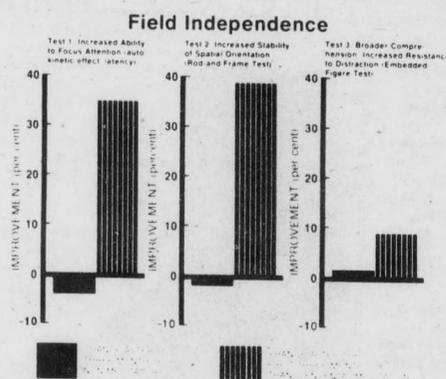
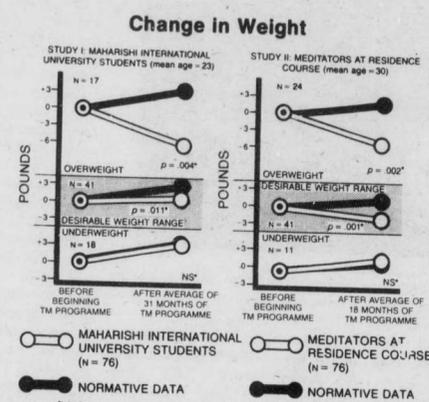
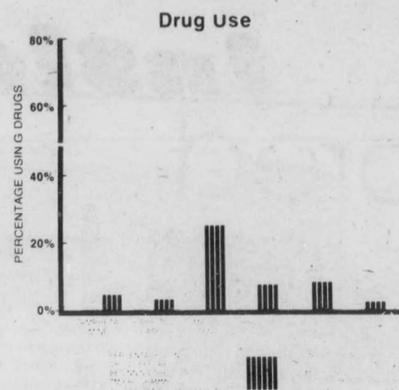
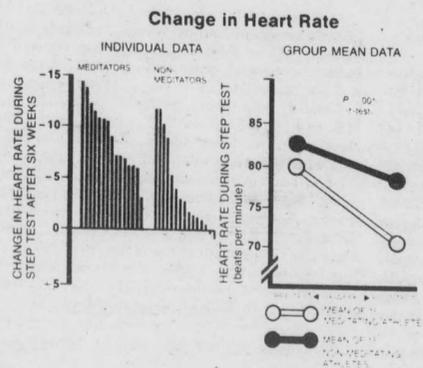


# Transcendental Meditation



## Broader Comprehension & Improved Ability to Focus Attention



## Improved Physiology

By NEIL DICKIE

I have no doubt whatsoever that most people live, whether physically, intellectually or morally, in a very restricted circle of their potential being. They make use of a very small portion of their possible consciousness. Much like a man who out of his whole organism should get into the habit of using and moving only his little finger.

WILLIAM JAMES

Professor James, regarded as the father of Western psychology, made this statement around the turn of the century. Since then it has been echoed many times by many thinkers at the forefront of their fields: Fritz Perls, the founder of Gestalt therapy, Dr. Wilder Penfield, the world renowned Canadian neuro-surgeon, and Albert Einstein once estimated that he was using just 20 - 25 percent of his mental capacity.

The need for a means to unfold human potential has never been more important than in this decade in which the routine demands made upon the individual - physical, intellectual, ethical and emotional - are more than at any point in the world's history.

It has been estimated that knowledge is expanding so rapidly that by the time a child born today graduates from college the amount of knowledge in the world will be four times as great. The mass media presents us daily with a tremendous amount of ideas, images and information to be sorted and absorbed. Modern transportation and communications have made our an almost nomadic society, we move often to take new jobs and attend new schools, breaking direct ties with family and friends. The pace of life in general has increased manifold and the consequences of this are apparent in the death statistics of modern countries.

Alvin Toffler in his best selling book *Future Shock* speculates that soon the pace of life and rate of change in Western societies will be so rapid that man will not be able to adapt with serious psycho-physiological consequences.

We are quickly coming to the point where we must decide whether to reduce the rate of progress - or maximize our abilities to deal with - and further to control the changes which the explosion of knowledge and technology is facing us with.

## THE TRANSCENDENTAL MEDITATION PROGRAMME

Probably the best known, and certainly the most thoroughly researched means for the systematic development of human potential is the T.M. programme. Since the first major study on the physiology of the T.M. technique was published in *Science* in 1971 - over 100 studies on T.M. in the areas of physiology, psychology and of late - sociology, have been completed.

Dozens of these have been published in well-known and respected professional publications such as *Scientific American*, *Psychosomatic Medicine* and *Perceptual and Motor Skills*. The evidence that something very real and beneficial happens during and after T.M. practise is so substantial as to be very difficult to ignore.

Support for the T.M. programme has come from all sides - from young and old, from within and without of the "Establishment". In 1973 the chief researcher for the Federal Cabinet strongly recommended that all ministers start T.M. and it's well known that about 10 percent of the House of Commons practise the technique. Dr. E.B. Toane writing in the *Canadian Medical Association Journal* in June 1976 recommends T.M. as a preventive measure against stress, and says that about 65 doctors in Alberta personally practise the technique, including himself. Dennis Potvin of the New York Islanders when asked between periods of a televised Stanley Cup Playoff game how his team coped with the pressure of playoff hockey - had high praise for T.M., which all but 2 members of the team had started in mid-season. Stevie Wonder sings on a recent album: *Innervisions*, that: "Transcendental meditation gives you peace of mind".

In Canada about 150,000 people have taken the seven step - 10 hour course of instruction - Canada has the second highest number per capita practising T.M. - Israel is the first, Norway is on a par with Canada, Sweden is third and the U.S. fourth. Altogether about 1.5 million people practise T.M. with teaching centres in 81 countries, including Poland and Yugoslavia.

During practise of the T.M. technique the mind effortlessly quiets down to a state of calm inner awareness and the body settles into a state measurably deeper than deep sleep. A person gains a unique state of consciousness called "restful alertness" which is distinctly different from waking, sleeping or dreaming. This state cannot be achieved through hypnosis, catnapping, relaxing, relaxation exercises, bio-feedback techniques, or other techniques which might go by the name of meditation can produce the physiological changes which occur during the practise of T.M.

T.M. is not a religion or a philosophy or a lifestyle; although it has relevance to all of these. It does not involve a change in diet or dress. No change in personal habits is required, or even mentioned in the course. However, most people find that after a couple of weeks or months of regular practise that they feel less inclined to do things which take away from good health and clarity of mind. T.M. is not time consuming - it only takes 15 - 20 minutes twice a day, and doesn't involve difficult postures - it's practised sitting comfortably, usually in a chair, with eyes closed.

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T.M. is very simple, easy and it's quite unique among techniques of meditation because it doesn't require strenuous effort, concentration or aim at any process. It's very easy to learn and practise, because it is use of an ability which is inherent in the human nervous system.

The immediate result of increased freedom from stress, mental clarity and more physical health. The cumulative effects have been to include increased creativity, intelligence, better health and coordination and increased productivity.

The goal of the T.M. programme is a state of enlightenment, and nothing mystical is meant. Enlightenment is a classical term which refers to a state of full development of potential. It involves the embodiment of those values which we already possess: kindness, creativity, sensitivity. A modern synonym for enlightenment is "self actualization".

During practise of the T.M. programme mental activity settles, thinking becomes more refined and more focused. Eventually the most quiet, refined thinking is experienced (transcends) this point one actually goes beyond (transcends) the thinking process to experience its source; which is orderly, and a tremendous reservoir of creativity and intelligence. The systematic experience of a refined thinking naturally enlivens areas of the brain concerned with refined thinking, making the available for conscious use.

This is what is meant by "expanded consciousness": a general increase in ability to think effectively, and more productively.

This law teaches the direct orderliness and harmony in our systems. It says that as activity orderliness increases. In physical temperature goes down - so does the law of entropy.

We see examples of this law at this time of year. If we take outside on some winter days we see on our sleeve tiny white ice crystals which are highly orderly structure yet each one quite unique and extremely beautiful. Snowflakes into being as water droplets are cooled to low temperature. It seems a resultant reduction in activity in the molecules results in the phenomenon of increasing physical quiet and with natural orderliness and beauty within the water molecule becomes manifest.

Similarly as one meditates "temperature" decreases (mental becomes less) and with this there is increasing quiet in the nervous system and more of its inherent order is expressed. This is a definite experience during and after Transcendental Meditation.