



*Figure 1.* Severity of Refugee Post Traumatic Stress Symptoms  
 Eleven Congolese refugees who had been thrice-tested over 90 days on the PTSD CheckList–Civilian version (possible PCL-C scores range from 17 to 85) learned Transcendental Meditation within 8 days of the third test. They were retested 10 and 30 days later. Scores  $\leq 34$  are considered to be nonsymptomatic.