



Transforming education through the TM/Quiet Time Program

A David Lynch Foundation Progress Report

Mission Provide the Transcendental Meditation® (TM) technique for 1 million students worldwide to improve academic performance and reduce stress and violence

Strategy Demonstrate program effectiveness in a range of settings—from underserved inner city schools to high performance environments

- Concentrate on school-wide TM/Quiet Time programs (grades 6-12)
- Provide TM instruction and follow-up for students, teachers, and administrators
- Fund research on the TM/Quiet Time program

Why Quiet Time?

Stress is consuming students more than ever before. Millions of young people grow up in an oppressive climate of poverty, violence, and fear—or intense academic and peer pressure. This stress impedes learning and undermines physical and mental health, leading to depression, anxiety, learning disorders, and even suicide.

The costs to society are staggering:

- **Dropouts** Over 7,000 students drop out every day in the U.S.—1.3 million annually—greatly increasing their chances of being unemployed, on government assistance, or going to prison
- **Teacher burnout** Almost one-third of America’s teachers leave the profession during their first three years in the classroom, nearly 50% quit after five years—and the rates are even higher in low-income communities (School district’s cost to replace a teacher: \$11,000)

In urban schools, the patterns of low attendance, violence, and poor performance are a predictable outcome based on such demographics as location (zip code), ethnicity, and parents’ education level.

Fortunately, the Quiet Time program breaks this “predictive power of demographics” and turns around some of the nation’s most troubled schools. Notably, research shows it’s closing the achievement gap among racial and socio-economic groups, a problem that has plagued educators for decades. Interestingly, it’s also been shown to be equally effective in more privileged, high performance settings.

This evidence-based approach is a simple addition to any school’s routine—10-15 minutes of meditation at the start and end of each day. Observers are amazed at how easily and comfortably students embrace the Transcendental Meditation technique and participate in an ongoing follow-up program to ensure success.

Outcomes

Improved health and learning

The David Lynch Foundation has provided scholarships for more than 150,000 students worldwide to learn to meditate, mostly underserved youth. The Quiet Time program has been incorporated into hundreds of public, charter, and private schools—and received strong support from parents, teachers, and administrators.

Research on schools with a Quiet Time program has found¹:

- ↑ 15% higher graduation rates
- ↑ 18% higher college and postsecondary acceptance
- ↑ Increased GPA and test scores—with double-digit improvements for all ethnic groups
- ↑ Greater happiness, focus, and self-confidence
- ↓ 45% reduction in multi-day suspensions
- ↓ 53% fewer symptoms of stress and anxiety
- ↓ 26% fewer symptoms of ADHD
- ↓ Decreased depression, violence, and substance abuse

Return on investment of higher graduation rates

Research shows the benefit to society is approximately **\$2.5 million for every 100 students** who learn Transcendental Meditation in a school-wide Quiet Time program. Each additional graduating student results in a net increase of about \$170,000 over his/her lifetime ².

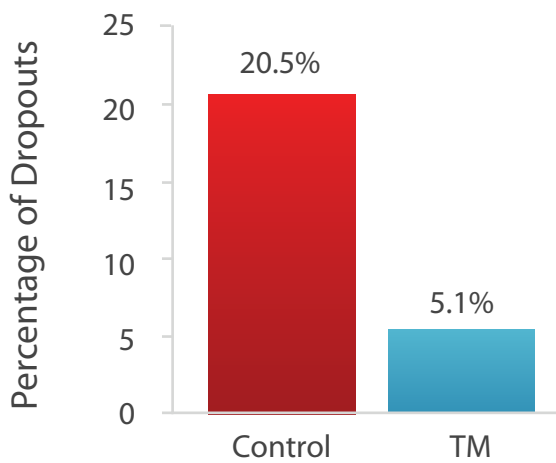
Compared to dropouts, high school graduates earn higher wages, live longer, and are more likely to raise healthier, better-educated children. High school graduates are also less likely to commit crimes and rely on government assistance.

¹Data provided by public school districts nationwide

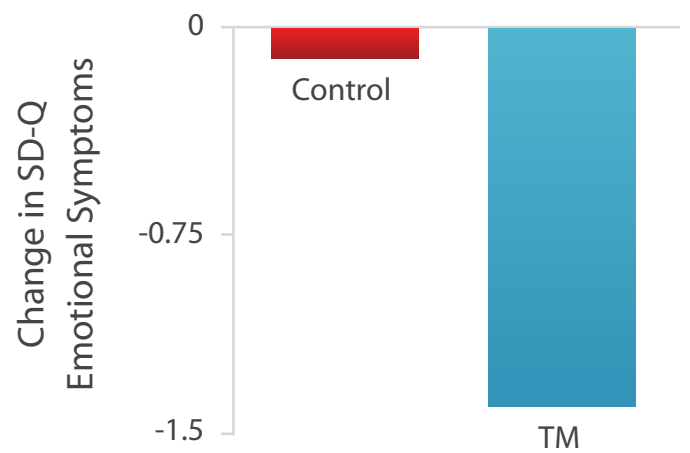
²Collaboration with University of Connecticut & University of Pennsylvania School of Health Economics



Lower Dropout Rates



Decreased Psychological Distress



School Spotlights

San Francisco Unified School District

Video: Principal Dierke describes the transformation at his school
[Watch ▶](#)

Two middle schools and two high schools in San Francisco provide a model for successful Quiet Time projects. The school programs, which enjoy broad support from the District and Superintendent, were implemented in the past five years— with ten more schools on the waiting list. Over 2,000 students and 350 teachers and administrators have learned to meditate.

The District is also collaborating on research, and early data shows a dramatic and statistically significant impact. A [new study](#), co-authored by SFUSD and published in the journal *Education*, found improved math and English achievement. Marked increases in GPA, standardized test scores, attendance, and student wellness have also been documented.



“The Quiet Time Program is the most powerful, effective program I’ve come across in my 40 years as a public school educator for addressing the problem of stress in education, particularly in our inner city schools. It’s working. It is nourishing these children and providing them an immensely valuable tool for life. It is saving lives.”

*James S. Dierke, principal—Visitacion Valley Middle School
National Middle School Principal of the Year, 2008*



“The Quiet Time program is transforming lives, it’s transforming neighborhoods, and it will transform our society.”

Carlos A. Garcia, superintendent—San Francisco Unified School District



Christ Our
Savior Catholic
School
Chicago

Christ Our Savior recently began its Quiet Time program, starting with TM instruction for faculty, administrators, and board members. Given the socio-economic challenges of many students at Christ Our Savior, administrators see Quiet Time as a key tool for improving academic performance and supporting teacher wellness.

“TM has allowed me to have a calmer and more relaxed approach to the daily stresses of being a principal. I look forward to Quiet Time because I’m more invigorated afterward. It’s great to feel rested enough to complete all the work that must be done and have a more uplifting attitude coming to work and leaving at the end of the day.”

Cynthia Rogers, principal — Christ Our Savior Catholic School

“At first I was skeptical of the Quiet Time program, but now I’m a believer. Since I started practicing TM I have much more energy, sleep better at night, feel more relaxed during the day, and have more patience (I teach 22 preschool children). The past few years I’ve been fighting high blood sugar, but since I started meditating my sugar levels have dropped. I attribute this to the reduction of stress. This in itself is a motivation to keep on meditating.”

Karen Kiekenapp, teacher — Christ Our Savior Catholic School



Ideal
Academy
Public Charter
School
Washington DC

The Quiet Time program is included in Ideal Academy’s charter. The school also puts a strong emphasis on family involvement in its children’s education.

Student comments

“My grades got better because I’ve been calm in class.”

“I used to be grumpy—I had an attitude problem. Now all I have to do is meditate. If you keep that stress in, it bottles up, and you need to let it out. So you meditate and it goes away.”

“I notice I haven’t been mad for awhile, since I learned TM. I used to get in fights and I used to talk about people behind their backs. And it helps me not to get distracted in class.”

“Before I started meditating, when I didn’t understand something, I would sit there and get mad and just want to skip it. But now, if I don’t get something, I’ll ask the teacher more questions, and I do better.”



New Village
Charter High
School

Los Angeles

This public charter school opened in 2006 to serve girls who need a smaller, more personal learning environment. Half its students are pregnant or parenting.

All faculty, staff, and administrators learned to meditate and collaborate to administer the ongoing follow-up of the Quiet Time program. With this strong support from the outset, New Village has been highly self-sufficient, greatly reducing the cost of implementation.

Quiet Time has created a peaceful school environment at New Village. Students are more focused, inspired, and successful—and the faculty appreciate how much easier it is to teach.

Video: Opening the door to self-esteem [Watch ▶](#)

Nataki Talibah
Schoolhouse
of Detroit

Detroit

Nataki was an early adopter of Quiet Time in U.S. public schools, launching the program in 1996. The remarkable success of the school's Quiet Time program has been featured on NBC's Today Show and in *Time* magazine.

NBC Today Show: Detroit school uses TM as a stress buster [Watch ▶](#)



International Projects

The David Lynch Foundation has funded Quiet Time programs for at-risk youth in over 35 countries

<p>Africa</p> <ul style="list-style-type: none"> • Ghana • Kenya • Mozambique • South Africa • Uganda <p>Americas</p> <ul style="list-style-type: none"> • Argentina • Bolivia • Brazil • Chile • Colombia 	<ul style="list-style-type: none"> • Costa Rica • Dominican Republic • Ecuador • El Salvador • Guadeloupe • Guatemala • Guyana • Haiti • Mexico • Nicaragua • Panama • Paraguay 	<ul style="list-style-type: none"> • Peru • Trinidad • Uruguay • Venezuela <p>Asia Pacific</p> <ul style="list-style-type: none"> • Fiji • India • Nepal • New Zealand • Philippines • Thailand • Vietnam 	<p>Europe and Middle East</p> <ul style="list-style-type: none"> • Northern Ireland • Israel <p>Three Latin American countries have agreed to large TM programs</p> <ul style="list-style-type: none"> • Peru: 252,000 students • Mexico: 1.2 million students • Brazil: 3 million students
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Video: In Colombia, Father Gabriel Mejia nurtures orphans with love, shelter, and meditation [Watch ▶](#)



Events

December 2011

Los Angeles

[Watch Replay ▶](#)

Ellen DeGeneres & Russell Brand Host “Change Begins Within”

A star-studded audience was moved by incredible stories of transformation among underserved youth who’ve overcome traumatic stress through Transcendental Meditation. Several principals championed widespread adoption of the Quiet Time program, based on the dramatic results at their own schools.

June 2011

San Francisco

[Watch Replay ▶](#)

Bay-Area Quiet Time Programs Showcased

This inspiring event highlighted the pioneering impact of Quiet Time in San Francisco schools. SFUSD Superintendent Carlos Garcia and Assistant Superintendent NurJehan Khalique both voiced passionate support for the program, which is being offered locally through the Center for Wellness and Achievement in Education. Dr. Norman Rosenthal, author of the New York Times bestseller *Transcendence*, presented research on the healing and transformative power of TM.

December 2010

New York

[Play Highlights ▶](#)

Celebrities Support Gala at Metropolitan Museum of Art

Dr. Mehmet Oz, Russell Brand, Martin Scorsese, Clint Eastwood, Katy Perry, Candy Crowley, and Russell Simmons celebrated the Foundation’s wide range of successful projects—including the Quiet Time program—during the second annual “Change Begins Within” gala.



April 2009
New York

[Play Highlights ▶](#)

Paul McCartney & Ringo Starr Headline Benefit Concert

The first “Change Begins Within” benefit was held at Radio City Music Hall with the historic onstage reunion of Paul McCartney and Ringo Starr. Sheryl Crow, Donovan, Mike Love, Eddie Vedder, Ben Harper, Moby, Bettye Lavette, and many others joined in the festivities, which raised funds to teach one million children to meditate. Jerry Seinfeld—a TM meditator for 39 years—added humor to the already celebratory atmosphere.

October 2008
New York

[Watch Replay ▶](#)

National Summit on Student Health & Education

More than 300 prominent educators, scientists, government leaders, and philanthropists gathered at the W Hotel in Manhattan to examine the dramatic impact of the Quiet Time program in the classroom.

Support from Foundations

Many foundations have generously supported the Quiet Time program— through the David Lynch Foundation and other school programs nationwide—including:

- General Motors Foundation
- Daimler Chrysler Foundation
- Kellogg Foundation
- Freitas Foundation
- Walter and Elise Haas Foundation
- Hellman Family Foundation
- Metta Fund
- 1440 Foundation

Funding Needs

The success of the Quiet Time program has generated a demand that far exceeds our current resources. Over 25 schools are on the waiting list in the U.S. alone.

There is good reason: the Quiet Time program works. We hear it from students and teachers, who regularly express appreciation for the profound transformations to mind and body that the program has brought about in their lives. The Quiet Time program does more than reduce stress, tension, and in-school violence. Research shows it also develops the full potential of the brain, enhances creativity and intelligence, improves health, and creates a happier, more harmonious school environment that is conducive to learning.

Research continues to demonstrate the powerful impact of Quiet Time on academic achievement and student wellness. But just as important (and perhaps more compellingly), the experiences of more than 150,000 underserved kids gives the most convincing testimony of the program's success. Your generous support will help to continue and expand the Quiet Time program in the U.S. and around the world.

Please [donate today](#) ▶

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For Consciousness-Based
Education and World Peace

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