

TRANSCENDENTAL MEDITATION™

as taught by Maharishi Mahesh Yogi

*can be learned easily
and enjoyed by everyone*

•
*provides deep rest
as a basis for dynamic action*

•
improves clarity of perception

•
develops creative intelligence

•
expands awareness

•
*insures full development of
the individual in a natural way*



TRANSCENDENTAL MEDITATION is practiced for a few minutes morning and evening as one sits comfortably with eyes closed. During this time the mind experiences subtler states of thought as physiological changes occur which correspond to this refined mental activity. Scientific investigation has found that during the period of Transcendental Meditation oxygen consumption, carbon dioxide elimination, cardiac output, heart rate and respiratory rate significantly decrease. The metabolic rate is reduced by an average of 16%.¹

This physiological evidence, together with measurements of skin resistance, blood chemistry and brain wave patterns, shows that an individual gains a profoundly deep state of rest while the mind remains awake and able to respond to stimuli. These natural effects clearly distinguish Transcendental Meditation from all other techniques which involve effort, control, hypnosis or auto-suggestion. Scientists have described the period of TM as a unique state of "restful alertness" indicative of a fourth major state of consciousness as natural to man as the other three physiologically defined states – wakefulness, dreaming and deep sleep.²

Those practicing Transcendental Meditation report this fourth state of restful alertness profoundly refreshing, both physically and mentally. Accumulated tension and fatigue which hinder efficient functioning of the nervous system are dissolved in a natural way; the result is increased energy and developed creative intelligence, more inner stability and improved clarity of perception at all levels of experience.

Students, housewives, businessmen, scientists, pilots, physicians, musicians and others have all reported practical benefits in terms of their own needs and aspirations.³ Through TM an individual makes use of his natural ability to evolve and gain new knowledge of life in heightened awareness. These integrated effects of Transcendental Meditation on individual and environmental health are currently being assessed by medical research, particularly with respect to the balanced development of human life amidst contemporary conditions of increasing stress.⁴

1. Wallace, R. K., H. Benson, "The Physiology of Meditation," *SCIENTIFIC AMERICAN*, Feb. 1972.
2. Wallace, R. K., "The Physiological Effects of TM," *PHD THESIS, UCLA*, June 1970.
3. Williams, III, Gurney, "Transcendental Meditation . . .," *SCIENCE DIGEST*, Feb. 1972; "Behavior," *TIME MAGAZINE*, Oct. 25, 1971, Oct. 23, 1972; *SOLDIERS MAGAZINE*, Feb. 1972.
4. *JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION*, Jan. 17, 1972; *HOSPITAL TIMES*, London, May 1, 1970; *PSYCHOLOGY TODAY*, March 1972; *TODAY'S HEALTH*, April, 1972.

TRANSCENDENTAL MEDITATION is a process of direct experience rather than one of intellectual analysis. Therefore, the technique can be explained in terms of the actual mechanics of the thinking process. Every thought that we think is an impulse that comes from deep within the mind. Ordinarily, however, this impulse is perceived as thought only during the later stages of its development. In contrast to this usual experience of thinking at the surface level of the mind, Transcendental Meditation allows the conscious attention to be drawn automatically to the deepest and most refined level of thinking.

This innocent, spontaneous process is increasingly pleasant as the mind is attracted deep within to the source of thought. When the mind transcends the subtlest thinking activity it is expanded to a state of pure awareness, its own unlimited reservoir of energy and creative intelligence. Through personal instruction anyone can learn the technique and begin to enjoy this contact with the source of thought, the inner field of pure creative intelligence. The benefits that come from the practice are automatic and cumulative, enriching all aspects of life.

After meditating, an individual naturally engages in activity more effectively without accumulating stress and strain. With expanded awareness, increased clarity of perception and more profound knowledge of life, he acts in a more loving and creatively intelligent manner. Transcendental Meditation unfolds the full potential of his mind and heart, making life a joy both for himself and others.

Regular practice of Transcendental Meditation insures the harmonious and balanced development of life. These practical benefits of Transcendental Meditation enable one to enjoy living in the sustained freedom of increasing achievement and fulfillment.

The technique is as ancient as mankind and universal in its application. At this time in our history, the complete knowledge presented as the Science of Creative Intelligence is being brought to the world by Maharishi Mahesh Yogi.

Everyone is invited to begin Transcendental Meditation and enjoy development to a fully evolved state of life.



INTERNATIONAL MEDITATION SOCIETY
STUDENTS' INTERNATIONAL MEDITATION SOCIETY

THERE ARE 205 WORLD PLAN CENTERS IN THE UNITED STATES OFFERING COURSES
IN THE SCIENCE OF CREATIVE INTELLIGENCE AND TRANSCENDENTAL MEDITATION

PLEASE CONTACT THE FOLLOWING MAJOR CENTERS FOR COURSES OFFERED IN YOUR AREA:

ATLANTA
3615 North Stratford Road N.E.
Atlanta, Georgia 30342
phone 404 262-2902

HARTFORD
5 Lincoln Street
Hartford, Conn. 06106
phone 203 247-6733

NEW YORK
Wentworth Building
59 W. 46th Street
New York, N.Y. 10036
phone 212 586-3331

BERKELEY
2716 Derby Street
Berkeley, Calif. 94704
phone 415 548-1144

HONOLULU
227 S. King St
Honolulu, Hawaii 96813
phone 808 533-2335

PHILADELPHIA
1712 Locust Street
Philadelphia, Penn. 19103
phone 215 732-9220

CAMBRIDGE
33 Garden Street
Cambridge, Mass. 02138
phone 617 876-4581

HOUSTON
2518 Drexel
Houston, Texas 77027
phone 713 627-7500

PORTLAND
2808 S.E. Belmont St.
Portland, Oregon 97214
phone 503 235-3624

CHICAGO
1308 Elmwood Avenue
Evanston, Illinois 60202
phone 312 864-1986

KANSAS CITY
6301 Main Street
Kansas City, Mo. 64113
phone 816 523-5777

SACRAMENTO
2015 J Street
Suite 32
Sacramento, Calif. 95819
phone 916 443-4895

CINCINNATI
3960 Winding Way
Cincinnati, Ohio 45229
phone 513 281-5296

LOS ANGELES
1015 Gayley Avenue
Los Angeles, Calif. 90024
phone 213 478-1569

ST. LOUIS
742 Emerson Rd
St. Louis, Mo. 63130
phone 314 725-4628

COLUMBUS
1611 Summit
Columbus, Ohio 43201
phone 614 294-7467

MIAMI
7210 SW 100 Street
Miami, Florida 33156
phone 305 665 4783

SAN FRANCISCO
690 Funston
San Francisco, Calif. 94118
phone 415 668-1116

DENVER
731 Clarkson
Denver, Colorado 80218
phone 303 573-0630

MILWAUKEE
P.O. Box 5401
Shorewood Branch
Milwaukee, Wisc. 53211
phone 414 962-2300

SANTA BARBARA
6551 Trigo Road
Goleta, Calif. 93017
phone 805 968-9872

DES MOINES
1311 34th Street
Des Moines, Iowa 50311
phone 515 255 1547

MINNEAPOLIS
327 14th Avenue S.E.
Minneapolis, Minn. 55414
phone 612 331-9135

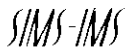
SEATTLE
11524 15th Street N.E.
Seattle, Washington 98125
phone 206 363 1800

DETROIT
Colonial Federal Bldg.
63 Kercheval Suite 204
Grosse Pointe, Mich. 48263
phone 313 882-7211

CHARLOTTE
1724 East 7th Street
Charlotte, N.C. 28204
phone 704 332-6694

WASHINGTON, D.C.
2127 Leroy Place N.W.
Washington, D.C. 20008
phone 202 387-5050

LOCAL CENTER



NATIONAL CENTER

1015 Gayley Avenue, Los Angeles, California 90024 Phone 213 477-4537
a non profit educational organization

1974 The Year of Achievement for the World Plan