

## Transcendental

What does this transcendental mean? Who is transcending and where are they transcending to?

Actually, is it possible for anyone to transcend from the material world?

No, it is impossible to physically transcend, hence the transcendental is only a mental state. The feeling of the transcendentalness can only be experienced by an individual in his or her mind. It is not transferable, and it cannot be objectified, therefore one's feeling of transcendentality may not necessarily be the same compared to another. It is personal to the person who is feeling it. When we speak about achieving this state of mind, then spirituality points at the direction of meditation. When one achieves the state of bliss through meditation whereby, he or she feels free from all thoughts and all other encumbrances of the materialistic world, that state is then considered to be the transcendental state.

And now comes the question, "what is the use of this state of mind?". Even though it is considered to be bliss, it can only be felt at a meditative state. Once you open your eyes you are back in the material world which is known as reality. And if you decide to continue to be at the state of bliss at all times then it is impossible to live a life. Therefore, the answer to the above question may seem that it is not good for anyone. Well, on the surface it may seem that way. But to understand the use of this, one has to look deeper. In spirituality contemplation and imbibing is preached along with transcendentality. Once you experience the state of bliss in your mind then you contemplate and understand the difference between that feeling and the feeling which you undergo in the materialistic world. When you do that you will realise that your life is determined by your thoughts and also you have lots of attachments in this world and that entangles you and causes grief. And you also realise that such grief is nothing other than the play of emotions. And this will lead you to understand that if you keep away from attachments of the materialistic world that you are able to achieve a state of bliss or transcendentness and be always happy.

Therefore, even though the transcendental experience may last only for a short while whilst in the meditative state, the contemplation of that experience will lead you to realise the way to live your life in the materialistic life. Hence we could even see it as transcending the ways and means of the materialistic life. This is why the people who realise this truth try to keep away from the materialistic life and take the path of retreat and renunciation. In this path they lead a detached unencumbered life which makes them feel bliss and happy at all or most of the times. As this is an art of living which is mastered by those who are in that path and craved for by rest, the first is put upon a pedestal and looked upon by the rest. And it is for this reason that spirituality is considered to be the best.

Apart from the above conclusion, the modern science is now talking about a unified field theory. And this is believed to be the base of beginning of everything in this universe. This is considered to be a field of energy which existed before the beginning of any matter and which exists beyond all matters. The scientists believe that this unchanging constant field of energy manifests itself into ever changing material world which we all experience daily. And they also believe that through transcendental meditation one actually connects him or herself with this field of energy. In other words they experience the true nature of one's self. In spirituality it is known as realising the Bhramam or the absolute truth. Further the scientists believe that when one practices this meditation then the

potential of such person increases in the materialistic world. And also their understanding of life changes which in turn makes them to lead a happy life.

So, when one realises the transcendental truth he or she may decide to take the path of renunciation. On the other hand one may feel that choosing the path of renunciation may look like that they are shying away from the way of life that they are meant to lead and therefore may decide that it is a cowardly act. But it is a choice like anything else and it is up to the individual to choose what they want. But proper consideration should be given to the fact of your circumstances when you make your choice. If you can find a way to practice the blissful way of life whilst leading a materialistic life then it is a double victory for you.

