

Everything You Want to Know about TM -- Including How to Do It / Cosimo, Inc., 2004 / 2004 / 9781616406424 / John White / 192 pages

Save for Later Save Everything You Want to Know About TM: Including How to Do It For Later. Create a List. Download to App. But does it live up to its hype? In this objective exploration of TM, consciousness researcher John White looks at what's billed as "a simple, natural, and effortless mental technique, practiced twenty minutes a day" and takes on its critics as well as its cheerleaders. White explains what its like to take a trip through the "mountains of the mind," the purpose of mantras, whether the Maharishi is enlightened, and what science says about consciousness raising. The book TM*: Discovering Inner Energy and Overcoming Stress was published and rocketed to the top of bestseller lists around the country. Wildly popular in the 1970s and 80s, Transcendental Meditation (TM) continues to be one of the most accessible forms of Eastern spiritual practice in the West. But does it live up to its hype? In this objective exploration of TM, consciousness researcher John White looks at what's billed as "a simple, natural, and effortless mental technique, practiced twenty minutes a day" and takes on its critics as well as its cheerleaders. Included methods from Buddhism, Taoism, Yoga and other spiritual systems. Awaken your mind. Transform your life. There are 31 different types of meditation techniques. This guide shows you how to find the right meditation method for you. The benefits of meditation are well known. What Meditation Does to Your Brain? You get calmer, you can focus better, your stress levels are reduced and you can sleep better. But the benefits of meditation do not end there. This seemingly simple exercise of closing the eyes and tuning inwards can actually make lasting physical changes in your body. Specifically, it can literally change your brain! Yoga Yoga. Kundalini Yoga.