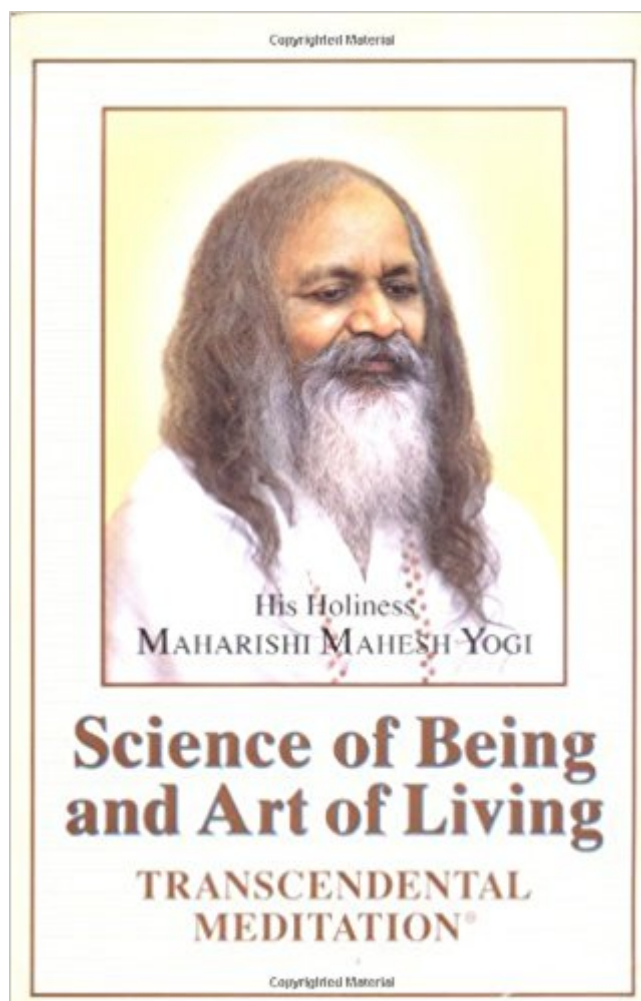


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# The Science Of Being And Art Of Living: Transcendental Meditation



## Synopsis

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.

## Book Information

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## Customer Reviews

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" you're 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 lead 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 elitest, 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.

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.

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 secularism 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.

This is a complete book about integrated living. It covers every area of life in human development. It says that life is meant to be lived free from problems and suffering, enjoying success doing all good for oneself, for one's community, for one's country and for the world. Most important it is not just a pie-in-the-sky theory, but it provides a scientifically validated technique to achieve this goal of enlightened blissful living for everyone. I highly recommend it as book most worthy of its title. Every person who wants to improve self and fellow beings should acquaint himself/herself with this knowledge and the formula suggested in the book.

It is a lot to think about, with concepts that are new to me, so I read it carefully. I believe I will read it

again in the future. I've been trying the meditation (using my own mantra), and it does help me calm down. The messages in this book are beautiful. We need more goodness in the world.

Classic book my Maharishi Mahesh Yogi. Arrived in condition as promised (very good), well-packaged, and nice to see this book again.

In these troubled times Maharishi takes us to a higher ground. It's all about compassion, love and us fulfilling our destiny

Mahesh Yogi has tried to bridge science with Indian Spirituality. This book is really a pathbreaking gift to the world where humanity can shift from fake religion oriented behavior to truthful scientific inner advancement. True Religion = Science of the subjectivity or inner science and vice versa. That's what is the message of this book. World needs more works like this to shift spirituality to newer dimension with which it is available to everybody and everybody can be stress free, happy, loving, rich and contented.

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