

MEDITATION IS TRENDING big these days. Celebrities are embracing it, and media outlets are constantly reciting a litany of benefits: reduced stress, lower blood pressure, improved immune function.

But meditation is so much more. *Super Mind*, a new book by psychiatrist Norman Rosenthal, gets to the heart of the matter: meditation, specifically the Transcendental Meditation technique, leads to higher states of consciousness.

Imagine living a life in which you're constantly at peace within yourself, you have a sense that the "real you" is separate from the ups and downs of life, and you feel intimately connected with everything you perceive.

Maharishi Mahesh Yogi, the founder of the TM technique, called this cosmic consciousness. It develops gradually as one meditates. Dr. Rosenthal describes this experience and the scientific evidence that such a state exists.

One of those he introduces in his book is Dave, who has regularly attended the group meditation in the dome on the campus of Maharishi University of Management. Dave had deep experiences of transcendence during meditation, but then one morning after meditation he noticed that this experience continued even outside of meditation.

"I realized that something very subtle but powerful had changed. Even as I walked out of the dome, I continued to

experience that transcendent pure consciousness that usually happened only when I sat down to meditate. That unbounded awareness was still with me."



Author Norman Rosenthal will be in Fairfield on May 27 to talk about his new book, *Super Mind*.

But even before arriving at this state, according to Dr. Rosenthal, many "gifts" accrue: greater happiness, effectiveness,

Super Mind

A Path to Higher Consciousness

BY JIM KARPEN

creativity, intuition, and success. These down-to-earth benefits of higher consciousness develop quietly. This is Dr. Rosenthal's "super mind."

"Just as money invested grows exponentially thanks to compound interest, so the super mind grows over time, yielding its gifts incrementally with continued Transcendental Meditation practice," he says.

In his book he introduces scores of people who are enjoying this super mind, including actress Cameron Diaz, hedge fund founder Ray Dalio, actor Hugh Jackman, comedian Jerry Seinfeld, and baseball pitcher Barry Zito.

Jackman has been meditating for over 20 years, and noticed benefits soon after starting. "I felt I gained a true understanding of myself, and was no longer just being reactive to events that came my way. I felt a sense of calm, a sense of purpose, of finer energy in things I did."

By addressing higher states, *Super Mind* distinguishes TM from other practices such as mindfulness, which deals more with learning how to focus on living in the now.

The book discusses what consciousness is and how it has been defined by various cultures and by science. It also presents the scientific evidence for the existence of higher states of consciousness and discusses the differences between TM and mindfulness.

In addition, *Super Mind* includes the results of a survey of over 600 people practicing TM. The responses clustered around three areas of benefits: internal growth (including greater resilience, more engagement, and more contentment with one's life), being in the zone (including going more with the flow, finding it easier to get things done, and greater productivity and creativity), and support of nature (including feelings of being luckier, better relationships, and improved finances).

Dr. Rosenthal is a clinical professor of psychiatry at Georgetown Medical School. He conducted research at the National Institute of Mental Health for more than 20 years and was the first psychiatrist to describe and diagnose Seasonal Affective Disorder (SAD).

Dr. Rosenthal will be in Fairfield on Friday, May 27, to give a talk about his book. The event will be held at 7:30 p.m. in the Argiro Student Center on the campus of Maharishi University of Management. Appearing with him will be physicist Dr. John Hagelin and the executive director of the David Lynch Foundation, Bob Roth. □

Super Mind will go on sale May 17, but is available for preorder on Amazon.