

# Transcendental Meditation (T.M.) Compared with Bible Meditation

Transcendental Meditation began with Maharishi Mahesh Yogi who began the movement in 1958, and moved to the United States in 1961. With the conversion of the Beatles singing group, he was on his way to acceptance. He claims to follow his departed leader (master, god) Guru Dev. Guru Dev's picture adorns **TM** altars.



## Deceptive Recruiting Techniques

**TM** and its successors are always presented as a "technique" and never as a religion. Christians and non-Christians alike are encouraged to practise a form of meditation as a relief from stress, to lower blood pressure, improve mental health, improve their sex life, etc. "It's not a religion", they are repeatedly told, "it's a technique that won't interfere with your own beliefs or lack of beliefs, your lifestyle or your job. It's so beneficial, just a few minutes a day repeating the 'mantra' will enable you to 'transcend' all your troubles, and you will have peace, joy, good health, etc." "Why not indeed?"

The person is convinced, and finds themselves at the ritual of initiation they must go through before they receive the promised 'mantra'. They are taught how to participate, but can't understand a word that's being said - it's all in a foreign language. The English translation is never given, even if the initiate asks (we have an English translation available in "*Insights into Martial Arts, T.M., Tai Chi, & Yoga*"). The initiate notices an altar with a picture of a Guru on it. The ceremony begins. There are three phases to the ceremony.

## 1. Recitation of Names

These are the names of "the apostolic succession through which the holy knowledge of the **TM** mantras has been passed". All names are considered to be gods and worthy of worship. There are over 20 Hindu gods to acknowledge in this ceremony. Rather than listing these names, we will list some of the attributes given to some of these Hindu gods: reverently and worshipfully, they are called variously "Redeemer", "Emancipator of the World", "Supreme Teacher full of brilliance", "The Pure", "Adorned with immeasurable glory", etc., etc. We could go on, but these are sufficient to show the titles that should be used for the One True Creator God of the Bible, are used instead for Hindu gods. The initiate, however, is blissfully unaware of this, since they don't understand the language.

## 2. Offerings in the TM Ceremony

There are seventeen different items offered in turn. Here the initiate puts three of these objects - a handkerchief, flowers and fruit - on the altar at the proper time - an offering to the Hindu gods just named, as personified by the Guru pictured. One would expect that some Sunday School lesson might come to the initiate's mind about idolatry and offerings to idols, but few make the connection at this point.

## 3. Hymn of Praise and Adoration

This hymn is offered to Guru Dev in his status as deity, as recognised by classical Hinduism (Brahman, Vishnu and Shiva, with Shiva being evil).

The initiate is then invited to follow their teacher's example, and bow down before the Guru Dev. This is a bit much for some initiates who are told it wasn't a religion, so if they hesitate, they are not forced to bow. Now the initiate prepares to receive their secret "mantra".

## What is the "Mantra"?

The mantra is a word or series of words that the initiate must repeat over and over again until they really "enter in" and "transcend" into a trance-like state. Their teacher stays with them until he is sure this stage is reached. Eventually, the sound of the mantra and their thoughts cease, and the initiate "transcends" into a new dimension, ready for new "spiritual experiences".

What the initiate does not know is this mantra that they are repeating over and over again, is really the name of one of the 80 million gods of Hinduism. As the initiate takes up this practice, they will, in time, be visited by a "spirit guide", often bearing the name they have been calling. As they are now proficient at making their mind blank and empty, the spirit guide urges them to yield to its influence. What began as bliss may end up in a nightmare of demon possession and mind control.

## Link-up with Drugs and Meditation

It is an interesting fact that those practising Eastern meditation often meet the same "spirit guide" as those who do no meditation, but take mind-altering drugs. This is no surprise to Bible students for they recognise these

"spirit guides" for what they are - manifestations of demons. The whole **TM** ceremony can be summed up in one Biblical term: "Idolatry" (Leviticus 26:1).

**Is all Meditation to be Avoided?**

While Eastern-type meditation involving mantras is to be avoided, true Bible-type meditation is to be encouraged. According to Scripture, the true meditation done God's way, results in our being taught of God, and filled with gladness, joy and peace. There are several identifying marks of meditation that is pleasing to God.



some relief from anxiety, but it is a temporary 'escape', much like taking an aspirin every day for a headache, which is in reality caused by a brain tumour. The root cause of the problem is not dealt with. So too, **TM** treats the symptoms of the human problem with "band-aid" solutions, but never deals with the root cause, namely sin and separation from God.

**TM** practitioners do have a measure of peace while meditating, but it is not the peace of God. Jesus Christ said in John 14:27, "Peace I leave with you; My peace I give you; not as the world gives, do I give to you. Let not your hearts be troubled, nor let it be fearful".

**Our Meditation must be Acceptable to God**

"Let the words of my mouth and the meditations of my heart be acceptable in Your sight, O LORD, my rock and my Redeemer". (Psalm 19:14)

**We Need the Word of God in our Hearts before we can Meditate**

"I will meditate on Your precepts, and regard Your ways. I shall delight in Your statutes; I shall not forget Your word". (Psalm 119:15-16)

**Meditation is the Time to Review what our minds have been taught**

"This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you shall be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success". (Joshua 1:8)

If Bible meditation sounds nothing like **TM**, you are right. Bible meditation is a filling of the mind with the things of God. Transcendental Meditation is an emptying of the mind, allowing for control by "spirit guides". **TM** may offer

The Bible plainly speaks in I Timothy 2:5-6, "For there is One God and One Mediator also between God and men, the man Christ Jesus, who gave Himself as a ransom for all..." You cannot meditate your way into a relationship with God, but you must approach God His way, through belief and acceptance of Jesus Christ.

In essence, **TM** is just Hinduism for the gullible. Why settle for counterfeit, temporary peace, when you can have the real peace of God.

**What must I do to become a true Christian?**

1. Admit that you are a sinner, unable to save yourself - Romans 3:23
2. Be willing to turn from sin - Acts 26:20
3. Believe that Jesus Christ died to take away your sin - Romans 5:8
4. Through prayer, invite Jesus Christ to be your Lord and Saviour - John 1:12



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**"Have nothing to do with the things of darkness, but rather expose them."** (Ephesians 5:11)



**Jubilee Resources International Inc.**  
**PO Box 36-044**  
**Wellington Mail Centre 5045, New Zealand**  
**Internet: [www.jubileeresources.org](http://www.jubileeresources.org)**  
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