

Yogic Flying and Total Brain Functioning for Life in Harmony with Natural Law



Alarik Arenander, Ph.D.
Director
Brain Research Institute
Maharishi University of Management

Yogic Flying is a component of Maharishi's TM-Sidhi Program and, over the last 25 years, the practice of Yogic Flying has been scientifically documented to enhance the quality of life for the individual and society.

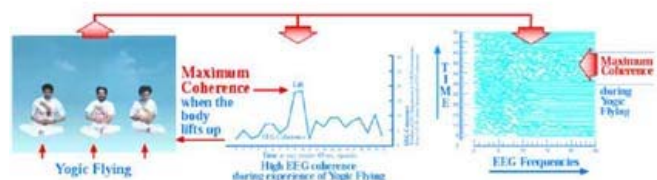
Modern neuroscience research indicates that the nature of our daily experience has a profound effect in molding our brain and thus in influencing the orderliness of our thinking and the success of our behavior, and, ultimately determining the extent to which we develop our full potential. Research shows that specific, localized modes of experience lead to only partial, restricted development of the brain. In contrast, Maharishi's Vedic Technologies of Consciousness provide holistic experiences to enliven the total creative potential of the human brain.



The TM-Sidhi Program is based on the experience of Maharishi's Transcendental Meditation (TM) technique, whereby the conscious mind effortlessly comes to a state of self-referral awareness, which is the simplest form of human awareness, Transcendental Consciousness. This self-referral state of consciousness is considered by physicists to be the ground state of all the Laws of Nature—the Unified Field of Natural Law.

During the practice of the TM technique, scientists can record extraordinarily high levels of global brainwave coherence, indicative of orderliness and integration. The high coherence correlates with the subjective experience of unboundedness, wholeness of awareness of the Self. And modern science has found that the experience of Transcendental Consciousness is the only experience capable of enlivening the total creative potential of the brain.

Maximum Coherence During Yogic Flying IN THE TM-SIDHI PROGRAM



Research has documented the numerous benefits to the physiology and psychology that result from the daily practice of TM. Research shows that regular practice leads to new, enduring states of brain function in which high levels of coherence is present in brainwaves outside meditation, during

waking, dreaming and sleeping, correlating with higher levels of human cognitive and emotional development in the direction of total brain functioning—enlightenment.

During the TM-Sidhi program and especially, Yogic Flying, the awareness is trained to function from the level of the Unified Field, Transcendental Consciousness. This practice develops the ability to think and act from the most coherent and integrated state of brain activity, the most subtle and powerful level of awareness, Transcendental Consciousness, the Unified Field of Natural Law.

During TM-Sidhi Yogic Flying, at the moment of maximum global coherence in brain wave activity, the body lifts up, indicating profound integration between consciousness and its expression, the physiology. Maximum coherence in brain functioning, achieved naturally during Yogic Flying, results in a high degree of mind-body coordination in daily life—the ability to easily fulfill desires through the power of intention.



As the body lifts up in the first stage of Yogic Flying, individual's report experiences of exhilaration and greater inner silence of unbounded awareness. The systematic stabilization of dynamism and silence together enlivens the full creative potential of brain physiology. Yogic Flying thus accelerates evolution towards total brain functioning—enlightenment.

This high degree of coherence also brings a profound influence of order and harmony to society. When Yogic Flying is practiced in a large group, it produces a measurable influence of coherence and positivity in the environment from the level of the Unified Field of Natural Law, known as the *Maharishi Effect*, which reduces negative trends while increasing positive trends in society.

The findings of over 44 research studies on the *Maharishi Effect* demonstrates the practicality of improving the quality of life in society through large groups of experts in the Transcendental Meditation and TM-Sidhi programs.

Peace for the individual and for society can now be created through implementation of Maharishi's Vedic Technologies of Consciousness, the TM and TM-Sidhi programs, including Yogic Flying. These ancient technologies, documented by modern science and practiced today around the world, can enliven the great potential of total brain functioning to elevate the life of every individual and society.



References:

<http://www.mum.edu/research.html>

<http://www.brainresearchinstitute.org>

Contact: bri@mum.edu