TRANSCENDENTAL MEDITATION IN BRIEF

# Rested and clear through the day

Twenty minutes of rest, twice a day, and more energy and clarity for the rest of the day.



## How it works

You sit comfortably with your eyes closed. Your body settles into deep rest while your mind stays clear and awake: restful alertness. Tension and tiredness dissolve, and you carry on with your day fresher and with a clearer view.

No concentration is needed. You don't have to control anything or change your lifestyle or beliefs, and the technique works even if you are sceptical.

A certified teacher teaches you in person, over four consecutive days. After that you can practise on your own, at home.

### What TM is not

Not a religion or a belief system. You don't need to believe in it to feel the effect, and it changes nothing about what you do believe.

Nor is it a concentration exercise or an app. You learn it once, from a person, and can then turn to any TM teacher in the world for life.



### More than ten million people have learned TM

Entrepreneurs, healthcare workers, teachers, parents. In the Netherlands you can learn it from certified teachers at twenty TM centres.

**800+**

studies on TM, over 400 of them in peer-reviewed journals

**200+**

universities where TM has been studied

**60 days**

satisfaction guarantee on the course

**9.4**

average score from 140 course participants on Klantenvertellen; 97% recommend TM (November 2026)

> "Since I started, I experience more calm and focus in my daily life. Stress has noticeably decreased and I feel more resilient; things simply hit me less hard.
>
> Martijn, course participant, March 2026, via Klantenvertellen (translated from Dutch)



"Transcendental Meditation is simple, natural and profound, with far-reaching effects."

Dr Paul Gelderloos, psychologist, chair of TM Netherlands

# Less stress, better sleep

Much of this research is recent, and most of it concerns people in healthcare and education.



## Burnout and stress at work

2022 HEALTHCARE WORKERS

### Emotional exhaustion fell three times as much




Eighty healthcare workers, three months. On the primary outcome, general psychological distress, the difference was not significant.
*JAMA Network Open*, 2022

2024 NURSES

### 104

nurses in three hospitals

TM brought less burnout, anxiety and post-traumatic stress, and more wellbeing.
*Journal of Nursing Administration*, 2024

Latest UNIVERSITY

### 129

staff, six months

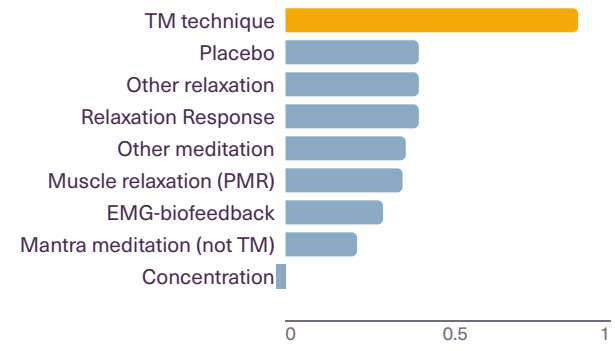
Significantly less perceived stress than with the usual provisions. Open-label; the authors call for follow-up research with an active comparison.
*Journal of Affective Disorders*, 2027

## Less anxiety

A meta-analysis of 146 independent study outcomes compared relaxation and meditation techniques on trait anxiety. TM had a significantly larger effect than all other methods. Techniques that require concentration scored lowest.

Sixteen randomised studies with 1,295 participants, later combined in a second meta-analysis, showed a medium to large effect.
*Journal of Clinical Psychology*, 1989; *Journal of Alternative and Complementary Medicine*, 2014

### Effect on anxiety, by technique




Effect size in standard deviations, meta-analysis of 146 independent study outcomes. Redrawn from Eppley et al., 1989.

2023

### Better sleep 44%

less insomnia in the TM group after three months, in a study of 65 healthcare providers
*PLoS One*, 2023

> From the very first day I find I fall asleep easily. Before, it could sometimes take hours. I also feel more calm in my head.

Ine, just started, March 2026, via Klantenvertellen (translated from Dutch)

> I was constantly on the edge of burnout. Since I started doing TM that has noticeably changed. (…) More calm in my head, more energy and remarkably more cheerfulness.

Mirjam, full-time job and two children, March 2026, via Klantenvertellen (translated from Dutch)



HEART, BLOOD PRESSURE AND BRAIN

# Measurably healthier

Since 2025 TM has been in the American blood pressure guideline, and in 2026 EEG research from Cambridge was added.

2025 2026

## TM in the American blood pressure guideline

The guideline of the American Heart Association and the American College of Cardiology names TM as the only meditation technique by name, as a possible addition for raised blood pressure. Expected drop in systolic pressure: 5 to 7 mmHg. The American College of Cardiology's decision pathway for hard-to-treat high blood pressure (2026) adopts that table.

A meta-analysis of 17 randomised trials (960 participants with raised blood pressure) found a drop of 5.0/2.8 mmHg. More at www.tm.nl/en/tm-blood-pressure-guideline
*Circulation*, 2025; *J Am Coll Cardiol*, 2026; *Current Hypertension Reports*, 2007

**5-7**

mmHg expected drop in systolic pressure

## A healthier heart

**65%**

2025

Lower risk of serious cardiovascular events after five years, in a randomised study of 197 Black adults at increased risk.
*Frontiers in Medicine*, 2025

**48%**

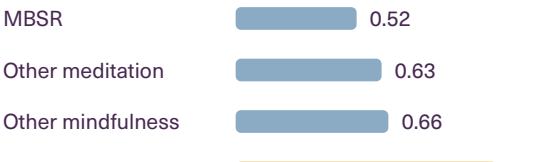
2012

Lower risk of death, heart attack or stroke over an average of 5.4 years, compared with health education, in 201 Black Americans with coronary heart disease.
*Circ Cardiovasc Qual Outcomes*, 2012

## Post-traumatic stress

2024

The largest meta-analysis of meditation for PTSD combined 61 studies with 3,440 participants. All forms helped. TM had the largest effect.




Reduction in PTSD symptoms, effect size Hedges' g (pre-post). *Medicina*, 2024.

2025

Fifteen controlled trials (1,248 participants): a large effect, and TM was non-inferior to prolonged exposure therapy.
*Medicina*, 2025

2026 BRAIN

## Cambridge: different brain dynamics during TM

An EEG study by the University of Cambridge compared 33 experienced practitioners with 33 controls and found different brain dynamics during TM than during a counting task. Funded by the David Lynch Foundation UK from private donations. The study measures the state during meditation, not a health outcome.
*Journal of Cognitive Neuroscience*, 2026

**33 + 33**

participants, measured with EEG

In fairness: not every finding has yet been replicated by fully independent research groups; the heart studies and the PTSD meta-analyses come from the same line of research. Sources: tm.nl/en/scientific-research-tm

# How you learn TM

Four consecutive days, about an hour and a half each day. Most centres run the course at least once a month, usually at the weekend.

1. Personal instruction, one to one. You receive your mantra and can then meditate on your own at home.
2. Correct meditation. In a small group: how you know it is going well, and your practical questions.
3. How it works. What happens in meditation and why thoughts are part of it.
4. Long-term growth. What you can expect from regular practice.

Can't come to the centre on days 2 to 4? Day 1 stays in person; the rest can be done at home, with the TM app and daily online contact with your teacher.



## Included

- Four course days, day 1 one to one
- Two follow-up sessions, after 10 and 20 days
- Lifelong monthly online meetings
- Access to the TM app
- Lifetime follow-up with any TM teacher worldwide

## Pay once

The fee depends on your household's joint gross monthly income. No subscription, no further costs.

| | |
|---|---|
| Up to €2,000 | €495 |
| €2,000 to €3,000 | €625 |
| €3,000 to €4,000 | €755 |
| €4,000 and above | €895 |
| Full-time students | €345 |
| Secondary school students | €245 |

Partners learning together: 1.5 × the fee. Three instalments via In3 or Klarna at no extra cost. Current prices: www.tm.nl/en/tm-course-price

## Will your employer contribute?

Many employers reimburse the course if you discuss it with them. Most Dutch collective labour agreements (cao) include a budget for wellbeing or career development, and a TM course can qualify. Ask HR; www.tm.nl/en/tm-course-price has a leaflet for employers (in Dutch) you can pass on.

## 60-day guarantee

If, despite your efforts, you are not satisfied, you can request a full refund within 60 days.

HOW TO START

# First, a free introductory talk

About an hour, at a TM centre near you or online. A certified teacher explains what TM is and what the course involves. You don't decide anything there.

www.tm.nl/en/find-a-tm-teacher

Scan with your phone's camera.

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TM Netherlands, Stichting Maharishi Vedisch Instituut

