

## **New Points for the Standard Introductory Lecture on the Transcendental Meditation program**

from the International Course to Recertify Governors  
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General principles: We avoid unfamiliar words. When we do use an unfamiliar word, like "enlightenment," we define it. We emphasize benefits to the listener rather than concepts.

1. Near the beginning of the lecture we give the central point of the whole lecture and an overview of what broad areas we will be discussing.
2. The first broad area should be a definition of what Transcendental Meditation is. This can be followed by the areas of (2) mental potential, (3) health, (4) social behavior, and (5) world peace and invincibility.
3. We mention that whatever your religion may be, whatever your education, whatever your area of society—this is a uniquely effective technique for fulfilling your aspirations.
4. We indicate the authority of the knowledge by saying that Maharishi has been teaching the science of consciousness, with its technology of Transcendental Meditation, for 50 years; and that it comes from the timeless tradition of Vedic knowledge for the full development of human life and society.
5. We emphasize that the practice is simple, natural, effortless, and easy to learn. We repeat throughout the lecture that it is simple and easy to learn.
6. We emphasize benefits, benefits, benefits – in the areas of mental potential, health, behavior and relationships, and world peace and invincibility.
7. We say as one of our sentences: "More than 600 scientific

research studies, conducted at over 250 universities and research institutes in 30 countries, document the benefits of the Transcendental Meditation program for mind, body, behavior, and society.”

8. We show the six volumes of scientific research as a graphic or have them on the table near us.

9. We cite scientific research findings in each area, but in brief, not giving details. It’s good to show a few charts.

10. We describe, and use the word “enlightenment,” “higher states of consciousness,” and “seven states of consciousness.” We list the seven states of consciousness, and define each state briefly.

11. We describe the state of enlightenment as the fully evolved state of consciousness, a state of Total Knowledge with infinite organizing power, in which one can know anything, achieve anything, and fulfill any desire.

12. We can say that in enlightenment, *individual* consciousness is connected to *cosmic* consciousness; in enlightenment we live the reality of the saying, “Man is made in the image of God.” When our mind is cosmic, it is aligned with that organizing power that is administering the infinite diversity of the universe with perfect order.

13. We conclude the vision of the seven states of consciousness by saying that one starts Transcendental Meditation in order to have those seven states of consciousness, with the increasing ability to command Total Natural Law from one’s own awareness.

14. We mention that Transcendental Meditation, through the experience of Transcendental Consciousness, enlivens total brain functioning. Only the experience of Transcendental Consciousness, wide awake unbounded awareness, enlivens the total brain. This point could be in the mental potential section.

15. We say that Transcendental Consciousness is the field of our total inner intelligence, a field of all possibilities. This could be in the mental potential section.

16. We mention the historic discovery of Dr. Tony Nader, M.D., Ph.D., that human physiology has its basis in consciousness, in pure intelligence. And that for this discovery Dr. Nader was awarded his weight in gold, and subsequently crowned as His Majesty Raja Raam, the first ruler of the Global Country of World Peace. The Global Country of World Peace is dedicated to creating ideal administration in every country through Maharishi's technologies for the enlightenment of the individual, and peace and invincibility for every nation.

This point on the discovery could be in the health section, to help explain how one mental technique can have such profound and far-reaching benefits for health.

17. The world peace and invincibility section should include the point that the goal of peace and invincibility for every nation can be achieved through large groups of individuals practicing the Transcendental Meditation and TM-Sidhi program, including Yogic Flying, together in one place. Your listeners should be inspired that through this group practice, one improves the life of the nation as one improves one's individual life.

18. We define invincibility for the *individual* as the highly evolved state where we are not disturbed by anything, and are masters of every situation and circumstance. We describe invincibility of the *nation* similarly: a state where the nation cannot be disrupted by any negative influence from within or outside its borders. We say that real invincibility can be achieved only through coherent national consciousness.

19. We mention that the advanced practice of Transcendental Meditation, the TM-Sidhi program, including Yogic Flying, is the proven technology for world peace.

20. We mention (but do not elaborate) that the field of Transcendental Consciousness has been glimpsed in modern quantum physics as the Unified Field of Natural Law, the field of unity from where all diversity in the universe emerges. Enlivening this field through the Transcendental Meditation and TM-Sidhi Program enlivens unity and invincibility not only in ourselves, but also in the whole collective consciousness.

21. We say that through this technology, any country can be raised to a high state of dignity, self-sufficiency, and invincibility, to the level of real sovereignty.

22. We mention “Will of God” in our presentation. This could be done when we summarize the benefits of the Transcendental Meditation program as bringing life into harmony with Natural Law—or, in religious terms, life according to the Will of God.

23. In our summary we use the “water the root to enjoy the fruit” analogy: just as by watering the roots of a tree, all aspects of the tree flourish; in the same way, by practicing the one technique of Transcendental Meditation, all aspects of life flourish.

24. We mention that as we rise to enlightenment and personal invincibility, we not only satisfy our own personal needs, but contribute maximum to society. We can say that this program will lead you to increasing happiness within yourself and a better and better life, taking away any difficulties; and at the same time you will be creating coherence for the nation and contributing to an ideal national consciousness.

25. We mention the seven steps of learning Transcendental Meditation in our final section.

26. To establish the authenticity of the knowledge we briefly show and refer to Maharishi’s books either as a graphic or in front of us on the table. We can mention that these books describe the principles and application of Transcendental Meditation to all

areas of national life, including education, health, administration, management, government, and defense.

27. We urge our listeners to learn Transcendental Meditation right away, without delay, and start enjoying the benefits from the first days of practice. We say this point about starting right away a few times in different ways, e.g., when we have the light, there is no need to continue suffering in the darkness; anything that can be done tomorrow should be done today, and other inspiring phrases.

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