

Transcendental Meditation - for you ?

WHAT THREE BEST SELLERS SAY ABOUT TRANSCENDENTAL MEDITATION

"Transcendental Meditation (TM) is uniquely useful in reducing stress and unfolding a person's full measure of energy, intelligence and satisfaction. This technique, which is now enriching the lives of hundreds of thousands of people, has enabled scientists to identify a natural response in the body which provides stability and integration to the nervous system . . . TM enables a person to gain a deep state of rest which repairs the damage of excessive stress and promotes improved health, emotional stability and performance". — *Harold Bloomfield, M.D., "TM: Discovering Inner Energy and Overcoming Stress."*

"Because TM is a spontaneous process of direct perception, faith or belief is irrelevant. Whether a man is a

believer or a skeptic, if he follows the directions of the teacher, the process works, quite automatically". — *Jack Forem, "Transcendental Meditation."*

"All aspects of performance within an organization are improved when the members practice the Transcendental Meditation technique. Within the organizational structure, meditators succeed more quickly and experience less anxiety. A faster pace of progress is natural for person practicing TM". — *Denise Denniston and Peter McWilliams, "The TM Book"*.

To enjoy the benefits of Transcendental Meditation you only have to do it, sitting comfortably, for a few minutes twice a day.

The Transcendental Meditation technique can relieve stress and bring out your inner reserves of energy, intelligence and satisfaction.

It's a complete self-development technique.

TM Increases Productivity

WHAT IT IS:

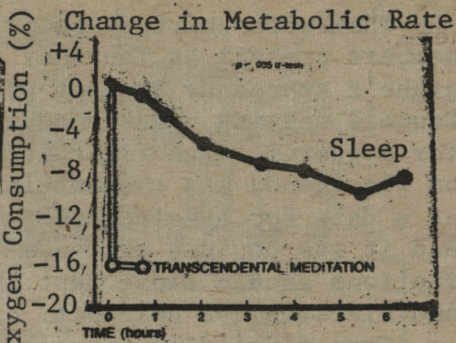
- Simple
- Natural
- Effective and
- Fun

WHAT IT ISN'T:

- A religion
- A lifestyle
- Concentration
- Contemplation or
- Difficult

WHAT SCIENCE SAYS ABOUT IT:

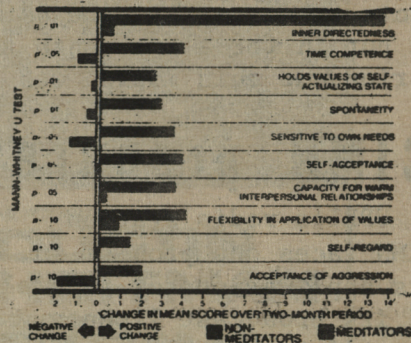
A. TM provides deeper rest than sleep.



This chart suggests that TM is far more restful than sleep, and brings correspondingly profound benefits to daily life.

B. TM helps built the personality.

Personal Orientation Inventory



Furthermore, as this chart indicates, people enjoying the Transcendental Meditation programme over time show a real development of the personality.

These charts represent two of the hundreds of research projects that have made TM the most thoroughly studied personal development technique known.

Introductory Lecture

Thursday Sept. 30 8:00p.m. (TONIGHT!)

Islander Motor Lodge "Gold Room"

Film to be shown The Student International Meditation Society. (S.I.M.S.) is a sub-organization of the Student Union.

Charlottetown Billiard Club

175 University
Open 11 to 11, 7 days a week
Now under new management.

Coming soon !

Charlottetown Billiard Classic. Classes A, B, C.

Earn some high credits this semester.

COMMERCE STUDENT SERVICES

Available at the Canadian Imperial Bank of Commerce on or near most college and university campuses throughout Canada.

Commerce Student Services are designed to help the student successfully manage the financial aspects of his or her education.

OPEN TO FIRST-, SECOND-, THIRD-, FOURTH-, FIFTH-, SIXTH-, SEVENTH-, EIGHTH- AND HIGHER-YEAR STUDENTS.

COMM 101 **Introduction to General Banking.**

Supervisor of Service: The Commerce.

A service that emphasizes saving money. It covers such necessary information as setting up a bank account, making deposits, making withdrawals, bringing your passbook up to date, cashing cheques, etc. Unlimited enrolment.

Prerequisite: Money to open an account.

Offered Summer Fall Winter Spring

COMM 102 **How to Manage your Money.**

Supervisor of Service: The Commerce.

Different ways to earn higher interest on your money. Making ends meet: budgeting and money handling (paying bills and meeting financial commitments, balancing your cheque book, affording a night out, etc.) Unlimited enrolment.

Prerequisite: Money to manage.

Offered Summer Fall Winter Spring

COMM 103 **Principles of Student Loans.**

Supervisor of Service: The Commerce.

Check with the Supervisor of Service for full description and prerequisites for enrolment.

Offered Summer Fall Winter Spring.



CANADIAN IMPERIAL BANK OF COMMERCE