



## Transcendental Meditation

### Maharishi Mahesh Yogi and the Science of Creative Intelligence

Maharishi Mahesh Yogi (1917-2008) was one of the great spiritual teachers of our time. University trained in physics, the Maharishi was a pioneer in uniting the scientific approach of the West with the ancient spiritual wisdom of India. He is best known for introducing the practice of Transcendental Meditation (TM), a simple, natural method of allowing the mind to reach its most silent level--a field of pure creativity, energy, and peace. TM, Maharishi said, offers every individual not only a gateway to the highest spiritual unfoldment, but also `sound physical and mental health, greater ability in action, a greater capacity to think clearly, increased efficiency in work, and more loving and rewarding relationships with others.` Over the past 40 years, millions of people around the world and more than 250 published scientific studies have consistently corroborated these lofty claims. In this classic book, Jack Forem points out the practical application of TM to a broad spectrum of concerns. He reviews research focusing especially on neurophysiological evidence for attaining higher states of consciousness, and the surprising ability of large groups of people meditating together to generate social coherence and global harmony. Throughout the book, Forem draws parallels between the teachings of Maharishi; ancient wisdom from various cultures; and insights gleaned from modern-day physics, psychology, ecology, and other disciplines. Interviews with men and women of every age and occupation provide a lively testimonial to the efficacy of TM in making one's life happier and more creative. -- (0525473416)

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