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Maharishi Mahesh Yogi — Founder of TM —

Doctors Recommend TM

More than 6,000 medical doctors in North America have learned TM. Many recommend it to their patients as a way to stay healthy and young.

The benefits of TM are documented by more than 300 scientific research studies. These benefits include: Transcendental Meditation is easy to learn and enjoyable to practise. In just a few minutes, TM provides a unique state of deep rest. This deep rest dissolves stress and refreshes the mind and body.

- Less stress and anxiety
- Clearer thinking, greater intelligence
- More energy and stamina
- More happiness and self-esteem

Millions of people of all ages and walks of life are already · enjoying Transcendental Meditation.

Here's what people are saying about

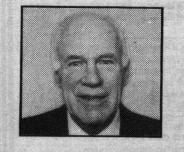
Franscendental Meditation



"TM has given me increased clarity of mind, efficiency and confidence. It has



"With TM, I feel more energy, patience and understanding. I am much happier



"The first benefit I gained after starting TM has been my health. People often



"I feel more healthy, I am more effective in whatever I do (including my studies)

