

## **North West Age of Enlightenment Association – Trustee Report**

The North West Age of Enlightenment Association (NWAoEA) is a charity governed by Trust deed. It is managed by the Trustees acting as chairperson, secretary and treasurer.

The charities finances are in surplus and accounts are prepared to comply with the requirements of the charity requirements of the charity commission for Northern Ireland. Our income from donations covers all of our expenses over the year.

The administration of NWAoEA is carried out wholly by the trustees and this ensures that there is good control of the organisation.

Transcendental Meditation is researched based and as such we can be confident that we have backup for the multiple benefits that are gained from the practice.

These benefits include:

- Improved creativity
- Improved practical intelligence
- Improved mental efficiency
- Increased perception and memory
- Increased analytical and holistic thinking
- Accelerated cognitive development in children and in mental flexibility in the elderly

Health benefits include:

- Decreased blood pressure
- Reduction of atherosclerosis
- Decreased insulin resistance
- Reduction in heart attack and stroke incidences.

Over the past year the North West Age of Enlightenment Association continued delivering the benefits that we pledged in our original statement to the Charity Commission.

We continue to teach new people and we give a backup service to all those who have learned over the years. We are always available on short notice to give support and advice to our clients. We hold discussion groups on a regular basis and all of our clients are free to participate. We hold public meetings where people can avail of free information about the benefits of Transcendental Meditation.

There are lots of positive feedback about the benefits of Transcendental Meditation from the people who have learned to meditate. We are firmly established in the community and are supported by that community.

Michael McCormack

Trustee

12<sup>th</sup> January 2020