TM ONLINE GROUP MEDITATION SESSIONS NOW AVAILABLE!

Considering the lockdown situation, we are now offering online group meditation sessions of Transcendental Meditation. TM center too far from home, haven’t practiced in a long time, need inspiration for regular practice? Now there are no excuses. Begin diving into your own ocean of bliss again!

Two sessions have already been organized on the 22nd and 29th of March. They are held on Zoom, which has a very easy to use interface for interacting with the TM teachers. For more information on how you can attend a session, please call/WhatsApp 8800-345-408.

Want to become a certified Transcendental Meditation Teacher? Get in touch with us to know how!
Mail to info@indiatm.org for more information.

"NO STRESS THE KEY TO A HAPPY LIFE" BOLLYWOOD ACTRESS RHEA CHAKRABORTY

In a candid chat with Titas Chowdhury of HT City, Bollywood actress Rhea Chakraborty opened up about how she takes care of herself.

"I have recently started doing Transcendental Meditation to keep stress at bay. Stress is the biggest cause of any health problem, and no stress is the key to a happy life" – she replied, when asked to share a health tip she always relies on.
Maharishi Mahesh Yogi’s 103rd Birth Anniversary was celebrated on the 12th of January at the Ambedkar International Bhawan, Janpath Road, Delhi.

The event saw more than 700 people in attendance, including Rajya Sabha MPs Shri Sudhanshu Trivedi and Shri R K Sinha as guest speakers.

The theme for this year focused on Maharishi’s role in enlivening the field of education at the most fundamental level, the level of consciousness of the learner. Modern education tends to focus on increasingly sophisticated pedagogical techniques and course content to bring about an evolution in education.

However, according to Maharishi, the central point of education should be the learner him/herself, because education can be useful only when it is imbibed and applied for the development of society as a whole, towards peace and prosperity.

The keynote speakers at the event included Chancellors of prominent universities across Delhi NCR and other parts of India, including Ansal University Gurugram, Amity Institute of Science and Technology Innovation Foundation and Maharishi Vedic Vishwa Vidyalaya, Jabalpur.

The speakers paid homage to Maharishi’s role in the field of education, spoke about the role of development of the faculties of a student to their full potential and shed light on developing higher consciousness through Transcendental Meditation as a means for academic excellence in a holistic manner.
MORE GOOD NEWS FOR THE BRAIN AND HEART

A slew of quality research studies shed more light in 2018, 2019 and the early part of 2020 on the beneficial effects of Transcendental Meditation on brain function and heart health.

A 2018 study done on employees of the central offices of the San Francisco Unified School District found that practicing TM helped them improve emotional intelligence and reduced perceived stress at the workplace. In the same year another study involving brain imaging confirmed that TM is effortless. It showed reduced blood flow to the pons and cerebellum, both responsible for motor activity or movement during TM practice.

More researches added to an already massive collection of studies proving TM’s efficacy in promoting heart health. A 2019 pilot study on 56 CHD patients showed increased blood flow to the heart with a combined regimen of TM and cardiac rehabilitation. Elsewhere, evidence of TM contributing to stress reduction, which in turn lead to reduction in enlargement of the heart was found in African Americans.

The new year 2020 also brought in good tidings. It was found through resting state functional magnetic resonance imaging (RS-fMRI), that regular practice of TM causes changes in the regional connectivity of the posterior cingulate cortex and the right insula of the brain. This was correlated with reduction in perceived stress of the participants. In essence, TM leaves beneficial marks on the brain.

WELLNESS AT HOME TIPS BY MAHARISHI AYURVEDA

Maharishi Ayurveda has prepared a list of guidelines to follow in order to naturally keep ourselves safe and healthy during this lockdown period.

1. Do meditation combined with Yogasanas, Pranayama, sleeping/waking early and following a regulated, season specific lifestyle.

2. Take a healthy diet. Consume it without distraction, chew thoroughly and give enough time between meals to digest it thoroughly. Take light breakfast at 8 am, heavy lunch at noon (but don’t overeat), light snacks at around 5 pm and very light dinner before 8 pm.

3. Take Ayurvedic Rasayanas. These superfoods have a synergistic, global effect on the physiology and revitalize the body and mind at many levels. Examples include Ashwagandha, Tulsi, Neem and Triphala.

4. Use herbal incense sticks with aromatic fumes to fumigate the rooms in the house. This process i-s called Dhooopana. It helps reduce the microbial load in the air and promotes calmness and well-being.

Though these processes are not fool-proof, they can help keep the body and mind calm and strengthen the immune system, which will increase the chances of the body in fighting off infections and recovering faster from infections if one happens to fall ill.

NOTE: caution is advised if coronavirus symptoms appear. Please consult a registered healthcare practitioner for the same and get in touch with your local testing center constituted by the state government. This information is not meant to replace standard treatment protocols for Covid-19.