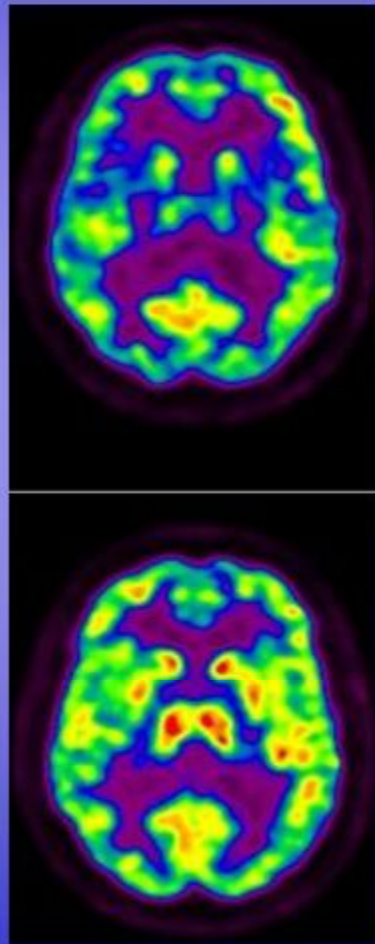
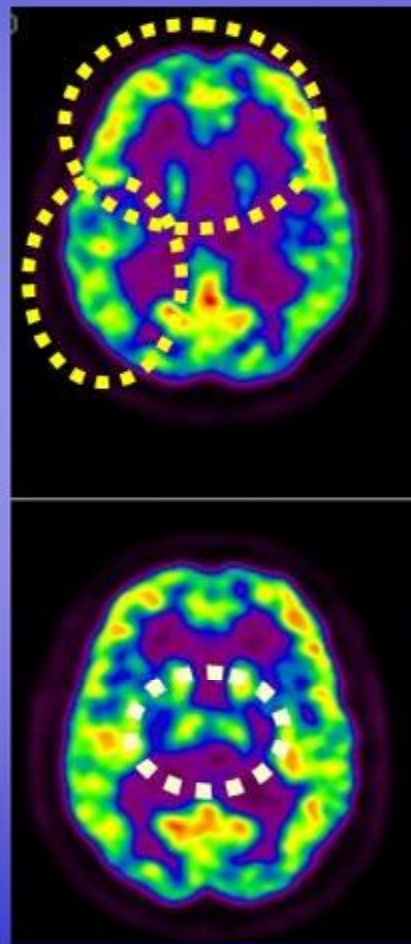


TM Leads to Restful Alertness, Which Strengthen Frontal Circuits



**Eyes Closed
Rest**



**Transcendental
Meditation**

↑
**Frontal and
Parietal
Activity**

↓
**Thalamic
Activity**