



# The Transcendental Meditation Technique and The Journey of Enlightenment

*Ann Purcell*

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Enlightenment has long been regarded as a state reserved for a few rare individuals, a state that can only be gained by living a recluse life in a cave or in a monastery somewhere. It has been thought that enlightenment is very difficult to achieve, requiring one to give up all worldly possessions and to lead an austere life. Ann Purcell debunks these false assumptions in her new book *The Transcendental Meditation Technique The Journey of Enlightenment*. By relating her own experiences and those of Transcendental Meditation practitioners throughout the world Purcell lays before us the secret to personal fulfillment, spontaneity, inner peace and balance. She deftly explains how's and why's so that every person around the world can experience enlightenment and unbounded bliss inside, no matter what their race, religion, or socio-economic background.

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