

GCWP NI annual report for year ending 31st August 2023

TRANSCENDENTAL MEDITATION – TM. With our history of teaching Transcendental Meditation (TM) in Northern Ireland for over fifty years, we are encouraged by the continuing growth of interest in people of all ages and from all walks of life. Founded by Maharishi Mahesh Yogi, Transcendental Meditation is a simple, natural, effortless procedure practised for 15 to 20 minutes in the morning and evening, while sitting comfortably with eyes closed.

TM is not a religion; no belief is required and it can be learned easily by anyone. Our courses are open to everyone regardless of gender, age, race or religion – www.tmnorthernireland.org During the practice one's awareness settles down and one experiences a unique state of restful alertness. As the mind transcends mental activity to experience the simplest form of human awareness – Transcendental Consciousness – one's body becomes deeply relaxed. There is also an increase in the coherence of brain functioning. Regular transcending enlivens qualities of creativity, dynamism, orderliness, and organising power, resulting in increased effectiveness and success in daily life. At the same time, by experiencing during TM a level of rest that is deeper than sleep, the body dissolves accumulated stress and fatigue.

When practised regularly, Transcendental Meditation offers everyone a simple technique to enrich mind, body, and emotional strength and to make full use of creativity. To build a pipeline of potential new Teachers we encourage Meditators to deepen their experiences by attending residence courses. These are held on the island of World Peace, Inishraher in Clew Bay, Co Louth.

POLICIES & OBJECTIVES. The objects of the Charity are to advance the education of the public by providing and assisting in the provision of training, meetings, classes and other learning opportunities; and to develop the physical, mental, creative and/or spiritual capacities of individuals and the public at large through the provision of, or assisting in the provision of, education and training, in particular in all aspects of Maharishi Vedic Science, including Transcendental Meditation and its advanced programmes, as founded by Maharishi Mahesh Yogi. In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity.

We continue to make partial grants available for people in financial hardship, so that they can learn TM, and we continue to teach children free of charge.

New TM Centre on the Belfast Peace line. We are very happy to announce that following the sale of part of the land the charity owned, we now have most of the funds in place for the construction of a new TM Centre on the Belfast Peace Line. The land was a gift to the people of Belfast, 16 years ago, from the founder of Transcendental Meditation, Maharishi Mahesh Yogi. The new centre is currently being constructed on the part of the land we retained, at the corner of Townsend Street and Dayton Street, Belfast. It is due to be completed by September 2024. We have a shortfall in funding of approximately £90,000 to be able to complete the build, and hope to fundraise the balance. As well as teaching TM, the centre will hold daily in person group meditations, coherence days, and the advanced techniques of Transcendental Meditation, helping to create peace and stability in the Peace Line area, Belfast and the whole country. Special grants will be available to enable local people, from economically deprived areas around the Peace Line, to learn TM.

Andrea Gribben: Trustee Chairperson

20th April 2024