MORE

Dear Reader,
Until this news from around the world continues, here are some useful resources for you to find out what's going on in the global TM community:

The TM APP

This is now available for everyone, whether you have learnt or not (yet!). Two links below to download:
Download (iPhone)
Download (Android)

X (or Twitter)

TM UK has its very own feed available HERE

Dr Tony Nader

TM worldwide has Dr Nader as its CEO, and he has both a YouTube channel and a Twitter channel.
YouTube
X (Twitter)

Podcast

Our esteemed US TM colleagues produce a nice podcast called "The Inner Well". Get it HERE

Quote

"If we think of defeat, that is what we will get. If we are undecided, nothing will happen to us. We must just pick something great to do and do it. Never do we think of failure at

all, for as we think now, that is what we will get." — Maharishi Mahesh Yogi

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I created this series to provide a space for thoughtful conversations that go beyond the distractions of daily life and explore the deeper questions that shape who we are. Together with remarkable guests from many different backgrounds, we examine consciousness, caring, resilience, purpose, and what it means to live with greater awareness in an increasingly complex world. I am grateful to be joined by inspiring voices such as @HalElrod, @shop.with.caroline, @TheStevenKotler, @DrAimieApigian, along with many others whose stories offer insight, wisdom, and depth. I hope these conversations encourage you to

pause, reflect, and discover a deeper perspective on your own life. — Dr Tony Nader

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Several episodes of Depth Over Noise, hosted by Dr. Tony Nader, are now available to watch free online.

The episodes of Depth Over Noise, hosted by Dr. Tony Nader, now available. to view are:

When the Body Forgets How to Care: Dr Aimie Apigian joins Dr. Tony Nader to talk about what medicine misses about caring, how biology quietly shapes our ability to feel empathy, the hardest decision she made for her son, what happens when we care about something the people around us do not, how the body shows it cares, and why trauma is the natural enemy of caring. The conversation moves from the clinical to the deeply personal, and ends with a clear answer to the question many listeners are quietly asking: Can the capacity to care actually come back?
Caring Across a Lifetime: Dwayne J. Clark has spent his life building one of the most respected senior living companies in America. As founder, chairman, and CEO of Aegis Living, he has overseen the care of more than 80,000 seniors and their families. In this episode of Depth Over Noise, Dwayne sits down with Dr. Tony Nader to talk about caregiver burnout, the impossible family conversation about moving a parent into care, how caring changes as we age, the role of a daily routine in keeping us connected to what matters, and what longevity and leadership really require. The conversation closes with the lessons Dwayne has drawn from a career operationalizing caring at scale, and what they reveal about Dr. Nader's central argument in The Power of Caring.
Get Up. Get Dressed. Let's Do This: Caroline Baudino is one of the most beloved voices on the internet for women in their forties, fifties, and sixties. In this episode of Depth Over Noise, she joins Dr. Tony Nader to talk about the 2019 phone call from her mother that changed her life, the daily practice of getting up and getting dressed that became a movement of more than a million women, the sandwich generation years that taught her what she needed for herself, building a multi-channel business with her husband John, the conversations she is having on Coming In Hot, and what she wants other women to know about the second half. It is a conversation about caring at its most everyday and most powerful.
Choosing to Care When Life Gives You Every Reason Not To: Hal Elrod has been clinically dead, told he might never walk again, and given a 20 to

30 percent chance to survive a rare leukemia. He came back from all of it.
In this episode of Depth Over Noise, Hal joins Dr. Tony Nader to talk about

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Dome Book club

We have a book club which meets monthly meeting on Thursdays at 2 pm in the Dome dining room.
If you'd like to get involved, do contact Rebecca and Julian to find out more about it.
Details of the next book to be announced.

We look forward to seeing you there.

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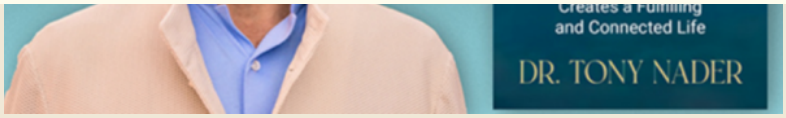

Dr Tony Nader, Maharishi's successor, has recently finished his new book 'The Power of Caring: Who Cares, Why It Matters, and How Conscious Caring Creates a Fulfilling and Connected Life' which was published on 28 July and available on Amazon.

The book is written from the heart and is very accessible to non-meditators and new meditators, but it also explores caring understood from the level of consciousness, going beyond sentiment to a reflection of the underlying unity of life.

Pre sales are open now at thepowerofcaringbook.com, and they offer a great opportunity for promoting Transcendental Meditation. When Bob Roth's book came out in 2018, that publicity translated into a meaningful uplift in TM instruction, and we have every reason to expect the same here. See short video of Dr Nader presenting his book.



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over £10,000 and securing another “Good” Ofsted rating, to developing project plans and engaging with local leaders.

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The Janet Ayliffe Fund

Over £600 has now come into the fund to help students at the Maharishi Free School to learn TM
The Janet Ayliffe Fund' has an initial target of raising £2000 and will be maintained under the auspices of Maharishi Dome, which already manages various sponsorships for courses held here. This also gives the advantage of charity Gift Aid being able to be claimed from HMRC for any declared UK taxpayers.

If you would like to support this fund, please click on the link below to send your donation to our PayPal account. You can choose to donate using your own PayPal account or by using a credit or debit card.

To Gift Aid your donation simply tick the relevant box which will appear on the first page.

Please fill in the 'Add a Note' box which is directly under the 'Gift Aid' box, entering the reference 'The Janet Ayliffe Fund'

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transcendental meditation

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