



Dr. Gemma Beckley: Introduction to Transcendental Meditation



Dr. Gemma Beckley is a clinical psychologist and a teacher of Transcendental Meditation (TM) for the registered UK charity, the Meditation Trust, which makes TM accessible and affordable for all. Explore the basics of this form of meditation and how you can begin your own practice.

TOP EMBODIMENT TIP: Invest in yourself! Take the first step.

History of Transcendental Meditation (TM): An Ancient Tradition

- TM originated from ancient Vedic tradition from over 5000 years ago in India. The deep insights into different perceptions of life have been maintained and passed down.
- In the 1950s, TM was introduced worldwide and the global organization for the teachings began.

TM on the Brain: Creates a Brainwave Coherence Effect

- There is a large amount of scientific research on the effect of TM on the physical and mental health of individuals, and also on the environment.
- When individuals meditate together, the brainwaves sync up to each other, creating coherence between people. This is how group meditation can be a powerful tool for world peace or group cohesion.
- TM dissolves the stress response in the body and creates the atmosphere to re-establish the mind-body connection.
- The source of the mind-body connection lies in transcendence.

The Method: How To Begin The Practice

- Face to face instruction is important. The first step is to find a qualified teacher. The initial learning is conducted in 3-4 sessions.
- The instructor personally selects a mantra for the student. The mantra is the vehicle for transcending.
- There is time to practice the mantra on one's own.
- The student returns for another session about the practicalities of how to sit, how to fit TM into their routine, etc.
- Another session is dedicated to the spiritual teachings.
- It is a lifetime course and the student can return for retreats and advanced learning opportunities.

TM and Disease: TM Awakens The Natural Healing Capacity Of The Body And Mind

- Through transcendence, the body can reach a state of deep relaxation that reawakes the body's natural intelligence to heal.
- Through the process of deep rest and repair, the body can alleviate the effects of chronic stress which lead to disease.

Resource

- ◆ **Website:** [meditationtrust.com](https://www.meditationtrust.com)

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