

## Science, Spirituality & the Future by Veronica Hatten

This small, personal, non-technical book conveys the certainty of a much better future, an Age of Enlightenment for the whole of mankind, using the technologies of consciousness (Transcendental Meditation and the TM-Sidhi programme including Yogic Flying) brought to light and taught throughout the world for the past 50 years by Maharishi Mahesh Yogi. These technologies take us all from the blind alleys of partial knowledge to the wholeness of knowledge available to every human mind.

### Poem 'Honour Thy Father and Thy Mother'

The book begins with the long poem 'Honour Thy Father and Thy Mother', which I wrote spontaneously in 1998 as part of an ongoing evolutionary healing process, necessary following traumas that began in early childhood. It continues as a commentary on the poem, considering the contribution to healing and knowledge of various people of deep understanding, but mainly the ultimate healing power of the Vedic Wisdom brought to light in this scientific age by Maharishi Mahesh Yogi. There are many brilliant, scientific and academic books on the subject of Maharishi's work, but this one is written by a complete non-specialist in science, (I was a flautist in my working life) based upon my own experience.

### Maharishi Technology of Consciousness

Over the past 50 years Maharishi has restored to the world not only the experience of pure consciousness available to everyone through the simple, effortless technique of Transcendental Meditation and the more advanced TM-Sidhi Programme, but also the completeness of the Vedic Tradition of knowledge from which these technologies arise. Practising these technologies brings benefits not only to all aspects of individual life (mental ability, physical health, social relationships), but, when practised in sufficiently large groups, (the square root of 1% of the population is sufficient) bring profound benefits to society as a whole. These have been fully researched and documented by modern science, and herald a new world - creative, evolutionary, stress-free, poverty-free, problem-free, peaceful. The full knowledge is available and these technologies are being rapidly implemented.

For there to be wholeness, Science and Spirituality must both be satisfied. They are like two sides of a coin, different but inseparable. Through the technologies offered by Maharishi, we experience pure Spirituality as a daily reality, but the Scientific reality of this experience, and the benefits which arise from it, are completely established. (Scientists call it the Technology of the Unified Field of All the Laws of Nature).

As I say in the poem:

*All seeming opposites are reconciled:*

*emotion and reason  
freedom and order  
stability and flexibility  
tradition and progress  
science and spirituality*

We older practitioners of Transcendental Meditation, born in another age, (I am now in my eighties and have been meditating twice daily for over 30 years) stand at a point, on a cusp between two worlds. We are in a time of transition from an Age of Ignorance to an Age of Enlightenment. In the midst of all the problems we will see clear signs of a turn-around in collective world consciousness within the next few years.

Again from poem:

*This is a telescoped story of life, necessarily  
personal,  
But not so uncommon or peculiar as might be  
thought  
And written knowing it is true  
And has to be told  
Because of the Promise it holds.*

To visit Veronica's website, please click on the following link:

<http://www.veronicahatten.com>

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