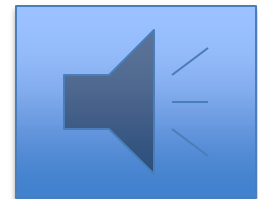


Health and Well-Being in Communities of Color

A Consideration of Transcendental Meditation:
A Means of Empowerment

Randolph Carter
East Ed

Presented at the 38th Annual
Minority Health Conference
UNC Gillings School of Global Public Health
Friday, February 24, 2017



Session Objectives

To place TM as a resource to communities of color at a time of national crisis by:

- Reducing stress
- Improving health
- Improving cognitive functioning
- Improving organizational effectiveness
- Building strong relationships across difference
- **How this leads to empowerment**

First

- Find a partner
- Think about a time when you had a memorable experience of difference
- Share that experience with your partner
- Now, as you think of that experience, is there someplace where that experience resides in your body?
- Please share that with your partner

Next

- Let's have a moment of quietness
 - Note: this is not TM, rather an experience for this group that gives a sense of where TM might start
 - Let's sit comfortably
 - Close the eyes
 - Relax to the extent you can
 - 2-3 mins
 - Now we will open the eyes

Summary of the Technique

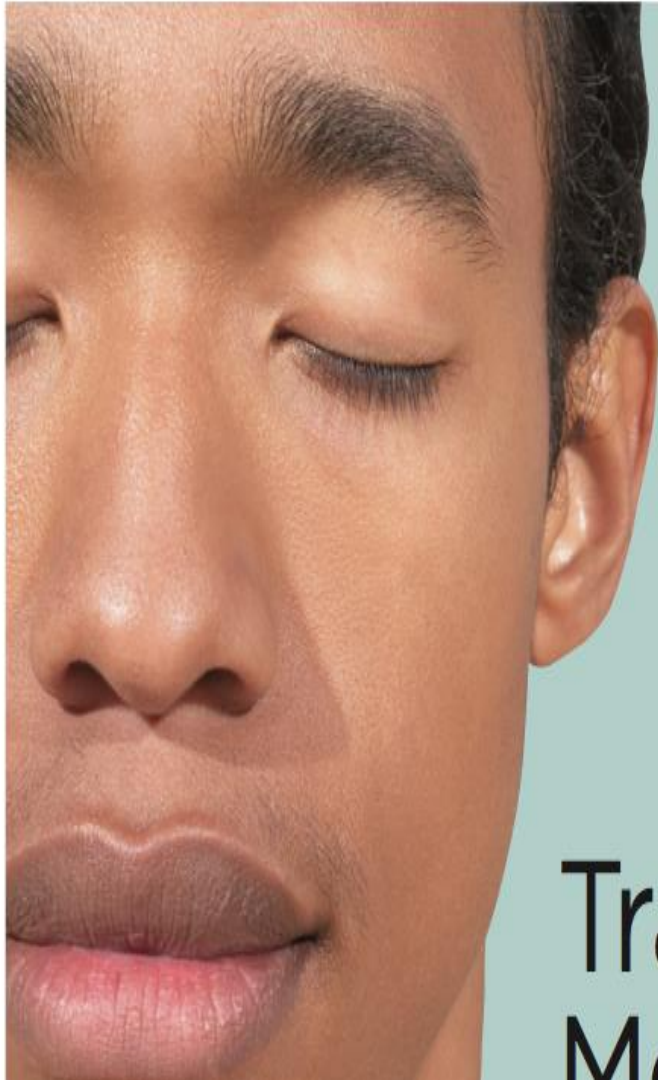
- Simple, effortless mental technique
- Practiced for 20 minutes twice daily
- Does not involve concentration
- Does not involve worship, prayer, belief system
- Provides easy access to the experience of restful alertness
- Comes from the Vedic tradition

Scientifically Validated

- Several hundred studies on the health and psychological effects
- Conducted at over 200 independent research institutions (UCLA, Harvard, Stanford, etc.)
- Published in numerous leading peer reviewed journals (*International Journal of Neuroscience, Intelligence, Archives of Internal Medicine, etc.*)
- Research funded by over \$24 million in grants from the National Institutes of Health (NIH)

Making a difference in schools

- <https://www.davidlynchfoundation.org/videos.html#video=93-NzNBLCbE>



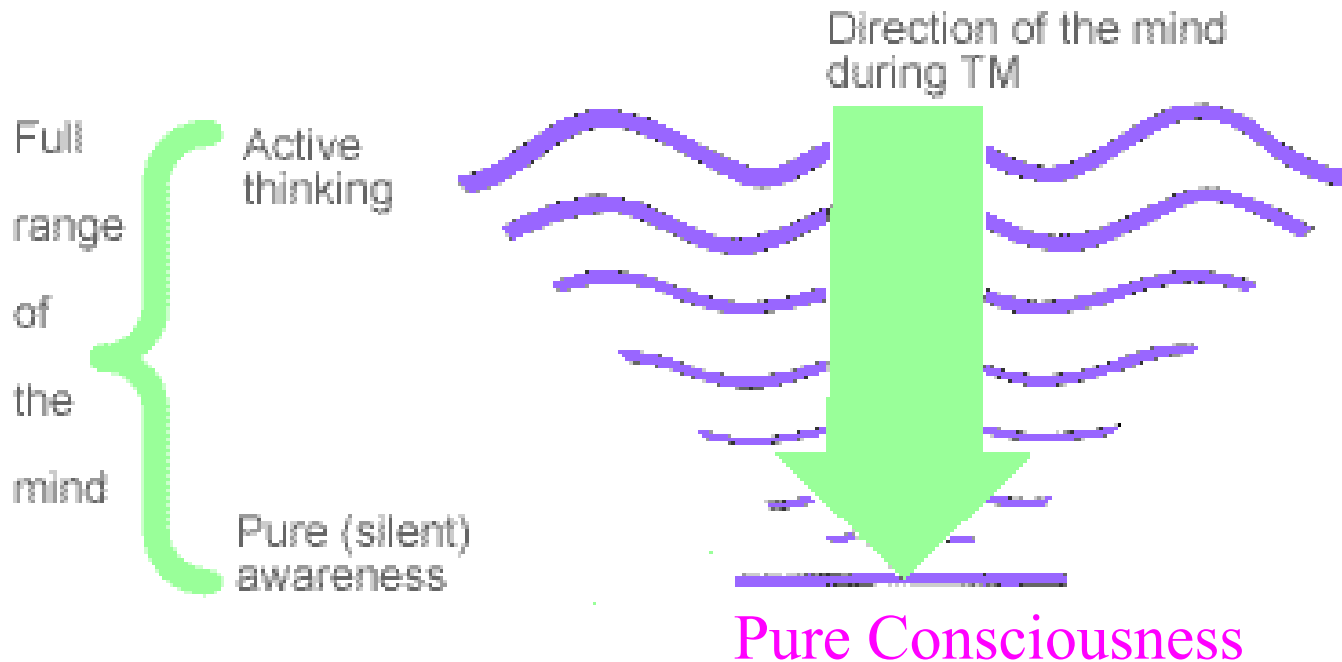
Fathers, Families, and
Healthy Communities
(FFHC)

Transcendental
Meditation

Making a difference with incarcerated youth and adults

- https://www.youtube.com/watch?v=P_t3ICJvyll
- https://www.youtube.com/watch?v=bQCy_HKMvJE

Mechanics of Transcendental Meditation











During Transcendental Meditation the mind settles from the active level to the quieter levels within, to its quietest most settled state.

Restful Alertness

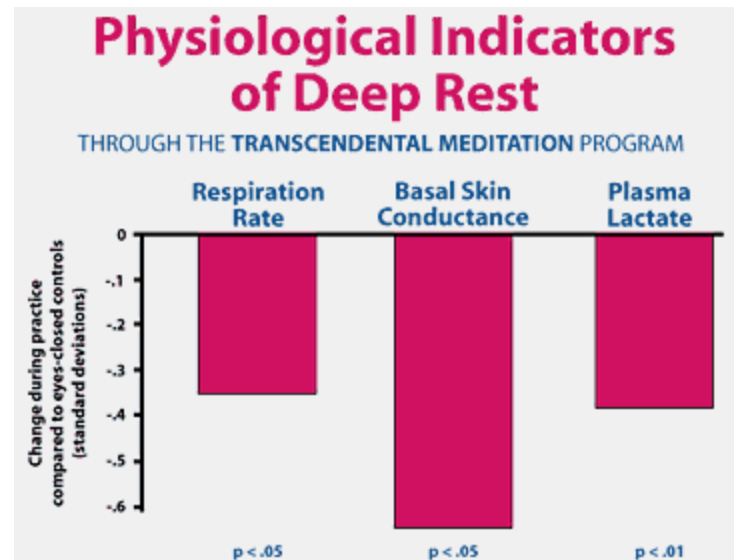
Restful alertness is an experience characterized by:

- Low metabolism
- Coherent brain functioning
- Reduction of basal skin conductance
- Reduced stress hormone levels (cortisol, plasma lactate)
- Reduced O₂ consumption and spontaneous breath suspension

Physical Health Effects

- High Blood Pressure 
- Heart Disease 
- Headaches 
- Insomnia 
- Biological Aging 
- Reduction of Substance Abuse 
- Energy and Strength 
- Longevity 

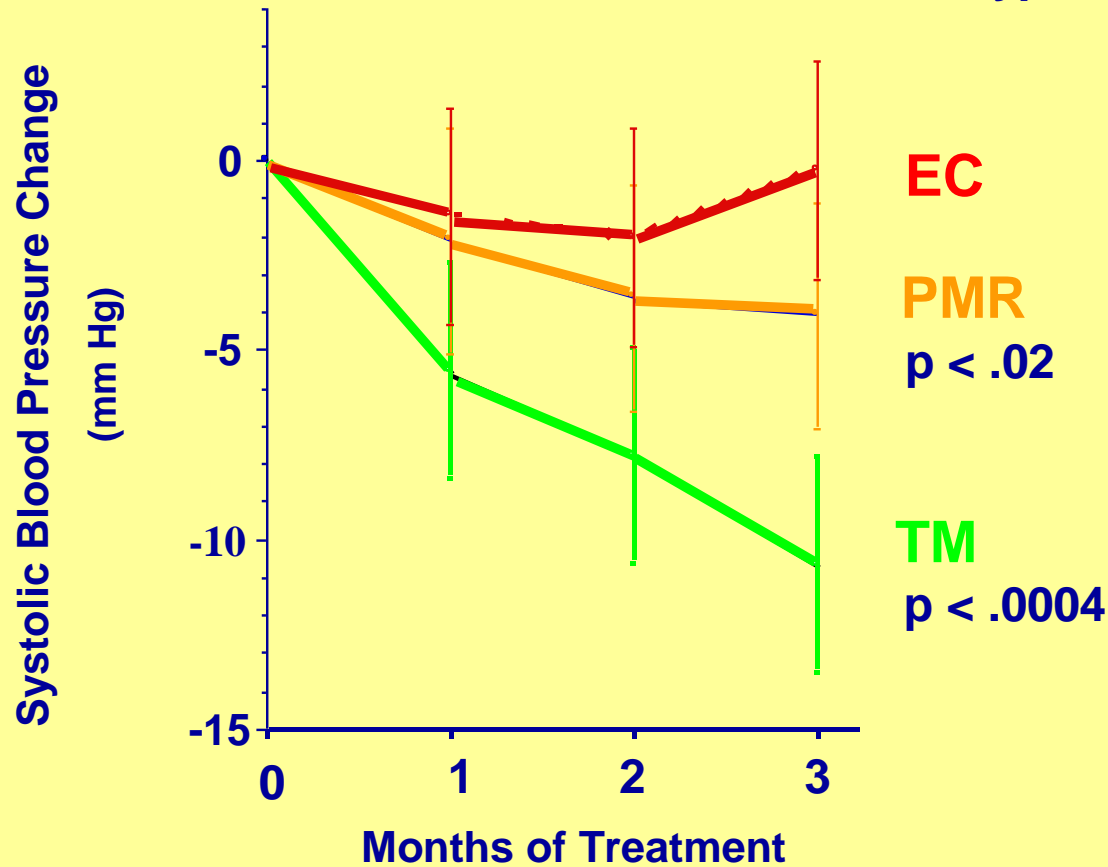
Physiologic Changes during Restful Alertness



Meta-analysis is a procedure for drawing definitive conclusions from large bodies of research studies. A meta-analysis of all available physiological research on the Transcendental Meditation program found that the practice of this technique produces a state of deep rest compared to control conditions, as measured by reduced respiration rate, reduced basal skin conductance (increased skin resistance), and reduced plasma lactate. **Reference:** *American Psychologist* 42: 879–881, 1987.

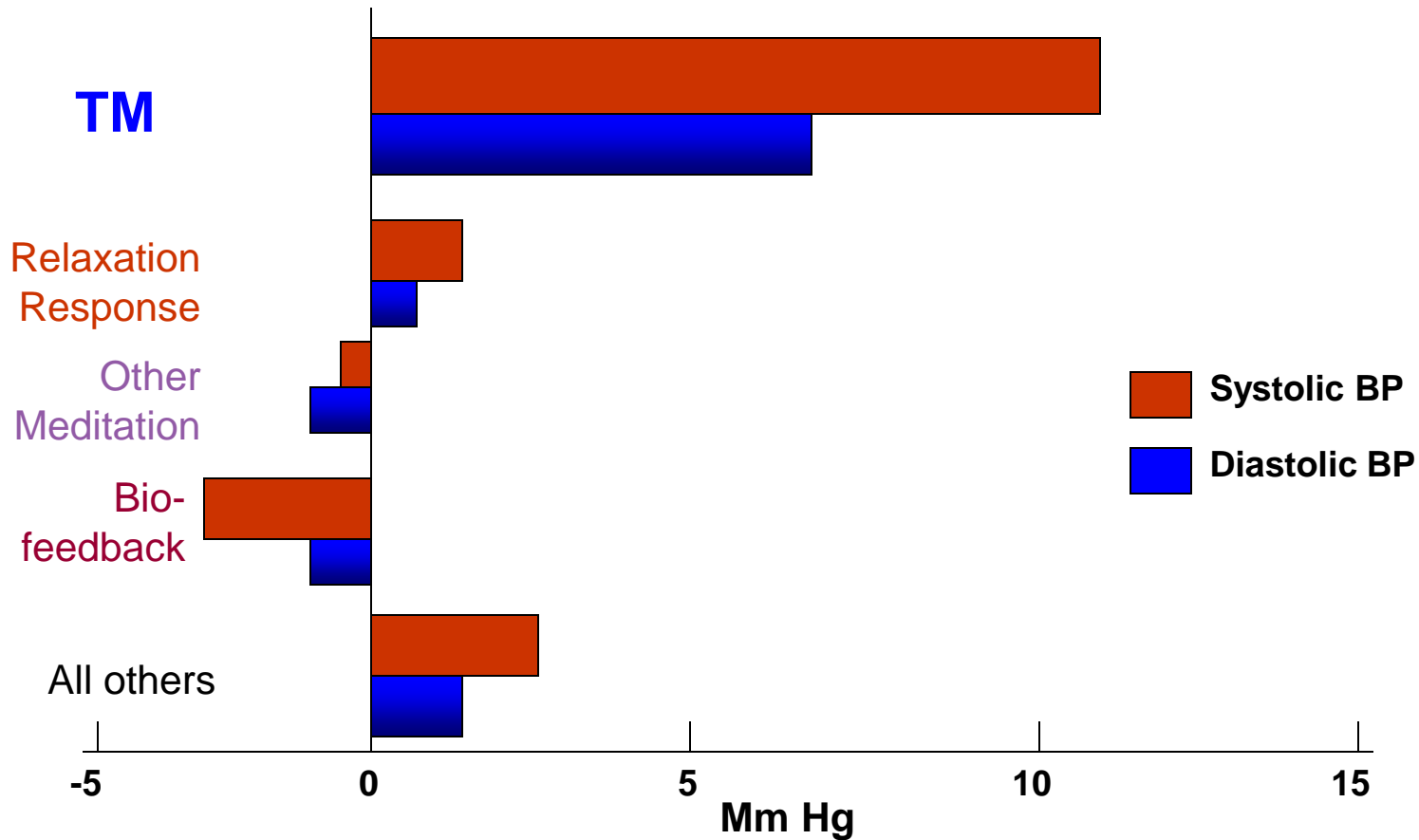
Changes in Blood Pressure

A Randomized Controlled Trial of Transcendental Meditation, Progressive Muscle Relaxation and Education Control in Older African Americans with Hypertension

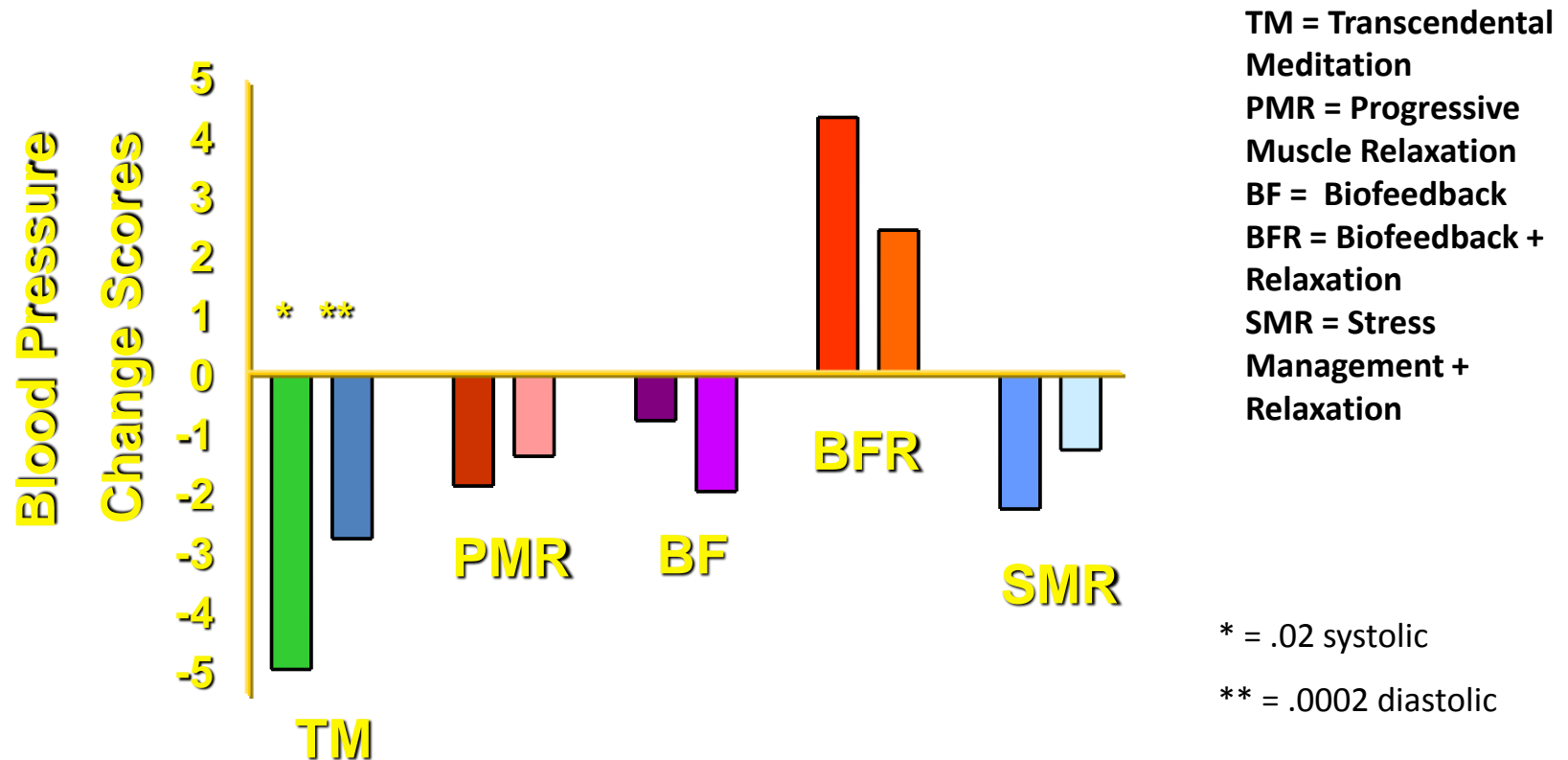


R. Schneider, F. Stagers, C. Alexander, et al. Hypertension 1995, vol. 26, pp. 820-827

Effectiveness in Reducing BP Meta-Analysis

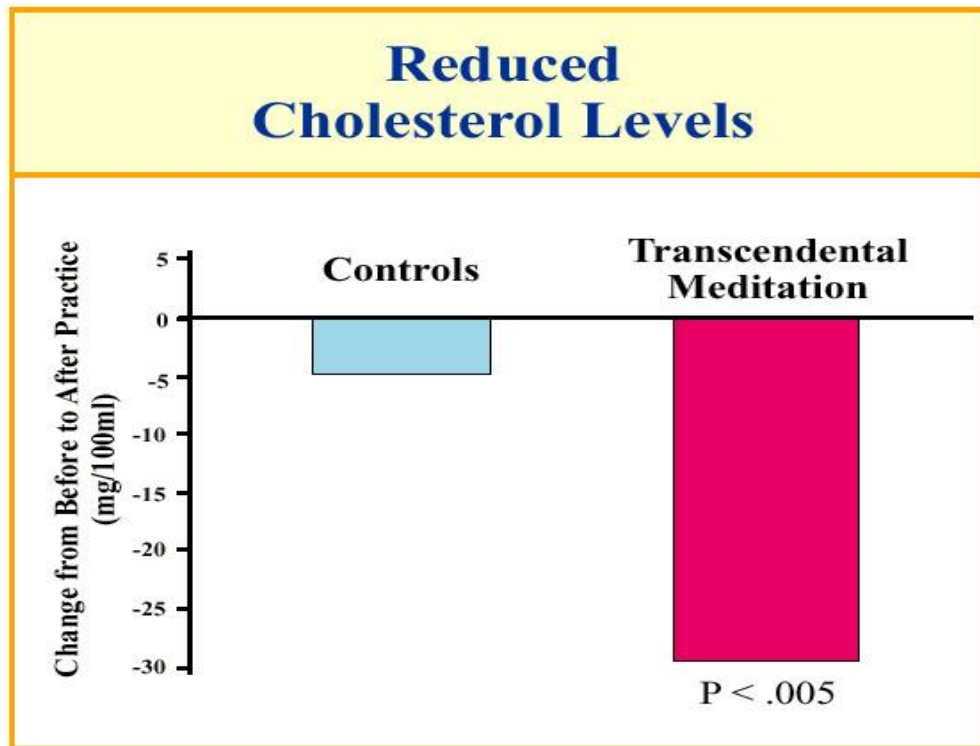


Meta-analysis of Stress Reduction Programs in Patients with High Blood Pressure



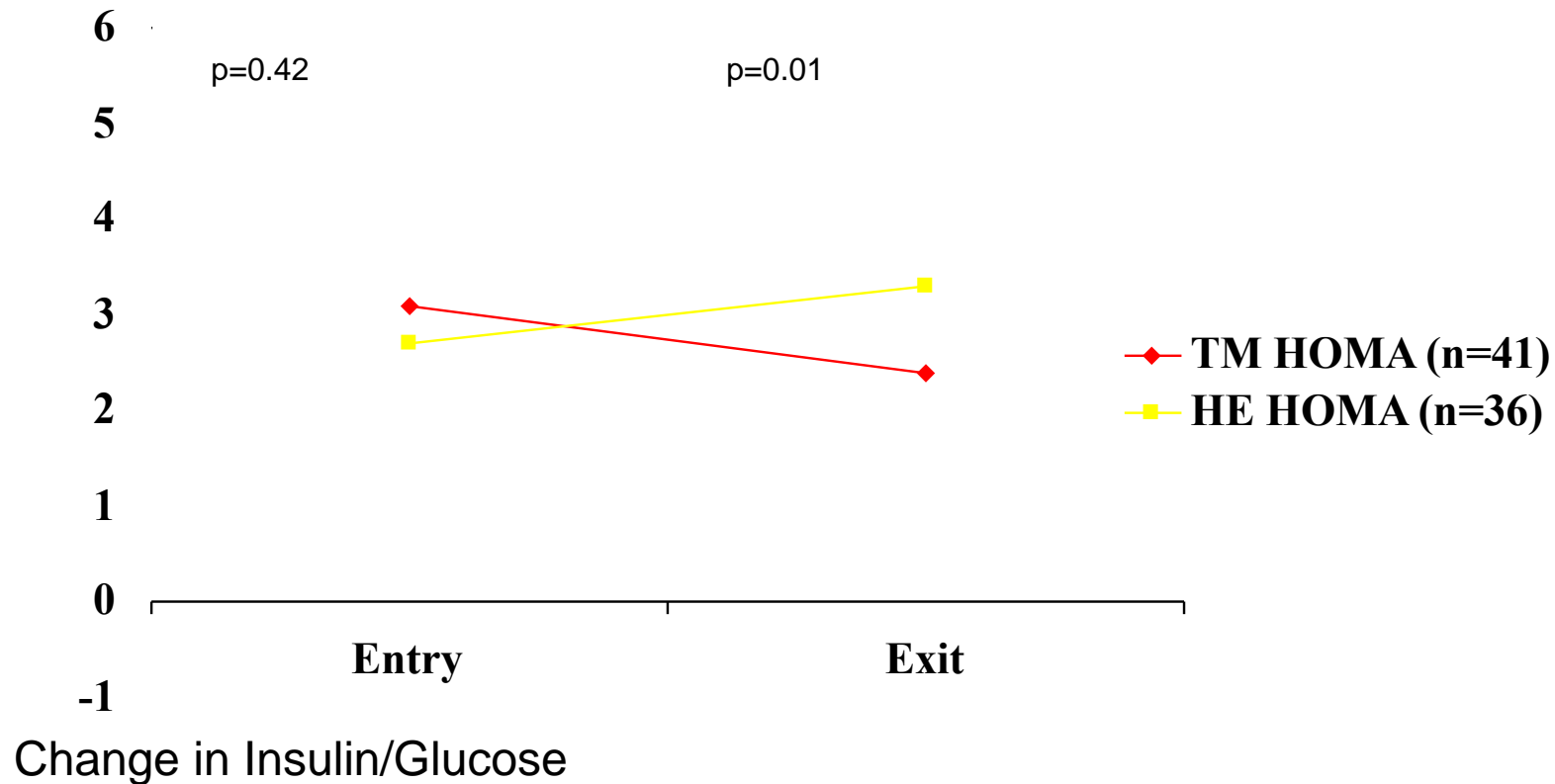
This meta-analysis reflects outcomes of all well-designed, randomized controlled studies examining the effects of stress-reduction programs on hypertension published in peer-reviewed journals prior to July 2007. *Current Hypertension Reports* 9:520-528, 2007.

Reduced Cholesterol Levels

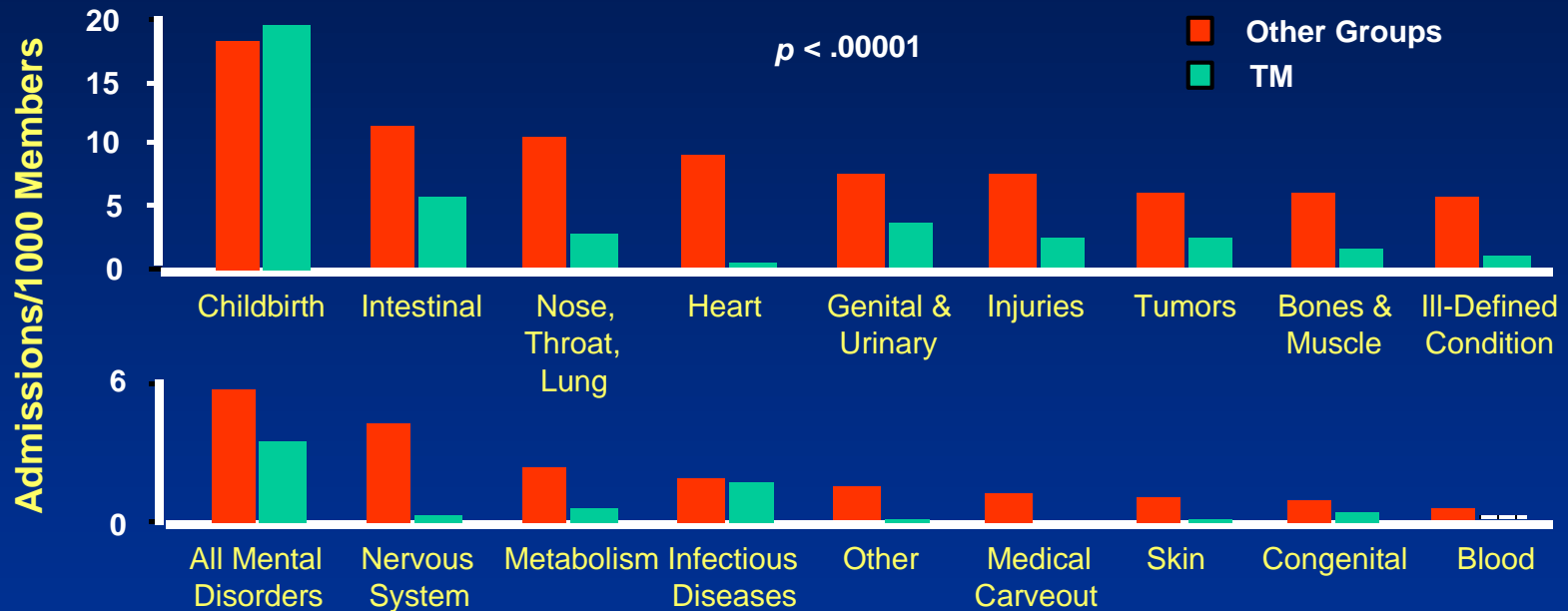


Cooper MJ, Aygen MM. Transcendental Meditation in the management of hypercholesterolemia. *Journal of Human Stress* 1979;5:24-27

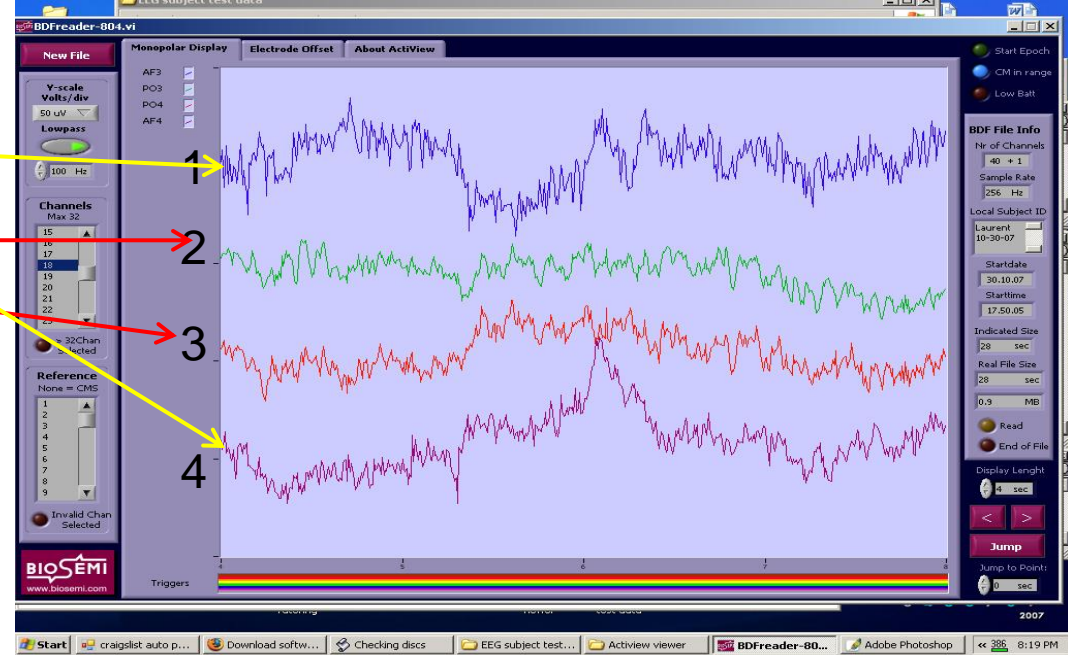
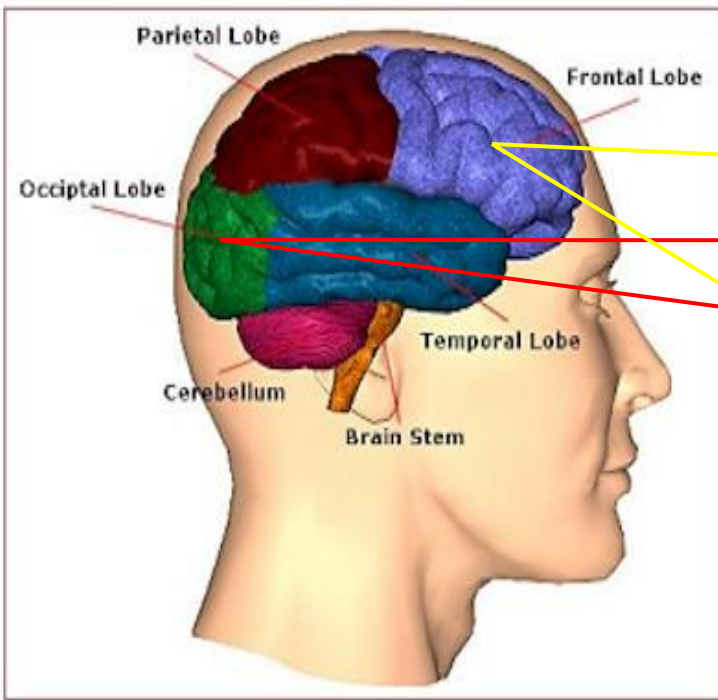
Effects of the Transcendental Meditation Program on Metabolic Syndrome: A Precursor to Diabetes and Heart Disease



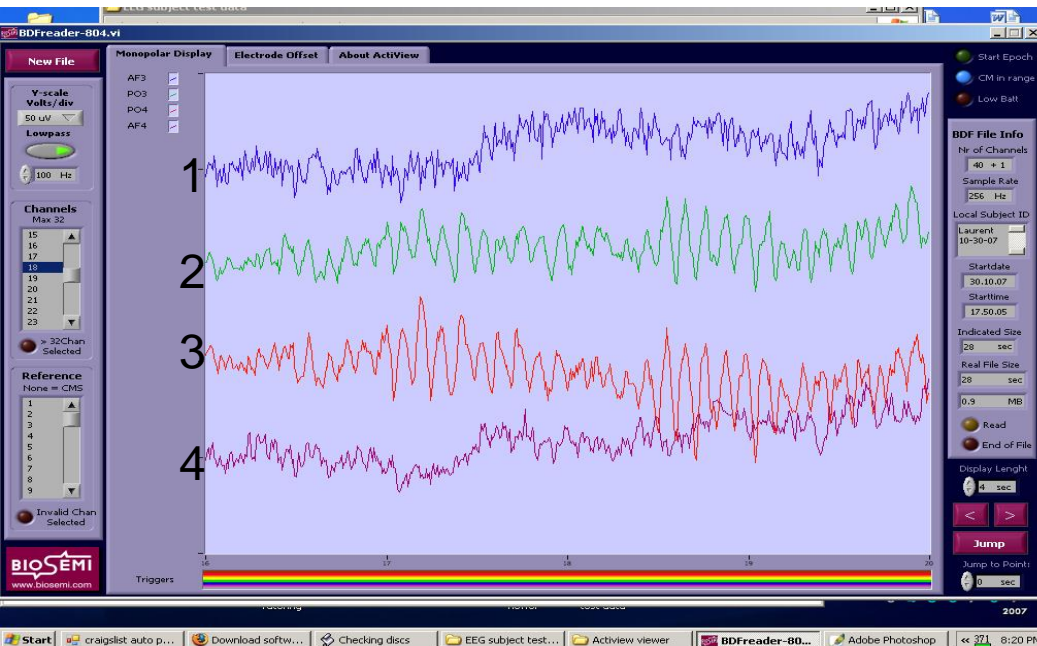
Decreased Hospital Admissions Rate in All Categories of Disease



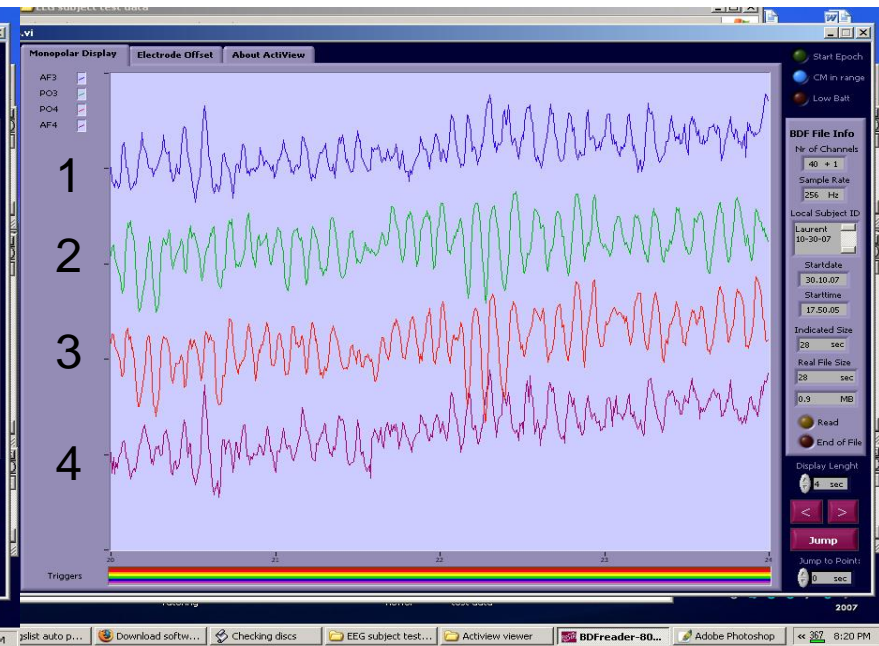
Orme-Johnson, D.W., Medical care utilization and the Transcendental Meditation program. *Psychosomatic Medicine*, 1987. 49:493-507.



Eyes Open

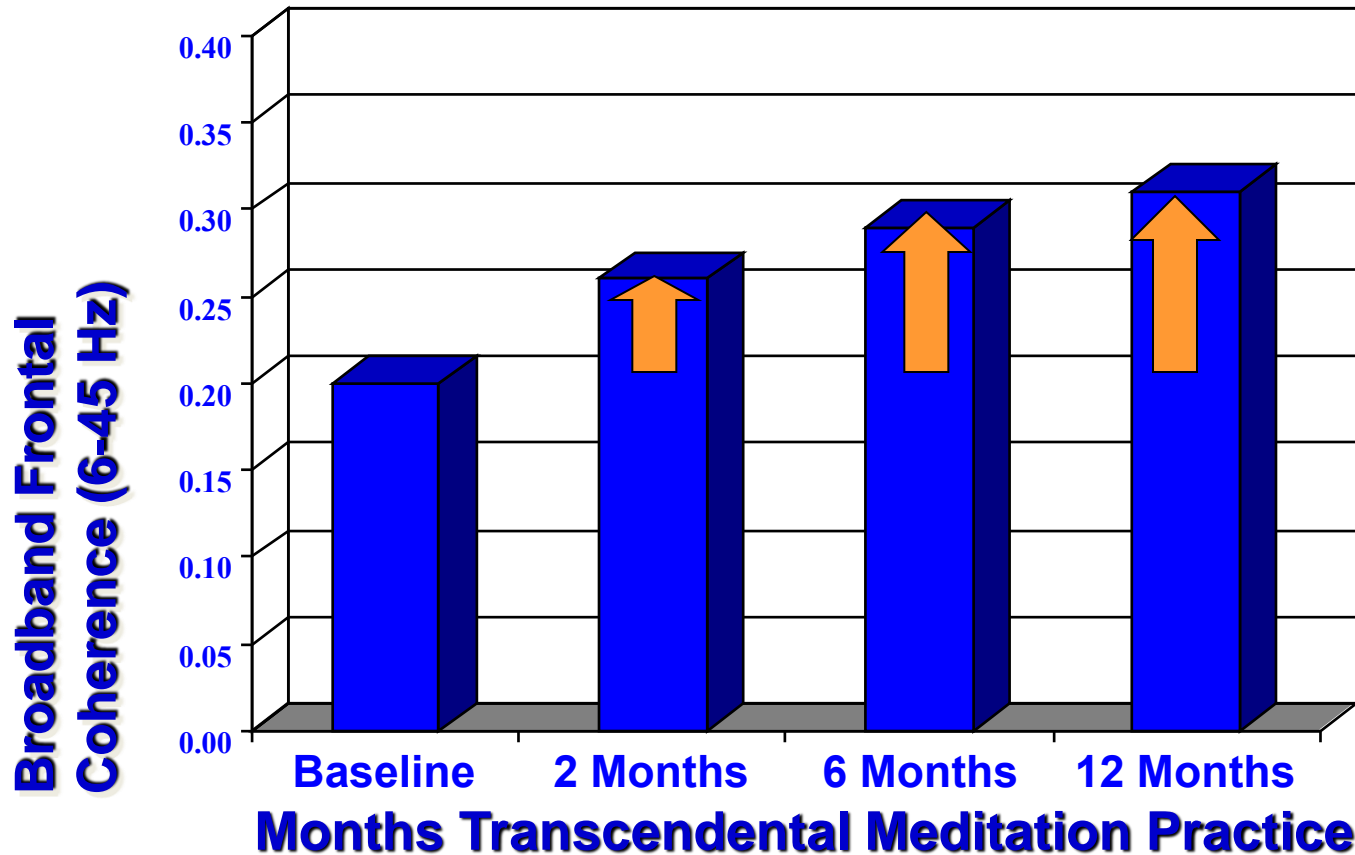


Eyes Closed Rest



Eyes Closed--TM

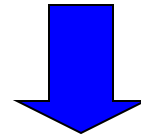
EEG coherence during activity



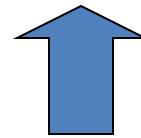
Brain wave coherence in activity increases with length of time practicing TM

Spontaneously Improves Behavior

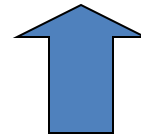
- Anger



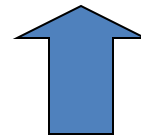
- Giving



- Harmony

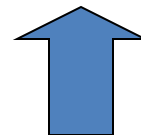
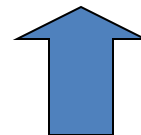
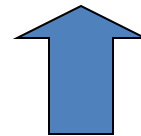
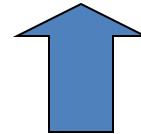
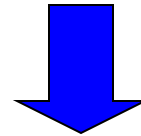


- Positive Social Interactions Including Organizational

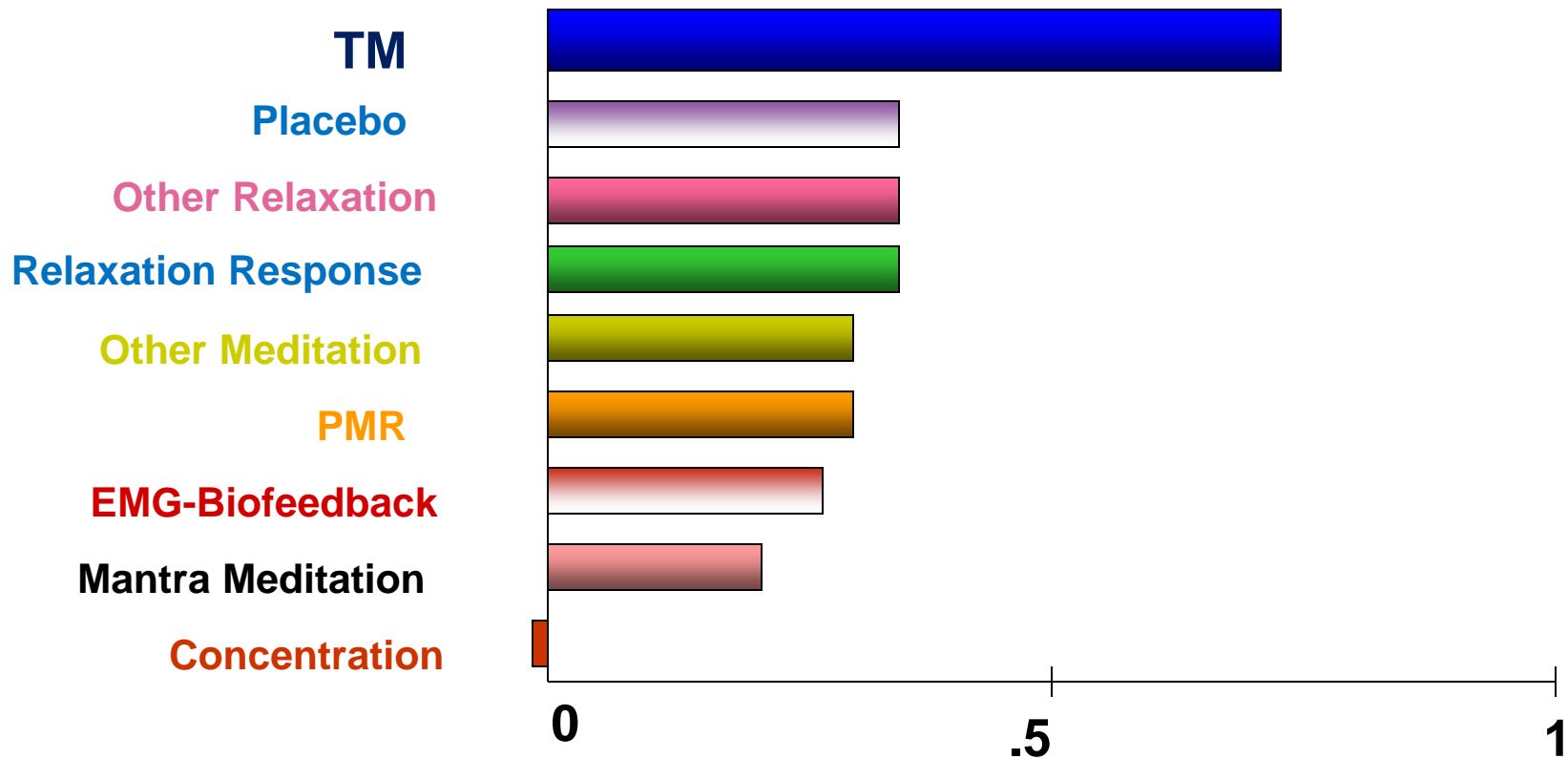


Psychological & Cognitive Effects

- Anxiety
- Memory
- Creativity
- Intelligence
- Self-Actualization

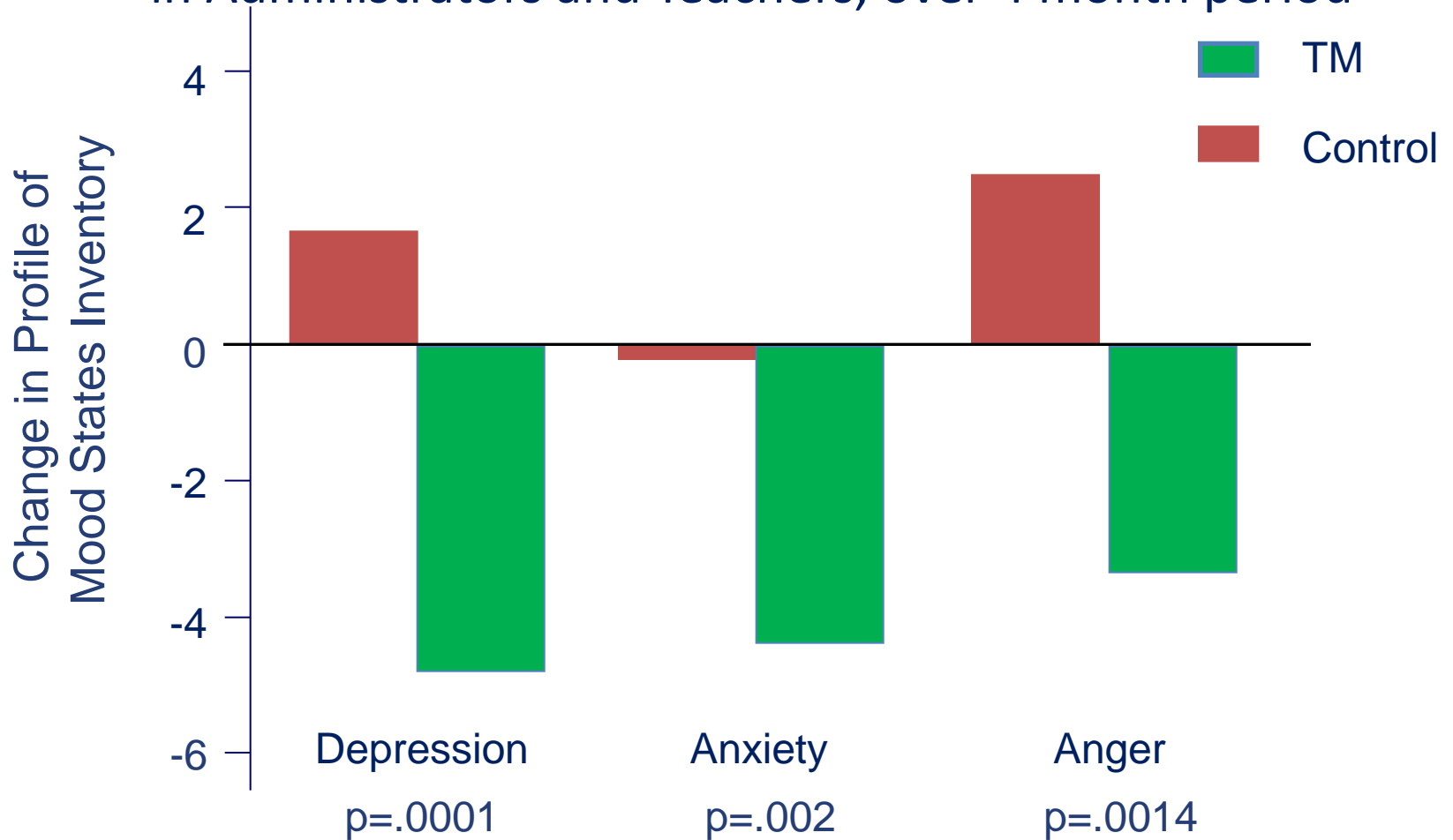


Effectiveness in Reducing Trait Anxiety Meta-Analysis



Decreased Psychological Distress

in Administrators and Teachers, over 4 month period

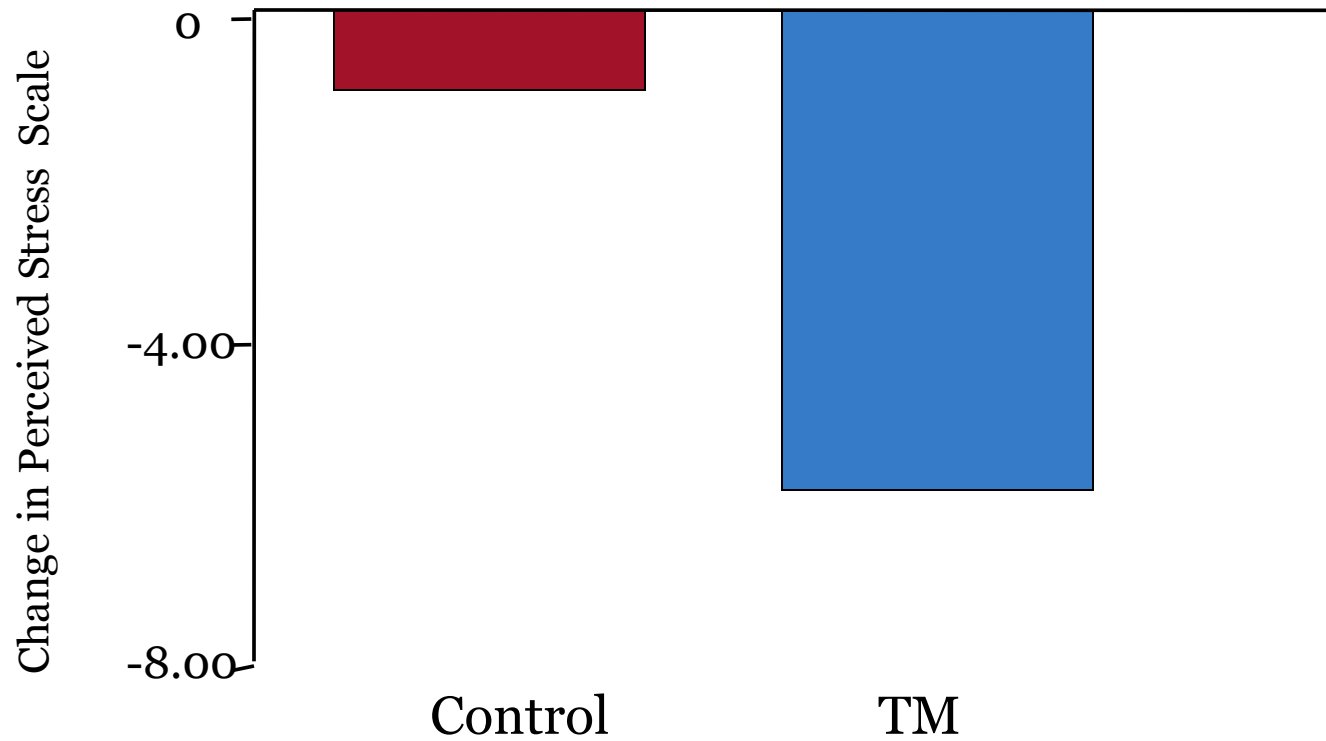


Decreased Perceived Stress

Random Assignment Study

74 Teachers and Staff

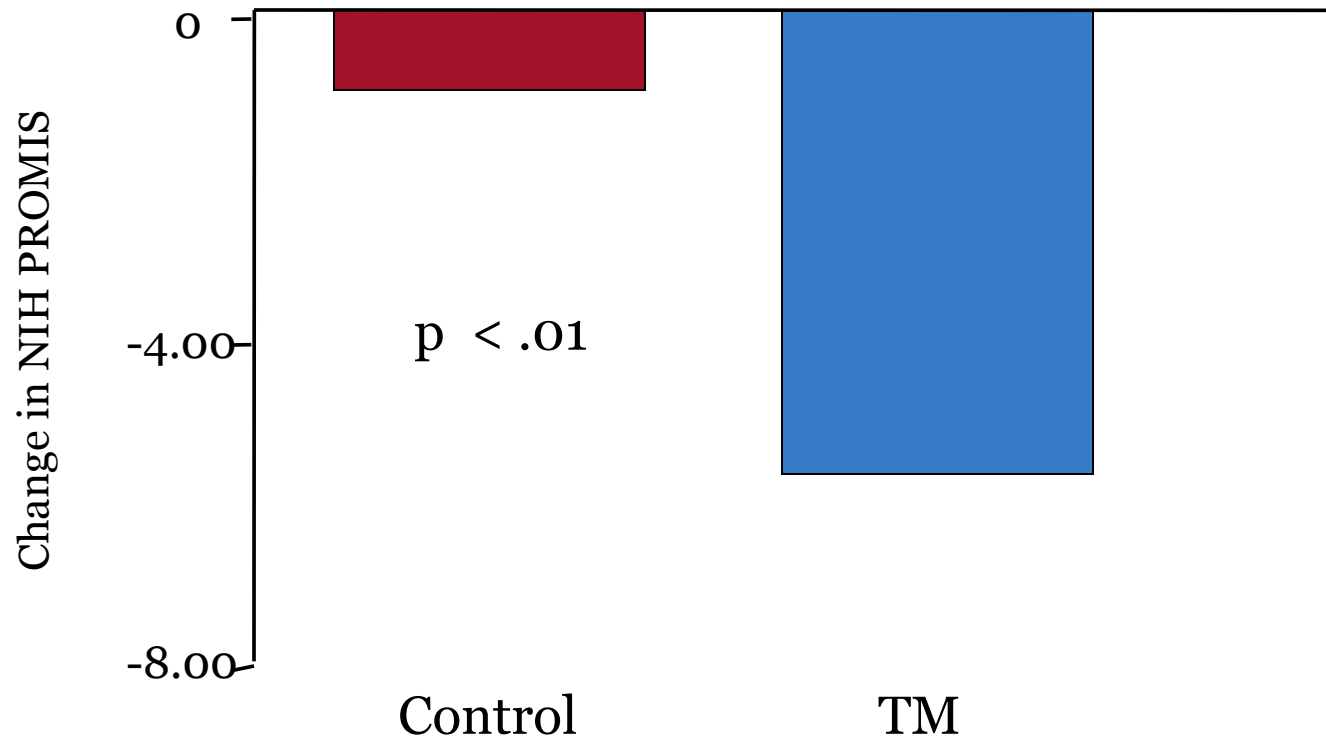
$p < .01$



Decreased Fatigue

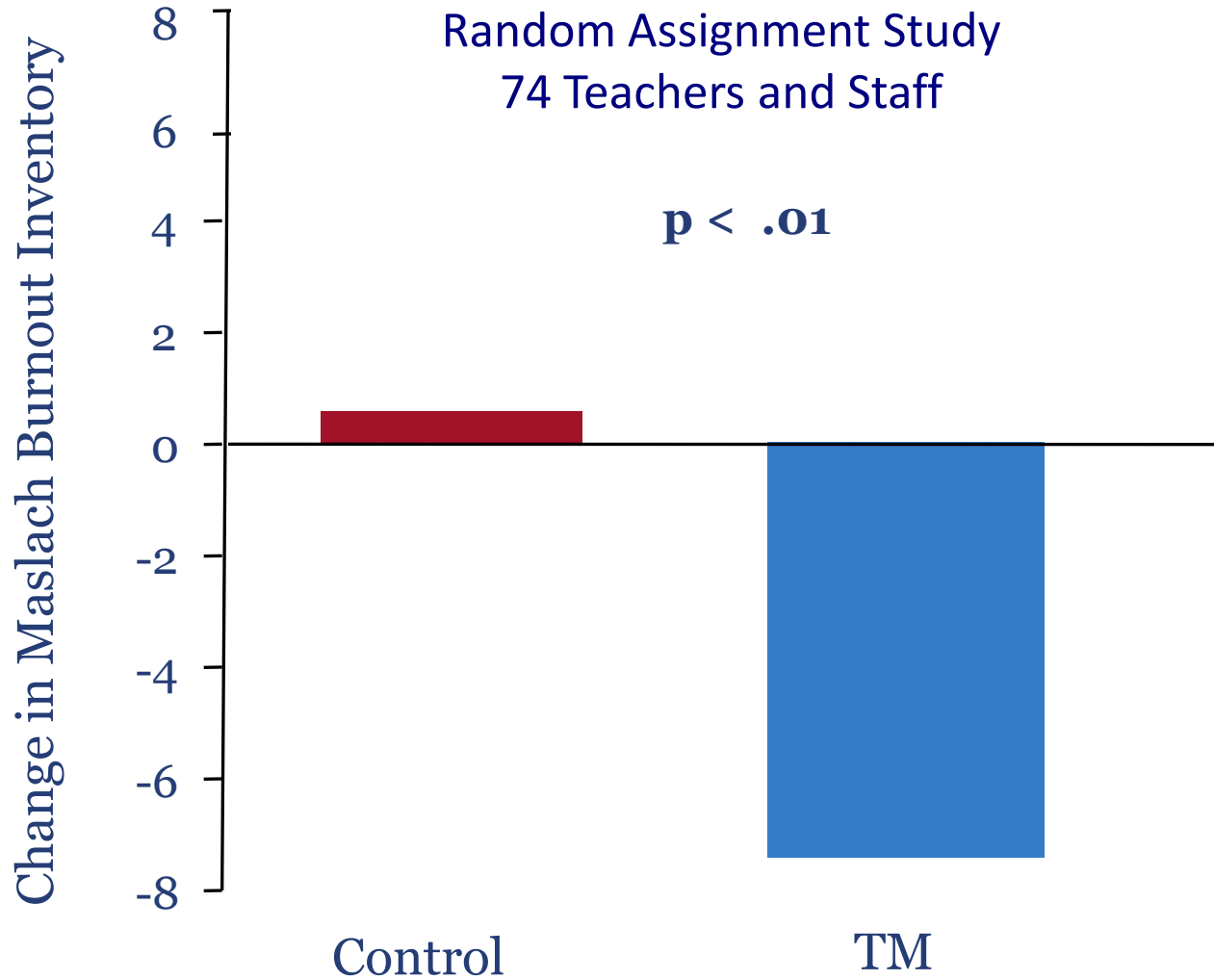
Random Assignment Study

74 Teachers and Staff

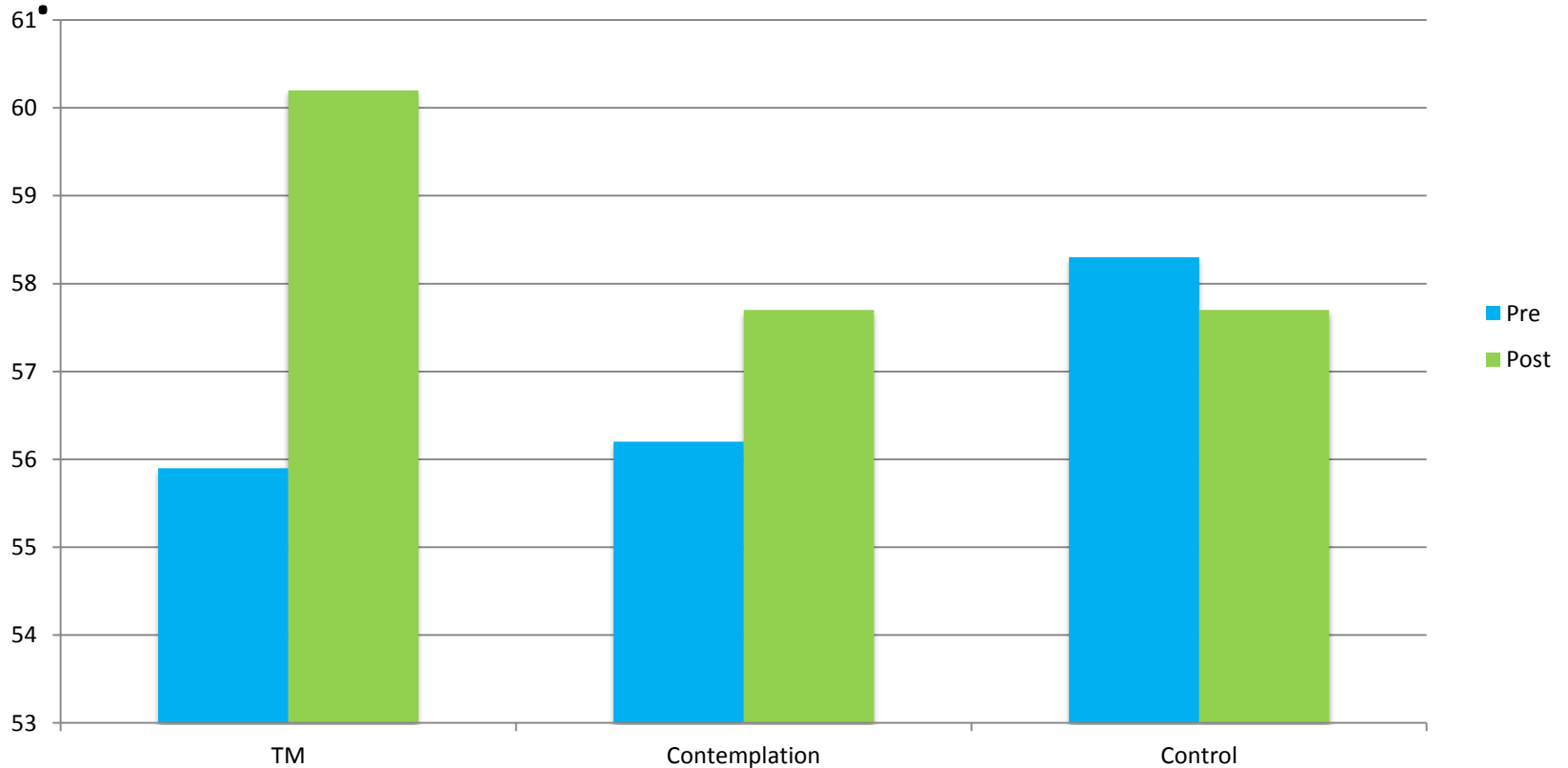


Decreased Emotional Exhaustion

Random Assignment Study
74 Teachers and Staff



Comparing TM to other forms of rest, yoga, relaxation



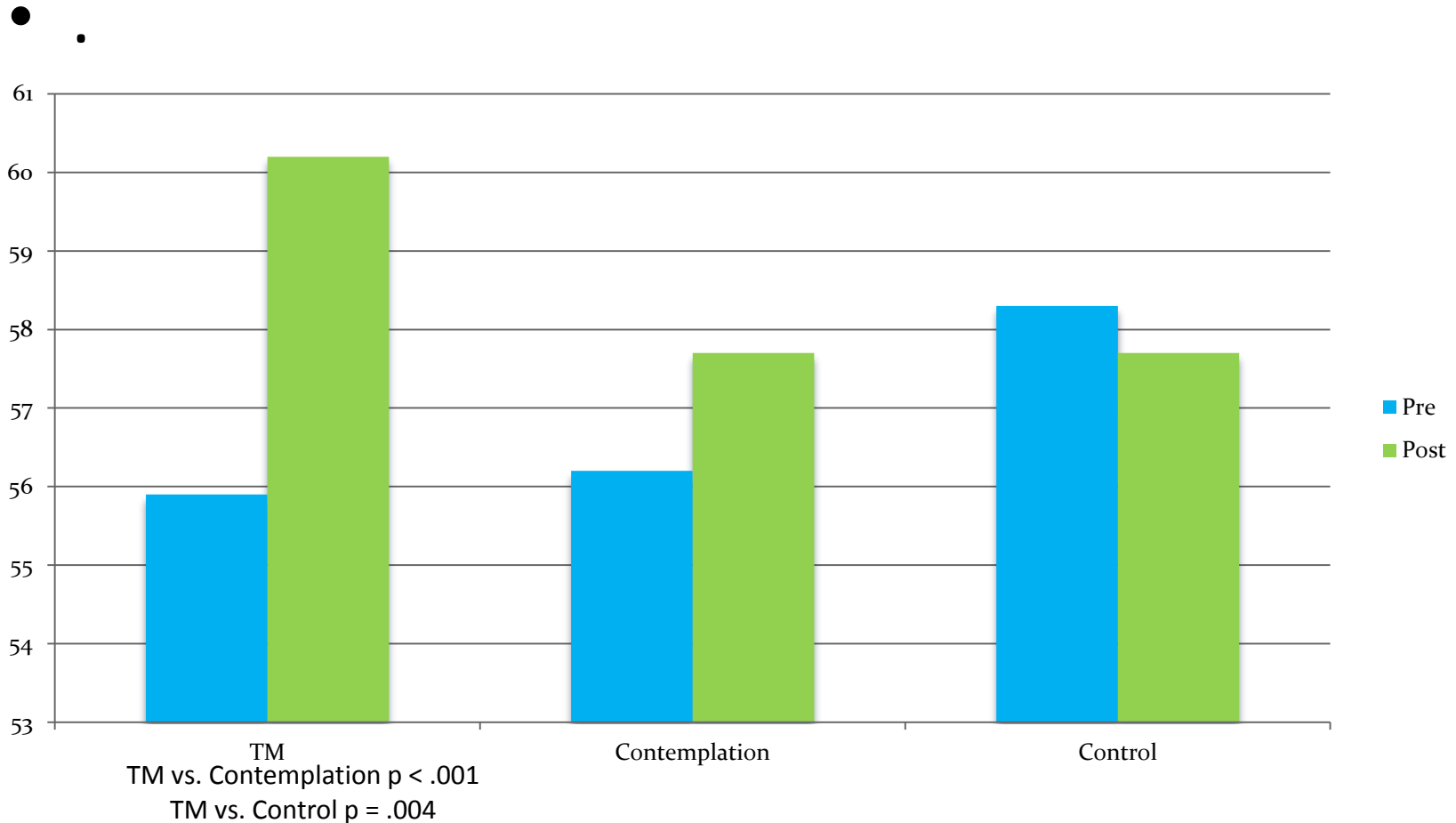
TM vs. Contemplation $p < .001$
TM vs. Control $p = .004$

Reduced Psychological Distress in Racial and Ethnic Minority Students Practicing TM

| | TM | Control |
|------------------------|-------|---------|
| Age | 16 | 17 |
| Gender (% male) | 33% | 18% |
| Ethnicity | | |
| AF AM | 18 | 9 |
| Latino | 22 | 6 |
| White | 6 | 8 |
| Psychological distress | 3.61 | 2.76 |
| Trait Anxiety | 36.37 | 34.02 |
| MHI | 20.38 | 22.07 |

PRACTICAL INTELLIGENCE

CONSTRUCTIVE THINKING INVENTORY (CTI)

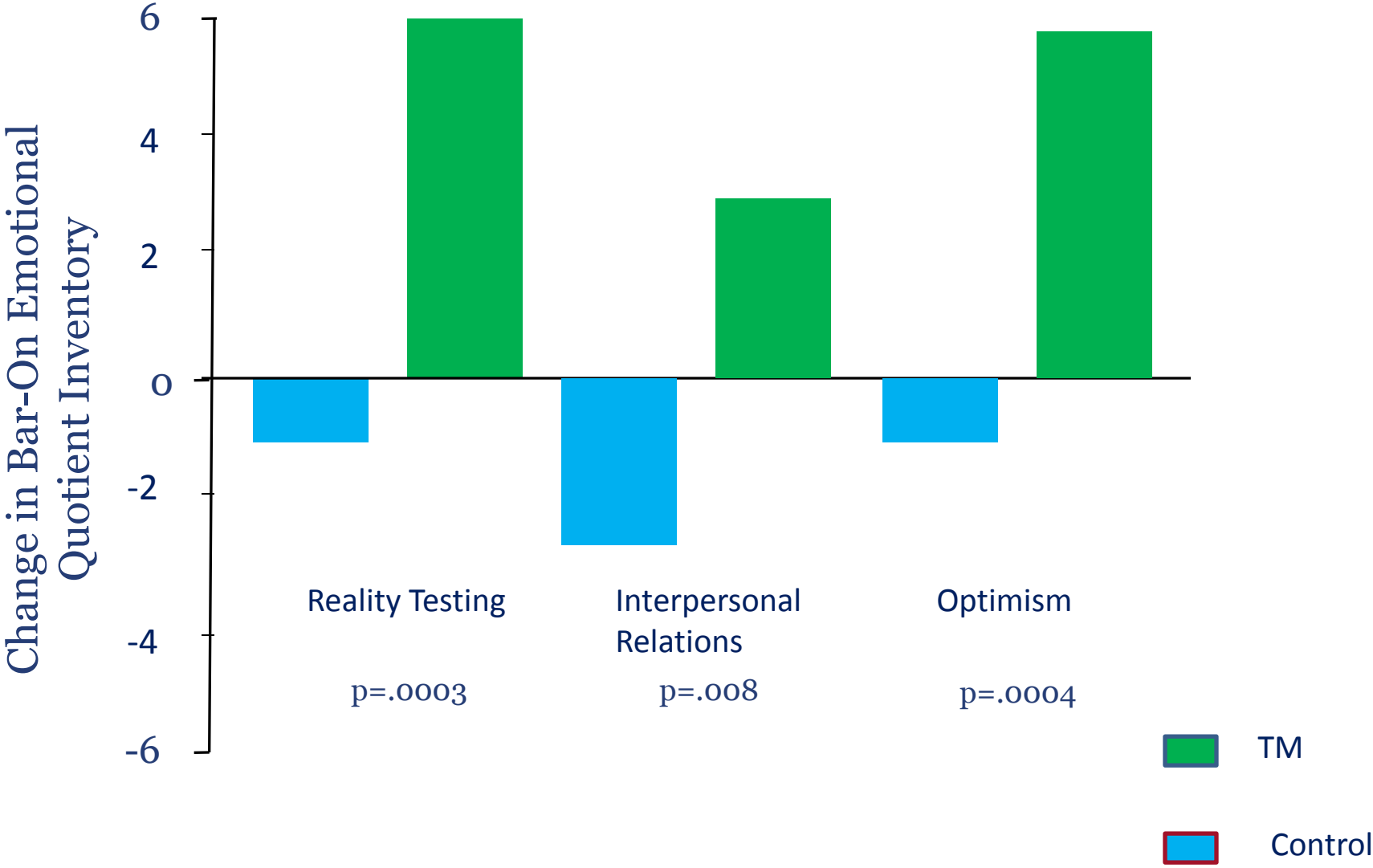


Source: *Intelligence* 29/5 (2001): 419-440.

INCREASED EMOTIONAL INTELLIGENCE

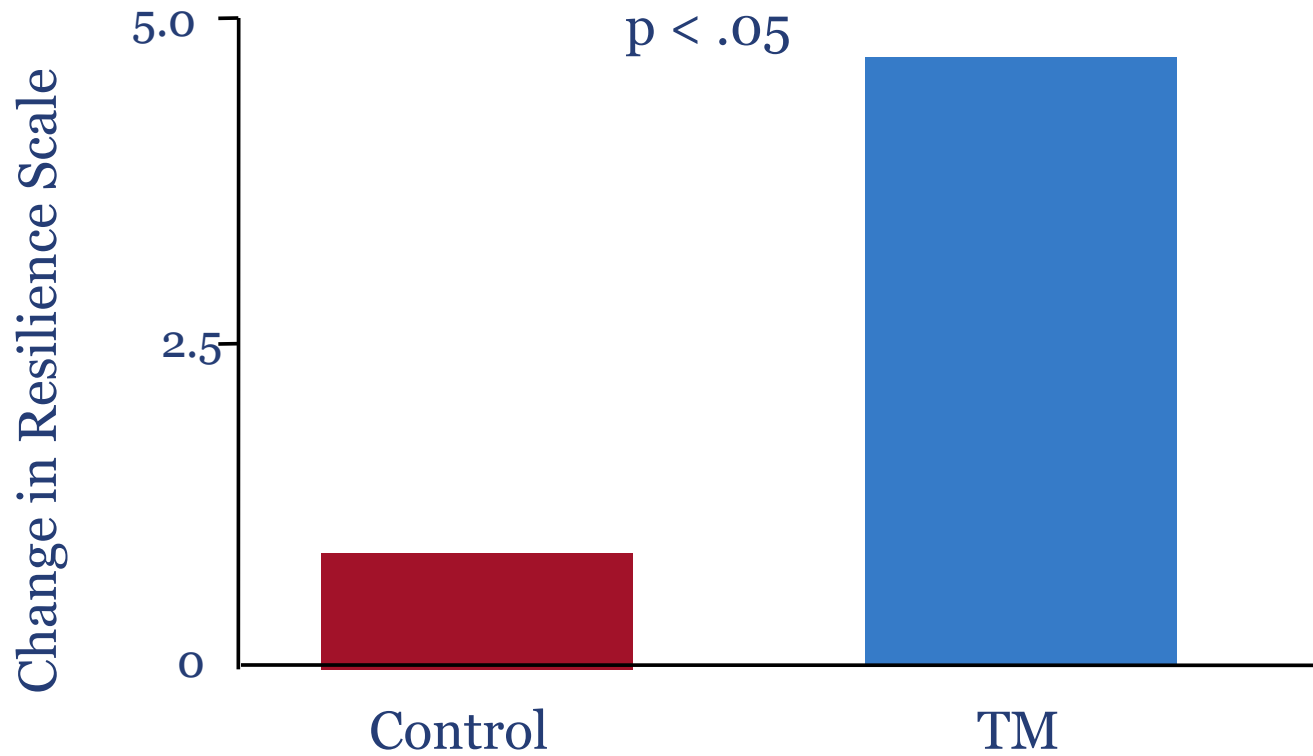


INCREASED EMOTIONAL INTELLIGENCE



Increased Resilience

Random Assignment Study
74 Teachers and Staff



Summary

TM is a scientifically validated technique that:

- Reduces anxiety
- Improves cognitive functioning
- Increases energy & happiness
- Lowers cholesterol
- Decreases blood pressure
- Reduces incidence of cardiovascular disease
- Improves longevity or life expectancy
- Improves individual and organizational efficiency

Course Structure

- Phase I: Core Instruction
 - 4 classes
 - 60-75 minutes each
 - conducted over 4 consecutive days
- Phase II: Follow-up Instruction
 - 1 meeting per week for four weeks
 - 1 meeting per month for 6 months thereafter
 - each session 30 – 40 minutes
 - group practice - optional
 - One-day retreat - Advanced training, deep rest and rejuvenation

Course Structure: Fees

- Adults \$960
- Couple \$720
- Student \$480
- HS student \$360
- Scholarships available

Contact

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