

Transcendental Meditation Developers Edition





Transcendental Meditation is a technique that allows the mind to access a deeper, calmer and more peaceful environment that is already inside of us.

While in this environment your mind will experience a level of rest deeper than the deepest part of sleep.



Effortless

The technique takes advantage of the brain's natural drive to pursue pleasure and happiness.


You don't need to actively lead your mind through a path, you only let it follow a simple and natural course.



Ideology-free

- You don't need to convert to buddhism.
- You don't have to stop eating red meat.
- You don't need to stop watching porn.
- You don't need to to believe in some hippie entity.
- You don't even need to start being nice to other people.
- You can keep on doing all sort of f*d up stuff you're into.

Perfect for weirdos. Like you (and me).

A person is seen from behind, sitting on a dark wooden bench. They are looking out over a body of water towards a distant shoreline under a vast, cloudy sky. The lighting suggests it might be dawn or dusk, with soft light filtering through the clouds. A bright yellow vertical bar is positioned to the left of the title.

All by yourself

Transcendental Meditation is practiced alone.
There is no group meditation with this technique.
It's about you, and you only.

There's actual science to it

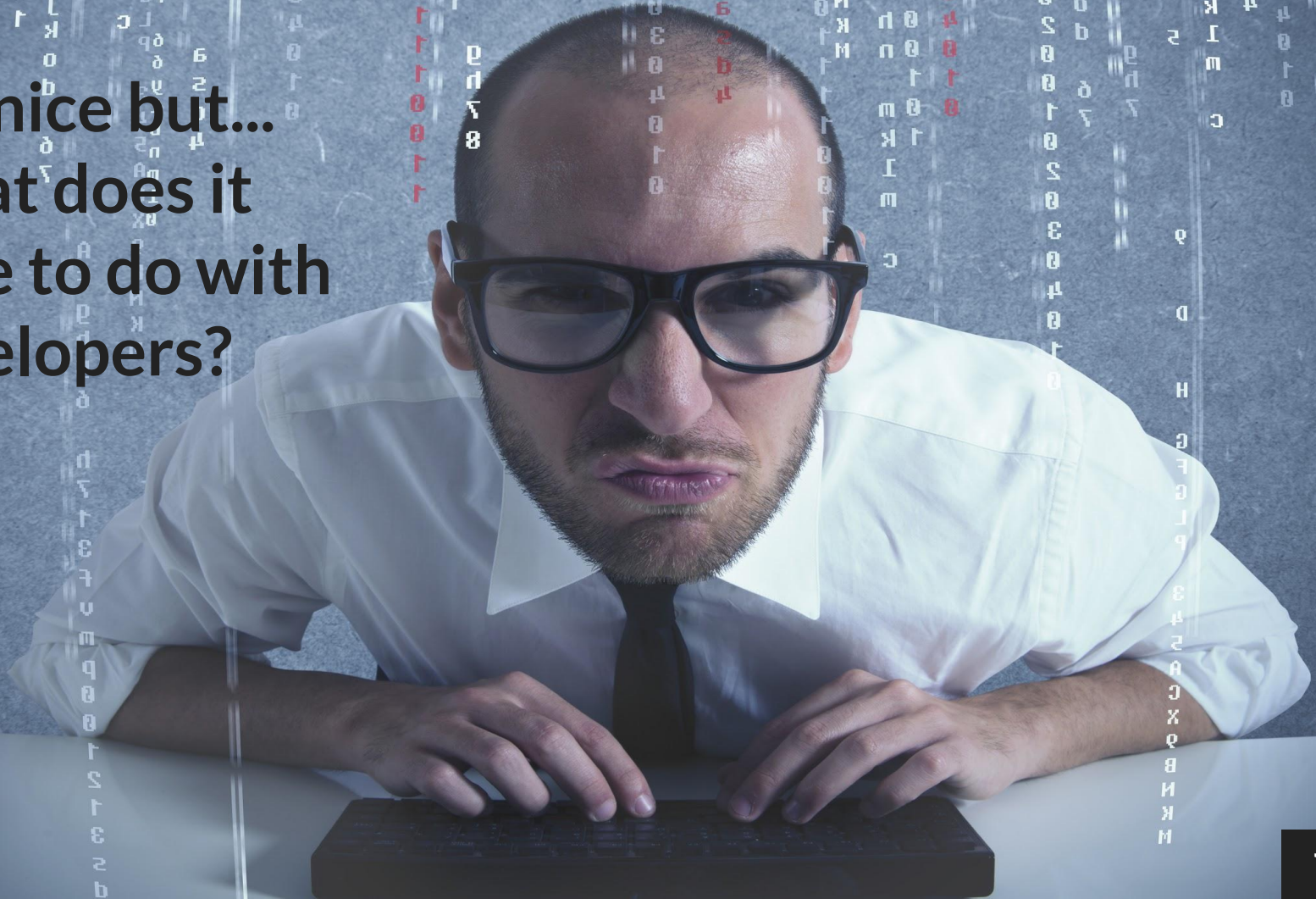
There are lots of researches out there showing the effects of Transcendental Meditation on the body.

Some show that it can even physically change your brain.

It's not just crazy talk.



**Ok, nice but...
What does it
have to do with
developers?**





Being a developer is awesome, don't get me wrong. But it can be VERY stressful. Stress leads to bad decision making, lack of focus, lower than usual productivity and overall unhappiness.

Meditation helps with that.

Everyone can do it

Everyone, no matter how troubled on the surface, has that deep, calm and peaceful environment somewhere within their minds.

The technique is simple (not simplistic), easy and doesn't take much time.

The only thing you need is privacy and some quietness.



Optimize your brain

- Lower your stress levels
- Improve your ability to focus in the task at hand
- Boost your creative thinking
- Make more concise and overall better decisions
- Reduce anxiety
- Sleep better and easier
- Handling pressure is painless
- Be more confident
- Gain control over your mind

How does it work?



The Mantra



The mantra for Transcendental Meditation is a sound. This sound is used to ease our mind into the path to the void within ourselves.

A good mantra will usually have this characteristics:

- It's meaningless
- It's simple
- It resonates well
- It's pleasing to the mind

Position and Environment



Position:

- Sitted
- Relaxed
- Sustainable
- Effortless

Environment:

- Quiet
- Private
- Balanced temperature
- Comfortable

Meditation

- Close your eyes
- Relax your body
- Actively calm your breathing
- Conclude any strong thought
- Start to mentally pronounce your mantra
- Keep pronouncing it until you feel your thoughts slowing down.

The experience

I like to think of thoughts as bubbles that are formed in many parts of the mind for various reasons. Some grow larger, some dissolve while rising and our conscience is only the surface of the water.

The goal with Transcendental Meditation is to go beyond the surface, deeper than most forming thoughts, connecting to our essence.



Relaxed Awareness

As soon as you start pronouncing your mantra, it'll have your full attention. But after a while you'll realize you have turned your attention to something else. Then you have to gently bring the attention back to the mantra.



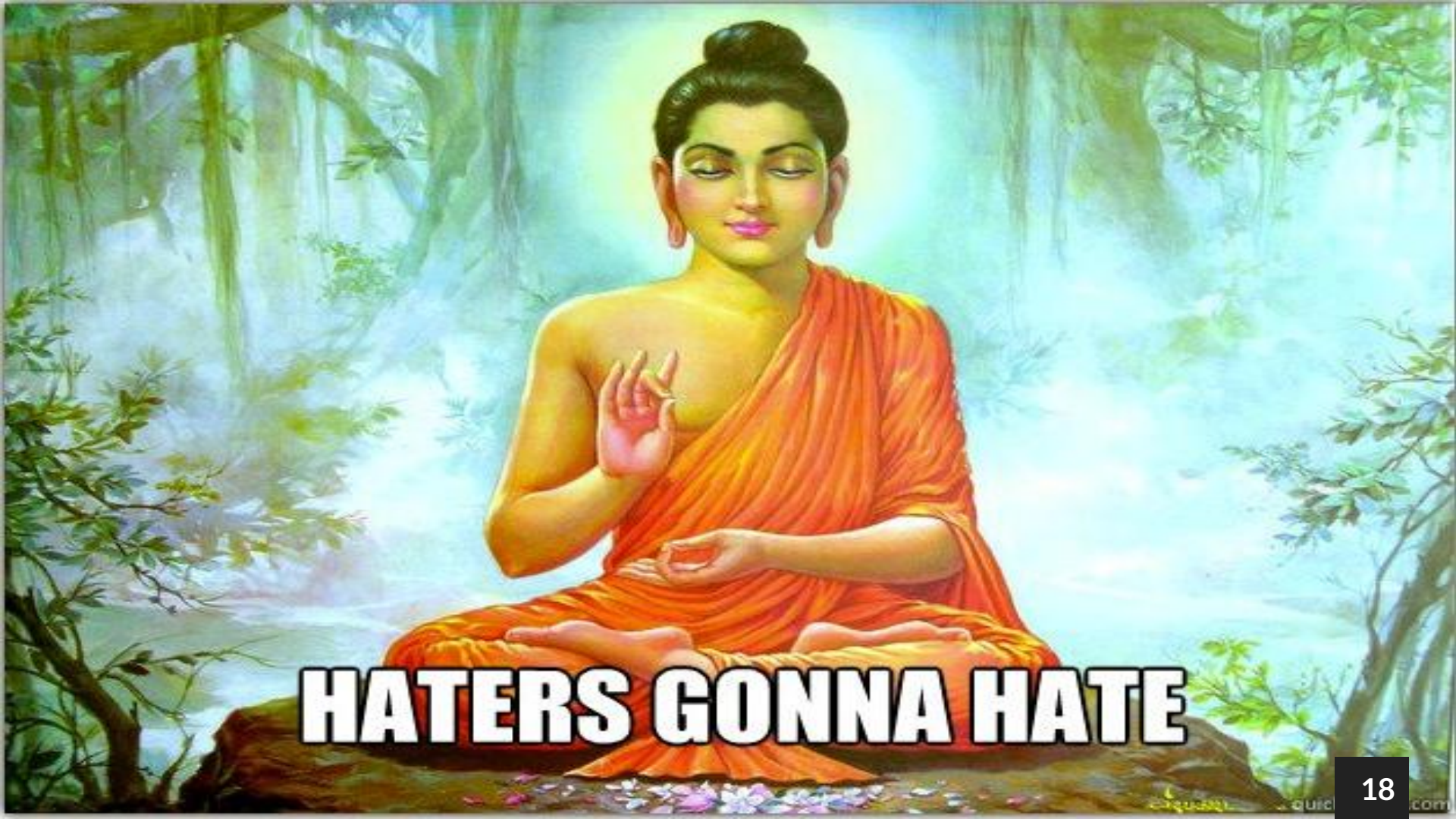
After enough time, your thought will not come as often. Some may fade before they develop. Sounds are clear but not disturbing, body sensations are available if (and only if) you want to notice. It's almost like you are inside a pool that is inside your mind.



Feels like a superpower



Once you get the hang of it, it feels like you can deal with anything. You become confident and relaxed that any challenge that comes your way is something you are able to handle. While happy.



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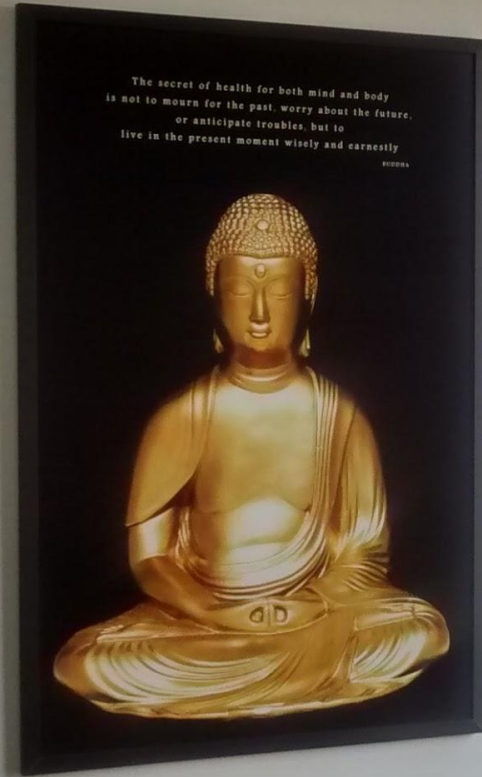


Give it a try

It's easy and you might like it.

It's also free.

Thank you





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