

EXPERIENCING THAT LIFE IS DIVINE THROUGH THE SCIENCE OF CREATIVE INTELLIGENCE: A QUALITATIVE ANALYSIS OF RESULTS OF RESEARCH IN CONSCIOUSNESS*

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Abstract

Experiences of the divinity of life, being lived as a daily reality of particular individuals, have been recorded throughout the ages. This paper is a qualitative phenomenological case study of self-research, presenting the results of my research in consciousness, on the divinity of life as a daily reality, correlated with the principles of Maharishi Science of Creative IntelligenceSM.

Maharishi Science of Creative Intelligence is the science of consciousness that provides both theoretical understanding and practical, systematic technologies for anyone to research and develop higher states of consciousness. The technologies are the Transcendental Meditation[®] technique and the TM-Sidhi[®] program. The principles of Maharishi Science of Creative Intelligence describe signposts of growth toward experiencing the divinity of life as a daily reality, described as the highest state of consciousness, Unity Consciousness.

Qualitative analysis of the research results is made in terms of the principles of Maharishi Science of Creative Intelligence relevant to growth of Unity Consciousness. The results of this research in consciousness document that the divinity of life is experienced in the field of Transcendental Consciousness and that repeated experience of Transcendental Consciousness leads to the divinity of life being lived as a daily reality, suggesting growth toward Unity Consciousness.

Keywords: Experiencing; Creative Intelligence; That Life

Introduction

“Life is the light of God, the expression of Divinity. It is divine. It is the stream of eternal Being, a flow of existence, of intelligence, of creativity, of purity, and of bliss,” states Maharishi Mahesh Yogi (2001). The experience of life being divine has been recorded by the

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enlightened throughout history. The divine aspect of life reported on in this paper will be defined by Maharishi Science of Creative IntelligenceSM (SCI).

Maharishi, founder of Maharishi Science of Creative Intelligence, defines the divine nature of life as the stream of eternal Being and locates it in the silent level of consciousness deep within every individual, as the inner Self. In this paper, *the divine* refers to the field of pure bliss consciousness, Transcendental Consciousness, at the source of thought of everyone. The continuous experience of the divine as the nature of one's inner Self and everything in the environment is described in Maharishi Science of Creative Intelligence as the characteristic experience of the highest state of human consciousness, Unity Consciousness.

This paper reports on a qualitative study of selected results of research in consciousness—the results of my research in consciousness that describe living the divine in daily life. They are analyzed specifically with reference to how Maharishi describes life as divine in his Science of Creative Intelligence.

The Maharishi Technology of ConsciousnessSM, including the Transcendental Meditation[®] program (TM[®] program), Transcendental Meditation Sidhi ProgramSM (TM-Sidhi[®] program) and Yogic Flying[®], are the practical aspects of Maharishi Science of Creative Intelligence. These simple techniques dramatically accelerate the natural growth of an individual into higher states of consciousness in a systematic and easy manner. These higher states of consciousness are characterized by profound developments in thinking, acting, feeling, and perceiving. Those who experience these higher states of consciousness experienced an increased awareness of the unity of life.

It is by now well established that regular practice of the Transcendental Meditation program profoundly benefits every aspect of human life. These benefits have been documented quantitatively in over 380 published studies. Interestingly, over 17 of these published studies document increased refinement of perception, a sign of growth into higher states of consciousness (Orme, 1995). However, to date, no studies have been published that seek to understand in-depth the actual subjective experiences of refined perception reported during the practice of the technologies of consciousness. This qualitative study has been undertaken to compliment this existing literature of extensive quantitative research.

The experiences from this study presented and analyzed in this paper record that I experienced the divine as a reality of daily life, glimpsing Unity Consciousness. I experienced bliss and oneness with the environment.

Research Objective

This qualitative phenomenological case study of self-research seeks to investigate results of my research in consciousness. Specifically this study analyzes results to determine if they demonstrate living the divine—pure bliss consciousness—in daily life and a development of Unity Consciousness with reference to the framework of Maharishi Science of Creative Intelligence. This objective will be studied using elements of traditional qualitative methodologies as well as methodologies unique to the Science of Creative Intelligence—technologies for collecting data (research in consciousness) and methods for documenting and validating results of research.

Literature Review

Maharishi Mahesh Yogi (2001) is the world's foremost Vedic scholar and scientist of consciousness who introduced Maharishi Science of Creative Intelligence and the technology of consciousness. Maharishi Science of Creative Intelligence systematically

investigates and explains the field of creative intelligence or Being, the field of pure consciousness located experientially at the source of thought within every individual (2001).

Maharishi Science of Creative Intelligence Principles

Maharishi Vedic ScienceSM is the further development of Maharishi Science of Creative Intelligence. It is the systematic investigation of knowledge about pure consciousness in terms of Veda and Vedic Literature, formulated by Maharishi. Maharishi Vedic Science states that Veda is the reverberation of self-referral consciousness, present within everyone (Maharishi, 1994, p. 164). There are forty aspects of Veda and Vedic Literature. The essential meaning of each aspect of the Vedic Literature is described by Maharishi in a specific English term, a Quality of Intelligence. For example, the Quality of Intelligence for Yoga is *unifying*; for Rk Veda, it is *holistic, dynamic silence* (Maharishi, 1994,).

The Maharishi Technology of Consciousness is the practical aspect of Maharishi Science of Creative Intelligence. It includes the Transcendental Meditation program and its advanced program, the TM-Sidhi program. The simple, natural mental process of the Transcendental Meditation technique, practiced while sitting comfortably with the eyes closed, allows the individual to gain deep rest and to effortlessly experience Transcendental Consciousness, the fourth state of consciousness. Removal of stress and strain from the nervous system due to the deep rest allows for the natural expression of inner Being, pure creative intelligence or the divine, in daily life. The TM-Sidhi program including Yogic Flying is a powerful advanced program of Transcendental Meditation practice that develops the ability to think and act from Transcendental Consciousness and learn how to fulfill desires (Maharishi, 1994, pp. 261-262, pp. 284-285). These programs promote growth into higher states of consciousness. Maharishi notes that research in consciousness includes the technologies of consciousness; they are the subjective, systematic, means to allow an individual to have direct experience of the pure field of consciousness and grow into higher states of consciousness (Maharishi, 1994).

The seven states of consciousness defined in Maharishi Science of Creative Intelligence are waking, dreaming, sleeping, Transcendental Consciousness, Cosmic Consciousness, Refined Cosmic Consciousness (God Consciousness), and Unity Consciousness. Transcendental Consciousness is experienced as a unified field of pure silence, bliss, wakefulness, and intelligence (Maharishi, 1994). This state is the absolute field of the inner Self. Maharishi (1994) refers to the experience of Transcendental Consciousness as “the light of God”, the goal of every religion (p. 231). In Cosmic Consciousness, the experience of Transcendental Consciousness (the Self) is experienced inside on the deepest level of the mind during waking, dreaming, and sleeping states of consciousness (1981, p. 187). However, the inner Self and the outer non-Self, experienced through the senses, are perceived as separate (1981). In Refined Cosmic Consciousness (God Consciousness), enjoying refined perception and there by perceiving the celestial outside oneself, the heart and mind become full of love and appreciation (Katz, 2011, p. 34, p.311). One perceives the most refined value of the outer non-Self. In the ultimate experience of Unity Consciousness, the true transcendental divine experienced in Transcendental Consciousness is lived and appreciated as the essence of everything through sensory perception. The divinity of pure consciousness is never lost even during all the activity of daily life and sleep at night. The individual perceives unity everywhere, enjoying waves of bliss (Maharishi, 2001).

Over 350 published research studies on the Transcendental Meditation and TM-Sidhi programs objectively document the benefits of these techniques (Maharishi, 1994, pp. 266-268). These benefits are seen in all areas of life: mind, body, behavior and

environment. Over 17 studies document improved behavior. One such study documented greater appreciation of others. In this study, university students practicing the Transcendental Meditation program rated the important people in their lives (parents, spouse) more positively than did control students ($p < 0.05$) (Gelderloos, Goddard, Ahlstrom & Jacoby, 1987).

Methodology

Prominent qualitative researchers from various fields argue for the necessity of building a generic methodology when the research topic is new or unusual. They argue that new methodologies will be necessary to collect and analyze special data effectively (Kalkhe, 2014; Lincoln and Denzin, 2000). This study uses such a generic qualitative approach developed by experts in Maharishi Science of Creative Intelligence research. It blends tools from traditional methodologies as well as utilizes methods for collecting, documenting, and validating data that are systematically set out in Maharishi Science of Creative Intelligence.

Regarding traditional tools, this study uses features of case study, phenomenological study, and narrative study. For analysis, this study uses Informal Content Analysis and Theory-Guided Analysis (Kohlbacher, 2006).

Regarding specialized Maharishi Science of Creative Intelligence methods, this study uses a) the techniques for collecting data—the research in consciousness technologies, Transcendental Meditation and TM-Sidhi program, and b) the systematic technique for documenting the experience that advises reading verses of the Vedic Literature, finding a verse that triggers a memory of an experience, and then recording the experience with reference to the triggering words (underlined in data). Journal entries of documented experiences were made weekly for a period of 17 months. At the end of October 2014, an Informal Content Analysis was done on all entries using a 13 points protocol developed by expert Maharishi Science of Creative Intelligence researchers.

For validation, this paper uses the five-level triangulation method advised in Maharishi Science of Creative Intelligence that compares current data to previously published sources including: a) a Vedic verse used for documenting, b) a Vedic expression describing a principle of Maharishi Science of Creative Intelligence, c) an established scientific principle, d) a quantitative study, and e) characteristics of higher states of consciousness defined by Maharishi (Barndon, R., Personal Communication, June10, 2013).

Subject: Single-subject—a practitioner of the Transcendental Meditation and TM-Sidhi program and member of the Mother Divine program, a program for extended practice of the technologies of consciousness (The Mother Divine Program, 2015). The subject is the researcher, as advised in Maharishi Science of Creative Intelligence.

Instrument: consciousness—consciousness researches itself

Results and Discussion

During a period of 17 months, journal entries were made weekly using the standard documentation Maharishi Science of Creative Intelligence method. At the end of Oct 2014, a 13point protocol for an Informal Content Analysis was conducted on all journal entries to identify patterns and themes. From 37 total journal entries, ten were selected as expressing the theme of experiencing the divinity in daily life. Five of these entries are presented below using the standard Maharishi Science of Creative Intelligence format for documenting experiences. Figure 1 below presents the documented representative experience—the experience that expresses this theme most completely. Figure 2 presents the other three documented experiences that are the results of my research in consciousness.

Informal Content Analysis

#1, Representative Experience [21.4. 2014]

The great fire at the beginning of the dawn has sprung aloft, and issuing forth from the darkness has come with radiance. AGNI, the bright -bodied, as soon as born, fills all dwellings with shining light (Rk Veda, 10.1, Wilson, 1854b, p.1).

Holistic (Dynamic Silence) in the light of Unifying Quality of Intelligence

After listening to the beautiful and soothing chanting by the Maharishi Vedic pandits, I started listening to Maharishi expounding deep and inspiring knowledge. Suddenly the whole lecture hall was filled with “shining” golden “light”. My consciousness became fully awake, and I felt as if there was a thin sheet of transparent, golden silk, “radiating” right in front of me. The light looked like the sparkling scales of a golden fish.

Being embraced by the golden light, I felt deep silence within, and at the same time, there was an upsurge of bliss “issuing forth” from both my awareness and my body. As I looked at the picture of the tradition of Vedic Masters, sparkling with the scintillating golden light, I felt **united** with them as my teachers, totally surrendered and devoted. This experience of total surrender was highly fulfilling.

Figure1. Experience #1, Representative Experience

#2, [17.3. 2014]

Thou, AGNI, art the first of the gods; a deity to whom their minds are devoted; pleasing of aspect, thou art the invoker of the deities at this rite: showerer (of benefits), bestow upon us unsurpassable strength, wherewith to sustain all (hostile) prowess (Rk Veda, 6.1 Wilson, 1854a, p. 380).

Holistic (Dynamic Silence) Quality of Intelligence

This morning while I was lying on my bed, I experienced a profound **silence** deep within me. At this time, I felt bliss flowing all over my body from head to toe and throughout my limbs. I then experienced that my body became non-physical, made only of pure consciousness pulsating within itself. I started to hear the silence as a humming sound, all within myself. At that time, I also noticed a very “pleasing” sound coming from the singing of birds outside. This sound did not disturb the inner humming sound and bliss but instead I felt that these beautiful melodies from the birds outside were part of me, echoing my own consciousness humming within itself.

I started to smile and felt lots of love flowing in my heart and a memory of a beautiful friendship came into my mind that added to the love that I felt. Just then, I experienced shimmering and glimmering lights dawn in my awareness and I became soaked in this **silent**, yet **dynamic**, field of **wholeness** of awareness for a long time. This sublime shimmering felt like the “shower of benefits.” When I finally got out of bed, I happened to look in the mirror; I saw radiance and happiness shining from my face.

#3 [14.10.2013]

Then Kabandhin Katyayana approached him and asked: “Sir, from whence may these creatures be born?” (Prasna-Upanishad, 1. 3 Muller, 1962)

Transcending in the Light of Unifying Quality of Intelligence.

While I was lying down in my bed in the morning resting, I had a lot of bliss in my body. At the same time, I heard the humming sound of silence within my own awareness which echoed with the humming sound of nature: the singing of the crickets. I felt that the sound of humming within me and the sound of the crickets were from the same source: pure consciousness within the self. This **unified** my environment and me. This answered the question “Sir, from whence may these creatures be born?” They were born from the unifying pure consciousness. #4[2.7. 2013]

Some call him the father with five feet (the five seasons), and with twelve shapes (the twelve months), the giver of rain in the highest half of heaven; others again say that the sage is placed in the lower half, in the chariot with seven wheels and six spokes (Prasna-Upanishad, 1.11 Muller, 1962).

Transcending Quality of Intelligence.

During morning walk, I felt my whole awareness settled deep into the **transcendental** level. I then saw some light coming down in the form of “**rain**” right in front of me; it was sweet, beautiful, blissful, and “**heavenly**.” While I continued walking, I felt silence within me which expanded into the whole environment. When the leaves of the trees were dancing with the blowing wind, I experienced that myself was reverberating in the leaves while they were waving at me, this was a sublime experience.

5[11.11.2013]

He is Agni (fire), he shines as Surya (sun), he is Parganya (rain), the powerful (Indra), he is Vayu (wind), he is the earth, he is matter, he is God—he is what is and what is not, and what is immortal (Prasna-Upanishad, 2.5 Muller, 1962).

Transcending Quality of Intelligence

During my Yogic Flying program, my body was hopping up and down dynamically while my awareness was in a pure, unbounded silent state of **transcendence**. I suddenly perceived very intense golden light in my awareness and in my heart. I felt that “God” was showering his light on to my head, and then from my head to my heart. With the touch of the golden light, my heart opened up like a beautiful lotus where there was concentrated bliss within it. I felt that God entered into me and turned me into divine.

The intense bliss pulsating within my body and awareness urged my body for even higher hops which in turn created more bliss. The feeling of gratitude towards Maharishi naturally arose for his gift of such an exquisite experience. I deeply desired that everyone on earth could also enjoy this divine and exalted experience.

Figure 2. Experiences #2, #3, and #4--results of research in consciousness.

Theory-Guided Analysis

In order to make sense of the experiences, this study analyzed the experiences within the framework of Maharishi Science of Creative Intelligence. That is, the data (experiences) are constantly compared with theory as described by Kohlbacher (2006). This theory-guided analysis is presented in themes below as follows: first the relevant theoretical principle from Maharishi Science of Creative Intelligence is presented in the form of a quote from Maharishi. Then corresponding descriptions from the documented experiences are presented in direct quotes.

Life in waves of bliss

Maharishi (2001) explains how every sensory experience in Unity Consciousness creates waves of bliss. He notes, “The world is the active divine; everything rises as a wave on the eternal ocean of bliss consciousness. Every perception, the hearing of every word, the touch of every little particle and the smell of whatever it may be, brings a

tidal wave of the ocean of eternal bliss—in every arising of a thought, word, or action in the arising of the tide of bliss”.

“Being embraced by the golden light, I felt deep silence within, and at the same time, there was an upsurge of bliss “issuing forth” from both my awareness and my body” (#1).

“I felt bliss flowing all over my body from head to toe and throughout my limbs. I then

experienced that my body became non-physical, made only of pure consciousness pulsating within itself” (#2).

“While I was lying down in my bed in the morning resting, I had a lot of bliss in my body” (#3).

“During morning walk, . . . I then saw some light coming down in the form of ‘rain’ right in front of me; it was sweet, beautiful, blissful, and ‘heavenly” (#4).

“During my Yogic Flying program, my body was hopping up and down dynamically while my awareness was in a pure, unbounded silent state of **transcendence**. . . .With the touch of the golden light, my heart opened up like a beautiful lotus where there was concentrated bliss within it. I felt that God entered into me and turned me into divine. The intense bliss pulsating within my body and awareness urged my body for even higher hops which in turn created more bliss” (#5).

Unification with the environment

Maharishi (1997) notes, “This characteristic of Unity Consciousness, and the reality of the Technology of Unity Consciousness that everything in the field of many is in the reality of ONE, means that everyone is always the expression of the ONE—WHOLENESS. This reality of Unity Consciousness is beautifully expressed by the Vedic Expressions: *Aham Brahṁāsmi (Bṛihad-Āraṇyak Upanishads, 1.4.10) I am Totality*” (p. 74).

“As I looked at the picture. . .sparkling with the scintillating golden light, I felt **united** with them” (#1).

“This sound did not disturb the inner humming sound and bliss but instead I felt that these beautiful melodies from the birds outside were part of me, echoing my own consciousness humming within itself”(#2).

“I felt that the sound of humming within me and the sound of the crickets were from the

same source: pure consciousness within the self. This unified my environment and me” (#3).

“While I continued walking, I felt silence within me which expanded into the whole environment. When the leaves of the trees were dancing with the blowing wind, I experienced that myself was reverberating in the leaves while they were waiving at me, this was a sublime experience” (#4).

Validation

This validation process compares the representative experience with five sources.

1. Vedic verse: See Figure 1. The words “shining light” in the Vedic verse correspond to my experience of perceiving golden light in the lecture hall while feeling united with the masters depicted in the picture in the hall.
2. Vedic Principle: *Dūre dṛisham grihapatim atharyum* (Ṛk Ved, 8.1.1) Maharishi (1992) translates, “The light of God, which was experienced within one’s own Transcendental Consciousness, is found shining throughout the whole creation to the very farthest point” (p. 232). My inner experience of the divine, the light of

God, in Transcendental Consciousness extended to shine and pulsate throughout the whole lecture hall, creating an experience of unity and reflecting an experience of living the divinity in daily life.

3. Scientific Principle—principle of macroscopic quantum wave coherence: The principle of macroscopic quantum wave coherence illumines how the coherent functioning of a unified field at a fundamental (quantum) level may result in a powerful coherent effect on a classical (surface) level (Schonbacher, 2000, Lesson 3). This principle can be related to how infusion of Transcendental Consciousness in the mind and perception as a result of Transcendental Meditation practice enlivened Transcendental Consciousness while I was settled and listening to the chanting. As a result of this inner growth, I perceived golden light in the environment, creating the experience of unity—a glimpse of Unity Consciousness.
4. Scientific research showing greater appreciation of others: University students demonstrated significantly greater appreciation of others as a result of their regular Transcendental Meditation practice ($p < 0.05$) (Gelderloos, Goddard, Ahlstrom & Jacoby, 1987). This increased harmony and unity with the environment results from the repeated experience of inner divinity, unity, in Transcendental Consciousness. While engaged in listening to chanting, I was experiencing unity, divinity, within. This inner development resulted in growth of appreciation for my masters in deep surrender and devotion while perceiving the golden light leading to unification with them.
5. Experience of Unity Consciousness. Maharishi explains that in Unity Consciousness, one perceives no duality, but only unity. This experience results from refinement of perception that develops through a familiarity with the divinity, unity, of the deep silence of Transcendental Consciousness. My perception of unification with my environment has developed due to the regular experience of Transcendental Consciousness.

Conclusion

The results of my research in consciousness were discussed above with reference to the theoretical principles of Maharishi Science of Creative Intelligence. Through this discussion, clear correlations were found between the results of my research and the theoretical principles. These correlations suggest that I am regularly experiencing refined perception, unification with the environment, the divinity in daily life—characteristics of rising Unity Consciousness. This correlation suggests that through regular practice of the Maharishi Technology of Consciousness, I experience the divine—pure bliss consciousness in daily life—and rising to Unity Consciousness.

Further, it follows that this qualitative study does complement the existing Maharishi Science of Creative Intelligence literature, especially the quantitative studies measuring improved refinement of perception and appreciation of others and the environment. This complementary value is significant because it enriches the literature by making sense of the subjective experience of consciousness and suggests that one's inner pure consciousness, Transcendental Consciousness, is the field of divinity, the light of God.

However, because this paper is based on a single subject (myself), the results of this analysis of research results are not comprehensive. More qualitative studies are needed to further show how individuals grow to higher states of consciousness and experience the divine and unification with environment through regular practice of the technologies of consciousness.

To conclude, analyzing my results of research in consciousness with the principles of Maharishi Science of Creative Intelligence, shows that my experience of the divine is developing in ways characteristic of growth to Unity Consciousness. My conclusion is that experience of life is divine can be easily, systematically and naturally attained by any individual through the knowledge and practice of Maharishi Science of Creative Intelligence. Maharishi (2001) writes, “Here is an invitation for every man on earth to start picking up the divine consciousness of the absolute, and, by bringing it out through all his activity into the world of variety, enjoy it for himself and project it for all others to enjoy as well” (p. 49).

The universal quest of living in union with God, living the divine in daily life, can be easily and systematically achieved. It is the beauty and fortune of living in this age where knowledge and techniques are available for every individual on earth to live his/her birthright—living the divine while radiating it for all to enjoy.

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