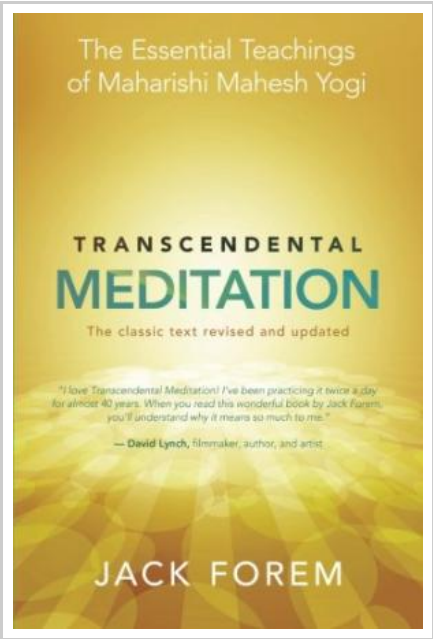


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Transcendental Meditation: The Essential Teachings of Maharishi Mahesh Yogi. Revised and Updated for the 21st Century (Paperback)

By Jack Forem

HAY HOUSE, United States, 2012. Paperback. Book Condition: New. Revised, Updated ed.. 226 x 150 mm. Language: English . Brand New Book. 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 new edition of his classic book, Jack Forem points out the practical application of TM to a broad spectrum of contemporary concerns. He reviews recent research focusing especially on neurophysiological evidence for attaining higher states of consciousness,...

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