Abstract
The best way to eliminate stress is deep rest, a lot of medical doctors would say. Deeper is the rest, more effective is the natural elimination of fatigue and other conditions of stress. The deep rest in Transcendental Meditation (TM) dissolves stress, providing relief from a wide range of stress-related and psychosomatic conditions. By stopping stress from accumulating, the Transcendental Meditation prevents illness and creates a basis for good health. At a deeper level the Transcendental Meditation restores natural balance of the physiology. When the mind and body can function properly, the natural intelligence within the body can function properly, strengthening the immune system and other self-repair mechanisms that naturally protect against disease. Many doctors recommend Transcendental Meditation as an effective remedy for the prevention of stress, and alleviation of stress-related illnesses. Scientific research studies have clearly shown that the level of rest gained during Transcendental Meditation is deeper than sleep or any other form of relaxation. Stress hormone Plasma Cortisol is decreased during Transcendental Meditation, whereas it did not change significantly in control subjects during ordinary relaxation. The most common benefits that people report after learning TM include better sleep, more energy, clearer thinking and improved well-being. These all indicate an increased ability to deal with the effects of stress. Regular practice of Transcendental Meditation actually eliminates stress physiologically. Repeated practice of the TM technique reverses effects of chronic stress, which is significant for health.

Keywords: Transcendental Meditation; Stress release; Health; Prevention

1 Introduction
Transcendent Meditation (TM) is a simple, natural, effortless technique, practiced 15 to 20 minutes in the morning and in the evening, comfortable sitting in a chair with closed eyes. During this technique an individual's awareness settles to experience the unique status of wakeful rest. While the body reaches a deep rest, mind transcends all mental activity and experiences a simpler form of consciousness-transcendent awareness. This experience rejuvenates creativity, dynamism, orderliness and organizing power, which improves health, increases efficiency and success in everyday life.

Transcendent Meditation is a simple mental technique, suitable for all ages. The technique does not include concentration, mind control, imagination, suggestions, beliefs or physical manipulation. To learn and practice, it is not necessary to change living habits. It is independent of the way of life, prior knowledge, individual's believe or belief.

Human Physiology runs well only if the exchange periods of activity and rest are in appropriate proportions. If the period of activity is too long, an individual becomes sick, and if the rest period is too long his mind gets dull. Excessive activity tires out the organism, which is at first presented as unconcentration, inefficiency and uncreativity, later as a disease. With adequate rest periods thoughts become again collected, the mind, as the subjective aspect of the persona, more creative and effective. An individual does less and accomplishes more. TM provides an additional, deep rest to the physiology and thereby enables its better functioning.

2 Definition of stress
Stress is the inability of the organism to "digest" the influences of its surroundings. This means that the individual does not create the appropriate response to all environmental incitements in a reasonable time or liberates himself from such influence of his surroundings. The ability to modify the influences of its surroundings is different – it is dependent on the status of restfulness of the physiology and of its development (Schmidt, 2003). After a long rest, we are better prepared to interact with the environment, then after several hours of exhausting activities. For
more developed individuals using more of its potentials, so intellectual, as of the body, makes it easier to take advantage of the opportunity in a particular moment. Their perception of the situation is more widely, they see "the big picture", with better psycho-physical capabilities, and are able to achieve their goals faster.

3 The effect of TM on stress

Transcendental Meditation effect on stress is multilayered. During the Meditation Physiology reaches the State of deep rest, which is according to the indicators of the rate of metabolism (oxygen consumption, calm heartbeat, etc.) 3-4 times deeper than during a night sleep (Wallace, 1970; Jevning, 1977). Deep rest allows the body to naturally regenerate, to get energized and rejuvenated. This is the way to eliminate the physiological consequences of stress, which is in the opinion of the medical profession largely responsible for the emergence of modern, very frequent psychosomatic diseases (WHO, 2005).

On the other hand, during Meditation the phenomenon of increased coherent functioning of the brain is created. Brainwave Coherence (also EEG Coherence) is defined as a large degree of closeness of brainwaves between different brain centers in frequency and phase. In the case of TM beginners, this coherence can be found in the field of the alpha waves (around 10Hz), in the case of long-term practitioners of transcendental Meditation and TM-sidhi program advanced techniques, EEG Coherence appears also in other areas of the wavelength, which is associated with the increased ability of conceptual learning (Dillbeck, 1981). Coherence, which appears between the practice of TM, appears increasingly also in everyday activity, which means that the brain learns during Meditation, how to operate functionally more connected (Shapiro, 2003). In this way, TM apprentice spontaneously benefits from using latent reserves of their brains outside of Meditation in everyday life. Greater coherence of the brain increases the ability of the brain, shown as better memory, better academic achievements, more creativity and attainment of better results in life (Harung, 2009).

4 Research

Indicators of increased stress on the level of Physiology can be easily measured. Research has shown that TM reduces the stress hormone – Plasma Cortisol (Jevning, 1975; Bevan, 1976). Another important indicator of stress level is the electrical resistance of the skin which is low when we are in stress situation (e.g. sweating palms), and increased when we are modest. The increased resistance of the skin is a regular occurrence during the practice of the TM, which demonstrates the effectiveness of techniques for the reduction of the stress level for TM practitioners (Wallace, 1970).

The World Health Organization (WHO) encourages care for mental health, because the most diseases today are of psychosomatic origins. In its report in 2005 (WHO, 2005) the Organization, inter alia, recalls that in the Western countries of the world the most common life-threatening cardiovascular disease is largely of psychosomatic origins, which again has its foundation in the chronic tension, fatigue and stress. In this area it is possible to detect the benefits of the TM technique. Many years of research on people who have already suffered some kind of ailments of these diseases, have shown that in the case of the test group, who has learned the TM technique, the risk of sudden death from a stroke, infarction, etc. decreased by almost 50% compared with a control group, which has only taken into account the instructions of the medical profession with regard to nutrition, behavior and physical activity. The results of the research were presented at the annual meeting of the American Association for the Heart, which took place on 16th of November 2009 in Orlando. The survey in a period of 9 years accompanied a group of about 200 Americans with narrowing of arteries in their hearts, the average age of 59 years, who were randomly assigned to either practice Transcendental Meditation, or to participate in the control group, receiving health education classes on the risk factors of cardiovascular disease and instructions about the diet, the necessary changes in the behavior in life and bodily exercises. Research in humans, who practiced Transcendental Meditation showed a 47% reduction in the incidence of death, infarction or strokes, clinically significant reduction in blood pressure and a significant reduction in psychological stress. The study has been financed by a 3,8 million dollar grant from the US National Institute of Health. (Klojčnik, 2010).

People in stress mostly inappropriately behave and are in the life of a social environment extremely annoying factor. Tension, concern and often inability to accomplish their needs and desires in life, often lead such an individual to extremes. Stress becomes a chronic condition; person is experiencing either "burn-out" syndrome, or is in serious trouble because of his unreasonable actions which may even get a criminal character. During the investigation the behavior of prisoners, which are in fact extreme group with stress fatigued people, showed increased psychological stability and flexibility of the behavior (reducing compulsive disorders) in a group of

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prisoners who regularly practiced TM technique (Abrams, 1978). Also, recidivism, in such persons is much lower (Bleck, 1982).

Due to the desire for liberation from the constraints of stress and tension, the abuse of different drugs in people is very high. So they constantly increase the abuse of tranquilizing medicaments, as well as alcohol, nicotine, and other drugs. The use of these substances is largely only run-away from the real problems, the short-term effect of the relaxation, which seemingly leads to their use, cannot justify their consumption due to their harmful action on the body. Various types of research showed spontaneous reduction in the use of numerous harmful substances with the TM practitioners (Aron, 1983; Alexander, 1994).

5 Conclusion

The life of a modern man "is distinguished by" the rapid pace of technological progress, psychosomatic diseases, the growth of universal knowledge, stagnancy and the decline in moral values, the ability to rapid realization of the desire and inability to maintain the long-lasting state of joy and happiness. Obviously it is very questionable whether the life of a modern man is of a really good quality.

It is becoming increasingly clear that stress is one of the main wrongdoers in life, because it causes big problems – from psychosomatic diseases, inappropriate behavior, excessive use of drugs and poor human relations. On the other hand, an individual in his life benefits from only 5-10% of his mental capacity and therefore hardly deals with solving problems and requirements of the modern rhythm of life.

The solution is offered by regular practice of Transcendental Meditation, which activates latent reserves in the brain for the overall growth of mental abilities, and at the same time offers a deeper rest of the Physiology as during bedtime. This not only eliminates the causes for occurrence of modern psychosomatic diseases, but also encourages a higher level of health with revitalizing and rejuvenating of the mind and body.

6 References


Web reference