

A focal point for activities

TM centre established to serve both Simcoe County and Muskoka

A centre for the teaching of the Transcendental Meditation technique (TM) has been established to serve the counties of Simcoe and Muskoka.

The Centre, located on the east of Highway 11 1,000 feet before the Oro 4th concession line, will offer advanced courses and follow-up programs for the 250 to 300 people already practising TM in the area. It will also serve as a focal point for organizational activities and as a permanent facility for regularly

scheduled courses of instruction. This centre provides the only opportunity for area residents to learn TM, though other centres are to be found in major cities of Canada and the world. Centres form the basic units of a world-wide non-

profit educational organization to spread TM and the related intellectual understanding of the Science of Creative Intelligence. Lectures describing the benefits to be gained from this easy-to-learn and effortlessly practiced TM

technique will continue to be held throughout the area and interested people need only watch for announcement of a lecture in their town. Or write the centre for further details. Introductory lectures, free and open to

everyone, are scheduled once a month in Midland at the YMCA. The astounding growth of numbers of people practising TM in recent years as a result of its well documented ability to expand the individual's effectiveness in his ac-

tivity, as well as to eliminate the stress and tension from his life, has had the effect of overcoming our society's longstanding mistrust of the utility of mental techniques. TM cannot be anything other than unique, however. The

process of experience during TM is distinct from the three major states of consciousness: waking, sleeping and dreaming being, in fact, a fourth major state scientists call "restful alertness" - yet is produced with the ef-

fortlessness of the TM technique. During this mental process, there is no manipulation of the experience and nevertheless this change of consciousness occurs (as when one falls asleep at night, for example) so the experience must be

part of a wholly natural process. On the levels of physiology, psychology, sociology and even ecology, this is precisely what the scientific research on TM confirms, depicting a pattern of improved functioning and well-being in the individual and his environs.

By expanding the nervous system's ability to maintain a broader and broader spectrum of awareness TM not only enhances but defines what the growth process is. It is in this respect that TM is recognized as a major scientific discovery that will enable man to systematically develop his full potential. To say that TM is unique is not based solely on the enthusiasm of over a million meditators in the world for, with TM, the essence of the growth process has been isolated in an easy to learn and effortlessly practiced mental technique. That TM is natural, its uniqueness with regard to other mental techniques, is the basis for the universality of its appeal.

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BORDEN'S YOGURT 4 6-OZ CTNS **\$1.00**



Vasey news

by Eleanor Edwards and Janet Wilson

Mrs. Myrtle Nixon of Clearwater Beach, Florida and Glenn Nixon of Toronto visited with Mr. and Mrs. Jack Nixon during the past week.

Visitors of Mr. and Mrs. Frank Rumney during the weekend were Mr. and Mrs. Tom Gaggie, Toronto. Mrs. O.M. Vasey, Mrs. Gordon Gervais, and Mr. and Mrs. Albert Mount, all of Victoria Harbour.

Mr. and Mrs. Gary Edwards and boys spent Sunday with Mr. and Mrs. John Wylie and family at Loon Lake.

Congratulations to Mr. and Mrs. Eldon Nixon who will be twenty-five years married on August 25. On Saturday evening, open house was held at the home of Mr. and Mrs. Charles Brown and those attending were from Garden City, Lavonia, Toronto and the surrounding district.

The Vasey Atom Team will host the Annual Tournament on Sunday August 29 in the Vasey Community Park.

Mr. and Mrs. Blain Edwards and boys of Saul Ste. Marie spent the weekend with Mr. and Mrs. Roy Edwards.

Mrs. Paul Allems spent a few days during the past week with Mr. and Mrs. Ken Robinson. Leslie returned home after a holiday with her grandparents.

Congratulations to Mrs. W.J. Greenlaw at the Georgian Manor who will celebrate her eighty-seventh birthday on August 27.

Mr. and Mrs. George Foulge of Oshawa visited last Tuesday with Mr. and Mrs. Manley Edwards. Emmaline Edwards of Toronto was home for the weekend.

A number of friends and neighbours gathered at the home of Mr. and Mrs. Erich Wagner last Tuesday evening when Monika Wagner gave a bridal shower in honour of her sister Marilyn whose marriage to Bill Isaac takes place in October.

Mr. and Mrs. Charles Stone visited Mr. and Mrs. Ed Herradine of Balsam Lake on Sunday.

Gordon McDonald visited on Sunday with Mr. and Mrs. Neil Sheardown at Roseneath.

Mrs. Whetham of Orr Lake spent the weekend with Mr. and Mrs. Orval Edwards. Mrs. Edwards and Gregory spent a few days this week with Mr. and Mrs. Lloyd Gratrix and family in Peterboro.

Mr. and Mrs. Craig Painter and Lyle spent the weekend in Toronto visiting relatives.

Mrs. Vic Wilson and Janet are spending the week with Mr. and Mrs. Hugh Riddell at Durham.

Recent visitors with Mrs. Susan Vancamp and Stan were Mr. and Mrs. Wayne Trusty and Michael of Toronto.

Mr. and Mrs. W.A. Isaac of Midland and Mrs. Melvern Isaac attended the ninetyth birthday party for Mrs. John Moon at Forest Home United Church on Sunday.

HUGEL AVENUE

MIDLAND