

The Online Forum Virtual Chat on Transcendental Meditation.

It is a simple, natural, effortless technique practiced 20 minutes twice each day while sitting comfortably with the eyes closed. It can help you control stress, decrease anxiety, improve relationships, boost creativity, feel happy improve and achieve a greater capacity for relaxation.

Topics in the presentation:

- What is Transcendental Meditation (TM)?
- What TM is not? How is it different from other kinds of meditation?
- How is it practiced? How does it work?
- What is its evidence-based benefits, especially for mind and body?
- How does one learn TM?
- Q&A - 10 minutes

Details as follows: Date: 27th August 2021 | **Time:** 3.30 pm to 4.30 pm

Join Zoom Meeting: <https://fjinaluniversity.zoom.us/j/86256266251?pwd=b0UzWWF4N2hhY2d4SThHYlZ2WkVqQT09>

Meeting ID: 862 5626 6251

Passcode: 217978



Doug Wadsworth is a certified teacher of the Transcendental Meditation (TM) technique since 1975. He has since taught in Fiji, UK, and various states in the US.

Doug was born in the US. He retired in 1997 after working in the software development field for 25 years. He considers his biggest achievement to be teaching TM to over 190 people. He considers his mission in life to create a world of people on the path to self-discovery by reducing suffering, live authentically, and take care of himself, his family, and his community.



Cathy Wadsworth is an associate teacher of the TM Technique. In 1978 she learned TM in Suva, where she grew up. She completed her Associate Teacher Training in 1990 and since then has provided support and assistance for Doug's TM teaching activities.

Today she is a teacher at the International School in Nadi. Cathy enjoys new challenges and thinking outside of the box. Her long-term goal is to mentor teachers to build projects in the classroom.

She has run her own restaurant; run an art festival company; was co-owner of Suva-based Apple Computer reseller MacPacific; worked for Reader's Digest's Books Are Fun, and raised two amazing kids.

For more information contact:

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