

E-Gyan

Monthly Digital News Letter of Maharishi Organizations - India

महर्षि संस्थान भारत का मासिक सूचना पत्र



HIS HOLINESS
MAHARISHI MAHESH YOGI JI

महर्षि संवत्सर - ५४

विक्रम संवत्सर - २०६६

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His Holiness Maharishi Mahesh Yogi Ji

Founder of :

Transcendental Meditation and TM-Sidhi Programme
Maharishi Vidya Mandir Schools
Maharishi Ideal Girls Schools
Maharishi Schools of the Age of Enlightenment
Maharishi Centre for Educational Excellence
Maharishi Institute of Vedic & Management Sciences
Maharishi Universities and Institutes of Management
Maharishi Mahesh Yogi Vedic Vishwavidyālaya
Maharishi University of Management and Technology
Maharishi Vedic and Ayurvedic Universities
Maharishi Ved Vigyan Vishwa Vidyapeetham
Maharishi World Centre for Gandharva Ved Music
Maharishi Mahavidyālaya
Maharishi Vedic Vishwa Prashāsan
Maharishi Vishwa Vyāpi Rām Rājya
Maharishi Global Country of World Peace

**THIS EDITION OF E-GYAN IS DEDICATED TO THE LOTUS FEET OF
PARAM PUJYA MAHARISHI JI**

EDITORIAL

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“His Holiness Brahmaleen Maharishi Mahesh Yogi Ji was Maharishi in the truest sense. One of the greatest spiritual teachers of this era, he was an ambassador of Indian culture and knowledge in the world, the epitome of world brotherhood and an extraordinary union of the Vedic tradition and the modern scientific knowledge. A phenomenon such as this can be witnessed today and will continue to be evaluated in all future. Maharishi Mahesh Yogi Ji is the first and only Indian philosopher who systematically and scientifically introduced Vedic Knowledge, Meditation & Yog in the West and the entire world and proved through scientific researches that modern science, technology and the entire social sciences have their foundation in our own Veda and Vedic literature.

A great spiritual leader, extraordinary organizer, indefatigable promoter and thinker, Maharishi Ji’s personality had a divine hypnotism, his voice carried heavenly attraction and his ideas possessed unique & divine powers of communication.

In the last several centuries there is perhaps no other Yogi or philosopher who has defined Vedic knowledge and science from a practical and human perspective. Maharishi Ji was born only to remind the world once more of the lessons of peace, prosperity, happiness and *Vasudhaiv kutumbakam* (the world is one family) and to explain to the world that *mantras of Lord Rama ‘Ramrajya’ and Lord Krishna ‘victory of dharma on adharma’* are still as contextual as they were in the *Treta* and *Dwapar* yugas.

If we make a historical analysis of the last few centuries, it can be seen beyond any doubt that after *Treta* and *Dwapar*, if there is one great personality who was determined to see this planet as a united, happy, peaceful and prosperous world, it is **Maharishi Ji** alone. Since the time of **Bhagwan Adi Shankaracharya**, there is hardly any *Mahapurush* who descended on this *Ved-bhoomi, Dev-bhoomi, Purna-bhoomi Bharat* as a Divine *avatar* and worked for the good of the entire world at many different levels. Through scientific analysis of Indian Vedic science and Dhyana Yog, Maharishi Mahesh Yogi Ji spread it to the whole world and established the foundation for world peace, prosperity, happiness and invincibility. He reorganised and restored Vedic sciences in the world and thus has reestablished Bharat as *Vishwa Guru* again”. To such a *Brahmagyani, Bagavat-purush, Yuga-drishta* Maharishi Ji, I offer a million salutations. This edition of E-Gyan is dedicated to the lotus feet of Param Pujya Maharishi Ji.

We have received tributes, messages and good wishes from religious leaders and seers, heads of the state, political leaders, educationists, Chancellors, Vice Chancellors of Indian & Foreign Universities, News paper Editors, International leaders & devotees and we are publishing few of them in this edition of E-gyan.

With deepest gratitude, I bow down again & again in the lotus feet of His Holiness Maharishi Ji who bestowed thee upon us and upon the whole World.

Jai Guru Dev

Jai Maharishi

Tara Chandra Pathak
Member of E-Gyan Editorial Board



ब्रह्मचारी गिरीश

कुलाधिपति

महर्षि महेश योगी वैदिक विश्वविद्यालय (म.प्र.)
महर्षि यूनिवर्सिटी ऑफ मैनेजमेंट एवं टेक्नॉलाजी (छत्तीसगढ़)

अध्यक्ष

महर्षि विश्व शांति आन्दोलन
महर्षि विद्या मन्दिर विद्यालय समूह
महर्षि इन्स्टीट्यूट ऑफ मैनेजमेंट समूह
महर्षि इन्स्टीट्यूट ऑफ इन्फारमेशन टेक्नॉलाजी

महानिदेशक

महर्षि वर्ल्ड कॅपिटल ऑफ पीस, ब्रह्मस्थान (भारत)
महर्षि वर्ल्ड सेन्टर ऑफ गन्धर्ववेद

परम पूज्य ब्रह्मलीन महर्षि महेश योगी जी वैदिक भारत के स्वर्णिम इतिहास में एक ऐतिहासिक अद्वितीय उदाहरण छोड़ गये। जब हम अपने गुरु के लिए ब्रह्मा, विष्णु, शिव और परब्रह्म की उपाधियुक्त स्तुति करते हैं तो किंचित त्रिदेवों का भाव तो जागृत होता है किन्तु उन भक्ति के क्षणों में देवों के गुणों अथवा उनके कार्यों की व्याख्या नहीं हो पाती। महर्षि जी ने कभी भी न स्वयं को गुरु कहा और न किसी से अपने को गुरु कहलवाया। सारा जीवन अपने परमाराध्य गुरुदेव अनन्त श्री विभूषित स्वामी ब्रह्मानन्द सरस्वती जी के श्रीचरणों का स्मरण, उनका पूजन और सारे विश्व में जय गुरुदेव का उद्घोष कर उनकी जय जयकार करते रहे और करवाते रहे।

भारतीय शाश्वत् सनातन वैदिक ज्ञान-विज्ञान के आधार पर वेदभूमि-पूर्णभूमि-देवभूमि-पुण्यभूमि- सिद्धभूमि-प्रतिभारत भारतवर्ष का जगद्गुरुत्व और ख्याति जिस तरह महर्षि जी ने समस्त भूमण्डल में पुनः स्थापित की और भारतीय वैदिक ज्ञान का लोहा मनवाया, ऐसा उदाहरण या दृष्टांत समूचे वैदिक वांगमय में या आधुनिक काल में कहीं भी वर्णित नहीं है।

१९५३ में श्री गुरुदेव के ब्रह्मलीन हो जाने के बाद महर्षि जी ने ऋषियों की तपस्थली उत्तरकाशी में साधना की और फिर सारे विश्व को ज्ञानी बनाने, धर्म अर्थ काम और मोक्ष का मार्ग दिखाने, दुःख, दारिद्र, अशांति आदि ज्वलंत समस्याओं का निदान लिये महर्षि जी अपनी साधना का आनन्द त्यागकर विश्वकल्याणार्थ निकल पड़े। १९८० में ऋषिकेस में गंगा जी के किनारे अति प्रसन्न मुद्रा में अर्धरात्रि को प्रसंगवश हमने पूछ लिया कि जब साधना में परम आनन्द होता है तो उसे छोड़ आप जनकल्याण का संकल्प लिये क्यों चल पड़े? महर्षि जी ने कहा “यह समय की आवश्यकता थी, विश्व तेजधार पर खड़ा था, उसे सम्हालना सामयिक था। सारे विश्व की चेतना को थाम लेना और उसे सतोगुणी बनाकर छोड़ना अपने स्वयं की साधना से अधिक आवश्यक, महत्वपूर्ण और आनन्ददायक लगा था और उस समय की यही प्राथमिकता थी”।

हमने फिर पूछा कि ये कार्य बड़ा कठिन है और इस विश्व प्रशासन में तो बड़ा प्रपंच है फिर आनन्द कैसा? महर्षि जी ने कहा कि “स्वयं की साधना तो होनी ही चाहिए, योगस्थ होते हुए प्रकृति के प्रशासन से अपने स्वयं के और फिर समाज, नगर, प्रान्त और राष्ट्र के प्रशासन में यदि सामञ्जस्य स्थापित कर लिया जाये तो फिर कुछ करने की आवश्यकता ही नहीं रह जाती। प्रकृति का प्रशासन तो स्वयंमेव प्रशासन है जो वैदिक संविधान-प्रकृति के नियमों के द्वारा निर्बाध निरन्तर अनादि अनन्त शाश्वत् रूप से स्वसंचालित है। अपनी चेतना को, अपने स्वयं के प्रशासन को

उस प्रकृति के प्रशासन को सौंप देते हैं और तब अपने जीवन का प्रशासन भी प्रकृति के सफल प्रशासन की तरह स्वयं ही चलायमान हो जाता है। अपने को कुछ भी नहीं करना पड़ता। बस यही हमने किया है। अब केवल बैठै-बैठे जो जो मन में आये उसका संकल्प करते जाते हैं और प्रकृति उसे पूरा करती जाती है। अनेक बार तो संकल्प भी नहीं करना पड़ता, जो आवश्यक हो, प्रकृति स्वयं ही उसे कर देती है। अब इससे अधिक आनन्द और कहाँ और किस बात में आयेगा। जीवन सदा आनन्दित रहे इसके लिये अपने को करना क्या है? भावातीत ध्यान नित्य करना है और नियमित ध्यान करके अपनी चेतना का स्तर बढ़ाते हुए ब्रह्म की चेतना तक ले जाना है-अहम् ब्रह्मास्मि हो जाना है। यही वो समत्व योग का क्षेत्र है जहाँ स्थापित होकर सम्पूर्ण विश्व ब्रह्माण्ड का संचालन करते हैं। करते नहीं है, स्वयं हो जाता है”।

महर्षि जी ने तो इसे अति सहजता से कह दिया, उस समय बात बदल गई किन्तु जैसे जैसे स्वयं की साधना में प्रगाढ़ता आई और समय ने अनुभव दिया, हर क्षण महर्षि जी का एक-एक शब्द फलीभूत होता दिखा। आज हर कार्य में यह शब्द ही मार्गदर्शन हैं।

जब जब विश्व में धर्म स्थापना की आवश्यकता होती है, भगवान स्वयं पृथ्वी पर अवतरित होते हैं। भगवान कृष्ण जी ने गीता में स्वयं कहा-

यदा यदा हि धर्मस्य ग्लानिर्भवति भारत ।

अभ्युत्थानमर्धमस्य तदात्मानं सृजाम्यहम् ॥

इसी को श्रीराम चरित मानस में गोस्वामी श्री तुलसीदास जी ने अपने शब्दों में कहा-

जब जब होइ धरम की हानि, बाढ़हिं असुर अधम अभिमानी ।

तब तब ले प्रभु विविध सरीरा, हरहिं कृपानिधि सज्जन पीड़ा ॥

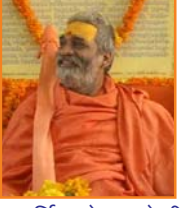
या तो भगवान स्वयं प्रकट होते हैं अथवा वे अपना अंश प्रदान कर किसी महान शुद्धात्मा को पृथ्वी पर अवतरित कर देते हैं।

हमारा बड़ा सौभाग्य है कि बचपन से अब तक पूज्य महर्षि जी के श्रीचरणों की सेवा का अवसर प्राप्त हुआ, उनसे कुछ ज्ञान, कुछ कर सकने का प्रशिक्षण और सामर्थ्य प्राप्त हुआ। अब हम कृत संकल्पित हैं कि महर्षि जी का “गुरु ऋण” जीवन के प्रत्येक क्षण को उनके दिये हुए कार्यों को पूर्ण करने में, उनके द्वारा निर्देशित साधना के पथ में रमकर ही पूर्ण करेंगे। महर्षि जी के स्वयंसिद्ध संकल्पों को हम सब मिलकर पूर्ण करेंगे। भूतल पर स्वर्ग का अवतरण होगा, सतयुग का समय पूर्व आगमन होगा, बहुप्रतीक्षित विश्व शान्ति स्थापित होगी, प्रत्येक मनुष्य और राष्ट्र अजेय होगा। महर्षि जी की प्रिय अभिव्यक्ति “रामराज दुःख काहू न व्यापा” साकार होगी। आगे आने वाला समय और सभी पीढ़ियाँ महर्षि जी के ज्ञान-विज्ञान और उनकी उपलब्धियों की गाथा स्वर्णाक्षरों में विश्व की सभी भाषाओं में लिपिबद्ध करेंगी।

जय गुरुदेव

जय महर्षि

ब्रह्मचारी गिरीश



अनन्त श्री विभूषित जगद्गुरु श्री शंकराचार्य ज्योतिष्पीठाधीश्वर

श्री स्वामी वासुदेवानंद सरस्वती जी महाराज

महर्षि महेश योगी का सुयश अद्यापि सुरभित हो रहा है। विश्व के कोने-कोने में ही नहीं जन-जन से उनकी सुकृति की ध्वनि वेद ध्वनि की एकरूपता प्राप्त कर गुंजित हो रही है ऐसे वेदाश्रयी को वेद पुरुष की संज्ञा से मण्डित करना अतिशयोक्ति नहीं होगी। महर्षि जी हमारे ही पूर्व परम्परा में ज्योतिष्पीठाधीश्वरक जगद्गुरु शंकराचार्य ब्रह्मलीन श्री स्वामी ब्रह्मानन्द सरस्वती जी महाराज ज्योतिर्मठ बद्रीकाश्रम के अनन्य गुरु भावापन्न दीक्षित ब्रह्मचारी थे। गुरुदेव की सेवा में इतना तन्मय हो जाते थे कि व्याहारिक क्रिया का आभास भी नहीं रहता। सेवा में लगे हैं इन्हें यह भी स्मरण नहीं रहता कि हमने भोजन किया कि नहीं जब कोई स्मरण दिलाता है कि ब्रह्मचारी अभी आप भोजन नहीं किये हैं तो उन्हें स्मरण होता कि अरे हमने अभी भोजन नहीं किया एकाधवार तो कह दिए की अरे हमने तो भोजन कर लिया है। यह भाव की तन्मयता थी ब्रह्मचारी जी की, गुरुदेव के श्री चरणों में। पीठ के प्रचार प्रसार का सम्पूर्ण कार्य भार स्वयं सम्भाल लिए। गुरुदेव को किसी भी प्रकार सोचने का अवसर ही नहीं देते। गुरुदेव के मन में यदि कोई बात आयी तो आप को उसका सद्यः आभास हो जाता था और कहने से पूर्व ही उसे सम्पन्न कर देते थे, यह श्री गुरुदेव के प्रति तन्मयता का स्वरूप था। पीठ के प्रति अनन्य निष्ठा उनमें निहित थी। हमारे पीठ आने के पूर्व ही हमारे गुरुदेव भगवत्पूज्यपाद ज्योतिष्पीठाधीश्वर जगद्गुरु शंकराचार्य स्वामी शान्ता नन्द सरस्वती जी महाराज श्री के चरणों में जब भी आते थे तो मैं गुरुदेव की सेवा में रहता तो हमसे एकान्त में बैठकर पीठ की स्थिति की जानकारी लेते श्री महाराज जी की सेवा का निर्देश भी करते थे पीठपर आने के बाद भी जब भी धर्म प्रचार के कार्य से दिल्ली जाता तो यंत्र के माध्यम से घण्टों वार्ता किया करते। गुरुदेव की चर्चा करने में उनका मन नहीं भरता।

पीठ की मर्यादा एवं मर्यादित व्यवस्था का सदा ध्यान रखते थे। पूरे विश्व में गुरुदेव की प्रतिमा प्रतिष्ठित कर दुनिया को भावातीत ध्यान योग पर आरूढ़ कर दिया।



पूर्वाम्नाय – श्रीगोवर्द्धनमठ – पुरीनीठाधीश्वर श्रीमज्जगद्गुरु – शंकराचार्य – स्वामिनिश्चलानन्दसरस्वती श्रीमज्जगद्गुरु – शंकराचार्य – महासंस्थानम्, श्रीगोवर्द्धनमठ, पुरी (उड़ीसा), 752009

श्रद्धेय श्री महेश योगी जी सनातन धर्म में आस्थान्वित भगवत्पाद शिवावतार श्रीमज्जगद्गुरु – शंकराचार्य – महाभाग की परम्परा में दीक्षित सन्त थे। उन्होंने सनातन शास्त्रीय मर्यादा की सीमा में योग का विश्वस्तर पर प्रचार – प्रसार किया। वे धर्म नियन्त्रित पक्षपात-विहीन शासनतन्म के पक्षधर थे। उनके सम्पर्क में आनेवाले पाश्चात्य जगत के साधकों और विचारकों ने स्वयं को सनातन धर्म के प्रति आस्थाचित्तकर प्रमुदित किया।

उनके अनुयायी सनातन मनीषियों से स्वस्थ मार्गदर्शन लाभकर भारत सहित अन्य देशों को दिशाहीन शासनतन्म तथा व्यापारतन्म के चपेट से मुक्त करने का अभियान चलावें, ऐसी भावना, प्रेरणा तथा श्री प्रभु से प्रार्थना है।

निश्चलानन्दसरस्वती



स्वामी रामदेव अध्यक्ष पतंजलि योगपीठ ट्रस्ट

महर्षि महेश योगी न तो अवतार थे, न अलौकिक चमत्कारी योगी, न असाधारण साधु थे, जैसा कुछ लोग अपने बारे में प्रायः दावा किया करते हैं। श्रद्धेय महेश योगी इसके विपरीत अपने को एक जनसेवक, ईश्वर का एक विनम्र अनुयायी मानते रहे। श्री योगी जी ने विदेशों में भी रहकर भारत के ऋषियों-मुनियों की उस विरासत को अनावृत्त किया जिस पर शताब्दियों से निष्क्रियता

की धूल पड़ी थी। योग, अध्यात्म, संस्कृति एवं संस्कार की पुरातन एवं समृद्ध वैदिक परम्परा को जन-जन तक पहुंचाने का भागीरथ प्रयास किया महेश योगी ने।

महर्षि महेश योगी ने चेतना को वैज्ञानिक धरातल प्रदान किया। इन्होंने बिखरे हुए वैदिक साहित्य को एक स्वरूप प्रदान किया। वैदिक विश्वविद्यालयों और वैदिक स्कूलों की स्थापना कर इन्होंने 'प्राकृतिक विधि' से जीवन स्थिर करने की राह दिखाई। महर्षि ने वेदों पर आधारित ज्ञान को लिपिबद्ध किया। शिक्षा और उपदेशों के प्रचार-प्रसार के लिए ये अत्याधुनिक तकनीक की सहायता लेते थे।

1959 में अमेरिका से अपनी विश्व यात्रा की शुरुआत करने वाले योगी महेश जीवन को आनंद से लबरेज मानते रहे। प्रत्येक व्यक्ति में ऊर्जा, ज्ञान और सामर्थ्य का विपुल भंडार है। इस ऊर्जा को व्यक्ति को हमेशा सदर्कों में लगाना चाहिए। 1990 में महर्षि हालैंड के फ्लोड्राप में अपनी संस्थाओं का मुख्यालय बनाकर यहीं से दुनिया भर में फैले अनुयायियों के माध्यम से उनकी संस्थाओं ने आयुर्वेदिक चिकित्सा पद्धति और प्राकृतिक पद्धति को बढ़ावा दिया।

महर्षि महेश योगी ने योग, आयुर्वेद, अध्यात्म और भारतीय संस्कृति के माध्यम से आध्यात्मिक आनंद, आयुर्वेद के माध्यम से शारीरिक सुख और वैदिक संस्कृति के माध्यम से मानवीय संस्कारों का जो मार्ग प्रशस्त किया वह स्तुत्य है।



Puja Swami

Chidanand Saraswatiji

Shri Shri Jagadguru Shankaracharya - Goverdhan Peeth

Maharishiji's life brought not only the teaching but the "touch" of meditation to millions of followers from every walk of life and every corner of the globe. Through this divine "touch" of meditation, he has truly transformed the lives of millions.

I always say, "Meditation is the best medication for all agitations." In this way, Maharishiji was not only a spiritual leader but he was also a spiritual doctor! By giving the power of meditation and mantra, he gave his followers the key to unlock not only doors of spiritual bliss but also doors of mental, emotional and physical health.

Maharishiji's life was meditation in action. Being with him, watching him was like watching someone for whom every aspect of life was meditation. Every word and every action were clearly inspired by divine wisdom.

The impact that Maharishiji has had upon the world today is phenomenal, and I am sure that his message and mission will continue to blossom and flourish, teaching, touching and transforming millions and millions across the world. We are truly at a "turning point" in the world today. Will we turn toward peace or pieces? Maharishiji has given the tools to turning toward true peace – of the body, mind, soul and spirit.

I send you all and all your loved ones my deepest blessings and prayers.



Maharajadhiraj Rajaram

First Ruler of Maharishi's Global Country of World Peace

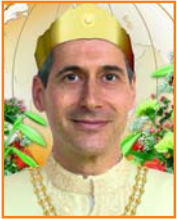
"His Divine Holiness Maharishi Mahesh Yogi brought the supreme blessings of the Vedic wisdom to millions of people throughout the world, providing the practical foundation for individual enlightenment, national invincibility, and world peace".



Dr. Bevan Morris

**Prime Minister of the Global Country of World Peace,
President and Chairman of the Board of Trustees, Maharishi
University of Management, USA**

‘Maharishi has worked tirelessly since 1955 to open the gate of enlightenment to every individual, and to crown every nation with invincibility-with peace, prosperity and happiness, free from negativity and suffering.’



Raja Harris Kaplan

Raja of Invincible India

**Dr. Arlene Kaplan, Mother of the Domain
Raj Rajeshwari Lauren Kaplan**

It is a great joy to reflect on the enormous scope of the blessings which Maharishi Mahesh Yogi has brought to the whole world family. But, like so many around the world, I am completely at a loss to adequately express my overflowing marvel, appreciation, and love.

In awe, future generations will joyfully attempt to review Maharishi’s myriad accomplishments, all of which have at their core his perfect revival and systematic organization of the eternal Vedic wisdom for every man, everywhere - in its purity and completeness. How can we ever express our appreciation for Maharishi’s most compassionate and generous offer of supreme Vedic wisdom so that everyone can live life in fulfilment?

Thorough his grace, through his programs, this supreme gift – total knowledge, enlightenment – will now always be available everywhere in the world in direct, blissful, personal experience and in complete intellectual understanding.



Raja John Hagelin,

Raja of Invincible America

Tvadiyam vastu Govinda tubhyam eva samarpaye

“Maharishi’s incomparable, scientifically demonstrable global impact will become increasingly evident to the whole population as his legacy of enlightenment and peace continues to spread irreversibly throughout the world.”



Raja Howard Chancellor

*Purusha Raja with Universal Domain
Global Country of World Peace*

So many radiant lighthouses of pure knowledge – of peace, happiness, and prosperity – so many good, sincere, peaceful, content, dynamic and wise people owe their everything to Maharishiji and the Vedic Science and Technologies of consciousness that he made so widely available through the Grace of his Master and through

the direct cognition of Brahmi Chetana. And so many millions of others who, though they might not describe themselves as devotees of Maharishi, nevertheless are benefiting tremendously from Transcendental Meditation, from Maharishi Ayurveda, from Maharishi Vastu Shanti, from Maharishi Jyotish and Yagya, or from other aspects of Maharishi's Vedic Science.

Thank you, Maharishiji, a million billion times, thank you, and may we always be worthy of your supreme love and knowledge.



Raja James Egan
Purusha Raja with Universal Domain
Global Country of World Peace

At this very special time in human history, I would like to offer all my gratitude and love and surrender to you and to the feet of Guru Dev for all the countless blessings you have so kindly bestowed on the whole world all these many precious years.

Last year, Maharishi, you told the world that you were going to create the Miracle of the Ages. I asked myself, who is it that can create the Miracle of the Ages? Only the Miracle of the Ages, can create, the Miracle of the Ages.

Guru Dev is the Miracle of the Ages and in His infinite Grace and power he thought to re-create Himself by creating Maharishi, so that His supreme goal, Heaven on Earth, could be a reality for all mankind.

We are blessed beyond words, Maharishi Ji. We only pray that you will continue to guide us and nurture us, deep in our hearts, and that we will always go by your delicate instruction, "Nimitta matram bhava, Savyasachin—remain a means, that's all, in the hand of the Almighty; you function as Almighty ordains, remain a means, you function as He likes you to function. Function according to the Constitution of the Universe. Be a means. So our life is just a means in the hands of Guru Dev, and we remain where we are.



Raja Richard Ross
Purusha Raja with Universal Domain

Beloved Maharishi Ji, there has never been nor could there ever be a greater master than thee. And if thy greatness as a master can be equaled by any other form of greatness that a human soul can aspire to, it can only be equaled by thy greatness as a disciple.

Raja John Bright
Purusha Raja with Universal Domain

'I am That, thou are That and all this is That', is the Truth; and this is the kernel of the Vedic teaching which the rishis extol as teaching 'worthy of hearing, contemplating and realizing.'

With these few words in the Preface to his Bhagavad Gita Maharishi gives us total knowledge in a glance and beautifully reminds us how, simply by being in the presence of a Perfect Master, the fortunate ones experience, in a moment, a vision of the Truth of life, Totality, the Light of God, the Unified Field of all the laws of nature.

This has been Maharishi's gift to those fortunate to be near him, as it has been the gift of every enlightened Master throughout time.

No tribute in words can express the complete surrender one feels in light of this direct experience of Totality in the presence of the Master. One only feels naturally dedicated to hitting the target he has revealed and to helping him in whatever ways he directs.

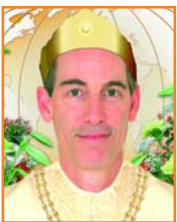


Raja Emanuel Schiffgens

**Raja of Invincible Germany, Invincible Ukraine,
Invincible Iran, Invincible Saudi Arabia, Invincible Bangladesh,
Invincible Monaco, Invincible Nauru and Invincible Central African
Republic**

When Maharishi Mahesh Yogi came to Germany in the year 1960 bringing the Light of Life, the Light of Pure Consciousness, from the Tradition of Vedic Masters to the world, the response of the people of Germany was so enthusiastic that Maharishi had to start immediately with mass initiations in the ten biggest cities of the country. A country, occupied and divided between the superpowers of East and West, hardly breathing its own breath under the threat of total annihilation through nuclear weapons from Russia and America had been relieved from great fear instantly with the arrival of such a great saint on its soil.

Maharishi will live on in the hearts of all Germans devoted to Dharma for all times to come and will radiate from there in His Silent Administration peace, prosperity, happiness and invincibility to the citizens all nations in the world. The Global Country of World Peace will unite the Family of Nations and life on earth will enjoy the glory and dignity of heaven, Raam Raj, only because of the 50 Golden Years of Maharishi Mahesh Yogi in our world.



Raja Steven Rubin

***Raja of Invincible China and
Dr. Karen Rubin, Mother of Invincible China***

45 years ago Maharishi wrote in his book 'The Science of Being and Art of Living'

"Man's life is meant to be a bridge between divine intelligence and the whole of creation. It exists to cultivate the divine power, intelligence, happiness and abundance, and to give this out to all creation. This is the high purpose of man's life."

Maharishi was the living embodiment of this Supreme reality of life's purpose. Maharishi not only radiated the Light of Bliss Consciousness, He awakened in humanity the experience and understanding of Atma, the Cosmic Self within everyone. He gave the simple techniques to experience within one's own Consciousness the Reality of Totality - Brahm - that state of Wholeness in which Infinite Silence and Infinite Dynamism, Infinity and Point, Gyan Shakti and Kriya Shakti, are seamlessly, eternally and inseparably held together by Bliss. And as Maharishi expressed, Bliss experienced within radiates Bliss throughout the world and allows all of humanity to breathe life in Bliss. This, Maharishi said, is the true administration of Natural Law and the high purpose of human life.



Raja Michael Dillbeck

**Raja of Invincible France, Invincible Latvia, Invincible Algeria,
Invincible Mauritius, Invincible Fiji, Invincible Tonga,
Invincible Cameroon, and Invincible Congo
Global Country of World Peace**

History as we know it does not record a contribution to mankind approaching that of His Holiness Maharishi Mahesh Yogi.

Maharishi's gift to humanity has been to transform the quality of life on earth to be heavenly life, on the basis of Total Knowledge of Natural Law.

Impelled by the need of the time, by the loving fullness of complete enlightenment flowing out to soothe and awaken a troubled world, Maharishi began to give the gift of the direct experience of Transcendental Consciousness through the effortless practice of Transcendental Meditation, received from Guru Dev, Brahmananda Saraswati Maharaj, Shankaracharya of Jyotir Math, Himalayas. In every step around the world over 50 years, in every impulse of knowledge and action, Maharishi was spontaneously supported by Total Natural Law, the blessings of Guru Dev.

On the level of knowledge, Maharishi's message as he circled the world was unique, dispelling in a flash of light the darkness of many centuries of misunderstanding and ignorance. Maharishi pointed out that the experience of Transcendental Consciousness, and the process of Transcendental Meditation to realize that experience, was not difficult, but in fact was simple and available to everyone. Maharishi brought to light that a righteous life was not a prerequisite for spiritual development, but in fact was the natural byproduct of the growth of higher states of consciousness, or enlightenment, gained through the experience of Transcendental Consciousness in daily Transcendental Meditation. Maharishi disclosed that enlightenment was not a topic shrouded in mysticism, but rather that the development of enlightenment was the fundamental reality of human development itself, associated with a profound physiological transformation, and open to profound scientific investigation.

The application of Maharishi's Transcendental Meditation in every area of society has demonstrated that the growth of enlightenment is not only a practical reality, but is in fact the only scientific solution to the enormous problems faced in every area. Consciousness-Based Education is found to awaken the inner creative intelligence of the student for all success and fulfillment in life. In the same way, programs in business have shown the growth of effectiveness, health, and organizational success; programs in health have shown increased strength of all physiological systems and reduced need for health care; and programs in rehabilitation have demonstrated transformation to naturally law-abiding behavior.

Thus, in terms of principles, research, and practical benefits, Maharishi has brought to light how the science of consciousness fulfills the aspirations of modern science.

Raja Peter Warburton

**Raja of Invincible Great Britain, Bulgaria, United Arab Emirates,
Zambia, Jordan, Bahamas, Timor Leste, and Palau and
Dr. Deirdre Warburton, Mother of the Domain.**

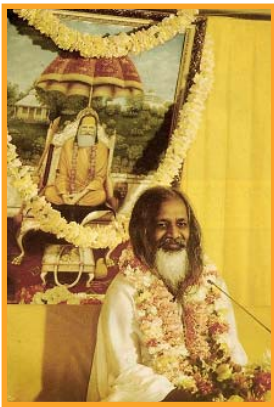
Throughout his life Maharishi always greeted people and always ended conversations with the words "Jai Guru Dev" – hail to Guru Dev, Brahmananda Saraswati, the teacher of the divine, the embodiment of unending bliss and Total Knowledge. Maharishi's very last words on 5 February 2008 were a peaceful "Jai Guru Dev".

On 11 January 2008, in his last major televised public address, Maharishi reflected with his whole world family upon the glorious nature of the achievements of the past 53 years of his Movement in the world, and he said: "You cannot fathom from where it is coming. Eventually you can only say 'Jai Guru Dev'. It is from there that it is happening."

Maharishi has created a beautiful global family, which ultimately embraces all mankind, and naturally fulfils the Vedic injunction: *Vasudhaiva Katumbakam*, “The world is my family.” Together, we will enjoy now and in all generations the total range of Vedic knowledge and programmes that Maharishi has so compassionately made available to us for all fulfilment in life.

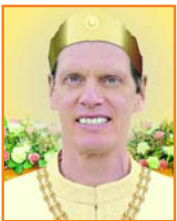
Raja Felix Kägi
Raja of Invincible Switzerland
Raja of Invincible Slovenia, Invincible Serbia,
Invincible Albania, Invincible Liechtenstein,
Invincible Malawi, Invincible Djibouti Dr. Mona Kägi Causemann,
Mother of the Domain of Raja Felix

His Holiness Maharishi Mahesh Yogi
The Founder of the Age of Enlightenment



Steeped in the experience of life being bliss and armed with the knowledge that the purpose of life is the expansion of happiness Maharishi boldly announced at the start of his Spiritual Regeneration Movement ‘I will fill the world with love and create heaven on earth’. After 18 short years of ceaseless activity teaching Total Knowledge around the world Maharishi’s world plan was fulfilled and Maharishi could declare on 12. January 1975 on Lake Lucerne in Switzerland: ‘Through the window of science we see the dawn of the Age of Enlightenment’.

We, the Governors, Sidhas and Meditators of Switzerland, the whole population of Switzerland, feel deeply touched and grateful to Maharishi-ji that he chose Switzerland as his residence for many years. Maharishi, the living expression of the almighty evolutionary force of nature, blessed Switzerland and from here the whole world with his immeasurable grandeur, royal dignity, and authority founded in the totality of the infinite organizing power of natural law. Maharishi silently reshaped the destiny of the world and transformed the quality of time from the age of ignorance to the Age of Enlightenment – from a time of darkness, suffering, and problems to a glorious new civilization for all mankind, Heaven on Earth, Raam Raj.



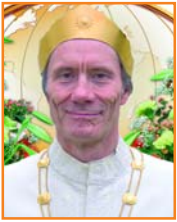
Raja John Konhaus
Raja of Invincible Japan, Invincible Hamsa, Invincible Uzbekistan,
Invincible Egypt, Invincible Kyrgyzstan, Invincible Somalia and
Invincible Chad

His Holiness, Maharishi Mahesh Yogi, with the blessings and guidance of his Master, *Brahmananda Saraswati* has become for us, in this generation, the supreme light of that *Vedic* tradition. For the first time, in our scientific age, Maharishi has given every man the opportunity to dive deep within his own transcendental Self, and to experience and live the ultimate reality.

Maharishi has made the complicated and difficult task of spiritual development, formerly reserved only for a few, into an easy, effortless process available to any sincere seeker of truth. For Maharishi, more than any spiritual teacher in the history of mankind, वसुधैव कुटुम्बकम् *the world is his family*. (*Maha Upanishad* 6.71)

Maharishi is a true teacher of the whole world, the guiding light for every man in every nation, in every generation, for all generations to come. Every one of Maharishi's programs, every teaching, is universally available and applicable to the whole world. Maharishi's supreme goal was to create a world of enlightened individuals and invincible nations, living in peace and harmony, and he has already achieved the foundation of this goal.

To describe and pay tribute to a great teacher of Maharishi's stature is a task beyond human ability. Maharishi's status is truly beyond words; the meaning of his life transcends the human intellect; his true abode is the supreme abode of *Lord Krishna* himself, described as: यतो वाचो निर्वर्तन्ते *that place from which speech returns*. Words can never reach Maharishi's supreme level of enlightenment. Only the language of the transcendent itself, the language of the *Veda*, could be truly capable of offering some small tribute to Maharishi-ji, of coming to his feet in supreme reverence. Maharishi's life in our world among us was the living example of the all merciful, invincible, evolutionary power of nature expressed in: परित्राणाय साधूनां विनाशाय च दुष्कृताम् धर्मसंस्थापनार्थाय संभवामि युगे युगे *To protect the righteous and destroy the wicked, to establish Dharma firmly, I take birth age after age. (Bhagavad-Gita 4.8)*



Raja John Fagan **Raja with Global Responsibility for Food Purity and Safety for Healthy Invincibility**

Maharishi's gifts to the world are fundamentally Absolute, Eternal, Unmanifest. But the signs of these gifts, their expressions, permeate and enrich every fiber of our lives.

The paramount expression of Maharishi's gifts is knowledge based on direct experience. By giving us his perfected technologies of consciousness, most prominently the TM and TM-Sidhi program, Maharishi has given us the tools through which we come to know "that by which all else can be known." Access to this deepest, most profound level of knowledge brings with it very specific knowledge, concretely applicable in distinct areas of life, yet never losing its grounding in the universal.

Here, we celebrate the miracle of Maharishi's gifts in one foundational area of life—our food. Maharishi emphasized again and again that food must be pure, safe and healthy, and he expanded our vision so we could appreciate the supreme value of purity, of safety and of healthiness—the supreme value of food.

Maharishi taught us that purity means Totality, more and more Totality; pure food is Brahm. He taught us that only that which is Total Knowledge-Based, that which is fully in tune with Natural Law, is truly safe. Anything less will inevitably yield some harmful effects.

Maharishi unfolded the supreme value of food in the Vedic expression, "Annam Brahm, raso Vishnur, bhokta devo Maheshvarah." While food is physical, in its essence it is "pure spirituality;" *An is Brahm*, totality. In the process of eating, what is generated is *rasa*, vitality, energy. This is the action principle, dynamism, or *Vishnu*. Who is the *bokta*, the eater? *Siva*, the eternal silence. So *Vishnu*, the commander of the whole Creation, the administrator, feeds silence. Silence eats the fruit, eats *an*, food, the fruit of agriculture, the fruit of the culturing principle. The ultimate reality of food is Divine Totality—Totality, feeding Totality to Totality.



Raja Rogers Badgett **Raja of Invincible Australia, Invincible Estonia, Invincible Barbados, Invincible Morocco, Invincible St. Vincent and the Grenadines, Invincible Tuvalu and Invincible Mauritania**

Maharishi has forever changed the course of all mankind. For those who were fortunate enough to be around him or even meet him for a moment, their lives were uplifted and guided in a wonderful way toward Enlightened

States of Consciousness. Even those who only heard an audio tape or saw a video tape of Maharishi were and are transformed. Like his Master Guru Dev, Maharishi is truly a World Guru and this is our Blessing and the world's Blessing. He is forever in our hearts.



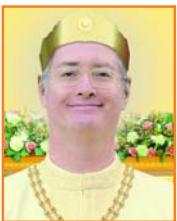
Raja Antonio

Raja of Invincible Spain, Invincible Portugal, Invincible Andorra, Invincible Equatorial Guinea, Invincible Angola, Invincible Mozambique, Invincible Guinea Bissau, Invincible Cape Verde Islands and Invincible Sao Tome and Principe

Every man on earth has received so many blessings, and so supreme gifts, even without knowing it. Even without knowing anything about the Maharishi's knowledge. That is the infinite compassion and the unbounded scope of Maharishi's love for the world. And not only as individuals, but as complete nations and the whole world. *Vasudayva kutum bakam*, We learned this from Maharishi, the world is my family, and not just from the intellectual level, but from the deepest level, where there is no boundaries, to the expressed levels, where there were not also boundaries for the love and care of Maharishi, taking care of every nation, of every human being on earth.

How would be the world without Maharishi's knowledge. I think that it is unthinkable. We are used to have it, and we are used to enjoy its effects.

We all gratitude we say, *Na Guror Adikam, Na Guror Adikam, Na Guror Adikam*. Nothing is greater than the Guru. Nothing is greater than the Guru. Nothing is greater than the Guru. Nothing is greater than the love that Maharishi has given us. Nothing is greater than Maharishi-ji. nothing is greater than Guru Dev.



Raja Tom Stanley

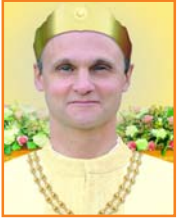
Raja of Invincible Ireland, Invincible Mongolia, Invincible Iceland, Invincible Belize, Invincible Bhutan, Invincible Tajikistan, and Invincible Libya

We are only beginning to know the reach of Maharishi's compassion.

Every individual caught in small circumstances of life, every division among peoples, every conception of life that runs against boundaries—all of fragmented life that we have known in ignorance—Maharishi sweeps aside.

His vision penetrates through all limited creations to grasp the ultimate reality, and carries us back with him to his very heart, to realize our own Divinity. In his compassion he invites us to join him at the pinnacle of life, to breathe the wholeness of life, to live in Brahmi Chetana. He is the complete Guru, as extolled in the scriptures, and he himself embodies scripture in its totality.

Maharishi lived in the real world, one-on-one giving people light and hope. He changed the trends of life in community after community, from violence and negativity, to harmony and positivity. All over the world endless people's lives are blessed at their foundation and in so many ways that they don't even know, without their ever having met him, or conceiving of his kindness and undying grace.



Raja Kingsley Brooks

Raja of Invincible Israel, Invincible South Korea, Invincible Nepal, Invincible Georgia, Invincible North Korea, Invincible Afghanistan, Invincible Marshall Islands, and Invincible Micronesia

Maharishi Mahesh Yogi is the greatest architect and engineer of the world—the architect of Heaven on Earth—the architect for a structure to life that will disallow suffering for each person and bring all joy to everyone. Maharishi spent 50 years creating the most elaborate yet simple, most detailed, and most beautiful blueprint of heaven on earth, and if simply followed, this blueprint will insure liberation for all mankind for generations to come.



Raja Vikramaditya

Charoen-rajapark Raja of Invincible Vedic Siam, Invincible Cambodia, Invincible Laos, Invincible Burma, Invincible Brunei, and Invincible Maldives

If we want to point out some significant manifested events that Maharishi-ji has done for us and our country, we would like to point out that Maharishi-ji has literally saved millions of lives of people in Thailand in the late 1970. In the 1970's, when Vietnam felt under the communist regime, Laos and Cambodia also felt with million of casualties for war victims; some predicted that Thailand could be the next one. But Maharishi-ji very kindly sent hundred of people for Minister Training Course and Teacher Training Course in Thailand, and also opened Sidha Land where hundreds of workers become Sidhas practicing group Yogic Flying. A question was asked to Maharishi-ji why HE was doing this deed to Thailand. And HE replied that it was worth saving the country. Yes, HE saved Thailand and the loss of millions of lives if Thailand had fallen into communism.

Without HIS action we would not know what would happen to Thailand, and where we would be.



Raja Mariano Facipieri

Raja of Invincible Italy, Invincible Ghana, Invincible Madagascar, Invincible Yemen. Invincible Tunisia, Invincible Ivory Coast, Invincible Sierra Leone and Invincible Eritrea and the Mother of the Domain, Patrizia Facipieri

To us His Holiness Maharishi Mahesh Yogi is one of the greatest sages that ever graced the earth with his presence. His achievements go beyond any imagination or any human understanding and they are unprecedented in the known history of mankind.

He was instrumental in the complete revival of Vedic Knowledge which was highly misunderstood and had nearly disappeared. He brought about a total revival of Ved and of all the Vedic disciplines like Yog, Ayur-Ved, Sthapatya Ved, Gandharva Ved, Jyotish and Yagya. He collected all the scattered aspects of Vedic Knowledge and put them into a perfect science of life and he did this not only on a theoretical level, but he formulated practical programs through which this knowledge could be applied to all areas of human life like Education, Health, Architecture, Agriculture, Defence, etc. in order to improve life of the people all over the world.

Only future generations will be able to really understand the greatness of His achievements. We feel deeply humble and at the same time extremely fortunate to have been able to serve Him in whatever small way we were capable of and we pledge in our heart to do our best.



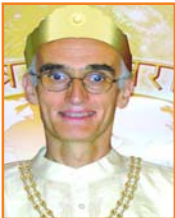
Raja Bruce Plaut

Raja of Invincible Sweden, Invincible Ethiopia, Invincible Nigeria, Invincible Tanzania, Invincible Seychelles, Invincible Samoa, and Invincible Swaziland

We write this tribute directly to Maharishi because we find Maharishi in every point of creation.

While we can mark the time when Maharishi first came to bless the world, there is no end to His achievements and no words great enough to express the Reality of the Greatest of all the Supreme Masters of the Vedic Tradition in any generation.

Maharishi lived what He spoke. While all the great Vedic Literature describes Ananda, bliss, Maharishi invincibly exuded bliss with such fullness that just coming into that refined atmosphere one felt all the happiness in the world as one's own. Even a second of His attention was so transforming and fulfilling, like the sun illumining life from within.



Raja Graham de Freitas

Raja of Invincible Norway, Invincible Trinidad and Tobago, Invincible Uganda, Invincible Grenada, Invincible Botswana, Invincible Togo, Invincible Benin, and Invincible Mali

His Holiness Maharishi Mahesh Yogi will be remembered as the most influential man in all of recorded history.

In his long and famous life in the world Maharishi Ji has been a paragon of enlightenment, compassion, devotion, wisdom, intelligence, energy and humility working tirelessly toward his supreme vision of human potential in education, health, architecture, agriculture, administration, management and environment on the basis of his deep identity with Total Natural Law. In all these areas he has had no peer. But he will always be remembered in future eras as the man who completely changed the course of human history from suffering and conflict to happiness and peace.



Raja Bjarne S. Landsfeldt

Raja of Invincible Denmark, Invincible Russia, Invincible Czech Republic, Invincible Slovakia, Invincible Bosnia and Herzegovina, Invincible Malta, and Invincible Turkmenistan

Thinking of the contributions of Maharishi to Denmark and the population of Denmark I will have to say that they are infinitely great, impacting the lives of all the people. Maharishi started his Movement in Denmark 48 years ago in December 1960 and since then so many blessings have come to us through Maharishi's loving and compassionate attention through all these years.

Maharishi's divine guidance continues for all our future to lead and show the way for us. The whole thing is very well and perfectly organized by Maharishi, we cannot escape our duty and we will experience that the maximum bliss of our lives is automatic when we just follow the instructions of our dear Master.



Raja Willem Meijles
Raja of Invincible Netherlands, Invincible Indonesia,
Invincible Poland, Invincible Surinam, Invincible Lithuania,
Invincible Namibia, Invincible Qatar and Invincible Antigua

Maharishi's life was one great example of blissful service and gratefulness, offered as reverent homage to His and our beloved Guru, Guru Dev, who guides and inspires from the innermost core of Being, who is everywhere: As the Vedic text quotes: *"The entire universe is 'Guru Svarupa', an image of Guru or God"*.

We are so grateful that this greatest seer in more than ten thousand years choose to live in our country. From the heights of the Himalayas to the level of the plains and below. Maharishi, You reside and forever will reside in the hearts of all Your people in the Netherlands.

Maharishi once said: *"Holland is the only country whose name has great resemblance to wholeness of life. Wholeness to be given to all the people in the world, should be primarily be the work of 'Hollanders'. The real perspective of Holland is: people who know the art of living wholeness of life."* And more recently He mentioned to me that Dutch people are *"simple, sincere and serene"*.



Maj. Gen. Kulwant Singh
UYSM, Retd. Minister of Defence Global
Country of World Peace

Blessed souls like Maharishi Mahesh Yogi Ji take birth once in a blue moon. Maharishi Ji spent 12 years at the lotus feet of his Gurudev; grasping the essence of the sacred Vedas. Maharishi Ji revived the Vedic traditions, which were almost lost after a thousand years of foreign rule. A man with a humble background, he conquered the world with his total dedication and immense knowledge of the ancient Indian Vedic traditions. Maharishi Ji was a great teacher. He left India to spread and teach Vedic culture in the world.

He deeply understood and preached that 'Prevention' remains the key to solve many unwanted problems. Even violence and war could be prevented, in fact, totally eradicated by creating coherence in the collective consciousness in the society. He proved it many times over that advanced practice of TM – TM Siddhi and Yogic Flying, most definitely brings positively tendencies and reduces negativity in the entire environment.

Maharishi Ji's contribution towards achieving world peace, elevation of poverty and spreading the knowledge of Ancient Vedic practices globally is simply unmatched.

Just a month before he died, he retired from his work and said, "Invincibility is irreversibly established in the world. My work is done." We salute this great son of India whose achievements will remain unparalleled and unique.



Dr. Benjamin Feldman
Finance Minister
Global Country of World Peace

What Maharishiji has given to the world is unfathomable. No amount of words and no level of description will be able to reach the feet of Guru Dev's blessings in the same way that our own being can, in our becoming that level that is universal and unbounded, omnipresent and transcendental. By being in the light of God on Earth, we can truly come close to basking in the blessings that Maharishi ji has given us.

And this is a great comfort to all of us because it means that right in our Selves we can find the greatest expression of Maharishi's blessings. All of us who have been fortunate to hear Maharishi's words, to enjoy Maharishi's direction, planning, and thinking, know that everything he did was ultimately to remind us of that reality of the Self, of that glory of Guru Dev's blessings that is most intimate to every single human being in the world. And from there what has emerged is in one phrase, administration through silence.



Dr. Volker Schanbacher

Minister of Education of the Global Country of World Peace
President—Maharishi University of World Peace,
Quantum Physicist

On behalf of all the educators in the world I would like to express our deepest appreciation to Maharishi's historic, unprecedented achievements in the field of Education. The achievements of Maharishiji are beyond description and we can only start to comprehend its vast implications to the future destiny of our world.

Maharishi truly can be called the greatest teacher in the world, the greatest master of the world, or in Vedic Terms a Jagadguru of supreme greatness, who is continuing to teach even today to the world through the large numbers of teachers that he has created and through countless video-taped lectures that he has given to us.

Maharishi has taught us the practical programmes to eliminate suffering in the world, how to create an ideal society, world peace, and heaven on earth. This certainly shows Maharishi to be the greatest educator who the world has ever witnessed.



Dr. Chris Crowell

Minister of Religion and Culture of the
Global Country of World Peace
International Director, World Federation of Traditional Kings

In the 50 years since His Holiness Maharishi Mahesh Yogi first launched his global Spiritual Regeneration Movement, he has brought supreme fulfillment to human destiny by laying the foundation for Heaven on Earth in every generation. This precious gift, lovingly bestowed upon our world family, answers the aspiration of every person of every culture and religion to achieve the highest goal of life—the realization of God and the ability to spontaneously enjoy the perfection of God's creation in all fields of activity.

Maharishi has shown us, in the scientific language of our age, that all creation is the display of unity rising in waves of diversity—each wave expressing greater and greater creativity, intelligence and wholeness in the dynamic interaction of point and infinity. This impulse to evolve is profoundly embodied in the human personality and is the basis of all of the great religious and cultural traditions of the world that support humanity on the path to fullness of life.



Dr. Eike Hartmann
Minister of Architecture
Global Country of World Peace

Maharishi Ji completely revived in its fullness the lost and scattered knowledge of Vastu Vidya and Sthapatya Veda from the ancient Vedic Literature, based it on Total Natural Law, and then formulated his Master Plan to Create Heaven on Earth with a global program to rebuild every village, town and city and every country with a

new infrastructure of roads and highways and railway lines in the east/West and North/South direction connecting every country with every other country.

Every home would thus be a 'Fortune-Creating Building' which is properly oriented and automatically east facing—the direction of the rising sun—to harness maximum support of Natural Law for perfect health, happiness and wisdom of everyone.

Now, with Maharishi Ji's blessings, Vastu has become a household word in many countries and millions of people are enjoying the benefits of ancient Vedic Architecture in Harmony with Natural Law—Maharishi Sthapatya Veda—in private, public, commercial and educational buildings.

Maharishi's insights and contributions to the field Vastu Vidya of Sthapatya Veda are so enormous, so huge, so far beyond verbal description that it might take several generations to grasp the full meaning of Maharishi's statement: "The range of Sthapatya Veda is beyond human comprehension."

In the recorded history of mankind there has never been and never will be a sage of greater compassion, love and wisdom to embrace the lives of absolutely every person on earth establishing not only ideal thoughts but an actual functioning system of administration to implement Vedic knowledge, Total Knowledge and Enlightenment for every Individual and Invincibility for every nation—stabilizing real Ram Raj on the ground for all times to come.



Dr. Rainer Picha
Minister of Health
Global Country of World Peace

On behalf of all doctors and health professionals and all those who are engaged in improving the health care on this planet I thank Maharishi-ji for His invaluable gift of the creation of a disease free, healthy, enlightened world.

The essence of Maharishi's Vedic Approach to Health is to promote enlightenment—the state in which the body and mind, all thought and action, are spontaneously in accord with Natural Law—a state of total brain functioning. There is a Vedic principle that Maharishi liked to use for describing the path to perfect health—*Rite gyananna mukti*—there is no freedom from suffering without enlightenment.



Dr. Peter Swan,
Minister of Communication of World Peace

When Maharishi-ji came out from Uttar Kashi, the Valley of the Saints, Himalayas, to begin his work, the world was in the grip of darkest ignorance, disease, poverty, conflicts and war. Fifty years later he had transformed the destiny of the world to an irreversible rising good fortune in every area of life.

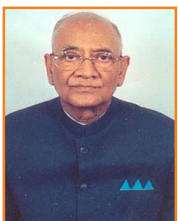
This achievement of reversing the very nature of time itself from Kali Yuga to dawning Sat Yuga is unparalleled in the long history of humanity, and Maharishi did it as a Cosmic play. We who witnessed it experienced Maharishi to be living totality, his inner, infinite, blissful silence never stirred by any outer waves of activity. The Upanishads say 'The knower of Brahm becomes Brahm'. Brahm is the Totality that is greater than diversity and unity together. It is the Great, and every word and gesture of Maharishi was the activity of the Great, Totality.



नवल किशोर शर्मा राज्यपाल, गुजरात

पूज्य महर्षि महेश योगी जी की गिनती महान संत पुरुष के रूप में की जाती है मेरा भी महर्षि महेश योगी जी से विशेष स्नेह था। उनके ज्ञान एवं उपदेशों से लोगों का आध्यात्मिक उत्थान हुआ है। महर्षि महेश योगी जी को मैंने निकट से देखा है। वह अपने आप में अप्रतिम मूर्ति थे। उनके विशद ज्ञान का लाभ हमारे समाज को उपलब्ध हुआ है। जिसका वर्णन नहीं किया जा सकता है। उनके ज्ञान से कई व्यक्तियों ने अपना जीवन सफल बनाया है। उन्होंने अपने जीवन को समाज के उत्थान एवं प्रगति के उच्च शिखर पर पहुंचाने में जीवन भर प्रयत्न किया है। ईश्वरीय ज्ञान प्राप्ति के साथ साथ मानवता, करुणा एवं मानव सेवा के लिए महर्षि जी सदैव याद किये जाते रहेंगे। महर्षि जी त्याग और करुणा की मूर्ति थे।

महर्षि महेश योगी जी कहा करते थे समाज में चारों ओर भय, आतंक व अशान्ति व्याप्त है। समाज में विभिन्न धर्म व सम्प्रदाय के लोग रहते हैं। जहां अनेक संस्कृतियां, परम्पराएं व मान्यताएं प्रचलित हैं जो व्यक्ति के चिंतन को, उसकी जीवन शैली को, जीवन की दिशा एवं उद्देश्य को प्रभावित करती है। लोगों में परस्पर मतभेद तो होंगे, लेकिन हर मतावलम्बी को न्यूनतम समसिद्धांतों के आधार पर समन्वय व एकता लाने का प्रयास करना चाहिए।



Dinesh Nandan Sahaya Governor of Tripura

भारत आध्यात्मिक रूप से बहुआयामी देश है। महर्षि महेश योगी जी भी भारत माता के आध्यात्मिक संतान थे जिन्होंने अपना सारा जीवन भारतवर्ष एवं सम्पूर्ण विश्व के निवासियों में ध्यान-योग के प्रसार-प्रचार के लिए अर्पित किया था। रायपुर में जन्मे महर्षि ने हिमालय की उपत्यकाओं में ज्ञान-ध्यान अर्जन किया। संयुक्त राज्य अमेरिका, इंग्लैण्ड, मैक्सिको, चीन, हालैण्ड आदि देशों में भी उनके अनुयायी प्रचुर संख्या में हैं।



डा० बलराम जाखड़ राज्यपाल, मध्यप्रदेश

महर्षि महेश योगी जी ने विश्व को आध्यात्मिक चेतना प्रदान की और जीवन पर्यन्त विश्व-शांति को अक्षुण्ण बनाये रखने के लिए प्रयासरत रहे।



प्रेम कुमार धूमल मुख्य मन्त्री

महर्षि महेश योगी जी एक युग पुरुष थे, जिन्होंने अपने विचारों और आदर्शों से समूचे विश्व को प्रभावित किया और मानव कल्याण की अनेकों गतिविधियों के माध्यम से सम्पूर्ण मानव जाति पर उपकार किया। मैं महर्षि महेश योगी जी को सादर नमन करता हूँ और उन्हें अपनी भावभीनी श्रद्धांजलि अर्पित करता हूँ।

योगी जी ने विश्व शान्ति आन्दोलन एवं आध्यात्मिक पुनरुत्थान करने में विश्व को जो मार्ग दर्शाया है वह हमेशा के लिए उन्हें उनके अनुयायियों तथा आम जनमानस के बीच उनकी उपस्थिति का एहसास करवाता रहेगा। योगी जी जिस उद्देश्य से इस पृथ्वी पर अवतरित हुए थे उसे सफलतापूर्वक पूरा कर ब्रह्मांड में विलीन हो गए। समूची मानवजाति उनके उपकारों के लिए पीढ़ियों तक ऋणी रहेगी और उनके दर्शाए मार्ग पर चलकर अपने जीवन को सफल बनाते रहेंगे। योगी जी के प्रति हमारी सच्ची श्रद्धांजलि यही होगी कि समाज का हर व्यक्ति उनके विचारों तथा संदेश को जन-जन तक पहुँचाए ताकि कोई भी व्यक्ति उनके आशीर्वाद से अछूता न रह पाए।



नरेन्द्र मोदी मुख्यमंत्री, गुजरात राज्य

समाज में कई लोग ऐसे होते हैं, जो अपने जीवन और कार्यों के द्वारा समाज को कुछ अनूठा प्रदान कर जाते हैं और समाज के लिये प्रेरक एवं मार्गदर्शक बन जाते हैं।



Dr. Y.S. RAJASEKHARA REDDY Ex. CHIEF MINISTER ANDHRA PRADESH

Maharishi Mahesh Yogi is widely regarded as the foremost scientist in the field of consciousness, and is considered one of the greatest teachers in the world. His Transcendental Meditation technique to promote ideal education through the development consciousness is the most widely practised and extensively researched program of self-development in the world.

On this solemn occasion, I pay my tributes to Maharishi Mahesh Yogi Ji



अशोक सिंहल अंतर्राष्ट्रीय अध्यक्ष, विश्व हिन्दू परिषद्

पूज्य महर्षि के द्वारा संचालित वेद एवं ब्रह्म विद्याओं के अध्ययन का कार्य हमारी प्राचीन धरोहर की पुनर्स्थापना है। अपनी ब्रह्म विद्याओं और योग साधना के सम्बन्ध में जो उन्होंने ने कार्य किया है वह स्वर्णाक्षरों में लिखा जायेगा। उनके

चले जाने से अध्यात्म जगत का एक शीर्षस्थ पुरुष हमारे बीच से चला गया। उन्होंने शरीर छोड़ने के पूर्व जो व्यवस्थाएँ बनायी हैं वे व्यवस्थाएँ आगे बढ़ती रहें तथा विश्व के काने-कोने में उन्होंने अनेक श्रेष्ठ संचालको एवं लाखों भक्तों को जो अध्यात्म की दिशा दी है, वे उसी दिशा में बढ़ते रहें। इसी मनोभावना के साथ मैं पूज्य महर्षि के प्रति अपनी श्रद्धांजलि इस पत्रिका के माध्यम से व्यक्त करता हूँ।



डॉ० मुरली मनोहर जोशी संसद सदस्य (राज्य सभा)

पूज्यपाद महर्षि महेश योगी जी भारतीय आध्यात्मिक परम्परा के अनन्य उपासक एवं अध्यात्म विद्या के अप्रतिम साधक थे। उन्होंने विश्व भर में योग एवं ब्रह्मविद्या का प्रचार तथा वैदिक ज्ञान का अद्भुत प्रचार किया तथा इन विधाओं की शक्ति का परिचय भी कराया। मैं उनके आशीर्वाद की कृपा पाता रहा और उनके सान्निध्य से बहुत कुछ सीखा। उनका व्यक्तित्व, कर्तव्य एवं ज्ञान विश्व भर में चिरकाल तक प्रेरणादायी बना रहेगा।

“ महर्षि स्वयं में एक संस्था थे। वैज्ञानिक एवं आध्यात्मिक सोच के आधार पर वैश्विक स्तर पर उन्होंने वेदों को पुनर्प्रतिष्ठित किया। उन्होंने लोक कल्याण के लिए लोकतंत्र की जो परिकल्पना की, उसमें भारतीय संस्कृति के सूत्र निहित हैं। वह वैदिक संस्कृति के संवाहक थे। ”

सुबोधकांत सहाय—खाद्य प्रसंस्करण मंत्री, भारत सरकार

“महर्षि महामानव थे। उन्होंने विश्व भर में वेदों का जितना प्रचार-प्रसार किया, उनसे पहले किसी संत ने ऐसा नहीं किया था। भावातीत ध्यान और वेद विज्ञान का सूत्र देकर उन्होंने विश्व शांति की कामना की थी ताकि अपराध कम हों, प्रशासनिक व्यवस्था बनी रहे।”

अशोक सिंहल—अंतर्राष्ट्रीय अध्यक्ष, विश्व हिन्दू परिषद

“हिन्दू धर्म, संस्कृति तथा तत्वज्ञान की शाश्वत सत्यता, सामयिक आवश्यकता और सर्वकालिक उपयोगिता को उसके वैश्विक रूप में महर्षि ने भावातीत ध्यान के माध्यम से प्रस्तुत किया। उनके पार्थिव देह विसर्जन के बाद भी उनके द्वारा पथ तथा पाथेय प्रदान होता रहेगा। ”

मोहन भागवत—सहकार्यवाहक, राष्ट्रीय स्वयंसेवक संघ

“महर्षि आधुनिक युग में भारत की प्राचीन ऋषि परंपरा के प्रतीक पुरुषों में से एक थे, जिन्होंने अखिल विश्व में भारतीय संस्कृति और वैदिक वांग्मय के श्रेष्ठतम मूल्यों को स्थापित किया। उन्होंने ऐसे कार्य किए हैं जो आने वाले समय में विश्व के लिए युग प्रवर्तक सिद्ध होंगे।”

राजनाथ सिंह—अध्यक्ष, भारतीय जनता पार्टी

“महर्षि वेद के आधार पर वैश्विक प्रशासन चलाना चाहते थे। इसलिए उन्होंने दुनिया भर के लोगों को वेद आधारित शिक्षा और भावातीत ध्यान से जीवन जीने की कला सिखाई। उनके बताए कार्यक्रमों पर चलकर आर्थिक सम्पन्नता हासिल की जा सकती है। ”

केशरी नाथ त्रिपाठी—पूर्व प्रदेश भाजपा अध्यक्ष

“महर्षि जी भारतवर्ष के अद्वितीय संत थे, उनके विचारों को हम आत्मसात करें।”

अजय विश्नोई—स्वास्थ्य मंत्री, मध्यप्रदेश

“भारत का हर शिशु संस्कृति समझे”

“महर्षि जी ने अपने गुरु शंकराचार्य ब्रह्मानंद जी के आशीर्वाद से भावातीत ध्यान को पूरे विश्व में पहुंचाया। इसका उदाहरण है कि विश्व के 82 देशों के उनके शिष्य जबलपुर पहुंचे हैं। महर्षि जी ने विद्यालयों की स्थापना कर पश्चिमी संस्कृति पर रोक लगाकर भारतीय संस्कृति को अक्षुण्ण बनाए रखने का प्रयास संभव हुआ है। गिरीश जी ने प्रार्थना की कि इसका और विस्तार करें, ताकि भारत का हर शिशु भारतीय संस्कृति को समझे व उसका अनुसरण करे”।

ईश्वरदास रोहाणी—विधानसभा अध्यक्ष, मध्यप्रदेश

“भारतीय ज्ञान प्राचीन”

“महर्षि जी ने पवित्र धरा में जन्म लिया और पूरी दुनिया में वैदिक ज्ञान और भारतीय योग से परिचित कराया। उन्होंने अत्यंत विकसित पाश्चात्य देशों को यह मानने मजबूर कर दिया कि भारतीय ज्ञान ही प्राचीन है और पूरी मानव जाति का कल्याण हो सकता है। आज महर्षि जी हमारे बीच नहीं हैं, लेकिन सभी का ये दायित्व है कि उनके महान संकल्प की पूर्ति में सभी योगदान दें”।

राकेश सिंह—सांसद, जबलपुर, मध्यप्रदेश

“भागीरथी प्रयास”

“भारतीय संस्कृति को विदेशों में परिचित कराना महर्षि जी का भागीरथी प्रयास था। बच्चों को वैदिक ज्ञान के बारे में बताना अभिनव कार्य है। हम उनका अनुसरण कर संस्कृति को बनाए रखने में सफल हो सकते हैं”।

अरविन्द मेनन, सह संगठन मंत्री भाजपा म.प्र

Ashey Deans, Ph.D**Global Ambassador of Consciousness Based Education and Deputy Minister of Education, Global Country of World Peace**

Fifty years ago there was no concept that a student could know everything, that a student could have all knowledge. Maharishi has really turned the old principles upside down and introduced new principles. Now any child who is enjoying a Consciousness Based Education can dive within his own consciousness during the Transcendental Meditation and TM Sidhi Program and really enjoy the fruit of all knowledge: to be able to know anything, do anything and accomplish anything. This is the incredible contribution that Maharishi has made to education. He has changed education from a struggle that was stressful and difficult, to something that is a joy, a system that opens the door of enlightenment to every student. His system of Consciousness Based Education allows the students, while they are still in college or in school, to contribute to the invincibility of the nation. This is really unprecedented in recorded human history - that the students of the world, through their own simple experience of pure consciousness, create invincibility for their nation.

Budhacharan B.**National Director of Invincible Thailand**

For those of you who are fortunate to have a spiritual Master in this life time, you will be able to relate to my expressions and sentiments, as you yourselves know the value of having a true enlightened Saint helping you with spiritual development. Since Maharishi Mahesh Yogi is the Master to many of us, I wish to pay special tribute to his Life of love, compassion, service and unceasing care and dedication to uplift humanity to higher states of consciousness and World Peace. “I will fill the world with LOVE and create Heaven on Earth.”

Maharishi-Ji felt strongly to maintain the precious culture and tradition of each country. He felt that Transcendental Meditation was universal and that anyone from every culture could use meditation as a means to realize the highest ideal of his own faith or culture. I think His efforts to create higher consciousness and

world peace have enabled our world to continue to exist and progress. His efforts were instrumental in preserving world peace and in reducing destructive tendencies. In reality we all owe our continued existence first and foremost to the efforts of Maharishi as well as the efforts of all the other great Saints on this planet to raise consciousness in order to avert disasters.

With Maharishi now merged in the Unity of Divine Consciousness He is accessible to us in our deepest connection with our innermost Self. The essence of what Maharishi was doing was to express increasing perfection in personal life as well as sharing that with the environment. Each of us has a different role to play but the process is the same—which is gaining increasing attunement with the Source of Creation, the Infinite Intelligence, the light of God and then living that in our daily lives. I thank Maharishi for providing an example of living life in the Light of God and a life of service to God and Humanity in selflessness. Indeed many years ago I heard Maharishi say: "I surrendered my individuality long ago." That individuality Maharishi had surrendered to the feet of Divine Consciousness embodied in His own teacher whom he called Guru Dev. So in tribute to Maharishi I'd also like to say JAI GURU DEV! "Hail the Divine Teacher!" NA GUROR ADHIKAM, NA GUROR ADHIKAM, NA GUROR ADHIKAM. There is nothing greater than the Guru, there is nothing greater than the Guru, there is nothing greater than the Guru.



अजय प्रकाश

महर्षि जी के संकल्पों को पूरा करना ही हमारी सच्ची गुरुदक्षिणा

यह मेरा सौभाग्य रहा है कि मैं इसके माध्यम से अपने गुरुदेव महर्षि जी तथा उनसे प्राप्त ज्ञान के प्रति अपनी कृतज्ञता व्यक्त करता आ रहा हूँ। किन्तु अब जब कि वे हमारे लिए दैहिक रूप से चाक्षुष नहीं हैं, शाब्दिक कृतज्ञता व्यक्त कर देने भर से मन को शान्ति नहीं मिल पा रही है। महर्षि जी ने हमें जीवन में दो चीजें सिखाई हैं। पहली, वैदिक वाङ्मय के सभी क्षेत्रों का मर्म स्पष्ट करने के साथ भावातीत ध्यान और भावातीत ध्यान सिद्धि कार्यक्रम की सर्वसमर्थ युक्ति का प्रकाशन और दूसरी यह कि गुरु को यदि सचमुच दक्षिणा देनी है, तो उनके संकल्पों और सपनों को साकार करो।

महर्षि जी की यौगिक चेतना के विकास पर आधारित शिक्षा की प्रणाली के नए संस्थानों के खुलते रहने और वहां की शिक्षणचर्या में सामूहिक रूप से यौगिक फ्लाइंग का नियमित अभ्यास होने से सामूहिक चेतना में सतोगुण का प्रभाव गाढ़ा होगा। इसका लाभ हमें लौकिक जीवन में पूर्णता लाने के साथ सतयुग के दूसरे पहिए यज्ञ के लिए अनुकूल वातावरण तैयार करने में भी मिलेगा। देश के ब्रह्मस्थान करौंदी के अलावा गांव-गांव में चल रहा वैदिकों के प्रशिक्षण का कार्यक्रम सफल होगा और देश दुनिया के लिए 'हेयम् दुखम् अनागतम्' को चरितार्थ करने वाले यज्ञानुष्ठानों को संपादित करने वाले यौगिक चेतनावान याज्ञिकों की कमी नहीं रहेगी।

विश्व में सतयुग का, विश्वव्यापी रामराज्य का सूर्य चमकता रहे, इसके लिए महर्षि जी ने हमें अमोघ विद्या ही नहीं उसे सफलतापूर्वक लागू करने का सांगठनिक ढाँचा भी तैयार करके दिया है। हम यदि भोलेभाव और ईमानदारी से केवल उस पर ही अमल करते रहें, तो इसमें दो राय नहीं कि जीवन को वैयक्तिक और सामाजिक, दोनों स्तरों पर संवार सकेंगे। **महर्षि महेश योगी विजयन्तेतराम्।**

"जय गुरुदेव"



प्रो० भुवनेश शर्मा
कुलपति
महर्षि महेश योगी वैदिक विश्वविद्यालय

परम् पूज्य ब्रह्मलीन महर्षि महेश योगी जी ने इस कलिकाल के गहन अज्ञानरूपी अंधकार में दिव्य ज्ञान की वह ज्योति जलाई है जो मानव जाति को सदैव पूर्ण ज्ञान प्रदान कर प्रकृति पोषित आदर्श जीवन में संस्कारित कराकर धर्म अर्थ काम मोक्ष की प्राप्त कराती रहेगी। काल के प्रभाव से जो पूर्ण वैदिक सनातन ज्ञान लुप्त प्रायः हो गया था उसे पूज्य महर्षि जी ने सम्पूर्ण विश्व में जाग्रत कर, पूर्ण वैज्ञानिक आधार प्रदान कर पुनर्स्थापित किया है।



प्रो. वी. पी. कनौजिया
कुलपति
चन्द्रशेखर आजाद कृषि एवं
प्रौद्योगिक विश्वविद्यालय कानपुर

महर्षि जी के अध्यात्म एवं शिक्षा के क्षेत्र में देश में ही नहीं वरन् विदेशों में भी शिक्षण संस्थाओं, विश्वविद्यालयों आदि की स्थापना की गई है जिसके द्वारा भारत वर्ष के बच्चों एवं युवकों को अच्छी शिक्षा एवं संस्कार का वातावरण बना। साथ ही विदेशों में भी शिक्षण संस्थाओं एवं विश्वविद्यालयों की स्थापना कर भारतीय शान्ति मिशन, आध्यात्म एवं शिक्षा का परचम स्थापित किया जिसके द्वारा वर्तमान एवं भावी पीढ़ी के बच्चे अच्छी शिक्षा ग्रहण कर रहे हैं।

भूपाल सिंह
कुलपति
बरकतउल्ला विश्वविद्यालय होशंगाबाद रोड, भोपाल

महर्षि महेश योगी जी के व्यक्तिगत अनुभव एवं उनके द्वारा विश्व व्यापी आध्यात्मिक आन्दोलनों से विश्व शांति के विषय को एक सबल वैचारिक आधार मिला।



डॉ. लक्ष्मण चतुर्वेदी
कुलपति, पं. रविशंकर शुक्ल विश्वविद्यालय रायपुर

महर्षि महेश योगी ने भावातीत ध्यान की चरितार्थता से भारत ही नहीं, विश्व के विभिन्न देशों के प्रबुद्ध अनुयायियों की एक सुदीर्घ श्रृंखला का निर्माण किया, जो निरंतर विकासमान है। अपने जीवन-काल में उन्होंने मन-वचन-कर्म में जो सामंजस्य स्थापित किया, वह सर्वथा अनुकरणीय है, जिस में उन्होंने आध्यात्म को योग के द्वारा वास्तविक धरातल पर अनुभूत कराने में सफलता पाई।

महर्षि जी ने विश्व-शांति की स्थापना में योग की वास्तविक भूमिका को अनेकशः रेखांकित किया, क्योंकि योग के अभाव में ही मानव-मन विचलित अथवा विकृत होता है। उन्होंने "गीता" की उक्ति "योगः कर्मसु कौशलम्"

को भूरिशः चरितार्थ किया और अपने अनुयायियों को भी उसी भावभूमि में प्रतिष्ठित करने की सच्चेष्टा की। उन के द्वारा स्थापित शिक्षा—संस्थानों में भारतीय संस्कृति को आधार मानकर जो शिक्षा—पद्धति अपनाई जाती है, वह निस्संदेह सफलदायी है। वे सच्चे अर्थों में ज्ञानयोगी, कर्मयोगी, और भावयोगी के आलौकिक समन्वय कहे जा सकते हैं।

Firdous A. Wani
EX-Registrar
University of Allahabad

Maharishi Mahesh Yogi was the student of Physics of my University -University of Allahabad. In 1941, he became 'Sachiv' of **Swami Brahmanand Saraswati**, who named him '**Bal Brahmchari Mahesh**'. Here, the spiritual journey of **Maharishi Mahesh Yogi** began, for spiritual upliftment of the human society. He unfolded the Vedic Science, the basis of modern Science such as human physiology, embryology, mathematics, or any branch of Science. He introduced to the world the **unified field of the laws of nature**. He established schools, colleges and other institutions of higher learning for the **success, creativity, efficiency** and **happiness** of humanity. His vision of total knowledge has been scientifically proved. The benefits for man are in every area of life, including enlightenment of mind, improvement in health, smooth social behaviour and creation of world peace. **Maharishi's Transcendental Meditation** and **TM Sidhi Programs** are being practiced globally by thousands and thousands of human beings, not only for optimizing brain functioning, increase intelligence, unfolding the latent reserves of brain and getting rid of stress, but also achieving personal and world peace.

The force of destruction in the world was to be destroyed by the rising wave of life - as rightly said by **Maharishi Ji** - and the wave of life is rising day-by-day to destroy the force of destruction.



Dr. Robert Keith Wallace
Founding President, Trustee and Professor of Physiology

The greatness of His Holiness Maharishi Mahesh Yogi and his contribution to the world is beyond description—he transformed the destiny of humanity from suffering and darkness to the dawning age of enlightenment. Maharishi is the greatest saint, scientist, and teacher of pure knowledge in the long history of mankind. For millennia to come he will be recognized and appreciated for compassionately guiding the world through this precarious transition from the threat of global annihilation to the realization of Heaven on Earth.

Maharishi set a beautiful example for all of us. He began as one man alone, prepared to give the technique of gaining enlightenment to every person in the world, always offering credit for this timeless knowledge to his own teacher, Guru Dev, Swami Brahmananda Saraswati, Shankaracharya of Jyotir Math, the most renowned contemporary saint of India's Vedic Tradition.



Dr. Susie Dillbeck
**President of the International Foundation of
 Consciousness-Based Education and Mother of the
 Domain of Invincible France, Latvia, Algeria, Mauritius, Fiji, Tonga,
 Cameroon, and Congo Global Country of World Peace**

Maharishi not only espoused the most profound and useful principles of education; he was the ideal educator. Fully awake in the total value of all the laws of nature, Maharishi spontaneously knew how to raise anyone and any nation to the next level of knowledge, achievement, and fulfillment. Maharishi embodied his description of ideal teachers: they never stop loving, and they never stop guiding. No matter what assignment Maharishi gave, he was loving and guiding us all toward Self-realization.

Maharishi said once, “I am to you what you are to yourself;” one’s world is as one is. I was not able to perceive Maharishi’s infinite status; but I basked in the perfection of his knowledge as I understood and experienced it.

Maharishi bestowed supreme knowledge on all of us who came to him; and through his influence in the world, on all who never knew him. He gave me marvelous work to do, and a beautiful community to work with. He blessed my family, and brought wave after wave of bliss, joy, and love through his sublime presence.

Thanks will never be enough. But the rest of my life will be guided by this aspiration:

“Thy gift, my Lord, I return to thee.”



Craig Pearson, Ph.D.
Executive Vice-President
Maharishi University of Management
Fairfield, Iowa USA

We at Maharishi University of Management honor His Holiness Maharishi Mahesh Yogi as the towering, legendary sage of the eternal Vedic Tradition of India who, through his life-long service to his glorious master, His Divinity Brahmananda Saraswati, transformed Kali Yuga to Sat Yuga, reversing the direction of time and setting the world on a path toward enlightenment for every individual, invincibility for every nation, and perpetual peace for the world family.

We honor Maharishi for his tireless service to humanity, over a period of more than 50 years, to eliminate suffering from the world and create an age of perfect health and happiness, prosperity and unrestricted progress, an age in which the natural fullness of life is lived by every individual and by the world as a whole — an age in which everyone spontaneously feels *I am living in Heaven*.

We honor Maharishi for the example he gave to the world of compassion, love, and service to his fellow human beings, to the generous and enlightened attention he gave personally to tens of thousands of people, and to the legacy of knowledge and enlightenment, invincibility and peace he left to his world family.

May Heaven reign on earth, and may our world family enjoy enlightenment and invincibility, prosperity and peace, generation after generation.



Dr. David Lynch

World Renowned Film Producer

His Holiness Maharishi Mahesh Yogi says, “Come on, here is the call for peace and joy for you whatever are your circumstances, rich or poor, if you are not in peace and if you want peace and happiness, come on with faith and you will have it. Here is the message of hope for you. Here is the divine call of rescue for you. Peace and joy of living await you. Do not reject it. Come on and have it.

The sun of Guru Deva’s blessings is now up on the horizon. Wake up from the deep slumber of apathy and agony and enjoy all glories of life material and divine.”

Maharishi brings supreme enlightenment. Maharishi brings real peace on earth.

A heart filled with thankfulness to you dear Maharishi.



डॉ. प्रकाश जोशी

उपाध्यक्ष

महर्षि शिक्षा संस्थान, भारत

हमारा देश ऋषि—महर्षियों का देश है। अनेक महापुरुषों ने यहाँ जन्म लेकर इस धरती को धन्य किया हैं। विश्व के अन्य देश जब अज्ञान के अंधकार में भटक रहे थे, वैदिक—ज्ञान की ज्योति अपनी पराकाष्ठा पर हमारे देश को दीप्तिमान कर रही थी। इसी ज्ञान के बल पर भारत को विश्व—गुरु होने का गौरव प्राप्त था। काल चक्र के चलते हमारा यह ज्ञान धूमिल होता चला गया। इतिहास साक्षी है जब—जब ज्ञान की हानि हुई है, महापुरुषों ने उसके पुनरुत्थान के लिये इस धरती पर जन्म लिया है।

ऐसे ही महापुरुषों में पूज्य महर्षि महेश योगी जी का विशिष्ट स्थान है। वर्तमान समय में वैदिक ज्ञान की ज्योति को पुनर्ज्वलित कर विश्व के कोने—कोने को उसके प्रकाश से आलोकित करने का जो महान कार्य उन्होंने किया वह सर्वथा अद्वितीय है। उन्होंने भारतीय वैदिक ज्ञान व पश्चिमी विज्ञान का जो अनूठा समन्वय विश्व के समक्ष रखा उसका कोई सानी नहीं है। पूज्य महर्षि जी का कहना था कि आधुनिक विज्ञान व ज्ञान की अन्य सभी शाखाओं का उद्गम वेद ही हैं। कोई भी ज्ञान वैदिक ज्ञान से परे नहीं है।

हम यदि जीवन को सच्चे अर्थों में, उसके आनंद स्वरूप में अनुभव करना चाहते हैं तो हमें पूज्य महर्षि जी द्वारा बताये गये मार्ग पर चलना होगा। वैदिक ज्ञान पर आधारित एवं पूज्य महर्षि जी द्वारा प्रतिपादित भावातीत ध्यान एवं कार्यक्रम का नियमित अभ्यास कर निश्चय ही हम अपना, अपने परिवार, अपने समाज एवं समस्त विश्व का कल्याण करने में सफल होंगे। यही हमारी पूज्य महर्षि जी को सच्ची श्रद्धांजलि होगी।

B. M. Jain

Director Finance

Mahrishi Vidya Mandir, Group of Schools, India

Entire humanity has been immensely benefited by the unique programmes founded by His Holiness Maharishi Ji Mahesh Yogi Ji. Consciousness Based Education Programme initiated by Maharishi Ji continuing for five decades world wide fulfills the fundamental needs of education. It has central components of twice daily practice of

Transcendental Meditation Programme and study based on Natural Law and universal principals developing creative potential of students. It provides systematic way to holistically develop all students, practical ways to eliminate stress and a reliable system to improve school atmosphere and happy, orderly and focused learning environment. In this direction Maharishi Shiksha Sansthan (MSS) founded by him is an educational organization consisting of Maharishi Vidya Mandir (MVM), Maharishi Institute of Management (MIM), Maharishi University of Management & Technology (MUMT), Maharishi Institute of Vedic and Management Sciences (MIVMS), Maharishi Mahesh Yogi Vedic Vishwavidhalaya (MMYVV) and others like Maharishi Corporate Development programme etc. MSS further has plans for schools in each district / block in India as also colleges for B.Ed. to train teachers in Maharishi system of education in addition to conventional curriculum.

Further, Maharishi Ji has completely restored the thousands of years old Vedic Literature with significance about its theory and practice and organized it in the form of complete science. Maharishi Ji established a worldwide movement in 110 countries offering knowledge and practical programmes of Vedic Sciences in all areas of life. Maharishi Ji founded thousands of organizations and institutions to bring the light of Vedic wisdom through out the world.



Brig. G. S. Sandhu (Retd.)

Director (Pers. & Admn.)

Maharishi Vidya Mandir Group of Schools, India

Maharishi Ji gave a new meaning to the education so that every child born on earth grows in full enlightenment and bliss. To raise a child who is coherent and harmonious in his thinking, balanced in his attitude to satisfy his own desires and the needs of the society. Such an individual who has fulfilled his desires and is at peace with himself will contribute to the world peace and happiness. Maharishi Ji accomplished the same by establishing various universities and schools throughout the world during his life time.

I remember Maharishi Ji only as smiling, radiating pure love and brilliant as the sun. He never recognized the negative. He just kept on working, putting one foot in front of the other. He refused to resist untruth as it will fall on its own. He knew resisting it would give it support. Maharishi Ji was single minded in his goal and nothing ever distracted him.

Maharishi Ji was a man who stood apart from others, he who truly knew God and lived the earth personification of highest human achievement. It makes me wonder how one person could make such an impact on the world.

Dr. N. Dey

Director

Maharishi Vidya Mandir Group of Schools, India

I am fortunate that I have got a scope, may be, by the results of my **εKarma** - past and present, to be associated with **Maharishiji's philosophy**. I feel this association has been possible due to the **"Magnetic Power of Maharishi Ji "**.

It is an amazing experience of learning about Consciousness – the soul, the power and the spirit in-built in every human being, a mystery of creation by the Almighty, Creator, that drive everyone of us in the journey on this earth. Throughout this journey, our energy, our thought, our movement, our action - all are emerging from our Consciousness.

Attention of **His Holiness Maharishi Mahesh Yogi** focused on this eternal mystery of creation, the basic truth of life, which is the decisive factor of perfection and achievements of everyone of us. Maharishiji's innovation

had made the realm of Consciousness simplified through the Vedic technique of Yoga, T.M. and T.M. – Sidhi Programme, which was brought to public and millions of people of all walks of life of the world have been practicing, experiencing, realizing and achieving multiple invaluable benefits out of it.

C. D. Sharma
Director Education
Maharishi Vidya Mandir Group of Schools, India

Foremost scientist in the field of consciousness, the greatest teacher of the world, His Holiness Maharishi Mahesh Yogi unfolded the full potential of Natural Law in human consciousness to improve all areas of life through TM & Sidhi programme. He has changed the destiny of civilization from a path of self-destruction to one of creating Heaven on Earth. His Holiness organized the beautiful, holistic knowledge of Natural Law which is available in Veda and Vedic Literature and remained scattered and poorly interpreted since long time. If one goes through all Vedas and Upanishads, one will find that crux of all of them can be given in two words i.e. Transcendental Meditation. I bow down in the lotus feet of His Holiness for transforming my way of life. I dedicate my life to Maharishi ji for propagating his philosophy and teachings. May His Holiness give me strength to do that little.

डॉ. एम. एस. सोलंकी
निदेशक (शैक्षिक एवं प्रशिक्षण)
महर्षि विद्या मंदिर समूह

जब तक पृथ्वी पर समुद्र और पर्वत स्थापित रहेंगे, जब तक सूर्य और चन्द्रमा की दिव्य आभा प्रकाशित होती रहेगी, तब तक परम् पूज्य महर्षि जी का नाम श्रद्धा के साथ याद किया जायेगा।

महर्षि जी द्वारा प्रतिपादित भावातीत ध्यान आज विश्व के हर कोने में मनुष्य को सहज और सरल पद्धति से स्वयं की आत्मा का विकास एवं राष्ट्र के विकास के लिये मार्ग प्रदर्शित कर रहा है।

हमारी भारत भूमि वेदों की भूमि है। इस वेद भूमि की महत्ता एवं सम्पूर्ण वेद ज्ञान को महर्षि जी ने अपने देश में ही नहीं बल्कि विश्व के कई देशों में प्रसारित किया है।

Daily Excelsior
Maharishi Mahesh Yogi

In the context of Indian civilization Maharishi is a name rather an epithet that is given to a person who has done something spectacular in the field of spirituality. 'Maha' means great and 'rishi' means seer or knower. Thus the word Maharishi applies to one who has experienced the infinite.

Last century has produced greatmen in different fields of human activity. But persons like Einestein, Freud, Buckminister Fuller, Gandhi and Mahesh Yogi are many notches above the rest. They comprise what is called the crux of human achievement. This is the reason that Maharishi Mahesh Yogi is considered as one the most important person of the last century who influenced human thought in a big way.

Durga Nath Raina, Nasib Nagar, Janipur,

महर्षि ज्योतिष की दृष्टि में – जनवरी माह

जनवरी सन् 2010 का विस्तार माघ कृष्ण- प्रतिपदा से फाल्गुन प्रतिपदा तक है। इस बार प्रथम जनवरी के प्रारम्भ के तत्काल बाद एक घण्टा 2 मिनट के लिये चन्द्रग्रहण के रूप में एक खगोलीय घटना दृष्टिगोचर होगी तथा 15 जनवरी 2010 ई. माघ कृष्ण अमावस्या शुक्रवार को उत्तराषाढा नक्षत्र, मकर राशि पर भारत में खण्ड ग्रास सूर्य ग्रहण लगेगा। इस ग्रहण का स्पर्श 11:59 मध्य 1:49 एवं मोक्ष दिन में 3:22 पर होगा। इस प्रकार कुल 3 घण्टा 23 मिनट का ग्रहण काल होगा। इस ग्रहण का सूतक पूर्व रात्रि 12 बजे से प्रारंभ होगा, यह बाल, वृद्ध और रोगियों को छोड़कर होगा। जन्मराशि के अनुसार इस ग्रहण का शुभाशुभ निम्नलिखित है-

1. मेष	-	सुख	5. सिंह	-	सुख	9. धनु	-	क्षति
2. वृष	-	माननाश	6. कन्या	-	चिन्ता	10. मकर	-	घात
3. मिथुन	-	कष्ट	7. तुला	-	व्यथा	11. कुंभ	-	हानि
4. कर्क	-	स्त्री पीड़ा	8. वृश्चिक	-	श्री	12. मीन	-	लाभ

माघ मास (1 जनवरी से 30 जनवरी तक) में मुख्य पुण्य- कृत्य- माघ स्नान, प्रयाग में माघ मेला, त्रिवेणी स्नान एवं अन्य पुण्य सलिला नदियों पर स्नान के रूप में होगा। इस मास में मुख्य पर्व एवं त्यौहार, गणेश जन्म चतुर्थी, षट्तिला एकादशी, मकर संक्रांति, मौनी अमावस्या, वसन्त पंचमी आदि हैं। इस मास में पड़ने वाले पुण्य पर्वों एवं त्यौहारों का विवरण निम्न प्रकार है-

माघ मास में पड़ने वाले व्रत पर्व एवं त्यौहार का विवरण

क्रं. स.	व्रत, पर्व या त्यौहार का नाम	मास	पक्ष	तिथि	संवत्	दिनांक
1.	इसाई नव वर्ष दिन	माघ	कृष्ण	प्रतिपदा	2066	01-01-2010
2.	माघ स्नान व्रत यम-नियम आरम्भ	माघ	कृष्ण	प्रतिपदा	2066	01-01-2010
3.	संकष्टी श्री गणेश जन्म चतुर्थी	माघ	कृष्ण	चतुर्थी	2066	03-01-2010
4.	षट्तिला एकादशी	माघ	कृष्ण	एकादशी	2066	11-01-2010
5.	परम् पूज्य महर्षि महेश योगी जयंती	माघ	कृष्ण	द्वादशी	2066	12-01-2010
6.	परम् पूज्य महर्षि महेश योगी जी की द्वितीय पुण्यतिथि	माघ	कृष्ण	चतुर्दशी	2066	13-01-2010
7.	मकर संक्रान्ति	माघ	कृष्ण	चतुर्दशी	2066	14-01-2010
8.	मौनी अमावस्या	माघ	कृष्ण	अमावस्या	2066	15-01-2010
9.	खण्ड ग्रास सूर्य ग्रहण	माघ	कृष्ण	अमावस्या	2066	15-01-2010
10.	कुन्द चतुर्थी	माघ	शुक्ल	चतुर्थी	2066	19-01-2010
11.	वैनायिकी श्री गणेश चतुर्थी	माघ	शुक्ल	चतुर्थी	2066	19-01-2010
12.	श्री वसन्त पंचमी	माघ	शुक्ल	पंचमी	2066	20-01-2010
13.	श्री अचला सप्तमी	माघ	शुक्ल	सप्तमी	2066	22-01-2010
14.	भीष्माष्टमी	माघ	शुक्ल	अष्टमी	2066	23-01-2010
15.	महानन्दा नवमी	माघ	शुक्ल	नवमी	2066	24-01-2010
16.	जया एकादशी	माघ	शुक्ल	एकादशी	2066	26-01-2010
17.	भारतीय गणतंत्र दिवस	माघ	शुक्ल	एकादशी	2066	26-01-2010
18.	प्रदोष व्रत	माघ	शुक्ल	द्वादशी	2066	27-01-2010
19.	माघी पूर्णिमा	माघ	शुक्ल	पूर्णिमा	2066	30-01-2010

पंचक विचार :-

इस माह में 17 जनवरी रविवार रात्रि 8.20 मिनट पर पंचक प्ररम्भ होगा तथा 22 जनवरी शुक्रवार को सायं काल 5 बजकर 56 मिनट पर पंचक की समाप्ति होगी।

मास प्रभाव

14 जनवरी से शिशिर ऋतु का प्रारम्भ होकर 13-03-2010 को समाप्ति होगी। इस माह में खाद्य पदार्थों के मूल्य में सस्ती का रुख रहेगा। ऊनी वस्त्र सस्ते होंगे। शीत प्रकोप से जीव-जन्तु पशु पक्षी को पीड़ा होगी। वर्षा - उपल वृष्टि का प्रकोप यत्र तत्र रहेगा। दुर्घटनाओं में बढ़ोत्तरी होगी। सराफा में मँहगी का रुख रहेगा।

विशेष :-

इस मास में 12-01-2010 को परम पूज्य महर्षि महेश योगी जी की जयन्ती सर्वत्र धूम-धाम से मनायी जायेगी जिससे वातावरण के नकारात्मक प्रभाव समाप्त होकर भावातीत ध्यान एवं महर्षि ज्ञान तथा सामूहिक चेतना में सत्व की वृद्धि द्वारा सरलता और आनन्द का सृजन होगा।

दिनांक 13-01-2010 पूज्य महर्षि जी की द्वितीय पुण्य तिथि पड़ेगी, उस दिन उन्हें श्रद्धासुमनांजलि अर्पित करते हुए, उनके द्वारा प्रदर्शित मार्ग का अनुसरण कर हम लोग धन्यता का अनुभव करेंगे।

“जय गुरु देव”

पं. विजय द्विवेदी, ज्योतिषाचार्य

शिशिर ऋतु के नियम

शिशिर शीतमधिकं रौक्ष्य चादान काल जम।

विशेषतस्ततस्तत्र हेमन्तस्य मतौ विधिः ॥

शिशिर ऋतु में शीत अधिक पड़ता है तथा आदान काल का समय होने से उत्तरायण में सूर्य अपनी किरणों से पृथ्वी के जलीय अंश का शोषण करते रहते हैं। इस कारण मनुष्य के शरीर में रूक्षता बनी रहती है। अतः इस ऋतु में भी विशेषतया हेमन्त ऋतु में बताये गये हितकर पदार्थों का सेवन करना चाहिए।

हेमन्त एवं शिशिर ऋतु में सेवन योग्य हितकर पदार्थ - मधुर, अम्ल तथा लवण युक्त पदार्थ का भक्षण, शरीर में तेल मालिश, धूप सेवन, गेहूँ, गन्ने के रस में बने पदार्थ, चावल, उड़द से बने पदार्थ, नवीन अन्न, तिल आदि से बने खाद्य पदार्थ एवं मोटा गरम रूई या उनी वस्त्रों का प्रयोग हितकर है।

पं. रामचेत उपाध्याय, आयुर्वेदाचार्य (प्रयाग)

पूज्यपाद महर्षि महेश योगी जी के श्रीचरणों में सादर समर्पित

हे महामना, हे युग-प्रेरक

हे ब्राह्मी को सन्तति पुनीत

प्रज्ज्वलित किया नित ज्ञान-दीप।

हर दिशा-दिवस जन संकुल में

गुंजरित हुआ मन मधुर गीत ॥

हे ज्ञान ज्योति की मंजूषा।

हे नव-प्रभाव की प्रत्यूषा ॥

मैं आरुणि, नचिकेता, एकलव्य

तुम गुरु वशिष्ठ, गुरु द्रोण दिव्य ॥

हे महामना, हे युग-प्रेरक

महर्षि विद्या मंदिर तेरा साध्य बना।

जन-जन का आराध्य बना ॥

इस माटी को शत-शत प्रणाम,

जहाँ खिले पुष्प नयनाभिराम।

अक्षर-अक्षर हो अजर-अमर

इस माली को हो गौरिक प्रणाम ॥

महर्षि विद्या मंदिर का महिमा मण्डन हो

पूजन अर्चन, नव वन्दन हो।

शिक्षा का दीप जले प्रतिपल।

यह ऊर्वर भाव चिरन्तन हो।

अरविन्द कुमार त्रिपाठी,, पी0जी0टी0 (हिन्दी) सुलतानपुर (उ0प्र0)

“पूज्य महर्षि जी”

खिला रहे आपका दिव्य ज्योति स्वरूप चमन
 गुरुदेव हम करें तुम्हें नमन
 पुण्य पवित्र भारत भूमि, की धरा पर तुम आए,
 आपके दिव्य ज्ञान से हमने, मन के अंधकार मिटाए।
 हम अज्ञानी लोगों के जीवन को, मिला ज्ञान का भंडार।
 वे नर मूर्ख खलकामी, जो न पहुँचे तुम्हारे द्वार।
 सहज, सरल, सुन्दर दिव्य विभूति तुम्हारे दर्शन,
 गुरुदेव हम करें तुम्हें नमन॥

भावातीत ध्यान बतलाकर, दूर किया बहुविध तनाव।
 योग एवं वैज्ञानिक विधि से, दूर किया बहुविध तनाव।
 कारण का निवारण इसमें, मिट जाते सब मन के विकार।
 नित्य नियमपूर्वक करके, मिल जाता है ब्रह्म विचार॥
 गुरुदेव हम करें तुम्हें नमन॥

हे देव स्वरूप सुन्दर तुम, श्यामवर्ण उन्नत ललाट।
 ईश स्वरूप परम पूज्य, खोलो हमारे ज्ञान के कपाट॥
 प्रदान करो आध्यात्मिक शांति, जो जीवन की अंतिम अभिलाषा।
 भटकी हुई है जीवन नाव हमारी, अब है आपकी पतवार की आशा॥
 करो कृपा गुरुदेव हम पर, मिट जाए सब आवागमन।
 गुरुदेव हम करें तुम्हें नमन॥

हम अकिंचन तुम हो दाता, क्यों फिर करते हो देरी।
 अपने महर्षि परिवार के कल्याण की, कामना है मेरी॥
 मैं कोई बड़ा कवि नहीं, जो लिख सकूँ आपकी महिमा।
 सम्पूर्ण विश्व नत है आज, देखकर आपकी गरिमा॥
 मैं अभिलाषी हूँ, फैलाए कीर्ति तुम्हारी कोटी जन।
 गुरुदेव हम करें तुम्हें नमन॥

नरेन्द्र कुमार शर्मा
 टी. जी. टी. (हिन्दी)
 एम. वी. एम. बागेश्वर

Maharishi Movement Global News



Rainer Picha

MD (Cardiology) from University of Vienna

Rainer Picha, MD (Cardiology) from University of Vienna. Practiced in the Department of Cardiology of Vienna General Hospital and in the Department of Cardiology and Pulmonology of the state hospital in Graz from 1986 to 1996 in different capacities including head of the intensive care unit of the state hospital in Graz.

He has travelled throughout the world teaching. In 1997 he was honoured for his contributions to research on Veda and the Vedic Literature in the human physiology and he received his weight in silver.

In 2001, Maharishi Mahesh Yogi selected Dr. Picha as the Health Minister of the Global Country of World Peace and gave him the task of transforming the world's present health care systems and of spreading Maharishi's health programs throughout the world.

Activities and Achievement of Maharishi's Global Ministry of Health in 2009

One important aspect of education is health. For Consciousness-based Education, which students and staff at Maharishi Schools are already familiar with, there is Consciousness-based Health. This means health care (and self-care) theory and practice that enlivens the body's inner intelligence, the field of Consciousness, the Unified Field. When we enliven this field through the practice of Maharishi's programs, such as the Transcendental Meditation program, or through attending Maharishi Ayurveda clinics, or through using the principles of Maharishi Ayurveda in our life such as dietary principles, we make it possible for the body's defense and repair systems to remove imbalances, the cause of disease. At the same time, we become more aware and more educated in the art of taking care of ourselves and we create fewer new imbalances.

This knowledge is ancient, and can be found in the Vedic texts. Modern research on this system started around 1970 with the studies of Dr. Keith Wallace et al, who reported in *Science* and *Scientific American* that practice of the Transcendental Meditation program provided deep rest, deeper than that provided by sleep and created a novel state, the state of restful alertness. Since then, over 600 scientific studies have been published that show the many health benefits of the Transcendental Meditation program in all areas of health and disease (for details, go to <www.tm.org>). A landmark study during this period was that of Maharaja Nader Raam who showed in his book *Human Physiology. Expression of Veda and the Vedic Literature* that Veda can be found in all its myriad expressions at all levels of the human physiology.

This research tradition continued in 2009 with studies by several scientists associated with the Global Ministry of Health. For example, Dr. Fred Travis and his coworkers at Maharishi University of Management in Fairfield, Iowa, published several more articles showing the benefits of the Transcendental Meditation program. In an article in the journal *Management Decision*, they showed that the Transcendental Meditation program is associated with higher development, brain integration, and excellence in leadership. Dr. Sanford Nidich and colleagues

reported in *Integrative Cancer Therapies* that the Transcendental Meditation program improves quality of life in women with breast cancer. Dr. Robert Schneider, who has done many studies showing that the Transcendental Meditation program lowers blood pressure, showed in an article in the *American Journal of Hypertension* that the underlying mechanism for the ability of this technique to lower blood pressure is its ability to decrease psychological distress and increase coping.

Although lowering of high blood pressure is in itself a praiseworthy feat because high blood pressure is associated with many adverse health consequences, there was an even more monumental finding by Dr. Schneider's group in 2009. He found that the Transcendental Meditation program, when added to the regiment of standard care of heart disease patients, caused an additional 47% decrease in heart attacks, strokes, and deaths. The findings of their 9-year-long study were recently presented by Dr. Schneider at the 2009 annual meeting of the American Heart Association in the US and the abstract they presented at the meeting was published in the journal *Circulation*. Dr. Schneider was recently awarded a million dollar grant by the National Institutes of Health of the US to continue his studies.

Our scientists continue to work to show how the Maharishi Vedic Approach to Health (MY AH) can help solve the world's health problems. For instance, most previous studies investigated the effects of the Transcendental Meditation technique. Recently, however, a grant application was submitted in 2009 to the Department of AYUSH of the government of India to establish research on Panchakarma, a key component of the Chronic Disorders Program of Maharishi Ayurveda. Although the outcome on that application is pending, AYUSH indicated that they were interested in working closely with the Panchakarma clinics of Maharishi Ayurveda clinics that are located in India and all over the world.

There were other notable achievements in 2009. Substantial progress was made this year with regard to training physicians that practice MY AH. Dr. Schneider has worked diligently to establish undergraduate physician training programs in the form of a brand new medical school in Fairfield Iowa that will train students in both western medicine and MY AH. There also was a revival of post-graduate training; 2009 saw the reinstatement of doctors training courses, programs that train physicians and other health care practitioners in MY AH.

This past year also saw the inauguration of courses to train experts in Maharishi Light Therapy with Gems (MLG). MLG is a profound and effective new health treatment that combines ancient traditional knowledge of gemstones with modern state-of-the-art technology. The program has already brought health benefits, greater energy, and improved mind-body integration to people all over the world. MLG will soon be available through local Transcendental Meditation® Centers.

Naturally, we owe a huge debt of gratitude to Maharishi for bringing out to the world all the programs of MY AH. His goal was, and ours still is, to create a disease-free world. We hope that you use MY AH to enjoy the blessings of perfect health for yourself. We hope you become knowledgeable about MY AH so that you can help us bring this precious knowledge to others. And we hope that more than a few of you will continue your education and become physicians and MY AH experts.

With All the Best Wishes in Maharishi's Third Year of Invincibility - Global Ram Raj.

Jai Guru Dev, Jai Maharishi

*Dr. T.C. Pathak
For Editorial Board, E-Gyan Newsletter*

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