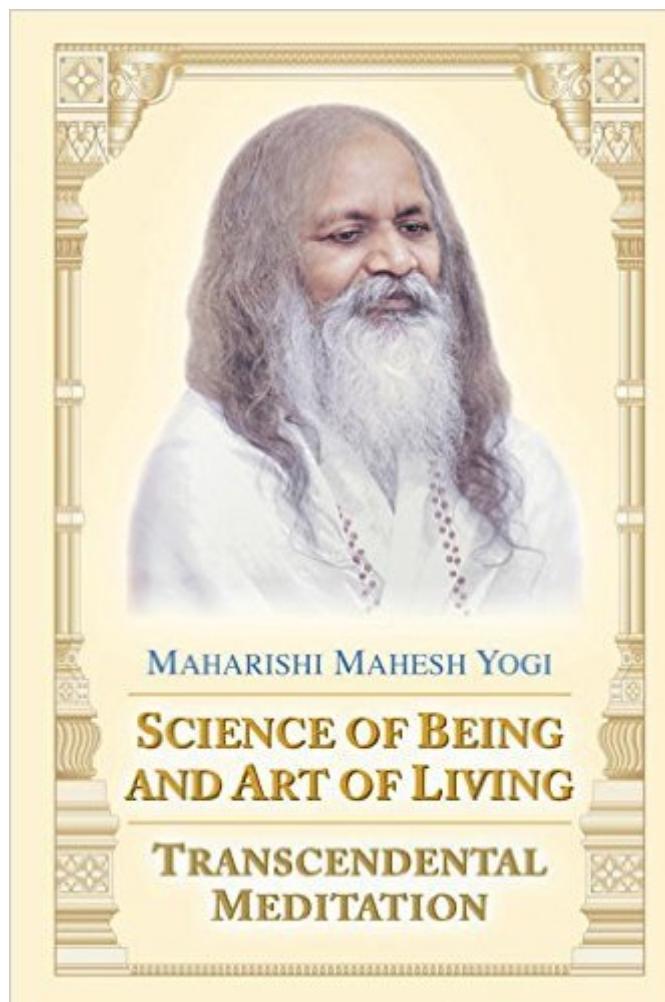


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# Science Of Being And Art Of Living: Transcendental Meditation



## Synopsis

In the newly updated printing of this unabridged classic, which has reached millions of readers, Maharishi unfolds his vision for "a new humanity developed in all life's values - physical, mental, material, and spiritual." Â Soon after Maharishi began his world tours in 1959, his students urged him to commit his great teaching to paper. By 1963 he had completed this fascinating book, which presents what Maharishi calls theÂ Science of BeingÂ as the systematic investigation into the ultimate reality of the universe. Like other sciences it begins its investigation from the gross, obvious level of life, and delves more deeply into the subtle levels of the experience of Nature.

TheÂ Science of Being, however, eventually transcends these subtle regions, and reaches the transcendental field of eternal Being. Â Like other sciences, the Science of Being includes a practical technology â " the Transcendental Mediation technique â " which is the â œtechnology of consciousnessâ • for directly experiencing the field of Being, the transcendental field of existence, the inner Self of everyone. Through the Transcendental Meditation technique any individual can easily harness the unlimited treasures of this field of Being â " infinite happiness, energy, creativity, intelligence, and organizing power â " bringing maximum success and fulfillment to daily life. This development of full human potential is elaborated in the second half of the book on theÂ Art of Living. Â Re-released in 2016,Â this printing ofÂ Science of Being and Art of LivingÂ features a comprehensive Afterword by Dr. Bevan Morris, International President of Maharishi Universities of Management, giving a full retrospective on Maharishi's contributions during his more than 50 years of teaching. Â This book gives an excellent introduction to the Transcendental Meditation technique and explains that the practice of this meditation is learned through personal instruction from a certified teacher.Â (Worldwide contact information for certified teachers is provided.)

## Book Information

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## Customer Reviews

This is a wonderful book. I read it when I was 19 years old because I was interested in spiritual ideas that would lead to a wider view of life, the world, the universe, etc. It certainly did that quite well. If all one wants to know is how to meditate transcendentally, just read the chapter titled "How to Contact Being"; it's really about the easiest thing a person can "learn" how to do. I use quotation marks around learn because most all people meditate in this way all the time; they just don't realize it, or do it systematically. How do I know? When I was 21 my dear old mother paid \$150 for me to take the transcendental meditation course. (She was a physician at a student health center and had seen her patients become healthier as they reduced their anxieties by meditating. Was the benefit psychosomatic, I asked her? Of course, she answered, the health benefits of anxiety/stress reduction are ALL psychosomatic but nonetheless real.) When I first "learned" I worried that "nothing was happening", so I asked my TM instructor. He basically answered that as long as my experience was consistent with the description of meditation in the book's chapter titled "How to Contact Being", then exactly what was supposed to be happening was indeed happening. In fact, as I continued to meditate over the next several days/months/years I became aware that what was happening during meditation was \*exactly\* as Maharishi Mahesh Yogi describes in the chapter. As I recall Maharishi Mahesh Yogi points out in the book that meditation is completely natural in the sense people already know, subconsciously, how to do it and do it all the time without knowing it. About 10 years ago I tested this by teaching a friend of mine TM.

i logged on to the site of this maharishi and and in just a few clicks i got to a point where i cannot go beyond if i couldnot spend few hundred bucks. i am in to meditation and its philosophy from my school and i am an indian.(so i know pretty much more about all meditation & hindu philosophy stuff than foreigners and its difficult to foolme) and i have never come across a so called teacher who asks for money to sell his so called secret.the problem with the meditation is no one will take you in the arms and carry you. you have to walk on your own feet all alone. mark my words" anyone saying "give me some bucks and i will take you there" is only fooling you. money is necessary is for oranizations to spread knowledge. but one can always tell the difference between asking money for survival (in the form of donation and which usually small) or make money(2,500\$).meditation(zen,

indian, buddhist) is a subjective science. it has survived from centuries even with out all those statistics these people give.if you are inseach of a comprehensive book about hindu philosophy and meditation, read "Raja Yoga" by swami vivekananda.he is the authority on meditation. his life says so. and this book is a beautiful explanation of the yoga sutras of "Patanjali"the original ancient indian saint, who brought into existance the comprehensive system of yoga.(yoga here is not practising different postures. yoga literally means 'science to know oneself' meditation is but one step in it)( the popular meaning of yoga- which is practising different postures- is actually called 'hathayoga'; B.K.S.Iyengar is the authority here) no one can be a greater authority than sage patanjali in this area.

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