

Maharishi Mahesh Yogi

Maharishi Mahesh Yogi (Sanskrit महारिषि महेश योगी; 12 January 1918 – 5 February 2008), was born **Mahesh Prasad Varma** and obtained the honorifics **Maharishi** (meaning "enlightened spiritual one") and Yogi as an adult. He developed the Transcendental Meditation technique and was the leader and [guru](#) of a worldwide organization that has been characterized in multiple ways including as a new religious movement and as non-religious.

Maharishi Mahesh Yogi became a disciple and assistant of Swami Brahmananda Saraswati, the Shankaracharya (spiritual leader) of Jyotirmath in the Indian Himalayas. The **Maharishi** credits Swami Brahmananda Saraswati with inspiring his teachings. In 1955, the **Maharishi** began to introduce his Transcendental Deep Meditation (later renamed Transcendental Meditation) to India and the world. His first global tour began in 1958. His devotees referred to him as His Holiness, and because he often laughed in TV interviews he was sometimes referred to as the "giggling guru". [Wikipedia, Maharishi Mahesh Yogi](#)