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Dr DANIEL PAL bio

Dr Daniel Pal, PhD, is a philosopher, author and certified teacher of Transcendental Meditation. He learned to meditate at the age of 14 and became a TM-Sidha at 18. He earned his MA in Philosophy and English from the University of Szeged, Hungary, and his doctorate (PhD) from Eötvös Loránd University, Budapest. His field of research was Indian Philosophy, in particular Shankara's Advaita Vedanta. Further, he holds a Master's degree in Maharishi Vedic Science from Maharishi University of Management (MUM), USA, and he is also a certified Maharishi AyurVeda Wellness consultant.

After a short academic career he worked as a freelance writer and translator, and contributed to the activities of the international TM organisation. He is the author of several academic publications, and two books on the Upanishads and Vedanta. Further, he produced more than 400 articles in printed and online media on TM, consciousness, Ayurveda and natural health care. He has participated in the Hungarian translation of many of Maharishi's books and in other publications on different aspects of Vedic Knowledge.

In the last five years he has actively taken part in Enlightened Leadership International, the youth wing of the global TM organisation, serving as its co-director for a year and a half, and also leading and organizing its international courses. Currently he teaches Transcendental Meditation full-time in Szeged, Hungary, and is academic director for a newly accredited Masters Degree programme in Total Knowledge and Higher States of Consciousness to be offered at the Peace Palace in Rendlesham, under the auspices of Maharishi International Graduate School.

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