

1000 PEOPLE A MONTH START TM[®] IN TORONTO

FREE Introductory Lectures.

Transcendental Meditation[®]

Part of what you'll find out is that Transcendental Meditation (known as TM) is a simple, natural technique for giving your mind and body a deeper rest than is possible with sleep. It relieves the stresses and tensions that build up during a normal day. And the result is that you function more dynamically, in every area of your life.

Even after a short experience with TM, most people find that they sleep better, smoke and drink less, have more energy, get along better with others, and don't let small frustrations spoil the day.

After more experience with the technique, the results become even more dramatic.

TM is not a philosophy or a religion, yet it is compatible with all religious beliefs. TM is not a way of life. It requires no exotic postures, clothing, or diet. It does not call for any change of lifestyle whatsoever, and it even works for skeptics.

It is simply an easily-learned technique you employ for a few minutes twice a day. Even children can learn it after brief instruction.

A thousand Torontonians of all ages take up the TM technique each month. To find out more about the physical and emotional benefits they receive, simply attend one of the free lectures listed below. There is, of course, no obligation whatsoever.

Maharishi Mahesh Yogi

WED. MARCH 3, 1976

12:00 NOON - S129 ROSS • 5:00 PM - 107 STEDMAN

ALSO WATCH FOR NOON HOUR FILM
IN CENTRAL SQUARE, TUES. MARCH 2, 1976



The Transcendental Meditation[®] Programme.

Classified Ads

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EXPERIENCED ACCURATE TYPIST at home. Essays, theses, etc. Electric typewriter. Fast, neat work. Rush jobs no problem. Call Sharyl - 491-2423.	ESSAYS, THESES, ETC. expertly typed. Excellent service. Yorkdale area. Mrs. Fox, 793-4358.	WANTED Journalism We need 6 people of faith, courage and intelligence to help expand our western Canadian news magazine. The company of the Cross, an Anglican religious community which runs a general weekly news magazine at Edmonton, Canada, is seeking 6 new members, men or women, married or single, as reporters, writers and ad salespeople to enable us to extend the magazine to other cities. Company members require a decisive and reasoned religious conviction. Their income consists only of living essentials plus a very small cash allowance. Experience is not essential. A willingness to work hard to learn the necessities of the news and publishing industry is very essential. For further information write The Minister, Company of the Cross, 2304 Millbourne Road W., Edmonton, Alberta T6K 1R1, or call St. Mary Magdalene's Anglican Church at 534-3175. Toronto.	THEN YOU NEED A VISIT TO HARBINGER Rm 214 Vanier Residence 667-3632/3509 Monday to Friday (10-6)	Volunteer Tutors urgently needed for High School students in math physics and chemistry. Please help a student make it. Call Dorothy at 421-2320
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