Reading assignment of The Supreme Awakening (pages 25-33)

Wholeness:

Transcendental Meditation has been developed for thousands of years, influences lots of people in the world. Long time ago, Vedic rishis or seers found a way to refine or purify human’s consciousness, which was taught in oral. Gradually it was spread to Europe and America. Emerson and Thoreau launched a movement called American Transcendentalism, they found a higher level to get peace in Vedic literature. In the 20th century, Maharishi Mahesh Yogi brought a simpler technique, that is TM. Everyone could learn and practice from now on, no matter which country, how old, what religion. Since 1960s, more and more studies show that people who learn TM will get mental benefit and physical benefit.

Supporting Main Points:

1. Vedic literature originated in ancient India, Vedic rishis or seers started discovering the depth of awareness and the source of the mind long time ago. Their wisdom influenced everything throughout Asia. We could still find some proof in Hinduism, Buddhism and Sikhism.
2. By the early 1800s, English translations of some books from Vedic literature began to be spread in America. The most representative of them is Bbagavad-Gita, which influenced Emerson greatly. Then, the movement launched by Emerson and Thoreau made a positive effect on the development of meditation. They are the pioneer for Vedic literature.
3. Maharishi brought a new technique called Transcendental Meditation, which is simple, natural and effortless. He had a degree in physics, so he can formulate it in terms consistent with the standards of modern science. It is necessary to combine tradition literature with modern science. That is why Maharishi can create TM.
4. Scientists began to do some research on the TM, all the studies showed that one can be in deep rest but awake during the practice. And it can bring more energy to your brain. Even some scientists were attracted to studying TM. Finally, they found that intelligence, creativity, health, relationship are all get improved As long as you practice for a while.

Reflection:

I think we are really lucky, because Vedic literature has a long history. The technique of TM we see right now is reformed by Many generations, has passed the test from time. I am very glad too, because there are so many studies show that it has lots of benefits. It will be simple to get released from stress, and improved health.