

**Experiencing Higher States of Consciousness: A Qualitative Analysis of Results
of Research in Consciousness within the Framework of the Science of Creative Intelligence**

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Abstract

Maharishi Mahesh Yogi clearly defines the state of enlightenment in his Science of Creative Intelligence in terms of higher states of consciousness. This science includes both a theoretical and practical aspects. In Science of Creative Intelligence, Maharishi predicts that regular practice of the Transcendental Meditation and TM–Sidhi programs leads to experience of higher states of consciousness, to enlightenment. In the Science of Creative Intelligence, there are seven states of consciousness: three ordinary states of consciousness, waking, dreaming, and sleeping states and four higher state of consciousness, Transcendental Consciousness, Cosmic Consciousness, Refined Cosmic Consciousness and Unity Consciousness. The state of Cosmic Consciousness, God Consciousness, and Unity Consciousness are considered as enlightenment. Through the qualitative phenomenological case study of self–research in consciousness, personal experiences during and after the Transcendental Meditation and TM–Sidhi programs, this study examines if the experience of higher states of consciousness, in particular, Transcendental Consciousness and Cosmic Consciousness, is an actual and attainable reality for me through practice of the Transcendental Meditation and TM–Sidhi programs.

Introduction

The history of mankind records an eternal pursuit for everlasting happiness. Thinkers, philosophers, and enlightened souls have led humanity toward the peak of human evolution from time to time but their efforts have been lost throughout in time. Today, the rise of a distinguished knowledge brought by a sage scientist, Maharishi Mahesh Yogi, the founder of

Science of Creative Intelligence and its practical aspect, the Maharishi Technology of Consciousness the Transcendental Meditation and TM–Sidhi programs. Over 58 years, Maharishi has formulated this complete science of consciousness that enables individuals from all walks of life, cultures, and educational backgrounds to experience the unbounded field of consciousness within and thereby enrich their lives with



experiencing higher states of consciousness. Through this science, Maharishi predicts that anyone can gain enlightenment. Several books and thousands hours of video taped talks and numerous (380) published quantitative scientific studies comprise the literature of the Science of Creative Intelligence (Maharishi 1994, pp.263–266).

However, so far no studies have been published that seek to understand the actual subjective experiences of higher states of consciousness reported during the practice of Transcendental Meditation and TM–Sidhi program. Most studies document results quantitatively in objective measurements and statistical analyses. This qualitative study has been undertaken to complement this existing literature of extensive quantitative research. This study examines selected results of my research in consciousness. My personal experiences from my practice of the Transcendental Meditation and TM–Sidhi program, these results will be examined within the framework of the Science of Creative Intelligence.

RESEARCH OBJECTIVE

This qualitative phenomenological case study of self–research seeks to understand if my regular practice of the Transcendental Meditation and TM–Sidhi programs has led to the experience of higher states of consciousness, in particular,

Transcendental Consciousness and Cosmic Consciousness, as predicted by Maharishi in his Science of Creative Intelligence.

LITERATURE REVIEW

The Science of Creative Intelligence. In the Science of Creative Intelligence, Maharishi Mahesh Yogi, the world’s foremost expert in consciousness, presents the theoretical aspect of the knowledge and development of consciousness. In the Maharishi International University catalog, Maharishi (1974) explains that the Science of Creative Intelligence provides the knowledge of the nature, origin, range, growth, and application of creative intelligence in individual life. This knowledge arose from the premise, elucidated in ancient Vedic knowledge, that there exists in every human being an inexhaustible and fundamental source of intelligence, energy, and happiness that expresses itself in the life of an individual as orderly, intelligent thinking, skill in action, creativity, and inner fulfillment. Further, Maharishi explains how one can practically develop higher states of consciousness to realize the ultimate efficient functioning of mind and body and gain enlightenment simply by utilizing the Transcendental Meditation technique and TM–Sidhi programs.

Maharishi put forward his Science of Creative Intelligence. In 1981, Maharishi expanded this knowledge of consciousness to include the



Vedic knowledge and introduced this new science as Maharishi Vedic Science

The Transcendental Meditation Technique and TM–Sidhi program including Yogic Flying. The Transcendental Meditation technique is a simple, natural, effortless technique practiced 20 minutes twice daily while sitting comfortably with the eyes closed. The Transcendental Meditation technique is easy to learn but should be learned through a certified teacher of this technique. Maharishi (1996) explains, through practicing this effortless technique, the mind gains the opportunity to experience deeper and more subtle levels of thinking until it transcends the thinking process and experiences the source of thought, which is also called the state of pure consciousness or Transcendental Consciousness (p. 434). Although the state of Transcendental Consciousness is very natural to the mind and body, a technique is required to direct the attention inward.

The TM–Sidhi program including Yogic Flying is an advanced aspect of the Transcendental Meditation technique. Practicing this technique trains the mind to think and act from the field of Transcendental Consciousness. For example, during the Yogic Flying technique the body lifts up in the air in a series of short hops as a result of a mental intention from Transcendental Consciousness. Scientific studies show that during the practice of Yogic Flying, the

integration and coherence of brain functioning is maximum.

Higher States of Consciousness. Maharishi (as cited in Orme–Johnson & Andersen, 2010) defines a state of consciousness as a stable mode of perception, cognition, and physiology that can be differentiated from other such states, both subjectively and by its unique physiological parameters (p. 251). Every human being experiences three relative (changing) states of consciousness, waking, dreaming and sleeping. Each state of consciousness has its own corresponding physiological state. These three relative states are a common experience for every human being. A fourth state of consciousness is experienced by those who practice the Transcendental Meditation and TM–Sidhi programs. This is Transcendental Consciousness. A uniquely different physiological functioning is found in the experience of Transcendental Consciousness.

Transcendental Consciousness. During Transcendental Meditation, when the mind settles down during the Transcendental Meditation practice, and transcends all thoughts and thinking activity, it arrives at an experience of no localized thoughts. Maharishi (1966) explains,

In this state of total unboundedness, absolute silence, the conscious mind experiences pure consciousness, aware only of itself. (p.295).



Transcendental Consciousness or the state of Being can only be gained by transcending relative localized thinking of the waking state of consciousness because this state is absolute and transcendental.

Cosmic Consciousness. When the experience of Transcendental Consciousness has been experienced repeatedly through regular practice of the Transcendental Meditation technique, Maharishi (1967) explains, there comes a time when the unbounded, unmanifest value of Transcendental Consciousness remains permanently established in the mind. In other words, Transcendental Consciousness coexists with the other three relative states of consciousness—waking, dreaming, sleeping. Maharishi says that the human nervous system has the ability to maintain two states of consciousness simultaneously through a dual style of functioning (p. 314). One level of physiological functioning remains restful even while another level is active.

Vedic principle: Yogasthah Kuru Karmani. Bhagavad Gita (2.42) reads, Yogasthah Kuru Karmani. Maharishi (1967) translates this verse, “Established in Yoga, performs action”. Maharishi’s commentary on the verse advises that the meaning of this phrase is to become enlightened first—establish Transcendental Consciousness in the mind—and then perform action (p. 135).

Scientific principle: Hierarchical levels of organization. Hierarchical levels of organization are the basis and spine of all branches of natural science

Scientific research study. The research study conducted by Travis and Arenander (2006) shows the effect of regular practice of the Transcendental Meditation practice on brain functioning during the practice and outside of the Transcendental Meditation practice during the performance of a challenging task.

This study demonstrates that increases in coherent brain waves during the Transcendental Meditation practice are stabilized after a relatively short period of regular Transcendental Meditation practice. This study also shows that the coherence in brain activity during the Transcendental Meditation practice is gradually stabilized outside the meditation practice. The uniquely coherent brain state shaped during the Transcendental Meditation practice is shown to be integrated with waking brain states outside of meditation.

Quality of Intelligence of forty aspects of Vedic Literature. Also each experience has been matched with a quality of intelligence of the forty aspect of Vedic literature. Each of the forty aspects of Vedic Literature has its own predominating quality of intelligence.

METHODOLOGY



Worldwide, prominent qualitative researchers from various fields argue for the necessity of building a generic methodology when the research topic is new or unusual. They argue that new methodology will be necessary to collect and analyze special data effectively (Kalkhe, 2014; Lincoln and Denzin, 2000). This study uses such a generic qualitative approach developed by experts in SCI research. It blends tools from traditional methodologies as well as utilizes methods for collecting, documenting, and validating data that are systematically set out in the Science of Creative Intelligence.

Regarding traditional tools, this study uses features of case study, phenomenological study, and narrative study. For analysis, this study uses thematic content analysis and theory-guided analysis (Kohlbacher, 2006).

Regarding specialized Science of Creative Intelligence methods, this study uses a) the standard techniques for data gathering—the research in consciousness technologies, Transcendental Meditation and TM–Sidhi program, and b) the systematic technique for documenting the experience that advises reading verses of the Vedic Literature, finding a verse that triggers a memory of an experience, and then recording the experience with reference to the triggering words (underlined in data). Journal entries of documented experiences were made weekly for a period of 17

months. At the end of this time, a thematic content analysis was done on all entries using a 13–point protocol developed by expert Science of Creative Intelligence researchers.

For validation, this paper uses the five–level triangulation method advised in Science of Creative Intelligence that compares current data to previously published sources including: a) a Vedic verse used for documenting, b) a Vedic expression describing a principle of SCI, c) an established scientific principle, d) a quantitative study, and e) characteristics of higher states of consciousness defined by Maharishi (Barndon, R., Personal Communication 2013).

Subject: Single–study—practitioner of the Transcendental Meditation and TM–Sidhi program and member of the Mother Divine program, a program for extended practice of the Technology of Consciousness. The subject is the researcher, as advised in SCI

Instrument: Consciousness—consciousness researches itself

RESULTS AND DISCUSSION

After 17 months a 13–point protocol thematic content analysis was conducted on all journal entries to identify patterns and themes. From forty total journal entries, five were selected as expressing the themes of the experiencing



Transcendental Consciousness and Cosmic Consciousness. This content analysis identified two themes—the development of two higher states of consciousness, Transcendental Consciousness and Cosmic Consciousness.

THEMATIC CONTENT ANALYSIS

1– December 12, 2013

“When uttering thy cry, O Bird, proclaim good fortune: when sitting silently, cherish kind thoughts towards us : when thou criest as thou art flying, let the sound be like that of a lute ;* so that, blessed with excellent descendants, we may worthily praise thee at this sacrifice (Rk Veda, 2.2.43, p. 318)

Holistic (Dynamic Silence) in the Light of Establishing

“ I felt a deep silence in my awareness when I woke up in the morning. I started my daily routine while feeling that silence was being established in my mind. The desire for getting totally engaged with that silence and not paying attention to anything else was very strong in me. I had the feeling of walking on clouds during my

morning activities. I felt like my activities were saturated with silence and I became very light and weightless. I felt like I was doing my activities automatically without thinking and being involved with them. That experience of lightness was very pleasant. “When sitting silently,” I started my Transcendental Meditation program, I felt how comforting and satisfying it is to yield completely to that beautiful unboundedness and witness that everything else is disappearing and melting drop by drop into that ocean of silence. I enjoyed a very beautiful and deep program.”

Theme 1: Experiencing Transcendental Consciousness

#2– March 15, 2014

Rk Veda Samhita, 9. 9.1

Flow, Soma, in a most sweet and exhilarating stream, effused for INDRA to drink.

Holistic (Dynamic Silence) in the Light of Dissolving

Sometimes I feel that I am experiencing a different phase during my Transcendental Meditation practice. This different phase is not only



being experienced during my Transcendental Meditation program but it is also being experienced during my daily activity. During my Transcendental Meditation program I feel that I enter another dimension. I cannot locate myself. The identity as me, as small localized I, does not exist anymore. I can see this small localized I-ness dissolving, melting within the space. I experience that this space, is not like a usual space; it is something made of fluid. It is like an “exhilarating stream” very alive and joyous, full of liveliness. It is very pleasant and absorbing. In activity, sometimes I have the feeling that I am not doing things or I am not walking to go here and there. I feel that I am floating over everything, and things are getting done by themselves. I experience that I am not involved in doing. Many times, I look at my daily activities as a distraction from the continuity of my Transcendental Meditation program and I am constantly looking forward to get back to my Transcendental Meditation program again.

Theme 2 : Experiencing Cosmic Consciousness

Experience #3 March 3, 2014

Thou, Agni, art the first of the gods; a deity to whom their minds are devoted; pleasing of aspect, thou art the invoker of the deities at this rite: showerer (of benefits), bestow upon us unsurpassable strength, wherewith to sustain all # 3- (hostile) prowess. (Rk Veda Sanhita, 6.1.3, p 380)

Holistic (Dynamic Silence) in the Light of Structuring

I was witnessing my dreams while sleeping. I felt like that I'm a silent witness of the process of dreaming without being involved, just watching what was happening like an outsider. I was also witnessing how my dreams are shaping. I could see how different memories and impressions were coming from different levels of “mind”, as well as different places in my brain, coming together randomly and structuring my dream. I felt like I was witnessing a phenomenon which was taking place in different layers. At one layer, the dreams were taking place and in another layer I was watching how these dreams were forming. I knew that I was dreaming while sleeping and it was very clear to me that I can wake up whenever I decided. After a while, I decided to



wake up and I woke up. I had the impression of this experience with me throughout the day.

#4- April 14, 2014

Sama Veda, v.1 Come, Agni, to the (sacrificial) food: being lauded, (come) to convey the oblation (to the gods): sit down as the ministrant priest upon the sacred grass.

Flowing Wakefulness

Last night, I experienced that I was awake at the time when my physiology was experiencing deep rest during sleep. At the beginning, I thought that maybe I can't fall sleep. Then, I realized that it is almost morning and I'm still awake but in a blurry, fuzzy way. It was an experience of "being" aware inside, yet sleeping. I felt rested and energetic in the morning. It was an interesting experience of flowing wakefulness in the midst of deep sleep and physical rest.

#5 April 21, 2014

Itihas, Ramayan, v.1

The ascetic Valmiki put the following question direct to Narad, the chief of hermits, (nay) the foremost of those skilled in expression who

remains (ever) engaged in askesis self-study (the study of the Vedas). Blossoming of Totality

Recently, I noticed that even during my daily activity, I feel the presence of silence in my mind. Most of the time I am eager to start my program and be fully engaged with that silence. My Transcendental Meditation programs are deeper and more satisfying these days. Today, I had a very deep program. I had the experience of Transcendental Consciousness, deep silence and unboundedness, for most of my program. During the rest after my program, I felt the blossoming of Totality in my heart. I start crying without feeling sad or bad. It appeared to me that this crying was an "expression" of deep contentment and gratitude

Figure 2 . Experiences of results of research in consciousness

THEORY GUIDED ANALYSIS

In order to make meaningful sense of the experiences, this study analyzes the above experiences within the framework of Science of Creative Intelligence. That is, the data (experiences) are constantly compared with theory



as described by Kohlbacher, (2006). This theory-guided analysis is presented in themes below. For this analysis, first, the relevant theoretical principle from Science of Creative Intelligence is presented as a quote from Maharishi. Then, the corresponding descriptions from the experiences are presented.

Transcendental Consciousness—
Experiencing consciousness being aware of itself. Maharishi (1996) says: The Unified Field, according to Quantum Field Theory, is a completely Self-Referral, self-inter-acting field, and as such is obviously a field of pure Self-Referral consciousness. It is a field of pure wakefulness, which spontaneously carries the notion of relationship of it with itself within its structure of pure singularity. It is the object of its own subjectivity” (p. 95). “During my Transcendental Meditation program, I feel that I enter another dimension. I cannot locate myself. The identity as me, as small localized I, does not exist anymore. I can see this small localized I-ness dissolving, melting within the space. I experience that this space is not like a usual space; it is something made of fluid. It is like an “exhilarating stream”

very alive and joyous, full of liveliness. It is very pleasant and absorbing” (# 2). “ I felt how comforting and satisfying it is to yield completely to that beautiful unboundedness and witness that everything else is disappearing and melting drop by drop into that ocean of silence” (#1).

Cosmic Consciousness—Experiencing two states of consciousness simultaneously. Maharishi (1967) states, Now for transcendental consciousness to become permanent and to coexist with the waking state of consciousness, it is necessary that the two states of the nervous system corresponding to these two states of consciousness should coexist. This is brought about by the mind gaining alternately transcendental consciousness and the waking state of consciousness passing from – one to the other. This gradual and systematic culture of the physical nervous system creates a physiological situation in which the two states of consciousness exist together simultaneously. (p. 314)

Experiencing being awake inside while sleeping. Maharishi (1967) states, In the state of Cosmic Consciousness two different levels of organization in the nervous system function



simultaneously while maintain their separate identities. By virtue of this anatomical separation of function, it becomes possible for transcendental consciousness to co-exist with the waking state of consciousness and with the dreaming and sleeping states of consciousness. (p. 314) “Last night, I experienced that I was awake at the time when my physiology was experiencing deep rest during sleep. At the beginning, I thought that maybe I can’t fall asleep. Then, I realized that it is almost morning and I’m still awake but in a blurry, fuzzy way. It was an experience of “being” aware inside, yet sleeping. I felt rested and energetic in the morning. It was an interesting experience of flowing wakefulness in the midst of deep sleep and physical rest” (#4).

Experiencing being awake inside while dreaming. Maharishi (as cited in Pearson, 2011) says, The opaque curtains of waking, dreaming, and sleeping have as if become transparent. The curtains are there but they are no longer able to hide the reality of the fourth state of consciousness. That which was underlying has crept up onto the surface of life, onto the surface of perception. (p. 161)

“ I was witnessing my dreams while sleeping. I felt that I’m a silent witness to the process of dreaming without being involved, just watching what was happening like an outsider” (#2).

Experiencing being established in silence during daily activity. Maharishi (1967) explains, “When through the practice of Transcendental Meditation, the mind gains familiarity with the state of Being, one begins to feel as if uninvolved while engaged in activity. This experience of non-attachment grows in intensity with practice” (p. 43).

“ I felt a deep silence in my awareness when I woke up in the morning. I started my daily routine while feeling that silence was being established in my mind ... I had the feeling of walking on clouds during my morning activities. I felt like my activities were saturated with silence and I became very light and weightless. I felt like I was doing my activities automatically without thinking and being involved with them. That experience of lightness was very pleasant” (#1). “ ... even during my daily activity, I feel the presence of silence in my mind” (#5)



“In activity, sometimes I have the feeling that I am not doing things or I’m not walking to go here and there. I feel like that I am floating over everything, and things are getting done by themselves.” (#3).

VALIDATION

Vedic verse. For this level of validation, see Figure 1. In my experience, I used the phrase, “when sitting silently”, the same phrase was used in the translation of the verse.

Vedic principle: Yogasthah Kuru Karmani. Bhagavad-Gita, v 4 8 reads, Yogasthah Kuru Karmani. Maharishi (1967) translates this verse, “Established in Yoga, performs action” (p. 135). Maharishi explains that the meaning of this phrase is to become enlightened first, and then perform action. In Cosmic Consciousness, the presence of silence supports the evolutionary direction of action.

Scientific principle: Hierarchical levels of organization. Hierarchical levels are the key organizational feature of all branches of natural science. In experience #1, I describe that the deepest/inner layer of my existence, my inner

silent self, was a still witness to my outer layer of life, performing daily activity.

Scientific research study. The research study conducted by Travis and Arenander (2006) shows the effect of regular practice of the Transcendental Meditation practice on brain functioning during the practice and outside of the Transcendental Meditation practice during the performance of a challenging task.

This study demonstrates that increases in coherent brain waves during the Transcendental Meditation practice are stabilized after a relatively short period of regular Transcendental Meditation practice. This study also shows that the coherence in brain activity during the Transcendental Meditation practice is gradually stabilized outside the meditation practice. The uniquely coherent brain state shaped during the Transcendental Meditation practice is shown to be integrated with waking brain states outside of meditation.

The result of this research study is clearly and directly related to my experience because I had the experience of Transcendental Conscious not only during the Transcendental Meditation practice but also outside of meditation during daily



activity. In my experience number 1, I wrote, I started my Transcendental Meditation program, I felt how comforting and satisfying it is to yield completely to that beautiful unboundedness and witness that everything else is disappearing and melting drop by drop into that ocean of silence.

I continued, “I started my daily routine while feeling that silence was being established in my mind.” The experience of the deep silence of Transcendental Consciousness associated with coherence in brain activity was experienced both during and after my meditation practice.

Higher state of consciousness: Experience of Cosmic Consciousness. In Cosmic Consciousness, Maharishi explains that one experiences two states of consciousness simultaneously Maharishi (1967), explains: Yoga achieves maturity when this transcendental bliss-consciousness, or divine Being, has gained ground in the mind to such an extent that, in whatever state the mind finds itself, whether waking or sleeping, it remains established in the state of Being (p.135).

That is, one does not lose the experience of Transcendental Consciousness during waking, dreaming or sleeping states of consciousness. In

experience #1, my inner silent unbounded reality, my Self, was witnessing me performing localized activities on the surface of everyday life.

CONCLUSION

As presented above, the presence of silence deep in the mind during the Transcendental Meditation program and during daily activity are signatures of Transcendental Consciousness and Cosmic Consciousness. In the above examples from my research results, I recorded times when I experienced deep silence during the Transcendental Meditation technique and also during activities. I felt like that my activities were being done automatically. I describe my inner “Self” as a silent witness that was present during activity but was not engaged. I further describe that my inner “Self” was a silent witness during sleeping and dreaming. These descriptions describe characteristics of Transcendental Consciousness and Cosmic Consciousness. These experiences indicate that as a result of regular practice of Transcendental Meditation and TM-Sidhi program, I was able to experience these two higher states of Consciousness. Although this conclusion is deducted from the result of one



person's experience only, but if the repeated, lead to development of a strong and concrete
similar outcomes; experienced by other back up for the evolution of consciousness theory
researchers show the same results, then it would that already exist

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