Jai Guru Dev

2024 Maharishi's Seventeenth Year
of Invincibility—Global Raam Raj

This booklet is intended for free distribution to those who practise Transcendental Meditation. Its translation and printing are to be coordinated by your National Office.

His Holiness Maharishi Mahesh Yogi

THE TRANSCENDENTAL MEDITATION POCKET BOOK

Steps of Kn wledge and Experience

Unfolding Higher Consciousness
for Higher Intelligence and Fulfilment

Maharishi at the feet of Guru Dev

'The Vedic Tradition, upheld in its purity by a long history of custodians, enshrines the supreme knowledge of the integration of life. From time to time a revival of man's understanding of the eternal wisdom of this Holy Tradition arises to rescue him from suffering, restoring him to the speedy path of evolution, and awakening him to a meaningful life in fulfilment. The Masters of this Tradition have been exponents of reality from earliest ages. In each new epoch, they have propounded the enduring truths of practical living and have set out those standards by which men's lives may attain the highest achievements and fulfilment, generation after generation.'

—His Holiness Maharishi Mahesh Yogi

Table of Contents

The Transcendental Meditation® and Transcendental Meditation Sidhi Programme 1

Overview of the Scientific Research on the Transcendental Meditation and Transcendental Meditation Sidhi Programme 2

What Is Consciousness? 6

- Consciousness, Existence, Intelligence 7
- Evolution of Consciousness 9
- Knowledge Is Structured in Consciousness 13
- Life According to Natural Law 14
- Gaining the Full Support of Nature 14

Seven States of Consciousness 15

The Transcendental Meditation and Transcendental Meditation Sidhi Programme 16

- Seven Steps of Knowledge and Experience 16
- Follow-Up Programme 17
- Advanced Techniques of the Transcendental Meditation Programme—*Enhancing the Benefits* 17

Maharishi Speaks on the Transcendental Meditation Sidhi Programme 21

Advanced Lectures on the Transcendental Meditation Programme—*Volume 1* 22

Advanced Lectures on the Transcendental Meditation Programme—*Volume 2* 30

Residence Courses 38

A Selection of Courses 41

Maharishi's Programmes 43

A Glimpse of Maharishi's Achievements 1957–2008, *and continuing to the present* 47

The Transcendental Meditation Programme Around the World 54

The Transcendental Meditation® and Transcendental Meditation Sidhi Programme

The Transcendental Meditation technique is a simple, natural, effortless procedure practised for fifteen to twenty minutes in the morning and evening while sitting comfortably with the eyes closed. During this technique the individual's awareness settles down and experiences a unique state of restful alertness: as the body becomes deeply relaxed, the mind transcends all mental activity to experience the simplest form of human awareness—Transcendental Consciousness—where consciousness is open to itself. This is the self-referral state of consciousness.

The experience of Transcendental Consciousness develops the individual's latent creative potential while dissolving accumulated stress and fatigue through the deep rest gained during the practice of Transcendental Meditation. This experience enlivens within one's awareness creativity, dynamism, orderliness, and organizing power, which results in increasing effectiveness and success in daily life.

Transcendental Meditation can be easily learnt by anyone. People of all cultures, religions, and educational backgrounds practise the technique.

The Transcendental Meditation Sidhi programme is an advanced aspect of the Transcendental Meditation programme. It trains the individual to think and act from the level of Transcendental Consciousness, greatly enhancing the coordination between mind and body. The individual gains the ability to enliven Natural Law to support all avenues of life to fulfil his desires.

The Transcendental Meditation programme is the most direct way for the fulfilment of the supreme philosophy of life, where the individual gains what he wants, where the individual lives life in enlightenment, and where the individual breathes life in Cosmic Reality.

As the fulfilment of the supreme philosophy of life, Transcendental Meditation is most natural, and as such it is universally applicable for the well-being of the individual and society as a whole.

Overview of the Scientific Research on the Transcendental Meditation and Transcendental Meditation Sidhi Programme

Scientific research documents the results of the practice of the Transcendental Meditation and Transcendental Meditation Sidhi programme, presenting the benefits for the individual and for society.

Physiological changes produced during the practice of the Transcendental Meditation technique include profound relaxation and a high degree of orderliness in brain functioning. As a result of continued practice of the technique, mental potential develops, social behaviour becomes more effective and rewarding, health improves, and the individual radiates a harmonious and nourishing influence for the whole society.

When applied in different areas of society, the Transcendental Meditation technique develops academic excellence and a high quality of life; improves productivity, health, and job satisfaction in business; improves behaviour and reduces recidivism among prisoners; and increases positive trends in society.

Beneficial effects have been found on national and global levels when this technology is practised by large numbers of people. As little as one per cent of a population practising Transcendental Meditation, or the square root of one per cent of a population practising the Transcendental Meditation Sidhi programme of Yogic Flying® together in one place, produces an influence of orderliness and coherence in the environment, as reflected by improved quality of life and decreased negative trends in society and the world. This phenomenon has been named the *Maharishi Effect* in honour of Maharishi, who predicted it in the very early days of the Movement.

Maharishi explains that this one simple technology is able to produce such an extraordinary range of benefits because it enlivens the most basic level of existence, known to ancient Vedic* Science since time immemorial as the Saṁhitā—the ultimate field of Unity—which by interacting within itself gives rise to the innumerable streams of Natural Law in creation. This field has recently

* The Science of Consciousness—the source, course, and goal of all knowledge.

been glimpsed by modern Physics in its Unified Quantum Field Theories. From this level everything in the universe is supported and nourished. Creating an influence of coherence in world consciousness from this level can make every nation invincible, self-sufficient, and can perpetuate world peace.

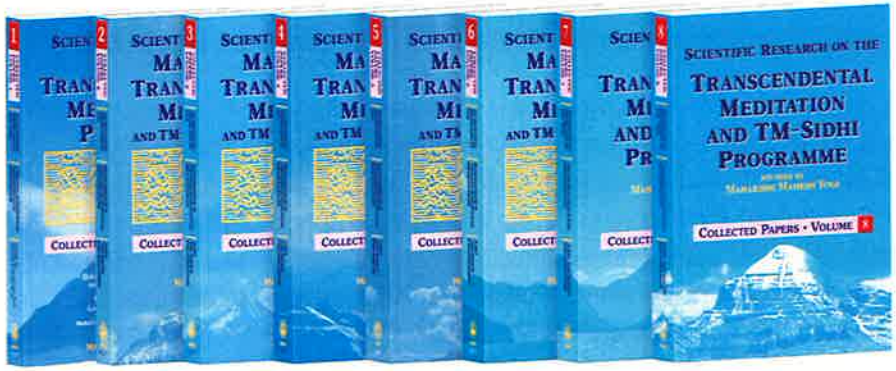
The *Maharishi Effect* in world consciousness has already demonstrated its power to achieve world peace. Fifty research studies on the *Maharishi Effect* have been published in leading scientific journals including *Journal of Conflict Resolution*, *Psychology, Crime and Law*, and *Social Indicators Research*, documenting reduced crime, reduced accidents, improved overall quality of life, improved economic trends, and reduced civil and international conflicts.

Over 650 scientific studies on the Transcendental Meditation programme have been conducted by researchers at more than 300 independent research institutions, including Harvard Medical School; Princeton University; Stanford Medical School; University of Chicago; University of Michigan Medical School; University of California at Berkeley; University of California at Los Angeles; York University, Canada; University of Edinburgh, Scotland; University of Lund, Sweden; University of Groningen, the Netherlands; University of New South Wales, Australia; Institute de la Rochefoucauld, France; National Institute of Industrial Health, Japan; and Moscow Brain Research Institute of the Academy of Medical Science, Russia.

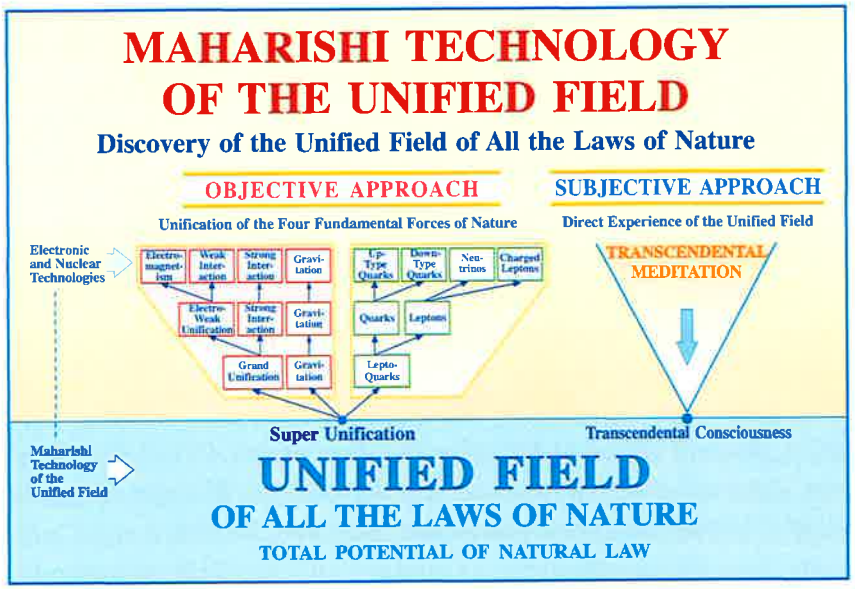
Studies have been published in many major scientific journals, including *Science, Lancet, Scientific American, American Journal of Physiology, International Journal of Neuroscience, Experimental Neurology, Electroencephalography and Clinical Neurophysiology, Psychosomatic Medicine, Journal of the Canadian Medical Association, American Psychologist, British Journal of Educational Psychology, Journal of Counseling Psychology, The Journal of Mind and Behaviour, Academy of Management Journal, Journal of Conflict Resolution, Journal of Social Behavior and Personality, Criminal Justice and Behavior, Journal of Crime and Justice, Journal of Offender Rehabilition, Journal of Clinical Psychiatry,* and *Social Indicators Research.*

Many studies have been presented at professional scientific conferences, and others have been part of doctoral dissertations prepared under the guidance of thesis committees at leading universities. Much of the research has been gathered together in eight volumes (total 6,000 pages) of scientific research on the

Transcendental Meditation and Transcendental Meditation Sidhi programme including Yogic Flying.



These eight volumes document the benefits of Maharishi's Vedic Technology of Consciousness—the Technology of the Unified Field of Natural Law, the Technology of Transcendental Consciousness—by presenting research findings in the major areas of human concern: education, health, government, defence, rehabilitation, agriculture, and business and industry.



Transcendental Consciousness has been identified as the Unified Field of Natural Law—the home of all the Laws of Nature from where the four fundamental forces of Nature arise and from where the orderly evolution of the universe is governed.

The following pages present the definition of consciousness*, the evolution of consciousness, and the explanation that knowledge is structured in consciousness in Maharishi's own words.

* Of special interest also is the recent eBook publication by Dr Tony Nader, MD, PhD, titled: *One Unbounded Ocean of Consciousness: Simple Answers to the Big Questions of Life* (2021, miupress.org/ebooks).

What Is Consciousness?

'Consciousness is that which is conscious of itself. Being conscious of itself, consciousness is the knower of itself. Being the knower of itself, consciousness is both the knower and known. Being both knower and known, consciousness is also the process of knowing. Thus consciousness has three qualities within its self-referral singularity—the qualities of knower, knowing, and known—the three qualities of "subject" (knower), "object" (known), and the relationship between the subject and object (process of knowing).

'Wherever there is subject-object relatedness; wherever subject is related to object; wherever subject is experiencing object; wherever subject (knower) is knowing object; these three together are indications of the existence of consciousness.

'The universe with its observer expresses the three values of observer, process of observation, and object of observation; therefore it is the indicator of the existence of consciousness. The universe, with its observer, is the expression of consciousness in its self-referral state. The observer, being conscious of the universe, is conscious of his own self-referral state.

'The reality that the universe is the observer himself is the reality of the total disclosure of consciousness, is the total potential of consciousness; it is the total reality of consciousness.

'When we say total reality of consciousness, we mean consciousness in its self-referral state, where consciousness knows itself and nothing else. This state of consciousness is pure consciousness. Another state of consciousness is when it knows other things; then it is known to be object-referral consciousness, because all objects can only be perceived by virtue of the intelligence quality of consciousness, which creates the observer and process of observation within the singularity of the self-referral state of consciousness.

'This establishes that the object-referral state of consciousness is also within the self-referral state of consciousness.

'This reality of consciousness, that by nature consciousness is self-referral and object-referral at the same time, makes it obvious that the nature of consciousness is both singularity (self-referral), and diversity (object-referral). All knowledge about this field of consciousness is the basic knowledge of the Ultimate Reality at the basis of all manifest creation, which is complete knowledge of the transformation of singularity into diversity.

'Complete knowledge of consciousness is the complete knowledge of the basic reality of life, which is available to everyone in the field of one's own Transcendental Consciousness through Transcendental Meditation. Anyone can gain complete mastery over the mechanics of transformation and process of evolution through the Transcendental Meditation Sidhi programme.

'Fully awake self-referral consciousness—pure Saṁhitā (unified state of consciousness)—togetherness of observer, observed, observation—is the supreme realization of the Ultimate Reality. This is the basic field of Maharishi's Science and Technology of Consciousness.

'This supreme reality of consciousness is fully available on both levels—experiential and intellectual. This is the subject matter of Maharishi Vedic Science and Technology, and this is the field that is displayed by the Vedic Text and all the Vedic Literature. Every aspect of the Vedic Literature displays different qualities of this reality, the field of Natural Law.

'"My universe is my Self"—अहं विश्वम् *Ahaṁ Vishwam (Taittirīya Upanishad, 3.10.6)*. अहं ब्रह्मास्मि *Ahaṁ Brahmāsmi (Bṛihad-Āraṇyak Upanishad, 1.4.10)*—"I am Totality—I am singularity—I am self-referral consciousness."

'Veda* (*Shruti*) is structured in consciousness; sound is structured in consciousness; material particles are the materialization of the self-evolving, self-perpetuating, ever-wakeful structure of consciousness.'

Consciousness, Existence, Intelligence

'We see things around us exist. We also see that things around us change and evolve. We also see that there is order in evolution—an apple seed will only grow into an apple tree, etc. Thus it is obvious that existence is endowed with

* Veda—the structure of Total Knowledge and its infinite organizing power—is *Shruti*—that which is heard, cognized, on the level of pure, self-referral consciousness. Veda is the blueprint of creation. The sounds of the Veda are the Laws of Nature that uphold creation and evolution.

the quality of intelligence—existence breathes life by virtue of intelligence. By virtue of intelligence everything in creation is aware of itself, is aware of its own existence—is conscious of itself, and at the same time it is aware of its environment, it is conscious of its environment. It is self-referral (it knows itself), and it is object-referral (it knows itself as the object of knowing). Thus existence is intelligence, it is consciousness. Consciousness is the existence of everything, and consciousness is the intelligence of everything.

'Consciousness is wakefulness, unbounded alertness, pure intelligence, pure existence, self-referral fullness, all knowingness—the self-sufficient and unmanifest source, course, and goal of all creation.

'Those who practise Transcendental Meditation experience these qualities of consciousness in their own Transcendental Consciousness.

'In its "self-referral" state, or transcendental state, consciousness knows itself alone; as such, it is the knower of itself. By being the knower of itself, it is also the object of knowledge and the process of knowing. Thus, in its self-referral state, consciousness is the unified* state of knower, knowing, and known.

'It is interesting to note that the quality of alertness in the nature of consciousness is due to the coexistence of these two opposite values within its structure. Togetherness of these contradictory qualities within the structure of consciousness renders consciousness wakeful, alert, and lively. Consciousness is the lively field of all possibilities.

'As unity (togetherness) of knower, knowing, and known equates with knowledge and also with consciousness, the obvious implications are:

1) Consciousness equates with knowledge;

* In the Vedic Language this 'three-in-one' structure of consciousness is called Saṁhitā of Ṛishi, Devatā, Chhandas—Saṁhitā (Unity) of Ṛishi (knower), Devatā (dynamism of the process of knowing), and Chhandas (the known).

Consciousness is the unity or coexistence of two qualities of intelligence that are contradictory to each other:

1) Singularity of self-referral Saṁhitā (Unity), and
2) Diversity of Ṛishi (knower), Devatā (process of knowing), and Chhandas (object of knowing).

2) Consciousness equates with Veda (Total Knowledge);
3) Consciousness equates with Saṁhitā (unified state of consciousness); Saṁhitā (Unity) of the knower, process of knowing, and object of knowing—the known (Ṛishi, Devatā, Chhandas);
4) Veda equates with the unmanifest self-referral intelligence (Saṁhitā), which conceives of the three qualities of knower (Ṛishi), process of knowing (Devatā), and known (Chhandas) within its own self-referral singularity—singularity finds diversity within its structure;
5) Consciousness is Unity (Saṁhitā) and diversity (Ṛishi, Devatā, Chhandas), both at the same time.

'This explains that the eternal, self-referral mechanics of transformation exists in the coexistence of the two contradictory qualities of consciousness—singularity and diversity.

'This is the picture of the structure of the Ultimate Reality: the self-referral intelligence in motion, within its own singularity, giving rise to the mechanics of creation and evolution—the Unified Field of Pure Intelligence spontaneously giving rise to the diversity of all the Laws of Nature within itself.

'The picture is that self-referral consciousness is infinite organizing power; it is the lively potential of Natural Law.'

Evolution of Consciousness

'The sound of the eternal process of transformation of singularity into diversity and diversity into singularity is heard by the fully awake consciousness within its self-referral* structure. This sound is called *Shruti* (that which is heard), the Vedic Sound, the sound of self-reverberating consciousness, the sound of intelligence in motion, which structures knowledge within consciousness and, in the natural momentum of sequential transformation, evolves into structures of sound presenting the form of sound—the alphabet (vowels, consonants),

* Unity of knower, process of knowing, and known in Vedic Terminology is Saṁhitā of Ṛishi, Devatā, Chhandas.

* Saṁhitā of Ṛishi (knower), Devatā (process of knowing), and Chhandas (known).

syllables, words, phrases, sentences (the sequential unfoldment of the verses of the Veda)—and this process of manifestation of the flow of sound in one continuous humming quality of sound, in one continuous sound, अ*(A), continues to express itself as the quantified structures (or qualities) of the flow of speech; and further expressing more specific structures of speech, the same process, the same mechanics of transformation, continues to transform sound (frequency) into form, giving rise to particles of material creation; and this is how the process of transformation of consciousness continues, eternally expressing its more and more evolved stages.

'It is this continuum of evolution that we find expressed in the ever-expanding universe.

'The evolution of consciousness into its object-referral expressions, ever maintaining the memory of its self-referral source—ever-evolving structure of consciousness, maintaining the memory of its source—progresses in self-referral loops—every step of progress is in terms of a self-referral loop.

'As every point of consciousness is infinitely correlated with every other point, the entire field of consciousness is structured in self-referral loops of infinite frequency.

'The basic process is the same—flow and stop … flow and stop … flow and stop. This basic process of change, this basic process of transformation, continuously maintains the momentum of evolution of different levels of expression, creating different levels of manifestation upholding the process of evolution.

'It is this that promotes the eternally self-referral dynamics of Unity (Saṁhitā) into the sequential evolution of sound, speech, forms of speech in alphabets, words, phrases, verses, etc., with corresponding material forms. This process continues eternally, resulting in the ever-expanding universe.

'Basically this mechanics of transformation of self-referral intelligence into the ever-expanding material universe is available to us in countable stages in the structure of Ṛk* Veda.

* The primordial, Unmanifest Sound.

* The Constitution of the Universe.

'All the material and non-material expressions of creation have specific frequencies (sounds). These fundamental frequencies, non-material values, are the sounds of the Vedic Literature: the intellect, the hum of intellect, and with the hum, the flow and stop of it in sequence. The expression of melody, forming the whole Vedic Literature, gives us the entire process of the basic mechanics of transformation within the self-referral state of consciousness.

> 'In its momentum of transformation, the interplay (self-referral dynamism) of the knower (Ṛishi), process of knowing (Devatā), and known (Chhandas) on the self-referral level of consciousness continues to create sound from sound—from one form of sound to the second more evolved form of sound to the next (third) more evolved form of sound (specific alphabets—vowels and consonants). The evolution of material form commences from the frequencies (vowels and consonants)—speech, through its structured forms, progresses to generate different frequencies and their corresponding material forms.

'The infinite diversity and dynamism of creation is just the expression of the eternally silent, self-referral, self-sufficient, unbounded field of consciousness—pure wakefulness, unbounded alertness, pure intelligence, pure existence, all knowingness.

'Consciousness, functioning within itself in terms of flow and stop, in terms of the unified state* of knower, process of knowing, and known is the "be-all and end-all" of all life and creation.

'Consciousness is fundamental to life. It is the prime mover of life. Every word that we speak and every act that we perform is an impulse of consciousness.

'All speech, action, and behaviour are fluctuations of consciousness. All life emerges from and is sustained in consciousness. The whole universe is the expression of consciousness. The reality of the universe is one unbounded ocean of consciousness in motion.

'Since consciousness is the most basic element of everyone's life, knowledge

* Saṁhitā of Ṛishi, Devatā, and Chhandas in Vedic Terminology.

of consciousness is the most basic requirement for everyone to exist consciously and intelligently and enjoy full, unbounded creative potential of life, with maximum success in all fields of personal and professional life.

'This most vital element of consciousness has unfortunately been out of the mainstream of education. That is why the tree of life on earth, segregated from its roots in consciousness, lost the source of its vitality. It lost its nourishment and became fruitless. The bliss quality of consciousness became dormant; suffering dominated human awareness and problems prevailed in the world.

'Everyone knows that education available in the existing universities offers "job-oriented" knowledge, which does not develop higher states of consciousness and does not help anyone to live the full potential of life.

'Education in the existing universities in the world is not "life-oriented"; it is not "enlightenment-oriented". It does not educate people to spontaneously think and act according to Natural Law. Therefore the whole population of the world is violating Natural Law, and consequently sickness and suffering, tension and conflicts, crime and terrorism, prevail in every country—human life everywhere is shrouded with problems.

'The only way out of this predicament is that in addition to job-oriented education through the existing universities, everyone should also have life-oriented education through Maharishi* Universities to develop higher states of consciousness and thereby live enlightenment and fulfilment in daily life—Heaven on Earth.

'The establishment of Maharishi* Universities in every country is fundamental to the creation of an enlightened society and the establishment of Heaven on Earth. Even if a faculty of consciousness is established in every existing university in the world, the coming generation in every country will be an enlightened generation. Every country will rise to be a crime-free, disease-free, problem-free nation. This will create and maintain Heaven on Earth for all future generations.

'This faculty of consciousness will provide knowledge of consciousness and

* Refer to Maharishi Universities, Colleges, and Schools around the world, pages 44–46.

research in consciousness. The knowledge of every other faculty in the university will be fully supplemented by the total knowledge of consciousness, which connects all branches of knowledge in one unified wholeness.

'The faculty of consciousness, the faculty of Maharishi Vedic Science and Technology, will provide a profound basis to every field of knowledge through Maharishi's Vedic Mathematics, Maharishi's Vedic Management, and Maharishi's Vedic Political Science, etc.

'The establishment of one new faculty of consciousness in every existing university will bring fulfilment to the goal of university education: to create enlightened individuals.'

Knowledge Is Structured in Consciousness

'The process of education takes place in the field of consciousness. 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, or gaining self-referral 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:

यतीनां ब्रह्मा भवति सारथिः
Yatīnāṁ Brahmā bhavati sārathiḥ
(Ṛk Veda, 1.158.6)

For those established in the singularity of self-referral consciousness, Cosmic Creative Intelligence spontaneously performs.

'There can be no better system of education that can culture the natural ability

to maintain this state of self-sufficiency—the ability to know anything, to do everything spontaneously right, and achieve anything through mere desiring. This is the supremely exalted system of education; that is why it is Maharishi's Absolute Theory of Education.

'An individual whose consciousness is fully developed is an enlightened individual, and this full enlightenment, which develops the ability to achieve anything, should be the goal of education.

'Gathering information, which is the theme of education prevalent in the world today, is not an effective way to educate anyone. It does not create an educated man competent to live problem-free life. It does not harness the full creative genius present within everyone. It does not serve the purpose of education.

'It is clear from the mountains of problems existing in every society in the world today that the whole system of education is inadequate and can be labelled as, "fraud".'

Life According to Natural Law

'Ideal education is capable of providing enlightenment, which is the "fruit of all knowledge", to every student. The "fruit of all knowledge" is mistake-free life, fulfilling life, daily life in satisfaction and fulfilment—the natural ability to think and act in accordance with Natural Law so that one enjoys the full support of Natural Law.'

Gaining the Full Support of Nature

'Gaining the full support of Nature through development of the full creative potential of consciousness makes the student a master of his life. He spontaneously commands situations and circumstances; he spontaneously controls his environment; his behaviour is always spontaneously nourishing to himself and everyone around him. He has the ability to spontaneously fulfil his interests without jeopardizing the interests of others.

'Such an ideal, enlightened individual is the result of ideal education—my Vedic Science Based Education.'

—Maharishi

Seven States of Consciousness

1. Waking State of Consciousness
2. Dreaming State of Consciousness
3. Sleep State of Consciousness
4. Transcendental Consciousness
5. Cosmic Consciousness
6. God Consciousness
7. Unity Consciousness

'A perfect system of education must cater for the evolution and progress of all the people, regardless of their level of consciousness. Everyone born on earth must be educated to live all states of consciousness, bringing the joy of all states of consciousness to daily life.'* —Maharishi

* The seven states of consciousness are documented in the ancient, eternal Vedic Texts and are experienced and enjoyed by thousands of practitioners of the Transcendental Meditation and Transcendental Meditation Sidhi programme around the world in this scientific age.

The Transcendental Meditation and Transcendental Meditation Sidhi Programme

Seven Steps of Knowledge and Experience

1. **Introductory Lecture**
2. **Preparatory Lecture**
3. **Personal Interview**
4. **Transcendental Meditation Instruction**
5. **First Day Checking and Video Lecture:**
   Maharishi Speaks on the Correct Practice of the Transcendental Meditation Technique
   5 August 1968, Squaw Valley *(8 minutes)*
6. **Second Day Checking and Video Lecture:**
   Understanding the Mechanics of the Inward and Outward Strokes of Transcendental Meditation
   Maharishi, *21 June 1971, USA (20 minutes)*
7. **Third Day Checking and Video Lecture:**
   A Vision of All Possibilities: Developing Higher States of Consciousness through the Regular Practice of the Transcendental Meditation Technique
   Maharishi, *16 January 1972 (30 minutes)*

Following the **Seven Steps** of learning the Transcendental Meditation programme, it is important to take advantage of the follow-up programme for personal checking and verification of experience, in order to gain the maximum benefit from the practice.

After 10 Days

Checking Meeting, Including the Two Following Video Lectures:

The Transcendental Meditation Programme—A Natural Effortless Technique Conducted by the Evolutionary Force of Nature
Maharishi, *9 August 1971, Humboldt State College, California, USA (38 minutes)*

Accelerating the Growth of Enlightenment
(An inspiration for Weekend Residence Courses)
Maharishi, *24 August 1974, Arosa, Switzerland (6 minutes)*

Follow-Up Programme

Throughout the first weeks and months of the practice of Transcendental Meditation, it is recommended to attend individual and group checking sessions to verify the correctness of the practice and to gain further understanding of the experience—each week during the first month, once every two weeks during the second month, and thereafter once a month. These checking sessions are also an opportunity to hear Maharishi directly, through videotaped lectures.

Advanced Techniques of the Transcendental Meditation Programme
Enhancing the Benefits

With time and experience practitioners of the Transcendental Meditation programme become eligible to learn advanced techniques, including the Transcendental Meditation Sidhi programme and Yogic Flying.

Through the Transcendental Meditation programme the mind gains familiarity with the silent field of Transcendental Consciousness, Pure Consciousness, from where all thoughts arise, and through the advanced techniques of the Transcendental Meditation programme it gains the ability to function from this level of* consciousness. '*First you enter into the house and occupy it, become familiar, and then start activity from it.*'—Maharishi

It is recommended to have four months of regular practice of Transcendental Meditation before applying for the advanced technique programme. The minimum time would be two months.

The following pages outline the sequence of advanced techniques of the Transcendental Meditation programme and the minimum period of regular practice between each. Maharishi's quotes on the following pages highlight the purpose and practical benefits of the advanced techniques programmes in general.

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* Modern science (Physics) refers to this as the Unified Field of all the Laws of Nature.

After a Minimum of 2 to 4 Months of Regular Practice of Transcendental Meditation

First Advanced Technique of Transcendental Meditation

'The purpose of advanced techniques is to gain mastery over Natural Law so that all our thoughts and actions are spontaneously supported by Natural Law.'
—Maharishi

After 2 to 4 Months

Second Advanced Technique of Transcendental Meditation

'The programme of advanced techniques enables the individual to function spontaneously in full accord with Natural Law—that means spontaneously in the evolutionary direction free from suffering and problems—life fully supported by Natural Law.'
—Maharishi

After 2 to 4 Months

Third Advanced Technique of Transcendental Meditation

'Principle of advanced techniques is that steadily mind gains familiarity with the finer field of thought and eventually gains the ability to operate in the finest field.'
—Maharishi

After 2 to 4 Months

Fourth Advanced Technique of Transcendental Meditation

'This is the area of mastery over Natural Law. The secret of gaining mastery over Natural Law is identifying our consciousness with its pure nature.'
—Maharishi

After 2 to 4 Months of Practising the Previous Advanced Technique

Fifth Advanced Technique
(Transcendental Meditation Sidhi Programme)

'This Transcendental Meditation Sidhi programme comes from that aspect of the teaching of life which handles life as a whole—knowledge of life in Totality—Yoga.'

'The Transcendental Meditation Sidhi programme day by day trains your mind to function from your deepest level of intelligence, which is always quiet inside and from where thoughts arise, emotions arise, and activities arise.'
—Maharishi

After 2 Weeks

Sixth Advanced Technique
(Transcendental Meditation Sidhi Programme)

'This is a very great training, and it amounts to the programme that will make Nature work for you; and this is the kind of activity that Physics calls Principle of Least Action.'
—Maharishi

After 2 Weeks

Seventh Advanced Technique
(Transcendental Meditation Sidhi Programme)

'All the Laws of Nature are employed by you in the process of your thinking, when you think from that level where you perform your Transcendental Meditation Sidhi programme.'
—Maharishi

After 2 Weeks

Eighth Advanced Technique
(Transcendental Meditation Sidhi Programme)

'You are trained to think in such a way that the very process of thinking is the process of fulfilling the thought.'
—Maharishi

After 1 Month

Ninth Advanced Technique
(Transcendental Meditation Sidhi Programme)

'Programme of the Sidhis—that means immediately materialization of the thought, materialization of the desire, fulfilment of the desire.' —Maharishi

After 1 Month

Tenth Advanced Technique
(Transcendental Meditation Sidhi Programme)

'Day after day is the training for your intelligence, is the training for your mind, is the training for your brain physiology to employ Natural Law to work for you.' —Maharishi

After 1 Month

Eleventh Advanced Technique
(Transcendental Meditation Sidhi Programme of Yogic Flying)
Two weeks in-residence

'Remaining within yourself when you are training your thinking process so that you are able to think from the self-referral state of consciousness, then you are training yourself to function from that level from where all the Laws of Nature function to administer the whole universe.' —Maharishi

Maharishi Speaks on the Transcendental Meditation Sidhi Programme

'All the Laws of Nature are lively within us in the depth of our silence. The Transcendental Meditation Sidhi programme is that programme which takes our conscious mind and makes it conversant with that level of intelligence from where all the Laws of Nature function.

'This is a way for success always in life—always in life. With our regular Sidhi programme we train our mind to always project a thought fully supported by Natural Law; and Natural Law is that invincible power of Nature which organizes the whole universe in the most balanced and orderly way. In that organizing ability we train our mind during the Sidhi programme. It is a tremendously valuable training morning and evening.

'The whole Nature is always at our command in a natural way, just by thinking, that's all—just by thinking. So it is a very great science of life, it is a very great art of living. How to live? Learn to think from the level of the full potential of Natural Law which is already there in your Self. That is the reason why Self-Realization has been valued throughout the ages. Realize the Self.

'Why realize the Self? It is an abstract item, but that abstract item is the total potential of Natural Law. All the Laws of Nature begin to function from there, begin to emerge from there. All life is controlled from there—all activity, all behaviour, all aspirations are controlled from there. And therefore, the Transcendental Meditation Sidhi programme is a direct procedure to train our thinking process so that always spontaneously Natural Law will support our life.'

—Maharishi, 13 November 1984

Advanced Lectures on the Transcendental Meditation Programme—*Volume 1*

This series of lectures is played during the Follow-up Meetings for Meditators, or during One-day or Week-end Residence Courses.

Theme: Developing Unbounded Bliss Consciousness, the Home of All the Laws of Nature, to Enrich All Aspects of Daily Life

Lecture 1

Transcendental Meditation: Developing Unbounded Awareness—Providing the Basis of All Knowledge and Its Spontaneous Application in Daily Life

Maharishi, *20 August 1971, Humboldt State University, Arcata, California, USA (45 minutes)*

Maharishi explains the principle of *Yogastaḥ kuru karmāṇī* as 'established in the state of *Yoga*—Unity—perform action', and gives several analogies to inspire course participants in the basic principles of Transcendental Meditation.

The mind which can be active, can be less active—the ability to stand still is inherent in the ability to run. Gaining pure awareness is the foundation of dynamic activity—pulling the arrow back on the bow gives momentum to activity.

All problems are in the relative field of change. It is worthwhile to establish oneself in the field of non-change, where problems do not exist. Then coming back to the field of problems is like stepping back into the field of darkness with a beautiful torch. All the Laws of Nature begin to support the impulses of desire and aspirations of the individual established in pure awareness.

Lecture 2

Survey of the Full Range of Creative Intelligence: The Seven States of Consciousness

Maharishi, *27 January 1973, Santa Barbara, California, USA (34 minutes)*

In this lecture Maharishi provides a concise explanation of the systematic evolution of consciousness. The combination of direct experience of Transcendental Consciousness and a complete understanding of Creative Intelligence gives rise to a Science of Creative Intelligence, which promises the full development of life. Maharishi emphasizes the importance of regularity in the practice of Transcendental Meditation to unfold the higher states of consciousness.

Lecture 3

A Vision of the Full Range of Natural Law Expressed in the Seven States of Consciousness

Maharishi Speaks to Members of the United Nations, *19 July 1981, Seelisberg, Switzerland (58 minutes)*

Maharishi answers five questions from members of the United Nations visiting the International Capital of the Age of Enlightenment.

Maharishi gives an understanding of what is meant by Natural Law, the Field of All Possibilities, and the home of all the Laws of Nature. He explains the authenticity of this knowledge and its practical application to all areas of society through the Transcendental Meditation Sidhi programme. He emphasizes that although knowledge gives intellectual satisfaction, it is direct experience of the source of knowledge that leads to progressive change in the outer field of life.

This is followed by a simple explanation of the sequential development of higher states of consciousness, using the analogy of the perception of all finer and more expressed values of a rose.

This lecture is inspiring for both Meditators and non-Meditators. It introduces the Transcendental Meditation Sidhi programme and inspires the listener to want to experience the total potential of Natural Law in order to accomplish the fulfilment of any thought.

Lecture 4

Maharishi's Technology of the Unified Field Nourishing National Law by Enlivening Natural Law in National Consciousness

Maharishi Speaks to the Press, *24 October 1983, Dublin, Ireland (35 minutes)*

Maharishi answers several questions from the press and defines enlightenment and the value of Yogic Flying:

• Through Transcendental Meditation the mind identifies with the Unified Field; through the Transcendental Meditation Sidhi programme the mind becomes infused with the Unified Field.

• Enlightenment is a state of fully awake consciousness, always evolutionary.

• 'Levitation' (Yogic Flying) is almost a common experience through the Transcendental Meditation Sidhi programme of Yogic Flying. Activity in the Unified Field of Consciousness during the Transcendental Meditation Sidhi programme leads to fulfilment of any desire.

• Health is improved, deleterious effects of ageing are reversed, and accidents are reduced through the practice of Transcendental Meditation and the Transcendental Meditation Sidhi programme.

• Practice of Transcendental Meditation and the Transcendental Meditation Sidhi programme produces spontaneous action in accord with Natural Law, and this results in mistake-free life.

Lecture 5

Enlivening the Qualities of the Unified Field in Individual and National Consciousness to Create Unified Field Based, Ideal Civilization

Maharishi, *9 November 1983, Maharishi College of Natural Law, Washington DC, USA (55 minutes)*

Twenty-five qualities of the Unified Field are enumerated. Maharishi explains how all these qualities could become lively in human awareness, and then details how enlivening certain qualities creates specific effects—all possibilities, victory before war, fulfilment of desires.

Within the Unified Field are found all the qualities expressed by the Veda, such as: अहं ब्रह्मास्मि *Ahaṁ Brahmāsmi (Bṛihad-Āraṇyak Upanishad, 1.4.10)—I am Totality—I am singularity—I am self-referral consciousness;* अणोरणीयान् महतो महीयान् *Aṇor aṇīyān Mahato Mahīyān (Katha Upanishad, 1.2.20)—(The Self is) Finer than the finest, bigger than the biggest;* योगस्थः कुरु कर्माणि *Yogasthaḥ kuru karmāṇi (Bhagavad-Gītā, 2.48)—Established in the Self, perform action.* (Maharishi defines these.)

Through Vedic Science we can create a Unified Field Based Civilization. The Transcendental Meditation and Transcendental Meditation Sidhi programme enlivens the full potential of the Unified Field in national life and in the individuals of the nation.

Lecture 6

Reversal of Ageing through the Transcendental Meditation and Transcendental Meditation Sidhi Programme

The Path of Immortality Available in the Ancient Vedic Literature as Brought to Light by Maharishi and Verified by Scientific Research

International Congress for Research on Higher States of Consciousness

Maharishi and Dr Robert Keith Wallace, *24–26 January 1980, Bangkok, Thailand (1 hour 13 min)*

This congress investigates the possibility of immortality as described in the ancient Vedic Literature and as documented by scientific research on reversal of the deleterious effects of ageing through the Transcendental Meditation and Transcendental Meditation Sidhi programme. Maharishi explains that there is a level of consciousness which does not change, and change does not have to be a damage to longevity.

Dr Wallace explains the context in which biologists are approaching the topic of ageing, and presents scientific evidence that through Transcendental Meditation ageing is reduced.

Maharishi concludes that longer and longer spans of life will be possible for coming generations.

Lecture 7

Maharishi Āyur-Veda

Enlivening the Junction Point Between Physiology and Consciousness—Promoting Vitality of the Physiology from the Eternal, Non-Changing Level of Consciousness, the Home of All the Laws of Nature

Maharishi, *31 July 1981, International Capital of the Age of Enlightenment, Seelisberg, Switzerland (18 minutes)*

In this lecture Maharishi explains that the state of consciousness corresponding to immortality, a state of physiology not subject to wear and tear, is Unity Consciousness, the continuum of the total potential of consciousness.

Maharishi points out that there is a junction point between consciousness and physiology, where consciousness first expresses itself as physiology. Once we have our awareness open to that area, we have the key to immortality in our awareness.

Āyur-Veda, the science of life-span, breaks down matter to the level of non-material Pure Intelligence. Administration of this level of medicine gives vitality to the whole physiology, so it has the vitality to promote life from that level where life is eternal.

As harmony and coherence (*Sattwa*) in world consciousness is rising, the forgotten values of Vedic Knowledge [Total Knowledge] are rising.

Lecture 8

Locating the Source of Law and Order in Pure Consciousness, the Home of All the Laws of Nature, Veda

Maharishi's Inaugural Address to the World Assembly on the Importance of Law, Justice, and Rehabilitation in Making the Nation Invincible

Maharishi, *15 March 1978, International Capital of the Age of Enlightenment, Seelisberg, Switzerland (53 minutes)*

In this lecture Maharishi analyses how it is possible to strengthen law. He explains that the basis of law, Natural Law, is Pure Consciousness, which rises as impulses of knowledge, the Veda. Experience of Pure Consciousness, perfect order, will allow individuals to become rehabilitated and always be on the path of evolution, and is the basis for any nation to become invincible.

At the close of the lecture, Maharishi invites a Vedic Pandit to recite some selected verses (*Ṛichās*) from Ṛk Veda—the Constitution of the Universe.

Lecture 9

The Transcendental Meditation Programme Bringing Individual Life in Alliance with the Cosmic Force of Evolution

The Formula to Fulfil One's Dharma

Maharishi, *27 June 1971, Amherst, Massachusetts, USA (1 hour 18 minutes)*

In response to a question on right action—action that upholds life in the evolutionary life-supporting direction (called *Dharma* in the Vedic Language), Maharishi explains that one's first duty is to oneself, to strengthening one's link with the force of evolution through regular practice of Transcendental Meditation alternated with action. In this way, automatically one will live life in accord with *Dharma*, Natural Law, and receive support of Natural Law in all one's activity (*Karma*).

When the awareness that performs action is made of Being, then *Karma* (action) and *Dharma* (Natural Law) are imbibed one in the other. In Cosmic Consciousness *Karma* is in terms of *Dharma*—action in accord with Natural Law.

Lecture 10

The Philosophy of Yoga—A Vision of the Integrated State of Life

Establishing Life in Pure Consciousness, the Basis of Life-Supporting Thought, Speech, and Action

Maharishi, *16 August 1971, Humboldt State University, Arcata, California, USA (50 minutes)*

Maharishi outlines the perfection of the teaching of Yoga, and explains how Transcendental Meditation is the most efficient practice to achieve the goal of Yoga—integration of all areas of life.

The mind permeates all aspects of life, inner and outer. By expanding awareness through the practice of Transcendental Meditation, the all-permeating value of the mind becomes open to human awareness, and then the whole range of life is spontaneously integrated. This simple procedure of integrating the whole of universal life with individual life is the key to perfection of Yoga.

This lecture is an inspiring introduction to Pātanjali's Eight Limbs of Yoga in light of Maharishi Vedic Science. Maharishi explains that the state of Yoga is Being, *Samādhi*, at its beginning, and Being (*Samādhi*) at its end. Being is all permeating, and this is the state of Yoga—the state of union of the absolute and relative aspects of life.

Lecture 11

Permanent Coherence-Creating Groups on Every Continent

Enlivening the Unified Field in World Consciousness to Create a Global Influence of Positivity and Harmony

Maharishi Speaks to United Press International,
15 December 1983, Maharishi College of Natural Law, Washington, DC, USA (48 minutes)

Maharishi held this historic press conference to announce his plans for the Taste of Utopia Assembly to begin in December (1983) in Fairfield, Iowa, USA. This assembly will be the first time that the *Global Super Radiance* number of 7,000 practising Yogic Flying together is achieved.

Maharishi informs the press that a clear phase transition is expected to take place during this assembly, and that Heads of State will be the first to feel the reduction in anxiety, although governments may not understand why. Governments are urged to provide Unified Field Based Education, integrating Vedic Science with modern science to cure and prevent all problems.

Lecture 12

World Peace through the Maharishi Technology of the Unified Field

Enlivening the Unified Field in Individual Awareness, Providing a Basis for the Whole Field of Diversity to Be Established in Eternal Harmony and Perfect Balance

Maharishi Speaks to the Citizens of the Age of Enlightenment, *2 July 1983, Oslo, Norway (46 minutes)*

Maharishi explains that the problem of world peace is not the problem of variety, but rather that which underlies all variety. That knowledge has been lacking which will bring the upsurge of Unity into the field of diversity.

The Technology of the Unified Field (Transcendental Meditation and Transcendental Meditation Sidhi programme) enriches individuality with the element of universality. The human brain can be trained to spontaneously act in the most balanced manner and not make mistakes. Yogic Flyers exhibit the coherent functioning of the billions of neurons in their brain physiology and are generating the coherence that will make all the strokes of incoherence in the world subside.

The moment that we have introduced this knowledge of the full potential of Natural Law in education, there will be the foundation for the perpetual sunshine of the Age of Enlightenment. At this very critical time for world consciousness, those who have the knowledge have the responsibility to save the ignorant by coming together to practise Yogic Flying and also to spread the knowledge of enlightenment.

Advanced Lectures on the Transcendental Meditation Programme—*Volume 2*

This series of lectures is played during the Follow-up Meetings for Meditators, or during One-day or Week-end Residence Courses.

Lecture 1

Integration of Life and the Nature of Self-Realization

Mechanics of the Mind Experiencing Finer States of Thought; and the Range of Life

Maharishi, *20 August 1971, Humboldt State University, Arcata, California, USA (75 minutes)*

In this historic lecture Maharishi answers a question on the effortlessness of the Transcendental Meditation technique, and he unfolds the purpose of integrating the inner silence of meditation with outer activity.

Highlights in Maharishi's own words:

- 'The whole procedure of Transcendental Meditation is automatic, governed by the nature of life, guided by the nature of the mind, nothing but the nature of the mind.'
- 'The life stream has two shores—one silent and one active—and the whole span between active and silent, these two extreme areas, this whole range, is the range of the stream of our life. One bank is active and the other is silent, and in between this activity and silence flows the river of life.'
- 'What we want is restful activity—action and rest simultaneously. Then we are not devoid of our link with the infinite when we are playing about in the finite. Then our activity will be like the activity of that arrow which does not lose the momentum of strength which it has gained when it was pulled. So with full momentum the arrow is flying, never losing the momentum.

  'Mind never loses that awareness. That unbounded awareness becomes an all-time reality. Wherever, whatever the mind is engaged in, that never goes—restful activity, spontaneously restful activity.'
- 'When the action is restful, then action is a joy in its process—it's a greater joy in its results, but it's no more tiring and tedious when one is acting. This spontaneous situation we create through practice of Transcendental Meditation. We call it Transcendental Meditation because it takes our mind, it takes our awareness, to that unbounded, transcendental area, which transcends all the relativity, transcends all the field of change. So the whole procedure is automatic, because these surface values of activity and the depth of life—they are the two areas of what we call life. Life is structured in these two values simultaneously.'
- 'The whole purpose of integrating the inner silence with outer activity and creating a spontaneous situation that both activity and silence continue to be at all times—the whole purpose of this is to live fullness of life.'

Lecture 2

Being Is Proof of Itself

Maharishi, *14 July 1970 Morning, Poland Spring, Maine, USA (28 minutes)*

In answer to a question about the transcending, Maharishi describes the nature of the experience and explains how pure awareness starts to be spontaneously maintained as Being is more and more infused into the field of activity.

Highlights in Maharishi's own words:

- 'Being Itself is the proof of Being. We may not be able to think about it in the precise manner, because thinking is from the colour of activity of the mind, which has at its basis the functioning of the nervous system. So the thinking may not clearly comprehend the nature of Being.'
- 'Mind, in order to really comprehend, in its full and complete nature, must settle down, and it settles down to that state. In that state, mind knows what Being is—what itself is—in that state of no activity. So comprehension of transcendence is complete and pure and has absolute value. This comprehension has absolute value only in that state of transcendence.'
- 'Coming out, the mind may be clouded with doubts or un-clarity about it, because the real valid clarity of pure awareness is in that state alone. Coming out, reflecting from there about it, it's true that these reflections will be more valid, will be more realistic than before, but the actual comprehension

of the pure status of that transcendence will not be possible on the level of thinking.'

- 'Now, this limitation is going to go when that pure awareness will be spontaneously maintained while thinking. This limitation of the mind will go when it can think in pure awareness, because then the thinking is not out of the field of pure awareness. And when the thinking is not out of pure awareness, then that thinking is as if the impulse of pure awareness. Then comprehension of that will be complete. It will not be lacking in merit; it won't be incomplete in anything.'
- 'Waves of relativity are the waves of the Absolute. Waves of living are the waves of life. So, life gets itself into waves. Timelessness gets itself into the waves of time. The non-variable Absolute is found in the variable relativity, and this is what makes life.'
- 'Once we are exposing our system to absolute pure Being and all vigorous dynamic activity, Being, that eternal silence, is going to grow in that field of variable dynamic activity; and therefore this activity is going to be infused with that Being more and more.'
- 'Force of evolution is so tremendous and so overwhelmingly powerful that no resistance will be able to stop our further march. So we know we are going to get to a state where that Absolute will dominate our field of activity, and then free from doubts, free from any negativity, life will be all in the waves of happiness.'

Lecture 3

Ensuring the Most Rapid Growth on the Path to Enlightenment, through the Regular Practice of the Transcendental Meditation Technique

Maharishi, *27 January 1973 Afternoon, Santa Barbara, California, USA (10 minutes)*

Maharishi emphasizes the importance of regularity in the practice of the Transcendental Meditation technique.

Highlights in Maharishi's own words:

- 'Regularity in habits of eating and resting adds a great deal to good health. Meditation also is a procedure of taking rest—much deeper than deep sleep. So if our system is habituated to taking deep rest in time every day, that will be a great help to maintain good health. Regularity is very, very helpful for maintaining good health. It's such a profound rest, and if we expose our system to this profound rest, everyday at the same time, then the cycle of rest and activity and freshness—it gets established.'
- 'We calmly, coolly meditate and then come out, and then we do anything; and everything will be so good, just because during meditation we enliven that level of life which is the basis of all activity in the world. It's in enlivening that basis of all life that we get the support of Nature everywhere. It is so important that we can never over-emphasize the importance of regular meditations.'

Lecture 4

Transcendental Meditation Is the Key to a Fuller Life and Harmonious Behaviour

Maharishi, *18 August 1970 Morning, Humboldt State University, Arcata, California, USA (34 minutes)*

In this lecture, Maharishi answers several questions on behaviour, and he explains that ideal behaviour naturally blossoms with the experience of unbounded awareness: '*The Self is then established on that level of life which unites everything, which underlies everything. Then everything is more in terms of our self, everything is dear.*'

Highlights in Maharishi's own words:

- 'Established in Being, perform action. Then what will happen? The self is then established on that level of life which unites everything, which underlies everything. Then everything is more in terms of our Self, everything is dear.'
- 'When the awareness broadens—and it does broaden as we dive into Being more and more—everything spontaneously becomes a part of our Being.'
- 'If we don't apply this level of consciousness to the field of activity in behaviour with others, then this awareness remains dormant, it remains latent. Even if it is our awareness, it must be applied, it must be used; and

putting it into use, it gets established in the field of action, and more and more the stabilization of this level of awareness produces more and more fuller life, and fullness of life lies in harmony. The perception is more harmonious.

'On that level of harmonious perception, behaviour is spontaneously harmonious, and this harmonious behaviour firstly does good to life in the environment; and secondly, it stabilizes, it integrates, our inner value and the outside both together. The environment becomes enriched, and the life becomes enriched in a spontaneous manner.'

- 'To improve any aspect of life—and behaviour is a very, very important aspect of life—we just broaden awareness; and to broaden awareness we make use of nothing other than what life is. Life as life is infinite, unbounded, eternal, and therefore we just open our awareness to that. We open and know it, know what we are. And once we know what we are, there is no restriction, no limitation. Even though we flow in the waves of life, we flow like an ocean, remaining stationary yet ever flowing in high waves.'

- 'The ocean never flows, but it flows in waves altogether—it flows without altogether flowing. So when we behave established in that WHOLENESS, behaviour is compatible to that WHOLENESS, and in the WHOLENESS only evolution is possible. No negativity is possible. WHOLENESS is the summation of all positivities of life. So anger or whatever, these are all as if resistances for the blossoming of fullness of life, and we handle all that through meditation and action, meditation and action.'

Lecture 5

Gaining Support of All the Laws of Nature: The Means to Uphold Progress in Modern Life

Maharishi, *2 August 1970 Evening, Humboldt State University, Arcata, California, USA*
(28 minutes)

Maharishi gives a very inspiring vision of the application of the Transcendental Meditation programme to modern life to strengthen every phase of relative existence: '*There is nothing a Meditator can't do because he is open to the infinite.*'

Highlights in Maharishi's own words:

- 'When the aspiration is rising high and high and high, pace of modern life is becoming faster and faster, because progress demands fastness. Every man in his life wants to accomplish maximum for himself and society. This desire to accomplish more and more is at the peak in this generation.'

- 'Fortunately for us, with the grace of Guru Dev, a simple, natural technique has come whereby it is possible to enrich the life of everyone, make the man stronger from within, and accept the challenge of advancing times.'

- 'Progress will be more and more, advancement will be more and more, civilization will be better and better, and for this we ring the bell of every home, "come on, meditate".'

- 'Every individual is born with that great potentiality which is hidden from within one's Self. Through meditation we take our attention to that, bring that unboundedness in our awareness, live every phase of life with that awareness, and thereby strengthen every phase of relative existence with this light of the Absolute.'

- 'The innumerable variety of creation all springs from that unbounded awareness to which our mind opens—this is our meditation. Our mind, our awareness opens to that area of transcendence, that unmanifested Being on which level all the laws are functioning and bringing out the different manifest creation. And when our awareness is open to that, all the Laws of Nature support us. This is mastery over creation. And how—through a process of no doing, that is our strength. Transcendental Meditation is a procedure that does not need any effort on our part. It is a procedure of no effort, no doing.'

- 'What is tendency of life, what is the nature of life? Inner area is absolute, outer area is relative. Outer relative is always aspiring for more and more. That means outer area is always flowing towards the infinite. Inner is the infinite unbounded, and therefore what we find in this is outer life is already moving towards the inner, and this is its nature. The inner Absolute is inviting the outer, the outer relative is proceeding towards the inner.'

- 'There is mutual attraction in the nature of outer life and the nature of inner life. Inner life draws the outer life and is our experience in meditation. Mind allowed to be on the level of effortless thinking, and the Mantra thought

effortlessly, leads the attention to the infinite, gets to that unboundedness. From this we know that the life is progressing towards more and more in the direction of the infinite, spontaneously.'

Lecture 6

Maharishi Answers Questions on the Transcendental Meditation Sidhi Programme of Yogic Flying

Maharishi, *11 September 2002, MERU, Holland (5 minutes)*

During Maharishi's Global Press Conference, Maharishi explains that the Yogic Flying technique is based on the practice of the Transcendental Meditation programme, and it has profound benefits for the individual and society.

Highlights in Maharishi's own words:

- 'The phenomenon of flying is a mental phenomenon. It is seen, the body lifting up, leaving the ground and floating in the air, but the phenomenon is a mental phenomenon. And it's such a relief of stress from the mind. It's a big upsurge of peace, harmony, happiness in the practitioner, and that radiates from him in his environment, and that purifies collective consciousness.'
- 'All those who are practising, individually they are enjoying, and they are radiating their influence of harmony and inner peace and happiness—they radiate that influence. It is from there the concept has grown that if groups are organised like that, the whole world consciousness could be maintained on a very high level of coherence. And then, that will be the end of problems in the world. That is a wise way of permanently eliminating this negativity, terrorism and conflicts in the world.'

Lecture 7

Can One Enlightened Individual Transform the World?

Maharishi, *18 December 2002 Afternoon, MERU, Holland (9 minutes)*

During Maharishi's Global Press Conference, Maharishi answers the question of a student journalist: 'If Vedic Science can accomplish anything and everything, why do we need large groups to create world peace? Could one enlightened individual transform the world on the level of his or her consciousness?'

Highlights from Maharishi's lecture:

- Many are needed to transform the world if some one here and there and there prove to be not enough, like the torchlight is needed if the candles here, there, everywhere are not strong enough.
- In the world of today with all these very, very inadequate ways of living—so many kinds of impurities in the physiology, in the mind, in the intellect, in the behaviour, in the atmosphere—so many impure values do not make a man fully conversant, fully awake in his own transcendental reality.
- The experience of Transcendental Consciousness is enough to fulfil one's own desires, but when the desire is to have the enlivenment of the omnipresent level, which is the omniscient level, which is the omnipotent level of intelligence, to create world peace, then in the beginning now, we need many, many, many.
- Experience has shown that eight thousand should be enough to transform the world. Eight thousand is the square root of one per cent of the world's population today, and now we want a few groups of 8,000 practising the Transcendental Meditation Sidhi programme of Yogic Flying in our world, because in every act of engineering, the engineers go by the formula of a 'safety factor'—maybe three times safety factor, sometimes four times safety factor.
- We are proceeding on a very reliable scientific level; and we have full confidence that the target will be reached. From time to time throughout the ages, efforts have been made, and groups were created, and peace prevailed.
- We enjoy doing this, because if something has to be done, better do this—spread the light. It's a joy to do it.

There are more advanced lectures, in addition to those described on the preceding pages. You are warmly invited to attend advanced lecture meetings at your local Transcendental Meditation Centre.

Residence Courses

Residence Courses provide Meditators with an opportunity for extended practice of Transcendental Meditation, to gain even deeper rest and accelerate the growth of enlightenment.

This Residence Course series of lectures (pages 38–40) will also be an inspiration for those wishing to become exponents of Total Knowledge—Teachers of Transcendental Meditation.

Theme: Maharishi's Gift of Supreme Knowledge—
Raising Every Individual to Live the Supreme Value of Life: Transcendental Meditation Opening Awareness to the Unbounded Ocean of Pure Consciousness to Establish Life in Infinite Affluence, Freedom, Bliss, and Fulfilment

Lecture 1

The Regular Experience of Transcendental Consciousness

Bringing the Stability of the Absolute into the Changing Waves of Relative Life

Maharishi's Inaugural Address to the Science of Creative Intelligence Teacher Training Course, *8 August 1971, Humboldt State University, Arcata, California, USA (1 hour and 33 minutes)*

In this historic address to the Science of Creative Intelligence Teacher Training Course in Humboldt, California, USA, Maharishi brings to light fundamental principles of the practice and benefits of Transcendental Meditation and inspires the course participants to become Teachers of Transcendental Meditation.

Maharishi answers several questions and explains that infinity forms one side of the coin of life; boundaries form the other side. As the practice of Transcendental Meditation advances, the value of silence anchors the active mind. By virtue of being silent while active, we enjoy affluence of Being—inner richness, inner self-sufficiency. This is how inner freedom and enrichment of inner life grows.

Lecture 2

Transcendental Meditation

Making Use of the Evolutionary Force of Nature, Establishing Life in the State of Fulfilment—Unbounded Bliss Consciousness—the Basis of Life-Supporting Action

Maharishi, *9 August 1971 Evening, Humboldt State University, Arcata, California, USA (2 hours and 13 minutes)*

In this lecture Maharishi explains that Transcendental Meditation is motivated by the force of evolution, and life progresses through steps of rest and activity. Minimizing mental activity is a natural procedure conducted by the nature of the mind to move towards more and more. Left to itself the impulse of life is powerful enough to gain its goal in unboundedness. Maharishi probes deep into the effortless mechanics of Transcendental Meditation and satisfies several profound questions from course participants.

Lecture 3

The Vedic Means of Gaining Knowledge

Opening Awareness to the Transcendental Field of Pure Consciousness in which All the Expressions of Knowledge Are Structured—Making Veda, Pure Knowledge, a Living Reality

Maharishi, *12 August 1971 Evening, Humboldt State University, Arcata, California, USA (1 hour and 31 minutes)*

Maharishi explains that the Vedic Hymns are expressions of the truths of Nature, bringing to light the mechanics of creation and its procedures of evolution. It is a tremendous field of knowledge, uplifting to every man in every generation.

Vedic Expressions are structured in the Transcendent and were cognized by the ancient Ṛishis—Seers of the Veda (Total Knowledge). The transcendental reality is omnipresent Being, and every form in creation is molded out of Being.

The Vedic (subjective and objective) methodology of gaining knowledge is as flawless as scientific investigation from the objective side. Within the window of our own heart, life is elevated to great levels of satisfaction and fulfilment. One gains not only knowledge but the full glory of the knower.

Faith has its basis in achievement. Transcendental Meditation, elevating life, stabilizes faith in man himself, in the teaching and teacher, and in the grace of God. One step of achievement brings us faith in the goal even if there are many steps to traverse.

Lecture 4

Developing Skill in Action

Alternating Awareness between the Outward Stroke of Activity and the Inward Stroke of Silence through the Transcendental Meditation Programme, in Order that Activity Remains Connected with Its Ultimate Source, the Infinitely Creative Dynamism Inherent in Transcendental Consciousness

Maharishi, *13 August 1971 Morning, Humboldt State University, Arcata, California, USA (1 hour and 37 minutes)*

Maharishi continues to guide the understanding and experience of course participants and explains that direct experience without knowledge does not give complete satisfaction. The search for knowledge continues, and the search for experience continues. The seeking stops when both are satisfied.

Our teaching does not much concern itself with how to act. It mainly focuses on how to Be, how to minimize activity so that one can have that most blessed state on the level of consciousness and restful alertness on the level of the body.

In order to have Transcendental Consciousness permanently established in life, we keep on alternating meditation and action. When we have gained the reality of Transcendental Consciousness and Cosmic Consciousness, then two more steps can be conceived of—God Consciousness and Unity Consciousness. The levels of consciousness are milestones on the path to the infinite value of life.

A Selection of Courses

Please contact your local Maharishi Invincibility Centre or Peace Palace for information regarding the following courses and more.

- Maharishi Vedic Science *(16 lessons)*
- Maharishi Speaks on the Seven States of Consciousness *(16 lessons)*
- Maharishi's Corporate Development Programme *(10 Seminars and Weekend Residence Course)*
- Maharishi's Science of Creative Intelligence *(33 lessons)*
- Maharishi Sthapatya Veda—*Vāstu Vidyā (17 lessons)*
- Total Knowledge Course *(48 lessons)*
- Creating a Perfect Man, Course One *(58 lessons)*
- Creating a Perfect Man, Course Two *(32 lessons)*
- Maharishi Vedic Astrology—Maharishi Jyotish and Maharishi Yagya Programme (Please enquire from: www.MaharishiJyotishProgram.EU)

Maharishi College of Perfect Health:

- Maharishi *Yoga*—A Course on *Yoga* Exercise *(16 lessons)*
- Good Health through Prevention *(16 lessons)*
- Diet, Digestion, and Nutrition *(16 lessons)*
- Self-Pulse Reading for Good Health *(16 lessons)*

Special Courses for Ladies:

- Celebrating the Infinite Creative Intelligence and the Nourishing Power of Mother *(One-Day Course)*
- The Source, Course, and Goal of Love *(One-Day Course and World Peace Assembly)*
- Developing Pure Knowledge for Fulfilment in Education *(One-Day Course and Weekend World Peace Assembly)*

- Celebrating *Chaitra Navarātri*: Enlivening the Infinite Organizing Power of Natural Law to Create Heaven on Earth *(One-Day Course, Weekend World Peace Assembly, and Ten-Day World Peace Assembly)*
- Celebrating *Shārādīya Navarātri*: Enlivening the Infinite Organizing Power of Natural Law to Create Heaven on Earth *(One-Day Course, Weekend World Peace Assembly, and Ten-Day World Peace Assembly)*
- Celebrating Dīpāvalī—The Festival of Light: Enlivening Mahā Lakshmī, the Inexhaustible Source of Affluence *(One-Day Course and Weekend World Peace Assembly)*
- Introduction to Maharishi Gandharva Veda Vocal Music *(10 lessons)*

Consciousness-Based Education:

- Consciousness-Based Education: Principles, Practice, and Results *(16 lessons)*
- Creating Ideal Consciousness-Based Schools and Universities *(12 sessions)*
- National or Regional Weekend for Starting a Consciousness-Based School *(Weekend Course)*
- Starting a Consciousness-Based School *(One-Day Seminar)*

Online Courses for Everyone:

- Maharishi International University *Online Courses*: ce.miu.edu

Maharishi's Programmes

Maharishi's programmes are raising life to perfection and creating a new world order of affluence and peace.

Following are links to Maharishi's programmes in the fields of Health and Education (updated 18 September 2023):

Health

- Evidence-Based Research on the Transcendental Meditation Technique: www.tm.org
- Maharishi Vedic Approach to Health: www.vedicapproachtohealth.org
- Maharishi Vedic Vibration Technology: mvvt.org
- Institute for Natural Medicine and Prevention: research.miu.edu/institute-for-natural-medicine-and-prevention

Maharishi AyurVeda Health Centres:

- Germany: www.ayurveda-badems.de
- Switzerland: www.mav-seelisberg.ch
- United Kingdom: ayurveda-rendlesham.co.uk
- USA: The Raj: www.theraj.com

Maharishi AyurVeda Products:

- Europe: www.ayurveda.eu
- United Kingdom: www.maharishi.co.uk
- USA: www.mapi.com
- www.VedAroma.com
- www.MaharishiHoney.com

Scientific Research:

- uk.tm.org//scientific-research

- www.tm.org/research
- www.totalhearthealth.info
- The Brain Research Institute: brainresearchinstitute.org

Education

***INTERNATIONAL*:**

- International Foundation of Consciousness-Based Education: www.ConsciousnessBasedEducation.org
- For any questions or materials on Consciousness-Based Education, including how to start Consciousness-Based schools, and how to implement the Transcendental Meditation and Transcendental Meditation Sidhi programmes in existing schools and universities, please email the International Foundation of Consciousness-Based Education:

  cbe-foundation@Maharishi.net

***AUSTRALIA*:**

- Maharishi School, Melbourne: maharishischool.vic.edu.au

***FRANCE*:**

- L'Education Fondée sur la Conscience: www.education-conscience.fr

***GERMANY*:**

- Schule Ohne Stress: www.schuleohnestress.de

***INDIA*:**

- Maharishi Centre for Educational Excellence: www.mceebhopal.org
- Maharishi Mahesh Yogi Vedic Vishwavidyalaya: www.mmyvv.com
- Maharishi Institute of Management: www.maharishiinstituteofmanagement.com
- Maharishi Vidya Mandir Schools: www.maharishividyamandir.com

***SOUTH AFRICA*:**

- CBE Schools: www.cbesa.org
- Maharishi Invincibility Institute: www.maharishinstitute.org

***SWITZERLAND*:**

- Maharishi International School: www.maharishischool.ch

***THAILAND*:**

- Rajapark Institute: https://www.rajapark.ac.th

***UNITED KINGDOM*:**

- Maharishi School: www.MaharishiSchool.com

***USA*:**

- Maharishi International University: www.miu.edu (with a campus also in Beijing, China)
- Maharishi University of Enlightenment: www.maharishiuniversityofenlightenment.com
- Maharishi School: www.maharishischool.org
- David Lynch Foundation for Consciousness-Based Education and World Peace: www.davidlynchfoundation.org

Scientific Research:

- Scientific Research on Consciousness-Based Education: www.consciousnessbasededucation.org ('Scientifically Validated Benefits' section)
- Center for Brain, Consciousness, and Cognition: research.miu.edu/center-for-brain-consciousness-and-cognition/
- Brain Research Institute: brainresearchinstitute.org

Please visit:

www.globalcountry.org/wp/

to access details of Maharishi's programmes around the world in the fields of: Health, Education, Administration, Science and Technology, Law and Justice, Economy, Management, Defence, Agriculture, Architecture, Communication, Religion and Culture, and World Peace.

A Glimpse of Maharishi's Achievements 1957–2008, *and continuing to the present*

HIS HOLINESS MAHARISHI MAHESH YOGI, founder of Transcendental* Meditation and the worldwide Spiritual Regeneration Movement (1957), introduced research in the field of consciousness and brought to light seven states of consciousness (1957–1967); created a new science—the Science of Consciousness, the Science of Creative Intelligence—and trained 2,000 teachers‡ of this science [by now well over 20,000] (1971); inaugurated the World Plan⊛ to solve the age-old problems of mankind in this generation (1972); discovered the Constitution of the Universe, the lively potential of Natural Law in Ṛk Veda, and discovered the structuring dynamics of Ṛk Veda in the entire Vedic Literature (1975); and celebrated the Dawn of the Age of Enlightenment on the basis of the discovery of the *Maharishi Effect* (1975).

Maharishi created a World Government for the Age of Enlightenment with its sovereignty in the domain of consciousness and authority in the invincible power of Natural Law; introduced the Transcendental Meditation Sidhi programme and the experience of bubbling bliss in Yogic Flying to create supreme mind-body coordination in the individual and coherence in world consciousness (1976); formulated Maharishi's Absolute Theory of Government, Maharishi's Absolute Theory of Education, Maharishi's Absolute Theory of Health, Maharishi's Absolute Theory of Defence, Maharishi's Absolute Theory of Economy, Maharishi's Absolute Theory of Management, and Maharishi's Absolute Theory of Law and Order to raise every area of life to perfection (1977); brought to light the commentary of Ṛk Veda, *Apaurusheya Bhāshya*, as the self-generating, self-perpetuating structure of consciousness

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* About ten million people throughout the world have learnt Transcendental Meditation.

‡ Teachers of Transcendental Meditation.

⊛ The seven goals of the World Plan are: 1. To develop the full potential of the individual; 2. To improve governmental achievements; 3. To realize the highest ideal of education; 4. To solve the problems of crime, drug abuse, and all behaviour that brings unhappiness to the family of man; 5. To maximize the intelligent use of the environment; 6. To bring fulfilment to the economic aspirations of the individual and society; 7. To achieve the spiritual goals of mankind in this generation.

(1980); and organized the centuries-old scattered Vedic Literature as the literature of a perfect science—Maharishi Vedic Science and Technology (1981).

Maharishi brought to light the full potential of Āyur-Veda, Gāndharva Veda, Dhanur-Veda, Sthāpatya Veda, and Jyotish to create a disease-free and problem-free family of nations (1985); formulated the Master Plan to Create Heaven on Earth for the reconstruction of the whole world, inner and outer (1988); brought to light Supreme Political Science to introduce Automation in Administration and create conflict-free politics and a problem-free government in every country; inspired the formation of a new political party, the Natural Law Party, in countries throughout the world to enrich and support national law with Natural Law, and in this way promoted a practical procedure to actualize his Absolute Theory of Government (1992).

In 1993 Maharishi inaugurated Global *Raam Raj*—Global Administration through Natural Law, and brought to light the correlation between the structure and qualities of the Veda and Vedic Literature and the structure and function of the human physiology, which established the grand unity of all material diversity of creation—of all sciences and of all religions (last quarter 1993). This has heralded the Dawn of the Vedic Civilisation, civilisation based on pure knowledge and the infinite organising power of Natural Law—life according to Natural Law—where no one will suffer; all will enjoy the eternal glory of God—Heaven on Earth.

Maharishi established Maharishi Vedic Universities and Maharishi AyurVeda Universities and Maharishi Colleges of Vedic Medicine throughout the world to offer mastery over Natural Law to every individual, and to perpetuate life in accordance with Natural Law—perfection in every profession—and create Natural Law based problem-free government in every country—governments with the ability to prevent problems (1994).

Maharishi introduced programmes for prevention in the fields of health and security, to create healthy national life and an invincible armour of defence for the nation, by introducing new prevention-oriented programmes of Maharishi AyurVeda—Maharishi Vedic Medicine—for perfect health, and by introducing the programme for a PREVENTION WING in the military of every country to disallow the birth of an enemy just by training a small percentage of the military in the Vedic Technology of Defence—the Transcendental Meditation and Transcendental Meditation Sidhi Programme including Yogic Flying (1994).

Maharishi established Maharishi University of Management (now named Maharishi International University) in the USA, Japan, Holland, and Russia to eliminate the problems of management and improve the health, creativity, and good fortune of management everywhere. Maharishi University of Management offers practical programmes to prevent and eliminate problems of public administration by bringing the support of Natural Law to national law (1995). Introduction of the knowledge of Natural Law in every field of management will actualize the evolutionary direction for every area of human concern.

The Maharishi Corporate Development Programme was introduced in companies in the USA, Europe, India, and Australia to restore profitability and vitality to failing industries, and improve the performance of successful organizations (1995).

Maharishi started to train teachers of Vedic Science, which means those who will have the ability to impart Total Knowledge—experience of *Ātmā*, the Self, and understanding this experience through the Veda—making the experience of Total Knowledge and its infinite organising power lively within the awareness of everyone and within the physiology of everyone (1996). Maharishi offered new principles and new programmes to enrich national law in all countries with the nourishing influence of Natural Law (1997).

On 10 June 1998, Maharishi inaugurated Maharishi Veda Vision—the Maharishi Channel—as the expression of the natural desire of the wise throughout the ages to create perfection in life and totally eliminate suffering—to bring the joy of 'Heaven on Earth' to every individual and every nation in the world.

One Maharishi Channel very quickly expanded into a global network of eight satellite transmissions, and Maharishi Open University was inaugurated on 2 August 1998, bringing the total knowledge of Natural Law to every country, broadcasting in twenty different languages from Maharishi Vedic University in the land of WHOLENESS—Holland.

The laying of the foundation stone of the World Centre for Vedic Learning and Maharishi Vedic Vishwa Prashāsan Rājadhānī—the World Capital of Maharishi's Global Administration through Natural Law—took place at the *Brahma-Sthān* (geographical centre) of India on 6 November 1998.

During the first quarter of 1999, Maharishi re-established throughout India, in small villages and towns, the 'one Guruji system', according to the tradition of Vedic Education, giving the opportunity to thousands of students to gain Total Knowledge.

Maharishi introduced his Programme to Eliminate Poverty in the world through the development of unused agricultural lands, using healthy Vedic and organic farming principles and practices.

On 7 October 2000, Maharishi founded the Global Country of World Peace under the leadership of Maharaja Adhiraj Rajaraam to unite all nations in a peaceful, global unity. Professor Tony Nader, MD, PhD, whose research on Veda in human physiology brought to light that consciousness is the structuring intelligence and basic content of all physiological structures in creation, was honoured by Maharishi with the leadership role to create an ideal administration for every country, whereby national law will be upheld by Natural Law, bringing invincibility to every nation.

On 22 October 2000, Maharishi inspired the foundation of the World Federation of Traditional Kings to awaken the parental role of the leaders of the traditional cultures in the world to maintain peace in their areas of influence (2000).

Maharishi's global initiative for permanent world peace was launched in response to the outburst of terrorism in the USA. Programmes were designed to create a permanent influence of world peace from one country—India—through the performance of *Yoga* and *Yagya* (Vedic Procedures to restore balance in Nature and change the course of destiny) by thousands of Vedic Pandits (2001); Maharishi designed the Raam Mudra development currency to create a balanced world economy; began to offer Total Knowledge and prevention-oriented solutions to the world through a continuum of weekly global press conferences that were to continue for six years; conducted special one-month Enlightenment Conferences; and launched his Global Health Programme—a computerized programme based on Maharishi Vedic Medicine for prevention, cure, and the creation of a disease-free society (2002).

Maharishi welcomed every government to contract with the Global Country of World Peace, to create prevention-oriented, problem-free administration, and made an offer to every government to train their administrators to engage in their administrative policies and programmes the intelligence and energy of total Natural Law—the Light of God—the Will of God—which governs the universe with perfect order.

To ensure achievement of the long-sought goal of mankind—permanent world peace—Maharishi launched a programme to establish the largest group of Vedic Pandits in India, '*permeating all time and all space values with harmony, with evenness of higher intelligence*' through recitation of the Veda and programmes of Vedic *Yagya*. Maharishi also launched a global initiative to build Peace Palaces in the 3,000 largest cities of the world, '*to perpetuate the knowledge that has proven itself to be complete knowledge of the nature of man*' (2003–2004).

Maharishi's Consciousness-Based Education received worldwide recognition for its profound benefits to student well-being, and Maharishi addressed education conferences in Los Angeles, New York, and Washington, DC, USA, and explained that '*Transcendental Meditation is a natural way to fathom the Unified Field, to develop the whole brain to function in every thought, speech, and action, and promote excellence in one's personal and professional life.*' Maharishi established the Parliament of World Peace to set forth a system of administration that will harmonise the differences that dominate relationships between nations, and to take all systems of administration to the supreme level—the Will of God—available in the *Ātmā*, the Self, of everyone. Maharishi began to train Raam Raj Administrators to administer society from the level of enlightenment for all times to come (2004).

Maharishi inaugurated the Dawn of *Sat-Yuga*—the dawn of civilisation based on pure knowledge and the infinite organising power of Natural Law, where no one will suffer; all will enjoy the eternal glory of God—Heaven on Earth. Maharishi completed the first two Raam Raj Administrator Training Courses. Its graduates, Raam Raj Administrators, will guide mankind through the silent administration of Total Knowledge and Total Action. Maharishi inspired builders on all continents to reconstruct the whole world in the light of the principles of Vedic Architecture—city and country planning in harmony with Natural Law (*www.globalreconstruction.org*). Maharishi University of World Peace was founded, with headquarters in Geneva, Switzerland, to bring the complete knowledge of Natural Law to everyone and create lasting world peace (2005).

Maharishi began to raise whole nations to Invincibility and opened the gateway for the reconstruction of the whole world—'*reconstruction of the physical world, reconstruction of the mental world, reconstruction of the intellectual world—to the exalted state of the spiritual value of life, which is bliss eternal.*'—Maharishi

Maharishi's Parliament of World Peace convened in the *Brahma-Sthān* (geographical centre) of India and in MERU, Holland, for twelve sessions of 144 presentations, from 5 February to 23 March 2006, broadcast worldwide. The focus of these sessions was national invincibility in reference to the twelve disciplines of Maharishi Vedic Science, the Science of Consciousness.

Maharishi permanently established the Invincible America Assembly with over 2,000 participants—experts in Yogic Flying, including over 1,000 Vedic Pandits from India—and inaugurated a new initiative to establish 'Invincibility Schools' around the world, where students practise Yogic Flying before morning and after evening classes, to maintain a high level of harmony and integration in national consciousness.

Maharishi guided development of the curriculum for Vedic Medicine to be the foundation for the perfect health of civilisation. The central point of Maharishi Vedic Medicine is that the experience of *Ātmā*—the silent field of the Self—restores balance to the whole physiology (2006).

Maharishi formulated a seven-point programme to crown every nation with Invincibility:

1. Establish large groups of Vedic Pandits and Yogi Flyers in every country;
2. Provide prevention-oriented, problem-free administration;
3. Construct Vedic Medical Colleges in every country to create a disease-free society;
4. Construct universities, colleges, and schools that offer total knowledge of Natural Law;
5. Produce healthy food for happy life through Vedic Organic Agriculture;
6. Design cities and countries according to the principles of Maharishi Vedic Architecture in harmony with Natural Law;
7. Eliminate poverty in the world.

Having done complete justice to the teachings of Shri Guru* Dev for over fifty years, which has secured Invincibility for every nation, Maharishi inaugurated Administration through Silence, which will forever guide the destiny of the world through the Total Knowledge Based principles of the Vedic Tradition of Masters (2007).

On 12 January 2008 Maharishi inaugurated the Year of Invincibility—Global *Raam Raj*—celebrating the success of 50 years of his worldwide Movement, active in over 100 countries to date.

Maharishi's global plan for the spiritual regeneration of the whole human race is the greatest fortune of the world for all time. It is bringing day by day the rising sunshine of *Sat-Yuga*. Maharishi has given the gift of enlightenment to millions of people and trained thousands to keep this bright light of Total Knowledge shining for generations to come. Maharishi's gift to the world, to all mankind, is the perpetual light of Total Knowledge fully awake in every heart and home. Maharishi's achievements will continue to unfold, and through the Grace of Guru Dev we will continue to celebrate every year, and year after year, and generation after generation Maharishi's achievements, as the evolving trends of time bring forth the full sunshine of Heaven on Earth—*Raam Raj* (2008 continuing).

Jai Guru Dev

Maharishi's Publications:
miupress.org

* Maharishi's teacher, His Divinity Brahmanand Saraswati, Jagadguru Shankarachārya of Jyotir Math, Badarikāshram, Himālayas, revered embodiment of Vedic Wisdom in the great Tradition of Vedic Masters who have passed down the eternal wisdom of integration of life from teacher to student since time immemorial.

The Transcendental Meditation Programme Around the World

Maharishi's worldwide Movement is active in over 100 countries to-date with teachers being trained in more countries each year. Though many countries may not have an official website, trained teachers of the Transcendental Meditation programme are available in most.

For contact details in your country, please visit:

www.tm.org/choose-your-country

tm-women.org

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

—Maharishi

You Are Welcome

at Maharishi Invincibility Centres and Peace Palaces throughout the world.

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