Transcendental Meditation

The Transcendental Meditation technique is a simple, effortless mental process practiced for 15-20 minutes twice a day, sitting quietly and comfortably in a chair with the eyes closed. The TM technique enriches all aspects of life because it attends to the most basic level: the quality of one’s consciousness.

Hundreds of scientific research studies on the TM technique have shown that daily practice leads to a variety of benefits, including higher IQ, decreased anxiety, normalized blood pressure, and longer lifespan, to name a few. Over 250 independent universities and research institutions have conducted research studies on the TM technique and the National Institutes of Health has granted more than $25 million for scientists to further study the health benefits of the TM techniques. After nearly 40 years of scientific investigation, all of the major findings of the TM program’s benefits have been replicated. TM is the only meditation practice recommended by the American Heart Association.

Watch the introductory video below to learn more about what Transcendental Meditation is >>

The local TM center is located in Asheville, North Carolina. Tom and Jeanne Ball are certified TM teachers and travel to Greenville, SC to teach classes. To schedule your class directly with the Balls, you can call them at 828-254-4350. For more information on how the Sullivan Center is involved with TM, call our office at 864-656-3076.

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One meditation researcher, the physician and author Robert Schneider, M.D., FACC, is currently touring universities and medical schools across the U.S. to
update health scientists, physicians and students about the latest meditation research and the role of meditation in stress reduction and the prevention and treatment of heart disease.

“Many doctors and scientists are recognizing that mind-body-heart research has crossed a threshold,” says Dr. Schneider. “With the recent publication of the American Heart Association’s scientific statement on alternative methods for lowering blood pressure, and the AHA’s publication of a long-term clinical trial [3] showing that the Transcendental Meditation technique reduces rates of death, heart attack and stroke by 48 percent — and with hundreds of other peer-reviewed studies on TM, mindfulness and other meditation practices — there is now strong scientific evidence that meditation, when properly practiced, may significantly contribute to preventing cardiovascular disease and promoting well-being. The data indicates that managing your stress is at least as important as a balanced diet and exercise.” Watch the video below featuring Dr. Schneider: