

Maharishi Speaks to Students*

The role of students in making the nation invincible

The role of students in making the nation invincible; developing the full potential of mind and body, becoming an ideal citizen, and raising the nation to invincibility.

Main Points:-

1. The role of students in making the nation invincible is a fundamental role, because the students of today are the wise citizens of tomorrow.
2. The behaviour of every student influences national consciousness and determines the degree to which the nation is coherent, integrated, strong, harmonious, and progressive. Every student can make his country great by developing the full value of his mind and body and thereby becoming great himself.
3. It is the aspiration of every student to be a great man, and because knowledge is the basis of success in all areas of life, every student wants to gain as much knowledge as possible during his student life.
4. Life has innumerable aspects, and a student should be the master of every situation. In order for his life to be free from mistakes and always successful, a student must develop a high level of coherence and alertness in his thinking; and in order to maintain ideal relationships with everyone, his feelings must be very harmonious.
5. It is necessary for students to be disciplined in their habits in order to be fresh and well rested at all times. In this rested, lively state, the mind registers very quickly and thoroughly whatever one studies.
6. With the practice of Maharishi's Transcendental Meditation every morning and evening, the mind becomes so clear, alert, and brilliant that the knowledge of every discipline is easily gained.
7. The regular practice of Maharishi's Transcendental Meditation Technique develops the full creativity of the student's mind, so that his thoughts are very useful and powerful and are supported by Natural Law. Transcendental Meditation enlivens and unfolds the unbounded

intelligence inherent in every individual and allows his hidden genius to be expressed in every thought and action.

8. The role of students in structuring invincibility for the nation is to develop maximum alertness of the mind, perfect health, and ideal behaviour, which always serves the interests of both the individual and his surroundings.

9. The practice of Maharishi's Transcendental Meditation eliminates all fatigue, stress, and strain, which are the basis of sickness: the whole system becomes normalized and on this basis the student enjoys perfect health and develops his full inner genius.

10. Every student must rise to the state of enlightenment, the state of perfect integration of mind and body.

11. The potential of every man is infinite, and the time of student life should serve to unfold that infinite potential so that every student becomes a vibrant centre of all knowledge. By developing the infinite potential of their own lives through Maharishi's Science of Creative Intelligence, students will ensure that the nation automatically rises to invincibility.

An invitation to teachers and students everywhere to introduce Maharishi's Science of Creative Intelligence on all levels of education to unfold the full creative genius of individual and national consciousness and raise their nation to invincibility.

Main Points:-

1. The first requirement for the invincibility of a nation is freedom from weakness and fear. This freedom from weakness and fear can very easily be developed through proper education.

2. The role of education is to prepare an individual's mind to think in a systematic manner and also to provide the tools of thinking, so that thought is complete, clear, and comprehensive and contains within it all the elements that are necessary to accomplish its fulfilment.

3. Education should produce an individual who is coherent and harmonious in his thinking and balanced in his attitudes. In the same stroke of operation he can satisfy his own desires and the needs of society.

4. The whole trend of education has been to develop an orderly individual who will be an orderly unit of his family, his society, and his nation.

5. By creating responsible individuals through education, a responsible administration of the whole society is achieved, in which everything in society is well coordinated and a help to every other aspect of society, and the nation is coherent, integrated, and self-sufficient.

6. A coherent, integrated, and self-sufficient nation will always have a very fulfilling relationship with other nations. On this basis every nation will enjoy real freedom without the shadows of doubt and fear. This is invincibility of a nation.

7. To culture is to educate; to allow the hidden genius to blossom into performance is

culturing the individual, culturing life.

8. Maharishi's Science of Creative Intelligence provides systematic knowledge of how Creative Intelligence functions and how the full potential of Creative Intelligence can be developed in the individual so that the life of the nation can be developed to the level of invincibility.

9. No nation today is living the full potential of its creativity; no nation is independent. This is because something was lacking in education everywhere: the knowledge of a field that is the common ground for all activity and all branches of knowledge.

10. Now, with the introduction of the Science of Creative Intelligence into education, it is easily possible to fulfil the long desired goal of education to develop a fully creative man and to unfold the full creative genius of the nation.

11. As Transcendental Consciousness is the state of least excitation, it is the level from where all activity begins. It is the field of all possibilities. This is the level of Creative Intelligence from where the full potential of Natural Law functions.

12. Modern Physics explains that the state of least excitation-the vacuum state-is the ground state of all the Laws of Nature, the state of perfect orderliness, from where order is generated.

13. Through regular contact with the field of perfect orderliness during the practice of Maharishi's Transcendental Meditation Technique, the awareness becomes perfectly orderly and the brain physiology becomes habituated to promoting those thoughts which are most orderly and therefore most powerful. Such thoughts are in accordance with Natural Law. This is how thoughts are supported by Natural Law and life becomes spontaneously evolutionary.

14. Scientific research has shown that just one percent of the population practising Maharishi's Transcendental Meditation technique is sufficient to produce an influence of orderliness in society powerful enough to neutralize negative tendencies.

15. The reality of life has always been silent inside and active outside-quiet feeling, thinking, speech, and action. Like the theories of any science, the Science of Creative Intelligence is just a new expression of the old realities of Nature. Through the Science of Creative Intelligence it is possible to establish life in coherence, where inner and outer values are completely coordinated with each other.

16. An educated individual is one who knows how to not make mistakes. His thinking and action are spontaneously right and do not violate the Laws of Nature.

17. Education has lacked the knowledge of the knower-the knowledge of consciousness, the knowledge of intelligence itself-which is the basis of all the different streams of knowledge.

18. The Science of Creative Intelligence provides the knowledge of the knower the potential creativity of the knower. When the field of potential creativity opens to conscious

awareness in the state of Transcendental Consciousness, consciousness in itself is the lively field of all possibilities. Maharishi's TM-Sidhi Programme demonstrates this practically.

19. Whatever difference there are in education on the surface, at the depth all branches of knowledge converge onto the intelligence of the individual. The Science of Creative Intelligence is the universal value of knowledge that unfolds the total genius of man and on that basis the total genius of the nation. This programme, developing the creative potential of the individual, provides the basis for the fulfilment of all the ideals of every nation.

20. It is a great joy to invite the teachers in every nation to quickly introduce the Science of Creative Intelligence into their educational systems in order to structure invincibility for the nation. The role of teachers and students will be fulfilled by each student unfolding the full potential of his Creative Intelligence and each teacher fulfilling his responsibility to develop the hidden genius in the individual, the community, and the nation.

21. Every teacher should know the values of the Science of Creative Intelligence from the point of view of his discipline, so that he can develop the full potential of creativity in the student from the angle of that discipline.

22. At Maharishi Universities world wide, courses have been developed in many fields to bring together the values of the Science of Creative Intelligence-the knowledge of consciousness, the knower and the knowledge of the different disciplines. This knowledge will reach not only the students of this generation, but adults, professional people, and retired people as well.

23. Education is responsible for the quality of life. All problems in life occur when individuals have not been educated to gain the cooperation of the Laws of Nature. When the individuals in a nation maintain a good quality of life, evolution will always belong to the nation.

24. Maharishi's Science of Creative Intelligence provides a systematic development of consciousness and cultures the student's awareness to behave from that settled state of consciousness, which is always in tune with Natural Law. In this way education can completely eradicate all problems and negativity in individual and national life.

25. When the individual spontaneously acts in accordance with Natural Law, he will not create problems for himself or others. The administration of society will be simple and effective.

26. Now, with the Science of Creative Intelligence, the genius of the individual will be developed fully, and that will develop full creativity in national life and raise the nation to invincibility forever. Every country will enjoy real freedom, self-sufficiency, support of Nature, affluence-the fulfilment of the age-old dreams of mankind. This will be the pride of education and educators in all countries in this generation.

Jai Guru Dev

TRANSCENDENTAL MEDITATION

The Main principles

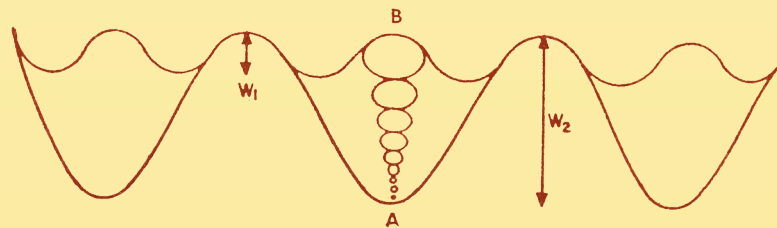
When a wave of the ocean makes contact with deeper levels of water, it becomes more powerful. Likewise, when the conscious mind expands to embrace deeper levels of thinking, the thought-wave becomes more powerful.

The expanded capacity of the conscious mind increases the power of the mind and results in added energy and intelligence. Man, who generally uses only a small portion of the total mind that he possesses, begins to make use of his full mental potential.

The technique may be defined as turning the attention inwards towards the subtler levels of a thought until the mind transcends the experience of the subtlest state of the thought and arrives at the source of the thought. This expands the conscious mind and at the same time brings it in contact with the creative intelligence that gives rise to every thought.

A thought-impulse starts from the silent creative centre within, as a bubble starts from the bottom of the sea. As it rises, it becomes larger; arriving at the conscious level of the mind, it becomes large enough to be appreciated as a thought, and from there it develops into speech and action.

Turning the attention inwards takes the mind from the experience of a thought at the conscious level (B) to the finer states of the thought until the mind arrives at the source of thought (A). This inward march of the mind results in the expansion of the conscious mind (from W_1 to W_2).



The technique is described as transcendental meditation.

Its practice is simple. There are no pre-requisites for beginning the practice, other than receiving instructions personally from a qualified teacher.

It should be noted that Transcendental Meditation is neither a matter of contemplation nor of concentration. The processes of contemplation and concentration both hold the mind on the conscious thinking level, whereas Transcendental Meditation systematically takes the mind to the source of thought, the pure field of creative intelligence.

The ever-changing creation of infinite variety seems to be grounded on some stable plane of existence. The rhythm of nature seems to conform to a definite pattern. The infinite number of the galaxies in the vast structure of cosmic space seem to move according to a definite plan. The creation, evolution and dissolution of all things seem to follow a definite procedure. Things change, but the incessant change itself seem to have some unchanging basis.

Hydrogen and oxygen are gases. They combine to form water, H_2O . The qualities of gas change to

the qualities of water, but Hydrogen and Oxygen remain H and O. Again, when water freezes and is transformed into ice, the qualities of water change to those of ice, but Hydrogen and Oxygen, the essential constituents, remain the same. This means that, while there are certain laws responsible for changing the qualities of gas to water and water to ice, there is some force, some law, which maintains the integrity of Hydrogen and Oxygen.

The law that does not allow Hydrogen and Oxygen to change into anything else is itself the unchanging basis of the laws responsible for changing gas into liquid and liquid into solid. The cosmic law is that law which maintains the integrity of the essential and ultimate constituent of creation – absolute Being. Being remains being by virtue of the cosmic law, which gives rise to different laws responsible for different strata of creation. Although these varied laws of nature are directly responsible for the maintenance and evolution of the universe, their basis is the eternal cosmic law at the plane of being.

When, during Transcendental Meditation, the mind transcends the subtlest state of thought and attains the state of Self-consciousness, or pure being, it attains the level of cosmic law. Coming out of that state, its position is like that of a man entering the office of the President and coming out endowed with his goodwill; all the subordinates begin to be in sympathy with him and give him their full support by directing his activities towards a successful end.

When the mind comes out from the field of being, the plane of cosmic law, into the relative field of activity, which is under the influence of innumerable laws of nature, it automatically enjoys the support of the cosmic law, and this makes possible the accomplishment of any aspiration and the ultimate fulfilment of life.

This is how the life of a man who has risen to cosmic consciousness is eternally established on the level of cosmic law and receives spontaneous support from all the laws of nature.

Jai Guru Dev

"BHAGAVAD - GITA"

A New translation and commentary by
His Holiness Maharishi Mahesh Yogi Ji

त्रैगुण्यविषया वेदा निस्त्रैगुण्यो भवार्जुन ॥

निर्द्वन्द्वो नित्यसत्त्वस्थो निर्योगक्षेम आत्मवान् ॥४५॥

The Vedas' concern is with the three gunas. Be without the three gunas, O Arjuna, freed from duality, ever firm in purity, independent of possessions, possessed of the Self.

This is the technique of instantaneous realisation. The Lord shows *Arjuna* a practical way of converging the many-branched mind into the one-pointedness of the resolute intellect. Here is an effective technique for bringing the mind to a state where all differences dissolve and leave the individual in the state of fulfilment.

Everything that has so far been said by *Lord Krishna* is to prepare *Arjuna* to understand this practice of bringing his mind from the field of multiplicity to that of eternal Unity. This practice is to brighten all aspects of his life by bringing his mind to transcendental consciousness, the limitless source of life, energy, wisdom, peace and happiness. It is to raise him to that cosmic status which harmonizes all the opposite forces of life.

Modern psychological theories investigate causes in order to influence effects. They grope in darkness to find the cause of darkness in order to remove it. In contradistinction, here is the idea of bringing light to remove darkness. This is 'the principle of the second element'. If you wish to produce an effect on the first element, ignore that element, do not seek its cause; influence it directly by introducing a second element. Remove the darkness by introducing light. Take the mind to a field of happiness in order to relieve it of suffering.

However, even if we accept that by investigating the cause it is easy to influence the effect, we shall find that this verse will serve our purpose, for it provides a technique by which the ultimate cause of all human life can be investigated. If knowledge of the cause can help to influence the effect, then knowledge of the ultimate cause of life will effectively put an end to all suffering.

The greatness of *Lord Krishna's* teaching lies in its direct practical approach and its completeness from every point of view. The idea of introducing a second element and the idea of investigating the cause in order to influence its effect represent two principles distinctly opposed to each other, yet both of them are fulfilled in one technique. It is this completeness of practical wisdom that has made the *Bhagavad-Gita* immortal.

Lord Krishna commands *Arjuna*: 'Be without the three *gunas*'; be without activity, be your self. This is resolute consciousness, the state of absolute being, which is the ultimate cause of all causes. This state of consciousness brings harmony to the whole field of cause and effect and glorifies all life.

Arjuna's main problem was to reconcile love of kinsmen with the necessity to root out evil. He was desperately seeking a formula of compromise between righteousness and evil. But on any plane of

relative life these are irreconcilable. That is why, having explored all the avenues of his heart and mind, *Arjuna* could not find any, practical solution, could not decide on any line of action. *Lord Krishna*, however, shows him the field where righteousness and love merge in eternal harmony, the eternal life of absolute being.

The Lord makes clear to *Arjuna* that all influences of the outside world, and their consequences as well, will cling to him and affect him so long as he is out of himself, so long as he allows himself to remain in the sphere of relativity and under its influence. Once out of that sphere, he will find fulfilment in his own-self.

It is difficult for a man to improve his business affairs while he himself is constantly immersed in all their details. If he leaves them for a little while, he becomes able to see the business as a whole and can then more easily decide what is needed. *Arjuna* has a deep belief in *dharma*; his mind is clear about considerations of right and wrong. But the Lord asks him to abandon the whole field of right and wrong for the field of the transcendent. There, established in a state beyond all duality, beyond the influence of right and wrong, he will enjoy the absolute wisdom of life, from which springs all knowledge of the relative world; And the Lord says to *Arjuna*: The field of that absolute wisdom is not outside you. You have not to go out anywhere to acquire it. It is within you. You have only to be within yourself, 'possessed of the Self', ever firm in the purity of your being.

Here indeed is the skill of bringing light to remove darkness. *Arjuna* is not asked to come or go anywhere; he is only asked to 'be without the three *gunas*'. This instruction serves as a direct means to take man to the absolute state of his consciousness. It is enough for the Lord to say: 'Be without the three *gunas*, *O Arjuna*, freed from duality'.

The entire creation consists of the interplay of the three *gunas*—*sattva*, *rajas* and *tamas*—born of prakriti, or nature. The process of evolution is carried on by these three *gunas*. Evolution means creation and its progressive development, and at its basis lies activity. Activity needs *rajo-guna* to create a spur, and it needs *sato-guna* and *tamo-guna* to uphold the direction of the movement.

The nature of *tamo-guna* is to check or retard, but it should not be thought that when the movement is upwards *tamo-guna* is absent. For any process to continue, there have to be stages in that process, and each stage, however small in time and space, needs a force to maintain it and another force to develop it into a new stage. The force that develops it into a new stage is *sato-guna*, while *tamo-guna* is that which checks or retards the process in order to maintain the state already produced so that it may form the basis for the next stage.

This explains why the three *gunas* have inevitably to be together. No one *guna* can exist in isolation without the presence of the other two. It is for this reason that the Lord asks *Arjuna* to be out of all the three *gunas*, to be entirely out of the influence of the forces that constitute life in the relative field.

While giving him the wisdom of *sankhya*, the Lord has told *Arjuna* that there are two aspects of life, perishable and imperishable. The perishable is relative existence, and the imperishable is absolute being. All life in the relative field is under the sway of the *gunas*. Therefore, in order to give *Arjuna* the direct experience of the absolute state of life, He asks him to 'be without the three *gunas*'.

There are gross planes of creation, and there are subtle planes. When the Lord says: 'Be without

the three *gunas*', He means that *Arjuna* should bring his attention from the gross planes of experience, through the subtle planes and thus to the subtlest plane of experience; transcending even that subtlest plane, he will be completely out of the relative field of life, out of the three *gunas*. So the Lord's words: 'Be without the three *gunas*', reveal the secret of arriving at the state of pure consciousness.

When you say to someone: 'Come here', you imply by these two words that he must get up and begin to put one foot before the other, and that this walking on both feet will bring him to you. When the Lord says: 'Be without the three *gunas*', He obviously means that in whichever field of the three *gunas* you have your stand, from there you are to begin moving towards subtler planes of the *gunas* and, arriving at the subtlest, come out of it, transcend it, be by yourself, 'possessed of the Self' – 'freed from duality', 'ever firm in purity', 'independent of possessions'.

Lord Krishna, in this verse, has really given the technique of self-realisation. *Arjuna* was held in suspension between the dictates of his heart and mind. The Lord suggests to him that he should come out of the conflict and he will then see his way clear. That is why, having said: 'Be without the three *gunas*', He immediately adds: 'freed from duality', freed from the field of conflicts. The relative field of life is full of conflicting elements: heat and cold, pleasure and pain, gain and loss, and all the other pairs of opposites which constitute life. Under their influence life is tossed about as a ship on the rough sea—from one wave to another. To be freed from duality is to be the field of non-duality, the absolute state of being. This provides smoothness and security to life in the relative field. It is like an anchor to the ship of life in the ocean of the three *gunas*. One gains steadiness and comfort.

Arjuna was highly sensitive to right and wrong. For this reason the Lord, after saying: 'freed from duality', at once adds: 'ever firm in purity'. He wants to assure *Arjuna* that this state will always prove right, in accordance with dharma, ever furthering the process of evolution for the good of all. Nothing wrong can possibly result from it, because that is the state of fulfilment.

To convey this idea of fulfilment the Lord says: 'independent of possessions'. The Sanskrit word used in the text is '*niryogakshema*', which carries the meaning that in this state one is not required to think of gaining what one does not have or of preserving what one has. *Duryodhana's* desire to possess and preserve possessions is the cause of the battle. Even in the ordinary life of man, it is this tendency to possess that tempts him to go the wrong way. So the Lord tells *Arjuna* that he will transcend this cause of transgression in life. Thereby He also reminds *Arjuna* that *Duryodhana* could take the wrong path because he gained kingdom, pleasure and power but did not gain the wisdom of remaining 'independent of possessions'. That is why possessions kept him bound to themselves and he lost his sense of proportion.

By using this expression: 'independent of possessions', the Lord is providing the answer to *Arjuna's* own words in verse 32 of Chapter I: 'I desire not victory, *O Krishna*, nor a kingdom nor pleasure'. *Arjuna* had seen how pleasure and power may ruin a man's life by blinding him to the cause of righteousness. Here *Lord Krishna* is educating him in the art of independence in the midst of possessions, for after the battle *Arjuna* is going to be placed in a position of great wealth and power.

Having said: 'freed from duality, ever firm in purity, independent of possessions', the Lord then

adds: ‘possessed of the self’. This is to indicate to *Arjuna* that this blessed state of life is not far distant from him. It is within himself and therefore always within his reach. And moreover, it is his own Self, nothing other than his own-self.

There is great presence of mind, great skill in enlightening the ignorant, and the height of perfection in the style of this discourse, If you are told by someone: ‘I will take you to the field of great wisdom and abundance of life’, without some indication of where that field lies, you may well be puzzled about many things—about the distance, the difficulties on the way, your own ability to get there. That is why the Lord uses the words: ‘possessed of the self’. Let yourself be possessed by yourself. Once you are possessed by yourself the purpose of all wisdom has been achieved. There the Vedas end. That is the end of the journey of life, that is the state of fulfilment. For this reason, ‘possessed of the self’ stands at the end of the verse.

Here is a technique that enables every man to come to the great treasure—house within himself and so rise above all sorrows and uncertainties in life. From this verse onwards, the entire teaching of the *Bhagavad-Gita* proclaims the glory of achieving the state of the Transcendent.

It is this transcendental state of Being which enables a man to become a *karma yogi*, one who is successful on the path of action. It is this that enables a man to become a *bhakta*, one who is successful on the path of devotion, and it is this that enables a man to become a *gyani*, one who is successful on the path of knowledge. This is the highway to the fulfilment of life’s purpose.

If a man wants to be a true devotee of God, he has to become his pure Self; he has to free himself from those attributes which do not belong to him, and then only can he have one-pointed devotion. If he is enveloped by what he is not, then his devotion will be covered by that foreign element. His devotion will not reach God, and the love and blessings of God will not reach him. For his devotion to reach God, it is necessary that he should first become purely himself, covered by nothing. Then the process of devotion will connect him directly with the Lord, thereby bestowing on him the status of a devotee. Only when he has become himself can he properly surrender to the Great Self of the Lord. If he remains in the field of the three *gunas*, in the many sheaths of gross and subtle nature, then it is these sheaths that prevent direct contact with the Lord.

Therefore the first step towards Union through devotion is to be own-self. This, likewise, is the first step on the path of *Gyana Yoga*, the path of Union through knowledge, and also on the path of Union through action, *Karma Yoga*; because it is the state of transcendent consciousness that is the state of *gyana*, or knowledge, and that delivers from the bondage of *karma*. This state is also the basis of success in any field of life. The field of the three *gunas* is enlivened by the light of the absolute being beyond the *gunas*.

Jai Guru Dev

ACHIEVEMENTS OF MVM STUDENTS IN DIFFERENT COMPETITIVE EXAMS/ACTIVITIES

MVM Shoranur



Student of MVM Shoranur got 1st prize in 'Balarama Drawing Competition' and awarded with medal & certificate



Students of MVM Shoranur have been awarded with cash prize, medals and certificates for outstanding performance in "Guru Shishya Scholarship Examination" at state level.

MVM Aligarh (Main)

ANNUAL DAY CELEBRATION



MVM-III Jabalpur

ANNUAL SPORTS DAY CELEBRATION

of MVM-III Adhartal, Jabalpur

Held at Shahid Smarak Bhawan, Jabalpur



Smt. Seema Bhowmick, Principal, Maharishi Vidya Mandir-III Jabalpur addressing on the occasion of Annual Sports Day Celebration 2012



Smt. Seema Bhowmick, Principal, MVM-III Jabalpur presenting memento to Arjun Awardee, former Indian Women hockey Team Captain Ms. Madhu Yadav on the occasion of Annual Sports Day Celebration 2012



Students of MVM-III Jabalpur presenting Martial Art on the occasion of Annual Sports Day Celebration 2012



Prizewinning student with Smt. Seema Bhowmick, Principal, MVM-III Jabalpur and Arjun Awardee, former Indian Women Hockey Team Captain Ms. Madhu Yadav on the occasion of Annual Sports Day Celebration 2012.



Prizewinning student with Smt. Seema Bhowmick, Principal, MVM-III Jabalpur and Arjun Awardee, former Indian Women Hockey Team Captain Ms. Madhu Yadav on the occasion of Annual Sports Day Celebration 2012.



Prizewinning student with Smt. Seema Bhowmick, Principal, MVM-III Jabalpur and Arjun Awardee, former Indian Women Hockey Team Captain Ms. Madhu Yadav on the occasion of Annual Sports Day Celebration 2012.



MAHARISHI INSTITUTE OF MANAGEMENT

मयाध्यक्षेण प्रकृतिः सृजते सचराचरम्



The National Seminar on **“IMPROVING YOUR FOCUS: GETTING THE MOST OUT OF THE DAY”** was organised by Maharishi Centre for Educational Excellence - Maharishi Institute of Management, Bhopal on 16th March 2012.

The theme of the seminar reflected the valuable suggestions and ideas about Stress Management, Time Management, Resource Efficiency, Skill Management, Motivation and Improving the focus and concentration to become effective managers and valuable member of the society at large.

Dr. (Col.) T. P. S Kandra, Director MIM Bhopal had defined the term "Focus in Management" is factor which are required to be identified to understand the organisation's Structure, its culture and Synchronization between the employee and the organization which enhance the job satisfaction.

The Guest speakers and delegates had shared their views on improving focus, concentration, stress relieving techniques like Transcendental Meditation and TM-Siddhi which helps in releasing the tension and provides social services to serve the humanity.



Dr. (Col.) T. P. S Kandra Director MIM Bhopal, Shri Madan Mohan Joshi, Chairman, Jawahar Lal Nehru Cancer Hospital And Research Centre Bhopal, Prof. P. K Mishra, Ex. Vice Chancellor, DAVV, Indore, Prof. Bhuvnesh Sharma, Vice Chancellor Maharishi Mahesh Yogi Vedic Vishwavidyalaya, M. P. and Prof. S. S. Singh, Director, NLIU, Bhopal on the occasion of national seminar organised by Maharishi Institute of Management, Bhopal



Dr. (Col.) T. P. S Kandra, Director MIM Bhopal giving his introductory and welcome address on the occasion of national seminar organised by Maharishi Institute of Management, Bhopal

Prof. P. K Mishra (Ex. Vice Chancellor, DAVV, Indore) had shared his views on focus needs the personality developed by moral values education, Shri Madan Mohan Joshi (Chairman, Jawahar Lal Nehru Cancer Hospital and Research Centre Bhopal) explored his ideas about the **“Social and humanitarian obligation of enlightened citizen”**, Prof. S. S. Singh (Director, NLIU, Bhopal) in his address said “Idea generation is possible only when the concentration is strong which enhances the power of mind.” Prof. Bhuvnesh Sharma (Vice Chancellor, Maharishi Mahesh Yogi Vedic Vishwavidyalaya, M. P.) had expressed his views on ***Simplest Technique Of Transcendental Meditation & Siddhi programme.***

Dr. Mukesh Sahu (Principal, Paramedical Institute Jawahar Lal Nehru Cancer Hospital and Research Centre Bhopal) had seconded the views of other Guest Speakers that the Transcendental Meditation is powerful medium to release stress apart from any other medicinal therapy.

In the seminar the papers were presented by the research scholars from Chennai, Agra, Raipur and other cities of India. Dr. T. C. Pathak, National Director CPR, Maharishi Vidya Mandir Schools Group has given awards and certificates to contributors of research papers in the national seminar.

The Seminar was conducted under the guidance of Chief Patron, Hon'ble Brahmachari Dr. Girish Chandra Varma, President Maharishi Institutes of Management, India.



Dr. T. C. Pathak, National Director CPR, Maharishi Vidya Mandir Schools Group, Shri M. S. Solanki and other dignitaries on the occasion of national seminar organised by Maharishi Institute of Management, Bhopal

महर्षि ज्योतिष की दृष्टि में अप्रैल माह

पण्डित हरिशरण मिश्र, (ज्योतिषाचार्य)



अप्रैल माह चैत्र शुक्ल पक्ष नवमी दिन रविवार से प्रारम्भ होकर वैशाख शुक्ल पक्ष दिन सोमवार पर्यन्त रहेगा। इस माह में पड़ने वाले विशिष्ट पर्व एवं त्यौहारों का महात्म्य निम्नांकित है।

राम नवमी व्रत - चैत्र मास के शुक्ल पक्ष की नवमी तिथि को पुनर्वसु नक्षत्र तथा कर्क लग्न में मर्यादा पुरुषोत्तम भगवान् श्री राम का जन्म हुआ था। इसलिये यह तिथि राम नवमी के नाम से जानी जाती है। भारतीय जनमानस में यह पुण्य पर्व माना जाता है।

पूरे भारत वर्ष के हिन्दु परिवारों में भगवान् श्रीराम का यह जन्म महोत्सव मनाया जाता है। इस दिन पुण्य सलिला श्री सरयू नदी में अनेक लोग स्नान करके पुण्य अर्जित करते हैं। समस्त भारतवर्ष में यह पर्व बहुत ही हर्षोल्लास के साथ मनाया जाता है।

इस दिन व्रत रखकर भगवान् श्रीराम और श्रीरामचरित्र मानस की पूजा करनी चाहिये, फिर भगवान् का कीर्तन करते हुये प्रसाद वितरण किया जाना चाहिये। इस दिन पूरे समय भगवान् का भजन-स्मरण, स्त्रोत्र पाठ, दान-पुण्य, हवन और उत्सव में बिताना चाहिये।

इस व्रत को करके हमें मर्यादा पुरुषोत्तम श्रीराम के चरित्र और आदर्शों को अपनाना चाहिये, भगवान् श्रीराम की गुरु सेवा, जाति-पाति का भेदभाव मिटाना, शरणागत की रक्षा, भातृ प्रेम, मातृ-पितृ भक्ति, एक पत्नी व्रत, पवन पुत्र हनुमान व अंगद की स्वामी भक्ति, गिद्धराज की कर्तव्य निष्ठा तथा गुहराज केवट आदि के चरित्रों की महानता को अपनाना चाहिये। ऐसा करने से भगवान् श्रीराम की कृपा दृष्टि हम सब पर सतत् बनी रहेगी। और मंगल ही मंगल होगा।

कामदा एकादशी - चैत्र शुक्ल एकादशी को कामदा एकादशी कहते हैं। इसदिन भगवान् श्रीवासुदेव का पूजन करना चाहिये फिर गरीबों तथा ब्राह्मणों को भोजन कराये, तत्पश्चात् स्वयं फलाहार ग्रहण करें। इस व्रत में अन्न तथा नमक ग्रहण करने का विधान नहीं है।

चैत्र पूर्णिमा (हनुमान जयन्ती) - चैत्र पूर्णिमा को चैती पूनम के नाम से भी जाना जाता है। इसी दिन भगवान् श्रीकृष्ण ने ब्रज में रास उत्सव रचाया था जिसे महारास के नाम से भी जाना जाता है। यह महारास कार्तिक पूर्णिमा से प्रारम्भ होकर चैत्र मास की पूर्णिमा को समाप्त हुआ था।

इस दिन भगवान् श्रीकृष्ण जी ने अपनी अनन्त योग शक्ति से अपने असंख्य रूप धारण कर जितनी गोपी उतने ही कान्हा का विराट् रूप धारण कर विषय लोलुपता के देवता कामदेव को योग पराक्रम से आत्मा राम और पूर्ण काम स्थिति प्रकट करके विजय प्राप्त की थी। जिसे हमें अनासक्त भाव से निस्पृह रहकर योगारूढ़ पद से रास पंचाध्यायी (श्रीमद् भागवत् दशम स्कन्ध) के रास प्रसंग को तात्त्विक दृष्टि से श्रवण एवं मनन करना चाहिये।

शास्त्रों में एकमत न होकर चैत्र शुक्ल पूर्णिमा को हनुमान जयन्ती महोत्सव का विधान आया है। वैसे वायु पुराणादि के अनुसार कार्तिक कृष्ण चतुर्दशी के दिन हनुमान जी का जन्म महोत्सव मनाने का भी उल्लेख है।

इस माह (अप्रैल) में पड़ने वाले व्रत पर्व एवं त्यौहारों की सूची इस प्रकार है

क्रमांक	व्रत-पर्व-त्यौहार	मास	पक्ष	तिथि	दिनांक
1.	श्रीराम नवमी व्रत	चैत्र	शुक्ल	नवमी	01.04.2012
2.	कामदा एकादशी व्रत	चैत्र	शुक्ल	एकादशी	03.04.2012
3.	प्रदोष व्रत	चैत्र	शुक्ल	त्रयोदशी	04.04.2012
4.	चैत्र पूर्णिमा, हनुमान जयन्ती	चैत्र	शुक्ल	पूर्णिमा	06.04.2012
5.	कच्छपावतार प्रतिपदा	वैशाख	कृष्ण	प्रतिपदा	07.04.2012
6.	संकष्टी श्रीगणेश चतुर्थी व्रत	वैशाख	कृष्ण	तृतीया	09.04.2012
7.	मेष संक्रान्ति	वैशाख	कृष्ण	सप्तमी	13.04.2012
8.	श्री शीतलाष्टमी व्रत	वैशाख	कृष्ण	अष्टमी	14.04.2012
9.	वरुथिनी एकादशी व्रत	वैशाख	कृष्ण	एकादशी	17.04.2012
10.	प्रदोष व्रत	वैशाख	कृष्ण	एकादशी	17.04.2012
11.	महाशिवरात्रि व्रत	वैशाख	कृष्ण	द्वादशी	18.04.2012
12.	वैशाख अमावस्या	वैशाख	कृष्ण	अमावस्या	19.04.2012
13.	श्री परशुराम जयन्ती	वैशाख	शुक्ल	द्वितीया	21.04.2012
14.	अक्षय तृतीया	वैशाख	शुक्ल	तृतीया	23.04.2012
15.	वैनायकी श्रीगणेश चतुर्थी व्रत	वैशाख	शुक्ल	चतुर्थी	25.04.2012
16.	श्रीरामानुजाचार्य जयन्ती	वैशाख	शुक्ल	षष्ठी	27.04.2012
17.	श्रीगंगा सप्तमी (गंगा उत्पत्ति सप्तमी)	वैशाख	शुक्ल	सप्तमी	28.04.2012
18.	श्रीसीता नवमी (जानकी जन्मोत्सव)	वैशाख	शुक्ल	नवमी	30.04.2012

पंचक - दिनांक 16 अप्रैल 2012 दिन सोमवार को प्रातः 2 बजकर 41 मिनट से प्रारम्भ होकर दिनांक 20 अप्रैल दिन शुक्रवार को रात्रि 9 बजकर 5 मिनट पर्यन्त रहेगा।

मास प्रभाव - इस माह खाद्य पदार्थों का मूल्य सामान्य रहेगा। दलहन तथा तिलहन के मूल्यों में सस्ती का रुख रहेगा। सोने और चांदी के मूल्यों में भी सस्ती का रुख रहेगा। गुड़ का संग्रह करना भविष्य के लिये श्रेयस्कर होगा। इमारती सामान के मूल्यों में सस्ती का रुख रहेगा। कहीं-कहीं अग्नि काण्ड की घटनाएं होने की संभावना दिखती हैं।

इन अनेकानेक नकारात्मक प्रवृत्तियों के निवारण के लिये महर्षि भावातीत ध्यान एवं सिद्धी तथा यज्ञ का आश्रय लेना श्रेयस्कर होगा।



Maharishi Movement Global News

Decreased medical expenses through Transcendental Meditation

This study measured annual percentage change in government payments for physicians' services over 14 years, among 1,418 people in Quebec, Canada, who learnt the Transcendental Meditation Programme, in comparison to randomly selected controls. After learning Transcendental Meditation, individuals showed an average annual decline of 13.8 per cent in payments.

Belgium: Coherence-creating group being established for the European Union in Brussels

Plans are underway to establish a permanent 'coherence-creating' group of people practising Transcendental Meditation and its advanced techniques together every day in Brussels, Belgium. Such groups have been established in other countries to decrease social stress and create a coherent, harmonious influence in the collective consciousness of the nation and for its governmental leaders. The group will be located not far from where some of the main buildings of the European Union are located, and thus its beneficial, unifying influence will extend to the countries of the EU and their leaders.

Dr. Robert Schneider gives plenary talk at conference in India

Robert Schneider, MD, Dean of Maharishi College of Perfect Health at Maharishi University of Management, recently addressed a large international conference on yoga in contemporary society in Bangalore, India. He spoke on the Transcendental Meditation Technique as the essence of yoga described by Maharishi Patanjali, parallels with modern physics, and the research showing the physiological effects and health benefits. 'There is considerable awareness of our research among this group of people,' Dr. Schneider commented. 'They're proud of the work done by Maharishi University of Management faculty over the years.'

Maharishi Vastu community planned in scenic foothills of the Italian Alps

In the province of Novara, Italy, close to the town of Arona at the foothills of the Italian Alps, the plan for a Vastu Village was inspired by Dr. Graziella Bensi. The location has a panoramic view of the Alps, and the famed Lake District of Italy is to the north. The development will also function as a Maharishi Peace Colony, in which residents will create an influence of coherence and harmony in the national consciousness through their daily meditation practice.

Creating integrated, harmonious national consciousness in Nepal

Today people of Nepal are longing for peace, progress, and prosperity, after years of violent conflicts due to cultural, ethnic, language, and political differences. The recent International Conference on National Security and World Peace in Kathmandu explained that to unify the divergent tendencies in the country and maintain its independence and sovereignty, Nepal needs a strong, coherent, integrated, and harmonious national consciousness. This can easily be achieved by training a small group of the defence and security forces in the consciousness-based Invincible Defence Technology of Maharishi Mahesh Yogi.

Thailand: Recognition for Consciousness-Based Education degree programme

Officials who visited Rajapark Institute in Bangkok, Thailand to evaluate its educational offerings near the end of 2011 were very impressed with one of its unique BA programmes. The committee 'not only spoke highly of this department but suggested that we should promote this programme nationally and internationally', said a Transcendental Meditation teacher involved with the Institute.

Thailand: Bangkok floods repelled by Maharishi Vastu Shield effect

Another recent example of the protective effect of Maharishi Vastu architecture in the face of natural disasters was seen in Thailand, where devastating floods have inundated large areas of the country and then submerged parts of the capital city, Bangkok. When floodwaters completely surrounded a new Vastu home, the brick Vastu fence held the waters back and prevented any damage to the house.

Transcendence published in the UK

The New York Times best seller, *Transcendence: Healing and Transformation through Transcendental Meditation*, by Norman E. Rosenthal, M.D., has just been published as a paperback in the UK by Hay House UK Ltd.

Transcendental Meditation helps women vets overcome the stress of military life

According to the National Centre for PTSD, trauma exposure is quite common for many women, and women are more likely to develop chronic PTSD than men. Now a lifeline of help is available for women through the Transcendental Meditation Programme. PTSD researcher Dr. Sarina Grosswald says, 'Transcendental Meditation is a way for these women to reclaim their lives. . . . It's a resource to help them reduce the stress of the trauma that they have experienced in their military service. It can help them restore their nurturing, feminine qualities that they have had to often sublimate for so long, and help them to transition as they return back to their family and friends.'

US: Maharishi School students win first place at the Junior Science and Humanities Symposium

Pearl Sawhney and her brother Surya, students at Maharishi School in Iowa, USA, won first place this month at the Iowa Junior Science and Humanities Symposium. They also were chosen, as one of two student teams in the state, to present at the 50th National Junior Science and Humanities Symposium in Maryland.

USA: Vedic Pandit group in Maharishi Vedic City soon to reach 1,250

This month more than 150 Maharishi Vedic Pandits will arrive from India in Maharishi Vedic City, Iowa, USA, and next month a similar number, reports Dr. Robert Wynne, Mayor of Maharishi Vedic City. By July, the total number of Maharishi Vedic Pandits in the United States is expected to rise to 1,250. This number, combined with the rest of the Invincible America Assembly in Vedic City and neighbouring Fair field, Iowa, will achieve the required 2,000 advanced meditation experts practising together twice daily, to create an invincible level of coherence, peace, and progress for the United States.

E-Gyan Monthly News Letter

Reminder

Dear Readers,

I am happy to release this 34th edition of E-Gyan Monthly Digital News Letter. Previous editions of E-Gyan have been published and circulated amongst you. In every edition of E-Gyan I am requesting you to send news from your relevant fields. But we are not receiving enough news. Please start sending the news in either Hindi or English. **E-Gyan Monthly News Letter** will be released in the first week of every calendar month. E-Gyan matter must be received by 15th of every month. Now E-Gyan is also reaching to large number of global leaders of Maharishi Organisation worldwide.

E-Gyan Monthly Digital News Letter will be circulated to all members, employees, well-wishers and students of all Maharishi Organisations in India and also to large number of Governors, Meditators, Sidhas, leaders and devotees of Maharishi Global Organisation.

E-Gyan Monthly News Letter contains the following:

1. Courses currently run by Maharishi schools/colleges/institutions and universities.
2. Information on any new course/programme added in Maharishi schools/colleges/ institutions and universities.
3. Present student strength course wise, subject wise, class wise, branch wise in different Maharishi Educational Institutions.
4. Announcement of any new course offering and its schedule with course details and venue.
5. Starting of new building construction, report on Bhumi puja or vastu puja or foundation stone ceremony.
6. Inauguration or graha pravesh or public offering of new building.
7. Special achievement of any Maharishi Organisation.
8. Special achievement of staff or faculty of any Maharishi Educational Institution.
9. Special achievements or award received by students in the field of academics, sports, arts, music, culture, language, general knowledge, quiz, talent search or any other competition on district, state, national and international level.
10. Report on NCC, NSS, Scouts, Adventure programme/trip.
11. High-level placement of graduates in national, international or multinational organisations/corporations.
12. Outstanding performance of ex-students.
13. Publication of any paper by faculty, students, staff, research department or organisation.
14. News coverage in local, state, national level newspapers, TV, radio, website.
15. Selection of students in civil services, IIM, IIT, PMT, IIT, NDA, IMA, IFS, IRS, Armed Forces or in any other institution of national importance.
16. List of outstanding government or private special projects taken by the organisation.
17. Launching of new product with details, availability and price.

18. Details of products already in market.
19. Creative writings on different topics, such as cultural/social and historical issues.
20. Offering Vedic solution to any social problem.
21. Performance of any special Anushthan or Yagyas.
22. Vedic celebration reports.
23. Excursion tour reports.
24. Corporate visit, corporate training etc.
25. Visit of national and international dignitaries and their remarks.
26. Appreciation, recognition or awards received by Maharishi Organisations.
27. Report on academic or commercial collaborations.
28. Report on Maharishi Vedic Organic Agriculture.
29. Report on monthly Initiations in TM, Sidhi course and Advance Techniques.
30. Report on activities of Maharishi Global Movement.
31. Report on any other similar subject or area, which is not covered here but worth reporting.

We invite news, articles and reports from all Maharishi Organisations, leaders, members, faculty, staff, students, Meditators, Sidhas and all readers. Please note that all news reports must be authentic, original, true and correct. The writers of articles should send a declaration that the article is their original article.

Please also note that all contents should be sent in soft copy through email (egyan@mahaemail.com and egyanmonthly@gmail.com) as word document file (or in a CD to Dr. T. C. Pathak, Maharishi Centre for Educational Excellence Campus, Building No-5, Lambakheda, Berasia Road, Bhopal, Madhya Pradesh, PIN 462018). Hard copy should be neatly typed ("Times New Roman" font for English and "Devnagri" or "Chanakya" font for Hindi) and should be sent to above-mentioned address. High quality/resolution pictures and graphics will be very useful to make your report better looking and will be much interesting for readers.

Editorial Board of E-Gyan Monthly News Letter will not be responsible for any copyright issues of reports/articles etc. Once a matter of false reporting comes to the Board, E-Gyan Monthly Newsletter will never publish reports/article of the sender in future and will inform it's readers about this.

Please recommend all your friends and relatives to subscribe E-Gyan Monthly Digital News Letter and to visit www.e-gyan.net web site.

***With All the Best Wishes in Maharishi's Fifth Year of Invincibility - Global Ram Raj.
Jai Guru Dev, Jai Maharishi***

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