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# ***Introduction***

With the ever growing number of people engaging in daily meditation, it is necessary to have easy-to-follow meditation techniques which anybody can use in order to get in touch with one's inner-being. Likewise, there is a growing need for simple techniques among the ordinary people which they could readily use to just simply relax their mind and body as they face the grueling and monotonous daily tasks of life.

The world is not bereft of good meditation techniques. Anyone simply has to browse the net and look for the ideal technique which would readily suits one's meditation needs. One of these techniques is transcendental meditation which is one of the most popular meditation techniques in use right now throughout the world. This technique can be readily practiced daily by those who want to get in touch with the universal transcendental consciousness.

The name of the technique is derived from the word "**transcendent**" which is derived from the latin word "transcendere" which means to climb across. Transcendent in our modern idiom would simply mean "that which goes beyond." Thus, etymologically, transcendental meditation means that the technique is designed to enable the mind to climb across or to go beyond its limits, and attune itself to the transcendent consciousness.

The first chapter of this book deals with the description of transcendental meditation. Likewise, the succeeding chapters discuss the benefits and step-by-step procedures on how to go about with transcendental meditation. Additionally, in the fourth and last chapters, the usefulness of transcendental meditation on improving works and its effectiveness in enabling a person to conquer doubts and fear will be further discussed.

**Chapter 1:**  
***What Is Transcendental  
Meditation?***

Transcendental Meditation (TM) is a form of meditation which involves the use of a particular form of mantra during the meditation process, and the use of these meditation mantras embodies the transcendental meditation technique. This meditation technique engenders a world-wide organization which is referred to as the Transcendental Meditation Movement. The movement originated from India in the 1950s and was founded by the well-respected Maharishi Mahesh Yogi. Maharishi Mahesh Yogi had engaged in a series of world tours spanning the years 1958 to 1965 to popularize the use of Transcendental Meditation. Moreover, the years from 1958 to 1965 were used by Maharishi to teach thousands of people.

His teachings were both expressed in religious and spiritual terms. The popularity of TM gained momentum in the 1960s and 1970s as some well-known personalities openly engaged in the practice of TM owing to the fact that Maharishi tried to give the method a more scientific twist in its presentation. In 1965, the Transcendental Meditation Technique has been included in some chosen institutional programs including schools, universities and established institutions. Moreover, some social programs for veterans, homeless and prison inmates have incorporated the meditation in their programs giving TM a wider popularity among these institutions.

The Transcendental Meditation Technique makes use of a mantra (sound) which is chanted or sounded during the meditation process. The technique is very simple and can naturally be practiced for 15 to 20 minutes twice daily. The method enables the

mind to transcend its limited confines and experience transcendental consciousness or pure awareness. During the practice of Transcendental Meditation, the mind transcends all its mental activities and consequently experiences a very unique state of relaxation and restfulness.

The Adherents of Transcendental Meditation Movement maintain that the method enables a person to relax and reduce stress which will eventually lead to self-development. The ever-growing popularity of Transcendental Meditation makes it one of the most researched techniques of meditation. In fact, there are a number of reviews about these researches which range from clinically significant to inconclusive.

### **Why is transcendental Meditation different from other techniques?**

The Transcendental Meditation Technique does not involve any concentration, contemplation or any deliberate control of the mind. It just follows the natural flow of the mind. It is a natural method which goes with the universal sound of the cosmos. For this reason, it is enjoyable and effortless. Likewise, the practice of this kind of meditation can be readily done in any comfortable chair inside your room or favorite place to meditate.

Transcendental Meditation is a very basic program for the mind. It is an effortless technique because it is natural and it leads the

mind to its boundless essence. Through constant practice of Transcendental Meditation, the potential of the mind readily unfolds, in which the different mental possibilities become readily available to our conscious mind to grasp. It is a meditation practice geared towards letting the mind to realize its full infinite potential.

Transcendental Meditation likewise provides the mind a means to fathom and understand the whole spectrum of possibilities the mind has in its existence. Yet, it is not a set of established beliefs or a philosophy; neither is it a lifestyle nor a religion. It is basically an experience, a mental method which one may readily practice anytime of the day for a short span of 15 to 20 minutes twice a day.

## **The goal of the Transcendental Meditation**

The goal of TM is to lead the mind to transcendental consciousness. Transcendental meditation enables the mind in its active state to experience the less active mental states. As one goes deeper into meditation, the mind progressively moves to an even less active state which will eventually lead to the transcendental state of consciousness. Through Transcendental meditation, one becomes aware of the natural state of the mind. However, to reach this state, one has to liberate the mind from unnatural programs which have imbibed in our growing up process. The mind has been saturated by these unnatural programs, and the practice of

transcendental meditation can bring back that awareness of the natural state of the human mind.

There are various specific mental states of which we are consciously aware of. We have a daily experience of active mind which is basically the waking state of the mind. We are obviously aware of the sleep state which is a mental state of complete forgetfulness. Likewise, there is the middle stage wherein we experience dream and we call this the dream state of the mind. However, transcendental Meditation teaches us the transcendental consciousness which is the natural state of the mind.

Transcendental Meditation ranges from the most active state of the mind to the quiescent mind or resting mind. The ultimate objective of every meditation is to reach the enlightened state of the mind. For transcendental meditation practitioners, this enlightened state of the mind is simply the natural state of the mind. This state is the harmonious and perfect functioning of all the parts of the body and the nervous system. In this enlightened state, every action and thought comes out spontaneously correct and life enhancing. The enlightened state is simply the experienced of inner calmness—the inner quiescent state wherein there is less excitation—though one is dynamically living a hectic and busy life.

**Chapter 2:**  
*Benefits Of Transcendental  
Meditation*

When we talk of the benefits of Transcendental Meditation, we may be looking into a wide array of positive outcomes that may result from the continuous and regular practice of Transcendental Meditation. When the mind is calmed down, a whole range of possibilities emerges which would be definitely beneficial to the holistic development of a person. The mind, being the CPU of the body, has to be in its normal and natural state to function well. Any unnatural or forced state of the mind engenders a whole range of maladies which have adverse effects on the holistic growth of a person. For this reason Transcendental meditation is effective in bringing about potential growth to the different aspects and dimensions of our personal life because it brings about the natural state of our consciousness.

## **Transcendental Meditation enhances Brain Functioning**

The best way to maximize the full potential of the brain is to put it in its normal relaxed state. This may be scientifically explained by referring to the left prefrontal cortex of the brain, which is the executive manager of the human body. When one reaches the relaxed normal state of the brain, the left prefrontal cortex readily establishes a complete and dynamic communication with the different areas of the brain enabling the brain to achieve total functioning. This dynamic and enhanced state of communication produces a very keen mind which functions at an optimal level. For this reason, the practice of Transcendental Meditation is highly recommended to those who want to optimize the functions of their brains. Likewise, in a scientific study conducted by a well-known neurologist, Richard Davidson, Ph.D., it shows that

through the constant practice of meditation, the brain structures could be altered. This characteristic of the brain to alter, adapt, and rearrange its circuitry is scientifically referred to as Neuroplasticity. In his studies among Tibetan Monks, he found out that the left prefrontal cortex of the monks, who have been subjected to long period of meditation, have developed a more advanced left prefrontal cortex and exhibited very strong gamma activity. This study scientifically manifests that the practice of transcendental meditation could definitely enhance brain functioning and could lead to maximal functioning of the brain.

## **Transcendental Meditation Enhances our Creativity**

Transcendental Meditation, since it improves the brain functioning and optimizes its function, likewise, enhances our creative powers. It is true that when the mind is calm and quiet, novel ideas and right solutions easily crop up to the conscious level of the mind. For this reason, we are always advised not to make a major decision when we are upset. The reason is—our creativity and clearness of mind is hampered when our emotion is in an upset or disturbed mode—leading us to make biased and not-well-thought-of decisions. Since our emotions reside in the subconscious mind, we could readily calm down the mind by engaging ourselves in Transcendental Meditation. Since the offshoot of the practice of Transcendental Meditation is the stilling of the mind, then, it also follows that when the mind is calm and quiet (specifically, when the mind has been relaxed after the practice of Transcendental Meditation), we could readily see things and situations clearly and figure out the right decisions.

Likewise, in matters of creativity, the mind becomes keen in seeing some novel ways to deal with a particular situation. For this reason, enhanced creativity is produced in a person through the constant practice of Transcendental Meditation.

## **Transcendental Meditation reduces stress**

The practice of Transcendental Meditation definitely reduces, if not obliterates stress which hampers the optimum performance of a person. Prolonged stress is basically detrimental to the well-being of a person. For this reason, reducing or eradicating daily stress leads to a healthy outlook and a healthy lifestyle. Transcendental Meditation helps in eradicating stress which daily upsets modern man. This is the main reason why TM becomes increasingly popular among people who live a highly active and stressful lifestyle. The calming of the mind relaxes the nervous system and, in turn, relaxes the body. As the ancient saying goes, “Mens sana in corpore sano.” This saying basically gives us the age-old wisdom that “a sound mind in a sound body” is ideal for a holistic development of person.

## **Transcendental Meditation improves health**

We can never down play the health benefits which the practice of Transcendental Meditation brings to a lot of people. The body is just the mirror of our state of mind. The conflicts and stress, which the mind experiences every day, are usually channeled and

mirrored in the body. Likewise, the emotional conflicts which have not been resolved and which have lodged into the subconscious mind, usually produces physiological symptoms in the form of physical illnesses and sicknesses. This is because the body is a dynamic partner of the mind; thus, the experiences of the mind are readily translated into physical symptoms. A sick mind will consequently produce a sick body; however, a healthy mind will definitely produce a healthy body.

Transcendental Meditation, with its highly acknowledged effects of calming and quieting of the mind, produces a sense of mental well-being which is readily seen in the body. As a person daily engages in the practice of TM, one feels a more relaxed mind which, in turn, produces a healthy outlook in a person. Likewise, our thoughts are powerful energies which could readily impact our present realities and situations. The mind, when it thinks, unleashes a wave of energy which moves in different directions. This is why we are always advised to think positively because we attract what we repeatedly think about most. Now if the mind is sick due to stress and has been covered with cobwebs of pessimism, the body which mirrors the state of the mind will readily reflect this negative state. Transcendental Meditation comes in handy because its practice puts the mind in its natural state of relaxed and quiet state. Once the mind is calm and quiet, the body follows suit with the mind. For this reason, we can never really play down the health benefits which could be derived from the constant practice of Transcendental Meditation.

## **Transcendental Meditation Improves our Personal and Social Relationship**

The effects of Transcendental Meditation on our relationships with other people are very much apparent if one engages in transcendental meditation. The snags and conflicts in most relationship usually stem from an agitated mind brought about by continuous stressful situations. A change in perspective and in approach on how we deal with relational stress and conflicts could readily diminish stressful relationships. Our patience and understanding are augmented by the constant practice of transcendental meditation. When the mind is calm and quiet, right decisions easily come in handy. Likewise, self-discipline is not a farfetched idea when a person practices Transcendental Meditation. Discipline in the way we speak and in the manner we act are offshoots of constant meditation. If the character is improved by Transcendental Meditation, then it follows that one's attitude toward other people will be greatly improved. Strained relationship will be healed and misunderstanding will be readily ironed out. In this way, Transcendental Meditation helps in healing and improving our personal and social relationships.

## **Transcendental Meditation Develops our Spirituality**

With the ever-growing materialism brought about by the readily available conveniences and comforts afforded by modern inventions and innovations, the spiritual aspects of our life is slowly overshadowed and set aside. Yet no one can live purely in

the material realm of existence. Time and time again, we will experience a certain kind of isolation which we can rightly call as “alienation from our inner self.’ This alienation is readily experienced in the form of loneliness and isolation which readily translates to depression, fear, and dread. In philosophical term, we may rightly call it the “existential angst” which afflicts any person in his lifetime. It is this existential angst which leads people to engage in religious activity. Likewise, it is this angst which draws people towards the practice of meditation. We, as a composite of matter and spirit (mind) cannot escape this existential dread. Material things could never really satisfy this existential longing which buffets mankind. Transcendental Meditation leads us to the Transcendental Consciousness—an awareness that we are not purely material beings—but an encapsulated spirit, an embodied consciousness who would definitely seek freedom from the bondage of the illusory material universe.

I would like to point out the illusory character of the material world in which we live. In the early years of the twentieth century, the greatest mind of that time, Albert Einstein, with a single stroke of his pen, reduces everything to energy and he wrote  $E=mc^2$ . This means that every atom if pushed to the speed of light will immediately turn into energy. This idea radically reduces every material possession that we value in this life into simply manifestation of energy, and thus illusory. Now, if the material possessions into which we cling and fuss about so much are just illusory, what else is not illusory? Only the universal life-giving energy or transcendental consciousness is not illusory.

Transcendental Meditation helps us see what is essential in life. Through constant practice of Transcendental Meditation, we are led into a realization that the material world which we value most is just a figment of imagination and is illusory. Transcendental Meditation, therefore, leads us into a real acknowledgement of the transcendental nature of our being which goes beyond the confines of our body. It leads us to a realization of the spiritual nature of our being by being aware of the transcendental consciousness.

## **Chapter 3:**

# ***The Step-By-Step Process Of Transcendental Meditation***

There are generally seven steps that are usually followed during the Transcendental Meditation (TM) session. These steps can be very well explained by certified TM instructors who guide the enrollees and novices during the preparatory stage to the TM proper. Here are the concise and easy steps on how to practice Transcendental Meditation on your own in the relatively silent confines of your room or favorite meditation nook.

### **1. Find out a suitable place to sit comfortably**

It is important that you are comfortably seated and relaxed before progressing to the meditation proper. You can make use of some cushions for comfort and for avoiding the rough edges of the surface where you sit. One should avoid putting any cushion support on your head in order not to doze off. It is okay if one might fall asleep during a TM session, because sleeping helps to release some stress. But it is important not to fall into a deep sleep before meditation proper. You can use one of the traditional sitting positions like the Burmese position or any variation of the Lotus sitting position while facing the early morning or late afternoon sun.

### **2. Close your eyes**

Closing the eyes helps to relax and calm your mind as well as reduce visual distraction. Likewise, closed eyes can help you to keenly focus your mind in meditating.

### **3. Pause for about 30 seconds**

After closing your eyes, you need to pause for at least thirty seconds in order to relax and focus your awareness and concentration to your breathing. Relaxed and deep breathing helps to supply the brain with sufficient amount of oxygen during meditation.

### **4. Meditation proper**

Transcendental meditation proper is done with the repeated chanting of the sacred mantra in a steadily fading amplitude and volume of the voice. Moreover the sacred mantra is chanted in a non-rhythmical manner. This sacred mantra is continuously chanted in the mind even after the chant has audibly faded away. Likewise this feeble mental chanting is allowed to gradually fade away in the process. However, it is very important that the mantra be learned from a qualified transcendental meditation instructor to maintain the purity of the meditation technique.

Furthermore, one must not subdue or prevent any natural event or action like sneezing, yawning, coughing, or even sleeping from happening. It is a way of relieving ourselves of stress. Thoughts, likewise, may suddenly appear out of nowhere while in the TM process. The chanting of the mantra should be re-started as soon as thoughts appear in our mind. These thoughts are part of relieving the stress that has built up in your minds. Suppressing

any natural event, action or thought will only increase the stress in your mind and body which you are trying to release and thus suppression is counterproductive to the process. Furthermore, this meditation technique brings your consciousness to the source of thought, to pure awareness or to what is rightly called the transcendental consciousness.

## **5. Stop the meditation**

Stopping the transcendental meditation session is done by gradually returning to our conscious state. The process of returning back to your waking state needs to be as gradual as possible. The mind should not be forced or abruptly returned to the waking state; instead, one should need a certain period of gradual relaxation so as not to experience a sudden jolt or shock from the sudden change of mental state.

## **6. Wait for about 2 minutes with eyes closed**

It is required to wait for at least two minutes after each TM session in order to avoid any discomforting jolt due to sudden shift in the mental state. Likewise, it is advised to wait at least two minutes before initiating any deliberate physical movement.

## **7. Open your eyes slowly to end meditation**

After the two minute wait, you can slowly open your eyes in order to terminate the meditation's deep rest state and start any physical activity. This will ensure a gradual and natural transition from the meditative mental state to the conscious active mental state.

In order to get the most out of transcendental meditation, it is advisable to practice it twice a day for at least 15-20 minutes. The most perfect time to meditate is during sunrise and during sunset. However, it is important to know that there are certain conditions in which the practice transcendental meditation should be avoided due to some medical concerns. Moreover, meditation should be avoided at least for an hour after breakfast or at least three hours after a hearty meal.

**Chapter 4:**  
***Improving Work Performance With  
Transcendental Meditation***

Since the introduction of Transcendental meditation in the late 1950s, and the increase in its popularity in the 1960s and 1970s (especially when celebrities like the Beatles openly engaged in its practice in the late 60s), it has ever since become widely popular among the common people and established institutions that it has been instituted in some schools as part of their regular curriculum in the US. Likewise, TM is fast becoming popular to career oriented people as a useful relief to their stressful lifestyle. In fact, some big companies have even enlisted the help of TM instructors to improve the employees' morale and well-being in order to remedy the ever-growing stress-related problems found in most business and work establishments.

This program to deliberately include transcendental meditation in the daily regimen of the employees has resulted positively into improved behavior at work as attested by most employees. Some TM exponents testified that TM did not only lessen the level of their bodily stress, but it has also improved their health by improving their cardio-vascular function and significantly decreasing hyper-tension level. Some career-oriented persons have readily professed that transcendental meditation has significantly enhanced their leadership capability and performance owing to the fact that the practice of Transcendental Meditation have reduced their anxieties and stress making them more level headed and succinct and keen in their verbal and decision making. Likewise, other practitioners of transcendental meditation have claimed that it has heightened their mental judgment, creativity, and innovative capabilities giving them the extra leverage in doing their daily works. Some key research findings claimed that TM practitioners have developed greater

tolerance towards anxiety, stress, fatigue, and anger. Furthermore, transcendental meditation has increased one's immunity level against fatigue-related ailments thus improving their work attendance and punctuality. There are just some of the numerous and widely circulated testimonials with regards to the beneficial effects of transcendental meditation to both physical and mental health. Moreover, there are testimonials regarding psycho-social improvements as well as spiritual improvements among its practitioners which attest to the fact that TM has a positive effect in the holistic development of a person at work.

Research studies, done by a number of well-known universities, have shown that stress is the root of most work-related problems such as anxiety, depression, indecision, and even violence. However, researches likewise show that during repetitive TM sessions, our brain can function with greater coherence if we are able to achieve the most peaceful level of consciousness—our inner self or transcendental consciousness—which is the natural state of the mind. This rest that we acquire during TM sessions is the most effective way to reduce physical and mental stress. In the short period that we are able to have a full mental rest, our body gains a deep rest that is most beneficial to physical health.

Behavioral studies and researches find that there are positive changes that readily manifest themselves in people who indulge in transcendental meditation. Most people, who are constantly experiencing stressful situations, can readily benefit from transcendental meditation. Studies show that TM can improve a person's character, mental and physical well-being through

improved job performance, improved work, and improved personal relationship. Likewise, people who indulge in regular Transcendental Meditation are found to have increased their professional and personal satisfaction, leadership behavior, physiological calmness, effectiveness, and organizational contribution and cooperation. Moreover, there is a substantial decrease in negative and harmful attitudes such as impulsiveness and perceived stress among regular practitioners of Transcendental Meditation.

Another extended benefit of transcendental meditation is the calmness or peaceful state of mind and consciousness that builds over time among its practitioners. This calming effect is the most effective stress-reducing benefit of TM. Furthermore, calmness has the tendency to 'spill over' to other people surrounding us. The Maharishi pointed out that a peaceful individual is the basic unit of world peace by saying, "There cannot be a green forest, without green trees and there cannot be a peaceful world without peaceful individuals." However, true peace cannot be attained by simply changing the psychology of the human mind. This change can only be done through the collective transformation of the human mind in its deepest level, which would definitely be felt and be mirrored on the different aspects and dimensions of our personality.

**Chapter 5:**  
***Conquer Doubt And Fear  
Through The Practice Of  
Transcendental Meditation***

Life as we all know is not without fears and doubts. From the first moment of our birth, we find ourselves fearful of life and we cry. Every day we are beset with doubts and fears. Some of these doubts concern our relationships, our actions, our thoughts, and even our beliefs. There is hardly any person in this world which could be perfectly trustful and believing saved for the newly born child maybe. But even the simple cry of an infant shows an inherent fear and doubt about his/her safety and comfort. Fears and doubts, therefore, can be rightly said to be a part-and-parcel of human existence, and we will have to bear with this fate in our existence up to the time that we come face-to-face with the death.

Yet, it would do us some good to be able to figure out the sources of our doubts, fears, and anxieties, after all knowledge leads to freedom. Most of our common fears are based on selfishness. We fear the loss of a friend because we fear being isolated and alone. We fear the loss of a husband or a wife because we don't want to be lonely. We fear losing our money because we don't want to live a mendicant existence. Looking at these examples, we will discover that one fear engenders another fear and it goes on and on in a vicious cycle until we reach the ultimate fear of life which is the fear of annihilation or death.

There is so much misunderstanding about the concept of fear. In the primitive time, fear is one way of signaling that we should either "fight" or "flee." It is a fight or flight indicator. Say for instance, a cave man comes face-to-face with a lion. He finds himself with two options—either to take a flight or in the worst case fight—and in the process, he figures out what is the best thing

to do. His body reacts to the sight of the lion by producing more adrenaline which he could utilize for whatever option he takes. He flees and the extra adrenaline enables him to run so fast and eludes the lion.

Yet, in our modern age, the same mechanism happens whenever we are anxious and fearful of something. The only difference is the fact that modern men are no longer confronted with an obvious danger but an imagined and anticipated danger. We fear when we think that the stock market will exhibit a down-trend and eventually plunges; thus, we could say that most of modern fears are basically imagined.

Transcendental Meditation can readily free us from the onslaught of these modern fears and doubts by allowing us to enter into a relaxed state of mind which is the natural state of the mind. The regular practice of transcendental Meditation allows us to enter into the desired transcendental consciousness—a state wherein we are no longer confined by the limited fears and anxieties—which buffet and bother a highly-anxious modern mind. When we expand the realm of our consciousness through TM, we immediately see the real value of all the material situations we encounter. We readily conclude that everything is fleeting and all the worries we harbor in our mind suddenly would abandon us.

Transcendental Meditation puts us in a state wherein we could readily accept the outcome of whatever would happen in our lives. Acceptance becomes very easy, and once we are capable of readily

accepting all the happenings in our daily life, the struggles, fears, and doubts in our lives become immaterial and useless. How can you fear the loss of your car if you understand perfectly that everything will sooner or later fizzle out and pass away? Would you still wallow in your own misery thinking that you own your husband or wife? Transcendental Meditation would readily help you acknowledge the fact that these people are just gifts who for a limited period willingly shared their life to you, but in the end would be gone from your life. Transcendental Meditation helps us realize that everything is just a passing shadow and clinging on to something like a niggardly miser would do us no good. It is a stark realization that we should enjoy and appreciate everything and not hoard everything as if we will last forever. These realizations culled from the constant practice of Transcendental Meditation give us a novel perspective on how to treat and deal with the situations of our lives.

### **Transcendental Meditation enables us to espouse a different World View**

Fear and doubts are products of how we view the world and everything in it. Change our perspective about everything in life and everything will have a different twist. Doubts and fears sometimes are dependent on how we view the world and the material comfort afforded by the world. I remember a very beautiful story about the powerful Alexander the Great right after conquering part of the Persian army in Asia Minor. He came across one famous philosopher, Diogenes—the cynic philosopher—who was sunbathing unaware of the passage of the

great leader. In his kindness and respect for wise people, Alexander went near the philosopher and said: “Ask any favor you wish.” Alexander was astounded when the wise man simply retorted: “Please move out of my sunlight.” This simple anecdote shows us that a change in world view would readily change our perspectives in life. Diogenes, seeing the folly and ephemerality of everything, didn’t worry about anything, nor did he cringe before any awesome leader.

Fears, as I have mentioned earlier, are rooted in selfishness because we dearly love ourselves. You will not fear a lion if you don’t love yourself, nor would you fear losing money if you don’t have self-love. Yet, self-love seems natural to humanity. However, Transcendental Meditation enables us to transcend our “ego” or self and helps us go beyond ourselves. Little by little, through constant practice of Transcendental Meditation, we realize that we are not limited. We have transcendental potentials which go beyond the limited confines of ourselves. In the last analysis, we discover that we are meant for greater and more meaningful existence and our existence goes beyond the limited bodily existence that we have right now.