Knowledge of Creative Intelligence Through Personal Experience

Wholeness:

Creative intelligence is not something you can see or touch, but something can be observed simultaneously in physics and mental.

Supporting Main Points:

1. From our own experience, we get more energetic, creative and dynamic because of practicing TM.
2. We can keep a restful state of body with an alert state of mind during the practice of TM.
3. Some research show that we can get more healthy, focus and creative through TM.

Reflection:

During the practice of TM, it is true to experience an alert state of mind simultaneously with a restful state of body. And after practice, I do feel better, sometimes more energetic, sometimes not. However, I appreciate the chance to learn TM. I believe creative intelligence exists, and I believe it can lead us to a life enriched in all its values and bring us to the goal of life.