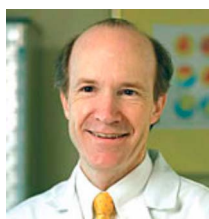


Perfil y publicaciones del Dr. Fred Travis



Posición

- Profesor de Ciencia Védica Maharishi en la Maharishi University of Management (MUM)
- Consejero del Departamento de Ciencia Védica Maharishi en la MUM
- Director del Centro del Cerebro, Consciencia y Cognición en la MUM
- Decano de la Facultad de Grados en la MUM

Áreas de las publicaciones de más interés

- Efectos de la práctica de la técnica Meditación Trascendental en el desarrollo de los niños
- Efectos de la práctica de la técnica Meditación Trascendental en promover la salud en edades avanzadas
- Correlación fisiológica en altos estados de consciencia
- Correlación fisiológica de la lectura de la Literatura Védica
- Investigación de los modelos de altos estados de consciencia

Historial Académico

- Investigador Jefe, Institute for the Study of Higher States of Consciousness, Maharishi University of Management, Iowa, USA 1993-2010
- Miembro post-doctoral, Universidad de California, Davis, 1988-1990, en la investigación básica sobre el sueño.
- Doctor en Psicología, Maharishi University of Management, 1988. Tesis Doctoral: "Testing the Field Model of Maharishi's Vedic Psychology" – "Probando el modelo de campo en de la Psicología Védica Maharishi"
- Master en Psicología, Maharishi University of Management, 1986
- Graduado en Diseño y Análisis Medioambiental (Design and Environmental Analysis), Cornell University, Ithaca, Nueva York, EEUU. Tesis: La técnica de Meditación Trascendental y la Creatividad: Un estudio longitudinal en los estudiantes de grado de la Universidad de Cornell (Cornell University, Ithaca, Nueva York, EEUU).

Las conclusiones clave de las investigaciones del Dr. Travis son:

- La integración cerebral es más alta en atletas de élite, músicos y directores de alto nivel y en estudiantes y personas que practican la Meditación Trascendental.
- La práctica de la técnica de Meditación Trascendental se diferencia del descanso con los ojos cerrados por una mayor coherencia de ondas theta, alfa y beta, mayor potencia alfa y beta frontal y parietal y por fuentes ELORETA (exact low resolution brain electromagnetic tomography) en el circuito cerebral frontal/parietal por defecto.
- Las medidas fisiológicas distinguen la técnica de Meditación Trascendental del descanso con los ojos cerrados y otras formas de meditación.
- Las medidas fisiológicas distinguen la consciencia trascendental de otras experiencias de meditación.

- Los marcadores fisiológicos indican las diferencias en el crecimiento de estados más altos de consciencia en sujetos que practican la MT y en sujetos que no practican la MT.
- Las medidas fisiológicas durante el sueño distinguen a individuos que dicen tener la experiencia de consciencia cósmica: la integración de la Consciencia Trascendental, con el estado de vigilia y el dormir.
- Las medidas fisiológicas durante la actividad distinguen a los individuos que dicen tener la experiencia de consciencia cósmica, que conduce a una escala de integración cerebral.
- Un continuo de auto consciencia auto-referente/objeto-referente puede ser definido como el camino desde “la ignorancia” a “la consciencia cósmica”.
- La coherencia frontal aumenta rápidamente durante la práctica de la técnica de Meditación Trascendental. Los efectos de la práctica regular mantienen esa coherencia durante la actividad.
- La coherencia cerebral aumenta durante la práctica de la técnica de Meditación Trascendental, pero no la asimetría lateral o gamma.
- La experiencia de la Consciencia Trascendental es una respuesta adecuada a la “difícil pregunta de la consciencia”.
- La sincronía de fase es una nueva y valiosa medida de EEG para entender el funcionamiento cerebral durante la práctica de la técnica de Meditación Trascendental.
- El desarrollo del liderazgo va parejo al desarrollo personal y el liderazgo más efectivo es aquél que no es convencional.
- El liderazgo invencible es el basado en altos estados de consciencia.



En una de sus investigaciones más recientes, en un estudio hecho en 50 estudiantes de la American University, Washington D.C., el Dr. Travis ha descubierto que después de 10 semanas practicando la MT, los estudiantes muestran un aumento de integración cerebral, reducción del adormecimiento y una mayor habilidad de manejar situaciones de estrés. El estudio fue patrocinado por la Fundación David Lynch que patrocinó también hace un año el concierto benéfico de Nueva York con Paul McCartney, Ringo Starr, Donovan y otros artistas para recaudar fondos y enseñar la técnica MT a estudiantes en situación menos favorable. Hasta la fecha esta Fundación ha financiado la enseñanza de la técnica MT a más de 60.000 estudiantes en todo el mundo.

Premios y Honores

- Consejo Editorial del Journal of Meditation and Meditation Research
- Who's Who (Quién es quién) en escuelas y universidades americanas, 1985
- Mención de Honor, Beca del NSF para graduados, 1985

Publicaciones

- Travis, F. & Brown, S. (2008). My Brain Made Me Do It: Brain Maturation and Levels of Self-Development. In A. H. Pfaffenberger, P. W. Marko and T. Greening (Eds.) The Postconventional Personality: Perspectives on Higher Development. New York, Sage Publishing.
- Travis, F.T. (in press) Relationship Between Meditation Practice and Transcendent States of Consciousness, Biofeedback.
- Travis, F.T. (2004) Optimizing brain functioning, www.tm.org.
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Presentaciones en reuniones científicas

- Travis F.T. Phenomenological and Physiological markers of transcendental consciousness: A proposed fourth state of consciousness. Presentado en la conferencia "Science and consciousness Conference", abril 1996.
- Travis F.T. Lucid Dreaming and the junction point model. Presentado en la conferencia "Conference on Lucid Dreaming", julio 1991.
- Travis F.T. The junction point model of states of consciousness. Presentado en la conferencia "Higher states of consciousness: Theoretical and experimental perspectives", julio 1990.
- Kleinschnitz K.W., Travis F.T., Druhl K.J. (1990) Modulation of brain wave coherence from a distance: Search for an electromagnetic mechanism. Presentado en la reunión 12 de la "Bioelectromagnetics Society", San Antonio, Tejas, EEUU, 1990.
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