**Wholeness:** Thousands of years ago, it was discovered that human mind has the capacity to settle into a state of perfect stillness while remaining perfectly alert and awake. This experience is a part of the Vedic literature, which was preserved down through the millennia as an oral tradition. Western philosophers had a big role in reviving the Vedic literature. The Vedic literature focused on human development by using a simple and effortless technique named Transcendental meditation.

**Main Points:**

1. The Vedic seers discovered that in the innermost depth of the mind lies the fundamental reality of nature itself. Everything in nature arises from within this ocean of crystal clear consciousness.
2. The vast Vedic literature was preserved down through the millennia as an oral tradition before being set down in books.
3. American poets and philosophers launched a movement called American Transcendentalism and cited the Vedic tradition in their own writings about transcendental experience.
4. Maharishi Mahesh Yogi brought to light the core Vedic meditation technique, a simple, natural, effortless procedure to which he gave the modern name Transcendental Meditation.
5. People started learning the TM technique since the 1950s, and they reported the same experiences as the European and American philosophers who revived the Vedic tradition.
6. Maharishi began teaching the TM technique in India then he traveled to the United States, he instructed tens of thousands of people.
7. The TM technique differs from most other procedures in that it involves no concentration or control. It is practiced for 20 minutes twice a day while sitting comfortably with eyes closed.
8. TM enables mental activity to settle inward, spontaneously and naturally finding the fourth major state of consciousness distinct from the waking, dreaming and deep sleep stages called Transcendental Consciousness and is first stage of enlightenment.