



# Science of Being and Art of Living: Transcendental Meditation

By Maharishi Mahesh Yogi

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**Science of Being and Art of Living: Transcendental Meditation** By Maharishi Mahesh Yogi

**\*\*RE-RELEASED IN 2016\*\***

In the newly updated printing of this unabridged classic, which has reached millions of readers, Maharishi unfolds his vision for "a new humanity developed in all life's values - physical, mental, material, and spiritual."

Soon after Maharishi began his world tours in 1959, his students urged him to commit his great teaching to paper. By 1963 he had completed this fascinating book, which presents what Maharishi calls the Science of Being as the systematic investigation into the ultimate reality of the universe. Like other sciences it begins its investigation from the gross, obvious level of life, and delves more deeply into the subtle levels of the experience of nature. The Science of Being, however, eventually transcends these subtle regions, and reaches the transcendental field of eternal Being.

Like other sciences, the Science of Being includes a practical technology — the Transcendental Meditation technique — which is the “technology of consciousness” for directly experiencing the field of Being, the transcendental field of existence, the inner Self of everyone. Through the Transcendental Meditation technique any individual can easily harness the unlimited treasures of this field of Being — infinite happiness, energy, creativity, intelligence, and organizing power — bringing maximum success and fulfillment to daily life. This development of full human potential is elaborated in the second half of the book on the Art of Living.

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Re-released in 2016, this printing of *Science of Being and Art of Living* features a comprehensive Afterword by Dr. Bevan Morris, International President of Maharishi Universities of Management, giving a full retrospective on Maharishi's contributions during his more than 50 years of teaching.

This book gives an excellent introduction to the Transcendental Meditation technique and explains that the practice of this meditation is learned through personal instruction from a certified teacher. (Worldwide contact information for

certified teachers is provided.)

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### About the Author

MAHARISHI MAHESH YOGI was the founder of Transcendental Meditation. *Science of Being and Art of Living* remains the definitive introduction to the practice. Since it was first published in 1963, the book has sold more than 1.1 million copies in the U.S. alone.

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