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For POP's Newsletter

2022/11/17

Meeting with Dr. Suzuki and Dr. Hatoyama and Experience of Transcendental Meditation

First, I would like to convey my gratitude to Dr. Ash Pachauri, Dr. Raja Luis, and Dr. Shizuo Suzuki for allowing me to experience Transcendental Meditation. I would also like to express my sincere respects to Ms. Rose Atkinson and Ms. Virginie Courvoisier of the Maharishi University of Latin America and the Caribbean for introducing me to the beautiful new project called The Light for Mother Earth.

Dr. Ash Pachauri and Dr. Raja Luis connected me with Dr. Shizuo Suzuki, President of Maharishi Institute of General Education, Inc.

Dr. Suzuki was deeply impressed by the relationship/bond between Dr. Ash Pachauri and Dr. Yukio Hatoyama, Former Prime Minister of Japan, and arranged for us to have a chance to meet Dr. Hatoyama. With the cooperation of Ms. Harada, Executive Director of Maharishi Institute, we attended World Yūai Forum hosted by Dr. Hatoyama on October 28, 2022, where we learned valuable lessons and gained insight into politics. I was truly honored to have had the opportunity to deliver messages from Dr. Ash to Dr. Hatoyama. I hope that the establishment of POP Japan will become a reality shortly. I convey my gratitude for these invaluable experiences and meetings.

Transcendental Meditation (TM) is an easy, effortless, and natural but powerful tool to reach the true self. It instantly brought me where I could feel a sense of deep internal happiness, joy, and relief. It is my first TM experience. It has also given me a clearer vision and a clearer mind. When stressed out, we tend to lose the sense of seeing and finding the beauty of others. I think since TM clears our minds and removes stress, it makes us see things as they are.

I first met yoga in India in 2009. I have deepened my yoga practice according to the teachings of Integral Yoga, based on Bhagavad Gita and Yoga Sutras, guided by Dr. Ramesh Bijlani. There is a teaching called Ashtanga Yoga (8 Limbs of Yoga), which has eight steps for reaching one's true self. It usually shows the lessons in the following order:

1. Yama (5 don'ts)

2. Niyama (5 dos)
3. Asana (postures)
4. Pranayama (control of breath)
5. Pratyahara (sensory withdrawal)
6. Dharana (concentration)
7. Dhyana (meditation)
8. Samadhi (enlightenment)

I had been thinking that it is essential to have a good understanding of the teachings of Yamas and Niyamas, which are ethical guidelines, before moving on to the next steps. However, what I learned from TM was; First, we should experience enlightenment because all other practices naturally deepen from there. The necessary changes happen automatically from it. My previous own understanding was the exact opposite. I had thought that I would have to practice hard to reach the state of enlightenment, but in fact, it was not. It is very easy for EVERYONE. It was a very eye-opening experience for me. We do not need to suffer to live life better and happier. Once we encounter wisdom and take it in our daily lives, it will bring us happiness automatically. Each one of us has that opportunity. And the important thing is it is not about which is better or worse, but I believe that all the teachings of our predecessors or sages provide us with invaluable insights at that time.

I believe that the new project, The Light for Mother Earth, which POP and the Maharishi University of Latin America and the Caribbean has taken the initiative, will give you a precious opportunity to restore balance in nature through technologies of consciousness.