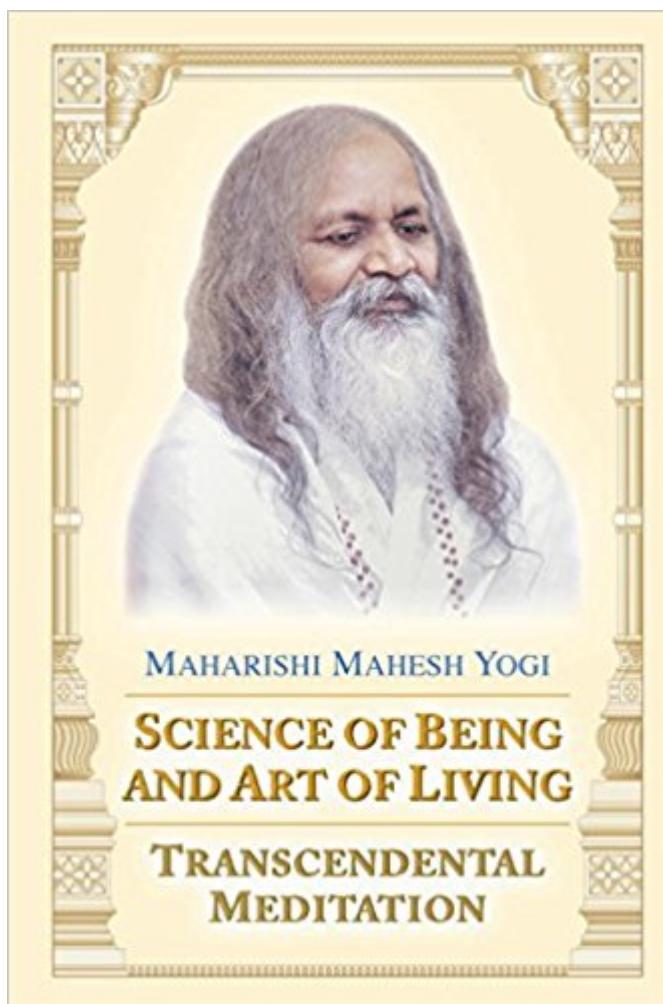


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Science Of Being And Art Of Living: Transcendental Meditation



Synopsis

RE-RELEASED IN 2016 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." 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 the Science of Being 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. The Science of Being, however, eventually transcends these subtle regions, and reaches the transcendental field of eternal Being. Like other sciences, the Science of Being includes a practical technology - the Transcendental Meditation technique - which is the technology of consciousness • 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 - infinite happiness, energy, creativity, intelligence, and organizing power - bringing maximum success and fulfillment to daily life. This development of full human potential is elaborated in the second half of the book on the Art of Living. Re-released in 2016, this printing of Science of Being and Art of Living 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. 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. (Worldwide contact information for certified teachers is provided.)

Book Information

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Customer Reviews

MAHARISHI MAHESH YOGI was the founder of Transcendental Meditation. A Science of Being and Art of Living remains the definitive introduction to the practice. Since it was first published in 1963, the book has sold more than 1.1 million copies in the U.S. alone.

Fascinating and it is making my journey through TM much easier. With more understanding. Maharishi was way before his time. His legacy lives on through the foundation he started and largesse of the David Lynch Foundation and little ppl like MOI. TM restored my soul. TM showed me the way to live with dignity, with purpose. Namaste

Very clear understanding of Transcendental Meditation and why it is totally different than any other meditation. Maharishi gives a beautiful understanding of Being and such an exquisite definition of "Life". This book is for anyone who seriously wants to devote a little time each day to raise their intelligence, enhance their creativity, and enrich their relationships. I first read it over 30 years ago and often reread it or refer to sections that I find pertinent to daily life. He illuminates the different paths to God realization and offers a very deep understanding of the role of religion (any religion) in our lives today. And now I buy it occasionally for one of my friends.

Maharishi's teaching is complete, explaining in detail what science and humanity need to know for the continued evolution of and peaceful progression of our planet.

This book will change your life. So simple and clear, and timeless in that Maharishi's words are even more practical and necessary today than ever. How this effortless technique (which has a lot of scientific research behind it now) can improve your health, your mind, your spiritual growth, and even the lives of people around you. It is empowering and reassuring!

A Great Book. I am so glad I bought it. If you have any interest in Meditation, and growing in Spirit, this book could be right for you.

OM, still trying to reach it! Great book!

Great man. Great book.

An exemplary book about 'life.' Maharishi turns complicated things into simple things. This book is good. Knowledge and experience go hand and hand. I recommend learning the TM technique and reading this book. They complement each other.

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