

What's the point of all this? The point is that when you have had enough of knocking nails into your skull - you have the choice to stop! To realise - at the gut level; deep in one's heart - or wherever you realise things - that you really are free, that you really do have a choice and that it is your choice which creates and destroys in this world - is probably the fundamental realisation of any therapeutic, healing, or meditative process. One quickly discovers the inter-relatedness of all life. The fact of our relatedness to nature - not as mystic dream - but as **something to be experienced**. One stops viewing things from one's own point of view - How useful will they be? What will I get out of this? - and starts feeling with the spirit of the thing itself. One experiences rock, water, tree, bird, mushroom, ice in the spirit of what Alan Watts called 'Is-ness' or 'Thing-ness'. False separations or ideas of separateness dissolve. There is a sense of commonality with all life - from the grossest to the finest. Insects and micro-organisms are no longer seen as a threat. The rapport extends from ant to leaf. This breeds respect, and in its turn - compassion.

The senses are liberated. There is an opening out and a tuning in. Things are received 'flat against' the senses. No longer is there an intermediary commentator. There is a directness and a power about the information received. A new, vital, active, 'listening' quality enters and transforms the whole being. Restlessness is quelled. The present is celebrated.

Sally Griffiths

ON WHOLENESS

Desire for unity and completeness is universal - though the ways in which it manifests are varied. To feel complete and 'full' as a person requires bringing into use around 90% of our potential which has been latent, according to popular psychology. Everything we think and do should be a furtherance to this end - expansion of happiness and **full** humanness.

What I want to consider, from 9 years practical experience and a great deal of theoretical knowledge, is the use of the Transcendental Meditation technique (T.M.) as a very basic tool - more basic, I feel, than

working directly on the level of social interaction, counselling or group work. Group-oriented healing (by 'healing' I mean 'making whole' and not necessarily implying sickness) can have much more lasting and deep value if some groundwork has been done by the individual firstly 'going within' himself, in order to come out and be able to relate better, both to himself, others and the environment.

The T.M. technique is simplicity itself to learn, by personal instruction from a qualified teacher, and guarantees a natural, effortless contact with the quieter, more intimate and basic levels of consciousness from which spring our entire potential for thought, knowledge, love, energy and wisdom. Because the technique is from a very ancient tradition, it has been well-proven, and in its present form as developed by Maharishi Mahesh Yogi, is suited to the needs of any individual no matter what his lifestyle or beliefs, and at whatever level of consciousness he is. Once having learned the T.M. technique (3 hours) it is a self-help process, the inner reservoir of full potential unfolding naturally and progressively.

The great beauty of the T.M. technique is that you don't have to **try** to do anything - the technique is mechanical and 'goes by itself', and in daily activity one doesn't have to **try** to be a different person. The healing takes place from within, by a gradual neutralisation of knots of accumulated stresses and tensions in the Nervous System, which are allowed innocently to dissolve as the whole mind/body system gets such a profound quality of rest. Typically the relaxation is twice as deep as sleep. So it works physiologically - the deeper the rest, the deeper the stresses that are dissolved, leaving the system less inhibited and more free for the flow of love, energy, creativity and wisdom, the storehouse of which is systematically tapped in each T.M. Sitting.

T.M. works on the most basic level of the individual consciousness, using only the natural tendency of the mind, which is to move towards increasing charm. So although it is often interesting to know exactly what our hang-ups are, it is not vital to the freeing of them, because they only exist as some physical (and therefore also mental) stress which is blocking the energy flow, and can easily be dissolved by deep rest. So once we are doing T.M. daily, we just do whatever seems good, easy and natural in daily life, and what we find is that our desires spontaneously become more life-supporting, i.e. more conducive to the growth of ourselves and others. With this comes a freshness of appreciation and joy entering more and more into everything we think and do, and relate to. Spontaneously our relationships become richer, because we are feeling more content **within** ourselves, and our thinking and actions become more natural and effective because we are using those depths of our

consciousness which were previously blocked by stresses and tensions in the Nervous System. The mind and the body are then able to act more and more in unison, the desires of one supporting the capabilities of the other. It is truly one of nature's gifts that by one simple 'watering the root' principle we can bring about a progressively more wholesome mental and physical health, and an expansion of awareness which influences everything we think and do.

It is well-known that a deliberately enforced change of attitude or mood does not always bring permanent relief, as physiologically the damage/stress will still be there. A very efficient way to permanently remove this is to give the Nervous System the rest it needs to heal itself from within; it then becomes more resilient to future stress. In T.M. the experience is deep relaxation together with alertness of mind, and this 'restful alertness' is retained in increasingly greater degrees during daily activity so that we are not dulled and passive, but more dynamic and vital. So from my experience it is not necessary to damage our psychology by trying to uncover and re-experience all past trauma on the level of our own thinking, or in group interaction, because we can treat the problem at the 'cause-of-all-causes' level, the level of the source of thought within us, transcendental pure consciousness, the prime mover of life. Having expanded the conscious capacity of the mind in this effortless way, the quality of life on all levels is automatically more full and rewarding.

Sally Griffiths, (BSc Hons), has a degree in Psychology and is Associate Teacher of Transcendental Meditation.
