
Contribution for Education by Mahesh Yogi

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INTRODUCTION

Transcendental Meditation (TM) has been a movement which influenced many in the last three decades, some educational institutions in the West have accepted it as a discipline to be taught. In general, TM is one of the dominant strands in the New Age movements. The movement was founded and propelled by Maharishi Mahesh Yogi.

LIFE OF MAHESH YOGI

Mahesh Yogi was born in 1918 in Central India in a Kshatriya caste. he achieved his bachelor's degree from Allahabad University. For the next thirteen Years he sought enlightenment under his Gourav Swami Brahmananda Saraswati who was then the. Shankaracharya of jyothirmath. Before the Swami died he asked Mahesh Yogi to evolve a simple form of meditation which anyone could practice. In obedience to his guru's words Mahesh yogi hid himself in the Himalayas for two years, When he emerged he started the Transcendental Meditation (TM) movement. And in 1965 he took the title Maharishi (great seer).

EXPANSION OF THE MOVEMENT

Mahesh Yogi founded the Spiritual Regeneration Movement in India. Indians were reluctant to accept his technique of Transcendental Meditation. This directed him to the West in hope of a better reception. He became popular in America within a short time. The conversion of the Beatles to Transcendental Meditation enhanced his popularity in the West. The anti-culture movement. Which was getting prominence also contributed to appeal of his techniques? The disillusioned American youth turned to TM in large numbers. Vishal Mangalwadi identifies that the strong support the movement received from the academic and professional world in creased the momentum of its growth² By 1971, the number of student followers rose up to 73.000. Encouraged by the success of the movement, Mahesh Yogi inaugurated a "World Plan" on January 8th 1972 on the Mediterranean island of Mallord with 2000 trained teacher of TM.

The World Plan has the following objectives:

- 1- **Individual:** To develop the full potential of individual.
- 2- **Governmental :** To improve government achievements
- 3- **Educational :** To realize the highest ideals of education.
- 4- **Social:** To eluminate the age-old problem of crime and all behavior that brings about unhappiness to the family of man.
- 5- **Environmental:** To maximize the intelligent use of the available natural resources⁷.
- 6- **Economic:** To bring fulfillment to the economic aspirations of individuals and society.
- 7- **Spiritual :** To achieve the spiritual goals of human kind in this generation³

They admit that these aims are too ambitious. but see the potential to achieve these goals by the science of creative intelligence, the Maharishi International University, and the Worked plan Executive Council. The means of reaching the goal is global television.

In 1972 the state of Illinois passed a resolution to “Strongly” encourage the educational institutions to introduce course in TM. The federal government of USA has funded 17 Tm research projects. Prf. Ram Sahay, vice Chancellor of Allahabad University recommended that TM be used by educationalists in India in solving some of my problem of education “TM is now promoted in the American army also.

TRANSCENDENTAL MEDITATION

Hinduism provides the foundation, on which TM is established, though it was often denied, The underlying philosophical outlook of TM seems to be monistic Pantheism. The goal for the initiate is to achieve a oneness with Brahman.

Mahesh Yogi follows the neo-Orthodox thinkers such as Aurobindo Ghosh and teacher seven states of consciousness: 1- Dreamless sleep consciousness, 2- Dream consciousness, 3- Waking consciousness, 4- Transcendental Consciousness, 5- Cosmic Consciousness, 6- God-consciousness and 7- Unity Consciousness, In the transcendental consciousness, one becomes aware of the self within and the last consciousness of the outer world, In cosmic consciousness, s/he sees the subtler levels of the material worlds. When One reaches this state of consciousness, he becomes God. That is he perfects all his senses and abilities and becomes an, almighty Supreme Being as the head of creation”⁴ In Unity Consciousness,” The apparent paradox of the Absolute and the relative would is fully resolved. One sees there is no difference between myself, or other selves, and material world, this is liberation, Mahesh Yogi claims TM as the easiest way for liberation.

But TM is not advertised as a path to God-realization to escape being branded as a religion which would ultimately make secular governments and institutions to reject if. TM is described as a” simple technique for realizing you full mental potential and attaining a deep sense of rest”⁵ Various charts and graphs are published to prove that TM has many physiological, psychological and sociological advantages such as better skin resistance, decreased cardiac output, decreased concentration of blood lactate, faster reaction time, increased perceptual ability, fewer spontaneous galvanic skin responses, effective interaction with the environment, superior perceptual motor performance, increased learning ability, reduced use of tranquilizers, developed, peaceful personality, better social relationships, etc.⁶ Generally, people are assured that they do not need to change their respective religious beliefs in order to practice TM. But in India, The practice of TM happens in the Hindu Ritualistic manner.

The philosophy/theology of TM is termed as the Science of Creative Intelligence” It is defined as “ The impelling line-force which manifests itself in the evolutionary process through which manifests itself in the evolutionary process through creation new forms and new relationship in the universe. The science of Creative Intelligence is a systematic study of its nature, origin and development. This is described as a glorious meeting ground for the Eastern and Western ideals for gaining knowledge. all men everywhere will enjoy the ideals

of life in the fullness of all glories material and spiritual.⁷ “Mahesh Yogi inaugurated” the Age of Enlightenment in Asia” in 1975.

It is claimed that the individual establishes contact with Pure Consciousness during meditation. He increases his consciousness, creativity and intelligence. He is relieved of tensions, attains peace which results in harmonious relationships with man and nature. Therefore he does what is right and good. Maharishi points out that our physical universe is made up of our energy. Beneath the changing form of the energy, there is a fundamental form of energy which is absolutely stable and subtle which cannot be either perceived by our senses or by technological devices. He calls this energy as God. Absolute, Being or Creative Intelligence.⁸ Maharishi believes that one day physics would come to this” unmanifested aspect of existence and declare Being a scientific reality”⁹ He claims that through TM, every man can experience this pure energy or God. It is without attributes and therefore unable to create, the material universe and men are temporary expressions or manifestations of the eternal Being. Plurality is only the temporary expression of the one, like the waves of an ocean.

Mahesh Yogi does not teach the doctrine of Maya but he modifies the doctrine of karma and ascribes creation to it, it is karma which acts upon the unmanifested Being, like a wind. So there are two realities at the root or creation: being and karma. The being has an inherent tendency to vibrate and become manifest. This tendency is called Prana. “Then senses are materialized. The matter comes in to being.” Thus due to the influence of karma. upon being. the mind evolves first and then the senses, the nervous system. the body and finally matter. The material world is neither real nor unreal. It is mithya. That is it has a Phenomenal existence only.¹⁰ When the object predominates, the subject is in bondage. Becoming aware of the subject is liberation. In order to be liberated, one has to transcend individuality and merge in to the cosmic mind.

EVALUATION

The key to Maharishi, S success was the “Willingness to adapt his message to the mood of the hour” Maharishi branded his philosophy as a” science and a simple mechanical technique for physiological, psychological and sociological benefits with no religious overtones,”¹¹ Maharishi s monism is accused to be lacking consistency in its philosophy. i his description of’ being’ and ‘karma’ seems to be paradoxical. How can karma come before there is an individual? Maharishi says that” before karma is the individual and before he individual is the karma”¹²

Another criticism that Aleyamma Zachariah raise towards the philosophy is regarding the emergence of personality out of impersonal being. Do stones and oxygen molecules come in to existence because of the karma of their previous lives?

The TM supporters had not taken in to consideration of those who had stopped meditating or those who use drugs. Dr. Herbert Benson of Harvard Medical School has developed a simple method which he claims gives the same results as TM.

CONCLUSION

Maharishi Mahesh Yogi is a typical example of the growing, appeal of New Age gurus upon the masses, especially the West. The basic philosophical framework of these movements is Hinduism in its various forms. And the source of authority for the teaching of the movement seems to be Mahesh Yogi himself. Although the ultimate aim of TM is liberation, people are attracted to it because of its offer of better life.

However, its claim to be the solution to all mankind's problems, whether individual or collective does not seem to have realized, many followers of the movement are turning away from it. and even working against it . There are many court cases against the institutions and governments that have encouraged and funded the promotion of this religion.

But the movement has established itself firmly in various countries, There are schools with thousands of students doing, Vedic studies, There are many hospitals, ashrams, and centers for training people in '!' m. It has an investment of more than 5000 crore rupees in India.

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