

Una Kroll M.D.

**The Healing Potential of Transcendental Meditation,**  
John Knox Press,  
Atlanta, 1974, \$3.95.

In our times prayer or meditation is a topical subject about which too much is written though neither the authors nor the readers have any direct experience of it. It eludes them even though they are after it. Some of the authors pretend to be masters in the art of meditation and try to theorise too much and impose it on average readers who are in search of peace and solitude. But the author of the *Healing Potential of Transcendental Meditation*, Una Kroll is an exception. She has no such pretensions. Her book is an important addition to the literature on transcendental meditation, the wonderful yogic experience of the privileged few. It is a Christian interpretation of the yogic experience.

Her grasp of the subject is revealed by her lucid presentation of the subject. It is a substantial work which offers the quintessence of the Transcendental Meditation as experienced, taught and wrote about by Maharishi Mahesh Yogi. She adorns it with her own views of metaphysics and Christian theology.

It was out of need and not by accident that the author turned to the study of T.M. She, as a Christian family doctor with special training in Psychiatry, became very much conscious of the drastic impacts of stress and strain on her patients. She became deeply aware of the need to find ways by which people could be helped to preserve their mental balance and health to enjoy their lives. But her own experience in medicine or training in psychiatry did not contribute much in this attempt. She found most of the techniques used to combat stress and strain to be inadequate. Finally she came to hear of a technique developed by a modern Indian sage—Maharishi Mahesh Yogi of the jet-set-age—called T.M. which attracted thousands of people both in India and abroad. Those who practised it faithfully felt that it had a healing power that overcomes strain within the body. As such this technique has no religious overtones. Yet it has the halo of the Hindu mysticism and Indian Yoga. As developed by Maharishi it is the technique of deep relaxation by which the mind is taken to the source of thought, i.e. the pure field of creative intel

ligence. This technique had been subject to prolonged scientific research in the West and found to be scientifically sound.

Una Kroll has her own approach in the study of T.M. She gives two special objectives in this study. "As a doctor I wanted to make sure that patients could not be harmed by T.M.; as a Christian I wanted to see how the technique is related to prayer" (page 13). These objectives are eloquent testimony of her professional sincerity and Christian commitment.

As a valuable and authoritative introduction to the Christian interpretation of Transcendental Meditation this book will be widely welcomed in the Christian world. It helps Christians to shed their preconceived misconceptions about T.M. This scientific and theological exposition of T.M. may help many readers to adjust themselves in their Christian life of prayer in a better relaxed and spiritually rejuvenated mood. All those who take up to this book may not end up as *Maharishis* but no doubt they will end up taking a deep breath of relaxation and satisfaction.

Alexander Paikada