



The Science of Being and Art of Living

By Maharishi Mahesh Yogi

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It was in Madras, in 1958, that Maharishi founded the Spiritual Regeneration Movement with the aim of spiritually regenerating every man in the world. Since then, in this short time, he has become known and revered throughout Asia, Europe and North America. He has chosen the ancient pilgrimage town of Rishikesh, on the Ganges River at the foot of the Himalayas, as the site of the Academy of Meditation and the world headquarters of the Spiritual Regeneration Movement. There, each spring for three months, Maharishi trains people from all parts of the world to be teachers of his system of meditation. Also each year, in secluded places in Europe, North America, and India, groups of people gather with Maharishi for intensive training in the art of transcendental meditation. Maharishi's plan of action and aim embrace the whole world. It is his stated objective to redirect the course of humanity by means of the widest possible propagation of the knowledge and practice of transcendental meditation. --- excerpt from book's Preface

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