

Transcendental Meditation Versus Biblical Christianity

by Leah Monica – School of Ministry Assignment

#1. Key Person, Date, Location, Brief History

Transcendental Meditation was developed by Maharishi Mahesh Yogi in 1957. TM was brought to the Western world by Mahesh in 1959. Mahesh, studied under the Hindu Guru Swami Brahmananda Saraswati, also known as Guru Dev, before developing TM. TM is a form of mantra meditation. “Mantra” is a sanskrit word, meaning “sacred utterance, numinous sound, or a syllable, word, phonemes, or group of words believed by some to have psychological and spiritual power” (See Bibliography topic: Mantra). Mantra meditation is where one repeats a “mantra” over and over for a fixed or indefinite amount of time in the pursuit of emptying one’s mind and achieving inner peace, or “enlightenment.” Mantras are commonly used in eastern religions such as Hinduism and Buddhism. TM’s main focus, according to Mahesh, is “spiritual enlightenment,” which is described as inner peace at all times.

#2. Key Writings

Transcendental Meditation, like the student-teacher relationship associated with much Eastern religion, is taught and passed on through apprenticeship and coaching more than through certain writings, but TM’s roots are in Hinduism. The sacred books of Hinduism are the four Vedas – the Rig Veda, Sama Veda, Yajur Veda and Atharva Veda. The Vedas contain “hymns, incantations, and rituals from ancient India.” (Hinduism)

#3. Who is God

TM, being an offshoot of Hinduism, is a polytheistic religion, where not only are there multiple gods to worship while meditating, but the human is considered a divine being able to reach a higher consciousness simply by

looking inward. There is a supreme god-consciousness that is worshipped but is wholly devoid of the ability of relationship or personality. The god-consciousness worshipped by TM'ers and Hindus is just that — a divine, passive consciousness.

#4. Who is Jesus

Jesus is considered simply another teacher. He died just like any human according to TM. Some TM'ers are more open to other possibilities of meditation and in some of these cases the Name of Jesus is recognized as having power as a mantra, but Jesus is not recognized as the one True and Living God.

#5. Who is the Holy Spirit

According to Mahesh, the Holy Spirit is a deceptive persona used by demons to gain access to humans. (Caruth) The closest alternative to the Holy Spirit in TM would be the encounter of certain gods or deities while meditating or the elevation or “enlightenment” of one’s own spirit to a state of holiness or divine.

#6. How to Be Saved

Transcendental Meditation refers to its utmost goal as “enlightenment,” the idea of having inner peace and calm at all times. The deeper root goal of TM is to immerse its participants into Hinduism. Hinduism’s idea of salvation is to live a “good” life that will lead to good karma, a better reincarnation, or best yet, to be reincarnated into the “Supreme being,” as a facet of the ultimate divinity.

#7. What Happens After Death

After numerous reincarnations, in which one participated in meditation and the gathering of good karma, one transcends the physical birth and one’s spirit is born into the ultimate God-consciousness where one fully receives the divinity and peace of the universe.

#8. Other Facts, Beliefs, or Practices

Though unknown to the majority of the Western world, TM is a form of Hinduism. TM coaches and experienced instructors deliberately hold back this information and lie to new participants because they believe that as an experienced TM'er, they have entered into a higher state of enlightenment than that of the new participant. (Caruth) In an effort to elevate the newcomer to this enlightenment, it is believed newcomers must be kept in the dark until they have ascended more.

#9. Comparisons and Contrast of the Belief System and Biblical Christianity

TM is a tool used by the Devil to steal people's souls without them even knowing it. TM promises inner peace and tranquility in the natural life and ultimately the attainment of divinity as part of an amorphous unfeeling god-consciousness. Biblical Christianity promises not only peace in this life by the presence of the Holy Spirit and knowledge of God's love and grace for humans, but salvation for the soul is the promise of Heaven. "Salvation" in TM is acquired, ultimately, by human effort. Salvation, in Biblical Christianity, is offered by God through Jesus' death and atonement for human sins and by Jesus' resurrection. Salvation is acquired by the repentance of sin and believing on Jesus Christ. TM is a salvation by works religion; Biblical Christianity is a salvation by faith religion.

#10. Current Trends Related to the Belief System

A very insidious means of attracting people to TM, and consequently, to Hinduism, is yoga.

"Through the practice of yoga, the Hindu bursts into God's superconscious Mind, the experience of bliss, all-knowingness, perfect silence" (Karma)

By promising rejuvenation of the spirit and especially, a healthy body, yoga draws people in with its innocent approach with not only the intent of drawing people away from Jesus, but to simply distract and allure. Obviously, another current trend in TM is the representation that

Transcendental Meditation is the seemingly harmless practice of emptying one's mind through the repetition of mantras. This is yet another deception, as we are told by Vail Carruth, author of, "The Kiss of God." The mantras Vail bought when learning TM actually turned out to be a worshipful phrase to a false deity, after she was assured the mantras were meaningless.

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