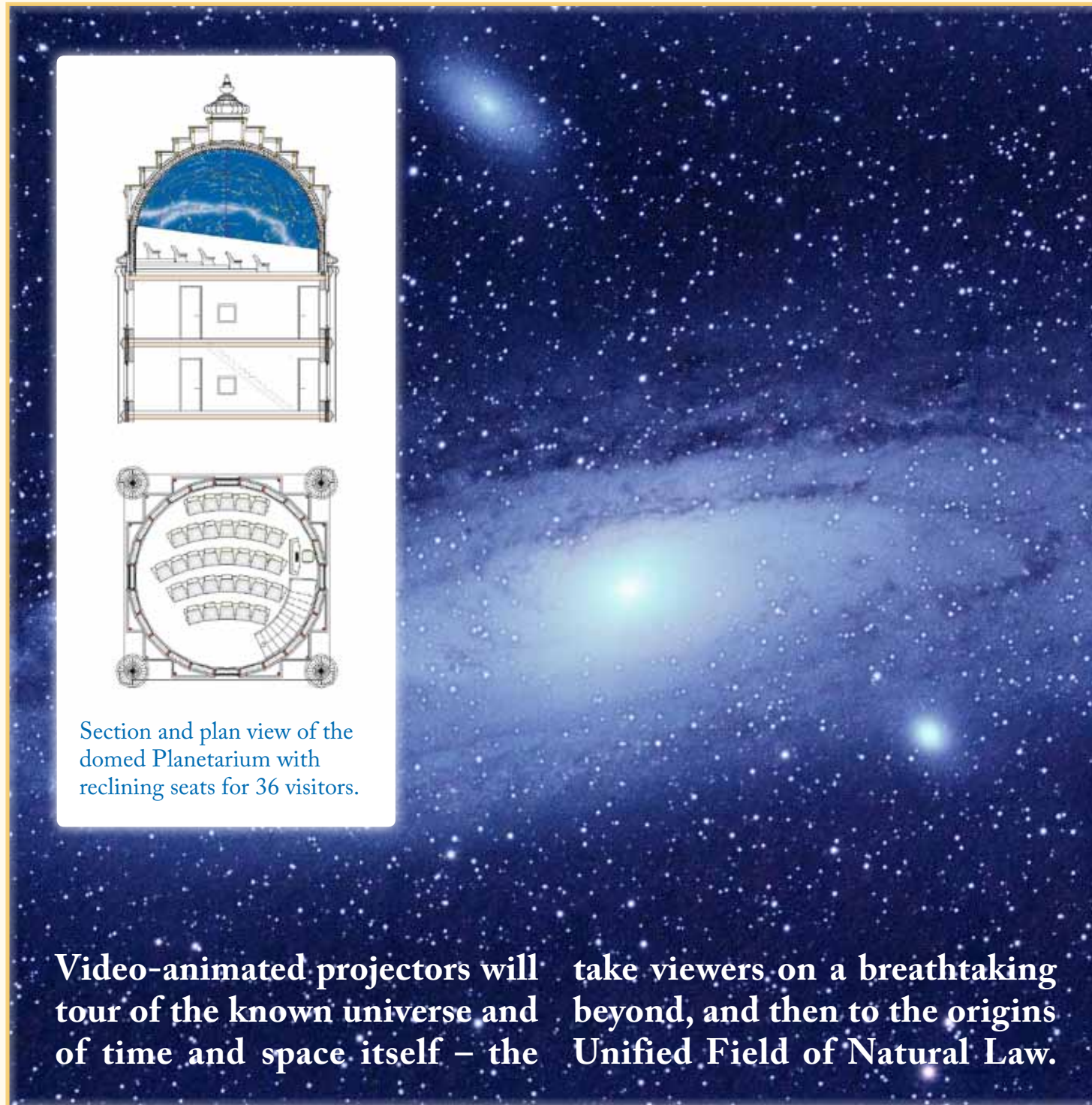
Six video-animated projectors concealed within the rim of the dome will enable viewers to take a breathtaking tour through our solar system. Journeying on through our galaxy, then on through the large-scale galaxy clusters to the farthest limits of the known universe and beyond, the traveller finally reaches the origins of space and time itself, where the vast unbounded universe emerges from the vacuum fluctuations of the Unified Field. From bigger than the



Neuron cells in the brain and their connections

Large cluster of galaxies surrounded by thousands of stars and dark matter

biggest to smaller than the smallest, the experience of Total Knowledge continues, as if projected onto the dome of one's own brain where the same planets and stars are now seen revolving around the thalamus of the central brain. The large scale galaxy clusters with their galactic points of light, are now seen to be a mirror



Section and plan view of the domed Planetarium with reclining seats for 36 visitors.

Video-animated projectors will take viewers on a breathtaking tour of the known universe and beyond, and then to the origins of time and space itself – the Unified Field of Natural Law.

image of the structure of the neuron cells in the human brain. From here the journey continues deep into the structure of matter, exploring DNA, its molecular, atomic and subatomic structures, at increasing levels of magnification to the smallest time and distance scales. Here the finest particles of matter and space-time geometry itself finally dissolve into the infinite, silent ocean of all possibilities, the Unified Field of Natural Law.

From bigger than the biggest to smaller than the smallest, the same Unified Field of Natural Law is found in the unbounded, absolute level of existence, permeating all its relative expressions throughout the infinity of space and time. Here modern science and Maharishi's Vedic Science find their common basis, from where all the laws of nature that uphold the orderly evolution of the universe emerge.

From here we see how the Constitution of the Universe, the script of Natural Law, the Veda, is written into the structure of the universe and also into the stru-



cture of our own physiology, revealing the truth that 'I am cosmic!'. This knowledge is most profoundly revealed in the great Vedic science of Jyotish (Vedic Astrology) – the knowledge that can really secure Invincibility for the individual and society for all time, disallowing any weakness in the country or any deviation from a level of all positivity.

Scientific Research on Maharishi's programmes

Maharishi will always be regarded as the foremost scientist in the field of consciousness and the greatest teacher of our time. Maharishi's Technologies of Consciousness, which unfold the full potential of Natural Law in human consciousness as the basis of improving all areas of life, are regarded as the most effective programme of human resource development.



Seven volumes of Collected Papers of Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi programme

The scientific research on Transcendental Meditation and the TM-Sidhi programme is the largest and strongest body of research in the world on any programme to develop human potential. More than 600 scientific research studies at over 250 independent universities and research institutes in 33 countries have validated the profound benefits for the individual and for every area of society.

Here is a sample of the broad range of benefits confirmed by research, much of it published in the world's leading peer-reviewed medical and academic journals.

Physiological health

- Physiological indicators of deep rest : *American Psychologist*
- Reduced illness and medical expenditures: *American Journal of Managed Care*
- Reduction of high blood pressure: *Hypertension*
- Reduced risk factors for hypertension, diabetes, and obesity: American Medical Association's *Archives of Internal Medicine*
- Increased lifespan: *American Journal of Cardiology*
- Reduced thickening of coronary arteries: American Heart Association's *Stroke*
- Reduced heart failure: *Ethnicity & Disease*
- Improved brain response to stress and pain: *NeuroReport*

Mental functioning and well-being

- Increased IQ: *Intelligence*
- Improved perception and memory: *Memory and Cognition*
- Reduced substance abuse: *The International Journal of the Addictions*
- Increased brain coherence: *International Journal of Neuroscience*
- Increased creativity: *Journal of Creative Behavior*
- Broader comprehension and improved ability to focus: *Perceptual and Motor Skills*
- Increased self-development: *Journal of Social Behavior and Personality*
- Increased calmness: *Physiology & Behavior*
- Decreased anxiety: *Journal of Clinical Psychology*
- Decreased depression: *Journal of Counseling and Development*

Workplace

- Improved job performance: *Academy of Management Journal*
- Increased job satisfaction: *Academy of Management Journal*
- Leadership development and self-development: *Career Development International*

Reduced crime and conflict, improved economic and social trends

- The Maharishi Effect: A model for social improvement: *Psychology, Crime, and Law*
- TM and TM-Sidhi programme and decreased urban crime: *The Journal of Mind and Behavior*
- Preventing terrorism and international conflict: *Journal of Conflict Resolution*
- TM in criminal rehabilitation and crime prevention: *Journal of Offender Rehabilitation*
- TM and TM-Sidhi programme and changes in social indicators: *The Journal of Mind and Behavior*
- National Demonstration Project to Reduce Violent Crime and Improve Governmental Effectiveness: *Social Indicators Research*

Links to websites

Maharishi's Transcendental Meditation programme:
www.t-m.org.uk

Scientific Research Results:

www.mum.edu/tm_research/tm_charts/welcome.html

Brain Research: www.istpp.org/news/bri.html

Journal of Modern Science and Vedic Science:

www.mum.edu/msvs

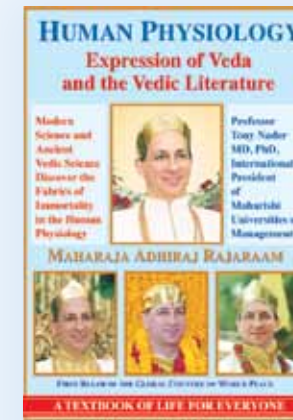
The Maharishi Effect

The phenomenon of the Maharishi Effect (analogous to the Meissner Effect in Physics, see page 17) expresses the fact that creating coherence in individual consciousness creates coherence in collective consciousness. Research scientists named this the Maharishi Effect, because this was the realisation of Maharishi's prediction to society made in the very early days of Maharishi's Movement (started in Madras, India in 1957).

The Maharishi Effect was discovered by social scientists in the USA in 1974 in four towns where the number of people participating in Transcendental Meditation had reached one per cent of the town's population. They noted that when one per cent of the town's population practised Transcendental Meditation, the trend of rising crime rate was reversed, indicating increasing order and harmony.

In 1976, with the introduction of the more advanced Transcendental Meditation-Sidhi programme, including Yogic Flying, a more powerful effect of coherence in collective consciousness was expected. The first major test of this prediction took place in 1978 during Maharishi's Global Ideal Society Campaign in 108 countries. Crime rate was reduced everywhere.

This global research demonstrated a new formula: the square root of one per cent of a population practising Transcendental Meditation and the TM-Sidhi programme together in one place, is sufficient to neutralise negative tendencies and promote positive trends throughout the whole population.



Human Physiology – Expression of Veda and Vedic Literature

by Professor Tony Nader, MD, PhD, under the guidance of His Holiness Maharishi Mahesh Yogi

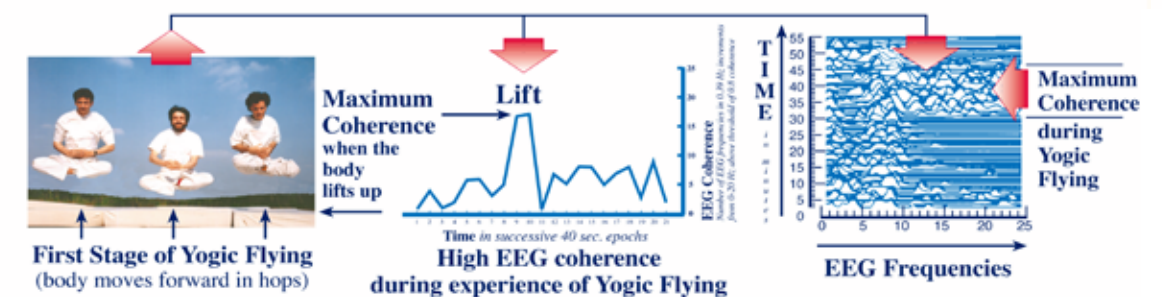
This groundbreaking work details the relationship between the 40 branches of the Vedic Literature and their corresponding areas of the human physiology.

The profound insights into the ancient Vedic Literature brought to light by His Holiness Maharishi Mahesh Yogi over the past 40 years have guided the discovery that the laws that uphold the human mind and body are the same as those that give structure to the syllables, verses, chapters, and books of the Vedic Literature.

This discovery by world renowned neuroscientist, Dr Nader, is the revelation of our scientific age which raises the individual dignity of human beings to the cosmic dignity of the universe.

In light of this discovery, Dr Nader has been honoured by Maharishi as Maharaja Adhiraj Rajaraam, First Ruler of the Global Country of World Peace (2000).

Maximum coherence of brain functioning during Yogic Flying



The TM-Sidhi programme, including Yogic Flying, is an advanced aspect of Transcendental Meditation. It trains the individual to think and act from the level of pure consciousness—Transcendental Consciousness—greatly enhancing the ability to enliven Natural Law to support all avenues of life. Yogic Flying demonstrates perfect mind-body coordination and is correlated with maximum brain wave coherence (EEG), indicating maximum orderliness and integration of brain functioning.

Maharishi brings his message of Transcendental Meditation for peace and happiness to Great Britain

On 13 December 1959 Maharishi arrived for the first time in Europe. He came to London with a message that was to transform the lives of millions of people in Great Britain and worldwide through the simple practice of Transcendental Meditation, a technique to harmonise inner spiritual values with the outer field of material existence.

Maharishi spent much of the following year in London, making it his European headquarters. He toured some of the main university cities in England and Scotland during 1960, making his first visit to Scotland in November.

During this year and the many years to follow, Maharishi gave many momentous public lectures and press conferences throughout the country.

Michael Frayn reported in the Guardian on 16 December 1959 about Maharishi's first press conference upon arrival in London:

"His Holiness Maharishi Mahesh Yogi has left America and come to London to launch a three-year pro-

gramme to establish 25,000 meditation centres, and get a tenth of the world's population meditating. ...

"The inward march of the mind, he said, was natural: everybody's mind was always ready to go to a field of greater happiness. ... He claimed it was simple. There wasn't any need, it seemed, to give up your riches or make any other sacrifices.

"It all sounded highly satisfactory to me, but the other tea-drinkers seemed to be still suffering from a certain discontent (the source of all man's trouble, according to His Holiness). What sort of yoga was this supposed to be, asked an elderly Burmese. A combination of all sorts, replied his Holiness.

"Could an ordinary labourer do it,' asked a reporter. His Holiness replied vigorously. 'I could give him a word to meditate on whose vibrations would create a congenial atmosphere.' ... Could housewives meditate, demanded the reporter? Certainly, replied His Holiness, and the children would enjoy it greatly, because she wouldn't beat them."



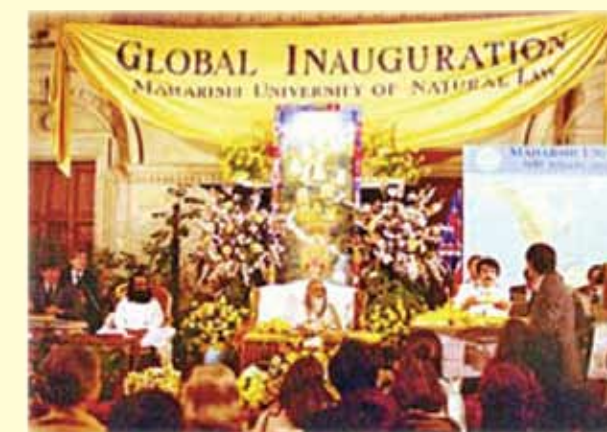
Maharishi with Vincent Snell, first National Leader of Maharishi's organisation in Britain.



BBC World Service interview 1960, which was broadcast in Hindi to India and other Hindi speaking countries.



Maharishi inaugurates The Rising Sunshine of the Age of Enlightenment for Great Britain in 1983 with leaders of his organization (from right) Joy Benson, Dr Peter Warburton, and Dr Geoffrey Clements.



Maharishi at Mentmore Towers in 1982 inaugurating Maharishi University of Natural Law, to bring the knowledge of Total Natural Law to all areas of society.



Maharishi arrives at Heathrow Airport in 1959

Right: Maharishi with his close associate Henry Nyburg arriving at Conway Hall in London in 1961 to give a lecture on Transcendental Meditation



Maharishi's Books and Lectures

Maharishi has completely restored the thousands-of-years-old scattered Vedic Literature for the total significance of its theory and practice, and has organised it in the form of a complete science of consciousness.

Hundreds of books have been published about Maharishi's teachings, which have been translated into many languages and have been distributed globally. Maharishi's teachings are preserved for the ages on more than 15,000 hours of video and audio tape recordings of lectures in Maharishi's International Film and Tape Library.

A few of Maharishi's books are presented here:

- Maharishi Mahesh Yogi on the Bhagavad Gita – A New Translation and Commentary Chapters 1-6
- Enlightenment to Every Individual – Invincibility to Every Nation
- Science of Being and Art of Living
- Maharishi's Absolute Theory of Government
- Maharishi's Forum for Doctors
- Maharishi Speaks to Students
- Maharishi Speaks to Educators
- Ideal India – Lighthouse of Peace on Earth

A complete list of Maharishi's books can be found at: www.Maharishi.co.uk

Maharishi's Organisation in Britain today

Over the past half century Maharishi has established a worldwide organisation with centres in 108 countries. There are 40 centres in Great Britain offering Maharishi's programmes to people from all walks of life.

Over six million people have learned Maharishi's Transcendental Meditation worldwide, including over 200,000 in Great Britain. In addition, 3,400 people in Great Britain and thousands more around the world have learned Maharishi's Transcendental Meditation–Sidhi programme and are daily practising Yogic Flying. Over 20,000 Teachers of the Transcendental Meditation programme have been trained throughout the world, including 680 in Great Britain. More are continuing to be trained.



MAHARISHI EUROPEAN SIDHALAND in Skelmersdale, Lancashire, was established in 1980 as a community dedicated to individual enlightenment and world peace. In 2000, the Maharishi European Sidhaland was granted the BURA Award for Best Practice in Urban Regeneration for a development which includes purpose-built homes for over 400 people, a natural prevention-oriented health centre, a large domed community centre, offices and workspace, and an outstanding primary and secondary school. See: www.maharishi-europeansidhaland.org.uk



MAHARISHI GARDEN VILLAGE, SUFFOLK is a beautiful landscaped development of "Fortune-Creating Homes", constructed using the timeless principles of Maharishi Sthapatya Veda to promote health, happiness and good fortune. A Maharishi Peace Palace will offer the full range of Maharishi's programmes and will provide meeting and exhibition rooms, accommodation, and an organic restaurant. A Maharishi Ayur-Veda Spa will offer prevention-oriented health and beauty treatments.

See: www.msvhomes.co.uk

For further information about Maharishi's programmes

England: www.t-m.org.uk Tel: 01695-51213

Scotland: www.tmscotland.org Tel: 01316-681649

Wales: www.t-m.org.uk Tel: 02920-568992

Northern Ireland: www.tmbelfast.org Tel: 02890-427388

Maharishi Peace Palace: www.peacepalace.org.uk Tel: 01394-421084

Maharishi School: www.MaharishiSchool.com Tel: 01695-729912

Maharishi Ayurveda Health Centre: www.MaharishiAyurveda.co.uk Tel: 01695-51008

Maharishi Ayurveda Products: www.Maharishi.co.uk Tel: 01695-51015

