

## **Cost Savings from Teaching the *Transcendental Meditation* Program in Prisons**

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This paper quantifies cost savings to correctional systems and to society resulting from implementation of the Transcendental Meditation (TM) program. Based on results from studies at several maximum-security prisons, including Folsom and San Quentin in California and Walpole in Massachusetts, up to 56% fewer inmates are convicted of new crimes when they are released after beginning the TM program. Furthermore, practitioners of this program are returned to prison up to 45% less often for parole violations or any other reason. These and other effects described in this paper allow the TM program to lower costs. Savings are projected to arise from: (a) reduced recidivism, (b) reduced medical expenses, (c) a more manageable prison environment, (d) improved quality of life for staff, and (e) a reduced crime rate for society. Conservatively, the overall ratio of program cost to total savings is estimated at 1 to 10, with 46% of savings accruing to the correctional system and 54% to the general public. Total savings over 5 years for every 1,000 inmates and 100 correctional officers instructed is estimated at \$31.6 million. These projections imply that instructing a substantial fraction of the 6 million people under correctional supervision in the United States would lead to savings in the tens of billions of dollars.