Maharishi’s Transcendental Meditation Programme

Fundamentally Unique

Documented by extensive scientific research
The Transcendental Meditation Programme

Maharishi Mahesh Yogi introduced Transcendental Meditation to the world over fifty years ago (1955) from the ancient Vedic Tradition—the tradition of the complete and timeless knowledge of Natural Law. Maharishi has brought enlightenment to millions of people. Over six million people from all cultures, religions, and educational backgrounds have learnt Transcendental Meditation and its advanced techniques.

Maharishi has trained thousands of teachers of Transcendental Meditation and founded hundreds of schools, colleges, and universities. His programmes are being enjoyed in private businesses, public institutions, and by individuals in over 100 countries today.

Maharishi has introduced the knowledge of total Natural Law to make every nation invincible and create a lasting state of world peace.

More than 600 scientific research studies, conducted at over 250 universities and research institutes in 33 countries, document the benefits of Maharishi’s Transcendental Meditation for mind, body, behaviour, and society. These findings document Transcendental Meditation to be the single most effective technique available to gain deep relaxation, eliminate stress, increase creativity and intelligence, promote health, and attain inner happiness and fulfilment; and that it directly contributes to invincibility for a nation and peace for the world.

— Maharishi Mahesh Yogi

Scientific Research on Maharishi’s Transcendental Meditation and TM-Sidhi Programme—Collected Papers, Volumes 1–7, contains hundreds of peer-reviewed research studies that have been published in over 150

**UNIQUE AND EFFECTIVE**

Maharishi’s Transcendental Meditation is unique in its simplicity and effectiveness for improving all areas of life simultaneously. Just as watering the root of a tree makes all aspects of the tree flourish, the regular practice of Transcendental Meditation enhances every aspect of life.

**FUNDAMENTALLY DIFFERENT**

The principles and practice of Transcendental Meditation are fundamentally different from any other method of mental and physical development available in the world today. It is not a philosophy and does not require specific beliefs, behaviour, or lifestyle. No effort is involved in its practice, and it can be easily learnt by everyone. It is practised for fifteen to twenty minutes morning and evening, while sitting comfortably with the eyes closed.

**SIMPLE, EFFORTLESS MENTAL TECHNIQUE**

Transcendental Meditation is a simple, natural, effortless procedure to take the awareness from the surface active level of the mind to enjoy the more settled state of mind—Transcendental Consciousness—the reservoir of intelligence and creativity at the source of thought. This process can be likened to a river, which naturally and effortlessly flows on to the ocean and gains the status of the ocean.

**DEEP REST AND RELAXATION**

Transcendental Meditation, through the experience of more settled states of the mind, brings a state of deep rest and relaxation to the physiology. Right from the first session of Transcendental Meditation, its results start to be felt—life becomes naturally more blissful, more filled with peace and happiness. The mind, more infused with dynamic silence, becomes clearer, thinking becomes more orderly; and desires begin to be fulfilled effortlessly and automatically.

**BENEFITS**

The benefits of Transcendental Meditation are innumerable and profound; Transcendental Meditation is universally applicable for the well-being of the individual and for society as a whole. Following is a brief description of some of these benefits in four main areas of life—mental potential, health, social behaviour, and world peace.

> ‘Only a new seed can yield a new crop. Only new knowledge, new principles, and new programmes can put an end to conflict, sickness, and suffering, and prevent such problems from arising in the future. Only new knowledge can create a healthy, prosperous, harmonious society and a peaceful world.’

—Maharishi
Developing the Full Potential of the Mind

Transcendental Meditation unfolds the inner Creative Intelligence of everyone, by providing direct experience of the field of pure Creative Intelligence at the source of thought—Transcendental Consciousness.

Clarity of Mind Develops through Transcendental Meditation

Scientific research has documented numerous benefits of Transcendental Meditation:

- Increased Intelligence and Creativity
- Improved Memory
- Broader Comprehension with the Improved Ability to Focus, Leading to
- Improved Academic Performance
- Greater Efficiency and Achievement in Professional Life

Transcendental Meditation Enlivens Total Brain Functioning

Research studies using the electroencephalogram (EEG) have shown that during Transcendental Meditation, when the individual experiences a deeply settled and silent state of Transcendental Consciousness, coherence begins to increase throughout the entire brain simultaneously.

Increased brainwave coherence during Transcendental Meditation is correlated with—

- Higher Levels of Creativity
- Greater Efficiency in Learning New Concepts
- More Principled Moral Reasoning
- Higher Verbal Intelligence (IQ)
- Less Neuroticism
- Higher Academic Achievement
- Greater Neurological Efficiency (H-reflex)

Integration of Brain Functioning through Transcendental Meditation: High levels of EEG coherence measured during Transcendental Meditation are significantly correlated with higher creativity, greater efficiency in learning new concepts, more principled moral reasoning, higher verbal intelligence (IQ), less neuroticism, higher academic achievement, clearer experiences of Transcendental Consciousness, and greater neurological efficiency (faster spinal reflex recovery).


Development of Higher Consciousness

Developing the Ability to Know Anything, Do Anything, and Accomplish Anything

With the regular practice of Transcendental Meditation, the experience of the deep silence of Pure Consciousness—Transcendental Consciousness—is increasingly integrated with dynamic activity. This in turn leads to the development of higher states of consciousness.

Our experience is that knowledge is different in different states of consciousness. Knowledge in the waking state of consciousness is different from knowledge in the dreaming state of consciousness, and again knowledge is different in the sleep state of consciousness.

The process of Transcendental Meditation takes the awareness from the field of diversity in the waking state of consciousness to the field of Unity, the settled state of mind in Transcendental Consciousness.

With the regular experience of Transcendental Consciousness through Transcendental Meditation, the awareness becomes more and more infused with this holistic, fully wakeful, all-knowing quality of consciousness, until it is a permanent feature of one’s awareness. Then one is able to spontaneously use one’s total Creative Intelligence to know anything, do anything, and achieve any great goal.
Increased Use of Hidden Brain Reserves through Transcendental Meditation: During the Transcendental Meditation Programme, early (sensory) components of the brain’s response to somatosensory stimuli are more widely distributed across the cortex, indicating greater participation of the whole brain in the response to a stimulus. **Reference:** *Human Physiology* 25: 171–180, 1999.

Increased Field Independence through Transcendental Meditation: Individuals randomly assigned to learn the Transcendental Meditation Programme displayed a significant increase after three months, in comparison to controls, on measures of field independence, indicating broader comprehension with increasing ability to focus. **Reference:** *Perceptual and Motor Skills* 39: 1031–1034, 1974.

Holistic Improvement in Intellectual Performance through Transcendental Meditation: Three randomized controlled studies among students found that, in contrast to controls, those who learnt the Transcendental Meditation Programme showed significant improvement in five measures of intellectual functioning; they also showed decreased anxiety. **Reference:** *Intelligence* 29: 419–440, 2001.

Increased Integration of Brain Functioning through Transcendental Meditation: University students who learnt the Transcendental Meditation Programme showed significant improvement over a 10-week period on a Brain Integration Scale comprising several EEG measures during task performance, in contrast to students randomly assigned to learn later. Components of the Brain Integration Scale on which improvement was measured included increased broadband frontal EEG coherence and more efficient preparatory brain responses to stimuli. Students who learnt the Transcendental Meditation Technique also displayed decreased sleepiness and faster habituation to stressful stimuli in comparison to controls. **Reference:** *International Journal of Psychophysiology* 71: 170–176, 2009.

---

The prerequisite for gaining complete education, complete knowledge—the prerequisite for knowing everything, experiencing everything, and doing everything—is to bring the awareness to the level of pure intelligence, pure knowledge, self-referral intelligence, self-referral consciousness, Transcendental Consciousness. Therefore the full development of consciousness, self-referral consciousness, should be understood to be complete education.

‘Development of consciousness, or gaining supreme level of consciousness, is complete education, which is the state of all-knowingness, the ability to spontaneously know anything, do anything right, and achieve anything at will. This ability to achieve anything at will in the state of self-referral consciousness, singularity, is the ability to spontaneously engage infinite Creative Intelligence, Cosmic Creative Intelligence, to bring fulfilment to all desires.’

—Maharishi
Benefits in the Field of Health

The unique state of rest created during Transcendental Meditation not only relieves the system from the general fatigue of daily activity, it also dissolves the deep-rooted stresses accumulated in the body.

Transcendental Meditation improves both the functioning of the physical nervous system and its coordination with the mind. Energy and efficiency in action increase, and one is able to accomplish more without becoming unduly tired. Transcendental Meditation is the one simple procedure that anyone can add to their daily routine to enjoy far-reaching and profound benefits for health and longevity.

Extensive research findings include:

Improved Health of the Cardiovascular System:

- Improved Exercise Tolerance Among Coronary Patients
- Normalization of High Blood Pressure in Students and Adults
- Reduced Atherosclerosis—Reduced Risk of Stroke
- Reduction of High Cholesterol

Transcendental Meditation creates a state of restful alertness—deep rest for the body and full alertness for the mind. Restful alertness is different from ordinary sleep in that this state of deep rest is seen after a few minutes of Transcendental Meditation practice, and the mind is fully alert in comparison to the inertia of sleep. This unique state of restful alertness releases stress and strain that the ordinary rest of sleep does not relieve.

A nine-year randomized control trial conducted at the Medical College of Wisconsin in Milwaukee, USA, in collaboration with the Institute for Natural Medicine and Prevention at Maharishi University of Management, Fairfield, Iowa, USA, followed 201 men and women with narrowing of the arteries in their hearts. This study, sponsored by the National Institutes of Health (Heart, Lung, and Blood Institute) of the U.S. Government, concluded that heart disease patients who practice the Transcendental Meditation Technique have nearly 50 per cent lower rates of heart attack, stroke, and death. (Presented at the annual conference of the American Heart Association, 16 November 2009.) The National Institutes of Health have granted over twenty-four million dollars to study the effects of Maharishi’s Transcendental Meditation on cardiovascular patients in the USA.

Improved Health of the Respiratory System:

- Reduced Respiration Rate Indicating a Unique State of Deep Rest
- Improvements in Bronchial Asthma

Improved Health of the Endocrine System:

- Improved Blood Glucose Levels and Insulin Levels

Improved Metabolic Functioning and Improved Health of the Digestive System

- Reduced Obesity
- Lower Hospital Admissions Rate for Gastrointestinal Disorders

Improved Health of the Immune System and Decreased Incidence of Disease:

- Decreased Hospitalization and Out-Patient Visits
- Decreased Medical Expenses
- Improved General Health in University Students
- Reduced Physical Complaints in Industrial Workers

Improved Health of the Musculoskeletal System:

- Increased Athletic Ability
- Improvements in Chronic Back Pain and Rheumatoid Arthritis

Reversal of the Deleterious Effects of Ageing:

- Younger Biological Age Compared to Chronological Age
- Decreased Mortality Rate
The Transcendental Meditation Programme—Fundamentally Unique

Benefits in the Field of Health

Better Health of Mother and Child Before and After Childbirth
- Less Anxiety during Pregnancy and Childbirth
- Shorter Stay in Hospital for Child Delivery
- Greater Quiet Alertness in Newborns of Mothers Practising Transcendental Meditation

Better Health Habits:
- Decreased Use of Cigarettes
- Reductions in Alcohol Use and All Categories of Substance Abuse

Improved Mental Health:
- Decreased Anxiety
- Decreased Depression
- Fewer Biochemicals in the Blood Associated with Anxiety and Stress
- Decreased Symptoms of ADHD (Attention-Deficit Hyperactivity Disorder)
- Decreased Insomnia
- Increased Calmness and Quicker Recovery from Stress

Increased Energy and Greater Well-Being

Simultaneous Improvements in Health and Quality of Life in Individuals Across a Wide Range of Stress-Related Disorders

Thousands of physicians worldwide recommend the practice of Transcendental Meditation to their patients.

Physiological Indicators of Deep Rest through Transcendental Meditation: A meta-analysis of all available physiological research on the Transcendental Meditation Programme found that the practice of this technique produces a state of deep rest compared to eyes-closed control conditions, as measured by reduced respiration rate, basal skin conductance, and reduced plasma lactate.


Increased Calmness through Transcendental Meditation: Individuals who practised the Transcendental Meditation Programme showed significantly increased skin resistance during the practice, in contrast to controls. Skin resistance is an electro-physiological measure of calmness or restfulness.


Meta-Analysis—Decreased Blood Pressure through Transcendental Meditation Compared to Other Techniques: This meta-analysis of 17 published studies on stress reduction and blood pressure found that only the Transcendental Meditation Programme had a statistically significant impact on reducing high blood pressure among hypertensive subjects.


* To ask questions to leading doctors in the United States who have prescribed the Transcendental Meditation Programme to their patients, visit the website www.doctorsontm.org

which is sponsored by The American Association of Physicians Practicing the Transcendental Meditation Program.

* This study is a meta-analysis, which is a method of combining the results of many independent research studies in order to most rigorously assess the effects of different treatments.
Decreased Medical Expenses through Transcendental Meditation:
This study measured annual percentage change in government payments for physicians’ services over 14 years among 1,418 people in Quebec, Canada, who learnt the Transcendental Meditation Programme, in comparison to randomly selected controls. After learning the Transcendental Meditation Programme, individuals showed an average annual decline of 13.8 per cent in payments. Reference: American Journal of Health Promotion 14: 284 – 291, 2000.

Younger Biological Age through Transcendental Meditation:
Those who had been regularly practising the Transcendental Meditation Programme showed younger biological age, with a greater difference between chronological age and biological age the longer they had been participating in the programme. Reference: International Journal of Neuroscience 16: 53 – 58, 1982.

The centuries-old medicine-predominated approach to health has failed to eliminate sickness and suffering; this is because medicine alone is too superficial to influence all the innumerable values that constitute the structure of life and its evolution. Only a holistic approach that takes into consideration all aspects of mind and body together can be successful in handling health.’ —Maharishi

Ideal social behaviour is based on giving to others. In order to naturally give to others through one’s speech, actions, and behaviour, one has to feel inner fullness and contentment. The Transcendental Meditation Programme restores balance to the mind and body, giving deep rest and the direct experience of the field of inner bliss, harmony, and unity. Appreciation of oneself, of others, and of the environment increases; and as a result, one’s behaviour is more helpful, more useful, more compassionate, and more progressive.

A healthy, happy individual improves the quality of his environment, and a better environment in turn enriches the individual. The individual has a very real influence on the life of society, of the nation, of the world.

Numerous research studies document the benefits of the Transcendental Meditation Programme for ideal social behaviour:

- Increased Self-Actualization: Increased Integration, Unity, and Wholeness of Personality
- Enhanced Inner Well-Being
- Increased Self-Confidence and More Positive Self-Image
- Increased Emotional Stability and Maturity
- Higher—More Principled—Levels of Moral Reasoning
- Decreased Hostility and Impulsiveness
- Increased Job Satisfaction and Improved Relations at Work
- Improved Personal Relationships
- Increased Capacity for Warm Interpersonal Relationships
- Increased Friendliness
- Increased Ability to be Objective, Fair-Minded, and Reasonable
- Improved Family Life
- Increased Tolerance
- Increased Sensitivity to the Feelings of Others
- Orientation towards Positive Values
- More Positive Appraisal of Others
- Increased Autonomy and Independence
• Improved Interpersonal Behaviour of Juvenile and Adult Offenders
• Decreased Recidivism of Prison Parolees
• Decreased Absenteeism and Dropout Rate from School
• Greater Respect for Traditional Values Together with More Scientific Thinking.

In summary, as the mind becomes more settled during Transcendental Meditation and the body correspondingly gains a unique state of rest, accumulated stress and tension are neutralized and the stability and flexibility of the nervous system increases. On this basis, and with the growth of inner happiness, one can appreciate others and give to others more fully, in a natural way, supporting fulfilment in social relationships and family life.

Increased Self-Actualization through Transcendental Meditation: Statistical meta-analysis of all available research (42 independent study results) indicated that practice of the Transcendental Meditation Programme increased self-actualization by about three times as much as procedures of contemplation, concentration, or other techniques. Reference: Journal of Social Behavior and Personality 6: 189 – 248, 1991.

Greater Appreciation of Others through Transcendental Meditation: University students practising the Transcendental Meditation Programme rated significantly more positively the important people in their lives (parents, spouse) than did control students. Reference: Perceptual and Motor Skills 64: 1003 – 1012, 1987.


Improved Work and Personal Relationships through Transcendental Meditation: A study of executives and employees in the automotive industry found that after three months of regular practice of Transcendental Meditation, participants showed improved work and personal relationships in comparison to controls from the same work sites. Reference: Anxiety, Stress and Coping: An International Journal 6: 245 – 262, 1993.

The first fundamental in the art of behaviour is: Meet with warmth, and meet to give. Behaviour should be on the level of giving. “In giving, you receive” is a common saying; it has great truth in it. If all the people in a society behaved on this level of giving, social behaviour could only result in the advancement and glorification of everyone’s life. Giving is the basic formula of the art of behaviour.

“This sincere sense of giving can only arise on the level of contentment. The contented hearts and minds alone can think in terms of giving. This eternal contentment can only come through the development of bliss consciousness, which can only be developed quickly through Transcendental Meditation.”

— Maharishi

See footnote on p 11.
World peace has been the long-sought goal of many generations; yet all attempts by governments, whether through negotiations, treaties, or arms have failed to create a lasting state of peace. National governments have lacked the knowledge of how to utilize their national potential to achieve this highest, most cherished goal.

Extensive scientific research confirm that Maharishi’s Transcendental Meditation and its advanced programmes fulfil the need for an effective means to create harmony and peace in society.

**The Maharishi Effect—One in One Hundred**

- Research shows that in cities and towns where as little as one per cent of the population practises Transcendental Meditation, negative social trends decrease, and positive trends increase. (Refer to research results on following pages.)

This phenomenon—a powerful influence of harmony spreading throughout a whole community or nation as the result of a small percentage of the population practising Transcendental Meditation—has been called the ‘Maharishi Effect’ by research scientists, because this was predicted by Maharishi in the very early days when he started to teach Transcendental Meditation.

- **The Maharishi Effect** is an effect of coherence and positivity produced at the deepest level of Nature’s functioning—the field of infinite correlation, the field of Transcendental Consciousness—which is basic to creation and permeates all life everywhere. Modern Physics identifies such ‘field effects’ with fundamental force fields extending throughout time and space.

- The phenomenon of the *Maharishi Effect* can be explained from the perspective of Physics as a ‘field effect’ of consciousness. The principle of the ‘field effect’ establishes that it is not necessary to act individually on each separate constituent of a system, but that the system can be handled collectively. The concept of a field is utilized to study the total dynamics of a system in which every point is considered in terms of the whole.

---

Creating Peace from the Most Powerful Level of Nature’s Functioning

- The advanced techniques of the Transcendental Meditation Programme called the Transcendental Meditation Sidhi Programme, including Yogic Flying, further accelerate the growth of individual enlightenment and world peace.

- Almost fifty research studies have demonstrated that when just the square root of one per cent of a population practises the Transcendental Meditation Sidhi Programme including Yogic Flying in one place, then a more powerful measurable influence of coherence and harmony is radiated to the whole society. Scientists call this the *Extended Maharishi Effect*.

---

**Maximum Brainwave Coherence During Yogic Flying**

THROUGH MAHARISHI’S TRANSCENDENTAL MEDITATION SIDHI PROGRAMME OF YOGIC FLYING

Maximum Brainwave Coherence During Yogic Flying through the Transcendental Meditation Sidhi Programme: During the Transcendental Meditation Sidhi Yogic Flying technique, high levels of EEG coherence are recorded (above right). Maximum EEG coherence is found at the point when the body lifts up (centre). **References:** Scientific Research on Maharishi’s Transcendental Meditation and TM-Sidhi Programme—Collected Papers, Vol. 1: 705 – 712, 1977; International Journal of Neuroscience 54: 1 – 12, 1990.

---

Footnote continues …

The group practice of the Transcendental Meditation and Transcendental Meditation Sidhi Programme utilizes the principle of the field effect in order to create coherent collective consciousness in society. In contrast to other field effects, the *Maharishi Effect* is created from the most fundamental level of Natural Law, the Unified Field of all the Laws of Nature, experienced as Transcendental Consciousness, and is therefore extremely effective in establishing a harmonious, progressive, peaceful society and nation.
Extensive research shows that when the square root of one per cent of the population practises Transcendental Meditation and the advanced Transcendental Meditation Sidhi Programme including Yogic Flying together in a group in one place, harmony and positive trends in society dramatically increase, resulting in:

- **Reduced Crime Rate**
- **Improved Overall Quality of Life of Society**
- **More Positive Actions of Heads of States**
- **Improved Economic Trends**
- **Increased Cooperation between Nations**
- **Reduced National and International Conflicts**
- **Reduced Armed Conflicts**
- **Reduced Terrorism, and**
- **Increased Progress Towards Peace**

**Decreased Crime in National Capital Districts through the Transcendental Meditation Sidhi Programme Including Yogic Flying:** During periods in which large groups of participants in the Transcendental Meditation Sidhi Programme exceeded the square root of one per cent of the population, crime decreased in Washington, DC (daily violent crime, June to July 1993); in Metro Manila, Philippines (weekly crime index totals, mid-August 1984 to late January 1985); and in the Union Territory of Delhi, India (daily Indian Penal Code crimes, November 1980 to March 1981). The assembly in Washington, DC was much larger than the assemblies for the other two countries, with a correspondingly larger effect. Time series analysis verified that these decreases in crime could not have been due to trends or cycles of crime, to weather, or to changes in police policies and procedures. **Reference:** Social Indicators Research 47: 153 – 201, 1999; The Journal of Mind and Behavior 8: 67 – 104, 1987.

**D18. Decreased Terrorism through the Transcendental Meditation Sidhi Programme Including Yogic Flying:** There was a significant decrease in fatalities and injuries due to international terrorism during the periods of three assemblies approaching or exceeding 7,000 experts in the Transcendental Meditation Sidhi Programme (the square root of one per cent of the world’s population at the time), as indicated by time series analysis of an independent data bank. **Reference:** Journal of Offender Rehabilitation 36: 283 – 302, 2003.
The Transcendental Meditation Programme—Fundamentally Unique

Only a nation that radiates an indomitable influence of peace—that has an invincible national consciousness—can prevent the birth of an enemy. Through the Maharishi Effect, even one large school or university, a large business or a small part of the military utilizing the Transcendental Meditation and Transcendental Meditation Sidhi Programme can create invincibility for a nation. On this basis, Maharishi invited every government to declare its country a ‘Country of World Peace’.

With this inspiration, on 7 October 2000 Maharishi inaugurated the Global Country of World Peace, whose fundamental principles and programmes are based on the total knowledge of Natural Law. The Global Country of World Peace now guides the expansion of Maharishi’s programmes around the world, to bring enlightenment to every individual and invincibility to every nation.

‘In offering invincibility to every nation, we are offering the world a chance to rise to that brilliant majesty and dignity of life which is the birthright of every individual and of every nation. In the Transcendental Meditation and Transcendental Meditation Sidhi Programme we have the practical knowledge needed to ring the Bell of Invincibility and forever free mankind from bondage. The nature of life is unbounded and invincible bliss consciousness. There is no need for any individual to suffer or for any nation to face problems.’

—Maharishi

Learning Transcendental Meditation

The Transcendental Meditation Programme is learnt in a seven-step course of instruction. A follow-up programme of personal and group checking meetings stabilizes the practice. Advanced lectures further deepen one’s experience and understanding.

Seven Steps

Step 1: Introductory Lecture (1 hour)
Step 2: Preparatory Lecture (1 hour)
(can be combined on same day as Step 1)
Step 3: Personal Interview following the Preparatory Lecture (20 minutes)
Step 4: Private Instruction (1 to 1½ hours)
Step 5: First day of Checking (1 to 2 hours)
Step 6: Second Day of Checking (1 to 2 hours)
Step 7: Third Day of Checking (1 to 2 hours)

The follow-up programme of personal and group checking is offered worldwide, at no additional cost, to ensure maximum benefits from the practice.

‘Transcendental Meditation is my one gift to the world for all good for everyone for millenniums to come.’

—Maharishi
Maharishi was interviewed countless times by the world press during his more than fifty years of teaching Transcendental Meditation around the world. Below, Maharishi answers questions from the press on the uniqueness of the Transcendental Meditation Programme.

How is Transcendental Meditation different from other forms of meditation?

Maharishi: ‘The basic difference is that Transcendental Meditation, in addition to its simplicity, concerns itself only with the mind. Other systems often involve some additional aspects with which the mind is associated, such as breathing or physical exercises. They can be a little complicated because they deal with so many things. But with Transcendental Meditation there is no possibility of any interference. So we say this is the all-simple programme, enabling the conscious mind to fathom the whole range of its existence.

‘Transcendental Meditation ranges from the active mind, or performing mind, to the quiet mind, or resting mind. In this resting mind, one has purity and simplicity, uninvolved with anything other than the mind, uninvolved with any other practice. In Transcendental Meditation, because we deal only with the mind, we nourish all expressions of intelligence. The mind meditates, gains Transcendental Consciousness and brings about transformation in different fields of manifestation. All fields of life, which are the expression of intelligence, are nourished or transformed and made better through experiencing Transcendental Consciousness.

‘The mind, of course, is always concerned with other aspects, such as the physiology of the body, the environment, and the whole universe for that matter. But since Transcendental Meditation deals only with the performance of the mind, from its active states to its settled state, it remains unconcerned with those other aspects, though it deals with them all, because intelligence deals with them all.’

Why do you need to be taught if it’s so natural?

Maharishi: ‘Through instruction what happens is that the mind, in its active state, learns to experience its own less active states, experience its progressively minimized active states, until eventually it cognizes the transcendental state of consciousness.

‘But in learning to do this, we must remember that the mind has usually been allowed to wander around so long in the realm of knowledge or power or the pursuit of happiness that it must be taught how to know itself again. That’s why teaching becomes necessary. After learning Transcendental Meditation one knows what the natural state is. But to realize this, one has to be liberated from unnatural programmes, performances, and experiences.

‘Most people have no experience with Transcendental Consciousness, pure consciousness, the pure nature of the mind. They are aware of the active mind, which is the waking state of consciousness. They are also aware of the complete forgetfulness of the mind, the sleep state. And they are aware of the middle stage, the dreaming mind. But they are not aware of pure, or transcendental, consciousness. So the experience of that consciousness is taught in Transcendental Meditation, though it’s nothing other than the very nature of the mind.’

Isn’t hard work more important than deep rest to achieve something?

Maharishi: ‘No, No. Everyone knows sleeping is very natural. No one has to work hard to sleep. So resting is a natural process. One rests, one feels better, one feels relaxed. “Work hard” is a wrong principle. Instead, one should draw the mind inward, pull the arrow back and release. This is the way to fulfil our desires. The desiring mind should be pulled back to a state of silence, and there, in that Transcendental Consciousness, the desire will get fulfilled. It is a great science of life, which does not require hard work. Enjoy and fulfil your desires.’

What do you mean by ‘enlightenment’?

Maharishi: ‘Enlightenment is the normal, natural state of health for the body and mind. It results from the full development of consciousness and depends upon the perfect and harmonious functioning of every part of the body and nervous system. When one is using the full potential of the mind and body in this way, every thought and action is spontaneously correct and life-supporting. This is life free from suffering, life lived in its full stature and significance.'
‘The goal of Transcendental Meditation is the state of enlightenment. This means we experience that inner calmness, that quiet state of least excitation, even when we are dynamically busy.’

‘In a very systematic, spontaneous manner the practice of Transcendental Meditation enlivens all levels of the dynamism of Natural Law, all levels of creativity of Natural Law, in the conscious mind. The infinite organizing power of Natural Law spontaneously begins to be a living reality of all thought and action in daily life.’

—Maharishi

Footnote continues from page 18 ...

This important empirical finding can easily be understood on the basis of established scientific principles. It is known that when radiating sources radiate coherently—whether loudspeakers or antennas—their waves add ‘constructively’. The power of such a coherent wave grows as the square of the number of radiators. Similarly, according to extensive published research, the peace-creating influence of a group of N meditators practising the Transcendental Meditation Sidhi Programme, including Yogic Flying, together in close physical proximity grows as N-squared ($N^2$). [This $N^2$ effect is analogous to the superradiance effect of quantum optics in Physics.]

Such groups create a very powerful influence of peace and coherence in the collective consciousness of society—especially if the size of the group exceeds the square root of one per cent of the population of the surrounding society, and even more so if the size of the group exceeds the square root of one per cent of the population of the world (just over 8,000). This resulting influence of peace and progress in society is documented by extensive published scientific research. Refer to Volumes 4 to 6 of Scientific Research on Maharishi’s Transcendental Meditation and TM-Sidhi Programme—Collected Papers.
Tрансцендентная Медитация вносит все аспекты жизни в соответствие с Народной Законностью. Ее применение в области политики, экономики, религии и культуры каждой страны так поощрительно, что это начало приводить в новую волну выдающегося, чтобы привести текущую цивилизацию к вершине совершения.

—Maharishi