

1 HOUSE RESOLUTION NO. 11

2 BY REYNOLDS-KNIGHT

3 A Resolution requesting an interim study of the use
4 of transcendental meditation as a rehabilitative
5 technique in correctional institutions.

6 WHEREAS, transcendental meditation is a simple,
7 cost-effective technique that has been used
8 successfully over the last twenty-five years; and

9 WHEREAS, transcendental meditation is being used in
10 many prison and juvenile correctional systems
11 throughout the world, including institutions in the
12 United States, Spain, India, Sri Lanka, Brazil,
13 Mexico, Chile, Paraguay, the Philippines, and Senegal;
14 and

15 WHEREAS, the transcendental meditation program has
16 been learned by more than four million people around
17 the world, including tens of thousands of prison
18 inmates and correctional officers; and

19 WHEREAS, in more than five hundred studies carried
20 out in over two hundred universities and research
21 institutions in twenty-seven countries, the research
22 has shown that the program helps to dissolve stress,
23 promotes health, develops mental potential, promotes
24 personal growth and social harmony, and reduces
25 dependency on alcohol and other drugs; and

26 WHEREAS, research in California and Massachusetts
27 on the use of transcendental meditation in corrections
28 facilities demonstrated a thirty-five percent
29 reduction in offender recidivism after release; and

30 WHEREAS, a transcendental meditation program only

1 requires that a person sit comfortably with eyes
2 closed for two fifteen to twenty minute daily sessions
3 making it easy and cost-effective to implement; and

4 WHEREAS, based upon recent figures in the Iowa
5 department of correction's budget and the
6 scientifically quantified effects of the
7 transcendental meditation program, it is estimated
8 that the department could recover more than seven
9 dollars for every dollar invested in the program; NOW
10 THEREFORE,

11 BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES,
12 That the Legislative Council is requested to establish
13 an interim study committee consisting of members of
14 both political parties from both houses of the General
15 Assembly to review the costs and benefits associated
16 with initiating a transcendental meditation program
17 within the Iowa adult and juvenile correctional
18 systems. The study may include but is not limited to
19 a review of existing research on the benefits and
20 costs of a transcendental meditation program and an
21 examination of correctional systems which currently
22 utilize transcendental meditation as part of their
23 program. The committee shall submit its findings,
24 together with any recommendations, in a report to the
25 General Assembly which convenes in January 1993.

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