



Meditation Technique Helps Traumatized Soldiers

by G. Bossik on June 7th, 2012 at 8:31 am



caused by combat trauma.¹

For soldiers, sound can mark the beginning of pain or relief from pain.

The sound of a bomb can signal the beginning of damage to a soldier's body and mind. But the sound of a person's voice may provide relief from mental suffering, according to new scientific findings.

A [recent study](#) found that a technique using meditative sound could relax soldiers suffering from [post-traumatic stress disorder](#) (PTSD), an anxiety disorder that's often

The study is entitled, *Effects of Transcendental Meditation in Veterans of Operation Enduring Freedom and Operation Iraqi Freedom with Posttraumatic Stress Disorder*.

For the twelve-week study, Joshua Z. Rosenthal and colleagues screened veterans from the Iraq and Afghanistan wars, gave the soldiers meditation training, and assessed the soldiers.

"Eleven subjects [soldiers] were screened, 7 were enrolled, and 5 completed the trial," noted the scientists.

The scientists also reported that a certified instructor trained each veteran in Transcendental Meditation, or TM, which involves repeating a mantra (sound) to relax, according to the book, [Transcendence](#).

"The results of this small, uncontrolled pilot study found that TM may have helped alleviate symptoms of PTSD and improve quality of life in veterans ... with combat-related PTSD," Rosenthal and colleagues concluded.

American war veterans who would like to learn Transcendental Meditation can find a qualified instructor through [TM.org](#), the official Web site for this meditation technique.

PureCalm™ is an herbal remedy for promoting a calmed mood and soothing nervous tension and symptoms of stress.

Sources:

1. Joshua Z. Rosenthal et al, "[Effects of Transcendental Meditation in Veterans of Operation Enduring Freedom and Operation Iraqi Freedom with Posttraumatic Stress Disorder](#)," *Military Medicine*.
2. Norman E. Rosenthal, "[Transcendence](#)," Penguin.