

Questions and Answers on the Technique

What does Transcendental Meditation do?

Maharishi's Transcendental Meditation provides the mind and body with a unique and profound state of restful alertness. The body gains an extraordinarily deep state of rest while the mind settles down to a state of inner calm and wakefulness. This process dissolves deeply rooted stress and tension, rejuvenates the entire system, infuses the mind with creativity and intelligence, and provides the basis for dynamic, successful activity.

I play tennis to relax. A friend of mine listens to music. Doesn't exercise or simple relaxation do the same thing as Transcendental Meditation?

Tennis, jogging, fishing, golf, gardening, reading a book, listening to soothing music, bowling, etc. are all relaxing, enjoyable activities. They provide a welcome change of pace, a break in the routine.

But the important question is: While they may seem relaxing, do these activities actually release deeply rooted stress and tension? No.

This is because even though they may feel relaxing, nonetheless, they keep the mind and body engaged in some activity.

What is nature's antidote to stress? Deep rest -- and the deeper the better. Transcendental Meditation is unique. It is not just another form of activity or recreation. Transcendental Meditation is a scientifically validated technique for providing the entire system with very deep rest -- far deeper than ordinary eyes-closed rest or relaxation.

This deep rest has been shown to release accumulated stress and tension that nothing else comes close to eliminating -- not a good night's sleep, a restful vacation, relaxation exercises, a great tennis match, or a stroll in the park.

Is Transcendental Meditation like hypnosis or other types of meditation techniques?

Transcendental Meditation is unique.

Hypnosis involves suggestion. Transcendental Meditation is natural and involves no suggestion.

All other forms of meditation or self development involve either concentration or contemplation. Transcendental Meditation is easy to learn, effortless to practice, and involves neither concentration nor contemplation.

Research comparing Transcendental Meditation with other meditation and relaxation techniques has found Transcendental Meditation to be far more effective for reducing anxiety, increasing self-actualization, improving psychological health, and reducing use of cigarettes, alcohol, and drugs.

Will Transcendental Meditation make me so relaxed that I won't be motivated for success?

Just the opposite. By eliminating stress and tension, and increasing energy and intelligence, Transcendental Meditation provides an effective basis for dynamism and success in life.

Transcendental Meditation is like pulling an arrow back on a bow. Draw the arrow back 2 feet, and the arrow flies forward 50 yards. Transcendental Meditation naturally draws the mind back to its own source, a reservoir of energy, creativity, and intelligence. After 20 minutes of the technique, you can plunge into activity refreshed and rested, with more creativity and intelligence.

The result: Do less and accomplish more with greater energy, success, and satisfaction in everything you do.

Can I learn Transcendental Meditation from a book or a tape?

No. Each person is unique; each person has a different nervous system and therefore a different pace of learning. Ensuring that you learn the technique properly requires personal instruction from a qualified Transcendental Meditation teacher. Reading a book or listening to a tape cannot provide the experience of pure consciousness and the corresponding profound state of restful alertness; nor can a book anticipate or answer all of the questions, at the right time, that every person might have while learning the practice. With proper personal instruction, you can enjoy the technique for the rest of your life -- as well as all of the benefits it naturally unfolds.

Is Transcendental Meditation difficult to learn?

Transcendental Meditation is easy to learn and effortless to practice. Over one million Americans -- and four million people worldwide -- of every age (10 years and up), profession, education, and religion have learned Transcendental Meditation and enjoy its benefits.

When I start Transcendental Meditation do I have to join an organization?

No. Once you've learned Transcendental Meditation, you practice the technique on your own. There is, however, a complete, optional, lifetime follow-up program, available to all meditators, to ensure that they continue to practice Transcendental Meditation correctly and gain maximum benefits. You can take advantage of this program at your convenience.

Will my practice of Transcendental Meditation conflict with my religion?

No, it will enhance your religion. Millions of people of all religions -- including clergy of all religions -- practice Transcendental Meditation. They report that the technique, by increasing energy and intelligence and eliminating stress and fatigue, allows them to better follow the tenets of their religion. Transcendental Meditation is a technique, pure and simple. It involves no religion, belief, philosophy, or change in lifestyle.

Where do you meditate?

Transcendental Meditation is practiced sitting comfortably with the eyes closed for 20 minutes twice a day. It can be done anywhere -- at home, in your office, on an airplane, on a camping trip. Anywhere.

How long does it take before I will notice some benefits?

It varies from individual to individual. All those who practice Transcendental Meditation do notice positive growth and development in their life; however, it's not really possible to predict what particular benefits you might receive from the practice or even how long it will take before you would experience a specific benefit.

Extensive scientific research and the experience of teaching the technique to more than four million people around the world do show that correct practice of Transcendental Meditation on a regular, twice-daily basis is very important for gaining the most from the technique.

And *everyone* can do it?

Yes. Anyone of any age, profession, education, religion, or culture. It doesn't matter if you believe in Transcendental Meditation or not. You can be 100 percent skeptical about the technique, and it will still work perfectly.

Transcendental Meditation is natural. It's just like gravity. If you don't believe in gravity, and you drop a tennis ball, the ball still falls. In the same way, Transcendental Meditation is automatic. It does not require any belief. It works for everyone.

And for those who think, "I could never sit still for 20 minutes," or "I'm too high strung, I could never relax," or "I'll probably be the first person in the world who won't be able to learn it," don't worry. Everyone can learn to meditate. See for yourself.