



## SESSION 19 Transcendental Meditation

Zoom Meeting ID: 436 198 7805

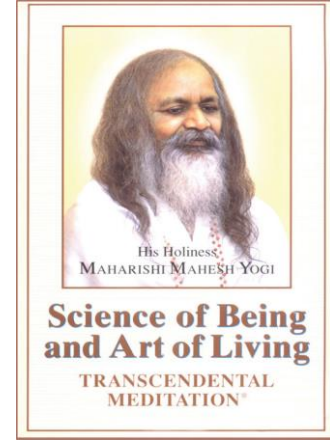
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Founded by Maharishi Mahesh Yogi (1917–2008)  
in 1955–1958 in India.

Based on Hinduism and karma yoga.

Headquarters today in Vlodrop, the Netherlands.

Also called *World Plan Executive Council*.



### KEY WRITINGS

Hindu scriptures including the *Bhagavad-Gita*.

*Meditations of Maharishi Mahesh Yogi*, *Science of Being and Art of Living*, and other writings by the founder.

**BASIC BELIEFS** Basically a Major Hindu Sect

### WHO IS GOD?

Each part of creation makes up “God” (Brahman).

Supreme Being is not \_\_\_\_\_.

All creation is divine; “all is one.”

### WHO IS JESUS?

Jesus is not uniquely God.

Like all persons, Jesus had a divine essence, but unlike most, he discovered it.

Christ did not suffer and could not suffer for people’s sins.

### WHO IS THE HOLY SPIRIT?

The Holy Spirit is not part of this belief

### HOW TO BE SAVED

Humans have forgotten their \_\_\_\_\_.

Salvation consists of doing good in excess of evil in order to evolve to the highest state  
(final union of the self with Brahman) through \_\_\_\_\_.

### WHAT HAPPENS AFTER DEATH?

Reincarnations over successive lifetimes based on one’s karma.

Souls will eventually merge into union with \_\_\_\_\_.

No heaven or hell.



## OTHER BELIEFS, PRACTICES

Mentally recite a \_\_\_\_\_ (word associated with a Hindu god).

Meditate twice a day to relax and \_\_\_\_\_ with Brahman.

Maharishi University of Management in Iowa offers advanced

T.M. programs in "levitation" and "invisibility."

Yoga, Hindu astrology, crystals, and idol worship (offerings of flowers, fruit, and cloth for Maharishi's dead teacher, Guru Dev).

### **ANSWERS:**

Personal, Inner Divinity, Reincarnation, Brahman, Mantra,  
Achieve Union