**Moments of Awakening**

Different people around the world from different religions practice different types of meditation. And I have read or heard of the transcending even if it is not the transcendental meditation that we are practicing in Maharishi international university. Even though I have not experienced the type of transcending that is mentioned in chapter one of the book myself, but I have felt the restfulness or relieve after the meditation in the few times that I have meditated.

From what I read in chapter two of the book I found the following points interesting.

1. “What the superior man seeks, is in himself; what the ordinary man seeks, is in others.”

I can relate transcendental meditation to these saying in that most of us, we search in our environment for the cure of war, illness, fatigue, restlessness… etc. But from what I read on chapter 9 the other day; TM can resolve those issues remarkably. So, meditation might be the solution.

1. “One who knows others is intelligent and one who knows himself is enlightened.” I can also understand this one too. To know others requires intelligence in that we human beings are complicated. Some might act as honest and caring but might be the exact opposite inside and vise versa. But, knowing yourself is even more complicated. You must see it from outside yourself. With out being bias or giving excuses to the faults that you do, or not giving credit to the good things you perform. It is weird thing that we do not know ourselves yet when we spend all our lives in it!!!