



**BY
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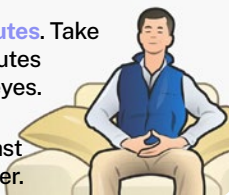
6Q - WHO? WHAT? WHEN? WHERE? WHY? AND HOW?

TRANSCENDENTAL MEDITATION

HOW TO DO

TRANSCENDENTAL MEDITATION

- Sit in a **comfortable chair**. Keep your back and neck straight. Close your eyes.
- Begin with **30 seconds of quiet**. Ease into the mantra, a meaningless "vibration word" your teacher gave you.
- Repeat the **mantra** in your head at no particular rhythm.
- Don't think about your **breathing**.
- Let the mantra draw your attention, but allow thoughts to **float by**.
- You may experience moments of "transcendence," a pleasant feeling of restful alertness.
- Meditate for **20 minutes**. Take three manta-free minutes before opening your eyes.
- Practice **twice daily**, ideally before breakfast and again before dinner.



HOW

It's important to note that Transcendental Meditation often involves learning the technique from a certified TM teacher and includes a specific initiation and guidance process. www.tm.org is a good place to start learning more, as well as how to find TM in your area. The technique of Transcendental Meditation is typically taught by certified instructors in a standardized manner. Individuals undergo a course where they receive personalized instruction on how to use the mantra and how to allow the mind to settle into a state of transcendence. The teaching process involves one-on-one instruction and follow-up sessions to ensure correct practice.

During the practice itself, individuals sit comfortably with closed eyes and silently repeat the mantra. If the mind starts to wander, the practitioner gently brings the attention back to the repetition of the mantra. The practice is effortless and doesn't involve concentration or controlling the mind but rather allowing the mind to naturally settle into a state of restful awareness.

TM involves a repetition of a mantra to achieve a state of restful awareness. My friend convinced me to at least spend 4 evenings learning this practice. It was then when I received my mantra (a word specific to me). When I told my instructor that I just couldn't turn my brain off from thinking, I was reminded to let my thoughts come and go, and to try to bring my attention back to the repetition of my mantra. I have now practiced TM for just over four years. In the beginning, I was very disciplined and meditated twice a day. Now, it is often difficult to even find 20 minutes of time to meditate. Ironically, the less time I have to meditate, the more important it is for me to *make* time for it. Practicing meditation brings me increased focus, more patience and tolerance. Ultimately, the days that I meditate I can accomplish more during the day than during the days that I do not meditate.

WHY

People practice Transcendental Meditation for various reasons, including stress reduction, improved mental clarity and focus, relaxation, enhanced creativity, and personal development. It is often believed to have positive effects on mental and physical well-being. Scientific research has explored its potential benefits for mental and physical health, with reported positive effects on reducing anxiety, improving cardiovascular health, and promoting overall resilience to stress.

WHEN

Transcendental Meditation can be practiced at any time of the day. Ideally, practitioners are encouraged to meditate twice a day for about 15-20 minutes each session. The flexibility of the practice allows individuals to incorporate it into their daily routines according to their schedule and preferences.

Maybe TM will work for you. It can reduce stress, increase attention, improve sleep, and help gain a new perspective on situations to include increasing patience and tolerance. Try it out and let me know what you think! ■

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WHAT

TM or Transcendental Meditation is a simple, natural, and easily-learned technique that involves silently repeating a mantra, a specific sound or word, to help the mind settle into a state of deep restful awareness. The practice is designed to allow the individual to transcend ordinary thought and experience a unique state of restful alertness, distinct from waking, sleeping, or dreaming. The use of a word or sound (mantra) is chosen for the individual practitioner. The meditation process aims to transcend ordinary thought and experience a deep state of restful awareness.

WHO

TM was popularized by Maharishi Mahesh Yogi, an Indian guru and teacher, in the 1950s and 1960s. It is practiced by people of all ages and diverse backgrounds around the world.

WHERE

One of the notable aspects of Transcendental Meditation is its flexibility regarding the practice location. It can be done in various settings, including the comfort of one's home, at a meditation center, or even in a quiet outdoor space. The key is to find a peaceful environment where one can comfortably sit with closed eyes, in a quiet place, free from distractions.

My wife and I had words, but I didn't get to use mine.