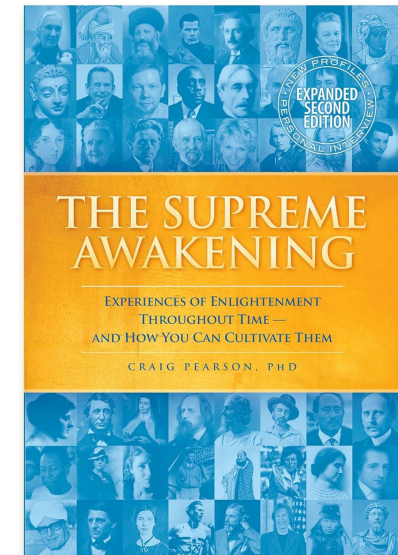


# Transcendentalism and Meditation

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# Outline

- Introduction
- William Wordsworth ca 1798
- Illustrative Names of Others Who Have Experienced True Reality
- Seven States of Consciousness

# Introduction

- Throughout history, great men and women have described exalted experiences of extraordinary wakefulness, freedom, and bliss — as different from our ordinary waking experience as waking is from dreaming. Laozi (a.k.a. “Lao Tzu”), Plato, Rūmī, St. Teresa of Avila, Emerson, Emily Dickinson, Black Elk, Einstein — people of all times and places have described experiences that rank among the most inspiring in all of literature.
- These experiences can be explained in terms of a new, expanded framework of human development - the model of higher states of consciousness developed by Maharishi Mahesh Yogi, the renowned Vedic sage and scientist of consciousness
- Anyone can systematically cultivate these experiences through the Transcendental Meditation technique — simply, naturally, and effortlessly

# William Wordsworth ca 1798

- That blessed mood,
- In which the burthen of the mystery, In which the heavy and the weary weight
- Of all this unintelligible world, Is lightened: — that serene and blessed mood,
- In which the affections gently lead us on —
- Until, the breath of this corporeal frame
- Pearson, Craig. The Supreme Awakening: Experiences of Enlightenment Throughout Time — And How You Can Cultivate Them . Organic Pears Press. Kindle Edition.

# William Wordsworth ca. 1798

- His description is remarkable for its exactness. He settles into a state of increasing tranquility. The “weary weight” of the “unintelligible world” grows lighter and eventually fades away. Describing the unique condition of his body, he tells us he feels deeply rested.
- His breath and even his blood flow seem “almost suspended,” and he feels as if “laid asleep in body.” But is he asleep? On the contrary, he seems more awake than ever. He feels he has “become a living soul” — as though in his prior state he had not been fully alive. From this deep level he is able to “see into the life of things.”
- Pearson, Craig. *The Supreme Awakening: Experiences of Enlightenment Throughout Time — And How You Can Cultivate Them.* Organic Pears Press. Kindle Edition.

# Illustrative Features of Experiencing True Reality

- Inner expansion, clarity and wakefulness
- Happiness and bliss
- Experience of underlying reality
- The experience of the divine
- A feeling of naturalness and familiarity
- The moment of a lifetime

# Illustrative Names of Others Who Have Experienced True Reality

- Zoroaster, 10<sup>th</sup> Century BC Persian mystic
- Zhuanzhi, 5<sup>th</sup> Century BC Chinese sage
- Laozi, 5<sup>th</sup> Century BC Chinese philosopher
- Plato, 4<sup>th</sup> Century BC Greek writer
- Jesus of Nazareth, Essene mystic
- Hildegard of Bingen, 11<sup>th</sup> Century German mystic
- Dante Alighieri, 13<sup>th</sup> Century Italian poet
- Angela of Foligno, 13<sup>th</sup> Century Italian writer
- Henry David Thoreau, 19<sup>th</sup> Century American writer
- Ralph Waldo Emerson, 19<sup>th</sup> Century American writer
- Walt Whitman, 19<sup>th</sup> Century American poet
- Emily Dickinson, 19<sup>th</sup> Century American poet
- Alfred, Lord Tennyson, 19<sup>th</sup> Century British writer
- Lucy Maud Montgomery, Canadian author
- Claire Booth Luce, 20<sup>th</sup> Century American writer
- Eugene Ionesco, 20<sup>th</sup> Century Romanian-French playwright
- Václav Havel, 20<sup>th</sup> Century Czech poet
- Arthur Koestler, 20<sup>th</sup> Century American futurist

# Seven States of Consciousness

- Deep sleep
- Dreaming
- Waking
- Transcendental consciousness
- Cosmic consciousness
- God consciousness
- Unity consciousness