

# How Meditation Heals.pdf

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The Transcendental Meditation technique or TM is a form of silent mantra meditation, developed by Maharishi Mahesh Yogi. The meditation practice involves the use of a mantra and is practiced for 15–20 minutes twice per day while sitting with one's eyes closed.

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Meditation and Health. Published by PMC, 2001. 200 pages. This book is now out of print, but is readily available through the library service. The earlier edition can still be purchased locally under the title of 'How Meditation Heals' through Piatkus Books (UK), or Ulysses Press (USA).

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