THE TRANSCENDENTAL MEDITATION BOOK
HOW TO ENJOY THE REST OF YOUR LIFE

Written by Denise Denniston
Illustrated by Barry Geller

NEW EDITION OF THE BEST SELLER... Over 1 Million Copies in Print
The Powerful, Proven Technology for Developing Full Individual Potential and Creating Coherence for the World
TM IS NOT...
RUNNING • JOGGING • RACEWALKING
EVENING STROLL • ISOMETRICS
AEROBICS • FISHING • SITTING UNDER
A TREE • LISTENING TO MUSIC
VITAMINS • KNITTING A SWEATER
CATNAPPING • EATING CHOCOLATES
FASTING • READING A BOOK • WATCHING
THE NEWS • BAKING BREAD • WATERING
THE GARDEN • PAINTING A PICTURE
THINKING PLEASANT THOUGHTS
ETC., ETC., ETC.
Is the TM technique the same as jogging?

No. It’s not the same as running, jogging, racewalking, an evening stroll, isometrics, aerobics, fishing, sitting under a tree, listening to music, taking vitamins, knitting a sweater, catnapping, eating chocolates, fasting, reading a book, watching the 6:00 news, baking bread, watering the garden, painting a picture, tinkering in the garage, practicing piano, closing your eyes for 10 minutes before work or during a meeting or at the end of the day, organizing your thoughts, thinking pleasant thoughts, or clearing your mind of thoughts. It’s none of the above.

Each of these activities may develop some particular facet of our life: jogging provides exercise, knitting produces an afghan. The TM technique is holistic. It is a simple, effortless, natural mental process for unfolding the full potential of the mind, body and emotions. It opens the mind to the field of pure creative intelligence and provides the body with the deepest, most profound rest possible. On the basis of this 20-minute experience twice a day, jogging, aerobics, knitting a sweater, organizing your thoughts—everything becomes far more enjoyable and far more worthwhile.

The TM program is preparation for activity. The nice thing is, after TM we don’t need to do things to get rid of stress; we do things because we really enjoy them. Actually, we don’t have to do anything to get rid of stress. We do whatever we do because we choose to, because we enjoy it, and because it’s beneficial to our life. That’s freedom in life. That’s true happiness.
natural, no belief needed

gravity  growth

electricity  calories
Do I have to believe in TM for it to work?

No, not at all.

Will it work any better if I do?

No.

Why?

Because the TM process is completely natural.

What do you mean by natural?

That means that it makes use of the natural tendency of the mind to move toward a field of greater charm, and the natural mechanisms of the body to neutralize stress and restore balance in its functioning. It is like gravity. Let’s say I don’t understand Newton’s law of gravity, or that I don’t believe in it. Nevertheless, I’m still found sitting in this chair, subject to the law of gravity. If I throw a tennis ball in the air it will fall subject to the law of gravity. And if you do happen to believe in gravity, your tennis ball would not fall any faster than mine.

Natural processes and our intellectual understanding about them are two entirely different matters. Gravity doesn’t care whether we believe in it or not. It still works!

In the same way, the TM technique works automatically, spontaneously and effortlessly, according to the laws of nature. Whether or not we believe or understand the intellectual principles behind the technique, it’s natural and works the same for everybody.
Oh yes! These are yoga postures, aren’t they? What do they have to do with the TM technique?

Nothing. These are Hatha yoga postures. The word “Hatha” means “force”; “yoga” means “union”. Postures are physical and require effort. Hatha yoga can be enjoyable, but deep rest and normalizing of the whole nervous system come most quickly and easily through the Transcendental Meditation technique. The technique is an effortless, natural mental practice that accomplishes the goal of “yoga” (complete integration of the mind, body, and activity) in the most comfortable, effortless way.

Don’t the postures accomplish integration?

Exercises certainly can help improve one’s health, but since every aspect of physical health depends on the mind and the nervous system for complete and natural integration of life, we need the TM technique. The key factor recommending the TM program is that it gets to the basis of all our mental and physical functioning. There are many ways of traveling from New York to Los Angeles; walking, bicycling, driving – the TM program is like taking a jet, first class; it’s the fastest and most comfortable.
no concentration
TM is not contemplation or concentration

What is contemplation?

Contemplation is thinking about something (a problem, a philosophical idea), or just letting the mind wander from one idea to the next with no particular direction.

Isn’t that what people mean by “meditation”? Many do, yes. They say “I am meditating” on this or that thought. Some call quiet reflection “meditation”, while others glorify their daydreams with the title “meditation”.

The Transcendental Meditation technique is a very specific practice, very different from any of these sorts of “meditation”.

How is concentration different?

Concentration is a rigid fixing of the mind on one particular point, and holding the attention on this point for as long as possible.

My friend had me stare into a candle for the better part of an hour one night.

Yes, a candle is a common concentration point.

It gave me a headache.

Yes, that is a common result.

And the TM technique involves no concentration?

Absolutely not!
no change of life style
No change of lifestyle?

There is no need to change in any way to start the TM program. You simply take the technique home with you, practice it twice a day, and enjoy.

So my life would go on without change.

Without *forcing* change. Life is always changing. The TM program produces remarkably rapid growth. Your life will continue to change naturally, in the direction of more strength, more effectiveness, and more enjoyment. But remember, your own growth is your responsibility every step of the way.

There is no need to change anything to start the TM program?

Right.
the TM program is natural

If it’s so natural, why do I have to learn it?

Speaking is natural, yet we had to learn how to speak. There is a certain technique to speaking but once we learn the technique it all seems quite natural. And it is quite natural.

To directly contact the source of our own creativity and intelligence is the most natural thing we can do. All we need is the technique.

the TM technique is effortless
“Easy” and “effortless”? 

Anything that is natural must be easy and effortless. It is easy to talk, to eat, to sleep, to enjoy our friends – and because it is so easy it’s also effortless. The same is true of the TM technique. Once the technique is learned, the process flows – easily and effortlessly.

Ah! There’s the catch! “Once the technique is learned”. Just how many years does it take to learn this technique?

Years? Days. Hours actually. Four two-hour sessions with a qualified teacher of the TM program and that’s it.

And then I do the TM technique whenever I want?

No. The TM technique is practiced twice a day, morning and evening, for 15-20 minutes each time. It is preparation for activity. We sit comfortably anywhere we happen to be: propped up in bed, on a train, in the office, in your living room, anywhere.
PSYCHOLOGICAL ADAPTABILITY

Through the practice of the TRANSCENDENTAL MEDITATION technique, psychological adaptability – the ability of the mind to adjust to change for survival and progress – increases, as indicated by:

- increased intelligence
- broader comprehension and improved ability to focus attention
- increased perceptual ability
- increased learning ability
- faster reactions
- superior perceptual-motor performance
- improved academic performance
- increased self-sufficiency
- improved organization of memory
- increased speed in solving problems accurately
- increased innovation
- increased energy level
- increased creativity

The Transcendental Meditation technique expands the conscious capacity of the mind through the experience of “profound wakefulness”, “pure consciousness”, or “unbounded awareness”. An integrated, expanded consciousness is capable of broad vision and can at once intuit a more comprehensive range of any situation—the mind’s adaptability increases in the service of existence and evolution.
PSYCHOLOGICAL STABILITY

Through the practice of the TRANSCENDENTAL MEDITATION technique, psychological stability—maintenance of mental and emotional balance—increases, as indicated by:

- increased emotional stability
- decreased anxiety
- reduced depression
- reduced neuroticism
- stronger intellect
- stability of attention
- increased inner control
- increased self-confidence
- stabilization of organized memory
- increased individuality
- increased self-actualization
- increased self-esteem

Psychological stability develops automatically when the mind repeatedly gains and becomes habituated to its most stable status—pure consciousness—through the regular practice of the Transcendental Meditation technique. The mind and emotions become balanced through the experience of pure consciousness, resulting in purposeful thought and action, which stabilize the entire psychology.
You mentioned health?

The first thing the doctor says when he learns of illness is "Get plenty of rest." This is because he knows the body's natural healing and rejuvenating qualities are most active when the body is at rest. The TM technique provides the body with an excellent basis for health because it provides even deeper rest than sleep. The word "disease" is significant. It means dis-ease—a lack of ease. TM provides the body with unbounded ease—twice a day. This removes the cause of physical ill health.

We know that heart disease is the number one cause of death in the United States.
NORMALIZATION OF HIGH BLOOD PRESSURE

The Transcendental Meditation program is useful and effective as an adjunct in the treatment of high blood pressure. In the U.S.A. alone essential hypertension affects over 23 million citizens, and heart disease is the number one cause of mortality in women. High blood pressure increases the risk of disease and death due to heart attack, stroke, and damage to vital organs. Autonomic liability (instability) has been shown to be a precursor to hypertension. The Transcendental Meditation program promotes autonomic stability and may be important in both the treatment of hypertension and the prevention of cardiovascular disease.

Note: People under the care of a physician should go by their physician’s advice in coordinating participation in the TM program with ongoing medical care and medication.

If the TM program could reduce the incidence of cardiovascular disease – heart attack, stroke – and nothing more, its benefits would be overwhelming.

Aren’t many heart problems caused, or at least complicated, by worry – and isn’t worry mental, not physical?

Yes and yes. Here again we reach an impasse in trying to separate the activity of the mind and body. Not only does the mind affect the “obvious” physical ailments—heart trouble, ulcers, asthma, psychosomatic illnesses—but medical authorities estimate that from 60-90% of all physical illness is caused or aggravated by mental tension.

**The TM technique removes this tension from the mind?**

The “tension” is actually in the body in the form of “stress”. The quality of our thinking is directly influenced by the condition of the body. If the body is rested and at ease, the mind is relaxed and effective. If the body is tired and stressed, the mind is worried and tense.

**It’s another of those vicious circles: the more stress we have, the more we get.**

Yes, and it works both ways. Not only does the TM program remove the stress that is in the body, it also prevents new stress from building up. And the less stress we have, the less stress we get. A clear mind perceives situations more fully, and the more we see, the less upsetting life is.

I’m sure at one time or another we’ve walked in to a dark room and—even if it was in our own home—experienced fear. Yet, as soon as the light was turned on we could see that everything was all right. As our awareness expanded to include the whole room, our fear vanished. Many of the situations we perceive as stressful are merely a reflection of our own limited perception – our own narrowness of vision.
What do you mean by “stress”?

Stress is any chemical or physical abnormality in the body, in the nervous system. It is caused by overload. When some physical or emotional pressure of experience distorts the system, that overload is stress. When the stresses are too deeply rooted or too numerous to be relieved by a good night’s sleep, then they accumulate and we become increasingly ineffective in our activity.

Then stress must interfere with everything we do!

Yes, but consider the consequences of eliminating stress stored in the nervous system. When we’re stressed, we see things negatively; when we’re refreshed and rested we perceive positively. When the nervous system is strained and tired our activity seems fruitless and futile; when our mind is clear and alert we can make the best use of everything around us without even trying.

When we’re hassled and upset, the tiniest irritation can make it impossible to communicate. How many times have you felt that if a situation didn’t upset you so much it would be easy to do the right thing?

More than I care to remember.

This is because stress keeps building up in our lives and overshadows the normal, easy enjoyment of life that we should be experiencing. When stresses are dissolved by the deep rest of the TM technique, the nervous system is allowed to function in a holistic and balanced way. Then all our thoughts and actions are creative and successful. And all of our relationships are natural and rewarding.
RELIEF FROM INSOMNIA

Finding: The Transcendental Meditation technique significantly reduced the time taken for insomniacs to fall asleep. As a therapy against insomnia, the Transcendental Meditation program was reported to be simple to administer, immediately effective, stable over time, and without unfavorable side effects.

Interpretation: The Transcendental Meditation technique relieves deep-seated stress from the nervous system on a direct physiological level. Consequently, it produces a wide range of beneficial effects without requiring specific attention to any one area. The effect seen here – greater regularity in the sleeping cycle – was subsequently shown to be stable throughout the first year of practice of the TM technique and can therefore not be accounted for by a placebo effect (see second reference). The results of this study reflect a stabilization of basic biological rhythms, one aspect of a holistic stabilization of daily life.

Even though the body may be very tired, quite often tension interferes with sleep. The TM technique practiced for 15-20 minutes in the morning and again before supper removes tension so that the body can function in the most efficient and natural way. Because it removes tension, the TM technique helps us get a good night’s sleep.

REDUCTION OF TRAIT ANXIETY: A META-ANALYSIS

Through hand and computer searches of Psychological Abstracts, Science Citation Index, Social Science Citation Index, Comprehensive Dissertation Index, Medline, Excerpta Medica, and Sociological Abstracts, entries using the keywords "meditation" and "relaxation" were located. A meta-analysis was performed on the most commonly used measure, trait anxiety. Data was entered on a large number of variables such as population, experimental design, demand characteristics, experimenter's attitude, source of the study, duration, hours of treatment, attrition, pretest anxiety level, etc.

Effect sizes for Transcendental Meditation (TM), other forms of meditation (OM), muscular relaxation (MR), and other forms of relaxation (OR) were compared. TM had significantly (p<.001) larger effect size than the other groups, which were not significantly different among themselves. TM and MR were also compared to various subcategories of OM and OR. TM was significantly superior to all the other techniques. MR was similar to all other (non-TM) treatments except for concentration meditation, which had significantly smaller effect size.

There were no significant differences for any of the groups between studies found in scientific journals, Ph.D. dissertations, or the unpublished TM archives. The difference between TM and the other groups was still significant if only studies published in journals were considered.

### SUMMARY OF RESEARCH
Reversing the Effects of Aging

Scientific research demonstrates that the detrimental effects of the aging process are reversed through the Transcendental Meditation technique. Each of the factors listed on this chart generally deteriorates with age. The opposite change on each factor—indicating a reversal of the aging process—has been measured in research studies on the Transcendental Meditation and TM-Sidhi programs.

<table>
<thead>
<tr>
<th>PHYSIOLOGY</th>
<th>Through Aging</th>
<th>Through the TM program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood pressure—systolic</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blood pressure—diastolic</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cardiovascular efficiency</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cerebral blood flow</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vital capacity</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Temperature homeostasis</td>
<td></td>
<td></td>
</tr>
<tr>
<td>EEG alpha power</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Visual evoked potentials—P300 latency</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reflex latency (monosynaptic reflex)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reflex recovery time (paired H-reflex)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Muscle contraction time (fast and mixed muscles)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neuromuscular coordination</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Insomnia (time to fall asleep)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sleep disturbance (awakenings per night)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Daytime sleep</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Susceptibility to stress</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Periodontal health</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Erythrocyte sedimentation rate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BIOCHEMISTRY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Serum cholesterol</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Serum DHEAS (dehydroepiandrosterone sulphate)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Efficiency of endocrine control (pituitary-thyroid axis)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Glucose tolerance</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PERCEPTION AND MIND-BODY COORDINATION</th>
<th>Through Aging</th>
<th>Through the TM program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Visual acuity</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Auditory threshold</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dichotic listening</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Field independence</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Perceptual flexibility</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Behavioral rigidity</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Perceptual-motor performance</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reaction time—simple</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reaction time—choice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Complex sensory-motor performance</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| PSYCHOLOGY                            |               |                        |
| Fluid intelligence                    |               |                        |
| Creativity                            |               |                        |
| Learning ability (paired associate learning) |           |                        |
| Memory—verbal                         |               |                        |
| Memory—visual                         |               |                        |
| Organization of memory                |               |                        |
| Cognitive flexibility                 |               |                        |
| Depression                            |               |                        |
| Self-evaluation of health and well-being |           |                        |
| REQUIREMENTS FOR MEDICAL CARE         |               |                        |
| Patient days in hospital (medical and surgical) | | |
| Outpatient visits (medical and surgical) |           |                        |
| Health care costs                     |               |                        |
About the author

Denise Denniston Gerace is a Certified Teacher of the Transcendental Meditation program who has taught over 1000 people this simple, effortless, highly effective type of meditation. She holds a Ph.D. From U C Berkeley in Education, and is a leader in Consciousness-based Education on the Middle School, High School and University levels. Denise served on Faculty and as Senior Administration of Maharishi University of Management in Fairfield, Iowa. She currently organizes and teaches TM projects in Arizona in education as well as teaching Transcendental Meditation to the public.

Learn more about the Transcendental Meditation program and find a certified TM teacher in your area

http://www.tm-women.org
learntm@tm-women.org
(800) 635-7173

Click to buy a copy on Amazon of The TM Book: How to Enjoy the Rest of Your Life