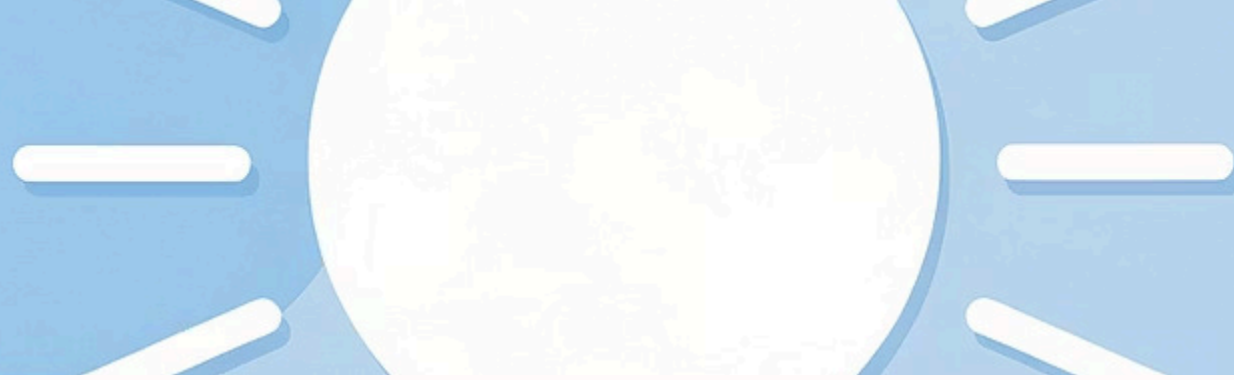


MAHARISHI FOUNDATION FOR WORLD PEACE CAMBODIA

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WORLD PEACE · NATIONAL INVINCIBILITY ·  
PROSPERITY FOR ALL NATIONS

Transcendental Meditation® a scientifically validated technology for developing human consciousness



**Creating Peace, Prosperity, Invincibility and Well-Being for the Kingdom of Cambodia**



# A Global Initiative for Peace & Prosperity

The Maharishi Foundation for World Peace Cambodia is part of a global initiative operating in over 100 countries, dedicated to creating peace and prosperity through the development of human consciousness.

This initiative offers a proven, scientific, and preventive approach to strengthen national development by addressing its root cause: stress in collective consciousness.

- By reducing stress at scale and developing human potential, the Foundation enhances the effectiveness of all sectors of society and government.

# ABOUT THE FOUNDATION

## About Us

We are a non-governmental, non-religious, non-profit educational foundation dedicated to creating peace, health, prosperity, and higher consciousness in Cambodia and beyond.

MFWPC continues the legacy of the Maharishi Vedic University (MVU), founded in 1993. For many years, MVU students practiced the Transcendental Meditation (TM)<sup>®</sup> and TM-Sidhi<sup>®</sup>, including yogic flying program daily, contributing to research showing measurable reductions in violence and increases in social coherence.

Today, MFWPC carries forward this vision with a renewed focus on national impact, global partnerships, and scientific evidence. Our aim is to help Cambodia flourish as a model of peace and prosperity for the region and the world.

### Core Techniques

At the core of all programs is the **Transcendental Meditation<sup>®</sup> (TM) technique**, a simple, natural, and effortless technique practiced for 20 minutes twice a day.

The program also includes the **TM-Sidhi program**, which accelerates the development of consciousness and enhances coherence in individual and collective life.

These techniques allow the mind and body to function more harmoniously, leading to greater clarity, resilience, and effectiveness in daily activity.

### Scientific Foundation

More than **700 scientific studies** conducted at over 250 universities have documented the benefits of these programs.

This body of research provides a strong foundation for integrating these programs into education, healthcare, and public policy.

# VISION & MISSION



## Vision

*We are dedicated to alleviating suffering and fostering well-being throughout Cambodian society by offering Consciousness-Based programs.*

*These provide:*

- ***Personal development and stress relief***
- ***Improved mental and physical health***
- ***Strengthened educational outcomes***
- ***Social harmony and national resilience***

## Mission

→ ***We envision a Cambodia where every individual can enjoy the full blossoming of their potential, contributing to a peaceful, prosperous, and enlightened nation. By 2030, MFWPC seeks to expand its reach into every province, school, and community.***

THE PRINCIPLE

# TECHNOLOGY OF CONSCIOUSNESS AS THE BASIS OF DEVELOPMENT

## The Foundation of All Systems

All national systems, education, health, economy, governance, depend on the quality of human thinking and behavior.

The Maharishi approach develops consciousness, the fundamental field of intelligence underlying all individual and collective activity.

## The Result

When consciousness is more coherent, society naturally becomes more harmonious, productive, and resilient.



CORE TECHNOLOGY

# TRANSCENDENTAL MEDITATION®

The Foundation's programs are based on Transcendental Meditation (TM®), a simple, natural, and effortless technique practiced 20 minutes twice daily. TM allows the mind to settle beyond thought and experience a state of pure consciousness, characterized by deep rest and inner wakefulness.

☐ This unique state eliminates stress at its root while enhancing brain functioning, creativity, and overall performance.

## Key Characteristics

### Effortless

Easy to learn and practice by anyone, anywhere

### Non-Religious

Universally applicable across all cultures and beliefs

### Scalable

Can be implemented across entire populations

Because of its simplicity and effectiveness, TM can be implemented nationwide in schools, institutions, and communities.



SCIENTIFIC VALIDATION

# Over 700 Studies Worldwide

Transcendental Meditation is supported by over 700 scientific studies conducted at more than 250 universities and research institutions worldwide.

## Mental Well-Being

Reduced stress, anxiety, and trauma

## Physical Health

Improved cardiovascular health

## Cognitive Performance

Enhanced cognitive ability and academic performance

## Social Stability

Decreased crime and social instability

- ☐ This extensive scientific validation makes the program uniquely suited for government adoption and policy integration.

# CAMBODIA EXPERIENCE WITH MAHARISHI VEDIC UNIVERSITY

## 1993 – 2008

Maharishi Vedic University, from 1993 to 2008, several hundred students in Cambodia practiced Transcendental Meditation and the TM-Sidhi program together twice daily.

During this period, research indicated significant reductions in violence and improvements in social trends.

## Proven Results

This experience demonstrates that the approach is practical and effective in real-world conditions.

It provides a strong foundation for expanding similar initiatives at a national scale.





# GLOBAL PEACE

## THE 10,000 Peace - creating Peace

The Foundation is dedicated to establishing a group of **10,000 experts in Transcendental Meditation and the TM-Sidhi program** to create coherence in world consciousness.

### Powerful Influence

Such a group generates a powerful influence of peace and harmony at national and global levels.

### Long-Term Strategy

This initiative represents a long-term strategy for preventing conflict and promoting stability through natural and non-invasive means.

### Proactive Peace

It offers a proactive approach to peace, shifting from crisis response to prevention.

# THE MAHARISHI EFFECT

This approach is based on the **Maharishi Effect** — a scientifically validated phenomenon in which a relatively small group of people practicing Transcendental Meditation and the TM-Sidhi program together creates measurable improvements in society.

## Measurable Social Impact

Research has shown reductions in crime, conflict, and social stress when such groups are established.

## The Square Root Principle

When the number of participants reaches approximately the square root of 1% of a population, a significant influence of coherence is generated.

## Cost-Effective Strategy

This principle provides a practical and cost-effective strategy for improving societal conditions without requiring large-scale structural changes.





# **A Complete Framework for Society**

# CULTURE & HUMAN DEVELOPMENT

Programs integrate the development of consciousness with the arts, culture, and all forms of creative expression. Through systematic inner development, creativity becomes more refined, meaningful, and life-supporting.

The arts are understood not only as performance or technique, but as an expression of deeper levels of awareness. As consciousness expands, artistic expression naturally becomes more coherent, harmonious, and nourishing for both the individual and society.

Cultural traditions are revitalized by reconnecting them with their source in pure consciousness. This approach strengthens cultural identity while fostering universal values such as unity, peace, and creativity.

Education in this field encourages:

- The awakening of inner potential as the foundation of all creativity
- The integration of knowledge, performance, and self-awareness
- The development of art as a means to elevate individual and collective consciousness
- The preservation and renewal of cultural heritage through deeper understanding

In this way, culture becomes a dynamic force for human development—supporting not only artistic excellence, but also the evolution of consciousness and the creation of a more harmonious society.



# 1 PEACE & SECURITY SOCIAL COHERENCE

**Harnessing the Maharishi Effect®:** large groups practicing TM and TM-Sidhi® generate measurable coherence in society.

Proven reductions in crime, conflict, and social stress.

Large-scale implementation of TM reduces societal stress and creates collective harmony. A coherent population is the foundation of lasting peace and national security.





## 2 EDUCATION

**Consciousness-Based Education** in schools, universities, and adult learning.

Programs that develop creativity, intelligence, and resilience in both students and teachers.

Consciousness-Based Education integrates TM to improve learning ability, behavior, and well-being. Students develop their full potential when the mind is free from stress.

### **Student Benefits**

Students practicing Transcendental Meditation show improved academic performance, creativity, and well-being.

### **Learning Environment**

This supports a more balanced and effective learning environment and prepares students for future challenges.

# 3 HEALTH & WELL-BEING

**Maharishi AyurVeda®:** prevention-oriented natural healthcare.

Services include pulse diagnosis, nutrition, lifestyle guidance, and stress management.

Trauma and PTSD relief programs.

Preventive health programs reduce stress-related diseases and improve quality of life, leading to healthier populations and reduced national healthcare costs.

## Stress as Root Cause

Programs addressing stress as a root cause of disease through Transcendental Meditation.

These programs improve mental and physical health and reduce healthcare burden.

## Preventive Healthcare

They contribute to preventive healthcare strategies and improved quality of life.





# MAHARISHI VASTU & ARTS FOR ENLIGHTENMENT

Creating harmony through **Maharishi Vastu® architecture** and uplifting society through art and culture.

Designing spaces and artistic expression aligned with natural law, fostering creativity and collective well-being.

# LEADERSHIP & BUSINESS

Programs for executives and professionals to reduce stress and enhance decision-making.

Building resilient, creative, and socially responsible leaders.

Supporting organizations in achieving sustainable success with greater clarity and efficiency.

Programs for leaders and organizations to improve clarity, decision-making, and effectiveness.

1

## Enhanced Leadership

Regular practice of Transcendental Meditation enhances leadership capacity and reduces stress.

2

## Ethical Performance

This leads to more ethical leadership, improved organizational performance, and sustainable success.

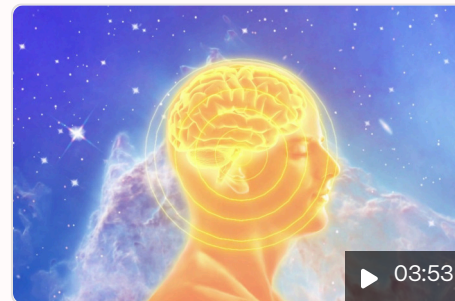


# A LIFE-ENRICHING EXPERIENCE THE MAHARISHI TOWER OF INVINCIBILITY FOR INVINCIBLE CAMBODIA

The Maharishi Towers of Invincibility are buildings displaying the world's most universal, timeless, and practical life knowledge.

Here, visitors can learn in a fun and interactive way about 'the laws that govern the universe and discover their easy application for progress in life.

## Activate The Intelligence Of The Universe In 12 Key Areas Of Life



YouTube

**Maharishi Tower Planetarium**

Discover how the individual is intrinsically connected with the entire cosmos. How the same laws that govern the...

# CORE AREAS OF ACTIVITY

## Peace Creation & Social Coherence



## Establishing a Group of 10,000 for World Peace

We are working to establish a large group of 10,000 practitioners of Transcendental Meditation (TM) and the advanced TM-Sidhi program.

Extensive scientific research confirms that such a group will generate the Maharishi Effect—a measurable influence of coherence and positivity in society.

This effect has been shown to:

- Reduce conflict, violence, and crime
- Lower stress and social tension
- Improve health, prosperity, and cooperation
- Promote harmony and progress in the nation

When a sufficient number of individuals practice these techniques together, the field of collective consciousness becomes more orderly, radiating peace and balance throughout the entire population.

This initiative represents a powerful, practical, and scientifically validated approach to world peace.

# CULTURE, ARTS

Programs integrating consciousness development with artistic expression.



## Creativity & Cultural Preservation

These initiatives support creativity, cultural preservation, and human development.



## National & International Exchange

They also strengthen national identity and promote cultural exchange at both national and international levels.





# GOVERNMENT & INSTITUTIONAL PARTNERSHIPS

The Foundation collaborates with government institutions to implement large-scale programs.

## Policy & Institutional Effectiveness

These programs support policy implementation, institutional effectiveness, and societal well-being.

## Seamless Integration

They are designed to integrate smoothly into existing structures and deliver measurable results.



**Ministries**



**Universities**



**Healthcare Systems**



**Military & Public Institutions**

## Implementation Framework

01

**Consultation with government stakeholders**

02

**Pilot programs**

03

**Training of participants**

04

**Monitoring and evaluation**

05

**National expansion**

This phased model ensures measurable results and long-term success.

# STRATEGIC COOPERATION SECTORS



## Governance & Public Administration

Improving efficiency and coherence in public institutions. This enhances decision-making, reduces stress, and improves service delivery.



## National Security & Social Stability

Reducing stress and supporting rehabilitation programs. These initiatives contribute to resilience, stability, and long-term security.



## Agriculture & Rural Development

Supporting sustainable agriculture and rural well-being. This promotes ecological balance and economic sustainability.



## Economic Development

Enhancing productivity, innovation, and entrepreneurship. This supports inclusive growth and long-term economic resilience.

# PEACE INFRASTRUCTURE & IMPLEMENTATION

Creation of facilities to support group practice of Transcendental Meditation and the TM-Sidhi program.

01

## Transcendental Meditation Centers

These include Transcendental meditation centers and coherence-creating facilities.

02

## Permanent Peace Groups

Such infrastructure enables the establishment of permanent peace-creating groups.

03



### Scalable Foundation

It provides a stable and scalable foundation for long-term societal coherence.



### Consciousness-Based Universities



### Research Institutes



### Maharishi Towers of Invincibility

☐ These infrastructures create a permanent foundation for peace, education, and national development.





# INTERNATIONAL PARTNERS

The Foundation collaborates with international organizations within the global Maharishi network.

## **Research & Education**

These partnerships support research, education, and implementation worldwide.

## **Knowledge Sharing**

They enable knowledge sharing and ensure consistency and quality across programs.

# NATIONAL IMPACT & GLOBAL VISION

The establishment of large groups practicing Transcendental Meditation provides a practical solution to reduce societal stress.

This contributes to national stability, economic development, and social harmony.

By developing higher consciousness at both individual and collective levels, the Foundation supports lasting peace.

- ☐ **Cambodia has the potential to become a model of peace and prosperity for the region and the world.**

## Objective Outcomes for Policy & Planning

All programs are supported by objective indicators:

### Key Indicators

- Public health improvements
- Reduction in crime and violence
- Enhanced education outcomes
- Increased institutional effectiveness

These measurable outcomes provide a reliable basis for policy decisions and national planning.

### Expected Results

- **Reduced societal stress**
- **Greater social harmony**
- **Improved health and well-being**
- **Increased productivity**
- **Stronger national resilience**

Together, these results create a stable, prosperous, and high-performing nation.



# CONTACT

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