

***A Time of Innocence: My Personal Memories of Viktoras Kulvinskis  
and  
The Transcendental Meditation Community***

*by Tony Kainauskas*

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Silentwordpress@gmail.com

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This is my personal recollections of my cousin Viktoras Kulvinskis (Father of the Raw Foods Movement)

and the TM Movement from the 1970's, as well as living in Fairfield, Iowa and owning and managing the 21<sup>st</sup> Century Bookstore for almost 30 years.

Below are some comments on the book...

*Dear Tony,*

*Thank you for sending the draft of your book. I can't tell you how much I enjoyed reading it.*

*The book has tremendous depth. It is incredibly honest. Anyone who does TM and/or lives or has lived in Fairfield is bound to love it.*

*It is incredible story, told with integrity and revealing great wisdom.*

*As an historical narrative it is fascinating.*

*Len Oppenheim  
Scottsdale AZ*

Tony,

*I did not want it to end...saving it as a treat, as dessert. I totally adore it.*

*It is such a precious memoir of our times, our innocent young wonderful days and the maturing.*

*I can't tell you how very precious and wonderful is this rendering of your and my own history. It was really fun to read about your family and your life with Viktoras and your own evolution from his books to the store, and of how he influenced you in general.*

*What was so delightful about the book, besides remembering my youth, is spending time with you, your mind and heart, your insights, your angle on life and consciousness...*

Carol Olicker

Fairfield Iowa

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Lynn D. Napper

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*Review by Michael Laughrin. Paper \$20.00*

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A review on the Gitas by a friend.

Does MMY seem to be the source? Yes. The commentary is consistent in carrying forward the main theme of the first six chapters...that transcending is what needs to be revived, and that all verses are to be interpreted in the light of growing to god through repeated practice of transcending. But there is no intro or preface with explanation by MMY or any key disciple explaining how the commentary was compiled, so until one is included there is room for your question, and no definitive answer.

Chapter 7 is interesting in the light of the course that Raja Peters, (the raja of the United Kingdom), gave late last year at MUM. Ruthann took the course and I was reading that chapter at the time. She'd come home excited about what she had heard and I would remark on how I had just read that in chapter 7....it was validating of the commentaries and propelled me into reading the rest with the assurance that they were valid.

The commentaries are however very sparse, almost "distracted" in their brevity, as if MMY was commenting on them as a background to be fleshed out later perhaps. That's just a feeling. It comes from comparing them to the full and rich commentaries on the first six, and in comparison they come up short.

Also, there are verses (for example in chapter 12) where the sanskrit verse is printed and the commentary as well, but the translation is missing. Look at verse 1). I had to pull out other translations and using words found in the commentary, to build my own translation for several verses.

Still translations of other verses were apparently never offered, so the editor inserts those attributed to Shankara in blue ink with explanation of the source. This may have been in chapter 11.

Still, though I wish it was fuller and richer in texture, I've found it to be rewarding reading. The explanation of how to leave the body at will (chapter 7 or 8) was unexpected. Also, chapter 12 completes the second section of 6 chapters on Bhakti and MMY tries to keep up the "transcending" theme as primary but finally has to admit that the path of bhakti as outlined by Krishna which outlines behaviors and attitudes in activity are valid techniques to bring one to higher states of god realization.

But in conclusion, I don't know if the translation and commentary comes from lectures or from notes taken by a key disciple, (no such attribution is given), or was written by MMY himself.

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