



Maharishi Mahesh Yogi who introduced Transcendental Meditation to the world more than 40 years ago, giving to millions of people the means to systematically develop higher states of consciousness.

“Practicing Transcendental Meditation and thereby researching in the field of consciousness is the procedure to spontaneously enliven the total potential of intelligence in human physiology and train the physiology to function in the most natural way, in the most orderly manner, according to Natural Law--daily experiencing self-referral consciousness in order that the infinite organizing power of one’s own Transcendental Consciousness becomes the guiding light of every thought and action, promoting success in every undertaking and actualizing and spontaneously engaging the infinite organizing power of the Unified Field of Natural Law.”

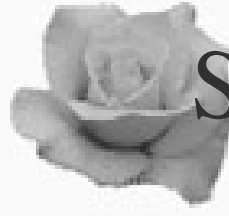
----Maharishi in *Vedic Knowledge for Everyone*

Shikshā

Edited by Peter F. Freund and Jean Marie Karst

1. Shamāna Shikshā	1
2. Vyāli Shikshā	6
3. Svaravyanjana Shikshā	12
4. Shaishirīya Shikshā	16
5. Nārādīya Shikshā	33
6. Gautamī Shikshā	57
7. Lomashī Shikshā	63
8. Vasishtha Shikshā	71
9. Pāniniya Shikshā	73
10. Lakshmīkānta Shikshā	75
11. Pārāsharī Shikshā	76
12. Keshavī Padyātmikā Shikshā	92
13. Svarabhaktīlakshanaparishishta Shikshā	94
14. Kātyāyana Shikshā	99
15. Varnaratnapradīpikā Shikshā	101
16. Mādhyandīna Shikshā	123
17. Māndavya Shikshā	127
18. Vāsishthī Shikshā	132
19. Yājñavalkya Shikshā	139
20. Mallasharma Shikshā	164
21. Amoghānandinī Shikshā	172
22. Avasānanirnaya Shikshā	185
23. Siddhānta Shikshā	189
24. Āpishali Shikshā	197
25. Sarvasammata Shikshā	206
26. Āranya Shikshā	219
27. Shambhu Shikshā	231
28. Kālanirnaya Shikshā	236
29. Bhāradvāja Shikshā	238
30. Kauhālīya Shikshā	254
31. Pāri Shikshā	262
32. Shodashashlokī Shikshā	280
33. Vyāsa Shikshā	282
34. Chārāyanīya Shikshā	305
35. Ātreya Shikshā	341
36. Māndūkī Shikshā	342

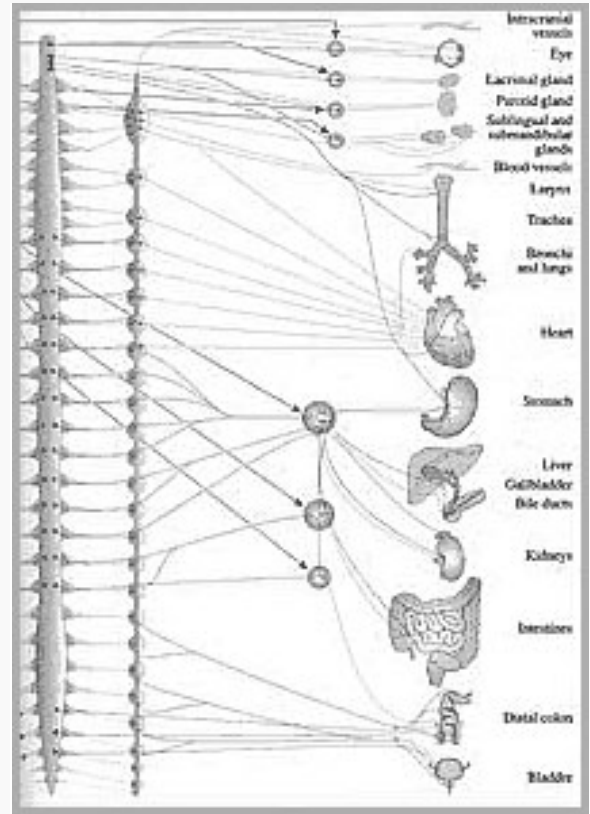
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Shikshā

“**Shikshā** is one of the structuring dynamics of Rk Veda. It highlights the quality of **EXPRESSION** involved in structuring Rik Veda. With reference to consciousness, Shikshā comprises the specific sets of laws of Nature that are engaged in promoting the quality of Rishi--the observer, the witnessing quality--within Samhitā level of consciousness, providing a structure to the eternally silent, self-referral, self-sufficient, fully awake state of consciousness, which is intimately personal to everyone.”

Maharishi in *Maharishi University of Management*, p. 68.



This picture was taken from Dr. Tony Nader’s *Human Physiology: Expression of Veda and the Vedic Literature*

“In the physiology, Shikshā is represented by the structures which compute and express the internal aspects of the physiology, such as its biochemical constituents, temperature, pressure, etc. (the expression of the autonomic system). They are the components that maintain the homeostatic balance of the internal milieu. These expressions are channelled via the autonomic ganglia.”

-Dr. Tony Nader in *Human Physiology: Expression of Veda and the Vedic Literature*, p. 80-81.