

Operation World Peace



*The Power of Transcendental Meditation
by
TM-Teacher Jesspar*

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About the Author



Jesspar Loeth was born in Denmark in 1947. As the child of a busy businessman he became interested in business and economics and he now holds a candidate degree in economy from the University of Aarhus. He also studied political science.

As a student at the age of 24 he attended an introductory lecture on Transcendental Meditation, and he at once decided to start the practice.

After University he became a teacher of economy related subjects in business-schools.

At the age of 32 he became a practitioner of the TM-Sidhi program, which he has practiced regularly.

At the age of 38 he qualified as a teacher of Transcendental Meditation. Shortly afterwards he joined the Purusha Program where the meditation periods become much longer than is possible with ordinary meditation. The TM and the TM-Sidhi programs are professional members of the Purusha Group.

From 1988-1989 he studied at Maharishi International University in Fairfield, Iowa. His subject was Science of Creative Intelligence in which he is a Master of Arts.

Continuing his work as a teacher in business schools, he has also taught the TM-technique to a lot of people.

The current book "*Maharishis Revitalizing Revolution*" was written many years ago. However, to really reach out to a broad population the collective consciousness needed to evolve to its present level. NOW IS THE TIME for a global breakthrough for The Unified Field to be known as our own innermost being.

Preamble

The knowledge in this book is basically not new. However, the politicians of the world have not been listening to it. For that reason ***I accuse those “leaders” of genocide,*** simply because thousands of people’s lives could have been spared if the peace technology described in this book had been implemented.

What is the use of two country’s leaders talking peace or even signing a peace treaty if their respective populations do not want peace?

It is like two tops of an iceberg agreeing with each other while 9/10ths of the icebergs want something else.

Now, the 9/10ths of the iceberg is to be compared with ***the collective consciousness*** of the country or countries.

If this collective consciousness of two countries is full of stress and tension, peace is simply not possible.

Operation World Peace is an operation much more powerful than any military operation, because it makes use of the immense power of nature itself – the force that creates and sustains the entire universe.

Operation World Peace could be called a military operation that attacks the stress, strain and destructive elements in the world’s collective consciousness, not with obsolete weapon methods that does not work, but through the approach of an ***ancient and reliable science of consciousness.***

The operation has already started. Now it is up to you to fully understand it and understand that you are not a powerless person that cannot do anything for the world’s situation. You can create a huge difference! DO IT!

Foreword

The idea to call this book *Operation World Peace* popped up when I recently, nearly 70 years after World War II, read Montgomery's memoirs.

I am a great admirer of this great general and field-marshal, not only because of his military genius, but also because of his fine human qualities.

After the German surrender in May 1945, the field-marshal issued his last message to the armies who had fought under his command. Paragraph 7 of this message was:

“And let us devote our energies to what lies ahead, full of joy and optimism. We have won the war with Germany. Now let's win the peace.”

However, when Montgomery wrote his memoirs, published in 1958, he asked himself:

In Section 7, I wrote "We have won the war against Germany, now let's win the peace." I have often pondered whether we have won peace. Actually, I don't think so”.

Montgomery might perhaps have had the relationship with the Russians in mind, but anyhow it has now become rather clear that peace has not been able to be sustained in the world.

Winning a war is one thing - to win the peace something completely different. Montgomery was aware that if one were to prevent the recurrence of Nazism or Communism in Germany after the war, they had to quickly get the country back on track financially and organizationally. Boredom, idleness and fear of the future had to be replaced with good thoughts and hopes.

The world economic crisis and high unemployment in the 30s was a time of frustration, violence, racism and Nazism, which eventually sent Europe into flames. Unemployment creates frustration, and frustration creates depression or aggression, i.e. violence and other crimes. We all want progress and development in our lives, but if circumstances deny us this, we accumulate fear and stress, which only further aggravate the situation.

The solution to the problem of violence is, first, to allay fear and stress in the collective consciousness, second to create employment for ourselves through an appropriate work, and thus you will be brought into the evolutionary road again. Frustration occurs because you feel that there is no need for one, and because one cannot get his wishes fulfilled.

The concept of collective consciousness requires an explanation, since it runs like a red thread throughout the book. The collective consciousness of a family, a city or a nation is not a consciousness that occurs because of consensus on values and symbols. The collective consciousness is not cultural values and norms, but consciousness innermost. You are usually not aware of this area, yet you are affected by it and affect it yourself.

One of the greatest threats to world peace is perhaps the militant Islamic fundamentalism. The worst thing is that it actually has a right in some of its criticism of the Western communities: The fact that we are not happy even though we live in material abundance.

The problem is that we have lacked a technique to make the single person happy. In itself it is not enough to provide work for the frustrated, for if the work seems to be

meaningless, you just become even more frustrated.

The main essential to world peace is that all people feel they evolve are using more and more of their latent potential. This requirement can be met through the use of Transcendental Meditation and group practice of the TM-Sidhi program. To establish such large groups that radiate an influence of harmony and dynamics in the world is *Operation World Peace*.

Introduction

In July 1993, I was in Washington, where I attended a social experiment which lasted two months.

The goal was to demonstrate that a group of practitioners of Transcendental Meditation and the advanced TM-Sidhi program could reduce crime by simply meditating together. There was no question of going out and talk to the criminals and convincing them that they should behave in a non-criminal way.

For those not familiar with the theories, the question arises immediately: *How can you influence other people at a distance?*

We will return to this question. First we will look at the result. The experiment began on June 7 with a group of around 800 meditators, but towards the end of the period the number had risen to about 3,800 from 75 countries around the world.

The statistics showed that there was a clear correlation between the number of meditators and crime, so that multiple TM-Sidhi practitioners coincided with a lower crime rate. The final report showed that crime in relation to the *expected level* decreased by 18% towards the end of the experiment.

This shows that meditation's harmonizing effects spread from the individual level to society at large.

How can this be done? The latest discoveries of modern physics indicates that the Universe does not consist of galaxies, solar systems, planets, people, animals, plants and minerals that are isolated from each other. On the contrary, it all is linked, much more than previously thought.

It is probably no coincidence that the word "universe" is composed of the words "unity" and "diversity". So, we live in a universe where there is "unity in diversity". The diversity can very easily be observed. You just have to look around. The unity of the Universe is formulated in the unified field theories of quantum physics and - more interestingly - you can directly experience this by reversing the senses 180 degrees inward.

The unity of the Universe will not be directly found at the surface level, but deep within everything, inclusive in oneself. During Transcendental Meditation we are allowing the mind to experience finer and finer stages of a thought until even the finest impulse of thought is exceeded (to transcend means to exceed) so that you experience a state of unity and wholeness.

However, as this state of consciousness is *universal*, it to some extent is also enlivened in others when you yourself experience it. The effect is stronger the greater the meditating group. We humans are not as isolated in relation to each other as you might think. On the contrary! At the deepest levels of consciousness (which is usually not consciously recognized) we are all closely linked. The human consciousness is both individual and collective. It is, inter alia, what the experiment in Washington has confirmed.

Criminals are people with highly stressed nervous systems. When the collective consciousness becomes more harmonious, the criminals also become more harmonious,

i.e. their thinking and behavior changes for the better.

If the experiment in Washington was the only investigation that has been made over the Maharishi Effect¹⁾, which is what the phenomena has been called, you had to claim that it was repeated to make sure that the positive outcome was not been caused by other factors than meditation. However, there have already been about 40 similar investigations, and the most important has been published in leading scientific journals such as the *Journal of Conflict Resolution*, *Social Indicators Research*, *Journal of Crime and Justice* and *Mind and Behavior*.

The fact that a particular study is published means more than it has simply been printed and distributed. For most magazines a panel of prominent leading experts in the field, read and evaluate any investigation that is received for publication. The aim is to prevent the disclosure of information which is incorrect or insufficiently documented. When the findings of the study are new or particularly controversial, the experts conduct such an investigation even more critical than usual and assess it from the strictest requirements.

The Maharishi Effect looks, at a first glance, highly controversial, but science has not been able to refute it. The global and societal outcome that could be achieved by using the unique is tremendous. It will inter alia be possible to:

First, *Create world peace*, thus solving the refugee problem. Rather than fight war with war, it is now possible to operate with a genuine peacemaking force - an army of TM-Sidhi practitioners

Second, *Eliminate all crime*, violence and disorder.

Third, *Achieve full employment*. Economist Kennet Cavanaugh has made time-series analysis²⁾ of the relationship between the number of meditators at Maharishi International University in the U.S. and an index of inflation and unemployment. This analysis revealed that more meditating in the group gives a lower "misery index". This, along with other economic analyzes suggest that The Maharishi Effect acts as a locomotive for economic growth.

¹⁾ Named after the founder of the TM- movement, Maharishi Mahesh Yogi, who was the first person to predict the collective effect of Transcendental Meditation.

²⁾ Proceedings of the Business and Economics Statistics Section, American Statistical association, (1987): 799-804; (1988): 491-496; (1989): 565-570.

Chapter 1: The Peace Technology

About 50 years ago I saw a film adaptation of Jules Verne's novel *Robour - The Conqueror*. The film was not quite like the novel, but I think Jules Verne would not have had anything against this movie version.

Robour was a man who had done something which at the time was considered impossible. He had constructed a giant aircraft, "The Albatross", and thus came to dominate the airspace. He had become "Master of the World".

One scene from the movie burned itself so firmly into my mind that I to this day remember it very clearly: The big aircraft that had countless propellers were still in the air over two armies, which were deployed and ready to start fighting each other.

Robour was (like Captain Nemo in the *One Thousand Leagues Under The Sea*) against war. He wanted to stop what he saw from his view would be a bloody affair.

His problem was simply this: Good enough, he had absolute control over the overall situation, because he, unimpeded from his airplane, could bomb both armies, but by dropping bombs he involved himself in precisely what he wanted to prevent - war. The question therefore was whether he could dissuade the two armies to fight, threaten to bomb both if they did not mutually stop their exercise.

As it appeared in the film, Robour's dilemma was that he did not have a peace technology, i.e. a technology that directly would stop or prevent a war without violent means.

I remember the scene where Robour in his giant public address system was exhorting the two armies not to go to war, and stated that if they still did it, he would bomb them both. The armies did not listen to Robour's admonitions, and the scene ended with both armies exposed to Robour's bombardment, so that they were unable to fight each other. Robour himself was bitter and angry.

The film ended with the mighty airplane severely damaged and later on blown up by the three prisoners he had on board. Robour chose to sink into the sea with his flying ship, but his last words were:

"I take my dream (world peace) with me. But it will not be lost to humanity. It will belong to you the day the world is educated enough to profit by it and wise enough not to abuse it."

Captain Nemo's last words, when his submarine Nautilus sank, had a similar message:

"There is hope for the future, and when the world is ready for a new and better life, all this (war) will some day come to pass in God's good time."

Today we have what Robour did not - a genuine peace-forming technique, i.e. a technology which can both prevent wars and also bring existing wars to an end. This technology is completely different from any war technology, as while war technology is based on the ability to destroy, peace technology builds on the ability to create and build.

The problem is that many are so fixated on the destructive side of life and its material

side that they may hardly believe in peace technology. One knows what missiles, shells, tanks, machine guns and bombers are, but world peace through meditation in groups?

Sound too unlikely that by closing your eyes and meditate we can affect belligerent countries to cease hostilities? If you think so, it is perhaps because one's worldview is not up to date. We must therefore examine what a worldview is, how it forms, and how we might change it.

Chapter 2: How is your World View?

About 100 years ago Jules Verne wrote his novel *Journey to the Moon*. It was probably well known that a moon existed - it can after all be seen with the naked eye - but that it possible to actually visit it was a fact that, I guess, not many believed. The novel was 'science fiction', and although this kind of literature really should be based on *science's potential development*, most people regarded it as 'totally implausible'.

Much of today's science-fiction has never had anything to do with science at all. In these simply fictional cases, it is indeed inconceivable that these events can ever take place because some fundamental laws of nature just cannot be circumvented. The limits that these fundamental laws of nature apply to, however, are not as narrow as one might think. Most of humanity will probably find it unlikely that a human can learn to fly solely by the power of consciousness alone, though a story can demonstrate examples of such a thing¹⁾ - 'levitation' as it is called. The phenomenon does not happen as a *violation* of the law of gravity, but a universal law is put to use in its opposite aspect - *repulsion* instead of attraction.

Whether a science fiction novel is just fiction, or whether it contains an element of science, I think that generally it has a beneficial effect, because it can make the reader reconsider his world view.

Once the common understanding was that the earth was flat, and as outlined by Ludvig Holberg in the satirical comedy *Erasmus Montanus*, the new concept - that the Earth was round - led to direct conflicts. In general, new knowledge can be difficult to accept. The familiar is safer - you know what you have.

The two different opinions of the earth - flat or round - reflect two different world-views, and it's not just for show either. History has shown serious controversy about the status of the world. We know that people who were once proponents of the world-view that the sun is the center of our galaxy risked life and limb, because the Catholic Church could not accept that human beings created in the image of God were demoted to being dwellers on a 'second class' celestial body.

If we, by the word 'world-view', also include our perception of the conditions under which life should be lived - ideologies - we can see that there are now a plethora of different world-views.

Through a person's upbringing in a particular culture, he learns to identify with certain values. This identification is formed through interaction with the neighborhood and the media. Thus, he will gain a certain view of himself and the outside world - a world-view, from his own position in this world. For you, this world-view includes representing a picture of *the one you are*, and also what should characterize one's own self.

So, every man forms a more or less clear picture of how the universe is arranged, and I personally think that most people have metaphysical issues within their world-view, although many questions such as life after death, if there is a god, etc. are more or less terminated, in an 'archive' of unsolved cases.

That a person's world-view is created through identifications during childhood also

means that it can be very difficult to change this view once it is accepted by a person or even a whole nation. It has, so to say, gone in with the mother's milk.

The way people perceive themselves and the outside world is thus mostly not a result of a sober assessment, but rather a kind of passive acceptance of conditions which are regarded as something given by nature, and once a certain image of life has been a part of personality, everything the person encounters in life is seen in such a way that its world-view is further confirmed. In other words, our world-view governs our perception in such a way that it affirms itself. This is why you can say 'the world is as we are. If one wears green glasses, one can only see green'. M. Scott Peck describes it thus:

"What happens when you have fought long and hard to develop a well-functioning world view, an apparent useful map, and then is faced with new information, suggesting that it is a wrong way of looking at things, and that there is a need for a comprehensive revision of the card? The required, painful exertion seems terrifying, almost overwhelming. What we usually do, usually unconsciously, is to ignore the new information. Often this process of ignoring is anything but passive. We stamp the new information as false, dangerous, heretical work of the devil".²⁾

The big question is whether it is possible to create a situation so that humanity can agree on some common values and thus create the basis for lasting peace. Within these overall room values there must also be space for individual cultural perceptions, without disturbing the overall harmony.

Some have suggested that such codes of conduct are to be found in religion - that in the major religions there are *common* rules that are good enough for any man to follow. However, there's a catch to this - differences rather than similarities between religions have always been emphasized.

It is therefore perhaps more appropriate to consider whether *science* can be used as a starting point. The human instrument which science makes use of is the *intellect*, and since we seem to have more control over those mental faculties and the areas of life linked to them than religious faith and religious feelings, it is an additional reason to build on science in order to examine whether it is possible to create a universally valid philosophy.

The question is whether scientific progress as such would automatically imply that it is easier for different nations to accept a common world-view. Some believe that science cannot comment on the *values* of life, however I think it can. Medical science, for example, states how one should live, if one wants to keep the body healthy. Of course you can say that the value *judgment* in this example is that one should maintain a healthy body, but who would not? In reality this touches on the question of a general law, a general rule of man - a *natural law*.

The fact that different people use different levels of the mind means that they perceive situations in life differently. In other words, their world-views do not match. The controversy between Erasmus and peasant society can thus be seen as a conflict between the immediate, tangible, shareable world and a world-view where the intellect has played a crucial role.

The development of the intellect, though, is not sufficient enough to eliminate inconsistencies. If mankind must come together in a common world-view, and thus create

the basis for a state of lasting peace, I believe it is necessary to develop even finer levels of the mind. Two different highly evolved people can very well disagree, and I think it's because of the way the intellect works. Intellect is primarily suited for *analytical* purposes. In other words, the intellect divides a situation into subcomponents. However, when putting given components together one can arrive at different wholes, in the same way as one with a set of building blocks can construct very different things - depending on what you want to create. Synthesis resulting from an analysis may therefore differ widely depending on *who* you are. This may, for example, actually mean that some believe that a military solution to a problem is preferable, while others favor a more diplomatic approach.

The contradictions on Earth, therefore, can neither be balanced by the senses nor the intellect. However, perhaps it is possible to develop or engage with deeper layers of the mind, which works on a more holistic and synthetic principle.

With the discovery of the structure of the atom, science has moved towards discovering to very fine levels of creation. The question now is how fine these levels are, as it is possible to investigate in matter as well as in the human psyche, which may well be two sides of the same coin.

The common perception today is that man and the universe are two separate entities. In modern quantum physics, many researchers, however, reach an opposite view. For example, the French physicist Bernard Eéspagnat said:

The doctrine that the world consists of objects whose existence is independent of human consciousness turns out to be in conflict with quantum theory and the facts ascertained through experiments.

¹⁾ e.g., Teresa of Avila

²⁾ M. Scott Peck, *The Road Less Traveled*, Arrow Books 1978

Chapter 3: The Unified Field

If one gazes upon the night sky, it looks at first sight as if it is more or less random, how the different light sources that we observe, are affixed. A closer scrutiny however, will reveal that there is some order in the way that everything is arranged. The stars are predominantly grouped in galaxies that have a certain form. With the developments in astronomy and far-reaching telescopes, large parts of the universe have been identified, and thus we have been able to uncover the order which exists in this gigantic phenomenon.

The realization that the universe is apparently carefully planned out and not randomly arranged, leads us to conclude that there must be some form of guiding principle or *intelligence*, which in one way or another is responsible for the order of the universe.

If we see earth as something like a plant that grows and evolves, we observe a similar organizing power or intelligence. It is no coincidence what grows when you plant a particular seed.

By observing the night sky or nature, what we are watching is not the guiding intelligence *in itself*, but the *results* of the function of this intelligence. We cannot observe intelligentsia *as such*, for example by studying a plant with the naked eye.

Maybe some will think that it is wrong to use the word "intelligence" because it is associated with an attribute of human consciousness, or at least being conscious as such. Initially we simply use the word with its meaning, guiding force, which is quite impersonal. However, the intelligence that is responsible for nature's perfect organization and function - from building a small insect to the movement of giant galaxies - may well have been concluded not to be observed at a basic level, but must be located deep within everything.

Although we do not usually think about it, we know that all matter consists of atoms. We do not see the atoms, just as we do not see the individual pigments within a color. Atoms are the building blocks of matter. The word atom comes from the Greek word *atomos*, meaning indivisible, which refers to the perception that the universe is built up by tiny units or particles, i.e. quantum.

Within nuclear physics, however, it has long been assumed that atoms are not the smallest building blocks. Atoms are in fact built up of finer particles - electrons, protons and neutrons. The protons and neutrons consist in turn of even finer particles called quarks, which could even consist of still finer particles.

The atom is not indivisible - *atomos*, but is built up of finer and finer particles in a system a la Chinese boxes. The question then is whether there exists a smallest box, or whether one can go on ad infinitum? One can, according to quantum physics, not, because it has been observed that the finest particles actually arise and perish in a kind of "nothing". Matter is therefore well constructed of some of the tiniest building blocks, but these are significantly smaller than first thought. But what is this "nothing" that the smallest building blocks of life are coming from and into what do they disappear? ¹⁾

Now, I said that we have observed the finest particles. This is not entirely correct. In fact, the smallest particles are so small that they cannot be observed under a microscope.

One must study them indirectly, in so-called spark-chambers, (previously called bubble-chambers) where particle *behavior* can be investigated because they have left some traces. By photographing these traces it is possible to make observations of how particles interact with each other, and from this you can deduce many of the particles properties.

Thus, we can examine how the extremely small particles behave, done by increasing the particle's speed in a particle accelerator, and then causing them to collide. It was discovered that the particles could disappear into a "nothing" and that other particles were created. It often happened that after a collision, more particles were created than lost. Particles could disappear and particles could manifest quite visibly. However, the questions were: What did they come from? - What did they disappear into?

Physicists postulated the existence of a ubiquitous "field" which was responsible for the creation and destruction of particles. A field is an immaterial amount, which is why physicists speculate that a substance arises from a non-substance. This is well in line with what Einstein already realized - that a substance may be formed into energy.

What is a "field"? The concept is really well known. Who has not played with a magnet? A magnet has a field around it so that the iron that comes within this field moves towards the magnet - is attracted by it. A field therefore is *immaterial*, but nevertheless a very tangible reality.

Another well-known field is the gravitational field around the earth. This gravitational field arises because the Earth has a huge mass and Earth's gravitational field is a special case of the general gravitational force that acts between all masses, which cause the planets to move around the sun and that we do not "fall away" from Earth, etc. The moon's gravitational field is not as strong as Earth, while Jupiter and Saturn have a much greater mass than the Earth and consequently have much stronger gravitational fields.

The field, which is responsible for the creation and destruction of the finest particles of matter, differs from the classical notion of a field, insofar as it is present at every point in creation, and that each of these points have an *unlimited* amount of potential energy. It exists in itself, regardless of whether there are particles or no particles. This means that the field has the qualities of self-sufficiency, timelessness and unity.

An important characteristic of such a so-called *quantum field* is that it provides a basis for creation because it is able to produce particles. The remarkable thing is that a quantum field can be described as a vacuum, but not a dead vacuum. In the quantum vacuum are constant fluctuations. The vacuum of the quantum field seems to vibrate for short periods whereby it manifests constant energy. These vibrations in the field's vacuum take place all the time.

When these fluctuations are minimal, they are called *virtual* and so-called "virtual particles are produced. These particles have not yet manifested and exist only in a very short time. These virtual particles can be regarded as a sort of internal vibration in the vacuum field at a non manifested level. But sometimes the vibrations can become so strong that they give rise to the creation of real manifested particles.

A field can create particles with different, but *not arbitrary* energy, i.e. the different energy levels are discrete. This means that only certain energy levels are possible *and none in between*. This is, as mentioned earlier, the reason why we are talking about a *quantum field*, because it creates energy, which is quantified. Initially it was assumed that

each specific type of particle had its own field. The electrons had their electron field, the photons their photon field, etc. However, efforts to reconcile the different fields resulted in the realization that all different fields can be understood from one single so-called *super field* - The Unified Field.

Until 50 years ago, however, it only had been possible to reduce the number of quantum fields to four - the four fundamental forces of nature. These four fundamental forces were electromagnetic, the weak nuclear force, the strong nuclear force and the gravitational force.

The gravitational force is already mentioned. The strong force is the force that makes the atomic nucleus hold together as a whole. Since the nucleus is composed of neutral neutrons and positively charged protons, there must be a power to bind them together, since identically charged particles repel each other.

The weak force is responsible for certain radioactive processes and the production of neutrons in the Sun. As mentioned, both protons and neutrons consist of finer particles called quarks. The weak force affects the electric charge of quarks, so that a proton is changed into a neutron.

The electromagnetic force is very well known – we make use of it when we press the light switch. There is power in the filament and the atoms become excited, so that the electrons make quantum leaps, which emit light, consisting of "particles" called photons.

The word "electromagnetism" actually means that two different forces, electricity and magnetism can be understood as one force. As you know, around a conductor there is a magnetic field and a reverse and using a magnet can be used to produce electricity.

In 1967 it was managed to theoretically reconcile the electromagnetic force with the weak nuclear force in the so-called electro-weak unification. But the theory was only completely constructed in 1974 by Salam, Weinberg and Glashow, which gave rise to the Nobel Prize in physics.

In 1983, the electro-weak unification became experimentally confirmed at CERN in Geneva, where the world's largest particle accelerator was built. So now it was not just merely a theory, but the electro-weak unification was identified as an existing reality of nature.

The next step towards a unified field theory was to combine the electro-weak force with the strong force. Actually, this has also been possible in several different models - Grand Unified Theories. However, should one experimentally demonstrate the existence of the unification between the electro-weak and strong force, it would actually require a gigantic particle accelerator, as big as the Milky Way, simply because it requires enormous amounts of energy to produce the particles that would confirm the theory. Therefore, an experimental detection is not possible in that way.

The last and most important step in achieving a theoretical unification of all forces of nature was made in 1976. This theory involves the gravitational force, describing it as a quantum field, which had not previously been possible.

To create a unified field theory is obviously a demanding task. Even Albert Einstein had a vision of a unified field. However, only in 1976 was the theory successfully

launched.

It goes without saying that a particle accelerator must have the same magnitude as the Milky Way to create the experimental proof of the Grand Unified Theories. One cannot, of course, prove The Unified Field theory experimentally - at least not in the same way.

The Unified Field is described in the theory of the so-called superstring as a field of pure intelligence, which creates the fundamental force-fields and matter-fields of nature through a self-referential dynamic process at the Planc scale, i.e. that the distances are as small as 10^{-33} cm and periods of 10^{-43} sec. The process causes and sustains the infinite diversity of the Universe.

The Unified Field, *as such*, i.e. in its unmanifested state, is a state of complete symmetry. Creation comes into existence when this symmetry is broken and what is unmanifested, then manifests in the same way that a seed sprouts. The seed is homogeneous, but contains an entire tree on an unmanifested level. Only when germination starts will the tree begin to manifest.

The Unified Field is thus what the DNA molecule is to man. The DNA molecule contains information about the *entire* human structure, and is present in every cell.

If we were able to "read" the DNA molecule, we would be able to see a blueprint of the individual from where the DNA molecule originated. If it is possible to "read" The Unified Field, we would, by analogy, be able to gain knowledge of the entire universe.

¹⁾ The following few pages are based on Drs. Max ten Dam, *Consciousness and Matter - The Unified Field of Consciousness and the latest Development of Physics*, SOMA Scientific Publisher 1984, Lelystad, Netherlands.

Chapter 4: Transcendental Meditation

If the unified field theory is correct, it must mean that the unified field creates everything that exists, including human consciousness. Therefore, it must be possible for man to contact the unified field, and to bring his awareness to operate at a level comparable to the Planck-scale of physics. An analogy would be to physics uncovering deeper and deeper levels of creation and therefore we must be able to perceive finer and finer levels of consciousness.

Therefore, we must move from the mind's surface level into the mind's depths and investigate if we might be able to locate an area where duality no longer exists, just unity.

If one closes one's eyes, one will be aware that many thoughts flow through the mind. Each thought is a real isolated entity, separate from other thoughts. The question is whether we can reach the field of consciousness from which thoughts occur. In other words, is it possible to conceive ideas before they are manifested as such?

What does it mean to conceive an idea at a non manifest level? For a closer look at what it means that something is non manifest, we'll take an example from industry. A car is a car when it is assembled, but not before. Until then, it was just a lot of components. Before being components it existed as raw materials, and even earlier existed as raw substances in nature.

Similarly with thoughts. The concrete thoughts we usually register are *the finished product*, i.e. we do not usually recognize the processes preceding the creation of the thought. We just discover that we have an idea. We do not normally know how it was made.

To bring awareness from surface-level to the level from where all thoughts originate, therefore, it is necessary to have a technique. Transcendental Meditation is a technique that takes the attention from the thought-filled surface-level of consciousness to what one might call 'source of thought.' During the TM process, the mind spontaneously experiences finer and finer stages of a thought until the finest pulse is experienced, then exceeded, hence the name transcend, to exceed.

For the experience to be crystal clear, however, one will have to experience this condition repeatedly, because our nervous system is usually filled with unrest and blocked by stress and strain at these very fine levels of consciousness. Now, it is fortunate that the performance of TM purifies the nervous system so that following each meditation one has a slightly cleaner nervous system.

This happens because of a very close connection between the functioning of mind and body. The less troubled the mind is, the less activity there also is in the body. When the awareness experiences finer and finer stages of a thought, it will automatically be quieter. When consciousness becomes quieter, the body also calms, thus achieving a very deep level of rest. The rest experienced during Transcendental Meditation is much deeper than one gets during even the deepest levels of sleep. However, at the same time one is fully alert.

This extraordinarily deep rest allows the body and nervous system to regenerate spontaneously, so that a gradual normalization of the whole organism occurs.

Accumulated stresses and tensions are cleaned away from the nervous system so that thinking becomes more clear and comprehensive, and one is able to perceive finer and finer thought impulses more clearly.

Once you've got a nervous system so pure that you are clearly able to perceive the finest thought impulse, and even transcend it, you will realize you are not separated from the unified field, but in reality *be* this. You might be confused by this but the logic is clear enough. If the unified field is the fundamental reality of all that exists, it must also be the fundamental reality of man. A human being consists of mere impulses of the unified field. It is, therefore, obvious that if one should experience one's non-pulsating mode or non-manifest state, there can be no duality. If one were to perceive the Unified Field as something other than oneself, it would precisely not be the Unified Field, because, from where came the consciousness that perceives the Unified Field?

It is interesting indeed that in Transcendental Consciousness the experience is that subject and object are fused together and forth is solely the experience, "*I am*", i.e. consciousness without content, or what one might call pure consciousness.

Notice that the experience of pure consciousness is open to anyone who wants it, i.e. the experience "*I am*" may be the subject of scientific research. Firstly, you can personally *repeat* the experience, secondly, *different people* can share the knowledge. In other words, we talk about intersubjective transferable knowledge, i.e. science. Admittedly, it is necessary that those who share the knowledge of the unified field of consciousness must have an absolutely spotless nervous system. However, just as one must master mathematics if he wants to deal with quantum physics, a spotless nervous system is needed to be able to deal with the science of the unified field of consciousness.

Unfortunately it is not very common nowadays that people have a spotless nervous system, or normal nervous system that one can rightfully call it. In the ancient Vedic culture in India, it was more common to meet people whose nervous systems had completely normal functioning. Many of these people's experiences at the level of consciousness are embodied in the ancient Vedas. Veda means *knowledge*, i.e. knowledge of the seed of the universe, the pure consciousness - the Unified Field.

This knowledge matches with contemporary "consciousness researchers' experiences, and secondly it is entirely consistent with what the latest discoveries of modern quantum physics expose.

One could therefore argue that the evidence of the Unified Field is not made within quantum physics itself, but through "awareness technology." In reality those who have a spotless nervous system, so-called *enlightened* people, through their knowledge and experiences of consciousness level, have taken the existence of the unified field for granted, while quantum physics now, theoretically, has reached the same realization.

Can the existence of the unified field be called into doubt? One could certainly look at two different reasons for not accepting the Unity of the Universe.

Firstly, it might be that the quantum theoretical criteria are wrong. However, this would be a strange situation because we would be left with two or three *fundamental* quantum fields. The entire quantum development has just gone in the direction of fewer and fewer quantum fields, so why should they stop at three or two? Furthermore, it speaks in one way or another to our intuition that there is one field and not two or three.

Thirdly, the way quantum physicists are working, is based on *qualified visions* – cf that even Einstein had the vision of a Unified Field - as necessary conditions to produce very complex theoretical models.

The second reason why one could argue that the unified field does not exist, is that one cannot be sure that those who have *experienced* Unity had "true" experiences, i.e. they might have experienced something else. In this context it is striking that the experiences described in the Vedic scriptures are consistent with what one can recognize in our time. Also, different contemporary consciousness researchers unanimously confirmed that the experience is an experience of *unity*, i.e. at the level of consciousness, the unified field is experienced as a reality.

Furthermore, it is suggested that the experience is characterized as being *very real*, i.e. this is the exact opposite of a dream state. Those who have had the experience are not in any doubt: the *unity* of the universe is, regardless of how subtle a level it obviously exists, an absolute concrete reality.

However, the most striking argument for the existence of the unified field has already been mentioned, namely that there is a striking concordance between the Vedic records and the most contemporary research in quantum physics. Is it not fascinating that scientists who are probably not what we would call enlightened in this book's context, have found through mathematical calculations, the same as Vedic "seers" several thousand years ago saw as life's innermost reality?

This entire book can also be regarded as an argument for the existence of the Unified Field, since the argument is that most of the problems we face in society today are due to an impure nervous system, i.e. a nervous system that is not able to give us the experience of reality as it is, at all levels.

On a personal level it is obviously advantageous to be able to come into contact with the Unified Field. The Unified Field, which is the source of the whole Universe, must surely be an area of infinite creativity and intelligence, i.e. it is from contact with the unified field that all inspiration, intelligence and creativity originate.

Conversely, one suffers from a lack of these values if the nervous system is blocked by stress and tension, like a plant cannot absorb the substances from the soil, which are necessary for its growth if its fine root system is damaged. Here it is worth observing that all great artists and scientists in their most creative phases have undoubtedly been related to the infinite creativity of the Unified Field, i.e. their lives have been marked by freedom and creative activity. What could it mean for our civilization then, if many people consciously began to work from this source of all energy, matter, life intelligence?

Chapter 5: Life's Evolution

With the discovery of the unified field quantum physics has theoretically approached the source of origin of creation. From this source of infinite intelligence and creativity wells up the various natural laws that create, maintain and destroy the development of the universe.

The force of the evolution comes from the field's interaction with itself, in quantum physics parlance called "*spontaneous sequential symmetry breaking*". Maharishi Vedic Science - the science of the laws of nature recognized at the consciousness level - explains the field's interaction in the following way:

Pure consciousness, i.e., pure, undifferentiated consciousness, or simply consciousness as such, has the property that it may be conscious. First, it naturally becomes aware of itself. But this has created a duality - a subject and an object (consciousness as the observer and consciousness as that observed). When there is a subject and an object, there is also a relation between the two, i.e., the original unit or perfect symmetry is replaced by a tripartite division, which is then further broken down by the various bodies interacting with each other.

All these impulses are the first manifestations of natural law, and they can be divided into three categories corresponding to what quantum physics calls creation operator, maintenance operator and destruction operator.

Evolution is precisely characterized by an interaction between both constructive and destructive forces, and if there is a balance between them evolution is as it should be: Harmonious development.

It is the way we perceive different situations, that is, the way *we think* that is the core principle of world peace. We therefore must find out what we can do to create a healthy mental life. It is about being able to determine what thoughts are appropriate to transform into action, and what we must discard.

In nature there are creative as well as destructive impulses or laws of nature. The destructive are indispensable, because evolution just works the way that a particular development is destroyed to make room for a higher level. When a flower blooms the bud will become destroyed, but the flower appears. When a caterpillar pupates, it is to undergo a transformation. In other words, the caterpillar destroys itself in order to become a butterfly.

Therefore, it is no wonder that our thought life is characterized by both categories of natural laws. We will have both constructive and destructive thoughts. The art which man must learn is to solely let constructive thoughts result in action. This art requires more and more awareness.

It is the consciousness that produces thoughts, but it is also awareness that assesses whether these should culminate into action. As long as the nervous system is not functioning properly, its holder can thus be a double-loaded situation. Firstly, the ideas it gets, generally will be characterized by an imbalance between destructive and constructive tendencies. Secondly, it will be difficult for them to decide what is right and constructive.

This is brilliantly described in the English film, *Bridge over River Kwai*, from 1957, dealing with a company of British soldiers in a Japanese prison camp in a jungle in Thailand. The soldiers were ordered to build a railway bridge, necessary for Japan to receive their supplies.

In the beginning, the soldiers skimmed on the work, which would have made the bridge unserviceable. However, the senior officer (Alec Guinness), discovered that this meant that the morale within the camp declined. His idea was that instead of letting the subordinate fellow prisoners skimp and make a useless bridge, he could raise the morale and discipline of the Company by establishing teamwork and creating a solid bridge.

When the bridge was finished, he expressed that defeat had been turned into victory, and seeing contrasting constructive/destructive thoughts, it was true. War is destruction, but to build a bridge is constructive. The activation of the constructive natural laws created a high morale among the POWs, and caused them to survive as a disciplined company.

There was just one drawback of it. It was for the *enemy* that the bridge had been built. However, the officer was so fond of the bridge that when allied troops came to destroy it, he spontaneously did everything possible to *prevent* the bridge from being blown up. He realized this later on, after his assistance to the enemy had cost the lives of a lot of his own companions. The last reply an Allied soldier pronounced was "madness, madness", while the bridge was blown up (as the officer, Alec Guinness, fell upon the detonation box).

As I see it, the film shows how incredibly difficult it can be for us humans to determine what is good and bad in a given situation, destructive and constructive. (Hitler enabled the German economy and created jobs, which probably initially made many people happy). *The question of which direction -constructive or destructive, your attention goes, is just the alpha and omega.*

Bud burst, but the flower appears. When the flower inside is pushing to get ahead, bud just break without causing any damage. The destructive forces are here automatically in perfect balance with the constructive, and they have the seats allocated to them, because the constructive are leading.

If evolution is in balance works the destructive laws of nature works appropriate. They clear obstacles to the development of life. But how does evolution come out of balance?

Imbalance means that blockages for some reason has encountered in the natural evolution. On a personal level, it is experienced as not achieving what one wanted, i.e., one's wishes are not fulfilled one needs are not covered, which in the long run creates frustration. In such a situation it may be tempting to focus the attention on what one think is the reason for not achieving one's objectives, i.e., the seemingly external obstacles. These need to be cleared up.

If you are unemployed, you are perhaps racist and have immigrants to blame for not getting a job again. A nation can assume that another nation is to blame for the problems it faces: the other nation is the enemy.

The nature of life is to grow. You grow physically, but also mentally and spiritually. The physical growth happens all by itself, provided that you get adequate food. This is a

natural process. Mental and spiritual growth should also be completely natural, i.e., without struggle and problems. However, if blockages in the mental and spiritual development occur you will also find it on the *outside*, because the quality of our actions is determined by the quality of our consciousness. However, consciousness is something abstract, actions and external factors anything concrete. Therefore, it is not to blame that lack of mental and spiritual growth, lack of growth in consciousness can be perceived as external obstacles.

So, if one's inner creativity is blocked, your personal development is being threatened, which may have the consequence that one draws the attention towards the destructive natural laws. If creativity of an entire nation or in large parts of the nation is blocked, it can have serious consequences for peace.

The solution to the apparent increase in violence therefore, may not be more police on the streets, as it does not remove the cause of violence, which is blocked creativity. It may well be that more police apparently can dampen the violence, but in reality, the need for more police is a sign of weakness in society. It is a sign that creativity is not flowing freely. The solution to the violence problem and *prevention of war* is to remove those blockages in the collective consciousness that prevents creativity to flourish. Evolution means growth, a gradual unfolding of one's inner, latent abilities and facilities. If this expression is not allowed to run freely, the obstacles must be removed. The real obstacle is blocked creativity - the apparent obstacle can be external things, maybe other people.

When you grow up in a society, one adjusts to the rules and norms that are prevalent, and this adaptation begins from birth. The problem is, however, that this adjustment to a higher or lesser extent means that one may repress oneself. By adapting to society one does violence on themselves. Arno Gruen describes it the following way:

“The struggle for autonomy enhances our creativity. But to the extent that the societal socialization process blocks autonomy, this process creates in itself the evil it seeks to prevent. If parental love is distorted to the extent that it requires subjected temptation and addiction to feel confirmed, the social adaptation becomes a test of obedience. The child's efforts to adapt then results so, that the true driver's emotions are lost. Man becomes itself the source of evil”.

Man himself is the source of evil, because he does violence to himself. *One's authentic self is replaced by a self that suppress the creative impulses that comes from deep inside.* As long as this happens you will be violent. If the connection to the unified field, the source of infinite creativity and intelligence, is blocked, the evolutionary impulses are not free to find expression. This means that the individual path of development that every human being owns cannot be followed, which creates frustration - the cause of violent aggression.

¹⁾ Scientific validation indicating enhanced positivity and harmony in society through group practice of yogic flying.

- Enhanced quality of life in cities, municipalities, and internationally.^{1, 2, 6}
- Decreased crime, disorder and violence in community.^{1, 2, 4, 5, 7, 8}

- Improved economy in the USA and Canada measured by a monthly index of inflation and unemployment.^{10, 11}
- Decreased war intensity and killed in war.^{1, 3, 8}
- More positive evolutionary statements from head of states.⁶
- Improved international relations ^{6, 9}
- Enhanced progress towards peaceful solutions to conflicts. ^{6, 9}

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²⁾ Arno Gruen, *The Betrayal of the Self*, Grove Press 1988

Chapter 6: The ego and the nature of consciousness

If you can only turn your attention *outward*, you cannot get the total holistic experience of love. Everything you will experience is outer glory. The worst thing however is, to be in a situation where you are unable to discriminate between the interior and the exterior. Ludvig Igra believes that Narcissos' successors, i.e., much of the youth of today are in this situation because they have a profound frustration with respect to true love:

“When he (Narcissus) tries to capture his image with his hands, he shows that he is unable to differentiate between inner work and outer actions. Precisely like so many people who have followed him, he is carrying on a hope to solve his internal problems of life only through actions in the outer reality.”¹⁾

Real self-esteem is not automatically linked to outer success. However, there need not be any contradiction. What matters is whether one's success is based on a deep interaction between one's conscious perception of oneself and an intuitive perception that one is in harmony with a greater purpose of one's life. If you have this experience, it is because the perception of yourself is in harmony with deeper levels of consciousness.

The prerequisite for a human being to be harmonious is a simultaneous sense of stability and development. The stronger this development takes place the more necessary it is to build an identity that is independent of external phenomena. The simplest way to build an ego-sense which is independent of external things is through the practice of Transcendental Meditation.

Transcendental Meditation is a form of meditation that is quite natural, since the process happens completely effortlessly. You start on the surface of the mind level where the conscious mind activity goes on. By allowing the mind to experience finer and finer stages of a thought, you are training and stabilizing the mind to be conscious of its deeper areas, and by transcending even the finest impulse of thought, you will experience the condition in which you are completely yourself, i.e., consciousness is exclusively conscious of itself and nothing else.

The process, however, has far-reaching physiological consequences because the body and mind are like two sides of the same coin. The larger silence in the mind corresponds to a greater calm in the body. The relaxation during TM is very deep; it is deeper than the deepest sleep rest. Relaxation is a very important element of TM, because the body and nervous system thereby is allowed to regenerate. In other words, every time you practice Transcendental Meditation nature is allowed to bring body and nervous system to a slightly higher step of evolution. Maharishi emphasizes, however, that activity is indispensable for the new step of evolution to stabilize. By being active after the TM exercise you train the nervous system to function at the new, higher degree of evolution. There is therefore a development through interaction between deep rest of meditation and dynamic activity in everyday life, and the process corresponds to a systematic change between what psychologists call I-libido and object-libido, self-love and love for the environment:

“Self-esteem we'll win in two ways, through I-libido and object-libido - when we are connected on ourselves, our own activities and reflection, and when we put ourselves into the outside world, engage and together with others play ourselves out.”²⁾

Only if you have a stable I, you can be comfortable in an ever-changing world. Building a stable I require parental care and parental love, i.e., attention and time. Perhaps that is why so many youngsters today seem to lack stability. Many parents find themselves in a situation which is characterized by hectic activity and lack of time. The problem is that if there was shortage of warmth in one's childhood, one is inclined to avoid turning the attention inwards, because when you turn your consciousness inward, you are precisely confronted with the emotional wounds.

However, Transcendental Meditation is a technique to turn the attention inwards without being confronted with one's emotional wounds. With a metaphor can explain what happens: If there are some holes on the beach and the ocean washes over them, they will soon be covered and faint. In the inward direction of the TM technique one contacts the planet of total harmony, which is deeper than one's repressed material. You move so to speak quickly past this level, and reach the level of pure being. When you walk out of the meditation, you take some of the pure being, the total harmony with you and with the passing of the places in the mind where there is emotional imbalances initiates there a healing process, which however that can not consciously participate in - one's attention is already back on the normal level.

The daily contact with one's deepest levels of consciousness means that you become more and more able to spontaneously listen to the evolutionary impulses from the unified field. This gives the feeling that what you are doing is natural and right. This experience gives confidence and self-esteem. The culmination of self-esteem is the well-rounded person who has a crystallized ego or I. Such a human is stable because it has a stable core. Therefore, it is also nice to be in company with him or her, because the stability is contagious. A man who has an ego or I, is not *selfish*.

A selfish man is a man who has failed to become an integrated personality. He has not, managed to achieve its basic needs, the most fundamental is the need for love. He therefore craves for love, but confuse it often with power and position - to be looked up to, by all means be "the man in the center." The pseudo needs such a person might have - I call them pseudo needs because their fulfillment does not really create joy and warmth - will often be met at other people's expense. As Erling Jacobsen writes:

“A selfish man is not a man that takes good care of the ladle, as true as it is better to live in a warm world than a cold. An egotist has simply chosen to prefer certain kinds of satisfaction that he can get at the expense of others, instead of those to shares with his surroundings. Only out of a sense of hopelessness one can make such a bad choice.”³⁾

An egotist is "navel-gazing", precisely because he suffers from a fundamental defect in his life. The impulses which come from deeper levels of consciousness with the aim of developing him, make him afraid, because they will always mean a surrender of the security, he thinks he has built. These deep levels of consciousness therefore acts as an enemy. Conversely, they act as a friend for one who is on track of building one's ego. For

those who have crystallized an ego - an "I" - the deeper levels of consciousness work as a spouse since this is a perfect communication. The deep levels of consciousness supervise and give advice while you can get them to work for you in what they like to do, as they are always active.

Man's problem is not that it has an ego, but that it may have a weak ego that is easy to hurt. A weak ego is always busy protecting itself. The fundamental Muslims are fighting dissidents because dissidents shake their weak ego. A strong ego can accept that there are other egos which are different, i.e. it can accept that the world is a mosaic of *different* views.

For a person with a strong ego other humans are not a threat - precisely because it is integrated. A wounded ego is logically destructive. The agency that created the wounded ego feeling must be degraded, or even cleared up. A spectator spit on a football player and the football player spits again. The problem is, however, that retaliation only exacerbates the situation.

The theme is moreover known from the ancient Icelandic sagas, which describes that it actually was a duty to see to avenge the killing of a family member - in another killing. Sicily is known for the same, and the various mafias have also roughly practiced blood revenge.

In the conflict between Jews and extremist Palestinians in the Middle East, between Catholics and Protestants in Ireland, between Serbs and Muslims and in the former Yugoslavia, the situation may be such that the mutual karma - the mutual killings and atrocities - probably have set so deep grooves that there is a need for a completely new way of viewing conditions on.

Maharishi has pointed out that if 9000 experts in the TM-Sidhi program begin to exercise these mental techniques in a single group, it will be the start of a brand new development on Earth, a development where not only war and strife are eliminated but where the true and beautiful in humans are allowed to grow and develop. "All the good everywhere and non-good nowhere," he states.

The explanation that such a large group could be "meditating for world peace", is that a person's consciousness both is individual and collective - individual on the surface and collective in depth. At the same time one is usually not aware that we as human beings actually have such a consciousness - it is unconscious - you are not aware of it. Maharishi's explanation of war is that if there is a lot of stress in the collective consciousness, this influences each person's way of thinking, feeling and acting. War begets in other words more war because the collective consciousness becomes extremely congested.

The recipe against war is to clean the collective consciousness of disharmony and tension. The late quantum physicist David Bohm, would probably give the Maharishi right in his assertion to change the world - at least in principle. In his book *The Holographic Worldview* describes Bohm the true nature of consciousness. He points out that awareness at the deepest levels is one:

“In the non-manifest reality penetrates everything into each other, everything is interconnected. And deep down all human consciousness is one consciousness. This, we states, can be said with absolute certainty, because matter itself is an entity in empty space. If we cannot see that this is the case, it is because we close our eyes to this fact.”

Bohm's view of the world is that the universe is constructed as a giant hologram, or 'holo-movement', as he calls it, because it is always in constant change. A hologram is an interference pattern on a photographic plate, created using laser light. If you project the hologram, you get a picture in three dimensions. Furthermore, if you project a little bit of the interference pattern *the total picture* appears, i.e. every detail contains the whole.

If the universe works as a dynamic, holographic principle, so that every human being is equal to the whole, one could ask the question whether a single strong man might be able to clean all the 'non-manifested reality'? Bohm's answer is that it requires a group:

“What I claim is that this is possible for a number, a group of people who are closely related to each other, who have undergone this development, and can trust that together they could form a consciousness that is common to all in the group. In other words, that this awareness is one and act like one. If we had as many as ten people or a hundred people who really could do so, then they would have a force that was far more than the sum of the individual forces.”⁴⁾

Perhaps Bohm is too optimistic when he talks about a group of ten or a hundred, but the idea is not to be mistaken: A harmonious group consciousness is a force that is much stronger than the sum total of the individual conscious. Maharishi believes that we need a group of 9000 in order to change the future trend. The interesting thing is that according to his view, a relatively small number of humans can prevent new wars on Earth. This option exists because his techniques operate from the unified field - existence ultimate reality, the level from where both matter and consciousness originates.

¹⁾ Ludvig Igra, *Psychotherapy on Life and Death (Danish)* - about destructivity and will to live, Hans Reitzel 1990

²⁾ up. cit.

³⁾ Erling Jacobsen, *Good and Evil, (Danish)* Centrum 1983

⁴⁾ *The Holographic World View, (Danish)* Ed., Ken Wilber, ASK, 1985

Chapter 7: Consciousness and Collective Consciousness

All people have experienced three different states of consciousness, waking, dreaming and deep sleep. The ordinary waking state that we experience 16-18 hours a day is different from the dream state thereby that what you experience is much more concrete and logical, even though some dreams can be very clear.

In the deep dreamless sleep however, one does not experience anything, so this state of consciousness is characterized by the fact that one is *not* conscious - in fact you do not even know that you exist. When one either starts to dream or wake up however, one is conscious again. Hereby it can be concluded that consciousness *as such* also is there in deep, dreamless sleep, but one has obviously *not been aware* of it.

We learn all an endless stream of thoughts and feelings every day. This is not consciousness *in itself* it is only the contents of consciousness. You experience this contents of consciousness, because you have the attention directed towards it, in other words, what you do not direct your attention towards, you are not aware of.

The practice of Transcendental Meditation and the TM-Sidhi program means, however, that one can penetrate deep into one's own consciousness. During periods even the finest impulse of thought and feeling is exceeded, and we experience the ground state of the mind - *pure consciousness* - where the mind is only open to itself, without contents. It is this condition one is in deep dreamless sleep, only one is here not aware of it. As an analogy, one can say that the pure consciousness is the movie screen on which life's various phenomena projected. If you turn off the film unit the canvas is still there, but you cannot see it.

If you further want to investigate the phenomenon of consciousness, it is thus necessary to distinguish between three different aspects:

- 1) Consciousness without contents, pure consciousness – the movie screen.
- 2) The content of consciousness:
 - a) concrete external objects
 - b) internal images, ideas, feelings, sensations and thoughts.
- 3) Attention or alertness. Attention is the attribute of consciousness, which makes it possible at all to be conscious of something. In the waking state one is more alert than during dream, but even if you are awake, you can still talk about *degrees of alertness*. Late in the evening, one is perhaps enough awake, but still not as aware as the afternoon. Attention is a property of the awareness, which means that you can become aware of an interior or exterior object.

As pure consciousness - the screen - is a precondition for at all being able to perceive anything, every man (and animal) have such. In this sense it certainly is collective. The question is whether different people have the same screen but experience different images on it.

Late physicist, David Bohm, claims that it is:

“In the non-manifest reality everything penetrates into each other, everything is interconnected. And deep down all human consciousness is one consciousness. This, we keep on can be said with absolute certainty, because matter itself is an entity in empty space. If we cannot see that this is the case, it is because we close our eyes to this fact.”¹⁾

When you perceive yourself as a person separate from other living beings, it is because we identify with the images being projected onto the screen. Those images are different for each man and animal and give each of us the very distinctive characteristic of us. There is a close relationship between our perception of our self and our physiology. Physiology, the nervous system, reflects a fundamental *content of consciousness*, with which we identify.

A dog will perceive itself as a dog, because it has a dog's body, and because it has a dog's upbringing, i.e. it has been exposed to the right life experiences at the right times. Rhino Brutalis was no brought up as a rhinoceros, and he had a very difficult in life - he could not really find out what kind of a creature he really was. Brutalis was very aggressive, for he was constantly frustrated. How should he behave? Of course he was a rhinoceros, but a rhinoceros that had not been exposed to the right life experiences at the right time in life.

Given that a human being has a human body it will automatically be in the category "human", i.e. when you have a human body, get into the intersection called human. But every human being has a body and thus a nervous system that is different from all other people, i.e. you are well enough a human being, but a unique person, *an individual*. Furthermore, each individual experienced different things in life at different times, which further emphasizes each person's unique personality, but for humans as for animals is, however, it is that in order to become a cultured individuals we must have certain life experiences at certain times in our childhood . If this does not happen, one will come to suffer from fundamental deficiencies in one's self-perception, i.e., one's nervous system is not developed as it should, it is blocked or "stressed out".

The far most important basic experience a person must have is the experience of being appreciated or loved - and loved for what you are, and not a role you are forced to play. The more frustrated you get to this point, the more aggressive become one's personality. Such stressed or blocked nervous system firstly cannot reflect pure consciousness, secondly, the psychic energy does not flow freely, i.e., the world will be bleached. As Erling Jacobsen says:

“The world fading comes from large amounts of psychic energy stored away under lock and key, so they are no longer available to the conscious mental life. The apparent meaninglessness of the world is due to we having made ourselves blind to much of the phenomena that make up the world so that we see it only as fragmentary and inconsistent.”²⁾

No matter what animal we're talking about, we are faced with a creature that probably is not equipped with a nervous system so advanced that it is able to reflect pure consciousness.

¹⁾ *The Holographic World View, (Danish)*, Ed. Ken Wilber, ASK, 1985

²⁾ Erling Jacobsen, *The Neurosis and Society, (Danish)* Hans Reitzel

Chapter 8: Collective Consciousness

Transcendental Meditation takes you into a state of "restful alertness". The body is in deep rest while the mind is wide awake. The nervous system therefore works in a certain way, and it can be identified by measuring the weak electrical impulses that are associated with brain cell function. Practically the measurement take place in the way that firm electrodes, which are connected to a computer, are fixed on different parts of the right and left side of the head. The measurements show that while practicing Transcendental Meditation the two different hemispheres function in a more uniform frequency pattern than usual, which can be interpreted as brain working more coherent, more holistic than outside meditation.

This holistic functioning of the brain is even more pronounced during the TM-Sidhi program, and most during *yogic flying*, where a thought impulse causes the body to rise above the ground. Subjectively the condition of maximum coherence (the moment when the body lifts up) is perceived as a state of profound happiness, freedom and harmony. If the individual consciousness affects other people's consciousness, it should be possible to measure the positive impact of a TM-Sidhi practitioner has on other people, provided that the influence is of a certain magnitude.

Yogic flying is the result of a thought projected from Transcendental Consciousness, the Unified Field of all the laws of nature, the field of all possibilities. This is the simplest form of human consciousness, self-referral consciousness, which can be easily achieved through transcends dental Meditation and enlivened through the TM-Sidhi program, including Yogic flying.

Yogic flying is a demonstration of perfect mind-body coordination and is correlated with maximal EEG coherence, indicating maximum orderliness and integration of brain functioning. Even at the first stage of yogic flying, where the body rises in series of short hop, this exercise causes bubbling joy feeling in the individual and creates coherence, positivity and harmony in the surroundings.

Yogic flying is a demonstration of an individual's control over nature's central switchboard, from where the laws of nature are governing the universe. From here a man can give orders to all areas of nature infinite creativity and the invincible organizing power of natural law. An order from the prime minister gives rise to the country's authorities and resources will be tuned to implement it. Similarly, any intention projected from the unified field of all the laws of nature, order the infinite organizing power of natural law to immediately fulfill it.

The practice of yogic flying is a practical demonstration of the ability to project thoughts from the unified field of natural law, and develop the ability to spontaneously act in harmony with natural law to fulfill any desire. The phenomenon of yogic flying demonstrates that through the Transcendental Meditation and TM-Sidhi program, everybody has the opportunity to work from the simplest mode of his own consciousness and gain control over the laws of nature.

That the TM-Sidhi program is actually able to create a life-enhancing impact on the environment is documented in *the International Journal of Neuroscience 1982*, "Intersubject EEG coherence: Is consciousness a field?" In short, it is shown in the

article, how the brain activity in a group of people was more harmonious with each other when a large group of meditators exercised the TM-Sidhi program around 1000 km. away. This indicates that the consciousness of an individual is not an isolated size, but rather is closely linked to all other human consciousness.

The Russian brain researcher Professor Lyubimov measured during the Washington conference the electrical activity in the brains of subjects who did not meditate, but just sat with eyes closed. The result was that the electrical activity showed much more consistency between the two hemispheres when 3,800 people were meditating than when they did not.

This scientific validation of the influence of consciousness without direct contact and over long distances is of course necessary for a solid proof of the existence of the collective consciousness. Personally, I think however it is far more exciting that teleport is something you can experience every day, without really think it's at all strange. I think most people have experienced the phone ringing while they were precisely thinking of the caller. On the consciousness level the connection, so to speak, was already established before the *phone* connection.

The phenomenon that a group of meditators spontaneously affect the environment in positive ways, has been called the Maharishi Effect, since Maharishi already in 1960 explained, that at the moment approx. 1% of the people in an urban community started TM, it would immediately produce an improvement in the social life in the form of declining crime, lesser hospital admissions, etc. And if 1% of the world's population practiced Transcendental Meditation, world peace would be secured.

The Maharishi Effect was first statistically supported in 1974, when some cities in the United States reached the threshold of 1%, which coincided with a drastic drop in crime in these cities, while an overall increase in the U.S. as a whole was registered.

With the advanced TM-Sidhi program, it has been shown that a much smaller number of meditators can create a "Maharishi Effect", especially when exercising the TM-Sidhi program simultaneously under one roof. If only a number of people equal to the *square root* of 1% of an area's population together exercises the TM-Sidhi program a similar positive influence in society has been found as when about 1% uses the basic TM technique – e.g. decreasing crime, fewer hospital admissions and fewer deaths. The required number for the entire world, the square root of 1% of the world's population is about 8500 people, or for safety 9000.

Even though it is always difficult to prove a direct cause-effect relationship in such cases, however, now there is a strikingly large body of statistical material which support the theory of the Maharishi effect. Several sociological studies of the phenomenon have been published in scientific journals, for example "International peace work in Middle East", published in the *Journal and Conflict Resolution in December 1988*

If one is not in contact with the evolutionary impulses from the depths of consciousness, one does not act in accordance with the laws of nature. If one doesn't act in accordance with the laws of nature the results is the experience of some form of resistance in one's life. In every situation we encounter, there will be one or more actions that are best for our further development. However, it will also be possible to act in a manner that is prejudicial to one self and the surroundings. Art of Living means that one's action in any

situation facilitates both one's own as others' development.

If you are filled with fear of the surroundings you will easily act in such a way as to aggravate your situation. I remember a scene from an old Danish film which in a nutshell described this problem: A boy who worked on a farm was very afraid of his master. Once, while he was about to sweep he broke the broom. Because he was afraid of what would happen if he told the farmer, he put the broom back into the tool shed and set fire to. On this way he thought he could hide his accident. Of course, the kid should have told about the accident even though he had been slapped. However, had the relationship with the farmer been more trusting and warm, he would have been free to tell what had happened without any fear of punishment - after all it was an accident.

A society consists of all kinds of relationships - mutual relationships between people, relationships between people and institutions, mutual relationships between institutions and relationships between people and things. Any element of fear involved in these relations, is to create a negatively charged collective consciousness. Knud Hansen bluntly demons in society:

“Obviously we are ruled by anonymous and unpredictable forces, invisible demons that neither science, politics or economic insight can protect us from. The result is anxiety. As past demons were manifestations of anxiety, today’s is also. Fear gives the demons life and demons maintain the fear. One kind of demons - those who haunts of society and makes the future uncertain - begets the other kind, those who haunts the mind and manifests itself as complexes, obsessive thoughts, anxiety, perplexity and much more. The screw is without end. The demons of the mind act back on society and create new demons”.¹⁾

The vicious circle Knud Hansen believes to identify in society is active because the human mind is limited. If you cannot figure out a situation you will easily make mistakes. I think we all have experienced situations we could not figure out. The overview was missing and the consequence was that one behaved in a way so that afterwards one annoyed the wrong thing one did. You did not achieve what you had in mind and the response we had anticipated was quite different. Afterwards, one might maybe clearly realize what one should have done, but while you were in the situation you were not equal to it. In other words, you did not act in accordance with the laws of nature that just structured one's unique life. If one doesn't act in accordance with the laws of nature one create stress, and if many people violate the laws of nature collective stress arises:

“When people due to limited awareness do not act in accordance with the full range of the laws of nature that leads to progress, then progress is limited and stress is accumulated in the collective consciousness. This is the reason for all the problems in society, including negativity, violence, terrorism, and national and international conflicts,” Maharishi explains.²⁾

In twilight one looks unclear and distorted. If the collective consciousness is characterized by stress and tension, it must correspond to the politicians' visions are not clear and concise enough to solve the tasks facing society. As we have seen, it is possible to improve the collective consciousness by creating a sufficiently large group of practitioners of the TM-Sidhi program. Such a group could soon be established with a minimum of costs. All unemployed in New York and other cities in the world should have the offer to learn the TM-Sidhi program. Those who are interested could be

employed to practice the technique in a large group morning and evening. In this way we could create a collective consciousness which is favorable for politicians to work in.

Instead of fighting against demons, the politicians would discover that they get support of Nature. They will specifically find that it becomes much easier to work in parliament. Maharishis have often pointed out that a government's performance reflects the quality of the collective consciousness. In other words, if a government is unable to function appropriate the root cause is stress and tension in the collective consciousness.

Before the project, where about 4,000 people practiced TM-Sidhi program in Washington DC, June-July, 1993, the United States government was dominated by repeatedly unsuccessful efforts, including mistakes and a disturbing decline in public trust: "... *Twenty weeks old, puts Clinton administration record as the one with most common mistakes in recent history* ", reports the *New York Times*, 5 June, 1993.

Immediately after the arrival of the first group of Yogic Flyers, 7 June, was accompanied by a marked recovery in the U.S. government's success and effectiveness which included:

- An increased cooperative harmonious atmosphere in both parties in Congress who supported President Clinton's legislative key initiatives.
- Dramatic improvement in the public expressions of with respect to support for President Clinton
- In economic and diplomatic relationship the U.S. was welcomed in many countries with increased warmth in the light of President Clinton's renewed strength and ability to lead.
- Press commented on the sudden and significant improvement in mood in Washington: "The atmosphere is much better ... the mood has improved quite significantly". *CNN*, 11 June.
- "Bill Clinton's brilliant sky ... What difference does a week not", *New York Times*, 18 June.
- "... [At the G7 meeting in Tokyo] until he appeared as the confident center of attention, the leader that everyone wanted to meet in private." *Washington Post*, July 10.
- "The negative campaign against Clinton broke down last week." *New York Times*, 11 July.
- "Clinton administration seems to have renewed strength ... Washington is relaxed. However, such a rapid change of political success is not easy to explain. [One] must logically consider whether it really was Clinton who got things look different or if there is something else going on". *Sally Quinn, The Washington Post*, 18 July

As predicted, the positive trends began immediately after the end of the course to turn back. The atmosphere of harmony and cooperation in Washington deteriorated, the partisan rivalry in Congress was escalated, and support for the Clinton Administration's foreign policy declined.

"American policy failure," stated an editorial in the *Washington Post*, 6 august. Since Clinton's draft budget barely went through, Newsweek reported on 16 August: "... last week's 'victory' ... ended up with weak sake of acidic mine and the president's desperation."

Over many years, there have various places in the world been held many meetings with yogic flying involved with similar success. Scientific studies of these assemblies have consistently demonstrated the coherence-creating groups force with respect to improving the quality of life in cities and nations, as well as globally. A coherence-creating group is the foundation of a successful government and a peaceful, happy world, free from violence and crime.

¹⁾Knud Hansen, *The Indignation – Late Judaism and the service of Jesus*,(Danish), Gyldendal 1983

²⁾Maharishi Mahesh Yogi, *Life supported by Natural Law*, Age of Enlightenment Press 1986

Chapter 9 Invincibility

The only way a country can avoid being involved in war is by *not allowing an enemy to be born*. If the collective consciousness of a nation is filled with stress and tension, the nation will be weak, and thus invite to external aggression. If the nation's collective consciousness is sufficiently clean, the nation will be able to achieve a state of invincibility. Invincibility in the manner, that the nation will have no enemies.

To illustrate the principle, we will first consider a physical system. If you place a magnet near a standard electrical conductor, the magnetic field will easily penetrate the conductor and create disturbance in it. This vulnerability occurs because the electrons are not coordinated in their function, but occurs inconsistent and disintegrated.

In certain metals can, however an interesting phenomenon be observed, if one lowers the temperature to a very low level. In the metal then occurs a *phase shift*, i.e., the way the electrons are functioning changes from disorderly to extreme orderly. Such a cooled metal has the property that if you send a current through it, there will be no resistance, why we talk about a superconductor. If you place a magnet near the cooled metal, the magnetic field will not penetrate the superconductor and interfere with its function. The magnetic field is bending of the superconductor and does not damage its coherence function (The Meissner Effect). What has happened is that the system is brought to its least excited state, which means a state of extreme coherence and harmony.

When an external field, which threaten the integrity of the super-conducting state is placed in the vicinity of the superconductor the electrons of the superconductor's surface immediately change their function in such a way that they create a magnetic field which exactly neutralize the influence from the interfering field.

According to the third law of thermodynamics applies in general, the lower the temperature is, in a physical system, the greater the degree of order. Something similar happens on the consciousness level, when one is exercising TM technique. The mind is moved from a state where it is very active, i.e., excited to a state where there is complete silence.

One can therefore say that the "mental temperature" gradually is lowered during Transcendental Meditation, so that the awareness is brought to its least excited or simplest form. Furthermore, it is possible to reach a state in which the consciousness permanently and spontaneously maintains the least excited state, i.e., also during dynamic activity. This is due to the nervous system being so clean that any kind of stress immediately is neutralized.

The question is whether it is possible to create a *nation* where a similar structure exists, i.e., where the rate of integration in the society as a whole is very high.

The principle of the superconductor is not unique. In many areas of physics or biology are parallel phenomena that can be characterized as invincibility. In each case, it applies that invincibility is based on coherence in the collective functioning.

The analogy to a human society is clear enough. If the collective consciousness is the essence of a nation, which consists generation after generation, the invincibility for the nation precisely is localized in the nature of its collective consciousness. The collective

consciousness can be either coherent or incoherent. If it is incoherent, the nation is weak and will attract destructive elements from outside as an expression of its weakness. If the nation has a collective consciousness that is coherent and integrated the nation is strong - invincible. No outside influence will be able to damage it and no enemies will arise.

The old defensive philosophy, which is based on the soldiers' willingness to kill and die to save the nation, should no longer belong to a modern society of today.

The fear-based defense technology is outdated. The solution is to develop the ability to transform attitudes and intentions of potential aggressors, i.e., train the ability to establish kindness and cooperation instead of hatred and suspicion in relations with foreign powers, so that even the birth of an enemy becomes impossible.

One might argue that the idea of basing a country's defense of kindness and cooperation is unrealistic and naive, but let us to further illustrate the situation perform a thought experiment.

We imagine a child born in Israel of parents who are true followers of the Jewish tradition. The next thing we imagine is that the child of one reason or another gets away from his parents and is raised by a married couple in a camp of Palestinian fundamentalists - people who do not doubt that Israel is evil and imperialist. We imagine further that neither the child nor the foster parents are familiar with the proper context of the situation.

If the child had grown up in Israel, it would have been imparted the view that Israel has the right to continue its settlement policy in the occupied territories, that the Arab world is a threat to Israel, and that fundamentalists are the biggest enemy. Now, when the child is brought up by Palestinian, it will as an adult individual have a world view that includes the notion that Israel is a country that has deprived Palestinians of their land, and improperly occupies Arab territories and that this state is the biggest obstacle to the Palestinians ever having their own country.

In short, all the attitudes, values and norms the individual adapts with fundamentalists are in dissonance with the attitudes, values and norms which it would have acquired in Israel. The Jewish child would have been given a rabid Arab cultural background and hate even his own parents.

The process whereby an individual acquires a group's values, norms and behavior patterns, is called socialization, and disseminated by various agents: Parents, school, media, workplace, etc. When a large population form a collective view of what the group is, it can be disastrous if the view is including components which determine an unfriendly or even hateful attitude towards other groups.

The thought experiment shows that basically there is no real contents in much of the fear and hatred that dominate the world today. One could even say that much of the tension that exists on the planet is due to suggestion which is the same as saying that the solution to problems is to remove the suggestive influence.

At night you can be afraid of a coiled rope, because you mistakenly assume it to be a snake. The coiled rope has never been a snake. Jews and Arabs have basically never hated each other, but they have been brought up to believe it.

You could say that fear substance is imaginary, or in other words, fear is based on a misunderstanding of the facts, *or ignorance*.

We have earlier touched that in the Vedas there is mention of gods and demons, and that the real meaning of these concepts are impulses of consciousness. More precisely, one can say that gods and demons represent the relationship between subject and object. In fog or twilight you can easily get a distorted picture of how the environment looks. Therefore, for example, be afraid of a coiled rope. On the other hand, if I can spot the rope in full sunshine, there is no possibility of misunderstanding arising because perception can take place without distortions.

The gods associated with light and the demons of darkness. Since the Vedas dealing with awareness, comes gods and demons to represent *mental* light and darkness, in other words, descriptions of how accurately a subject is able to perceive an object.

A full clear view of an object can then be "divine", a distorted perception is "demonic". When an object may well be another human (subject), the mutual relationship between two people, or for that matter between two nations, theoretically can operate from one extreme to the other - from the divine to the demonic.

In the Vedas and even in fairy tales you can read about demons that are killed, but at the same time being transformed into something good. On the consciousness level, there is nothing strange about this as the idea is that by cleansing the mind of the "inner demons" - stress and tensions, one can change the relationships with others.

At the national and international level, the task is to create a collective consciousness that is sufficiently pure to the development *direction* that exists between states can be made to move towards more and more friendship and faith.

Purification of the collective consciousness, according to Maharishi, is the only way war can be avoided, because the cause of war is accumulated tension in the collective consciousness. Just as the organism becomes sick when the stress levels reach a certain threshold, the result may be war when the stress levels collectively seen reach a certain threshold. Nature is very flexible and has a very large margin, but in the same way as there is a limit to how far you can stretch a rubber band before it bursts, there is a limit to how much collective stress nature can accumulate.

Although you can maintain the illusion that it is possible to win a war, we are all aware that no matter what the outcome becomes, the human and tangible costs will be too excessive. It is far better to avoid coming to the point, that armed confrontation becomes the outcome.

This is recognized perhaps most evident when we observe the international terrorism. It may be possible to get hijackers to surrender or identify the groups that have placed a bomb or kidnapped a police-core, but *the terrorist act* cannot always be avoided using the police and military.

The only constructive way to eliminate terrorism is by attacking potential terrorists from within, i.e., at the consciousness level. Just as a potential criminal does not get the pulses to the criminal acts in a pure collective consciousness, people who might otherwise have chosen terror as an instrument will naturally find other, more constructive ways to be heard on.

The threat of being exposed to terrorism is in itself a help to create fear and thus increase the tension in the collective consciousness. No one is safe. Therefore, it is inter alia also for that reason of utmost importance to get the international terrorism terminated. We now have the means to do so, and those who may doubt it, should probably ask themselves the question whether we can afford to omit any effort at all.

International terrorism and the threat of a worldwide war contribute with big minuses for the collective consciousness. In fact, each person can give his contribution to a better collective consciousness and thus reduce the risk of war, but most do not know that the possibility exists, which can cause impotence feeling. One can come to feel powerless against the great political games that you think you have no influence on. This in turn can lead to more frustration and thus further contribute to a tense collective consciousness.

When a person practices Transcendental Meditation he adds positivity to the collective consciousness. The harmonization that the TM technique creates is not limited to the one who meditates, but is done from life's most basic level, the unified field, so that it will affect also non-meditators – the harmonization spreads across individual boundaries.

Chapter 10: Economics and World Peace

In the 30s we were fortunate that a financial genius, JM Keynes realized that the state instead of saving out of crises should do the exact opposite. By creating a deficit on the budget, .i.e., sluce more money into the community than there came in through taxes, it could increase public purchasing power and thus demand, meaning increased production and employment.

Former Swedish Prime Minister Ingvar Karlsson, asked in his time for a new economic theory in line with that Keynes came up with - for Keynes response to the crisis in the 30s cannot be directly used today - including because increased investment and production will not simply increase employment, and because the public cannot just continue with a deficit without causing adverse side effects elsewhere in the economy.

I would like to argue that there actually exist, if not a new economic theory, then at least the foundation stone to one. On the one hand, this theory is far more reaching than Keynes' but on the other hand, it is much simpler to implement.

One of the axioms in the economic theory says that human needs are inexhaustible. Another maxim says that the resources that are available for men are limited. The consequence of these two principles is that you have to "economize" with resources in the best possible way to satisfy the needs. To economize means also "to keep house," and this requires that resources must be used in the most beneficial way.

However, it is probably just the unresolved basic problem - scarcity versus insatiability – that is the cause of all the current problems we face today. In the US we may have control of inflation, but what about balance of payments and unemployment? Though employment may have increased a bit, the problems are far from solved. The reason is that the known instruments in the economic policy are inadequate.

A government can seek to "put the wheels in motion" again through tax cuts and increased government spending. As earlier mentioned this is just not economically possible in the US today. However, there is another objection to doing so: *Instead of simply restoring a higher consumption, the task of the community leaders is to give the people a real purpose in life.*

There is nothing wrong with a higher material standard of living, if it can be provided in an ecologically sound manner. The imbalance shows up in the moment people imagine being able to solve all life's problems in that way.

Another way to try to solve economic problems is through reduction and cuts. However, this hampers the fulfillment of our desires, but the needs do not disappear. Cutting wants is a very unpleasant way to choose to correct a skewed balance of payments and deficit on public expenditures. It is much easier to go the other way, that is, toward more and more.

Abatement policy is therefore not sustainable. It is unnatural, but it has been used - with unemployment as a result. The solution of course is to increase the production, but in this

context it is necessary to change the perspective from the national to the global. It is no use to eliminate unemployment in industrialized countries, unless it also decreases in the developing countries. The world economy must be screwed together in such way that all countries will benefit from it.

It goes without saying that one does not solve any global problem by increasing consumption in USA. It is not more spending that is needed, it is investments. And mind you, *investments that create investment in the developing countries*. If we would just realize that the problems of any country are closely connected with the problems of the rest of the world a big step forward is made. One can therefore see that by solving USA's problems we are helping to solve the world's problems.

Increasing production means economic growth. Those who advocate for the 0-growth are also doing it preferably from an account of the ecological system, and not so much because they are opposed to growth as such. The task is therefore, considered globally, to create economic growth in harmony with the ecology.

Especially for the US, it is about creating an economic growth that can eliminate the very high unemployment. The problem is that if production is set up, the result can very easily be that imports will rise sharply. It is an ancient known history.

The problem is probably not inextricably, but we must go for unconventional thinking, specifically meaning to exploit the opportunities contained in the TM and TM-Sidhi program. When all, our most unused raw material is human creativity, and it can and must be developed in a systematic way. Robert Oates summarizes the scientific studies of TM-Sidhi program and the economy as follows:

*"...statistics show not only a decrease in violence and disorder in society, but also an increase in creativity (patent applications), trust (stock market) and economic vitality (GDP). This suggests that while the collective consciousness of a society becomes more orderly and coherent, it will also be more creative and progressive. The Maharishi Effect appears to act as a locomotive for economic growth."*¹⁾

The link between a better economy and less violence and disorder in society is clear enough. *Blocking of creativity in the collective consciousness, causes at the same time more violence and deterioration of the economy.*

Current issue has been addressed by cutting the desires, but it is a better solution to improve our abilities to meet them. However, this requires a revision of thinking. It is obvious that if you live and act from a worldview that is not up to date, the solutions you are trying to create to problems will, at best be tinkering and at worst very damaging.

By having followed a policy that limits the fulfillment of wishes, we have in fact committed a breach of one of the most fundamental laws of nature at all, namely the law which determine that everything in nature is towards more and more. It is common knowledge that one reacts negatively if one's desires are not met, and it is probably no coincidence that the word "depression" is used as designation for a recession.

If one in the big picture of economics creates a *partial* intervention, it creates *side effects*, just as it happens with the current fragmentary way to cure illness.

It is relatively easy to reduce the deficit on the public budget and the balance of payments as long as unemployment is not also *at the same time* being reduced. Nor is it an art to reduce unemployment, if not also the balance of payment is improved, to curb inflation by importing cheap foreign goods, etc.

The trick is, *at the same time*, to move toward fulfillment of all the objectives of economic policy. In the same way as that by following Ayurveda on the body's level does not create harmful side effects, because the treatment is done in harmony with life's most fundamental level, one in the field of economics must seize upon an entirely new instrument of economic policy: *Direct enhancement of the collective consciousness*.

In fact we indirectly affect the collective consciousness by partial economic intervention, but most often in a negative way. On the other hand, one cannot just "let fall what cannot stand." Economic encroaches is an indication that there are imbalances in the economy, so a correction is necessary. Most economic encroaches therefore means that *the destructive natural laws* must come into operation, which, in the same way as in the case of disease, feels uncomfortable.

Just as the elimination of present symptoms of illness might create the seeds for later, this might however also apply in the economic life. Attempts to solve the employment situation in isolation, could contribute to worsen the situation globally.

Implementation of large groups who practice the TM-Sidhi program satisfies the need for an economic policy that is up to date, i.e., a policy that restores balance on all levels without creating limitations and restrictions, which in turn creates frustration and stress in the collective consciousness. Only if this is met, there is an economic policy in harmony with nature's evolutionary forces, i.e., development towards more and more. Such economic policies implemented all over the world are, in turn, the basis for lasting peace.

¹Robert M. Oates Jr., *Creating Heaven On Earth - The Mechanics of the Impossible*, Heaven on Earth Publications, 1990

Chapter 11: Humanity's Ability

The two atom bombs, which were exploded at the end of World War II, forced the Japanese to unconditionally surrender. Mankind had put a tremendous destructive force into use. The considerations that preceded the decision to drop nuclear bombs must inter alia have been concerned with the human costs of bringing the war to an end with traditional weapons.

After the war ended, sagacious thinkers have raised the question of whether one would have also made use of nuclear weapons if it was not the *Japanese* who were to be the bomb victims but, for example, Europeans, i.e. people who belonged to the same race as those who used the bomb - the white race.

Although such a question may be interesting to discuss, it will probably never get answered, just as we will never know how World War II would have ended if the A-bombs had not been used.

Paradoxically, the same technology that had the potential to bring an end to war, was instead used to create fear of a new, completely destructive war. No longer were the U.S. and Russia antagonists, but war was instead provoked by those countries that had recently left the non-proliferation treaty on nuclear weapons. The consequences of such a war would not be possible to foresee. However, one thing is certain: The human suffering that World War II caused would be nothing in comparison.

The technology which nuclear weapons are based upon is literally quite profound, since it is based on the splitting of an atom's nucleus. With the discovery of this technology Albert Einstein made the comment: "*A division of the atomic nucleus will change everything except man's thinking.*" Einstein's opinion is horrifying, because a complete change of living conditions, without a corresponding change in the way we think, is dangerous for our survival. In nature, the reason that a species is destroyed is often an inability to adapt to new conditions.

The big question is whether it is possible to change human thinking? Is there a method or a technique for such a thing?

Another question one might ask is: When nuclear technology brought World War II to an end, it was because this technology was far superior to traditional war technology. Is there a technology superior to this technology, so that an atom bomb threat can be eliminated without creating an even greater fear?

These two issues include themes in this book, because the technology that will be presented - Transcendental Meditation – is a technique which is a complete and easy way that can change man's way of thinking, while at the same time being far superior to the atom bombs technology because it is based upon insight into much deeper levels than nuclear weapons.

The change of mindset that is needed is a change away from small limitations against the totally comprehensive. The needed 'weapons technology', which is superior to atom bomb technology, is not a new destructive force or for that matter a 'star wars' project. No, what is needed is nothing less than a technology that attacks the very destructive element in man, in other words, a technology that is able to transform human beings in

such a way that he would never dream of using war as an instrument of international politics.

This transformation of humanity is Christianity's goal, for example, the Christian philosopher C.S. Lewis writes, in his book 'Mere Christianity':

*"God became man to turn creatures into sons, not just to make better people out of the old kind, but to create an entirely new kind of human being. It is not like teaching a horse to jump better and better, but to instead turn a horse into a winged creature."*¹⁾

A creature cannot be transformed into another if it does not already have the latent ability. A caterpillar cannot turn into a butterfly, if it was not predestined to be one. A criminal cannot be rehabilitated, if he does not already possess the ability to act according to law. A man cannot be turned into a 'son of God' if he does not already possess the ability.

Therefore, one can say that man's ability (like other living beings) is to grow and develop the abilities already present in it. If that does not, to some extent, happen, I believe that one will suffer from uncomfortable frustration with the feeling that life is passing by.

Transcendental Meditation is a simple, natural technique that works in the way that our natural abilities are freely allowed to evolve so that we can gradually develop into "*a dazzling, brilliant, immortal creature, wholly pervaded by such a force and wisdom and love that we cannot imagine ...*"²⁾

Although the Transcendental Meditation technique comes from the Vedic tradition, and thus consequently from a completely different culture than Christianity, this technique in no way conflicts with Christian faith. Transcendental Meditation is a profound technique that brings the individual into harmony with universal terms, and whether one describes this relationship in religious language or otherwise, the true meaning is the same: To practice Transcendental Meditation is to help drop 'bombs of silence,' individually and collectively. These 'bombs of silence' - enlivening of Total Natural Law - is the technology that will transform man from a greedy animal into what he is predestined to be: "*... a clear, spotless mirror in which God completely (although of course in a smaller scale) could see his own boundless power and delight and goodness.*"³⁾

It is no coincidence that I have chosen to quote a Christian philosopher to illustrate man's possible development, for Christianity is the charity religion par excellence, and benevolent in the word's true meaning one can only be when the mind has ceased to orbit one's small ego, which at all costs must be protected. True charity requires that one reaches *beyond the personality*, which CS Lewis called the last part of his book, 'Mere Christianity', but in addition I would like to emphasize that Transcendental Meditation is not a religion, at least not if religion means maxims, dogmas and beliefs. However, if one considers that the word religion comes from the Latin **religare** - to tie back - one may well use the word religion, as it recreates the connection to our own origins - our 'roots'. The lack of contact with our origin means that we are not living in harmony with Natural Law. Here is the root cause of all the problems humanity faces today.

¹⁾ C.S. Lewis, *Mere Christianity*, Macmillan Publishing Company, NY

²⁾ up cit

³⁾ up cit