



# **The Neurophysiology of Enlightenment: How the Transcendental Meditation and TM-Sidhi Program Transform the Functioning of the Human Body**

*Robert Keith Wallace*

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Dr. Wallace explains how enlightenment, long regarded as mystical, impractical and even unattainable, is something real, measurable, and of immense practical value. He shows that enlightenment has a scientific, physiological basis, and arises through a process of neurophysiological refinement as a natural result of the Transcendental Meditation (TM) program of Maharishi Mahesh Yogi.

Hundreds of scientific studies conducted at leading research institutes and universities around the world have documented the many beneficial effects of the Transcendental Meditation technique on the individual and society. This book reveals how TM improves physical and mental health, and influences gene expression. It is indispensable for anyone who wants to understand this research and how it verifies the reality of enlightenment.

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