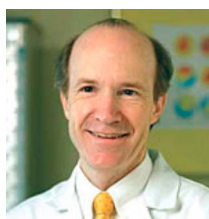


Perfil y publicaciones del Dr. Fred Travis



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 Cornwell (Cornwell 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.
- Travis, F.T., Arenander, A. (2004) Psychological and physiological characteristics of a proposed object-

referral/self-referral continuum of self-awareness. *Consciousness and Cognition*, 13/2, 401-420.

- Heaton, D., Schmidt-Wilk, J., Travis, F.T. (2004). Constructs, methods, and measures for researching spirituality in organizations. *Organizational Change Management*, 17, 62-82.
- Arenander, A, Travis, F.T. (in press). Brain patterns of Self-awareness. In B Beitman and J Nair, Eds. *Self-Awareness Deficits*. New York: W.W.Norton.
- Travis, F.T., Arenander, A. (2004). EEG Asymmetry and Mindfulness Meditation. *Psychosomatic Medicine*, 66, 147-152.
- Travis, F.T. (2003) The Significance of Transcendental Consciousness for Addressing the “Hard” Problem of Consciousness, *Journal of Social Behavior and Personality*, 16, 123-135.
- Alexander, CN, Kurth, K., Travis, F, Alexander, V.K. (2003) Effect of Practice of The Children’s Transcendental Meditation Technique on Cognitive Stage Development: Acquisition And Consolidation of Conservation, *Journal of Social Behavior and Personality*, 16, 21-46.
- Dixon, C., Dillbeck, M.C., Travis, F., Msemaje, H., Clayborne, B.M., Dillbeck, S.L., and Alexander, C.H. (2003). Accelerating Cognitive and Self Development: Longitudinal Studies with Preschool and Elementary School Children. *Journal of Social Behavior and Personality*, 16, 65-91.
- Travis, F.T., Bonshek, A., Butler, V., Rainforth, M., Alexander, C.N., Khare, R., Lipman, J., (2003) Can a Building’s Orientation Affect the Quality of Life of the People Within? Testing Principles of Maharishi Sthapatya Veda, *Journal of Social Behavior and Personality*.
- Travis, F.T., Tecce, J., Arenander, A., Wallace, R.K. (2002). Patterns of EEG Coherence, Power, and Contingent Negative Variation Characterize the Integration of Transcendental and Waking States. *Biological Psychology*, 61, 293-319.
- Travis, F.T., Tecce, J., Durchholz, C. (2001). Cortical Plasticity, CNV, and Transcendent Experiences: Replication with subjects reporting permanent transcendental experiences. *Psychophysiology*, 38, suppl1: S95.
- Travis, F.T., Olsen, T., Egenes, T., & Gupta, H.K. (2001). Physiological patterns during practice of the Transcendental Meditation Technique compared with patterns while reading Sanskrit and a modern language. *International Journal of Neuroscience*, 109, 71-80.
- Travis, F.T. (2001). Autonomic and EEG patterns distinguish transcending from other experiences during Transcendental Meditation practice. *International Journal of Psychophysiology*, 42, 1-9.
- Travis, F.T., Tecce, J.J., Guttman, J., (2001). Cortical Plasticity, Contingent Negative Variation, and Transcendent Experiences during Practice of the Transcendental Meditation Technique. *Biological Psychology*, 55, 41-55.
- Travis, F.T. (2001) Transcendental Meditation Technique, *Encyclopedia of Psychology and Neuroscience*.
- Travis, F.T. & Pearson, C. (2000). Distinct Phenomenological and Physiological Correlates of ‘Consciousness Itself.’ *International Journal of Neuroscience*, 100, 77-89.
- Travis, F.T. & Durchholz, C. (2000). Can an electronic device improve mood and well-being, and decrease anxiety? *International Journal of Neuroscience*, 103, 91-99.
- Travis, F.T. & Wallace R.K. (1999). EEG and Autonomic Patterns during Eyes-Closed Rest and Transcendental Meditation Practice: The Basis for a Neural Model of TM practice. *Consciousness and Cognition*, 8, 302-318.
- Travis, F.T. (in press). Autonomic and EEG Patterns Distinguish Transcending from other Experiences during Transcendental Meditation Practice. *International Journal of Psychophysiology*.
- Travis, F.T. Olson, T., Egenes, T., Gupta, H.K. (in press) A Comparison of Physiological Patterns during Practice of the Transcendental Meditation Technique with Physiological Patterns during Reading the Bhagavad Gita in Sanskrit and in a Modern Language. *International Journal of Neuroscience*.
- Travis, F.T. Munly, K., Olson, T., Sorflaten, J. (in press) The Significance of Transcendental Consciousness for Addressing the “Hard” Problem of Consciousness, *Journal of Social Behavior and Personality*.
- Travis, F.T. (in press) The Significance of Transcendental Consciousness for Addressing the “Hard” Problem of Consciousness, *Journal of Social Behavior and Personality*.
- Alexander, C.N., Kurth, K., Travis, F., Alexander, V.K. (in press). Effect of Practice of The Children’s Transcendental Meditation Technique on Cognitive Stage Development: Acquisition and Consolidation of Conservation, *Journal of Social Behavior and Personality*.

- Travis, F.T., Bonshek, A., Butler, V., Rainforth, M., Alexander, C.N., Khare, R., Lipman, J. (in press). Can a Building's Orientation Affect the Quality of Life of the People Within? Testing Principles of Maharishi Sthapatya Veda, *Journal of Social Behavior and Personality*.
- Travis, F.T. (2001) Transcendental Meditation Technique, *Encyclopedia of Psychology and Neuroscience*.
- Travis, F.T. Tecce, J.J. & Guttman, J. (2000). Cortical Plasticity, Contingent Negative Variation, and Transcendent Experiences during Practice of the Transcendental Meditation Technique. *Biological Psychology*, 55,41-55.
- Travis, F.T. & Pearson, C. (2000). Pure Consciousness: Distinct Phenomenological and Physiological Correlates of "Consciousness Itself". *International Journal of Neuroscience*, 100,77-88.
- Travis, F.T. & Wallace, R.K. (1999). EEG and Autonomic Patterns during Eyes-Closed Rest and Transcendental Meditation Practice: The Basis for a Neural Model of TM practice. *Consciousness and Cognition*, 8, 302-318.
- Travis, F.T. & Tecce, J.J. (1998). Effects of distracting stimuli on CNV amplitude and reaction time. *International Journal of Psychophysiology*, 31, 45-50.
- Travis, F.T. (1998). Cortical and Cognitive Development in 4th, 8th, and 12th Grade Students: The Contribution of Speed of Processing and Executive Functioning to Cognitive Development. *Biological Psychology*, 48, 37-56.
- Travis, F.T., (1998). CNV rebound and distraction effects before and after a TM session. *Psychophysiology*, 34: S89.
- Mason, L, Alexander, C., Travis, F, Marsh, Orme-Johnson, D.W., Gackenback, J., Mason, D.C., Rainforth, M., & Walton, K.G. (1997). Electrophysiological correlates of higher states of consciousness during sleep in long-term practitioners of the Transcendental Meditation program. *Sleep*, 20: 102–110.
- Travis, F.T. & Wallace R.K. (1997) Autonomic Patterns during Respiratory Suspensions: Possible markers of Transcendental Consciousness. *Psychophysiology*, 34: 39–46.
- Travis, F.T., (1996). Comparison of CNV amplitude and P300 latency and amplitude in subjects practicing the Transcendental Meditation technique for less than 1 year or more than 8 years. *Psychophysiology*, 33: S83.
- Travis, F.T., (1996). Invincible Athletics program: Aerobic exercise and performance without strain. *International Journal of Neuroscience*, 85: 301–308.
- Travis, F.T. (1995). Within comparison of EEG and autonomic patterns during eyes-closed rest and transcendental meditation practice. *Psychophysiology*, 32: S77.
- Travis, F.T., (1994). A second linked-reference issue: Possible biasing of power and coherence spectra. *International Journal of Neuroscience*, 75(1–2): 111–117
- Travis, F.T., (1994). The junction point model: A field model of waking, sleeping, and dreaming relating dream witnessing, the waking/sleeping transition, and Transcendental Meditation in terms of a common psychophysiological state. *Dreaming*, 4(2): 91–104.
- Travis, F.T.& Miskov, S. (1994). P300 latency and amplitude after eyes-closed rest and after transcendental meditation practice. *Psychophysiology*, 31: S98.
- Travis, F.T. (1993). Respiratory, Autonomic, and EEG Correlates of transcendental consciousness experiences during Transcendental Meditation practice. *Society for Neuroscience Abstracts*, 18(1), 574: 15.
- Travis F.T., (1991). Eyes open and TM EEG patterns after one and after eight years of TM practice. *Psychophysiology*, 28(3a): S58.
- Travis F.T., Maloney T., Means M., March J.D., & Feinberg I. (1991). Acute Deprivation of the Terminal Four Hours of Sleep Does not Increase Delta (0–3Hz) Electroencephalograms: A replication. *Sleep*, 14(4): 320–324.
- Travis F.T. (1990). EEG patterns during TM practice and hypnagogic sleep. *Society for Neuroscience Abstracts*, 15(1): 244.
- Travis, F.T. (1990). Reference Aliasing: Effect of the 'non-active' reference. *Psychophysiology*, 27(4a): S70.
- Travis F.T. (1990) An empirical test of Maharishi's Junction point model of states of consciousness. *Modern Science and Vedic Science*, 4(1):42–55.

- Travis F.T. and Orme-Johnson D.W. (1990). EEG coherence and power during Yogic Flying. *International Journal of Neuroscience*, 54:1–12.
- Feinberg I, March J., Flach K., Maloney T., Chern W-J., Travis F.T. (1989). Late maturational decline in 0–3 Hz EEG amplitude during sleep: A reflection of synaptic elimination? *Society for Neuroscience Abstracts*, 15(1): 244.
- Gaylord C., Orme-Johnson D.W., and Travis F.T. (1989). The effects of the Transcendental Meditation technique and progressive muscle relaxation on EEG coherence, stress reactivity, and mental health in black adults. *International Journal of Neuroscience*, 46: 77–86.
- Travis F.T., and Orme-Johnson D.W. (1989). Field Model of consciousness: EEG coherence changes as indicators of field effects. *International Journal of Neuroscience*, 49: 203–211.
- Travis F.T. (1988). Testing the field paradigm of Maharishi’s Vedic Psychology: EEG Coherence and Power as Indices of States of Consciousness and Field Effects. *Dissertation Abstracts International*, 49(8B): 3493.
- Travis F.T., and Dillbeck M.C. (Spring, 1988) Maharishi’s Vedic Psychology: A unified field based paradigm for psychology. *The Iowa Psychologist*.
- Travis F.T. (1988). Testing a field model of social interactions. *The Journal of the Iowa Academy of Science*, 95(1): A56.
- Travis F.T. (1985). Conscious and unconscious perception in bilingual students. *The Journal of the Iowa Academy of Science*, 94(1): A75.
- Travis F.T. (1979). The Transcendental Meditation technique and creativity: A longitudinal study of Cornell University undergraduates. *The Journal of Creative Behavior*, 13(3): 169–181.
- Alexander C.N., Kurth S.C., Travis F.T., Warner T., and Alexander V.K. (1988). Cognitive stage development in children practicing the TM program. In R. A. Chalmers, G. Clements, H. Schenkluhn, and M. Weinless (Eds.). *Scientific research on the TM and TM-Sidhi program: Collected papers*, vol. 3, Vlodrop, the Netherlands: MIU Press.
- Harung. H.S., Travis, F., Blank, W., & Heaton D. P. (2009). Higher development, brain integration, and excellence in leadership. *Management Decision*.

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.
- Travis F.T., Feinberg I., Maloney T., and March, J.D. (1990) Sleeping/waking relationships. Presentado en la reunion de primavera de la “Association of Professional Sleep Societies”, Minneapolis, MN, EEUU.
- Feinberg I., Travis F. T., Maloney T., March J.D. (1989) Peak-trough analysis of cyclic delta patterns more faithfully reflects maturational change than visual scoring or computer tabulation of NREMPs. Presentado en la reunión de primavera de la “Association of Professional Sleep Societies”, Washington, D.C.
- Travis F.T. (1988). Delineating the EEG pattern characteristic of the TM technique. Presentado en la reunion de primavera de la “Midwest Psychological Association, Chicago, IL, EEUU”.