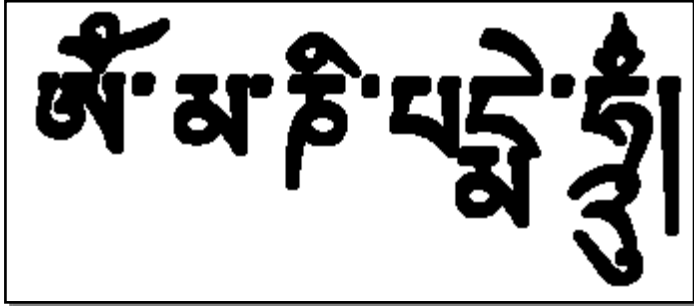


## Om Mani Padme Hum

by Dónal Thompson



Do you remember The Beatles' song "Across the Universe"? Do you know what 'Jai Guru Deva Om' means? It means, more or less, 'Thank You to the Teacher'. I like *that* sentiment. I like lots of Eastern things. When I was 17 I learned Transcendental Meditation.

Anyone who remembers The Beatles will remember Maharishi Mahesh Yogi. He had a tremendous influence on the band; especially on George Harrison. The Maharishi taught Transcendental Meditation or TM.

TM consists of meditating for twenty minutes in the morning and twenty minutes in the evening. Members of the TM community claim that it reduces stress, makes you more productive and more creative.

It's true. I've done it and it does.

Some more extreme members of the TM community claim you can levitate. That's not true. That's stupid.

Meditation is thinking about nothing. You give yourself something to do (repeating a word or a phrase - called a 'mantra'). This distracts your conscious mind and lets your subconscious take out the rubbish bags, so to speak.<sup>1</sup> But is the mantra important?

When I studied TM I was given my mantra by the teacher. I can't tell you what it is because it's supposed to be a secret. The most famous mantra in the world is 'Om mani padme hum' (pronounced OM MANI PEDME HUNG) This comes

from Tibetan Buddhist meditation. It is said that the 84,000 sections of Buddha's teaching are contained in those six syllables. So, yes, mantras are important.

Christian meditation uses similar techniques such as concentrating on a candle's flame or repeating the name of 'Jesus'. Anyone who has heard devout Catholics reciting "Dios te salve, María. Llena eres de gracia: El Señor es contigo...etc" might confuse the rhythmic repetition with a mantra.

Meditation existed before Christ and yet people today see a book about 'Mental Control' and think it is the latest thing and spend over 1,000 € for a course. As we say in English, "A fool and his money are soon parted". There is nothing new under the sun.

Meditation can help your health too. It has been clearly proved that regular meditation helps with chronic pain, anxiety and panic, sleep disturbance, family stress, skin disorders, high blood pressure and stress factors in heart disease. So even Western chauvinist atheists can benefit from regular meditation.

To meditate you need four basic things :-

- A quiet place to meditate,
- A comfortable or poised posture,
- An object to look at or mantra to repeat.
- A passive attitude

If you want to know about this FREE way to improve your mind, body and psyche, here are some useful web-sites (in ENGLISH, of course).

[The TM Website](#) [Christian Meditation](#)

[A 2 minute Meditation](#) [Buddhist Meditation](#)

I'd love to know what YOU think about all this. And remember - jai guru deva om!

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<sup>1</sup> So to speak = Digamos