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By practicing the Transcendental Meditation technique properly, which is achieved by sitting comfortably and slowing repeating the Mantra and let everything goes smoothly, is the same as taking the correct angle and setting the correct initial conditions while diving.

The principle of gravity is the mind always tends to gravitates towards unbounded awareness, and the speed increases nearer the goal. This is the same as when a child sees his mother, then he runs to hug her, and he runs faster as he gets nearer.

The principle of comfortable ride is with greater progress and speed towards the goal, comfort is greater. When someone is traveling a long distance, this person has many options to choose from, for example flying, driving or walking. Walking could take a very long time and be very stressful, driving would take less time but still slower and less comfortable than flying. Transcendental Meditation is like flying and the vehicle which helps the mind reaches a state of pure thoughts is the Mantra.