

CONSCIOUSNESS-BASED EDUCATION
for stress-free schools and academic excellence

PRESS INVITATION AND STATEMENT

**Internationally renowned educator presents
solution to crisis in British education**

**Dr Ashley Deans informs educators how to follow
through on David Lynch's much publicised call for
Consciousness-Based Education**



Ashley Deans PhD

PRESS CONFERENCE

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Education in Britain is facing many great challenges. In response to this crisis in education, award-winning filmmaker David Lynch and songwriter/poet Donovan Leitch have just visited the UK to present a simple, proven solution – the introduction of stress-reducing and creativity-enhancing Transcendental Meditation into the daily routine in schools across the country. Their visit resulted in widespread media coverage and extensive interest from the public and educators.

Now, pioneering educator and great expert in this field Dr Ashley Deans has come to the country to follow up and meet educators nationwide to inform them how to implement Consciousness-Based Education in their schools with immediate results. Dr Deans is supported in his presentations by Derek Cassells, Head Teacher of the highly successful Maharishi School in Lancashire that already uses this programme.

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Crisis in British Education

A recent lead article in the Daily Mail highlighted devastating new research showing that more than a million British children have mental health problems, a doubling of the number in a generation. Researchers found that an epidemic of disorders ranging from depression, anxiety and anorexia to violent delinquency has struck one in ten youngsters. Another study published last month by the Cambridge-based Primary Review showed that primary school children and their parents are suffering from "deep anxiety" about modern life; while UNICEF has this year ranked Britain at the bottom of a league table for child wellbeing across 21 industrialised nations.

Simple solution

During their UK tour last month, David Lynch and Donovan said that Consciousness-Based Education is the most effective solution to the diverse challenges facing pupils and teachers in our schools. Their proposal was inspired by the success of the *David Lynch Foundation for Consciousness-Based Education and World Peace*, which was founded just two years ago and has already provided millions of dollars in grants for in-school Transcendental Meditation programmes – the core element of Consciousness-Based Education. This programme has been provided to tens of thousands of students in the US, Latin America, and Africa.

Speaking to the press in London, David Lynch said:

“In America it has been tried in schools that are well-run and disciplined and in schools where there is violence, suicides and drugs, and in schools that are hellholes. The students get a technique that helps them. Transcendental Meditation transforms life and you can see it because the violence stops and people start getting along with one another; grades go up; relationships with teachers improve; and students start enjoying going to school. There is a lot of misunderstanding about meditation, but the statistics are too good.”

World expert presents solution to British educators

Responding to the great interest sparked by David Lynch and Donovan, Ashley Deans, PhD, Director at the multi award-winning Maharishi School in Fairfield, Iowa, USA, is now touring Britain to meet educators to discuss the practical steps to apply Consciousness-Based Education in their schools. Originally from England where he studied quantum physics, Dr Deans is author of the recently published book *A Record of Excellence* (see: www.arecordofexcellence.com), which describes the extraordinary success of his school. Dr Deans insists that the success can be replicated at any school anywhere, and the results will be immediate.

Joining Dr Deans for the presentations will be Derek Cassells, Head Teacher of the equally successful Maharishi School in Skelmersdale, Lancashire – a unique school in the UK, founded in 1987, which stands as a model for the benefits of Consciousness-Based Education. This year the School has maintained the high standard of previous years, with 100% of the pupils gaining GCSE passes at grade C or above, compared with a national average of 63%. Approximately 66% of the passes were at the highest grades of A or A* – over three times the national figure of 19.5%. This success is achieved even though the school has a completely non-selective admissions policy.

The wide-ranging benefits of the Transcendental Meditation programme for students and teachers have been documented by more than 600 scientific studies conducted over the past 40 years at 250 independent research institutions and universities in 33 countries. Findings include: reduced stress and stress-related disorders, including hypertension, diabetes, and obesity; improved brain functioning; increased creativity and intelligence; and reduced drug and alcohol abuse.

Schedule of events for educators by Ashley Deans and Derek Cassells:

Cambridge: Thursday 8 November: seminar at Gonville and Caius College

London: Friday 9 November: private meetings with VIPs and leading educators

London: Monday 12 November 2:00 p.m.: Seminar at Institute of Education

Cardiff: Tuesday 13 November 11:00 a.m.: Seminar at Holiday Inn, Castle Street

Liverpool: Wed. 14 Nov 11:00 a.m.: Seminar at Liverpool Medical Institution

Skelmersdale: Wed. 14 Nov 3:30 p.m.: Seminar at Woodley Park Centre

Manchester: Thursday 15 November 11:00 a.m.: Seminar at Heaton Hall

Glasgow: Monday 19 November 3:30 p.m.: Seminar at 6, Crown Circus

Helpful links:

- Consciousness-Based Education – official UK website: www.consciousnessbasededucation.org.uk
- Model school in Lancashire: www.MaharishiSchool.com
- Transcendental Meditation in Education: www.StressFreeSchools.org
- Research programme at American University, Washington, D.C.: www.au-tm-study.org
- David Lynch Foundation for Consciousness-Based Education and World Peace: www.DavidLynchFoundation.org

**For a full press pack please email
Media@ConsciousnessBasedEducation.org.uk**

Consciousness-Based Education is a programme offered by Maharishi Foundation, educational charity No. 270157.

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Please note that Transcendental Meditation™, founded by Maharishi Mahesh Yogi®, is a programme for the Development of Consciousness, which in the UK is available only from Maharishi Foundation®.
