

# TRANSCENDENTAL MEDITATION™

the simple, natural, effortless  
way to enrich all areas of life

*Improves*

**BRAIN FUNCTIONING**

*Increases*

**CREATIVITY**

*Reduces*

**STRESS and ANXIETY**

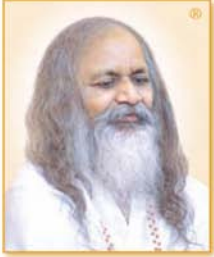
*Promotes*

**HEALTH and LONGEVITY**

*Enhances*

**RELATIONSHIPS**

[www.t-m.org.uk](http://www.t-m.org.uk)



“**E**nlightenment is the normal, natural state of health for the body and mind. It results from the full development of consciousness and depends upon the perfect and harmonious functioning of every part of the body and nervous system. When one is using the full potential of the mind and body in this way, every thought and action is spontaneously correct and life-supporting. This is life free from suffering; life lived in its full stature and significance.” —*Maharishi*

## What is Transcendental Meditation?

**M**aharishi's Transcendental Meditation is a simple technique that you practise sitting comfortably in a chair with the eyes closed. It brings deep rest to mind and body, and dissolves away stress and fatigue. This results in greater energy, happiness and enjoyment of life.

### How much time will it take out of my day?

15-20 minutes twice a day is all it takes; usually first thing in the morning and then again in the early evening. It easily becomes part of your daily routine.

### How long will it be before I notice any benefit?

This varies from person to person. The results are cumulative, but most people notice significant benefit within a few days of learning.

### How does Transcendental Meditation differ from other systems of meditation?

Transcendental Meditation is the most ancient, most easily learned and most beneficial form of meditation, and is unique and fundamentally different from other techniques. Other types of meditation involve either concentration, in which the effort involved keeps the mind lively and active; or contemplation, in which the mind drifts around the meaning of a thought or idea.

Transcendental Meditation allows the mind effortlessly to go beyond even the finest level of thought, and experience deep inner silence.

### Will I be able to do it? I have tried meditation before and found it difficult?

Many people have been put off the idea of meditating after trying to learn from a book or magazine. If you have ever been told to 'still your mind', or 'think of nothing' you will know how unhelpful this instruction is. The beauty of Tran-

scendental Meditation is that it is so easy. But the learning process is delicate, and you need a Teacher to guide you into the practice.

### Is it a religion, philosophy or way of life? Does it involve postures or chanting?

Transcendental Meditation is purely a technique and requires no change in belief. It simply allows the mind to settle down until it reaches a state of restful alertness.

This experience has great relevance to all areas of life, but is up to you how you interpret it. You can see it as a technique for personal effectiveness, for relief from stress, for unlocking creativity, for helping a specific health complaint, for putting you back in contact with your Self. Of course, it is all those things and more.

### What is the overall goal of Transcendental Meditation?

The world faces many problems, and most of these seem to be created by man. But this also shows us where the solution lies. Developing higher consciousness is the key to a more harmonious world, and this is the overall goal of Transcendental Meditation. Change starts from within.

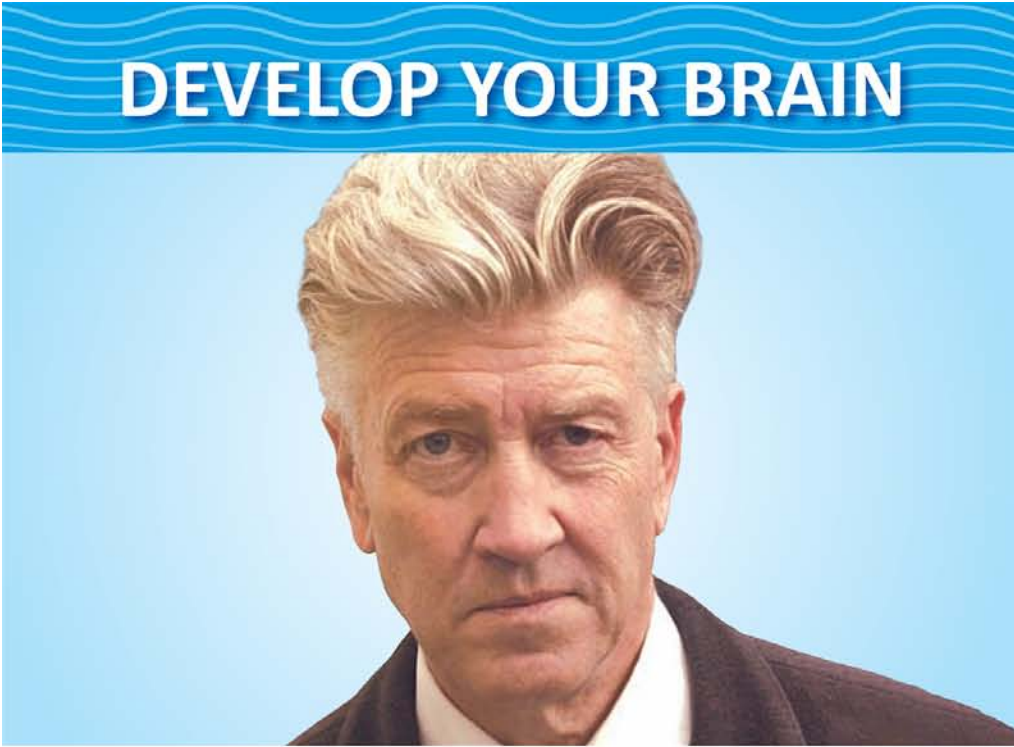
### I am pretty sceptical about all this?

That's fine. You do not need to believe that Transcendental Meditation will work. It is a simple, natural process, and the results speak for themselves.

### What is the next step?

Make contact with your local Teacher and arrange to come to an introductory talk. This interesting presentation will give you an insight into the development of human potential; and you will be able to find out more, ask questions, and decide if you would like to take a course.

# DEVELOP YOUR BRAIN



## David Lynch – Film Director

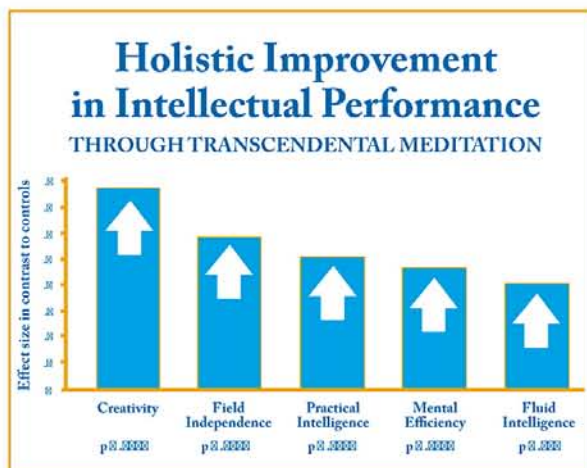
“**Y**ou naturally, effortlessly, beautifully dive within, and each deeper level has more happiness—the mind wants to transcend meaning, to go beyond into the unbounded ocean of pure consciousness. You grow in consciousness, you grow in bliss, you grow in intelligence, you grow in dynamic peace. And the side-effect of this is: negativity starts to recede.”

—David Lynch, film director

## Holistic Improvement in Intellectual Performance

Three randomized controlled studies among students found that, in contrast to controls, those who learned Maharishi’s Transcendental Meditation showed significant improvement

in five measures of intellectual functioning; they also showed decreased anxiety.



Reference: *Intelligence*  
29: 419–440, 2001.

# BE LESS STRESSED



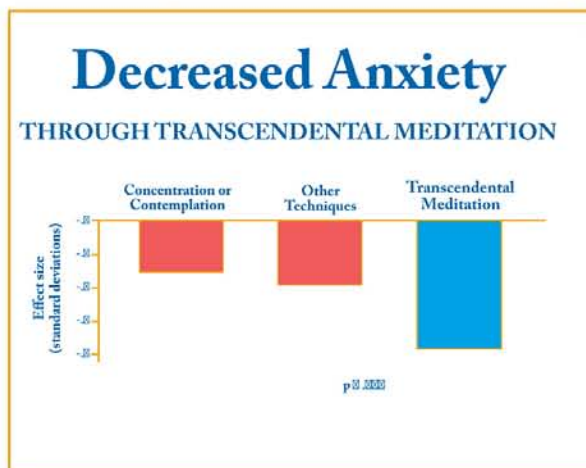
## Kate Lines – Student

“I was lucky enough to learn TM when I was 10 years old. Since then it has nourished my life every day. For the last two years I have been working full time in environmental sustainability whilst studying part time for a Masters’ degree; a situation which is often quite intense. TM helps me maintain a place of calm and happiness from which to act and gives me energy, clarity and perspective.”

—Kate Lines, post graduate student UCL

## Decreased Anxiety

A statistical meta-analysis of 146 independent study results found that the Transcendental Meditation Programme is significantly more effective in reducing trait anxiety than procedures of concentration or contemplation, or other techniques.



dures of concentration or contemplation, or other techniques.

Reference: *Journal of Clinical Psychology* 45: 957-974, 1989.

# IMPROVE HEALTH



## Dr Donn Brennan

“**T**ranscendental Meditation is the best natural approach to reverse the effects of stress. Stress is a major contributor to many illnesses and suffering. I have been privileged to witness the healing effects of TM on thousands of my patients over the last 30 years. Furthermore, scientific research is now showing its particular benefits for heart health and the UK has one of the highest rates of heart disease in the world. I would recommend TM for everyone.”

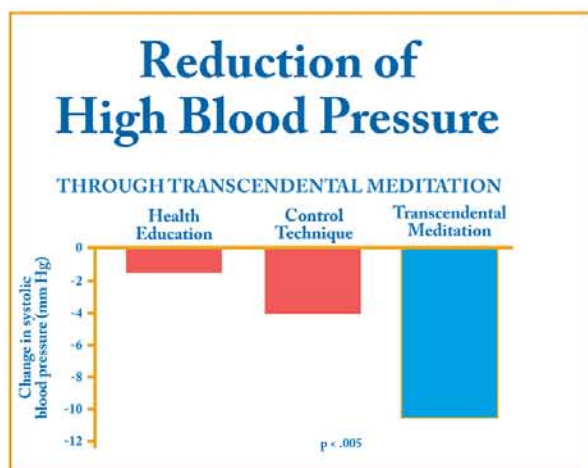
—**Dr Donn Brennan, MB BCh BAO, MRCGP, MSc Ayu**

## Reduction of High Blood Pressure

Patients with high blood pressure who learned the Transcendental Meditation Programme showed a significant reduction of systolic and diastolic blood pressure after three months, in

contrast to those randomly assigned to a control technique or to those who received education on how to reduce blood pressure through diet and exercise.

Reference: *Hypertension* 21:310 316, 2008



# IMPROVE RELATIONS



## Jane Bence – School Teacher

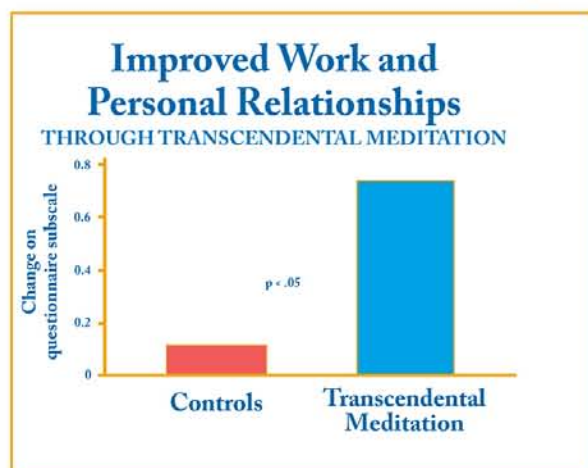
“**T**ranscendental Meditation gives me the inner resources to cope with a demanding job as a primary school teacher. Creative ideas come naturally and I am able to respond more effectively to each child’s needs. There is an easy flow of communication between myself and the children and many people comment on the happy and settled atmosphere in the classroom. I know that this is just a reflection of the happy and settled feeling that TM creates in me morning and evening.”

—Jane Bence, primary school teacher

## Improved Work and Personal Relationships

A study of executives and workers in the automotive industry found that after three months of regular practice of the Transcendental Meditation Programme, employees showed

improved work and personal relationships, in comparison to controls from the same work sites.



Reference: *Anxiety, Stress and Coping: An International Journal* 6: 245–262, 1993.

**L**earning the Transcendental Meditation technique is one of the easiest and most enjoyable things you will ever do.

It is taught by qualified teachers who have undergone extensive training and who are registered with Maharishi Vedic Institute® ([www.mvi.org.uk](http://www.mvi.org.uk)). Your Teacher will guide you through the experience of effortless meditation, provide a clear understanding of what is happening in mind and body during the practice and prepare you to meditate successfully for the rest of your life.



### **Transcendental Meditation**

[www.t-m.org.uk](http://www.t-m.org.uk)  
[www.tmscotland.org](http://www.tmscotland.org)



### **Stress Free Schools**

[www.consciousnessbasededucation.org.uk/](http://www.consciousnessbasededucation.org.uk/)



### **Health Benefits**

[www.AskTheDoctors.com](http://www.AskTheDoctors.com)



### **Benefits to Businesses**

[www.TMbusiness.org](http://www.TMbusiness.org)

**To find out more about  
TRANSCENDENTAL MEDITATION  
and details of your local Centre, call 01695 51213**

Transcendental Meditation™, founded by Maharishi Mahesh Yogi®, is a programme for the Development of Consciousness which, in the UK, is available only from Maharishi Foundation®, registered educational charity number 270157.