

A Proposed New Formula to Create the Maharishi Effect: The Perúvian Example

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SUMMARY

Since the beginning of Maharishi Mahesh Yogi's global effort to end human suffering and to change the course of time for everyone on earth, the intimate relationship between individual and collective—between his technologies of consciousness for the individual on the one hand and their social impacts on the other—has been a subject of considerable theoretical and empirical interest. Central to Maharishi's effort is what scientists have called the Maharishi Effect, "the phenomenon of the rise of coherence in the collective consciousness of any community".¹

¹ Maharishi Mahesh Yogi. (1996). *Maharishi's absolute theory of defence: Sovereignty in invincibility*. Maharishi Vedic University, pp. 449–450.

Such an effect is founded on Maharishi's conclusion that "If the world is to change, individuals must change".² Maharishi even predicted that, on the basis of a numeric formula, a salutary change in individual consciousness would result in a comparable change in society. His predications were based on the discovery that: A) Maharishi's technologies of consciousness, when practised individually or in a group, generate acute orderliness in the brain physiology of participants, as recorded in the electroencephalographic (EEG) signature; and B) this acute brainwave orderliness simultaneously creates orderliness, harmony, peacefulness and relief from tension in society. 'Orderliness' in human brain physiology has been referred to by Maharishi and others as brainwave coherence³ and electroencephalic ordering.⁴

Several different formulas which predict the Maharishi Effect have been advanced, with the 1% effect of practitioners of Maharishi's Transcendental Meditation and the $\sqrt{1\%}$ effect of the group practise of Maharishi's Transcendental Meditation and TM-Sidhi program being principal among them. The purpose of the present discussion paper is to consider these various formulas and to propose a new formula which will predict the Maharishi Effect when groups of meditators come together for social benefit. Data, evidence and experience from Perú will serve as the context for this discussion.

INTRODUCTION

The Maharishi Effect is a profoundly important sociological phenomenon of historical significance. The phenomenon concerns the relationship between the individual and the collective. According to Maharishi, the individual is the basic unit of society, and the quality of life of individuals in any given population directly affects the quality of life enjoyed in that

² Maharishi Mahesh Yogi. (1962). *Discovery of 'nuclear life energy': A challenge to war and tension*. S.R.M. Foundation, p. 8.

³ For example, see: International Association for the Advancement of the Science of Creative Intelligence. (1979). *Creating an ideal society in Kenya through the Transcendental Meditation and TM-Sidhi programme*. Maharishi European Research University Press; and Maharishi Mahesh Yogi. (1976). *Creating an ideal society: A global undertaking*. Maharishi European Research University Press.

⁴ For example, see: Maharishi Mahesh Yogi. (1974). *A glimpse of the practical philosophy of life that has demonstrated the possibility of eliminating the age-old problems of mankind in this generation*. Maharishi International University Press; and Maharishi Mahesh Yogi. (1976). *An invitation to create an ideal society: A scientifically validated program*. Maharishi European Research University Press.

society. This, Maharishi says, is the central relationship between individual consciousness and the collective consciousness of society.

A straightforward analogy from Maharishi describes this relationship: a green and healthy forest is made up of green and healthy trees.⁵ Conversely, we might say, if the forest is sick and diseased, it is the health of the individual trees in that forest to which we should look to discover the source of sickness and disease in the forest; the health of the whole forest is a direct indication of the health of the individual trees within it. As early as 1961, Maharishi made the following observation:

All that we hear in the world today in the name of tensions and suffering and miseries and all cruelty and suspicions and chaos in man's life—that is only due to the connection with the inner life being lost in the individual life. They talk of world wars. The world war originates in the tensions of the individual man. The cause of all world wars has been tensions of individual life. The presidents or leaders of two countries seem to be fighting, but the intellect of the leader of a nation is channelized by the collective intellect of the nation to which each individual adds. Tensions in the atmosphere in a country are the products of the tensions of the individuals in that country. Each individual has his own share to offer.⁶

Therefore, one of Maharishi's core teachings is: if we wish to improve the quality of life in a society (i.e., in a community, town, city, region, country or even the entire world), we need to look to the quality of life of individuals in that society and start from there to find solutions for imbalances (such as ill-health, crime and accidents) that might exist in it. In this view, 'society' is an abstraction, a notion of a collective whole or system, whereas 'individuals' are basic, irreducible units or parts of the whole and hence fundamental to Maharishi's view of social theory.

Because Maharishi's Transcendental Meditation and TM-Sidhi program is a systematic, natural and well-documented approach to fundamentally developing the consciousness of individuals, to reducing stress and tension in psychophysiology and to creating higher levels of brain-

⁵ Spiritual Regeneration Movement Foundation of Great Britain. (1962). *World peace and the deep meditation of Maharishi Mahesh Yogi*. The Spiritual Regeneration Movement Foundation of Great Britain, p. 3.

⁶ Maharishi Mahesh Yogi. (1961). *Deep meditation: A very simple system from the ancient Vedic culture of India ideally suited to the tempo of modern times*. The S.R.M. Foundation, p. 3.

wave coherence, orderliness of thinking and behaviour, health, harmony and peace in the individual, the Maharishi Effect can be described as a way to improve society and reduce collective stress and tension by improving the quality of life of individuals.⁷

Specifically, by introducing the practise of Maharishi's Transcendental Meditation and TM-Sidhi program, including Yogic Flying, to enough individuals in a population, salutary changes to any society can be spontaneously and effortlessly brought about. Consequently, there is a direct *numeric relationship* between the number of individuals in a society who practise the Transcendental Meditation and TM-Sidhi program and the quality of life of the society in which they live. Put differently: the Maharishi Effect is the mathematical ratio of the number of people practising the Transcendental Meditation and TM-Sidhi program in a society and the number of people in that society.

Several different formulas and ratios for creating and explaining the Maharishi Effect (and subtle variations within these formulas and ratios) have been advanced by Maharishi and social scientists since the 1960s. For example, in 1962 Maharishi said "if one-tenth of the world population could be given the technique [of Transcendental Meditation] the chances of world war would be far removed for centuries to come".⁸ In 1978, it was also reported that

the history of mankind is riddled with instances of chances lost because of doubt and indecision. Maharishi's aim is to prevent this chance [i.e., of transforming the trends of time to a more positive future] from being lost again. That is why he is using every means at his disposal to tell the world to wake up before it is too late. And just in case the world does not heed his call, [Maharishi] has begun the TM-Sidhi program, through which just 0.001 per cent of a population will be enough to establish an ideal society.⁹

⁷ For a discussion of Maharishi's Transcendental Meditation and TM-Sidhi program, see: Dillbeck, M. C. (Ed.) (2020). *Scientific research on Maharishi's Transcendental Meditation and TM-Sidhi program: Collected papers, volume 8*. Maharishi Vedic University Press.

⁸ Op cit., *Discovery of 'nuclear life energy'*, p. 9; note, the mathematical ratio for this effect is 1:10.

⁹ Maharishi Mahesh Yogi. (1978). *Enlightenment to every individual, invincibility to every nation*. International Association for the Advancement of the Science of Creative Intelligence, p. 34; note, the mathematical ratio for this effect is 1:1,000.

The purpose of this discussion paper is to isolate and articulate these various formulas and to propose a new formula for creating the Maharishi Effect. Given the Maharishi Effect has been created in Perú using these various formulas, including the proposed new formula, and given also that an extensive research program since 2019 has verified the extent and nature of this sociological effect in Perú, we draw on data from Perú in this paper to demonstrate how the new formula can be applied in a real-world context, thereby giving added meaning and weight to our discussion.

Of importance is the observation that a comprehensive body of theory and evidence from both the physical and social sciences exists to explain the Maharishi Effect, and empirical evidence associated with multiple discoveries since 1974 has been advanced to support it.

In the following discussion, we will therefore consider all three aspects of the Maharishi Effect: 1) the theory and principles, including from the ancient Vedic tradition, which explain the phenomenon; 2) theory and evidence from the modern physical and social sciences which illustrate the phenomenon; and 3) the various formulas for creating the Maharishi Effect supported by any available empirical evidence of their successful application in real-world contexts, including in Perú.

DESCRIPTION OF CORE PRINCIPLES OF THE MAHARISHI EFFECT

It is not within the scope of this brief discussion paper to present a complete account of the theories and principles which explain the Maharishi Effect. Such accounts have been provided in greater detail by others,¹⁰ and the phenomenon of creating an effect of increased orderliness, harmony and peacefulness in a wider population has been well researched and documented in more than 60 published research studies

¹⁰ For example, see: Cavanaugh, K. L., Dillbeck, M. C., & Orme-Johnson, D. W. (2022). Evaluating a field theory of consciousness and social change: Group practice of Transcendental Meditation and homicide trends. *Studies in Asian Social Science*, 8, 1–32; Hagelin, J. (2007). Beyond miracles: The discovery of the unified field and its practical applications to prevent crime, terrorism, and international conflict. *Subtle Energies & Energy Medicine Journal Archives*, 18(1), 39–69; Kleinschnitz, K. W. (1997). *An investigation into field effects of consciousness from the perspectives of Maharishi's Vedic Science and physics*. Doctoral dissertation, Maharishi University of Management; Orme-Johnson, D. W., & Fergusson, L. (2018). Global impact of the Maharishi Effect from 1974 to 2017: Theory and research. *Journal of Maharishi Vedic Research Institute*, 8, 13–79; and Orme-Johnson, D. W. (1992). Theory and research on conflict resolution through the Maharishi Effect. *Modern Science and Vedic Science*, 5(1–2), 76–100.

since 1977.¹¹ In brief, the key principles which explain the Maharishi Effect include:

1) physicists have postulated that nature is fundamentally composed of quantum fields that mediate action at a distance (when related to individuals, mediated action at a distance is sometimes referred to as a 'quantum neurodynamic effect'; elsewhere, these have been called 'non-local effects' of consciousness).¹²

2) the Unified Field of all the laws of nature is the one field of natural law underlying these quantum fields, and is a field of infinite correlation.¹³

3) Maharishi has postulated there is a fundamental level of consciousness, a silent, unbounded field of awareness—pure consciousness or Transcendental Consciousness—at the basis of each individual's mind, which is the source of thought located beyond the subtlest level of mental activity, and Transcendental Consciousness is the same Unified Field described by modern physics.¹⁴

4) direct experience of Transcendental Consciousness through the Transcendental Meditation technique is an experience of the Unified Field of nature's intelligence, an experience of the home all the laws of nature in the least excited state of consciousness.¹⁵

¹¹ A recent list of these publications can be found in Orme-Johnson, D. W., & Fergusson, L. (2024). Published research on the Maharishi Effect by type and level. *Journal of Maharishi Vedic Research Institute*, 24, 43–59.

¹² For examples of these fundamental theories, see: Joyce, A., Jain, B., Khoury, J., & Trodden, M. (2015). Beyond the cosmological standard model. *Physics Reports*, 568, 1–98; and Kojima, K., Takenaga, K., & Yamashita, T. (2017). The standard model gauge symmetry from higher-rank unified groups in grand gauge-Higgs unification models. *Journal of High Energy Physics*, 18. For a description of quantum neurodynamic effects on society, see: Plikynas, D., Basinskas, G., & Laukaitis, A. (2015). Towards oscillations-based simulation of social systems: A neurodynamic approach. *Connection Science*, 27(2), 188–211.

¹³ For example, see: op cit., Beyond miracles; and Hagelin, J. S. (1987). Is consciousness the unified field? A field theorist's perspective. *Modern Science and Vedic Science*, 1(1), 29–87.

¹⁴ Ibid., and Hagelin, J. S. (1989). Restructuring physics from its foundation in light of Maharishi's Vedic Science. *Modern Science and Vedic Science*, 3(1), 3–72.

¹⁵ Op cit., Beyond miracles.

5) experiencing Transcendental Consciousness through the Transcendental Meditation and enlivening it through the Transcendental Meditation-Sidhi program, particularly through Yogic Flying, creates coherence not only in the individual brain, in the form of electroencephalic ordering or brainwave coherence, but in the wider society and environment as well (via what are referred to as 'field effects').¹⁶ Of brainwave coherence, physicist Dr John Hagelin says:

...human awareness can directly experience the unified field. And let me just pause here to say that this finding has more than philosophical interest. It's an extraordinary breakthrough in the field of human potential—the discovery that this meditative state, which has been with us throughout the ages, is of tremendous significance to the development of the brain.

Why? Because this so-called 'global EEG coherence', this integrative functioning of the brain, correlates scientifically with increased intelligence, rising IQ, increased creativity, improved memory, concept learning, improved academic performance, enhanced moral reasoning, increased psychological stability and emotional maturity, increased alertness, faster reaction time. Everything good about the brain depends on its orderly functioning. And today, orderly brain functioning can be developed systematically in anyone of any age.¹⁷

6) These waves of coherence, generated from within the brain physiologies of individuals through practise of the Transcendental Meditation and TM-Sidhi program, propagate spontaneously throughout society and create an atmosphere of harmony, orderliness and peacefulness, thus creating the Maharishi Effect through which just a few coherence-generating individuals can change the behaviour of an entire community or wider society. For example, as a result of these changes to individual brain physiology, early research indicated that "wherever the Transcendental Meditation technique has been used in a classroom setting, very great improvements have been seen in the synergy, harmony, and performance of the group".¹⁸

¹⁶ Ibid.

¹⁷ Ibid., p. 48.

¹⁸ Op cit., *Enlightenment to every individual, invincibility to every nation*, p. 405.

The mechanism described in this discussion paper goes further and relates to how this increased global or holistic type of brainwave coherence of individuals practising Maharishi's Transcendental Meditation program or both his Transcendental Meditation and the TM-Sidhi program generates enough orderliness, harmony and peacefulness throughout a population (i.e., throughout a community, town, city, region, country or the world) from the level of the Unified Field (or in quantum field theory, from the level of a system's 'ground state') and thereby affects the surroundings. Such a phenomenon is based on the principle of infinite correlation of consciousness, where everything in creation is interconnected and interrelated at the level of the ground state, and changes in coherence at that level of life influence and enliven all subsequent levels of physical existence.

Further, the mechanism is well understood and has been articulated in the physical sciences, particularly physics and chemistry in relation to the Meissner Effect and other quantum mechanical phenomena, and has been linked to 'transfer potentials' by the Einstein-Podolsky-Rosen (EPR) paradox in the brain in which:

correlations between human brains are studied to verify if the brain has a macroscopic quantum component. Pairs of subjects were allowed to interact and were then separated inside semisilent Faraday chambers 14.5m apart when their EEG activity was registered. Only one subject of each pair was stimulated by 100 flashes [i.e., by visual evoked potentials or VEPs].

When the stimulated subject showed distinct evoked potentials, the non-stimulated subject showed 'transferred potentials' similar to those evoked in the stimulated subject. Control subjects showed no such transferred potentials. The transferred potentials demonstrate brain-to-brain nonlocal EPR correlation, between brains, supporting the brain's quantum nature at the macrolevel.¹⁹

¹⁹ Grinberg-Zylberbaum, J., Delaflor, M., Attie, L., & Goswami, A. (1994). The Einstein-Podolsky-Rosen paradox in the brain: The transferred potential. *Physics Essays*, 7(4), 422-428. The topic of entanglement or transferred potentials at the macroscopic level has also been the subject of more recent research, for example, see: Thaheld, F. H. (2005). An interdisciplinary approach to certain fundamental issues in the fields of physics and biology: Towards a unified theory. *Biosystems*, 80(1), 41-56.

The mechanism supposes that a critical threshold number of practitioners of Transcendental Meditation and/or TM-Sidhi program, which can be identified and predicted in advance, is required to create the effect of greater orderliness and harmony throughout a population. This effect is generally called the 'Maharishi Effect' but strictly speaking it is the coherence-creating effect of individuals and groups, in various configurations, on society for which there are several names (as discussed in greater detail below). Of particular importance is the Yogic Flying technique, practised within the Transcendental Meditation-Sidhi program, during which brainwave coherence is particularly great.²⁰

EXAMPLES OF COHERENCE IN NATURAL SYSTEMS

The Maharishi Effect can be explained by a variety of well-established laws of nature and observed phenomena (i.e., calculated mathematically and articulated by any number of physical sciences²¹). These include the Third Law of Thermodynamics (in which entropy or randomness in a system is zero when activity in the system is also zero and orderliness of the system is 'perfect') and phenomena like superfluidity and superconductivity, where a small fraction of a material's particles (around 1% or less in many cases) are involved in a macroscopic quantum phenomenon characterised by a phase transition from a state of randomness to a state with zero viscosity in the case of superfluidity or zero electrical resistance in the case of superconductivity.²²

²⁰ Travis, F. T., & Orme-Johnson, D. W. (1990). EEG coherence and power during Yogic Flying. *International Journal of Neuroscience*, 54(1-2), 1-12.

²¹ One of the most comprehensive explanations for this phenomenon can be seen in: Maharishi Mahesh Yogi. (1996). *Maharishi's absolute theory of defence: Sovereignty in invincibility*. Maharishi Vedic University, 'Physics of Invincibility' (pp. 154-257), 'Chemistry of Invincibility' (pp. 258-301), 'Mathematics of Invincibility' (pp. 302-334), and 'Physiology of Invincibility' (pp. 396-422).

²² A number of early examples of these phenomena were published by Maharishi and by leading scientists with whom he worked, for example, see: World Government of the Age of Enlightenment. (1978). *World Government news, issue no. 1*. International Association for the Advancement of the Science of Creative Intelligence, pp. 1-11; and World Government of the Age of Enlightenment. (1978). *World Government news, issue no. 3*. International Association for the Advancement of the Science of Creative Intelligence, pp. 2-6. With Maharishi, these field-effect phenomena were considered, for example, by Nobel Laureates Dr Brian Josephson, Cambridge University, and Dr Ilya Prigogine, Université Libre de Bruxelles, as well as by Dr E. C. G. Sudarshan, University of Texas, Dr K. P. Sinha, Cambridge University, and Dr B. Misra, Université Libre de Bruxelles.

A 'phase transition' is an abrupt shift in the properties of a system (i.e., a system of atoms, molecules, particles or cells, or in the case of a social system, individuals or groups of individuals). In our example, this abrupt shift is from a less orderly, less coherent and highly chaotic or violent state to a more orderly, highly coherent and less chaotic or violent state of society. One of the most frequently cited examples from the physical sciences to explain the Maharishi Effect is the Meissner Effect in physics. This phenomenon occurs when

A magnetic field is brought near a material in a superconducting state, the surface electrons, by virtue of their infinitely frictionless fluidity, move immediately in such a way as to create a second magnetic field that precisely cancels the intruding field within the interior of the superconductor. The result is that no external magnetic field can penetrate into the superconducting region. This is known as the Meissner Effect. It shows that coherence, harmony, and integrity tend in a natural way to maintain themselves against disordering influences from the environment.

The Meissner Effect is not an isolated phenomenon, but one to which we may find many analogies as we study more examples of coherent systems in physics. Either in the case of the superconductor with its cooperating electron waves, or in the case of the ordinary crystal with its regular arrays of atoms that share out any outside impulse among all the individuals and thus provide great resistance to penetration, we see properties of invincibility arise that depend on the nature of the individual and yet in their final form are found only in large societies of individuals acting together coherently.²³

Under certain conditions, it has been shown that even a single indium particle can trigger the Meissner Effect.²⁴ Other examples of phase transition phenomena, where a small number of coherent units within a system transform the status of the entire system, can be found throughout nature and have been described by the physical sciences. In accord with these action-at-a-distance phenomena,

²³ Op cit., *World Government news*, issue no. 3, p. 5.

²⁴ Wu, L., Chen, L., Wang, H., Liu, X., & Wang, Z. (2017). Meissner Effect measurement of single indium particle using a customized on-chip nano-scale superconducting quantum interference device system. *Scientific Reports*, 7(1), 45945.

interactions at either a microscopic or macroscopic scale in one place may affect actions or outcomes in another, non-local, distant place, although universal acceptance of the phenomenon has yet to occur and controversy surrounds the theory. Nevertheless, recent important breakthroughs related to the action-at-a-distance phenomenon at the macroscopic scale include satellite-based quantum entanglement.²⁵

The phenomena to which we speak involve a small fraction of a system's units causing a dramatic change to all the other units in the system, even when they are at a distance from the small fraction. For example, in a magnetic metal, a phase transition can occur when the spin of a small number of atoms in the metal encourages all the other atoms in the metal to spin in alignment, producing what is called a macroscopic magnetic state.²⁶ Similarly, in generating laser light, "super-radiance is a quantum phenomenon emerging in macroscopic systems whereby correlated single atoms cooperatively emit photons".²⁷

Somewhat parallel phase transition phenomena have also been observed in a wide variety of biological and human systems, where, for example, it has been observed in neural coding and synchronisation, bird flocking, migration of keratocytes (i.e., cells found in the cornea of the eye), rigidity of actin networks (cells which networks play a crucial role in cell structure and signalling), responses of yeast and bacterial populations to environmental stress (i.e., in the collapse of pathogenic populations), and ecological phenomena (such as ecological collapse and species extinction).²⁸

²⁵ Orme-Johnson, D. W., & Fergusson, L. (2018). Global impact of the Maharishi Effect from 1974 to 2017: Theory and research. *Journal of Maharishi Vedic Research Institute*, 8, 13–79; pp. 16–17. For further details about action-at-a-distance phenomena at the macroscopic scale, see: Yin, J., Cao, Y., Li, Y-H., Liao, S-K., Zhang, L., Ren, J-G., & Cai, W-Q. (2017). Satellite-based entanglement distribution over 1200 kilometers. *Science*, 356(6343), 1140–1144.

²⁶ Sorai, M., Nakano, M., & Miyazaki, Y. (2006). Calorimetric investigation of phase transitions occurring in molecule-based magnets. *Chemical Reviews*, 106(3), 976–1031.

²⁷ Kim, J., Yang, D., Oh, S. H., & An, K. (2018). Coherent single-atom superradiance. *Science*, 359(6376), 662–666.

²⁸ For example, see: Heffern, E. F., Huelskamp, H., Bahar, S., & Inglis, R. F. (2021). Phase transitions in biology: From bird flocks to population dynamics. *Proceedings of the Royal Society B*, 288(1961), 20211111; and Strogatz, S. (2004). *Sync: The emerging science of spontaneous order*. Grand Central Publishing.

Bertolaso et al. have also explored the role of coherence in biological systems, and noted the paradigm of modern molecular biology from the perspective of what is called 'biocommunication' based on quantum field theory which suggests "molecules are able to perform in phase-correlated unison among them and with a self-produced electro-magnetic field".²⁹ In a related field, it has been established that 1% of a human heart's cells are pacemaker cells and these control the heart's rhythm (according to the principle of 'automaticity'). In a comparable way, theory of the Maharishi Effect suggests just a few individuals within a population, under the right conditions, too can 'set the pace' and quality of life in the whole society through their increased brainwave coherence. Collectively, these various laws of nature and observable phenomena help explain the mechanics of the Maharishi Effect.

FORMULAS TO CREATE THE MAHARISHI EFFECT

The proposition that a small number of individuals within a population can change the character and behaviour of the entire population is unique to Maharishi. Indeed, Dr Vernon Katz, a Vedic scholar who worked with Maharishi beginning in the 1960s, pointed out

Maharishi is very much in advance. Even when I first knew him in 1960 he was saying that great changes would take place in society if just a small percentage of the world's population began to meditate. He also stated scientists would be astounded once they started to investigate the effects of Transcendental Meditation, which they did nearly a decade later.³⁰

Dr Katz went on to say that

Maharishi is on record in an Innsbruck, Austria, newspaper, the *Tiroler Tageszeitung*, 23 July 1962, as saying that while ten per cent would be ideal, even if only one percent of the world's population

²⁹ Bertolaso, M., Capolupo, A., Cherubini, C., Filippi, S., Gizzi, A., Loppini, A., & Vitiello, G. (2015). The role of coherence in emergent behavior of biological systems. *Electromagnetic Biology and Medicine*, 34(2), 138–140; p. 138.

³⁰ Katz, V. (2011). *Conversations with Maharishi: Maharishi Mahesh Yogi speaks about the full development of human consciousness* (Vol. 1). Maharishi University of Management Press, p. 60.

meditated it would be sufficient to do away with the hatred that causes war.³¹

Elsewhere in 1962, Maharishi pointed to this potential mathematical ratio between individuals who practise his technologies of consciousness and salutary changes in the collective whole when he said:

Man now has the power to utterly destroy himself. For this reason the maintenance of peace is more important than ever before. We cannot rely on politicians, for however wise and prudent, they are not the prime movers. They only react to the atmosphere created by all the individuals in the world. But if a proportion of those individuals could bring the relative and absolute fields of life into harmony within themselves, the tensions in the atmosphere could be reduced. Goodwill and harmony, reached by the practice of the meditation, create effects that are subtler and stronger than the gross vibrations of hate, jealousy and mistrust. A little good may destroy much evil. The choice is in each man's hands. His only effective way of working for world peace is by making an island of peace in himself which will affect his family, his neighbours, his township, and eventually his country. Thus world peace will be maintained.³²

The "relative and absolute fields of life" to which Maharishi refers are the outer behavioural fields and the inner field of Transcendental Consciousness. Elsewhere in 1962, Maharishi said of this "proportion":

Even if only one-tenth of the adult population of the world were regularly to meditate for short periods every day, and so produce these infinitely peaceful influences that arise at the deepest level of consciousness, it would take not more than a few months to remove the entire accumulation of tension in the world. War would be impossible for centuries to come.³³

³¹ Ibid.

³² Spiritual Regeneration Movement Foundation of Great Britain. (1962). *Education and the deep meditation of Maharishi Mahesh Yogi*. The Spiritual Regeneration Movement Foundation of Great Britain, p. 11.

³³ Spiritual Regeneration Movement Foundation of Great Britain. (1962). *World peace and the deep meditation of Maharishi Mahesh Yogi*. The Spiritual Regeneration Movement Foundation of Great Britain, p. 6; note, the mathematical ratio for this effect is 1:10.

Understanding of this theoretical proportion, which Maharishi formally identified in 1962, developed over time. In the tradition of scientific discovery, Maharishi and scientists in his universities and from around the world observed phenomena, collected and analysed data, and developed concepts and then theory to explain the phenomena.

Over several decades, this systematic process of inductive reasoning and grounded theory based on evidence resulted in the coining of a new sociological term—the ‘Maharishi Effect’—an umbrella term which would come to mean all phenomena associated with the rise of coherence generated by the practise of Maharishi’s Transcendental Meditation and/or the TM-Sidhi program by a small fraction of the population of any community or other social unit.³⁴ This collective practise by a small fraction of the population is predicted to increase coherence, or orderliness, in the collective consciousness of society and thus give rise to beneficial changes in social trends.

The following four formulas to create the Maharishi Effect have been documented in published literature since the early 1970s. While the four formulas will be described, there are also other nuanced versions of them, and these too will be briefly mentioned where appropriate. For Perú, the following data will serve as a starting point to quantify and exemplify the formulas: current population of Perú = 33.85 million; current number of practitioners of Transcendental Meditation in Perú = 70,000; 1% of population = 338,500; $\sqrt{1\%}$ of the population = 582; and current number of Transcendental Meditation-Sidhi program in Perú = 12,000.

Formula #1: The Maharishi Effect³⁵ (or ‘1% Effect’³⁶) is created when at least 1% of any population (e.g., of a community, town, city, region, country or the world) learns and practises the Transcendental Meditation

³⁴ Maharishi International University. (1991). *The Maharishi Effect: creating coherence in world consciousness, promoting positive and evolutionary trends throughout the world*. MIU Press.

³⁵ For a description of the Maharishi Effect, see: Maharishi Mahesh Yogi. (1996). *Maharishi’s absolute theory of defence: Sovereignty in invincibility*. Maharishi Vedic University, pp. 449–452; note, the mathematical ratio for this Maharishi Effect is 1:100.

³⁶ For example, see: Maharishi European Research University. (1977). *Achievements: First quarter 1977*. Maharishi European Research University Press; Maharishi International University. (1975). *Capitals of the Age of Enlightenment established in every country to perpetuate the Age of Enlightenment*. MIU Press; and Maharishi Mahesh Yogi. (1975). *Inauguration of the dawn of the Age of Enlightenment*. MIU Press.

technique. In 1978, Maharishi identified 1,000 cities throughout the world which were then experiencing and enjoying the benefits of the Maharishi Effect.³⁷ To create this type of Maharishi Effect, practitioners are dispersed throughout society and are not required to meditate at the same time of day or in the same place. Of the Maharishi Effect, Maharishi said:

Individuals practicing the Transcendental Meditation technique produce coherence in their individual consciousness and are found to generate orderliness and coherence in the collective consciousness of those around them by enlivening the field of infinite correlation on the level of pure consciousness. This is the basis of the Maharishi Effect—the increase of positivity as a whole when one per cent or more practice Transcendental Meditation.³⁸

Scientists also noted that as the 1% threshold is approached a society begins to show signs of the Maharishi Effect:

Communities approaching one per cent of their populations participating in the Transcendental Meditation programme show reductions in crime and accidents and improvements throughout society. This principle, of a few individuals increasing orderliness in their individual consciousness and bringing harmony to the whole society, is known as the *Maharishi Effect*. When this influence reaches sufficient intensity to bring coherence to the collective consciousness of the nation, when cultural integrity is restored and the nation rises to enjoy invincibility.³⁹

Maharishi advanced a variation of this formula, specifically related to the military and national defence, when he said: “one to five percent of the military, trained in the technology of consciousness [i.e., his Transcendental Meditation program]—my Vedic Technology of Defence—will be enough to make defence perfect, which means no enemy will be born

³⁷ World Government of the Age of Enlightenment. (1978). *World Government news, issue no. 3*. International Association for the Advancement of the Science of Creative Intelligence, pp. 7–9.

³⁸ Op cit., *Enlightenment to every individual, invincibility to every nation*, p. 423.

³⁹ World Government of the Age of Enlightenment. (1978). *World Government news, issue no. 1*. International Association for the Advancement of the Science of Creative Intelligence, p. 2.

to the nation".⁴⁰ For Perú, with an active military capability of approximately 120,000 personnel in 2025, this would mean if between 1,200 (1%) and 6,000 (5%) military personnel practised Maharishi's Transcendental Meditation (presumably, but not stated to necessarily be, in groups) the Maharishi Effect would be created for the entire country.

Another version of the same basic formula, but also including Sidhas, was advanced in 1978. This "formula to stabilize and perpetuate the Age of Enlightenment for the whole world's population is as follows: population of the world—4,000,000,000; minimum number of Meditators practising Transcendental Meditation—40,000,000; minimum number of Sidhas practising the TM-Sidhi programme—400,000"⁴¹ and

the formula to stabilize and perpetuate the Age of Enlightenment applied to a population of one million people is as follows: population—1,000,000; minimum number of Meditators practising Transcendental Meditation—10,000; minimum number of Sidha practising the TM-Sidhi programme—100.

Thus on the basis of experience every one million population in every country must include at least 10,000 people practising the Transcendental Meditation technique and at least 100 Sidhas practising the TM-Sidhi programme in order to neutralize negativity and create an ideal society. In this nuclear age, this requirement is the bare minimum to ensure survival of each nation by raising national consciousness to the level of self-sufficiency and invincibility.⁴²

The formula to stabilise and perpetuate the Age of Enlightenment (i.e., an ideal and coherent society of increased orderliness, harmony and peacefulness) is: 1% of the population practising Transcendental Meditation + 0.01% of the population practising Transcendental Meditation-Sidhi program. Maharishi gave examples of this formula for a number of

⁴⁰ Maharishi Mahesh Yogi. (1996). *Maharishi's absolute theory of defence: Sovereignty in invincibility*. Maharishi Vedic University, p. 75; note, the mathematical ratio for this Maharishi Effect is 1–5:100.

⁴¹ World Government of the Age of Enlightenment. (1978). *World Government news, issue no. 10*. International Association for the Advancement of the Science of Creative Intelligence, p. 27.

⁴² Ibid.; note, the mathematical ratio for this Maharishi Effect is 1:100 for Meditators + 1:10,000 for Sidhas.

countries, many with nuclear weapons capability. For example, the formula for China he gave was: population—810,000,000; minimum number of Meditators practising Transcendental Meditation—8,100,000; minimum number of Sidhas practising the TM-Sidhi program—81,000; for India the formula was: population—615,000,000; minimum number of Meditators practising Transcendental Meditation—6,150,000; minimum number of Sidhas practising the TM-Sidhi program—61,500; for the U.S.S.R the formula was: population—250,000,000; minimum number of Meditators practising Transcendental Meditation—2,500,000; minimum number of Sidhas practising the TM-Sidhi program—25,000; and for the U.S. the formula was: population—210,000,000; minimum number of Meditators practising Transcendental Meditation—2,100,000; minimum number of Sidhas practising the TM-Sidhi program—21,000.⁴³ These formulas show

how to most effectively raise and maintain higher states of consciousness on both levels, individual and collective. The automatic consequence will be the growth of such strong coherence in the world's consciousness that there will be a natural global safeguard against nuclear disaster or the eruption of violence or war in any locality".⁴⁴

Earlier applications of the Maharishi Effect refer to a related effect called the 'Extended' Maharishi Effect⁴⁵ (not to be confused with the Extended Maharishi Effect described by Formulas #2, #3, and #4). While using the same 1% calculation as in Formula #1, this phenomenon indicates the effect of increased coherence in one society 'extending' to surrounding societies. These surrounding societies may be a neighbouring community or even a neighbouring country.

Examples of this phenomenon in 1978 included an influence on the People's Republic of China (where there were fewer people practising Transcendental Meditation) from Japan, South Korea, Hong Kong, Taiwan, Laos, Thailand, the Philippines and Nepal (where Maharishi sent teams of teachers to instruct people in Transcendental Meditation and where large and growing numbers of people who practised Transcendental Meditation

⁴³ Ibid.

⁴⁴ Ibid.

⁴⁵ For a description of the 'Extended' Maharishi Effect, see: op cit., *World Government news*, issue no. 1, pp. 2–3.

were located).⁴⁶ “Using formulas developed in research on hundreds of cities around the world”,

MERU [Maharishi European Research University] scientists have evaluated the influence of the global rise of collective consciousness on the attitude of the People’s Republic of China towards the outside world as reported in the World Press.

They calculated the ‘Extended’ Maharishi Effect on China arising from the effect of nearly two million people around the world practising the Transcendental Meditation and TM-Sidhi programme. As more and more individuals in different countries begin to experience the field of unbounded awareness, the ground state of natural law, the lively influence they produce on the level of infinite correlation generates increasing coherence in the national consciousness of every nation.

It is interesting to note that the value of the Maharishi Effect on China estimated for the time of these dramatic changes in Chinese foreign policy is equivalent to that in the United States in 1972–73, a time marked by suddenly reduced involvement in international warfare and a harmonization in internal affairs.⁴⁷

The principle behind this phenomenon of influencing coherence within the People’s Republic of China, “which was closed to the outside world for such a long time”, from a distance was described in 1978 in the following way:

Maharishi’s success in penetrating the isolationist wall of China is that the coherence and integration produced on the level of consciousness by the [Transcendental Meditation] technique ‘tunnel’ through the borders between nations, to enliven the value of coherence and integration in the consciousness of people living in nearby countries.⁴⁸

⁴⁶ Ibid., p. 4–5.

⁴⁷ Op cit., *World Government news*, issue no. 1, p. 4.

⁴⁸ Ibid., p. 8.

This principle of action at a distance, enlivened at the unmanifest level of consciousness, was likened by Nobel Laureate Professor Brian Josephson of Cambridge University to his so-called 'Josephson Effect', an effect

observed in the coherent and integrated system of a superconductor, in which it is found that the coherence influence can 'tunnel' through a gap between two separate superconductors, bringing perfect correlation between the two. This ability of a coherent system to create an influence at a distance is closely similar to the Maharishi Effect.⁴⁹

A more detailed example of the 'Extended' Maharishi Effect indicated San Bernardino, California (where there were fewer people practised Transcendental Meditation) was directly influenced by high levels of coherence generated from Los Angeles, California (where there were large and growing numbers of people who practised Transcendental Meditation).⁵⁰ Data indicate San Bernardino had a population of 106,000, 320 people who practise Transcendental Meditation, and Maharishi Effect ratio = 0.01 (based on small area) but Los Angeles had a population of 6.9 million, 20,810 people practising Transcendental Meditation, and Maharishi Effect ratio = 0.45 (based on large area). This so-called "Maharishi Effect ratio (gm)", from which "positive changes in society can be accurately predicted", was cited to account for this 'Extended' Maharishi Effect as: $gm = m^2 \sqrt{m} / p \sqrt{A}$, where m = the number of people practising Transcendental Meditation in 1,000s; p = population in 100,000s, and A = area in square miles.⁵¹ Empirical data of this phenomenon, for example on hospital admissions and crime trends, was also provided for both San Bernardino and Los Angeles.⁵²

Maharishi also showed how this principle of 'extending' the influence of the Maharishi Effect from one country to another might also result in a 'reciprocity' effect, in which two countries, such as Israel–Egypt, East Germany–West Germany, or Thailand–Vietnam, can positively influence each other as more and more people are taught Transcendental Meditation in one or other of the paired or neighbouring countries. Such a phenomenon of an 'extended effect' from Perú to its neighbours Ecuador

⁴⁹ Ibid.

⁵⁰ Ibid., p. 3.

⁵¹ Ibid.

⁵² Ibid.

and Bolivia may in fact have occurred during the ten years in which the number of people practising Transcendental Meditation in Perú surged from 5,000 in 2005 to 41,000 in 2015. As explained below, during these ten years poverty was reduced by 61%, from 56% of the population living in poverty in 2005 to 22% by 2016, but in Ecuador where there were far fewer people practising Transcendental Meditation and certainly not enough to create the Maharishi Effect, poverty declined but by only 22%, from 50% to 39% of the population during the same years. In Bolivia, where there were similarly far fewer people practising Transcendental Meditation and not enough to create the Maharishi Effect, poverty also declined but by only 45%, from 42% to 23% of the population during the same years. These data suggest the Maharishi Effect may have been strong in Perú but that its impact on poverty extended to, and somewhat salutarily affected, its neighbours.

At this time, when applied to the world's population, Maharishi called this type of 1% Effect the 'Global Maharishi Effect', i.e., when 1% of the world's population practises Transcendental Meditation.⁵³

Due to the global influence of coherence and harmony, brought about by two million people in the world practicing the Transcendental Meditation programme, stress is being released from world consciousness. As a result, higher principles of life are emerging which are enabling mankind to live life in happiness, success, prosperity, and fulfilment, free from the historical tradition of suffering, struggle, problems, and weakness.⁵⁴

Hence,

The phenomenon known as the Maharishi Effect is at the basis of Maharishi's prediction that every nation will soon become invincible in the growing sunshine of the Age of Enlightenment. This phenomenon has been verified in about 1,100 cities around the world, where it was found that crime, accidents, sickness, and other negative trends fell sharply, as soon as just one per cent of the

⁵³ World Government of the Age of Enlightenment. (1978). *World Government news, issue no. 6*. International Association for the Advancement of the Science of Creative Intelligence, pp. 4–5.

⁵⁴ *Ibid.*, p. 4–5; for a description of these "higher principles of life" for the areas of education, health, business and industry, government, agriculture, law, justice and rehabilitation, cultural integrity, retired people, and defence, see: *ibid.*, pp. 6–16.

population began the Transcendental Meditation technique. The Maharishi Effect on a global scale results in ideal societies everywhere and invincibility for every nation.⁵⁵

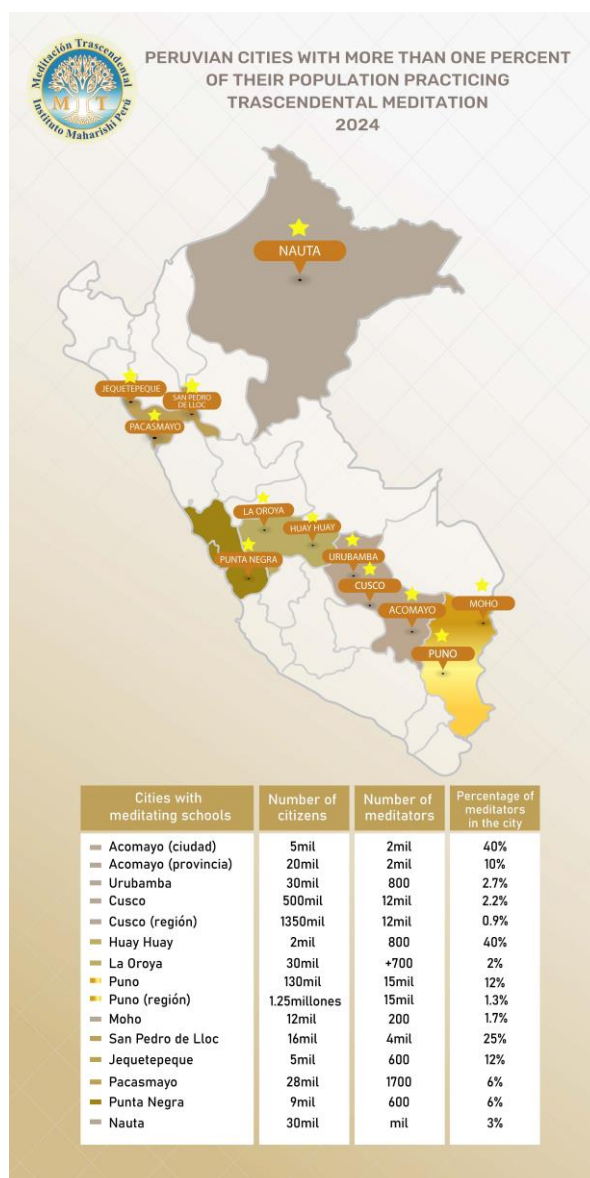


Figure 1: List of 1% cities in Perú in 2024 (data provided by Instituto Maharishi de Ciencia y Tecnología del Perú, Lima).

⁵⁵ Ibid., p. 4.

Using the 1% formula for Perú, a minimum of 338,500 people practising Transcendental Meditation in 2025 (i.e., 1% of 33.85 million people) would be required to create the Maharishi Effect for the entire country. However, since the late 1990s, more than 70,000 people in Perú have been instructed in Maharishi's Transcendental Meditation program, not enough to create the Maharishi Effect via Formula #1 for the whole country. However, some towns and cities reached or exceeded the necessary theoretical threshold of 1% of their population practising Transcendental Meditation.

These towns and cities include Acomayo with 40%, Cusco with 2.2%, Huay-Huay with 40%, Jequetepeque with 12%, La Oroya with 2%, Nauta with 3%, Puno with 12%, and San Pedro de Lloc with 25%, enough to create the Maharishi Effect at the town or city level via Formula #1. A complete list of these 1% cities and their locations is shown in Figure 1.

Multiple examples of the Maharishi Effect created by 1% of the population practising Transcendental Meditation have been published in the international literature. The first was by Borland and Landrith, which found in 11 U.S. cities with populations greater than 25,000 and 0.97 or more of their population practising Transcendental Meditation that crime rates between 1972 and 1973 decreased by an average of 8.2% whereas they increased by an average of 8.3% in 11 matched control cities.⁵⁶

The authors also found factors other than the 1% Effect were statistically unlikely to account for these changes. Subsequent confirmatory studies on the 1% Effect and crime rates in U.S. cities by Dillbeck, Landrith and Orme-Johnson in 48 cities and by Hatchard in suburban Cleveland were also published in the 1980s.⁵⁷

⁵⁶ Borland, C., & Landrith, G. S. III. (1977). Improved quality of life through the Transcendental Meditation program: Decreased crime rate. In D. W. Orme-Johnson & J. T. Farrow (Eds.), *Scientific research on the Transcendental Meditation program: Collected papers, volume 1* (pp. 639–648). Maharishi European Research University Press.

⁵⁷ Dillbeck, M. C., Landrith III, G. S., & Orme-Johnson, D. W. (1981). The Transcendental Meditation program and crime rate change in a sample of forty-eight cities. *Journal of Crime and Justice* 4, 25–45; Hatchard, G. (1989). Influence of the Transcendental Meditation program on crime rate in suburban Cleveland. In R. Chalmers, G. Clements, H. Schenkluhn, & M. Weinless (Eds.), *Scientific research on Maharishi's Transcendental Meditation and TM-Sidhi programme: Collected papers, volume 2* (pp. 1199–1204). Maharishi Vedic University Press.

Formula #2: A related sociological phenomenon is the Extended Maharishi Effect⁵⁸ (or Super-radiance Effect⁵⁹) in which the $\sqrt{1\%}$ of any population practises Maharishi's Transcendental Meditation and TM-Sidhi program, including Yogic Flying, together in a group will create the Maharishi Effect.⁶⁰ To create the Extended Maharishi Effect, these Sidhas must practise the program at the same time and in the same place, typically as one large group in one location, such as in a university sports facility or an assembly hall.

According to Maharishi, "The first major test of this prediction took place in 1978 during my Global Ideal Society Campaign in 108 countries: crime rate was reduced everywhere".⁶¹ Maharishi originally predicted it would only take 0.01%, i.e., less than $\sqrt{1\%}$, of a population practising his Transcendental Meditation and TM-Sidhi program (but not necessarily in one group) to create this same effect.⁶² However, based on further scientific evidence the ratio appears to have been increased later to $\sqrt{1\%}$ when his Transcendental Meditation and TM-Sidhi program is practised together in a group at the same time.

When the $\sqrt{1\%}$ is achieved by military personnel practising Maharishi's Transcendental Meditation and TM-Sidhi program together in a group, Maharishi refers to the phenomenon as the 'Grand Formula for Prevention' [i.e., the prevention of negative influences which adversely impact "peace, freedom and prosperity"⁶³].

When applied to the entire world population, the Extended Maharishi Effect is called the 'Global Maharishi Effect'.⁶⁴ Such a group of Sidhas would, according to Formula #2, create a powerful influence of

⁵⁸ For a description of the Extended Maharishi Effect, see: Maharishi Mahesh Yogi. (1996). *Maharishi's absolute theory of defence: Sovereignty in invincibility*. Maharishi Vedic University, pp. 452–453.

⁵⁹ Wallace, R. K., Orme-Johnson, D. W., & Dillbeck, M. C. (Eds.) (1990). *Scientific research on Maharishi's Transcendental Meditation and TM-Sidhi program: Collected papers, volume 5*. Maharishi International University Press.

⁶⁰ Note, the mathematical ratio for the Extended Maharishi Effect and the Global Maharishi Effect is 1:10,000.

⁶¹ Maharishi Mahesh Yogi. (1995). *Maharishi's absolute theory of government: Automation in administration*. Maharishi Ved Vigyān Vishva Peetham, p. 316.

⁶² Op cit, *Enlightenment to every individual, invincibility to every nation*, p. 34; note, the mathematical ratio for this Maharishi Effect is 1:1,000.

⁶³ Maharishi Mahesh Yogi. (1996). *Maharishi's absolute theory of defence: Sovereignty in invincibility*. Maharishi Vedic University, p. 6.

⁶⁴ For a description of the Global Maharishi Effect, see: Maharishi Mahesh Yogi. (1996). *Maharishi's absolute theory of defence: Sovereignty in invincibility*. Maharishi Vedic University, pp. 453–455.

coherence, orderliness and peacefulness for the entire world's population. To create the Global Maharishi Effect using Formula #2 and the current world population of 8.14 billion people, a group of 9,023 Sidhas practising the Transcendental Meditation and TM-Sidhi program together in a group would theoretically be required.

The Global Maharishi Effect was witnessed during three large 'World Peace Assemblies' which were held over a period of two to three weeks in the U.S.A., Holland, and India.

The secret of the Global Maharishi Effect is the phenomenon known to Physics as 'Field Effect', the effect of coherence and positivity produced from the field of infinite correlation—the self-referral field of least excitation of consciousness—the field of Transcendental Consciousness, which is basic to creation and permeates all life everywhere.

The greatest demonstration of the Global Maharishi Effect so far was evidenced when the enmity between the two superpowers (Soviet Union and U.S.A.) ended in a friendly handshake (1988).⁶⁵

During a 2004 global press conference, when the world's population was about 6.5 billion people, Maharishi was asked about the Global Maharishi Effect and its ability to transform the world from one of violence, unrest, confusion, and disharmony to one of peace due to the increasing influence of coherence-creating groups. When applying the $\sqrt{1\%}$ formula, Maharishi also pointed out that it would be good to have a 'safety factor' and not simply rely on one group.

World consciousness depends upon how many people are functioning from that level of the unified field. And it has been found about 8,000 in one place would create enough saturation that will radiate harmony and correct and improve the disharmonious influence in the environment.... In any engineering [project, there is always a] four to six times safety factor.

So, if an 8,000 group is needed, better to have four times or five times that [number]. So we have targeted a group of 40,000 Yogic Flyers in

⁶⁵ Op cit., *Maharishi's absolute theory of government*, pp. 317–318.

any part of the world. If they practise Yogic Flying, the world will never get into any negative thoughts, negative trends. The world will never have to face problems.⁶⁶

For Perú, according to this $\sqrt{1\%}$ formula, in 2025, 582 practitioners of the Transcendental Meditation and TM-Sidhi program in one place in Perú would be required to create the Extended Maharishi Effect (or 2,910 Sidhas if applying Maharishi's fivefold safety factor). This calculation is based on $\sqrt{338,500}$. However, beginning in 2007, when the Extended Maharishi Effect was first created in Perú using this Formula #2, the population was 28.2 million, meaning the $\sqrt{1\%}$ effect would be created by a minimum of one group of 531 Sidhas practising Maharishi's Transcendental Meditation and TM-Sidhi program in one place at the same time. By 2022, the population had increased to 33.5 million, or a requirement of 579 Sidhas.

Beginning in 2007 and through to 2022, there were in fact 17 groups of secondary school students in seven regional areas where many of these Sidha group numbers reached or exceeded the required national threshold of $\sqrt{1\%}$ of the population at various times, meaning the Extended Maharishi Effect was intermittently created in Perú between 2007 and 2022, as shown in Figure 2 by region, school and year based on data provided by Instituto Maharishi de Ciencia y Tecnología del Perú, Lima.

For example, between 2007 and 2010 a group of 900 secondary school students in Orfanato de Ventanilla and between 2012 and 2014 a group of 800 secondary school students in Faustino Sanchez, both in Callao, practised Maharishi's Transcendental Meditation and TM-Sidhi program in one place at the same time.

Similarly, between 2007 and 2009 a group of 900 secondary school students in La Merced Puno, between 2008 and 2010 a group of 700 secondary school students in Romero Padilla Chucuito, between 2009 and 2010 a group of 600 secondary school students in Jequetepeque, and again between 2017 and 2018 a group of 600 secondary school students in Huay-Huay practised Maharishi's Transcendental Meditation and TM-Sidhi program in groups at the same time.

⁶⁶ Maharishi Mahesh Yogi. (2004). *Maharishi global press conferences: What is needed to create world peace* [Video], 30 June 2004. YouTube <https://www.youtube.com/watch?v=bKwgKyGTfM4>

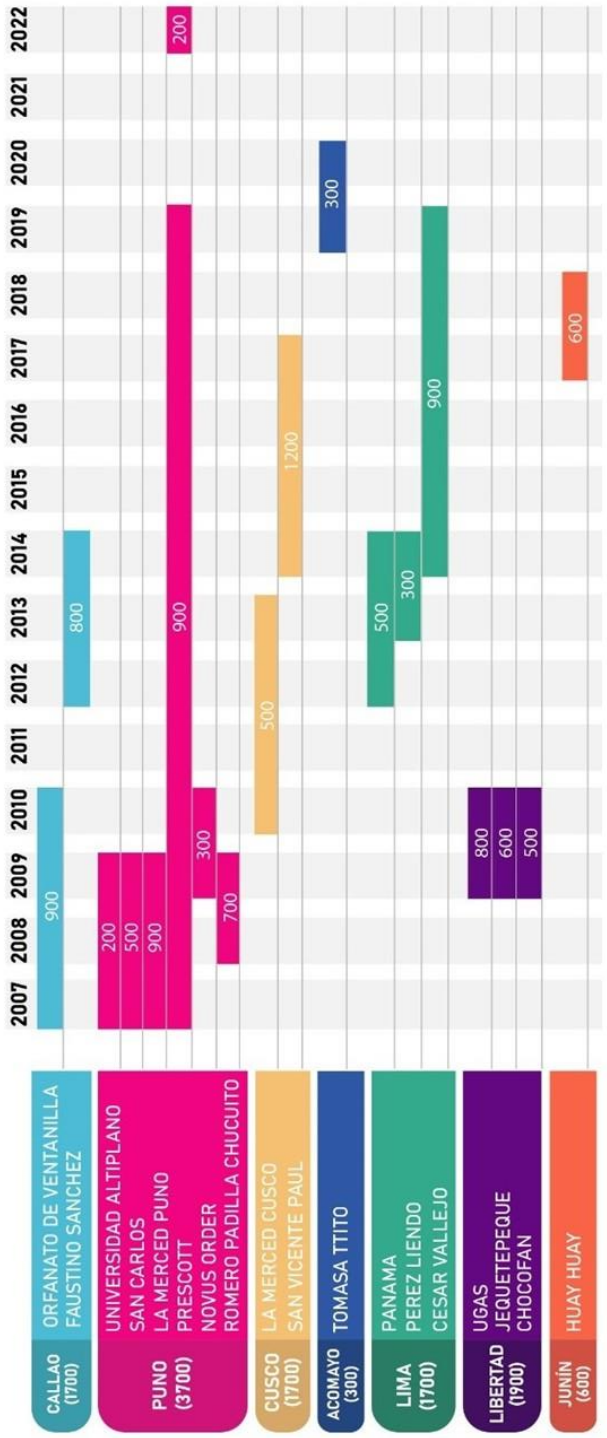


Figure 2: Number of groups of students practising Maharishi’s Transcendental Meditation–Sidhi program in Perú between 2007 and 2022.

Therefore, at various times between 2007 and 2022 a total of more than 11,500 secondary school and university students practised the Transcendental Meditation and TM-Sidhi program together in groups. In 2020 and 2021, due to the COVID-19 pandemic, and at other times in 2011, 2014, 2015 and 2106, these cumulative group numbers fell below the required threshold of $\sqrt{1\%}$ of the population necessary to create the Extended Maharishi Effect in Perú. The sociological impact of these groups on Peruvian society will be discussed in a following section of this paper.

Multiple examples of both the Extended Maharishi Effect⁶⁷ and Global Maharishi Effect⁶⁸ have appeared in international published literature. One of the most rigorous and widely published was conducted on the group practise of the Transcendental Meditation and TM-Sidhi program in Jerusalem, which found the Extended Maharishi Effect reduced stress in the collective consciousness and behaviour of both Israel and Lebanon.⁶⁹

⁶⁷ For examples of the Extended Maharishi Effect, see: Dillbeck, M. C., Cavanaugh, K. L., Glenn, T., Orme-Johnson, D. W., & Mittlefehldt, V. (1987). Consciousness as a field: The Transcendental Meditation and TM-Sidhi program and changes in social indicators. *The Journal of Mind and Behavior*, 8(1), 67–104; Dillbeck, M. C., Banus, C. B., Polanzi, C. & Landrith III, G. S. (1988). Test of a field model of consciousness and social change: The Transcendental Meditation and TM-Sidhi program and decreased urban crime. *The Journal of Mind and Behavior*, 9(4), 457–486; Dillbeck, M. C. (1990). Test of a field hypothesis of consciousness and social change: Time series analysis of participation in the TM-Sidhi program and reduction of violent death in the US. *Social Indicators Research*, 22(4), 399–418; Dillbeck, M. C., & Cavanaugh K. L. (2016). Societal violence and collective consciousness: Reduction of U.S. homicide and urban violent crime rates. *SAGE Open*, 6(2), 1–16; and Dillbeck, M. C., & Cavanaugh K. L. (2017). Group practice of the Transcendental Meditation and TM-Sidhi program and reductions in infant mortality and drug-related death: A quasi-experimental analysis. *SAGE Open*, 7(1), 1–16.

⁶⁸ For an example of the Global Maharishi Effect, see: Gelderloos, P., Frid, M. J., Goddard, P. H., Xue, X., & Lölinger, S. A. (1988). Creating world peace through the collective practice of the Maharishi Technology of the Unified Field: Improved U.S.-Soviet relations. *Social Science Perspectives Journal*, 2(4), 80–94; and Orme-Johnson, D. W., Cavanaugh, K. L., Alexander, C. N., Gelderloos, P., Dillbeck, M. C., Lanford, A. G., & Abou Nader, T. M. (1989). The influence of the Maharishi Technology of the Unified Field on world events and global social indicators: The effects of the Taste of Utopia Assembly. In R. Chalmers, G. Clements, H. Schenkluhn, & M. Weinless (Eds.), *Scientific research on Maharishi's Transcendental Meditation and TM-Sidhi programme: Collected papers, volume 4* (pp. 2730–2762). Maharishi Vedic University Press.

⁶⁹ Orme-Johnson, D. W., Alexander, C. N., Davies, J. L., Chandler, H. N., & Larimore, W. E. (1988). International peace project in the Middle East: The effect of the Maharishi Technology of the Unified Field. *Journal of Conflict Resolution*, 32(4), 776–812.

Formula #3: A more recent formula of the Extended Maharishi Effect can be applied when there is more than one group of practitioners of Maharishi's Transcendental Meditation and TM-Sidhi program in a population. This formula was advanced by Dr Michael Dillbeck in an article by Dillbeck and Cavanaugh in 2016.⁷⁰

Dillbeck's formula, $\sqrt{(n_1^2 + n_2^2)}$, suggests if there is more than one group of practitioners of the Transcendental Meditation and TM-Sidhi program practising at the same time but in different locations at a distance the Extended Maharishi Effect will still be created if Formula #3 equals or exceeds the $\sqrt{1\%}$ of the whole population.

In Perú we showed the number of Sidhas required to generate the Extended Maharishi Effect in 2025 was 582 according to Formula #2. However, if one group had not reached the critical threshold of $\sqrt{1\%}$ but there were two groups of say 425 for a total $N = 850$ Sidhas together in two different locations, $n_1^2 = 425^2 + n_2^2 = 425^2 = 180,625 + 180,625 = 361,250$, then $\sqrt{361,250} = 601$, the Extended Maharishi Effect would be created. The Extended Maharishi Effect would be created because the two separate groups would generate the same (or roughly equivalent) level of coherence as if the 850 practitioners were together in one group of 601, thereby exceeding the necessary threshold of 582 to create the Extended Maharishi Effect in Perú according to Formula #2. As shown in Figure 2, this criterion was reached and comfortably exceeded several times between 2007 and 2022.

For example, between 2009 and 2010 when the population was about 29.0 million with a $\sqrt{1\%}$ requirement of 539 Sidhas, two groups of 800 and 600 students in the Libertad region were practising Maharishi's Transcendental Meditation and TM-Sidhi program simultaneously with multiple groups of students in Puno. Similarly, between 2012 and 2014 when the population was 30.0 million with a $\sqrt{1\%}$ requirement of 548

⁷⁰ Dillbeck, M. C., & Cavanaugh, K. L. (2016). Societal violence and collective consciousness: Reduction of U.S. homicide and urban violent crime rates. *SAGE Open*, 6(1), 1–16; footnote 2 on p. 12: "From late July to late October 2006, a second group was formed in Washington, D.C., to add to the effect of daily group practice of the TM-Sidhi program. Because the two groups were separate and distant, the predicted effect of these two groups was added independently, that is $\sqrt{(n_1^2 + n_2^2)}$, where n_1 refers to the Iowa group and n_2 to the Washington group. The Washington group was much smaller than the Iowa group, so the effect was inconsequential for the total number for those three months, although it was included for the sake of completeness". Note, the mathematical ratio for this version of the Extended Maharishi Effect is theoretically larger than 1:10,000, depending on the configuration of the groups.

Sidhas, two groups of 500 and 300 in the Lima region were practising Maharishi's Transcendental Meditation and TM-Sidhi program simultaneously with groups of students in Cusco, Puno and Callao. The least parsimonious calculation for just these four groups would be: $800^2 + 600^2 + 500^2 + 300^2 = 640,000 + 360,000 + 250,000 + 90,000 = \sqrt{1,340,000} = 1,157$ Sidhas, more than enough to create the Maharishi Effect using Formula #3.

However, it is unclear if this phenomenon is true only if groups are in the same country and are thus proximate, as in the example given by Dillbeck and Cavanaugh for the United States and used here for Perú, or whether groups can be more widely dispersed, for example simultaneously in more than one country, and we are unaware of any other published application of this Formula #3 or empirical support for it.

Formula #4: Another proposed version of the same formula to create the Extended Maharishi Effect suggests if there is more than one group of Sidhas practising at the same time in different locations but at a distance of no more than about 5.0km, the Extended Maharishi Effect is still created as if the separate groups were in fact one group practising together in one place. This conception of the formula is essentially the same as Formula #3, but where that formula assumes two or more groups in the calculation, this formula statistically counts the separate groups as one group due to their close proximity.

According to this variation of Formula #2, when two or more groups of Sidhas practise Maharishi's Transcendental Meditation and TM-Sidhi program at the same time and are located less than 5.0km apart, they can be counted as if they are one group practising together in the same place and at the same time, provided they have reached the required threshold of $\sqrt{1\%}$ of a population.⁷¹ Thus, $\sqrt{(n_1^2 + n_2^2 + n_3^2)} = \sqrt{1\%}$, provided n_1 , n_2 , and n_3 are less than 5.0km apart.

This formula was tested during a large demonstration project of the Extended Maharishi Effect in Washington, D.C. in 1993.⁷² In that example, seven groups of practitioners of Maharishi's Transcendental Meditation

⁷¹ Note, the mathematical ratio for this version of the Extended Maharishi Effect is theoretically larger than 1:10,000, depending on the configuration of the groups.

⁷² Hagelin, J. S., Rainforth, M. V., Orme-Johnson, D. W., Cavanaugh, K. L., Alexander, C. N., Shatkin, S. F., Davies, J. L., Hughes, A. O., & Ross, E. (1999). Effects of group practice of the Transcendental Meditation program on preventing violent crime in Washington, DC: Results of the National Demonstration Project, June–July 1993. *Social Indicators Research*, 47(2), 153–201.

and TM-Sidhi program were housed in hotels and college dormitories in different locations in Washington (one group was also located about 14.0km outside Washington in Maryland and hence beyond the predicted 5.0km range). Thus, the calculation for the seven groups was: Maharishi Effect = $\sqrt{(n_1^2 + n_2^2 + n_3^2 + n_4^2 + n_5^2 + n_6^2 + n_7^2)}$.

An average total of about 2,500 participants across an eight-week period was used as the 'independent variable' in the quasi-experiment (i.e., the size of the group of Sidhas used to predict the Extended Maharishi Effect). When the impact of the groups on crime rate in Washington, D.C. was statistically calculated either as the total number of Sidhas (i.e., a number greater than the $\sqrt{1\%}$ of the U.S. population of 260 million, Formula #1 or 1,612 Sidhas) or as the number in each housing area squared and added according to this Formula #4, the scale of the Extended Maharishi Effect using time series analysis was essentially the same ($r = 0.99$ between calculation for Formula #1 and Formula #4). Thus, irrespective of whether the formula was $\sqrt{1\%}$ of the U.S. population or this modified $\sqrt{(n_1^2 + n_2^2 + n_3^2 \dots)}$ the size and type of effect of coherence and orderliness on crime rate was essentially the same.

Based on notes from an 11 May 1990 phone call to a delegation in Moscow of faculty from Maharishi International University, Maharishi also explained that synchronised group practise of his Transcendental Meditation and TM-Sidhi program by several smaller groups in Moscow would have about 75–80% of the effect as the same number of Sidhas practising in a single group.⁷³ In other words, if 500 Sidhas practised his Transcendental Meditation and TM-Sidhi program in one place at the same time, their coherence-creating effect would be reduced by about 20–25% if they were practising in smaller groups, of say five groups of 100, around Moscow. Maharishi's remark apparently concerned only groups practising the Transcendental Meditation and TM-Sidhi program in the city of Moscow (i.e., groups which were relatively close together); it was not directed to groups both in Moscow and other non-proximate groups elsewhere in the U.S.S.R.

In Perú, for example, if during 2025 there were three groups (i.e., $n_1 = 350 + n_2 = 350 + n_3 = 350$) totalling $N = 1,050$, and the groups were no more than 5.0km apart, then: $n_1^2 + n_2^2 + n_3^2 = 350^2 + 350^2 + 350^2 = 122,500 + 122,500 + 122,500 = 367,500$, and thus $\sqrt{367,500} = 606$, meaning the three groups would have the same coherence-creating effect as if they were one group of 606, i.e., slightly more than the required threshold of

⁷³ Personal correspondence from Rajrajeshwari Candace Badgett, 2 September 2025.

$\sqrt{1\%}$, or 582, practising together in one place at the same time. As shown in Figure 1, this criterion was reached and exceeded at various times between 2007 and 2022. For example, in Puno between 2007 and 2009, four groups of 200 at Universitas Altiplano, 500 at San Carlos, 900 at La Merced, and 700 at Romero Padilla Chucuito were practising Maharishi's the Transcendental Meditation and TM-Sidhi program in groups less than 5.0km apart. Hence: $n_1^2 + n_2^2 + n_3^2 + n_4^2 = 200^2 + 500^2 + 900^2 + 700^2 = 40,000 + 250,000 + 810,000 + 490,000 = \sqrt{1,590,000} = 1,260$ Sidhas, more than enough to create the Maharishi Effect using this Formula #4.

To our knowledge, there are no established laws of nature from modern scientific disciplines which explain this specific distance-related phenomenon but there is a logic to it given evidence of evoked potentials in the brain where adjacent coherent cells can reinforce or multiple the effect of other cells.⁷⁴ However, evoked potentials are a microscopic phenomenon; the question begged here is: does the same apply for macroscopic groups up to 5.0km apart and why is 5.0km the specific distance at which this phenomenon occurs? Further research is required to better understand the mechanics of this Formula #4. Apart from the aforementioned studies by Hagelin et al. and Dillbeck and Cavanaugh,⁷⁵ which refer to this Formula #4 for calculating the Extended Maharishi Effect at a national level, we are unaware of any other published studies on this topic.

A PROPOSED NEW FORMULA TO CREATE THE MAHARISHI EFFECT

What has not been considered in any of the above formulas is the possibility of *groups of people practising Transcendental Meditation* generating the same effect of orderliness, harmony and peacefulness in a

⁷⁴ For examples of evoked potential research, see: Keller, C. J., Honey, C. J., Mégevand, P., Entz, L., Ulbert, I., & Mehta, A. D. (2014). Mapping human brain networks with cortico-cortical evoked potentials. *Philosophical Transactions of the Royal Society B: Biological Sciences*, 369(1653), 20130528; Keller, C. J., Honey, C. J., Entz, L., Bickel, S., Groppe, D. M., Toth, E., Ulbert, I., Lado, F. A., & Mehta, A. D. (2014). Corticocortical evoked potentials reveal projectors and integrators in human brain networks. *Journal of Neuroscience*, 34(27), 9152–9163; and Mazzi, C., Mele, S., Bagattini, C., Sanchez-Lopez, J., & Savazzi, S. (2024). Coherent activity within and between hemispheres: cortico-cortical connectivity revealed by rTMS of the right posterior parietal cortex. *Frontiers in Human Neuroscience*, 18, 1362742.

⁷⁵ Op cit., Effects of group practice of the Transcendental Meditation program on preventing violent crime in Washington, D.C.; and op cit., Societal violence and collective consciousness.

population via the same or similar mechanisms described previously, irrespective of whether they do so together in a group or in separate groups but all practising at the same time.

However, given the above analysis, which shows 1% of individuals practising Maharishi's Transcendental Meditation in isolation generates the Maharishi Effect and the $\sqrt{1\%}$ of a population in groups practising together at the same time (i.e., in one place or in association of time and proximity) generates the Extended Maharishi Effect, it does not seem unreasonable to expect such a phenomenon would also occur for groups of individuals practising Transcendental Meditation together, either in one place at the same time or in association of time and proximity.

Such a prospect raises the question: Is there a logical, defensible formula that could explain and/or account for the effect of the coherence observed in a society when multiple, but nevertheless distributed and dispersed, groups of people practise Transcendental Meditation at the same time? Presumably, if such a phenomenon were observed, the required threshold number to create the effect would be somewhat less than 1% as in Formula #1 because the participants are meditating in groups not in isolation but significantly greater than $\sqrt{1\%}$ as in Formula #2 because they are not practising the Transcendental Meditation-Sidhi program (and thus not generating the same high levels of brainwave coherence associated with that program) and are not together in the same group.⁷⁶

According to Maharishi, group meditation "deepens the experience" of Transcendental Meditation.⁷⁷ Furthermore, Maharishi told a Santa Catalina Island, California, course of 100 practitioners of Transcendental Meditation in October 1962 to hold group meditations during the Cuban Missile Crisis and later said this group meditation had "averted a more serious crisis".⁷⁸ When asked if the current world crisis "need degenerate into a world war", Maharishi stated:

No, it could be regenerated into lasting world peace. We could save it from degenerating into world war. If enough means are available

⁷⁶ The authors wish to acknowledge the kind contributions to this discussion by Dr John Price, former head of the Mathematics Department at Maharishi International University, and Dr Kenneth L. Cavanaugh, Distinguished Emeritus Professor of Applied Statistics at Maharishi International University.

⁷⁷ Maharishi Mahesh Yogi. (1986). *Thirty years around the world: Dawn of the Age of Enlightenment, volume one, 1957-1964*. Maharishi Vedic University Press, p. 526.

⁷⁸ Ibid., p. 450.

to bring large numbers of people the techniques of harmonizing the relative and absolute fields of life, soon the increasing tensions in the atmosphere could be neutralized by the influence of goodwill and harmony. If one-tenth of the world population could be given the technique of harnessing the 'Nuclear Life Energy', the chances of world war would be far removed for centuries to come.⁷⁹

Two years later, at the end of May 1964,

India's beloved Pandit Nehru dies, and Maharishi directed all Spiritual Regeneration Movement centres across the nation to conduct a Meditation Week for World Peace until 8 June in memory of the great first Prime Minister of India. During the week, centers held collective meditations for one hour and presented lectures informing the public of the efficacy of Transcendental Meditation in neutralizing atmospheric tensions and hostile feelings, and producing an influence of peace and harmony in the world.⁸⁰

This concept of using 'large numbers of people' in collective or group meditations at quantifiable thresholds to create coherence in society is the basis for our proposed new formula for creating the Maharishi Effect, which the following data explore in the context of Perú.

Formula #5: In some systems, a small change (e.g., a 0.1% change in temperature) can be enough to trigger a phase transition between high-excitation phases of the system to low-excitation phases of the system, i.e., to those phases or states associated with greater orderliness and coherence. Thus, a small degree of coherence, such as 0.1%, may trigger a phase transition in certain physical systems.⁸¹

This phenomenon is often observed in systems undergoing a transition from a disordered to an ordered state, where a small amount of global coherence can act as a seed for macroscopic order to emerge. Similarly, emerging evidence of phenomena in the human brain of event-

⁷⁹ Maharishi Mahesh Yogi. (1962). *Discovery of 'nuclear life energy': A challenge to war and tension*. S.R.M. Foundation, p. 11; note, the mathematical ratio for this effect is 1:10.

⁸⁰ Op cit., *Thirty years around the world*, p. 550.

⁸¹ For example, see: Liu, I. K., Donadello, S., Lamporesi, G., Ferrari, G., Gou, S. C., Dalfovo, F., & Proukakis, N. P. (2018). Dynamical equilibration across a quenched phase transition in a trapped quantum gas. *Communications Physics*, 1(1), Article no. 24.

related potentials (ERPs) may also indicate the same kind of ‘seed’ activity at the neuronal or transcranial levels of the brain.⁸²

If we assume 0.1% of individuals in a population practise Maharishi’s Transcendental Meditation together in groups ($0.1\% = n_1 + n_2 + n_3 \dots$), a threshold percentage smaller than the 1% required for the Maharishi Effect but greater than the $\sqrt{1\%}$ required for the Extended Maharishi Effect, then the same effect of increased orderliness and harmony should be produced and can be measured.

We therefore propose a new formula for creating the Maharishi Effect, i.e., an effect of transition from a more disorderly and disharmonious state to a more orderly and harmonious state in any given human population, a formula which is supported by evidence from observed physical phenomena in humans and other natural systems.

The formula is: 0.1% of the population practising Maharishi’s Transcendental Meditation together in groups at the same time,⁸³ which we propose will have the same effect as 1% of individuals practising Maharishi’s Transcendental Meditation in isolation (as described in Formula #1) or $\sqrt{1\%}$ of individuals practising Maharishi’s Transcendental Meditation and TM-Sidhi program together in a group at the same time (as described in Formula #2, and which may also include separate but proximate or non-proximate groups, as described in Formulas #3 and #4). For Perú, this new formula in 2025 would equate to 33,850 people in multiple groups practising Maharishi’s Transcendental Meditation at the same time.

APPLYING THE FORMULAS TO PERÚ

As part of a six-year pre-, peri- and post-pandemic research program, we have documented in a series of 15 published studies the dramatic social and economic transformation that has taken place in Perú since the late

⁸² For example, see: Daly, I., Williams, N., & Nasuto, S. J. (2024). TMS-evoked potential propagation reflects effective brain connectivity. *Journal of Neural Engineering*, 21(6), 066038; and Murovec, B., Berti, S., Yahya, S., Spaniol, J., & Keshavarz, B. (2025). Early cortical processing of coherent vs. non-coherent motion stimuli in younger and older adults: An event-related potential (ERP) study investigating visually inducedvection. *Neuropsychologia*, 212, 109140. Note, research is still emergent on this topic, and further theoretical and empirical evidence is required to confirm whether coherent triggering or seeding at 0.1% is accurate.

⁸³ Note, the mathematical ratio for this proposed new formula is 1:1,000.

1990s. It is our contention these remarkable social and economic improvements have, as a result of the practise of a cumulative total of 70,000 people practising Transcendental Meditation and 12,000 people practising the Transcendental Meditation-Sidhi program, been due to the Maharishi Effect. We further contend these Meditators and Sidhas, practising either in isolation or in groups, have reached or exceeded the necessary mathematical thresholds described in this discussion paper to create an influence of coherence in the collective consciousness of Perú.

In summary, we have shown that while the necessary 1% threshold of the population practising Transcendental Meditation has not been reached to satisfy Formula #1 for the entire country, multiple cities, including large towns and cities such as Cusco (population 497,000) with 2.2%, La Oroya (population 33,000) with 2%, Puno (population 140,000) with 12%, and San Pedro de Lloc (population 18,000) with 25%, have reached or exceeded the required 1% threshold.

We have also shown in Figures 2 and 4 that one or more groups consisting of at least the $\sqrt{1\%}$ of the population have at various times since 2007 been practising Maharishi's Transcendental Meditation and TM-Sidhi program in a group, thereby satisfying the requirement for Formula #2. An image of students practising the Transcendental Meditation and TM-Sidhi program at a school in Puno is shown in Figure 3 as an example of such groups.



Figure 3: Example of group practise of Maharishi's Transcendental Meditation and TM-Sidhi program at a school in Puno creating the Maharishi Effect via Formula #2.

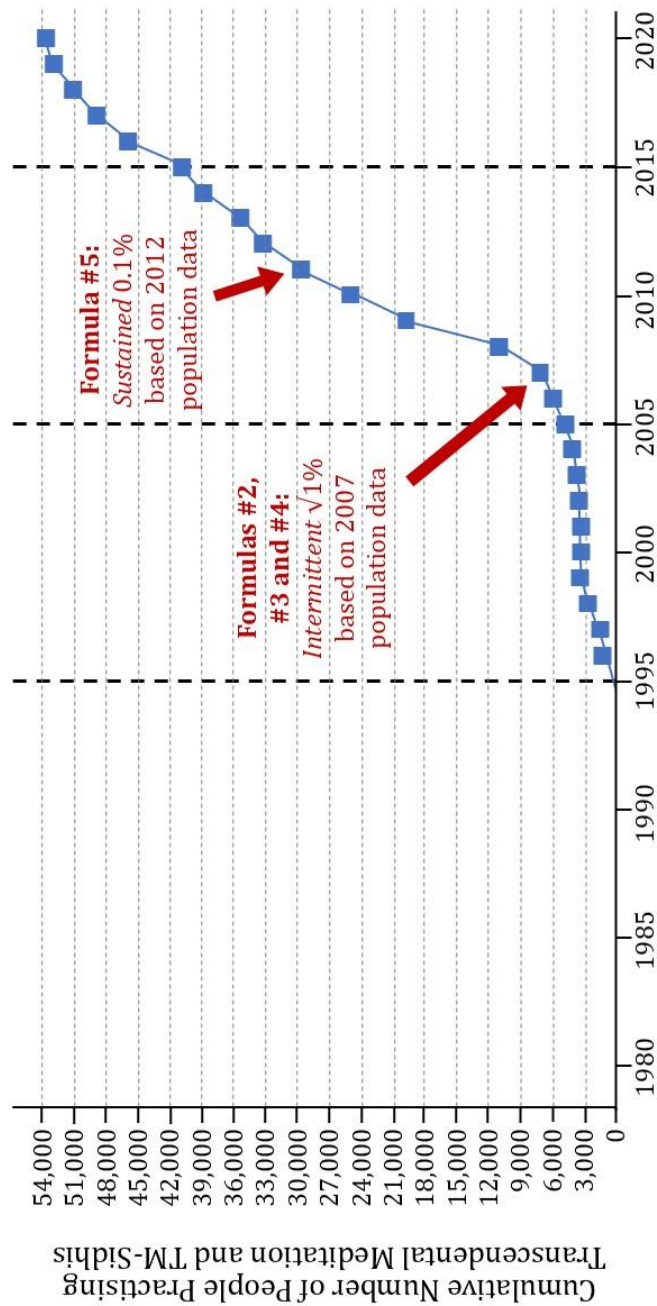


Figure 4. Cumulative number of students between 1980 and 2020 taught the Transcendental Meditation and TM-Sidhi program in Perú, intermittently reaching $\sqrt{1\%}$ in 2007 and thereafter (red arrow to the left) but reaching and sustaining 0.1% of the population who were meditating together in 54 separate groups at the same time after 2012 (red arrow to the right). The vertical dashed lines indicate time intervals or phases of the study, 1995 to 2005 and 2005 to 2015.

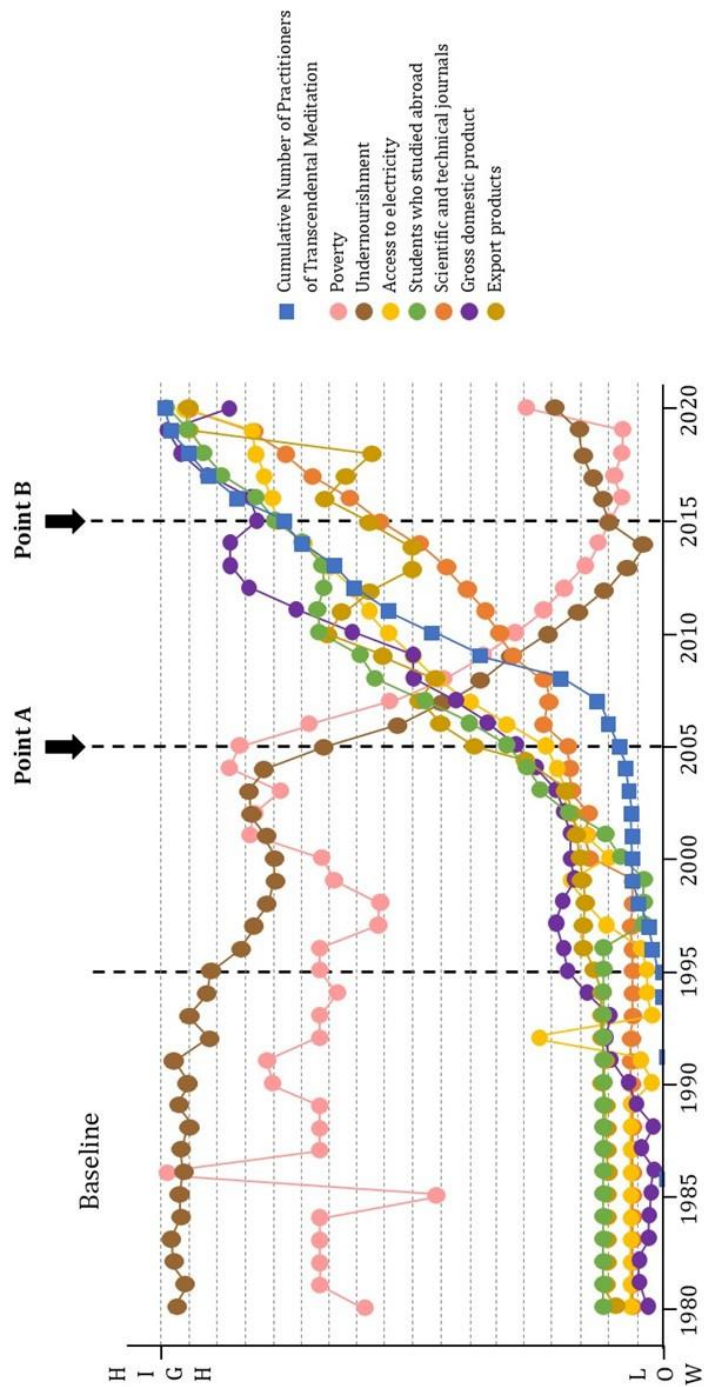


Figure 5: Visual display of the superimposed number of meditating students (blue squares) and its relation to seven annualised socio-economic dependent variables (coloured circles) between 1980 and 2020.

A Proposed New Formula to Create the Maharishi Effect



School #1, Puno ($n = 4,200$)



School #2, Arequipa ($n = 3,000$)



School #3, Cusco ($n = 4,000$)



School #4, Cusco ($n = 1,500$)



School #5, Lima ($n = 4,200$)



School #6, Huay-Huay ($n = 1,000$)



School #7, Loreto Province ($n = 1,000$)



School #8, Cusco ($n = 2,500$)

Figure 6: Examples of group meditation in eight schools in Perú creating the Maharishi Effect via Formula #5.

Formulas #3 and #4 are variations of Formula #2, and we have shown by data in Figure 2 that both Formulas have been satisfied at various times between 2007 and 2022 but have not been a continuous influence on the quality of life in Perú between these years.

However, we have documented there is a clear relationship between the number of students practising Maharishi's Transcendental Meditation program in groups throughout Perú and significant improvements in a range of measures of health, education and economics,⁸⁴ thereby reaching and sustaining the necessary threshold for Formula #5 since 2012. In that research, we specifically reported the number of students meditating together in groups over a ten-year period, from about 5,000 students in 2005 to 41,000 students in 2015, as shown in Figure 4.⁸⁵ The 41,000 meditating students by 2015 were distributed over 54 student groups but this number increased to more than 90 groups by 2025.

Figure 4 shows the increase in number of Meditators between 1995 and 2020, with particular emphasis in the rapid increase in the ten-year period between 2005 and 2015, which shows the 0.1% Effect would have occurred beginning in 2012 when the threshold of 29,600 student in multiple groups practising Maharishi's Transcendental Meditation at the same time was reached and surpassed.

Of particular note are the data shown in Figure 5, where between 2005 (Point A) and 2015 (Point B) the number of meditating students (blue squares) surged from 5,000 to 41,000. It was during these same years that the greatest change in the seven socio-economic variables was observed.

For example, poverty decreased from 58% in 2005 to 22% by 2015 (a 61% reduction); undernourishment decreased from 5,000,000 people in 2005 to 2,000,000 by 2015 (a 60% reduction); access to electricity increased from 23% of the population in 2005 to 79% by 2015 (a 243% improvement).

⁸⁴ Fergusson, L., Ortiz Cabrejos, J., & Bonshek A. (2023). Living standards, Transcendental Meditation and the Peruvian miracle: A 41-year study of social and economic factors. *World Journal of Social Science*, 10(1), 8–46.

⁸⁵ Based on data in Figure 6, and if for Perú the 0.1% formula for this type of Maharishi Effect would be: 33,850 in 2022 = $n_1 + n_2 + n_3...$, where, for example, n_1 = School #1, Puno 4,200 Meditators + n_2 = School #2, Arequipa 3,000 Meditators + n_3 = School #3, Cusco 3,000 Meditators + n_4 = School #4, Cusco 1,500 Meditators + n_5 = School #5, Lima 4,200 Meditators + n_6 = School #6, Huay-Huay 1,000 Meditators + n_7 = School #7, Loreto Province 1,000 Meditators + n_8 = School #8, Cusco 2,500 Meditators....

Similarly, the number of students who studied abroad increased from 15,000 students in 2005 to 29,000 by 2015 (a 93% increase); the number of scientific and technical journals increased from about 350 in 2005 to about 950 by 2015 (a 171% increase); gross domestic product increased from \$75 billion in 2005 to \$190 billion by 2015 (a 153% improvement); and the number of export products increased from about 2,000 in 2005 to about 3,500 by 2015 (a 75% improvement).⁸⁶

Data on some of these socio-economic variables indicate a worsening of outcomes during the 2020 and 2021 COVID-19 pandemic before a resumption of the salutary trends shown in Figure 5 between 2022 and 2024, but other variables were unaffected. For example, gross domestic product (GDP) adjusted for inflation was \$201 million in 2020 and increased to \$289 million by 2024.⁸⁷

Furthermore, our earlier research showed a related phenomenon may also have occurred using Formula #5.⁸⁸ We showed in published research during the COVID-19 pandemic that irrespective of whether students practised Transcendental Meditation together in groups in their classrooms or meditated by themselves at the same time while in an online forum during home isolation the effects of meditation were the same for physical health, cognitive health, emotional health, and school performance outcomes.

However, more recently published data indicate that while the students' experiences were equally beneficial to them during home isolation, these experiences may not have generated enough coherence to create the Maharishi Effect via Formula #5 because some variables changed adversely during the pandemic. For example, annual inflation increased from 3.7% in 2020 to 10.1% in 2021 before settling to 5.4% by 2024.⁸⁹

⁸⁶ Op cit., Living standards, Transcendental Meditation and the Peruvian miracle.

⁸⁷ World Bank. (2025). *World development indicators: Peru*. Washington, DC: World Bank Group. Retrieved on 1 September 2025 from <https://databank.worldbank.org/reports.aspx?source=2&country=PER>.

⁸⁸ Fergusson, L., Ortiz Cabrejos, J., & Bonshek, A. (2022). Health and school performance during home isolation at Institución Educativa Privada Prescott in Puno, Perú (Saúde e desempenho escolar durante o isolamento domiciliar na Institución Educativa Privada Prescott em Puno, Perú). *Tapuya: Latin American Science, Technology & Society*, 5(1), 2003004.

⁸⁹ Op cit., *World development indicators: Peru*.

CONCLUSION

For Perú, then, the Maharishi Effect has been created at various times since 2007 by a combination of 1% of the population practising Transcendental Meditation in some towns and cities according to Formula #1 and in different years by the $\sqrt{1\%}$ of individuals practising the Transcendental Meditation and TM-Sidhi program together in one group or in multiple groups at the same time and in the same location according to Formulas #2, in different locations according to Formula #3, and in proximate locations according to Formula #4.

However, the one constant we can show is that at least 0.1% of the population of Perú practised Transcendental Meditation in groups at the same time after 2012, satisfying the threshold to meet Formula #5. We therefore suppose the remarkable transformation of Perú from “the deepest crisis in the nation’s republican history”⁹⁰ before 1995 when the groups of meditating students were formed to what President Barak Obama called the “envy of the world” in 2015 and what others have called the “Peruvian miracle”,⁹¹ can be explained by these multiple applications of the Maharishi Effect but particularly by the 0.1% Effect.

To this proposed new Maharishi Effect Formula #5, such a conclusion about a multiplier effect of group meditation appears reasonable in Perú, where many school students simultaneously practise Transcendental Meditation in groups, because:

- 1) there is historical evidence that Maharishi used group meditation to end national and regional crises;
- 2) we have established Maharishi said the effect of group meditation “deepens the experience”;⁹²
- 3) we have identified several examples from the physical sciences which indicate as few as 0.1% coherent ‘seed’ elements may be enough to trigger a phase transition in a system from a less coherent to a more coherent system state;

⁹⁰ Op cit., *Living standards*, Transcendental Meditation and the Peruvian miracle, p. 10.

⁹¹ Ibid., p. 9.

⁹² Op cit., *Thirty years around the world*, p. 526.

- 4) we have provided published evidence of an extensive and dramatic change to the socio-economic life of Perú based on Formula #5;⁹³ and
- 5) we have documented at least one Peruvian teacher in one school who observed “If there is group experience of meditation [the effect on students] multiplies”.⁹⁴

Further theoretical and empirical research is required to test the veracity of claims made in this discussion paper. Moreover, from as early as 1978 it has also been clear Maharishi’s “emphasis...is on creating Sidhas”,⁹⁵ and that emphasis remains ours today. It is therefore important to point out that by advancing this proposed new formula for creating the Maharishi Effect, we do not mean to shift attention away from the need for large groups of practitioners of Maharishi’s Transcendental Meditation-Sidhi program, which a substantial body of research indicates is the key to lasting peace and harmony in the world.

This advanced Vedic technology of consciousness remains the single most powerful means of changing the trends of time in any society due to the acute levels of brainwave coherence generated during this program, specifically during Yogic Flying. However, as groups of individuals who practise Transcendental Meditation rise to become groups of Sidhas, it is of some comfort to learn that the Maharishi Effect may still be evidenced by socio-economic changes in the direction of greater orderliness, harmony, health and peace.

⁹³ Op cit., Living standards, Transcendental Meditation and the Peruvian miracle.

⁹⁴ Fergusson, L., Cabrejos, J. O., & Bonshek, A. (2025). Stress, coping, and Transcendental Meditation: A proto-theoretical model and pilot study of indigenous Peruvian students in home isolation during the COVID-19 pandemic. *Journal of Latinos and Education*, 22(3), 893–910, p. 901.

⁹⁵ Op cit. *Enlightenment to every individual, invincibility to every nation*, p. 34.