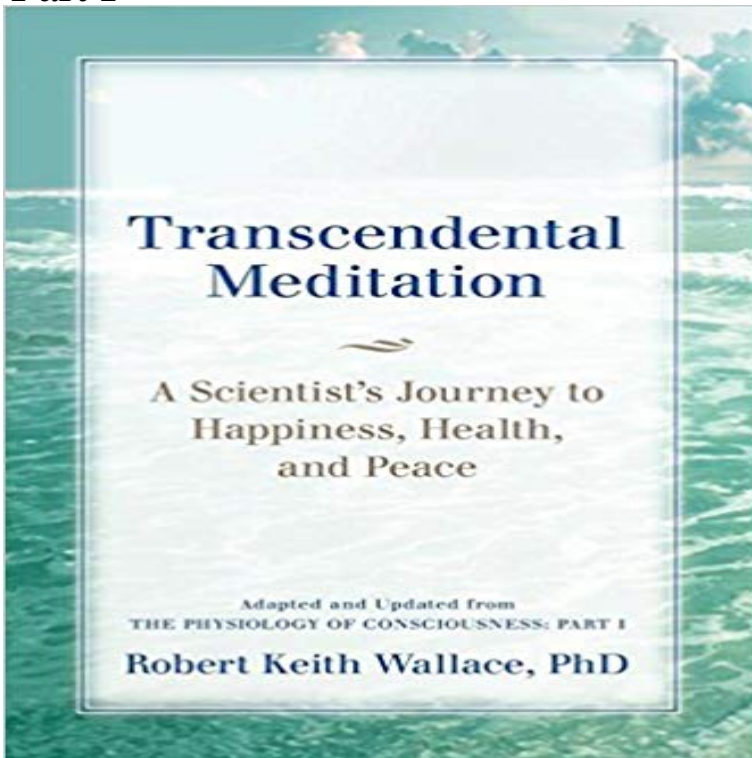


# Transcendental Meditation: A Scientists Journey to Happiness, Health, and Peace, Adapted and Updated from the Physiology of Consciousness: Part I



Dr. Robert Keith Wallace is internationally recognized as a pioneer researcher in the study of consciousness and the Transcendental Meditation (TM) technique. He worked closely for over 40 years with Maharishi Mahesh Yogi, the founder of the Transcendental Meditation program, who offered this remarkable technology as a new approach to solving the age-old problems of the individual and society. In this book, Dr. Wallace provides an easy to understand and comprehensive survey of research on the Transcendental Meditation technique in terms of his personal experience as a scientist and teacher. His Excellency will see you now. The voice startled me, so intent was I on trying to hear any sound from the outside world. Even artillery fire would be muffled where we were, I decided. This was my first visit to a dictators bunker. Looking around when we first arrived, I was surprised to find it decorated with comfortable overstuffed chairs and plush carpeting. One hardly noticed that the curtains had no windows behind them, not even slits. If youll step this way, the guard murmured. I trailed behind the small group that rose to follow him. We were a delegation of three American scientists visiting Central America on a peace mission. We had come to Nicaragua in response to a plea that had appeared in the press from the citizens of a town devastated by the violence of a brutal civil war. The people were calling for any national or international agency to bring relief: Anyone who can help, please help....

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