



Meditazione Trascendentale (Italian Edition)

Laura Marengo Galli

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Tutti ormai conoscono lo yoga del corpo. Qualcosa di analogo esiste per la mente, che dà salute, benessere, agilità, memoria, efficienza mentale: la meditazione trascendentale, che distoglie la mente da qualsiasi di pensiero tanto ordinario quanto elevato.

Realizzare lo stato mentale che consente di effettuare la meditazione trascendentale significa attuare nell'intelletto il meccanismo opposto al pensiero, ossia il vuoto mentale; vuoto che tuttavia non è fine a se stesso, bensì costituisce la base di nuove possibilità intuitive.

Qualunque idea o ricordo si insinui, per riallacciarsi alla consueta corrente del pensiero, va falciata alla base così come una lama reciderebbe rami secchi e inutili. Assecondare con l'intento più saldo che riusciamo a trovare in noi l'acquietamento emotivo costituisce uno dei fondamenti principali dell'atteggiamento interiore.

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