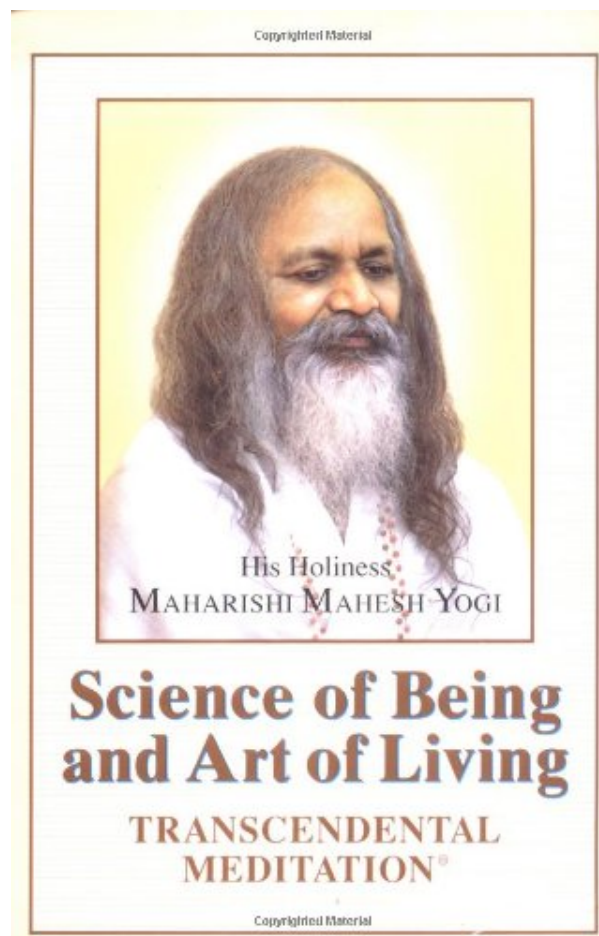


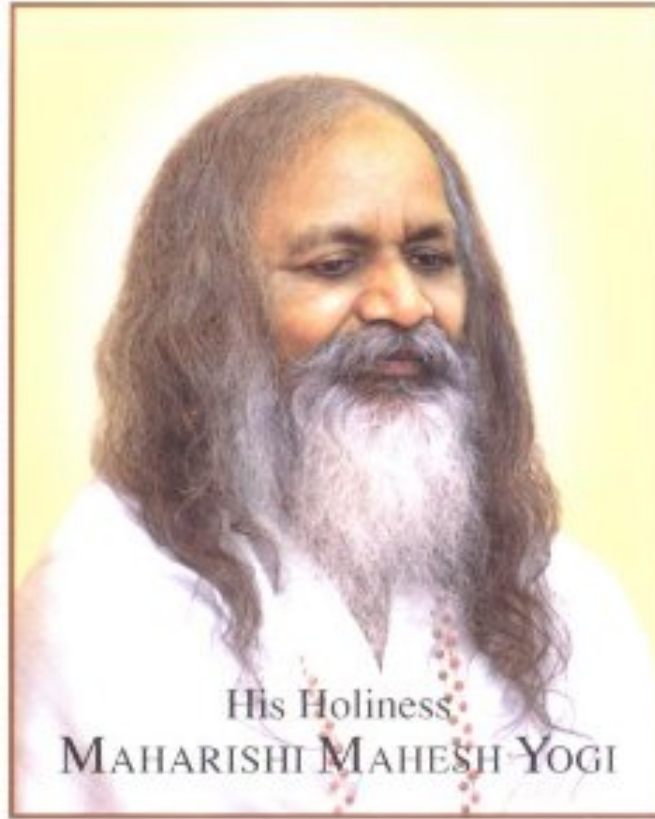
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In this landmark book, the world-renowned teacher Maharishi Mahesh Yogi unfolds his vision for bringing life to fulfillment through a simple, effortless technique that can be practiced by anyone. Transcendental Meditation is practiced by 1.5 million people in North America.

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- Dimensions: 7.72" h x 1.08" w x 4.86" l,
- Binding: Paperback
- 336 pages

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The book really explains what we're doing in meditation

By Peter Vito

I've been meditating for 8 years and am only JUST reading this book now. I can only read small doses, 10-15 pages because the material is very dense and I've been reading it just prior to my morning meditation. It puts me in a good space going in. The book really explains what we're doing in meditation and what the processes are that are taking place and it's very inspiring because your "furthering" your own agendas; personal, professional and spiritual. This knowledge is not "essential" to getting the benefits, the same way understanding how digestion works is not essential to the absorption of nutrients but, if you have that knowledge it increases your awareness of WHY you meditate so that even if you don't "feel like it", you're inspired to do it anyway. This isn't a problem I have but I've heard some people practiced and then just stopped. That seems very strange to me, I can't imagine ever stopping.

The information has also led me to question a lot of things about my meditation, things that I hope to get answered the next time I get "checked". I don't know if the conversation on BEING which is essential for all the remaining chapters will be accessible to non meditators. I'm not being elitist, I just know that I struggled with it initially and Being as I understand it is only really accessible in the state of transcendence OR if you've been meditating sufficiently that your consciousness has been infused with the state of being (I'm not there) I would question if someone not familiar with TM could grasp being in a meaningful way. I could definitely be wrong.

0 of 0 people found the following review helpful.

I have always been a fan of the Maharish-Mahesh-Yogi. ...

By dffrost

I have always been a fan of the Maharish-Mahesh-Yogi. This book is a very logical explanation of that

which is unexplainable in modern language. Not to say that the language in this book is antiquated, far be it from that. But, it does come quite close to explaining who I really am.

Enough so, that it somewhat quiets my incessant questions of Who Am I, Why Am I Here, What is it within me that defines me. What is the scientific rationale behind my thoughts and thought processes (two entirely different events)

Although it may not be the complete answer, it is certainly a reading that should be added to any thoughtful person's explanation of Who they are.

0 of 0 people found the following review helpful.

T.M. philosophically speaking (my take).

By Jeffery W. Parsons

I feel this is the best philosophical treatise I've ever read bar none. I have read it too (three times). I feel the opening part (just before the table of contents) is most important: "To the lovers of life desirous of enjoying all glories worldly and divine." Or if you prefer divine and worldly. The point here is that our worldly aspirations are just as important as our spiritual ones. "It's all good" to quote the rappers, or to quote an other source: "I want it all" (not just a little or some). Validating our worldly aspirations as well as our spiritual ones helps to make living on this planet worthwhile by virtue of the fact (like it or not) that our best efforts are motivated in a way that simple spirituality could not. In other words the earth is just as sacred as the sky. His focus is not specifically seculararity but I feel that his point that worldly aspirations are also valid and important should be emphasized. All in all I feel that this is an important book and I sincerely recommend it for thoughtful and intelligent people.

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