

## Orientation Weekend Course

As preparation for the TM-Sidhi course, all applicants need to attend a weekend course, which is scheduled for 5-7 November.

## APPLICATION PROCEDURE

For further information and to request a four-page colour leaflet about the TM-Sidhi Programme please contact:

Course Office, Maharishi Golden Dome, Woodley Park, Skelmersdale, Lancashire, WN8 6UQ. Tel: 01695 51617

Email: [courseoffice@maharishi-european-sidhaland.org.uk](mailto:courseoffice@maharishi-european-sidhaland.org.uk)

Or: Course Office, Maharishi Garden Village, 12 Garden Square, Rendlesham, Suffolk IP12 2GW. Tel: 01394 421084.

Email: [info@peacepalace.org.uk](mailto:info@peacepalace.org.uk)

## COURSE FEES

### Advanced Techniques

Standard fee	£640	
Student fee	£390	Full-time students with student card
Married couple rate	£960	Couple learning at the same time

### Transcendental Meditation Sidhi Programme

Standard fee	£1,920	
Student fee	£1,280	Full-time students with student card
Married couple rate	£2,880	Couple learning at the same time
Education project	£960	Consciousness-Based Education project

**SPECIAL OFFER: 20% discount on total price. Package of Advanced Techniques & TM-Sidhi Programme – £3,584. Payable in advance or via a monthly payment scheme - £434 initial payment and £150 per month for 21 months.**

Orientation weekend: from £194 including meals and accommodation

Fees for accommodation and meals for TM-Sidhi instructions 1-6 (if required) and for the Yogic Flying course are from £35 per day.

Website links: [http://www.vedicknowledge.com/yogic\\_flying.html](http://www.vedicknowledge.com/yogic_flying.html)  
<http://www.advanced.tm.org/vedic-experts.html>



# THE TRANSCENDENTAL MEDITATION SIDHI PROGRAMME® FOR MEDITATORS – 2010/11

*“The TM-Sidhi Programme is the key to heavenly life on earth. This is because it trains the conscious mind to function from bliss consciousness, the self-referral state of pure consciousness, which is the total potential of Natural Law. It trains the awareness to function in the same self-interacting style as the intelligence of Nature. Functioning from this level the individual gains mastery over Natural Law. With this perfect science and technology of Natural Law, we are in a position to accomplish anything – we are in a position to create Heaven on Earth.”*  
– Maharishi Mahesh Yogi®

The Transcendental Meditation Sidhi Programme is a natural extension of the Transcendental Meditation™ programme, accelerating progress towards realising our full potential – the state of enlightenment. The TM-Sidhi course can be taken after learning the four Advanced Techniques of Transcendental Meditation (please see below).

**Transcendental Meditation opens** the awareness to Transcendental Consciousness, the Unified Field of Natural Law, which is the basis of everyone’s awareness. The TM-Sidhi Programme cultures the ability to think and act from this level. By learning to function from this self-referral state of pure consciousness, which is the total potential of Natural Law, the mind gains increasing Support of Nature for the fulfilment of desires. With the TM-Sidhi Programme, thought and action spontaneously become more in accord with the evolutionary power of Natural Law. This results in greater skill in action - the ability to fulfil our desires naturally while effortlessly promoting the evolution of everyone and everything.

**Scientific studies** show that the TM-Sidhi Programme develops higher levels of intelligence, learning ability, creativity, and neurological efficiency. Other studies indicate that the TM-Sidhi Programme cultures a profound integration of brain functioning (EEG coherence).

**Maharishi™ Effect.** Fifty studies have found that when one percent of the population practises Transcendental Meditation, or sufficiently large groups practise the TM-Sidhi Programme together twice daily, it can have a positive influence of coherence and harmony on society as a whole. The research shows that approximately the square root of one per cent of the population (about 800 people for Great Britain) practising

the TM-Sidhi Programme together is sufficient to create a dramatic positive transformation in the whole nation. This phenomenon of rising positivity in a country is known as the Maharishi Effect, in honour of Maharishi who predicted it more than 35 years ago and whose programmes have produced this effect in the world.

**People who have learned** the TM-Sidhi Programme often comment that it significantly enhances the benefits of Transcendental Meditation, improving health, increasing happiness, and enhancing their ability to gain support from the environment in fulfilling desires.



*“The course itself was a great adventure and the adventure continues. My life has changed for the better in every way; physically, mentally, emotionally and spiritually. Interestingly, all of the changes have happened subtly and spontaneously including my new found enthusiasm for exercise!”* – Maureen Collins

*“The TM-Sidhi Programme has in every way enriched my life. It leads the way to a deep, profound understanding of one’s self and in turn affects our surroundings. This knowledge is essential for all those seeking the truth and deeper awareness.”* – Nicholai Fischer



### NEW COURSE STRUCTURE

In 2007, Maharishi created a new procedure for learning the TM-Sidhi Programme in order to maximise the individual's growth of higher states of consciousness. This requires applicants to first learn the four Advanced Techniques of Transcendental Meditation.

Maharishi says that learning the four Advanced Techniques first is the ideal preparation for the TM-Sidhi Programme since it will culture mind-body co-ordination most effectively. The TM-Sidhi Programme can then be started after a minimum of two months regular practice since learning one’s fourth Advanced Technique.

### Advanced Techniques of Transcendental Meditation

*“The programme of Advanced Techniques enables the individual to function spontaneously in full accord with natural Law; that means spontaneously in the evolutionary direction free from suffering and problems – life fully supported by Natural Law.”* – Maharishi Mahesh Yogi

All those who have been practising Transcendental Meditation or an Advanced Technique of Transcendental Meditation regularly for a minimum of two months may apply for instruction in an Advanced Technique, until the four Advanced Techniques have been learned. The recommended duration of regular practice

between one Advanced Technique of Transcendental Meditation and the next is four months, but two months is adequate if the experiences are good and the course is only available at that time.

For dates and locations where the Advanced Techniques of Transcendental Meditation can be learned, please see the Maharishi Vedic Expert Tour 2010 leaflet.

The Advanced Technique course includes three meetings; orientation, personal instruction and verification and validation of experiences. Each meeting lasts one to two hours.

### TM-SIDHI COURSE DETAILS

#### COURSE STRUCTURE

The TM-Sidhi Programme comprises seven further Advanced Techniques, which are given over seven instructions. The first six instructions may be learned during a non-residential day course with morning and afternoon sessions, or as part of a weekend rounding course. For instructions 1, 2, 3 and 4 there is a preferred minimum two-week gap between each instruction in order to allow the experiences to stabilise. Then, there is a four-week gap before taking numbers 5 and then 6. There is then another four-week gap before starting the Yogic Flying course which takes two weeks in residence.

Please note that this is the ideal schedule, but we will review the availability of the applicants and may be able to arrange another schedule according to convenience. For example, it may be possible to arrange the programme with two instructions over one weekend and two weeks between each set of two instructions, and before the final two-week in-residence block for Yogic Flying.

The next TM-Sidhi course (for those who have received the four Advanced Techniques of Transcendental Meditation) is due to begin in December 2010. The planned schedule follows:

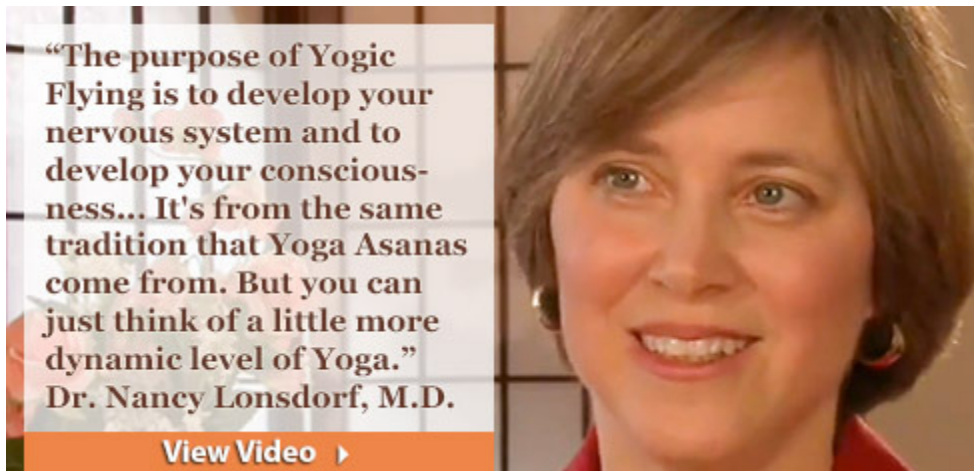
- Instruction 1: 4/5 December
- Instruction 2: 18/19 December
- Instruction 3: 8/9 January 2011
- Instruction 4: 22/23 January
- Instruction 5: 19/20 February
- Instruction 6: 19/20 March



TM Yogic Flying

Yogic Flying course: 9-23 April

*(These dates are dependent on a sufficient number of applicants having had the opportunity to learn all four Advanced Techniques. otherwise it may be necessary to delay the start of the TM-Sidhi course).*



## The TM-Sidhi Program and Yogic Flying

The Transcendental Meditation Sidhi<sup>®</sup> (TM-Sidhi) program is a simple, natural, effortless set of procedures that accelerate the personal growth gained from the [Transcendental Meditation<sup>®</sup>](#) technique by itself. As scientific research studies have shown, the TM-Sidhi program brings faster growth of creativity, learning ability, physical health, and psychological well-being.

One of the TM-Sidhi procedures is called Yogic Flying, which leads to the body lifting in short hops from the ground. Students describe the experience of this technique as one of happiness, energy, bliss, and inner freedom, with these qualities carrying over into their daily life. EEG measurements show that during the practice of Yogic Flying there is a *marked increase in brain wave coherence* that coincides with the body lifting up.

The Transcendental Meditation technique allows your mind to settle down to the source of thought and experience pure consciousness — a state of restful alertness. The TM-Sidhi program trains you to *think and act* from this most silent and powerful level of the mind. The TM-Sidhi program was brought to light by Maharishi from the Yoga Sutras of Patanjali, from the ancient Vedic tradition.

When people practice the TM-Sidhi program in groups, they create a powerful effect of harmony and coherence that radiates into the surrounding society. Scientific studies have found that such groups have reduced crime rates, accident rates, and sickness rates. When open warfare is present, such groups have even reduced fighting and war deaths. Scientists have termed this phenomenon the *Maharishi Effect*.

MUM is committed to creating and maintaining a group large enough — 2,500 Yogic Flyers — to create coherence and improve the quality of life for the whole United States. With this technology of consciousness, we have the practical possibility of creating permanent world peace.

- For more information on this effect, click [here](#)
- For an in-depth book on this topic, click [here](#).