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## TM's SIDHI SUTRAS

### The First Time Anywhere: Citizen, Governor, and AofE Versions



We know of three versions of the TM-Sidhi program. There may be many more. The Maharishi experimented on his Six-Month Course students in the mid-70s -- testing fasting, diet, celibacy, yoga asanas, pranayama, and finally nearly infinite versions of Patanjali's sutras until he found new techniques he believed "worked."

Currently "Citizen Sidhas" and new "Governors" (meditators and TM teachers) receive a short 18-sutra, plus flying set. To own a "Governors-only" version was a sign of favor in the late 70s. But the real prestigious prize was the earliest version, including invisibility, walking through walls, and many other sutras no longer sold -- given out only to the survivors of the infamous "Six-Month Courses" in the mid-70s.

We present all three here, together for the first time. You may be interested in [notes and commentary](#) on their usage, along with the original text the Maharishi used to create these sutras.

Citizen Sidha, Short Version	
SUTRA	DESIRED EFFECT
Friendliness	Friendliness
Compassion	Compassion
Happiness	Happiness/Bliss
Strength of an elephant	Supernormal Strength
Bronchial tube	Calmness
Inner light	Knowledge of things hidden from view
Sun	Knowledge of cosmic regions (spiritual lokas)
Moon	Knowledge of arrangement of stars
Polestar	Knowledge of motion of the stars
Trachea	Control of hunger and thirst
Navel	Knowledge of the body
Distinction between intellect and transcendence	Omniscience
Transcendence, intuition	Intuition
Transcendence, finest hearing	Supernormal hearing -- clairaudience and cosmic realms and beings
Transcendence, finest sight	Supernormal sight
Transcendence, finest taste	Supernormal taste
Transcendence, finest touch	Supernormal touch
Transcendence, finest smell	Supernormal smell
<b>Then wait 15 seconds, and repeat:</b>	
Relationship of body and akasha ... (pause) lightness of cotton fiber	Levitation, passage through the skies

The "Governors-only" version used slightly different, more Sanskritized, wording, for instance, "distinction between intellect and transcendence" was "Buddhi and Purusha," "Transcendence, finest smell" was "Akasha, finest smell."

Finally here are "Six-Month Course" techniques, which were later dropped, along with many other [abandoned TM techniques](#). Perhaps dropped because they didn't get even the crudest results?

(Note: Unlike current versions, we have few sources for these older, esoteric sutras. Their precise wording may be somewhat less reliable than the "Citizens" versions. We note, however, they correspond reasonably well with [Swami Aranya's](#) source translation as used by the TM movement. They seem credible to us therefore.)

Creation has two sides: intelligence, which is the cause of everything, and the manifestations of intelligence, which are the physical and psychological features of the everyday world. Because Transcendental Meditation directly approaches intelligence, rather than the manifestations of intelligence, it solves problems by introducing harmony and well-being at the most basic level, and not by dealing with problems themselves. That's why it is so effective.

Consider this example: The gardener supplies water to the root of a tree. That water, that nourishment, then reaches all parts of the tree - leaves, branches, flowers, fruit - through the sap. We can think of the sap as analogous to intelligence and the green leaves or yellow flowers as analogous to the manifestations of the intelligence. The leaves and flowers are the intelligence of the sap, after it has been transformed. So intelligence - like the leaves and flowers of a tree - appears as the many different forms of manifest life. Those manifestations include every aspect of existence, from the material and physiological, through the psychological, intellectual, and spiritual. All of those features of life come from transformations of intelligence. In meditation, we directly meet this essential intelligence. Therefore, we have the possibility of nourishing all of its other levels, and thus all levels of manifestation, in a way that is harmoniously related to the whole universe.

How is Transcendental Meditation different from the various other forms of meditation?

Maharishi: The basic difference is that Transcendental Meditation, in addition to its simplicity, concerns itself only with the mind. Other systems often involve some additional aspects with which the mind is associated, such as breathing or physical exercises. They can be a little complicated because they deal with so many things. But with Transcendental Meditation there is no possibility of any interference. So we say this is the all-simple program, enabling the conscious mind to fathom the whole range of its existence.

Transcendental Meditation ranges from active mind - or performing mind - to quiet mind - or resting mind. In this resting mind, one has purity and simplicity, uninvolved with anything other than the mind, uninvolved with any other practice. In Transcendental Meditation, because we deal only with the mind, we nourish all expressions of intelligence.

The mind meditates, gains Transcendental Consciousness and brings about transformation in different fields of manifestation. All fields of life, which are the expression of intelligence, are nourished or transformed and made better through experiencing Transcendental Consciousness.

The mind, of course, is always concerned with other aspects, such as the physiology of the body, the environment, and the whole universe for that matter. But since Transcendental Meditation deals only with the performance of the mind, from its active states to its settled state, it remains unconcerned with those other aspects, though it deals with them all, because intelligence deals with them all. -- Maharishi Mahesh Yogi, unknown interview, copyright presumably by Maharishi Vedic University, The Maharishi Foundation, or another group within the TM family.

Cults come in a variety of shapes and sizes. Categories of cults that are recruiting successfully today include:

Eastern meditation: characterized by belief in God-consciousness, becoming one with God. The leader usually distorts and Eastern-based philosophy or religion. Members sometimes learn to disregard worldly possessions and may take on an ascetic lifestyle. Techniques used: meditation, repeated mantras, altered states of consciousness, trance states.

Religious: marked by belief in salvation, afterlife, sometimes combined with an apocalyptic view. The leader reinterprets the Scriptures and often claims to be a prophet if not the messiah. Often the group is strict, sometimes using physical punishments such as paddling and birching, especially on children. Members are encouraged to spend a great deal of time proselytizing. (Note: included here are Bible-based neo-Christian and other religious cults, many considered syncretic since they combine beliefs and practices). Techniques used: speaking in tongues, chanting, praying, isolation, lengthy study sessions, many hours spent evangelizing, "struggle" (or criticism) and confession sessions.

Political, racist, terrorist: fueled by belief in changing society, revolution, overthrowing the "enemy" or getting rid of evil forces. The leader professes to be all-knowing and all-powerful. Often the group is armed and meets in secret with coded language, handshakes, and other ritualized practices. Members consider themselves an elite cadre ready to go to battle. Techniques used: paramilitary training, reporting on one another, guilt, fear, struggle sessions, instilled paranoia, long hours of indoctrination. -- Captive Hearts, Captive Minds, Lalich and Tobias, Hunter House, 1993.

Six-Month Course Version	
SUTRA	DESIRED EFFECT
Name, form, idea	Knowledge of the speech of all beings (human, heavenly, animal, etc.)
Outline of the body	Invisibility
Three Changes	Knowledge of Past and Future (unsure of this sutra)
The Five Forms	Mastery over the elements -- control appearance disappearance, and composition of any object, also the personal power to become tiny, become huge, lightness of body, touch the moon with one's fingertips, travel through solid earth or walls.
Thoughts	Knowledge of other minds

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