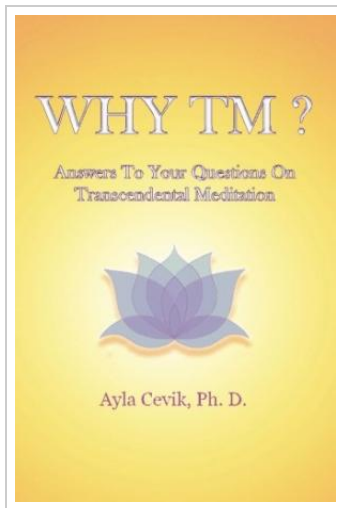




Why TM?: Answers to Your Questions on Transcendental Meditation (Paperback)

By Ayla Cevik Ph D

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do you want to improve yourself and your life? This is best done by raising your consciousness to higher levels. Change begins from within. WHY TM? introduces you to the simple and natural Transcendental Meditation technique which allows you to raise the level of your individual consciousness by contacting the source of infinite intelligence and creativity within you. TM is unique in many ways. - It leads the mind to transcend the thinking process. - It does not work from the level of thinking. - It is not concentration. - It is not contemplation. - It is a natural, easy and effortless mental technique which can even be practiced by children. - According to scientific findings, the experience of transcendence increases brain wave coherence. - All the individual benefits of TM on mind and body have been verified by more than 600 hundred published scientific studies. - Twenty-four research studies have been published proving TM s peace-creating effect on a city or a nation. - Scientists have found that when 1 of the population learns TM, traffic accidents, crime, hospitalization, divorce...



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Reviews

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