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Return of Private Foundation

or Section 4947(a)(1) Trust Treated as Private Foundation

Department of the Treasury
Internal Revenue ServiceDo not enter Social Security numbers on this form as it may be made public.
Information about Form 990-PF and its separate instructions is at www.irs.gov/form990pf.

OMB No 1545-0052

2013

Open to Public Inspection

For calendar year 2013 or tax year beginning

, and ending

Name of foundation TRUST FOR THE MEDITATION PROCESS		A Employer identification number 41-6286503
Number and street (or P.O. box number if mail is not delivered to street address) 2751 HENNEPIN AVENUE SOUTH	Room/suite 259	B Telephone number 612-825-3116
City or town, state or province, country, and ZIP or foreign postal code MINNEAPOLIS, MN 55408		C If exemption application is pending, check here ☐
G Check all that apply: ☐ Initial return ☐ Final return ☐ Address change ☐ Initial return of a former public charity ☐ Amended return ☐ Name change		D 1. Foreign organizations, check here ☐ 2. Foreign organizations meeting the 85% test, check here and attach computation ☐
H Check type of organization: ☒ Section 501(c)(3) exempt private foundation ☐ Section 4947(a)(1) nonexempt charitable trust ☐ Other taxable private foundation		E If private foundation status was terminated under section 507(b)(1)(A), check here ☐
I Fair market value of all assets at end of year (from Part II, col. (c), line 16) \$ 4,783,019.	J Accounting method: ☒ Cash ☐ Accrual ☐ Other (specify) _____	F If the foundation is in a 60-month termination under section 507(b)(1)(B), check here ☐

Part I Analysis of Revenue and Expenses (The total of amounts in columns (b), (c), and (d) may not necessarily equal the amounts in column (a))		(a) Revenue and expenses per books	(b) Net investment income	(c) Adjusted net income	(d) Disbursements for charitable purposes (cash basis only)
1 Contributions, gifts, grants, etc., received				N/A	
2 Check ☒ if the foundation is not required to attach Sch B					
3 Interest on savings and temporary cash investments		16,897.	16,897.		STATEMENT 1
4 Dividends and interest from securities		114,264.	114,264.		STATEMENT 2
5a Gross rents					
b Net rental income or (loss)					
6a Net gain or (loss) from sale of assets not on line 10		309,223.			
b Gross sales price for all assets on line 6a		1,652,684.			
7 Capital gain net income (from Part IV, line 2)			309,223.		
8 Net short-term capital gain					
9 Income modifications					
10a Gross sales less returns and allowances					
b Less Cost of goods sold					
c Gross profit or (loss)					
11 Other income					
12 Total. Add lines 1 through 11		440,384.	440,384.		
13 Compensation of officers, directors, trustees, etc		30,280.	0.		30,280.
14 Other employee salaries and wages					
15 Pension plans, employee benefits					
16a Legal fees					
b Accounting fees		4,500.	2,250.		2,250.
c Other professional fees		36,593.	36,593.		0.
17 Interest					
18 Taxes		10,136.	10,136.		0.
19 Depreciation and depletion					
20 Occupancy					
21 Travel, conferences, and meetings		2,409.	0.		2,409.
22 Printing and publications					
23 Other expenses		2,919.	0.		2,919.
24 Total operating and administrative expenses. Add lines 13 through 23		86,837.	48,979.		37,858.
25 Contributions, gifts, grants paid		175,378.			175,378.
26 Total expenses and disbursements. Add lines 24 and 25		262,215.	48,979.		213,236.
27 Subtract line 26 from line 12:					
a Excess of revenue over expenses and disbursements		178,169.			
b Net investment income (if negative, enter -0-)			391,405.		
c Adjusted net income (if negative, enter -0-)				N/A	

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Part II Balance Sheets Attached schedules and amounts in the description column should be for end-of-year amounts only

Part II. Balance Sheets		Attached schedules and amounts in the description column should be for end-of-year amounts only		Beginning of year	End of year	
				(a) Book Value	(b) Book Value	(c) Fair Market Value
Assets	1	Cash - non-interest-bearing		381,951.	257,219.	257,219.
	2	Savings and temporary cash investments				
	3	Accounts receivable ▶				
		Less: allowance for doubtful accounts ▶				
	4	Pledges receivable ▶				
		Less: allowance for doubtful accounts ▶				
	5	Grants receivable				
	6	Receivables due from officers, directors, trustees, and other disqualified persons				
	7	Other notes and loans receivable ▶				
		Less: allowance for doubtful accounts ▶				
	8	Inventories for sale or use				
	9	Prepaid expenses and deferred charges				
	10a	Investments - U.S. and state government obligations				
	b	Investments - corporate stock	STMT 7	2,962,635.	3,618,748.	4,449,892.
	c	Investments - corporate bonds	STMT 8	523,386.	170,174.	75,908.
	11	Investments - land, buildings, and equipment basis ▶				
	Less accumulated depreciation ▶					
12	Investments - mortgage loans					
13	Investments - other					
14	Land, buildings, and equipment basis ▶					
	Less accumulated depreciation ▶					
15	Other assets (describe ▶)					
16	Total assets (to be completed by all filers - see the instructions. Also, see page 1, item 1)		3,867,972.	4,046,141.	4,783,019.	
Liabilities	17	Accounts payable and accrued expenses				
	18	Grants payable				
	19	Deferred revenue				
	20	Loans from officers, directors, trustees, and other disqualified persons				
	21	Mortgages and other notes payable				
	22	Other liabilities (describe ▶)				
	23	Total liabilities (add lines 17 through 22)		0.	0.	
Net Assets or Fund Balances		Foundations that follow SFAS 117, check here and complete lines 24 through 26 and lines 30 and 31. ▶ ☐				
	24	Unrestricted				
	25	Temporarily restricted				
	26	Permanently restricted				
		Foundations that do not follow SFAS 117, check here and complete lines 27 through 31. ▶ ☒				
	27	Capital stock, trust principal, or current funds		3,867,972.	4,046,141.	
	28	Paid-in or capital surplus, or land, bldg., and equipment fund		0.	0.	
	29	Retained earnings, accumulated income, endowment, or other funds		0.	0.	
	30	Total net assets or fund balances		3,867,972.	4,046,141.	
	31	Total liabilities and net assets/fund balances		3,867,972.	4,046,141.	

Part III Analysis of Changes in Net Assets or Fund Balances

1 Total net assets or fund balances at beginning of year - Part II, column (a), line 30 (must agree with end-of-year figure reported on prior year's return)	1	3,867,972.
2 Enter amount from Part I, line 27a	2	178,169.
3 Other increases not included in line 2 (itemize) ▶	3	0.
4 Add lines 1, 2, and 3	4	4,046,141.
5 Decreases not included in line 2 (itemize) ▶	5	0.
6 Total net assets or fund balances at end of year (line 4 minus line 5) - Part II, column (b), line 30	6	4,046,141.

Part IV Capital Gains and Losses for Tax on Investment Income

(a) List and describe the kind(s) of property sold (e.g., real estate, 2-story brick warehouse; or common stock, 200 shs. MLC Co.)	(b) How acquired P - Purchase D - Donation	(c) Date acquired (mo., day, yr.)	(d) Date sold (mo., day, yr.)
1a			
b SEE ATTACHED STATEMENTS			
c			
d			
e			

(e) Gross sales price	(f) Depreciation allowed (or allowable)	(g) Cost or other basis plus expense of sale	(h) Gain or (loss) (e) plus (f) minus (g)
a			
b			
c			
d			
e 370,181.		353,296.	309,223.

Complete only for assets showing gain in column (h) and owned by the foundation on 12/31/69			(l) Gains (Col. (h) gain minus col. (k), but not less than -0-) or Losses (from col. (h))
(i) F.M.V. as of 12/31/69	(j) Adjusted basis as of 12/31/69	(k) Excess of col. (i) over col. (j), if any	
a			
b			
c			
d			
e			309,223.

2 Capital gain net income or (net capital loss)	{ If gain, also enter in Part I, line 7 If (loss), enter -0- in Part I, line 7 }	2	309,223.
3 Net short-term capital gain or (loss) as defined in sections 1222(5) and (6): If gain, also enter in Part I, line 8, column (c). If (loss), enter -0- in Part I, line 8	}	3	N/A

Part V Qualification Under Section 4940(e) for Reduced Tax on Net Investment Income

(For optional use by domestic private foundations subject to the section 4940(a) tax on net investment income.)

If section 4940(d)(2) applies, leave this part blank.

Was the foundation liable for the section 4942 tax on the distributable amount of any year in the base period?

☐ Yes ☒ No

If "Yes," the foundation does not qualify under section 4940(e). Do not complete this part.

1 Enter the appropriate amount in each column for each year; see the instructions before making any entries.

(a) Base period years Calendar year (or tax year beginning in)	(b) Adjusted qualifying distributions	(c) Net value of noncharitable-use assets	(d) Distribution ratio (col. (b) divided by col. (c))
2012	197,841.	4,263,628.	.046402
2011	184,510.	4,365,112.	.042269
2010	208,052.	4,043,701.	.051451
2009	166,785.	3,568,758.	.046735
2008	165,491.	4,137,226.	.040000

2 Total of line 1, column (d)	2	.226857
3 Average distribution ratio for the 5-year base period - divide the total on line 2 by 5, or by the number of years the foundation has been in existence if less than 5 years	3	.045371
4 Enter the net value of noncharitable-use assets for 2013 from Part X, line 5	4	4,509,399.
5 Multiply line 4 by line 3	5	204,596.
6 Enter 1% of net investment income (1% of Part I, line 27b)	6	3,914.
7 Add lines 5 and 6	7	208,510.
8 Enter qualifying distributions from Part XII, line 4	8	213,236.

If line 8 is equal to or greater than line 7, check the box in Part VI, line 1b, and complete that part using a 1% tax rate.
See the Part VI instructions.

Part VI Excise Tax Based on Investment Income (Section 4940(a), 4940(b), 4940(e), or 4948 - see instructions)

1a Exempt operating foundations described in section 4940(d)(2), check here ☐ and enter "N/A" on line 1. Date of ruling or determination letter: _____ (attach copy of letter if necessary-see instructions)			
b Domestic foundations that meet the section 4940(e) requirements in Part V, check here ☒ and enter 1% of Part I, line 27b		1	3,914.
c All other domestic foundations enter 2% of line 27b. Exempt foreign organizations enter 4% of Part I, line 12, col. (b).			
2 Tax under section 511 (domestic section 4947(a)(1) trusts and taxable foundations only. Others enter -0-)		2	0.
3 Add lines 1 and 2		3	3,914.
4 Subtitle A (income) tax (domestic section 4947(a)(1) trusts and taxable foundations only. Others enter -0-)		4	0.
5 Tax based on investment income. Subtract line 4 from line 3. If zero or less, enter -0-		5	3,914.
6 Credits/Payments:			
a 2013 estimated tax payments and 2012 overpayment credited to 2013	6a		
b Exempt foreign organizations - tax withheld at source	6b		
c Tax paid with application for extension of time to file (Form 8868)	6c		
d Backup withholding erroneously withheld	6d		
7 Total credits and payments. Add lines 6a through 6d	7		0.
8 Enter any penalty for underpayment of estimated tax. Check here ☐ if Form 2220 is attached	8		88.
9 Tax due. If the total of lines 5 and 8 is more than line 7, enter amount owed	9		4,002.
10 Overpayment. If line 7 is more than the total of lines 5 and 8, enter the amount overpaid	10		
11 Enter the amount of line 10 to be: Credited to 2014 estimated tax ☐ Refunded ☐	11		

Part VII-A Statements Regarding Activities

	Yes	No
1a During the tax year, did the foundation attempt to influence any national, state, or local legislation or did it participate or intervene in any political campaign?		X
1b Did it spend more than \$100 during the year (either directly or indirectly) for political purposes (see instructions for the definition)? If the answer is "Yes" to 1a or 1b, attach a detailed description of the activities and copies of any materials published or distributed by the foundation in connection with the activities		X
1c Did the foundation file Form 1120-POL for this year?		X
d Enter the amount (if any) of tax on political expenditures (section 4955) imposed during the year: (1) On the foundation. ☐ \$ 0. (2) On foundation managers. ☐ \$ 0.		
e Enter the reimbursement (if any) paid by the foundation during the year for political expenditure tax imposed on foundation managers. ☐ \$ 0.		
2 Has the foundation engaged in any activities that have not previously been reported to the IRS? If "Yes," attach a detailed description of the activities.		X
3 Has the foundation made any changes, not previously reported to the IRS, in its governing instrument, articles of incorporation, or bylaws, or other similar instruments? If "Yes," attach a conformed copy of the changes		X
4a Did the foundation have unrelated business gross income of \$1,000 or more during the year?		X
b If "Yes," has it filed a tax return on Form 990-T for this year?		
5 Was there a liquidation, termination, dissolution, or substantial contraction during the year? If "Yes," attach the statement required by General Instruction T.		X
6 Are the requirements of section 508(e) (relating to sections 4941 through 4945) satisfied either: • By language in the governing instrument, or • By state legislation that effectively amends the governing instrument so that no mandatory directions that conflict with the state law remain in the governing instrument?	X	
7 Did the foundation have at least \$5,000 in assets at any time during the year? If "Yes," complete Part II, col (c), and Part XV	X	
8a Enter the states to which the foundation reports or with which it is registered (see instructions) ☐ MN		
b If the answer is "Yes" to line 7, has the foundation furnished a copy of Form 990-PF to the Attorney General (or designate) of each state as required by General Instruction G? If "No," attach explanation	X	
9 Is the foundation claiming status as a private operating foundation within the meaning of section 4942(j)(3) or 4942(j)(5) for calendar year 2013 or the taxable year beginning in 2013 (see instructions for Part XIV)? If "Yes," complete Part XIV		X
10 Did any persons become substantial contributors during the tax year? If "Yes," attach a schedule listing their names and addresses		X

N/A

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Part VII-A Statements Regarding Activities (continued)

11	At any time during the year, did the foundation, directly or indirectly, own a controlled entity within the meaning of section 512(b)(13)? If "Yes," attach schedule (see instructions)	11		X
12	Did the foundation make a distribution to a donor advised fund over which the foundation or a disqualified person had advisory privileges? If "Yes," attach statement (see instructions)	12		X
13	Did the foundation comply with the public inspection requirements for its annual returns and exemption application? Website address ► <u>WWW.TRUSTFORMEDITATION.ORG</u>	13	X	
14	The books are in care of ► <u>MARTHA BOLINGER</u> Telephone no. ► <u>612-825-3116</u> Located at ► <u>3125 HOLMES AVE S #301, MINNEAPOLIS, MN</u> ZIP+4 ► <u>55408</u>			
15	Section 4947(a)(1) nonexempt charitable trusts filing Form 990-PF in lieu of Form 1041 - Check here and enter the amount of tax-exempt interest received or accrued during the year ► 15 N/A			
16	At any time during calendar year 2013, did the foundation have an interest in or a signature or other authority over a bank, securities, or other financial account in a foreign country? See the instructions for exceptions and filing requirements for Form TD F 90-22.1. If "Yes," enter the name of the foreign country ►	16	Yes	No X

Part VII-B Statements Regarding Activities for Which Form 4720 May Be Required

File Form 4720 if any item is checked in the "Yes" column, unless an exception applies.

		Yes	No
1a	During the year did the foundation (either directly or indirectly):		
(1)	Engage in the sale or exchange, or leasing of property with a disqualified person? ☐ Yes ☒ No		
(2)	Borrow money from, lend money to, or otherwise extend credit to (or accept it from) a disqualified person? ☐ Yes ☒ No		
(3)	Furnish goods, services, or facilities to (or accept them from) a disqualified person? ☐ Yes ☒ No		
(4)	Pay compensation to, or pay or reimburse the expenses of, a disqualified person? ☐ Yes ☒ No		
(5)	Transfer any income or assets to a disqualified person (or make any of either available for the benefit or use of a disqualified person)? ☐ Yes ☒ No		
(6)	Agree to pay money or property to a government official? (Exception. Check "No" if the foundation agreed to make a grant to or to employ the official for a period after termination of government service, if terminating within 90 days.) ☐ Yes ☒ No		
b	If any answer is "Yes" to 1a(1)-(6), did any of the acts fail to qualify under the exceptions described in Regulations section 53.4941(d)-3 or in a current notice regarding disaster assistance (see instructions)? Organizations relying on a current notice regarding disaster assistance check here ► ☐ N/A	1b	
c	Did the foundation engage in a prior year in any of the acts described in 1a, other than excepted acts, that were not corrected before the first day of the tax year beginning in 2013?	1c	X
2	Taxes on failure to distribute income (section 4942) (does not apply for years the foundation was a private operating foundation defined in section 4942(j)(3) or 4942(j)(5)):		
a	At the end of tax year 2013, did the foundation have any undistributed income (lines 6d and 6e, Part XIII) for tax year(s) beginning before 2013? ☐ Yes ☒ No If "Yes," list the years ► _____		
b	Are there any years listed in 2a for which the foundation is not applying the provisions of section 4942(a)(2) (relating to incorrect valuation of assets) to the year's undistributed income? (If applying section 4942(a)(2) to all years listed, answer "No" and attach statement - see instructions.) N/A	2b	
c	If the provisions of section 4942(a)(2) are being applied to any of the years listed in 2a, list the years here. ► _____		
3a	Did the foundation hold more than a 2% direct or indirect interest in any business enterprise at any time during the year? ☐ Yes ☒ No		
b	If "Yes," did it have excess business holdings in 2013 as a result of (1) any purchase by the foundation or disqualified persons after May 26, 1969; (2) the lapse of the 5-year period (or longer period approved by the Commissioner under section 4943(c)(7)) to dispose of holdings acquired by gift or bequest; or (3) the lapse of the 10-, 15-, or 20-year first phase holding period? (Use Schedule C, Form 4720, to determine if the foundation had excess business holdings in 2013.) N/A	3b	
4a	Did the foundation invest during the year any amount in a manner that would jeopardize its charitable purposes?	4a	X
b	Did the foundation make any investment in a prior year (but after December 31, 1969) that could jeopardize its charitable purpose that had not been removed from jeopardy before the first day of the tax year beginning in 2013?	4b	X

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Part VII-B Statements Regarding Activities for Which Form 4720 May Be Required (continued)

5a During the year did the foundation pay or incur any amount to:

(1) Carry on propaganda, or otherwise attempt to influence legislation (section 4945(e))?

☐ Yes ☒ No

(2) Influence the outcome of any specific public election (see section 4955); or to carry on, directly or indirectly, any voter registration drive?

☐ Yes ☒ No

(3) Provide a grant to an individual for travel, study, or other similar purposes?

☐ Yes ☒ No

(4) Provide a grant to an organization other than a charitable, etc., organization described in section 509(a)(1), (2), or (3), or section 4940(d)(2)?

☒ Yes ☐ No

(5) Provide for any purpose other than religious, charitable, scientific, literary, or educational purposes, or for the prevention of cruelty to children or animals?

☐ Yes ☒ No

b If any answer is "Yes" to 5a(1)-(5), did any of the transactions fail to qualify under the exceptions described in Regulations section 53.4945 or in a current notice regarding disaster assistance (see instructions)?

Organizations relying on a current notice regarding disaster assistance check here

☐

5b

X

c If the answer is "Yes" to question 5a(4), does the foundation claim exemption from the tax because it maintained expenditure responsibility for the grant?

☒ Yes ☐ No

If "Yes," attach the statement required by Regulations section 53.4945-5(d).

6a Did the foundation, during the year, receive any funds, directly or indirectly, to pay premiums on a personal benefit contract?

☐ Yes ☒ No

b Did the foundation, during the year, pay premiums, directly or indirectly, on a personal benefit contract?

6b

X

If "Yes" to 6b, file Form 8870.

7a At any time during the tax year, was the foundation a party to a prohibited tax shelter transaction?

☐ Yes ☒ No

b If "Yes," did the foundation receive any proceeds or have any net income attributable to the transaction?

N/A

7b

Part VIII Information About Officers, Directors, Trustees, Foundation Managers, Highly Paid Employees, and Contractors

1 List all officers, directors, trustees, foundation managers and their compensation.

(a) Name and address	(b) Title, and average hours per week devoted to position	(c) Compensation (If not paid, enter -0-)	(d) Contributions to employee benefit plans and deferred compensation	(e) Expense account, other allowances
SEE STATEMENT 9		30,280.	0.	0.

2 Compensation of five highest-paid employees (other than those included on line 1). If none, enter "NONE."

(a) Name and address of each employee paid more than \$50,000	(b) Title, and average hours per week devoted to position	(c) Compensation	(d) Contributions to employee benefit plans and deferred compensation	(e) Expense account, other allowances
NONE				

Total number of other employees paid over \$50,000

0

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Part VIII Information About Officers, Directors, Trustees, Foundation Managers, Highly Paid Employees, and Contractors (continued)**3** Five highest-paid independent contractors for professional services. If none, enter "NONE."

(a) Name and address of each person paid more than \$50,000	(b) Type of service	(c) Compensation
NONE		

Total number of others receiving over \$50,000 for professional services

0

Part IX-A Summary of Direct Charitable Activities

List the foundation's four largest direct charitable activities during the tax year. Include relevant statistical information such as the number of organizations and other beneficiaries served, conferences convened, research papers produced, etc.

	Expenses
1 N/A	
2	
3	
4	

Part IX-B Summary of Program-Related Investments

Describe the two largest program-related investments made by the foundation during the tax year on lines 1 and 2.

	Amount
1 N/A	
2	
All other program-related investments. See instructions.	
3	
Total. Add lines 1 through 3	0.

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Part X**Minimum Investment Return** (All domestic foundations must complete this part. Foreign foundations, see instructions.)

1	Fair market value of assets not used (or held for use) directly in carrying out charitable, etc., purposes:		
a	Average monthly fair market value of securities	1a	4,182,493.
b	Average of monthly cash balances	1b	395,577.
c	Fair market value of all other assets	1c	
d	Total (add lines 1a, b, and c)	1d	4,578,070.
e	Reduction claimed for blockage or other factors reported on lines 1a and 1c (attach detailed explanation)	1e	0.
2	Acquisition indebtedness applicable to line 1 assets	2	0.
3	Subtract line 2 from line 1d	3	4,578,070.
4	Cash deemed held for charitable activities. Enter 1 1/2% of line 3 (for greater amount, see instructions)	4	68,671.
5	Net value of noncharitable-use assets. Subtract line 4 from line 3. Enter here and on Part V, line 4	5	4,509,399.
6	Minimum investment return. Enter 5% of line 5	6	225,470.

Part XI**Distributable Amount** (see instructions) (Section 4942(j)(3) and (j)(5) private operating foundations and certain foreign organizations check here ☐ and do not complete this part.)

1	Minimum investment return from Part X, line 6	1	225,470.
2a	Tax on investment income for 2013 from Part VI, line 5	2a	3,914.
b	Income tax for 2013. (This does not include the tax from Part VI.)	2b	
c	Add lines 2a and 2b	2c	3,914.
3	Distributable amount before adjustments. Subtract line 2c from line 1	3	221,556.
4	Recoveries of amounts treated as qualifying distributions	4	0.
5	Add lines 3 and 4	5	221,556.
6	Deduction from distributable amount (see instructions)	6	0.
7	Distributable amount as adjusted. Subtract line 6 from line 5. Enter here and on Part XIII, line 1	7	221,556.

Part XII**Qualifying Distributions** (see instructions)

1	Amounts paid (including administrative expenses) to accomplish charitable, etc., purposes:		
a	Expenses, contributions, gifts, etc. - total from Part I, column (d), line 26	1a	213,236.
b	Program-related investments - total from Part IX-B	1b	0.
2	Amounts paid to acquire assets used (or held for use) directly in carrying out charitable, etc., purposes	2	
3	Amounts set aside for specific charitable projects that satisfy the:		
a	Suitability test (prior IRS approval required)	3a	
b	Cash distribution test (attach the required schedule)	3b	
4	Qualifying distributions. Add lines 1a through 3b. Enter here and on Part V, line 8, and Part XIII, line 4	4	213,236.
5	Foundations that qualify under section 4940(e) for the reduced rate of tax on net investment income. Enter 1% of Part I, line 27b	5	3,914.
6	Adjusted qualifying distributions. Subtract line 5 from line 4	6	209,322.

Note. The amount on line 6 will be used in Part V, column (b), in subsequent years when calculating whether the foundation qualifies for the section 4940(e) reduction of tax in those years.

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Part XIII Undistributed Income (see instructions)

	(a) Corpus	(b) Years prior to 2012	(c) 2012	(d) 2013
1 Distributable amount for 2013 from Part XI, line 7				221,556.
2 Undistributed income, if any, as of the end of 2013				
a Enter amount for 2012 only			38,160.	
b Total for prior years:		0.		
3 Excess distributions carryover, if any, to 2013:				
a From 2008				
b From 2009				
c From 2010				
d From 2011				
e From 2012				
f Total of lines 3a through e	0.			
4 Qualifying distributions for 2013 from Part XII, line 4: ▶ \$ 213,236.				
a Applied to 2012, but not more than line 2a			38,160.	
b Applied to undistributed income of prior years (Election required - see instructions)		0.		
c Treated as distributions out of corpus (Election required - see instructions)	0.			
d Applied to 2013 distributable amount				175,076.
e Remaining amount distributed out of corpus	0.			
5 Excess distributions carryover applied to 2013 (If an amount appears in column (d), the same amount must be shown in column (a))	0.			0.
6 Enter the net total of each column as indicated below:	0.			
a Corpus. Add lines 3f, 4c, and 4e. Subtract line 5	0.			
b Prior years' undistributed income. Subtract line 4b from line 2b		0.		
c Enter the amount of prior years' undistributed income for which a notice of deficiency has been issued, or on which the section 4942(a) tax has been previously assessed		0.		
d Subtract line 6c from line 6b. Taxable amount - see instructions		0.		
e Undistributed income for 2012. Subtract line 4a from line 2a. Taxable amount - see instr.			0.	
f Undistributed income for 2013. Subtract lines 4d and 5 from line 1. This amount must be distributed in 2014				46,480.
7 Amounts treated as distributions out of corpus to satisfy requirements imposed by section 170(b)(1)(F) or 4942(g)(3)	0.			
8 Excess distributions carryover from 2008 not applied on line 5 or line 7	0.			
9 Excess distributions carryover to 2014. Subtract lines 7 and 8 from line 6a	0.			
10 Analysis of line 9:				
a Excess from 2009				
b Excess from 2010				
c Excess from 2011				
d Excess from 2012				
e Excess from 2013				

Part XV **Supplementary Information** (continued)**3 Grants and Contributions Paid During the Year or Approved for Future Payment**

Recipient Name and address (home or business)	If recipient is an individual, show any relationship to any foundation manager or substantial contributor	Foundation status of recipient	Purpose of grant or contribution	Amount
a Paid during the year				
SEE SCHEDULE ATTACHED VARIOUS VARIOUS, MN 55408	NONE		VARIOUS	175,378.
Total			3a	175,378.
b Approved for future payment				
NONE				
Total			3b	0.

Information Regarding Transfers To and Transactions and Relationships With Noncharitable Exempt Organizations

1. Did the organization directly or indirectly engage in any of the following with any other organization described in section 501(c) of the Code (other than section 501(c)(3) organizations) or in section 527, relating to political organizations?

a Transfers from the reporting foundation to a noncharitable exempt organization of:

(1) Cash

(2) Other assets

b Other transactions:

(1) Sales of assets to a noncharitable exempt organization

(2) Purchases of assets from a noncharitable exempt organization

(3) Rental of facilities, equipment, or other assets

(4) Reimbursement arrangements

(5) Loans or loan guarantees

(6) Performance of services or membership or fundraising solicitations

c Sharing of facilities, equipment, mailing lists, other assets, or paid employees

d If the answer to any of the above is "Yes," complete the following schedule. Column **(b)** should always show the fair market value of the goods, other assets, or services given by the reporting foundation. If the foundation received less than fair market value in any transaction or sharing arrangement, show in column **(d)** the value of the goods, other assets, or services received.

	Yes	No
1a(1)		X
1a(2)		X
1b(1)		X
1b(2)		X
1b(3)		X
1b(4)		X
1b(5)		X
1b(6)		X
1c		X

[illegible]

2a Is the foundation directly or indirectly affiliated with, or related to, one or more tax-exempt organizations described in section 501(c) of the Code (other than section 501(c)(3)) or in section 527?

☐ Yes ☒ No

b If "Yes," complete the following schedule.

(a) Name of organization	(b) Type of organization	(c) Description of relationship
N/A		

**Sign
Here**

Under penalties of perjury, I declare that I have examined this return, including accompanying schedules and statements, and to the best of my knowledge and belief, it is true, correct, and complete. Declaration of preparer (other than taxpayer) is based on all information of which preparer has any knowledge.

Signature of officer or trustee

Date XI/12/14

TRUSTEE

May the IRS discuss this return with the preparer shown below (see instr. 1)?

☒ Yes ☐ No

**Paid
Preparer
Use Only**

Print/Type preparer's name

Preparer's signature, _____

Date

Check ☐ self-employed

PTIN

NANCY S. LEHRMAN

Nancy L. Brown

11-12-17

P00160514

Firm's name ▶ **LEHRMAN, FLOM & CO., P.L.L.P.**

Firm's EIN ► 41-0709514

Firm's address ► 600 HIGHWAY 169 SOUTH, SUITE 820
MINNEAPOLIS, MN 55426-1204

Phone no. (952) 546-5306

Form **990-PF** (2013)

TRUST FOR THE MEDITATION PROCESS

Part IV Capital Gains and Losses for Tax on Investment Income

(a) List and describe the kind(s) of property sold, e.g., real estate, 2-story brick warehouse; or common stock, 200 shs. MLC Co.		(b) How acquired P - Purchase D - Donation	(c) Date acquired (mo., day, yr.)	(d) Date sold (mo., day, yr.)
1a	RBC - SOUTHERN SUN 72059 - ST SCH ATTACHED			
b	RBC - SOUTHERN SUN 72059 - LT SCH ATTACHED			
c	RBC - WENTWORTH 72062 - ST SCH ATTACHED			
d	RBC - WENTWORTH 72062 - LT SCH ATTACHED			
e	RBC - TEMPLETON 72040 - LT SCH ATTACHED			
f	RBC - SCHAFER CULLEN 72052 - ST SCH ATTACHED			
g	RBC - SCHAFER CULLEN 72052 - LT SCH ATTACHED			
h	RBC - MONTAG 72056 - ST SCH ATTACHED			
i	RBC - MONTAG 72056 - LT SCH ATTACHED			
j	RBC - THORNBURG 72060 - ST SCH ATTACHED			
k	RBC - THORNBURG 72060 - LT SCH ATTACHED			
l	RBC - AQR 00626 - LT SCH ATTACHED			
m	RBC - OPPENHEIMBER 13030 - ST SCH ATTACHED			
n	RBC - LOOMIS FLOAT - 7.936 SH NATIXIS FDS LOOMIS		11/25/13	11/25/13
o	ZIEGLER - 50000 SH CHURCH OF THE OPEN DOOR MN		09/29/04	01/25/13

(e) Gross sales price	(f) Depreciation allowed (or allowable)	(g) Cost or other basis plus expense of sale	(h) Gain or (loss) (e) plus (f) minus (g)
a			15,276.
b			52,937.
c			507.
d			73,408.
e			306.
f			<1,497.>
g			52,628.
h			3,237.
i			71,211.
j			6,743.
k			17,581.
l			<2.>
m			3.
n	84.	84.	0.
o	50,000.	50,000.	0.

Complete only for assets showing gain in column (h) and owned by the foundation on 12/31/69

(i) F.M.V. as of 12/31/69	(j) Adjusted basis as of 12/31/69	(k) Excess of col. (i) over col. (j), if any	(l) Losses (from col. (h)) Gains (excess of col. (h) gain over col. (k), but not less than "-0-")
a			15,276.
b			52,937.
c			507.
d			73,408.
e			306.
f			<1,497.>
g			52,628.
h			3,237.
i			71,211.
j			6,743.
k			17,581.
l			<2.>
m			3.
n			0.
o			0.

2 Capital gain net income or (net capital loss) { If gain, also enter in Part I, line 7
If (loss), enter "-0-" in Part I, line 7 }

3 Net short-term capital gain or (loss) as defined in sections 1222(5) and (6):
If gain, also enter in Part I, line 8, column (c).
If (loss), enter "-0-" in Part I, line 8

2

3

TRUST FOR THE MEDITATION PROCESS

41-6286503

PAGE 2 OF 2

Part IV Capital Gains and Losses for Tax on Investment Income

(a) List and describe the kind(s) of property sold, e.g., real estate, 2-story brick warehouse; or common stock, 200 shs. MLC Co.	(b) How acquired P - Purchase D - Donation	(c) Date acquired (mo., day, yr.)	(d) Date sold (mo., day, yr.)
1a ZIEGLER - 12000 SH EAGLE BROOK CHURCH MN		06/17/04	02/01/13
b ZIEGLER - 8000 SH EAGLE BROOK CHURCH MN		06/17/04	03/01/13
c ZIEGLER - 50000 SH FALLS BAPTIST CHURCH		05/05/04	07/19/13
d ZIEGLER - 47000 SH HOPE CHAPEL KIHEI HAWAII		11/03/04	04/22/13
e ZIEGLER - 50000 SH MACEDONIA BAPTIST CHURCH		08/27/07	06/25/13
f ZIEGLER - 1000 SH MT ZION CHURCH		07/31/07	01/02/13
g ZIEGLER - 3000 SH MT ZION CHURCH	P	07/31/07	07/02/13
h ZIEGLER - 2000 SH MT ZION CHURCH		07/31/07	10/01/13
i ZIEGLER - 97000 SH NEW LIFE CHURCH MN		12/24/07	06/17/13
j ZIEGLER - LOOKOUT MOUNTAIN COMM CHURCH RETURN OF		04/23/04	04/02/13
k CAPITAL GAINS DIVIDENDS			
l			
m			
n			
o			

(e) Gross sales price	(f) Depreciation allowed (or allowable)	(g) Cost or other basis plus expense of sale	(h) Gain or (loss) (e) plus (f) minus (g)
a 12,000.		12,000.	0.
b 8,000.		8,000.	0.
c 50,000.		50,000.	0.
d 47,000.		47,000.	0.
e 50,000.		50,000.	0.
f 1,000.		1,000.	0.
g 3,000.		3,000.	0.
h 2,000.		2,000.	0.
i 97,000.		97,000.	0.
j 33,212.		33,212.	0.
k 16,885.			16,885.
l			
m			
n			
o			

Complete only for assets showing gain in column (h) and owned by the foundation on 12/31/69

(i) F.M.V. as of 12/31/69	(j) Adjusted basis as of 12/31/69	(k) Excess of col. (i) over col. (j), if any	(l) Losses (from col. (h)) Gains (excess of col. (h) gain over col. (k), but not less than "-0-")
a			0.
b			0.
c			0.
d			0.
e			0.
f			0.
g			0.
h			0.
i			0.
j			0.
k			16,885.
l			
m			
n			
o			

2 Capital gain net income or (net capital loss) { If gain, also enter in Part I, line 7 If (loss), enter "-0-" in Part I, line 7 }	2	309,223.
3 Net short-term capital gain or (loss) as defined in sections 1222(5) and (6): If gain, also enter in Part I, line 8, column (c). If (loss), enter "-0-" in Part I, line 8 }	3	N/A

FORM 990-PF INTEREST ON SAVINGS AND TEMPORARY CASH INVESTMENTS STATEMENT 1

SOURCE	(A) REVENUE PER BOOKS	(B) NET INVESTMENT INCOME	(C) ADJUSTED NET INCOME
ZIEGLER INVESTMENTS	16,897.	16,897.	
TOTAL TO PART I, LINE 3	16,897.	16,897.	

FORM 990-PF DIVIDENDS AND INTEREST FROM SECURITIES STATEMENT 2

SOURCE	GROSS AMOUNT	CAPITAL GAINS DIVIDENDS	(A) REVENUE PER BOOKS	(B) NET INVEST- MENT INCOME	(C) ADJUSTED NET INCOME
FIDELITY INVESTMENTS	13.	0.	13.	13.	
RBC - AQR	2,316.	2,074.	242.	242.	
RBC - LOOMIS FLOAT	7,416.	0.	7,416.	7,416.	
RBC - LOOMIS INVESTMENT	31,880.	14,033.	17,847.	17,847.	
RBC - MONTAG & CALDWELL	12,406.	0.	12,406.	12,406.	
RBC - OPPENHEIMER	1,309.	685.	624.	624.	
RBC - SCHAFER CULLEN	28,456.	0.	28,456.	28,456.	
RBC - SOUTHERNSUN/ANCHOR CAPITAL	5,629.	0.	5,629.	5,629.	
RBC - TEMPLETON	20,856.	93.	20,763.	20,763.	
RBC - THORNBURG/HANSBERG R	9,646.	0.	9,646.	9,646.	
RBC - WENTWORTH HAUSER & VIOLICH	11,222.	0.	11,222.	11,222.	
TO PART I, LINE 4	131,149.	16,885.	114,264.	114,264.	

FORM 990-PF	ACCOUNTING FEES			STATEMENT	3
DESCRIPTION	(A) EXPENSES PER BOOKS	(B) NET INVEST- MENT INCOME	(C) ADJUSTED NET INCOME	(D) CHARITABLE PURPOSES	
ACCOUNTING FEES	4,500.	2,250.		2,250.	
TO FORM 990-PF, PG 1, LN 16B	4,500.	2,250.		2,250.	

FORM 990-PF	OTHER PROFESSIONAL FEES			STATEMENT	4
DESCRIPTION	(A) EXPENSES PER BOOKS	(B) NET INVEST- MENT INCOME	(C) ADJUSTED NET INCOME	(D) CHARITABLE PURPOSES	
INVESTMENT ADVISOR	36,593.	36,593.		0.	
TO FORM 990-PF, PG 1, LN 16C	36,593.	36,593.		0.	

FORM 990-PF	TAXES			STATEMENT	5
DESCRIPTION	(A) EXPENSES PER BOOKS	(B) NET INVEST- MENT INCOME	(C) ADJUSTED NET INCOME	(D) CHARITABLE PURPOSES	
EXCISE TAX	7,556.	7,556.		0.	
FOREIGN TAXES	2,555.	2,555.		0.	
MN FILING FEE	25.	25.		0.	
TO FORM 990-PF, PG 1, LN 18	10,136.	10,136.		0.	

FORM 990-PF	OTHER EXPENSES			STATEMENT	6
DESCRIPTION	(A) EXPENSES PER BOOKS	(B) NET INVEST- MENT INCOME	(C) ADJUSTED NET INCOME	(D) CHARITABLE PURPOSES	
OFFICE SUPPLIES	1,812.	0.		1,812.	
POSTAGE AND DELIVERY	608.	0.		608.	
TELEPHONE	262.	0.		262.	
MISCELLANEOUS	237.	0.		237.	
TO FORM 990-PF, PG 1, LN 23	2,919.	0.		2,919.	

FORM 990-PF	CORPORATE STOCK	STATEMENT	7
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DESCRIPTION	BOOK VALUE	FAIR MARKET VALUE
RBC - ANCHOR CAPITAL ADVISORS	259,499.	326,563.
RBC - AQR	221,902.	230,779.
RBC - LOOMIS FLOAT	215,784.	215,784.
RBC - LOOMIS INVESTMENT	585,231.	550,286.
RBC - MONTAG & CALDWELL	603,123.	816,086.
RBC - OPPENHEIMER	135,773.	144,806.
RBC - SCHAFER CULLEN	560,786.	798,645.
RBC - TEMPLETON	368,526.	396,791.
RBC - THORNBURG/HANSBERGER	388,215.	497,748.
RBC - WENTWORTH HAUSER & VIOLICH	279,909.	472,404.
TOTAL TO FORM 990-PF, PART II, LINE 10B	3,618,748.	4,449,892.

FORM 990-PF	CORPORATE BONDS	STATEMENT	8
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DESCRIPTION	BOOK VALUE	FAIR MARKET VALUE
CHURCH OF THE OPEN DOOR MN	0.	0.
EAGLE BROOK CHURCH MN	15,000.	14,927.
FALLS BAPTIST CHURCH MN	0.	0.
HOPE CHAPEL KIHEI HAWAII	0.	0.
LIGHT GLOBAL MISSION CHURCH	96,386.	19,000.
LOOKOUT MOUNTAIN COMMUNITY CHURCH CO	16,788.	0.
MACEDONIA BAPTIST CHURCH	0.	0.
MT ZION CHURCH	42,000.	41,981.
NEW LIFE CHURCH WOODBURY	0.	0.
TOTAL TO FORM 990-PF, PART II, LINE 10C	170,174.	75,908.

FORM 990-PF PART VIII - LIST OF OFFICERS, DIRECTORS STATEMENT 9
 TRUSTEES AND FOUNDATION MANAGERS

NAME AND ADDRESS	TITLE AND AVRG HRS/WK	COMPEN- SATION	EMPLOYEE BEN PLAN CONTRIB	EXPENSE ACCOUNT
REV WARD BAUMAN COLLEGEVILLE, MN 56321	TRUSTEE 0.00	0.	0.	0.
CAROLE BAKER MINNEAPOLIS, MN 55416	CHAIR, TRUSTEE 0.00	0.	0.	0.
HELEN WELTER ST MICHAEL, MN 55376	TRUSTEE 0.00	0.	0.	0.
MARY WHITE ST PAUL, MN 55106	TRUSTEE 0.00	0.	0.	0.
MARTHA BOLINGER MINNEAPOLIS, MN 55408	DIRECTOR 5.00	30,280.	0.	0.
PAUL TAYLOR EDINA, MN 55435	TRUSTEE 0.00	0.	0.	0.
DEBORAH CHERNICK ST PAUL, MN 55116	CHAIR INVESTMENTS, TRUSTEE 0.00	0.	0.	0.
MICHAEL LILJA EDINA, MN 55435	TRUSTEE 0.00	0.	0.	0.
TOTALS INCLUDED ON 990-PF, PAGE 6, PART VIII		30,280.	0.	0.

FORM 990-PF

GRANT APPLICATION SUBMISSION INFORMATION
PART XV, LINES 2A THROUGH 2D

STATEMENT 10

NAME AND ADDRESS OF PERSON TO WHOM APPLICATIONS SHOULD BE SUBMITTED

MARTHA BOLINGER, TRUST FOR THE MEDITATION PROCESS
2751 HENNPIN AVE S #259
MINNEAPOLIS, MN 55408

TELEPHONE NUMBER

612-825-3116

FORM AND CONTENT OF APPLICATIONS

SEE ATTACHED

ANY SUBMISSION DEADLINES

MAY 1ST OF EACH YEAR

RESTRICTIONS AND LIMITATIONS ON AWARDS

501(C)3 OR FOREIGN EQUIVALENT; PROJECT SHOULD INITIATE, EXPAND, OR ENHANCE
THE PRACTICE OF MEDITATION IN THE CHRISTIAN CONTEMPLATIVE TRADITION OR
ENCOURAGE DIALOGUE AND COOPERATION AMONG CONTEMPLATIVE TRADITIONS IN ALL
RELIGIONS.

FORM 990-PF INTEREST ON SAVINGS AND TEMPORARY CASH INVESTMENTS STATEMENT 1

SOURCE	(A) REVENUE PER BOOKS	(B) NET INVESTMENT INCOME	(C) ADJUSTED NET INCOME
ZIEGLER INVESTMENTS	16,897.	16,897.	
TOTAL TO PART I, LINE 3	16,897.	16,897.	

FORM 990-PF DIVIDENDS AND INTEREST FROM SECURITIES STATEMENT 2

SOURCE	GROSS AMOUNT	CAPITAL GAINS DIVIDENDS	(A) REVENUE PER BOOKS	(B) NET INVEST- MENT INCOME	(C) ADJUSTED NET INCOME
FIDELITY INVESTMENTS	13.	0.	13.	13.	
RBC - AQR	2,316.	2,074.	242.	242.	
RBC - LOOMIS FLOAT	7,416.	0.	7,416.	7,416.	
RBC - LOOMIS INVESTMENT	31,880.	14,033.	17,847.	17,847.	
RBC - MONTAG & CALDWELL	12,406.	0.	12,406.	12,406.	
RBC - OPPENHEIMER	1,309.	685.	624.	624.	
RBC - SCHAFER CULLEN	28,456.	0.	28,456.	28,456.	
RBC - SOUTHERNSUN/ANCHOR CAPITAL	5,629.	0.	5,629.	5,629.	
RBC - TEMPLETON	20,856.	93.	20,763.	20,763.	
RBC - THORNBURG/HANSBERG R	9,646.	0.	9,646.	9,646.	
RBC - WENTWORTH HAUSER & VIOLICH	11,222.	0.	11,222.	11,222.	
TO PART I, LINE 4	131,149.	16,885.	114,264.	114,264.	

FORM 990-PF	ACCOUNTING FEES			STATEMENT	3
DESCRIPTION	(A) EXPENSES PER BOOKS	(B) NET INVEST- MENT INCOME	(C) ADJUSTED NET INCOME	(D) CHARITABLE PURPOSES	
ACCOUNTING FEES	4,500.	2,250.		2,250.	
TO FORM 990-PF, PG 1, LN 16B	4,500.	2,250.		2,250.	

FORM 990-PF	OTHER PROFESSIONAL FEES			STATEMENT	4
DESCRIPTION	(A) EXPENSES PER BOOKS	(B) NET INVEST- MENT INCOME	(C) ADJUSTED NET INCOME	(D) CHARITABLE PURPOSES	
INVESTMENT ADVISOR	36,593.	36,593.		0.	
TO FORM 990-PF, PG 1, LN 16C	36,593.	36,593.		0.	

FORM 990-PF	TAXES			STATEMENT	5
DESCRIPTION	(A) EXPENSES PER BOOKS	(B) NET INVEST- MENT INCOME	(C) ADJUSTED NET INCOME	(D) CHARITABLE PURPOSES	
EXCISE TAX	7,556.	7,556.		0.	
FOREIGN TAXES	2,555.	2,555.		0.	
MN FILING FEE	25.	25.		0.	
TO FORM 990-PF, PG 1, LN 18	10,136.	10,136.		0.	

FORM 990-PF	OTHER EXPENSES			STATEMENT	6
DESCRIPTION	(A) EXPENSES PER BOOKS	(B) NET INVEST- MENT INCOME	(C) ADJUSTED NET INCOME	(D) CHARITABLE PURPOSES	
OFFICE SUPPLIES	1,812.	0.		1,812.	
POSTAGE AND DELIVERY	608.	0.		608.	
TELEPHONE	262.	0.		262.	
MISCELLANEOUS	237.	0.		237.	
TO FORM 990-PF, PG 1, LN 23	2,919.	0.		2,919.	

FORM 990-PF	CORPORATE STOCK	STATEMENT	7
DESCRIPTION	BOOK VALUE	FAIR MARKET VALUE	
RBC - ANCHOR CAPITAL ADVISORS	259,499.	326,563.	
RBC - AQR	221,902.	230,779.	
RBC - LOOMIS FLOAT	215,784.	215,784.	
RBC - LOOMIS INVESTMENT	585,231.	550,286.	
RBC - MONTAG & CALDWELL	603,123.	816,086.	
RBC - OPPENHEIMER	135,773.	144,806.	
RBC - SCHAFER CULLEN	560,786.	798,645.	
RBC - TEMPLETON	368,526.	396,791.	
RBC - THORNBURG/HANSBERGER	388,215.	497,748.	
RBC - WENTWORTH HAUSER & VIOLICH	279,909.	472,404.	
TOTAL TO FORM 990-PF, PART II, LINE 10B	3,618,748.	4,449,892.	

FORM 990-PF	CORPORATE BONDS	STATEMENT	8
DESCRIPTION	BOOK VALUE	FAIR MARKET VALUE	
CHURCH OF THE OPEN DOOR MN	0.	0.	
EAGLE BROOK CHURCH MN	15,000.	14,927.	
FALLS BAPTIST CHURCH MN	0.	0.	
HOPE CHAPEL KIHEI HAWAII	0.	0.	
LIGHT GLOBAL MISSION CHURCH	96,386.	19,000.	
LOOKOUT MOUNTAIN COMMUNITY CHURCH CO	16,788.	0.	
MACEDONIA BAPTIST CHURCH	0.	0.	
MT ZION CHURCH	42,000.	41,981.	
NEW LIFE CHURCH WOODBURY	0.	0.	
TOTAL TO FORM 990-PF, PART II, LINE 10C	170,174.	75,908.	

FORM 990-PF PART VIII - LIST OF OFFICERS, DIRECTORS STATEMENT 9
 TRUSTEES AND FOUNDATION MANAGERS

NAME AND ADDRESS	TITLE AND AVRG HRS/WK	COMPEN- SATION	EMPLOYEE BEN PLAN CONTRIB	EXPENSE ACCOUNT
REV WARD BAUMAN COLLEGEVILLE, MN 56321	TRUSTEE 0.00	0.	0.	0.
CAROLE BAKER MINNEAPOLIS, MN 55416	CHAIR, TRUSTEE 0.00	0.	0.	0.
HELEN WELTER ST MICHAEL, MN 55376	TRUSTEE 0.00	0.	0.	0.
MARY WHITE ST PAUL, MN 55106	TRUSTEE 0.00	0.	0.	0.
MARTHA BOLINGER MINNEAPOLIS, MN 55408	DIRECTOR 5.00	30,280.	0.	0.
PAUL TAYLOR EDINA, MN 55435	TRUSTEE 0.00	0.	0.	0.
DEBORAH CHERNICK ST PAUL, MN 55116	CHAIR INVESTMENTS, TRUSTEE 0.00	0.	0.	0.
MICHAEL LILJA EDINA, MN 55435	TRUSTEE 0.00	0.	0.	0.
TOTALS INCLUDED ON 990-PF, PAGE 6, PART VIII		30,280.	0.	0.

FORM 990-PF	GRANT APPLICATION SUBMISSION INFORMATION	STATEMENT 10
	PART XV, LINES 2A THROUGH 2D	

NAME AND ADDRESS OF PERSON TO WHOM APPLICATIONS SHOULD BE SUBMITTED

MARTHA BOLINGER, TRUST FOR THE MEDITATION PROCESS
2751 HENNPIN AVE S #259
MINNEAPOLIS, MN 55408

TELEPHONE NUMBER

612-825-3116

FORM AND CONTENT OF APPLICATIONS

SEE ATTACHED

ANY SUBMISSION DEADLINES

MAY 1ST OF EACH YEAR

RESTRICTIONS AND LIMITATIONS ON AWARDS

501(C)3 OR FOREIGN EQUIVALENT; PROJECT SHOULD INITIATE, EXPAND, OR ENHANCE THE PRACTICE OF MEDITATION IN THE CHRISTIAN CONTEMPLATIVE TRADITION OR ENCOURAGE DIALOGUE AND COOPERATION AMONG CONTEMPLATIVE TRADITIONS IN ALL RELIGIONS.

The
Trust for the
MEDITATION
PROCESS

GRANTS AWARDED 2013

\$175,378

Alternatives with Education, Let's Start Inc. St. Louis MO \$10,000
For meditation programs in 6 Missouri correctional facilities LAST

Canadian Christian Meditation Community Winnipeg MB CANADA \$3,050
For WCCM national conference participation and two Schools for Teachers

Christos Center for Spiritual Formation Lino Lakes MN \$4,000
For faculty honoraria in the contemplative prayer portion of the spiritual direction program

Contemplative Outreach Butler NJ \$20,000
For continued website and social networking presence, including a mobile app

Contemplative Outreach of MN St Paul MN \$5,000
For two leadership trainings

Contemplative Society Victoria B.C. Canada \$5,000
For a re-branding project and website redesign

Coromandel Christian Trust Swanson Waitakere New Zealand \$2,000
For travel to Richard Rohr's Living School of Contemplation and Action

Dominican University of California San Rafael CA \$5,000
To strengthen a college meditation program

East Liberty Presbyterian Church Pittsburgh PA \$2,500
For further development of a Centering Prayer program, with publicity and a dedicated meditation room

Institute for Church Life, University of Notre Dame Notre Dame IN \$3,150
For a second lecture series on silent prayer and its contemporary Christian context

Inward Bound Mindfulness Education Florence MA \$10,000

For retreat scholarships, programs in low-income Oakland high schools, and a diversity initiative

M2 The Mindfulness Movement St. Paul MN \$5,000

For mindfulness programs in five St. Paul public schools

Meditation Chretienne du Quebec Montreal QC \$839

For office equipment

Mind Body Awareness Project Oakland CA 5,000

To implement the MBA program in two Oakland continuation schools

Mindful Schools Oakland CA \$25,000

For continued curriculum development

NYU Of Many Institute New York NY \$3,000

For an interfaith panel on meditation

Pathways Minneapolis MN \$2,750

For the Cultivating Emotional Balance program

Prison Mindfulness Institute Providence RI \$25,000

For year three of research on a mindfulness program with the Rhode Island Dept. of Corrections

Shalem Institute for Spiritual Formation Washington DC \$10,000

To expand the Young Adult Contemplative Living and Leadership Initiative

University of Redlands Redlands CA \$4,300

To continue and expand the access of at-risk students to meditation

University of St. Thomas Project for Mindfulness and Contemplation St. Paul MN \$4,954

For stipends and supplies to launch a meditation program at a campus wellness center

Vinland National Center Loretto MN \$4,500

To train additional staff in the specially developed curriculum to serve the 20 bed expansion opening spring 2013

World Community for Christian Meditation - USA Oro Valley AZ \$15,000

For support of the John Main Center for Meditation and Interfaith Dialogue at Georgetown University

Wisdom Ways, Carondelet Center St Paul MN \$335

For a lecture by Laurence Freeman

The
Trust *for the*
MEDITATION
PROCESS

WHAT WE LOOK FOR

Here are some of the key questions we ask when evaluating a proposal:

Is the project within our mission?

- Does it initiate, expand or enhance meditation instruction, practice or understanding?
- Does it have a Christian audience, draw from Christian contemplative traditions, or further dialogue and cooperation among contemplative traditions in all religions?
- Does the project focus on meditation practice rather than another aspect or method of prayer or spiritual development?

Is it of the highest quality?

- Does it use a recognized teacher, speaker or leader with appropriate training and an extensive personal meditation practice?
- Is the quality of teaching and the meditation experience central to the project?

What kind and level of impact might the project make?

- Does the project have a specific audience in mind as well as specific plans for reaching them?
- Is it reaching new or underserved audiences or audiences where the need is especially great or the potential for impact significant? Possibilities include young people, people facing illness, trauma or loss, people in poverty or in prison, and people dealing with addictions.
- For ongoing meditation groups, is the effort developing a meditation community that might ultimately be self-sustaining?
- Will a small grant such as ours make a significant difference to the project?

What is the administrative capacity of the sponsoring organization?

- Does the project have the support of the organization's leadership?
- Is the organization sufficiently organized and funded to achieve its goals?
- Where appropriate, has the organization evaluated the project's potential for income generation?
- Does the organization show efforts to evaluate and adapt their work?

TRUST FOR THE MEDITATION PROCESS

**REQUIRED STATEMENT UNDER REG. 53.4945-5 (d)
TO MEET THE REQUIREMENTS OF SECTION 4945 (h)**
Verification of Expenditure Responsibility

Grantee: Contemplative Society

**Address: PO Box 23031 Cook St.
Victoria British Columbia
Canada V8V 4Z8**

Grant Date: 6-14-2013

Grant Amount: US\$5,000

Grant Purpose: For a re-branding project and website redesign

Amounts expended by grantee: US\$5,000
(Based on last report received)

Has the grantee diverted any portion of the funds from the purpose of the grant? **No .**

Dates of any reports received from grantee: **March 2014**

Was any verification of the grantee reports deemed necessary? **No.**

If so, state the date and results of such verification:

BY: Martha Bolinger
TITLE: Director DATE: August 20, 2014

This form must be attached to Form 990 until grantee has reported in full on all granted funds.

TRUST FOR THE MEDITATION PROCESS

**REQUIRED STATEMENT UNDER REG. 53.4945-5 (d)
TO MEET THE REQUIREMENTS OF SECTION 4945 (h)**
Verification of Expenditure Responsibility

Grantee: Canadian Christian Meditation Community

Address: 58 Thatcher Drive
Winnipeg, Manitoba
Canada R3T 2LC

Grant Date: 6-14-2013

Grant Amount: US\$3,050

Grant Purpose: For World Community for Christian Meditation national conference participation and two Schools for Teachers

Amounts expended by grantee: US\$3,050
(Based on last report received)

Has the grantee diverted any portion of the funds from the purpose of the grant? **No .**

Dates of any reports received from grantee: **March 2014**

Was any verification of the grantee reports deemed necessary? **No.**

If so, state the date and results of such verification:

BY: Martha Bolinger
TITLE: Director **DATE:** August 20, 2014

This form must be attached to Form 990 until grantee has reported in full on all granted funds.

TRUST FOR THE MEDITATION PROCESS

**REQUIRED STATEMENT UNDER REG. 53.4945-5 (d)
TO MEET THE REQUIREMENTS OF SECTION 4945 (h)
Verification of Expenditure Responsibility**

Grantee: Coromandel Christian Trust

**Address: 17 Welsh Hills Rd
Swanson Waitakere
0614 New Zealand**

Grant Date: 6-14-2013

Grant Amount: US\$2,000

Grant Purpose: For travel to Richard Rohr's Living School of Contemplation and Action

Amounts expended by grantee: US\$2,000
(Based on last report received)

Has the grantee diverted any portion of the funds from the purpose of the grant? **No .**

Dates of any reports received from grantee: **March 2014**

Was any verification of the grantee reports deemed necessary? **No.**

If so, state the date and results of such verification:

BY: Martha Bolinger
TITLE: Director DATE: August 20, 2014

This form must be attached to Form 990 until grantee has reported in full on all granted funds.

TRUST FOR THE MEDITATION PROCESS

**REQUIRED STATEMENT UNDER REG. 53.4945-5 (d)
TO MEET THE REQUIREMENTS OF SECTION 4945 (h)**
Verification of Expenditure Responsibility

Grantee: Meditation Chretienne du Quebec

**Address: 7400 Boulevard St. Laurent #513
Montreal, Quebec
Canada H2R 2Y1**

Grant Date: 06-14/2013

Grant Amount: US\$839

Grant Purpose: For office equipment

Amounts expended by grantee: US\$839
(Based on last report received)

Has the grantee diverted any portion of the funds from the purpose of the grant? **No**

Dates of any reports received from grantee: **March 2014**

Was any verification of the grantee reports deemed necessary? **No**

If so, state the date and results of such verification:

BY: Martha Bolinger
TITLE: Director DATE: August 20, 2014

This form must be attached to Form 990 until grantee has reported in full on all granted funds.



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TAXES WITHHELD (continued)

DATE	DESCRIPTION	AMOUNT	COMMENTS
01/02/13	NEXEN INC	-	
TOTAL TAXES WITHHELD			
		-	
		\$1.03	
		\$6.40	

SCHEDULE OF REALIZED GAINS AND LOSSES

	THIS YEAR
Total Realized Gain or Loss	68,213.17
Short-term	15,275.98
Long-term	52,937.19

QUANTITY	DESCRIPTION	SYMBOL	OPEN DATE	NET COST	CLOSE DATE	NET PROCEEDS	REALIZED GAIN/LOSS
Short Term							
9,000	AFFILIATED MANAGERS GROUP INC	AMG	04/15/13	1,360.98	08/07/13	1,631.64	270.66
68,000	AFFILIATED MANAGERS GROUP INC	AMG	04/15/13	10,282.96	08/22/13	11,995.33	1,712.37
12,000	AGCO CORP	AGCO	04/15/13	585.93	05/14/13	678.11	92.18
15,000	AMERICAN CAPITAL AGENCY CORP COMMON STOCK	AGNC	07/02/12	502.47	04/15/13	483.00	-19.47
19,000	ANNALY CAPITAL MANAGEMENT INC	NLY	08/06/12	319.20	04/15/13	299.24	-19.96
230,000	BOSTON SCIENTIFIC CORP	BSX	07/26/12	1,149.66	04/15/13	1,752.79	603.13
21,000	CENTENE CORP DEL	CNC	04/15/13	981.69	04/24/13	992.27	10.58
16,000	CENTENE CORP DEL	CNC	04/15/13	747.95	07/09/13	880.30	132.35
16,000	CENTENE CORP DEL	CNC	04/15/13	747.95	07/26/13	902.65	154.70
26,000	CHICAGO BRIDGE & IRON CO NV	CBI	04/15/13	1,381.67	12/31/13	2,142.86	761.19
90,000	CINEMARK HLDGS INC	CNK	02/04/13	2,521.39	04/15/13	2,611.74	90.35
29,000	COLUMBIA SPORTSWEAR CO	COLM	04/15/13	1,702.59	07/09/13	1,886.60	184.01
39,000	COLUMBIA SPORTSWEAR CO	COLM	04/15/13	2,289.69	07/26/13	2,499.00	209.31
98,000	COLUMBIA SPORTSWEAR CO	COLM	04/15/13	5,753.58	08/07/13	6,211.03	457.45
18,000	FLORESERVE CORP	FLS	04/15/13	941.46	12/31/13	1,412.28	470.82
24,000	GENUINE PARTS CO	GPC	12/17/12	1,509.84	04/15/13	1,830.20	320.36
38,000	H J HEINZ CO	423074103	04/16/12	2,000.55	04/15/13	2,747.77	747.22
31,000	ITC HOLDINGS CORP	ITC	12/14/12	2,419.27	04/15/13	2,846.66	427.39
56,000	KOHL'S CORP	KSS	02/06/13	2,568.79	04/15/13	2,676.74	107.95
27,000	KOHL'S CORP	KSS	02/14/13	1,262.17	04/15/13	1,290.57	28.40
46,000	NATIONAL FUEL GAS CO	NFG	12/18/12	2,446.97	04/15/13	2,691.85	244.88

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QUANTITY	DESCRIPTION	SYMBOL	OPEN DATE	NET COST	CLOSE DATE	NET PROCEEDS	REALIZED GAIN/LOSS
Short Term							
23.000	NATIONAL FUEL GAS CO	NFG	02/11/13	1,300.21	04/15/13	1,345.93	45.72
39.000	NORDSON CORP	NDSN	04/15/13	2,597.79	07/26/13	2,804.29	206.50
22.000	NORDSON CORP	NDSN	04/15/13	1,465.42	08/07/13	1,602.57	137.15
63.000	NORDSON CORP	NDSN	04/15/13	4,196.43	10/31/13	4,593.29	396.86
27.000	OGE ENERGY CORP	OGE	04/15/13	947.56	07/26/13	1,016.80	69.24
16.000	OGE ENERGY CORP	OGE	04/15/13	561.52	11/12/13	602.46	40.94
15.000	OLD REPUBLIC INTL CORP	ORI	05/22/12	142.64	04/15/13	192.47	49.83
66.000	OLD REPUBLIC INTL CORP	ORI	11/16/12	651.85	04/15/13	846.86	195.01
20.000	PENTAIR LTD SHS	PNR	04/15/13	1,042.37	12/31/13	1,549.62	507.25
175.000	REGAL ENTERTAINMENT GROUP CL A	RGC	12/18/12	2,438.66	04/15/13	2,999.45	560.79
86.000	REGAL ENTERTAINMENT GROUP CL A	RGC	01/16/13	1,253.26	04/15/13	1,474.01	220.75
18.000	ROCKWELL COLLINS INC	COL	03/08/13	1,094.31	04/15/13	1,115.62	21.31
18.000	SAFEWAY INC	SWY	04/15/13	475.89	07/26/13	466.02	-9.87
51.000	SAFEWAY INC	SWY	04/15/13	1,348.36	09/18/13	1,580.49	232.13
85.000	SAFEWAY INC	SWY	04/15/13	2,247.27	09/24/13	2,737.48	490.21
211.000	SAIC INC	78390X101	01/23/13	2,535.90	04/15/13	2,926.82	390.92
115.000	SAIC INC	78390X101	02/14/13	1,372.79	04/15/13	1,595.18	222.39
159.000	SMITHFIELD FOODS INC	832248108	04/15/13	4,036.85	05/30/13	5,262.80	1,225.95
263.000	SMITHFIELD FOODS INC	832248108	04/15/13	6,677.31	06/06/13	8,653.20	1,975.89
34.000	SONOCO PRODUCTS CO	SON	07/12/12	1,006.46	04/15/13	1,179.78	173.32
5.000	SPDR GOLD TR GOLD SHS	GLD	07/26/12	782.90	04/15/13	666.38	-116.52
38.000	SUN COMMUNITIES INC	SUI	09/24/12	1,687.67	04/15/13	1,846.83	159.16
78.000	SYSCO CORP	SYV	09/28/12	2,436.41	04/15/13	2,684.27	247.86
38.000	SYSCO CORP	SYV	11/05/12	1,166.92	04/15/13	1,307.72	140.80
38.000	SYSCO CORP	SYV	12/27/12	1,197.00	04/15/13	1,307.72	110.72
138.000	TECO ENERGY INC	TE	09/28/12	2,441.19	04/15/13	2,529.69	88.50
67.000	TECO ENERGY INC	TE	11/08/12	1,150.12	04/15/13	1,228.18	78.06
14.000	TECO ENERGY INC	TE	02/05/13	237.16	04/15/13	256.64	19.48
30.000	THOR INDUSTRIES INC	THO	04/15/13	1,090.95	06/17/13	1,459.20	368.25
11.000	THOR INDUSTRIES INC	THO	04/15/13	400.02	07/09/13	563.22	163.20
78.000	TIMKEN CO	TKR	04/15/13	4,092.47	04/24/13	4,063.98	-28.49
32.000	TIMKEN CO	TKR	04/15/13	1,678.96	05/10/13	1,813.84	134.88



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QUANTITY	DESCRIPTION	SYMBOL	OPEN DATE	NET COST	CLOSE DATE	NET PROCEEDS	REALIZED GAIN/LOSS
Short Term							
38,000	TRINITY INDUSTRIES INC	TRN	04/15/13	1,528.27	09/10/13	1,705.54	177.27
46,000	TRINITY INDUSTRIES INC	TRN	04/15/13	1,850.01	12/31/13	2,530.04	680.03
109,000	VERIFONE SYSTEMS INC	PAY	01/24/13	3,838.79	04/15/13	2,245.61	-1,593.18
24,000	W R GRACE & CO-DEL NEW	GRA	04/19/12	1,345.49	04/15/13	1,750.52	405.03
30,000	XEROX CORP	XRK	07/26/12	195.60	04/15/13	270.34	74.74
7,000	ZIMMER HOLDINGS INC	ZMH	01/11/13	497.73	04/15/13	525.76	28.03
Short Term Subtotal							15,275.98
Long Term							
117,000	AMERICAN CAPITAL AGENCY CORP COMMON STOCK	AGNC	06/23/11	3,358.40	04/15/13	3,767.43	409.03
67,000	AMERICAN CAPITAL AGENCY CORP COMMON STOCK	AGNC	04/04/12	2,011.17	04/15/13	2,157.42	146.25
7,000	ANALOG DEVICES INC	ADI	12/02/09	212.88	02/04/13	310.32	97.44
30,000	ANALOG DEVICES INC	ADI	12/02/09	912.34	02/25/13	1,368.95	456.61
18,000	ANALOG DEVICES INC	ADI	12/02/09	547.40	04/15/13	797.11	249.71
67,000	ANALOG DEVICES INC	ADI	12/15/09	2,043.50	04/15/13	2,967.03	923.53
82,000	ANNALY CAPITAL MANAGEMENT INC	NLY	02/10/09	1,242.30	04/15/13	1,291.47	49.17
107,000	ANNALY CAPITAL MANAGEMENT INC	NLY	08/19/09	1,812.57	04/15/13	1,685.21	-127.36
107,000	ANNALY CAPITAL MANAGEMENT INC	NLY	09/29/09	1,961.81	04/15/13	1,685.21	-276.60
37,000	ANNALY CAPITAL MANAGEMENT INC	NLY	02/04/10	661.93	04/15/13	582.74	-79.19
11,000	AVERY DENNISON CORP	AVY	01/28/11	455.13	04/15/13	461.55	6.42
45,000	AVERY DENNISON CORP	AVY	03/04/11	1,870.56	04/15/13	1,888.15	17.59
20,000	AVERY DENNISON CORP	AVY	08/23/11	519.00	04/15/13	839.18	320.18
100,000	BARCOCK & WILCOX CO	BWC	09/13/10	2,198.37	04/15/13	2,685.19	486.82
44,000	BARCOCK & WILCOX CO	BWC	06/06/11	1,211.70	04/15/13	1,181.48	-30.22
182,000	BOSTON SCIENTIFIC CORP	BSX	03/08/11	1,363.47	04/15/13	1,386.99	23.52
239,000	BOSTON SCIENTIFIC CORP	BSX	03/11/11	1,790.21	04/15/13	1,821.37	31.16
206,000	BRANDYWINE REALTY TRUST-SBI	BDN	12/24/08	1,332.71	04/15/13	3,077.78	1,745.07
81,000	BROADRIDGE FINANCIAL SOLUTIONS INC	BR	12/24/08	974.43	11/12/13	2,928.84	1,954.41
31,000	BROADRIDGE FINANCIAL SOLUTIONS INC	BR	12/24/08	372.93	12/13/13	1,196.88	823.95
161,000	CABLEVISION SYSTEMS CORP-CL A CABLEVISION NY GROUP COM	CVC	12/24/08	1,452.01	04/15/13	2,360.37	908.36

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Long Term							
75.000	CABLEVISION SYSTEMS CORP-CL A CABLEVISION NY GROUP COM	CVC	08/23/11	1,260.75	04/15/13	1,099.55	-161.20
4.000	CHUBB CORP	CB	06/10/09	164.81	04/15/13	355.03	190.22
62.000	CHUBB CORP	CB	08/05/09	2,958.63	04/15/13	5,502.99	2,544.36
14.000	CLOROX CO	CLX	11/09/09	858.38	04/15/13	1,240.37	381.99
35.000	CLOROX CO	CLX	11/18/09	2,105.85	04/15/13	3,100.93	995.08
69.000	DUKE ENERGY CORPORATION HOLDING COMPANY	DUK	12/24/08	3,055.29	04/15/13	5,056.20	2,000.91
30.000	ENDURANCE SPECIALTY HOLDINGS LTD	ENH	12/24/08	865.50	04/15/13	1,438.47	572.97
85.000	ENDURANCE SPECIALTY HOLDINGS LTD	ENH	05/07/09	2,174.47	04/15/13	4,075.65	1,901.18
16.000	ENDURANCE SPECIALTY HOLDINGS LTD	ENH	08/19/09	546.34	04/15/13	767.18	220.84
28.000	ENERGY CORP NEW	ETR	12/24/08	2,271.64	04/15/13	1,949.59	-322.05
20.000	ENERGY CORP NEW	ETR	11/16/10	1,439.00	04/15/13	1,392.57	-46.43
89.310	EXELON CORPORATION	EXC	10/10/11	3,631.17	04/15/13	3,235.76	-395.41
30.690	EXELON CORPORATION	EXC	11/21/11	1,295.36	04/15/13	1,111.92	-183.44
48.000	FIRST AMERICAN FINANCIAL CORPORATION	FAF	01/10/11	711.63	04/15/13	1,270.12	558.49
93.000	FIRST AMERICAN FINANCIAL CORPORATION	FAF	04/01/11	1,526.80	04/15/13	2,460.85	934.05
53.000	GENUINE PARTS CO	GPC	10/15/10	2,526.17	04/15/13	4,041.68	1,515.51
27.000	H J HEINZ CO	423074103	11/16/09	1,139.50	04/15/13	1,952.36	812.86
41.000	H J HEINZ CO	423074103	12/02/09	1,781.18	04/15/13	2,964.70	1,183.52
42.000	HAEMONETICS CORP-MASS	HAE	03/15/11	1,321.46	04/15/13	1,698.86	377.40
16.000	HAEMONETICS CORP-MASS	HAE	04/07/11	528.91	04/15/13	647.19	118.28
2.000	HAEMONETICS CORP-MASS	HAE	04/08/11	66.13	04/15/13	80.90	14.77
10.000	HAEMONETICS CORP-MASS	HAE	04/18/11	330.75	04/15/13	404.49	73.74
26.000	HAEMONETICS CORP-MASS	HAE	05/20/11	859.95	04/15/13	1,051.68	191.73
20.000	HASBRO INC	HAS	12/24/08	585.37	04/15/13	888.00	302.63
82.000	HASBRO INC	HAS	12/02/09	2,503.13	04/15/13	3,640.79	1,137.66
29.000	HASBRO INC	HAS	03/18/10	1,104.22	04/15/13	1,287.60	183.38
69.000	HCP INC	HCP	12/24/08	1,622.13	04/15/13	3,563.77	1,941.64
30.000	HCP INC	HCP	10/21/11	1,123.86	04/15/13	1,549.46	425.60
25.000	HEALTH CARE REIT INC	HCN	12/24/08	907.75	04/15/13	1,785.96	878.21
30.000	HEALTH CARE REIT INC	HCN	11/16/10	1,281.01	04/15/13	2,143.15	862.14



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Long Term							
23.000	HEALTH CARE REIT INC	HCN	02/29/12	1,224.06	04/15/13	1,643.08	419.02
78.000	HUDSON CITY BANCORP INC	HCBK	09/23/10	944.88	04/15/13	641.26	-303.62
12.000	HUDSON CITY BANCORP INC	HCBK	10/27/10	137.52	04/15/13	98.66	-38.86
21.000	HUDSON CITY BANCORP INC	HCBK	10/28/10	240.66	04/15/13	172.65	-68.01
178.000	HUDSON CITY BANCORP INC	HCBK	11/03/10	2,050.38	04/15/13	1,463.39	-586.99
104.000	HUDSON CITY BANCORP INC	HCBK	01/19/11	1,279.19	04/15/13	855.01	-424.18
106.000	INVESCO LTD	IVZ	01/18/11	2,650.79	04/15/13	3,143.90	493.11
54.000	INVESCO LTD	IVZ	02/17/11	1,478.92	04/15/13	1,601.61	122.69
10.000	INVESCO LTD	IVZ	08/23/11	166.30	04/15/13	296.59	130.29
15.000	M & T BANK CORP	MTB	10/13/11	1,122.03	04/15/13	1,488.26	366.23
18.000	M & T BANK CORP	MTB	10/17/11	1,345.47	04/15/13	1,785.92	440.45
21.000	M & T BANK CORP	MTB	10/19/11	1,520.55	04/15/13	2,083.57	563.02
42.000	MATTEL INC	MAT	03/10/10	958.25	04/15/13	1,840.00	881.75
90.000	MATTEL INC	MAT	04/21/10	2,113.20	04/15/13	3,942.87	1,829.67
14.000	MCKESSON CORP	MCK	05/17/10	952.69	04/15/13	1,514.48	561.79
37.000	MCKESSON CORP	MCK	11/01/10	2,481.09	04/15/13	4,002.57	1,521.48
40.000	NEW YORK COMMUNITY BANCORP INC	NYCB	12/03/09	479.88	04/15/13	539.99	60.11
126.000	NEW YORK COMMUNITY BANCORP INC	NYCB	12/08/09	1,597.76	04/15/13	1,700.96	103.20
88.000	NEW YORK COMMUNITY BANCORP INC	NYCB	12/21/09	1,250.68	04/15/13	1,187.97	-62.71
110.000	NEW YORK COMMUNITY BANCORP INC	NYCB	10/26/11	1,417.85	04/15/13	1,484.96	67.11
87.000	NEXEN INC	65334H102	08/18/11	1,739.72	03/01/13	2,392.50	652.78
25.000	NEXEN INC	65334H102	08/23/11	508.75	03/01/13	687.50	178.75
9.000	NEXEN INC	65334H102	02/17/12	182.14	03/01/13	247.50	65.36
15.000	NEXEN INC	65334H102	02/21/12	303.75	03/01/13	412.50	108.75
137.000	NISOURCE INC COM	NI	12/24/08	1,446.72	04/15/13	4,184.02	2,737.30
265.000	OLD REPUBLIC INTL CORP	ORI	12/24/08	2,851.40	04/15/13	3,400.26	548.86
10.000	OLD REPUBLIC INTL CORP	ORI	08/23/11	92.40	04/15/13	128.31	35.91
17.000	OMNICOM GROUP INC	OMC	04/27/10	731.67	04/15/13	1,010.63	278.96
49.000	OMNICOM GROUP INC	OMC	05/17/10	1,996.23	04/15/13	2,912.98	916.75
26.000	OMNICOM GROUP INC	OMC	08/25/11	1,004.23	04/15/13	1,545.67	541.44
5.000	OMNICOM GROUP INC	OMC	08/25/11	218.68	04/15/13	297.24	78.56
27.000	ROCKWELL COLLINS INC	COL	12/24/08	973.62	04/15/13	1,673.42	699.80
20.000	ROCKWELL COLLINS INC	COL	02/03/11	1,309.89	04/15/13	1,239.57	-70.32
19.000	SCANA CORPORATION NEW	SCG	02/10/09	652.65	04/15/13	993.87	341.22
56.000	SCANA CORPORATION NEW	SCG	04/09/09	1,708.25	04/15/13	2,929.29	1,221.04

TRUST FOR MEDITATION PROCESS
SOUTHERNSUN

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QUANTITY	DESCRIPTION	SYMBOL	OPEN DATE	NET COST	CLOSE DATE	NET PROCEEDS	REALIZED GAIN/LOSS
Long Term							
20,000	SCANA CORPORATION NEW	SCC	11/16/10	811.20	04/15/13	1,046.17	234.97
12,000	SEMPRA ENERGY	SRE	12/24/08	476.28	04/15/13	984.10	507.82
58,000	SEMPRA ENERGY	SRE	05/04/10	2,847.06	04/15/13	4,756.47	1,909.41
61,000	SONOCO PRODUCTS CO	SON	09/22/11	1,838.50	04/15/13	2,116.66	278.16
25,000	SONOCO PRODUCTS CO	SON	07/12/12	753.05	04/15/13	867.48	114.43
2,000	SPDR GOLD TR GOLD SHS	GLD	12/24/08	165.80	01/04/13	320.14	154.34
15,000	SPDR GOLD TR GOLD SHS	GLD	02/09/09	1,320.29	01/04/13	2,401.07	1,080.78
12,000	SPDR GOLD TR GOLD SHS	GLD	10/14/09	1,252.16	01/04/13	1,920.85	668.69
26,000	SPDR GOLD TR GOLD SHS	GLD	10/14/09	2,713.02	04/15/13	3,465.20	752.18
23,000	ST JUDE MEDICAL INC	STJ	12/24/08	742.67	04/15/13	967.62	224.95
24,000	ST JUDE MEDICAL INC	STJ	02/27/09	813.97	04/15/13	1,009.69	195.72
50,000	ST JUDE MEDICAL INC	STJ	10/15/10	1,989.79	04/15/13	2,103.53	113.74
28,000	ST JUDE MEDICAL INC	STJ	02/08/11	1,245.16	04/15/13	1,177.98	-67.18
40,000	SUN COMMUNITIES INC	SUI	01/13/12	1,459.64	04/15/13	1,944.03	484.39
33,000	SUN COMMUNITIES INC	SUI	02/23/12	1,303.76	04/15/13	1,603.83	300.07
127,000	SUNTRUST BANKS INC	STI	10/19/11	2,407.21	04/15/13	3,581.51	1,174.30
78,000	SUNTRUST BANKS INC	STI	10/25/11	1,483.09	04/15/13	2,199.67	716.58
146,000	TELEPHONE & DATA SYSTEM INC	TDS	12/24/08	4,027.48	04/15/13	3,137.61	-889.87
5,000	TELEPHONE & DATA SYSTEM INC	TDS	08/23/11	114.95	04/15/13	107.45	-7.50
38,000	W R GRACE & CO-DEL NEW	GRA	02/02/12	2,048.43	04/15/13	2,771.66	723.23
28,000	XCEL ENERGY INC	XEL	12/24/08	500.08	01/22/13	766.34	266.26
93,000	XCEL ENERGY INC	XEL	12/24/08	1,660.98	04/15/13	2,854.10	1,193.12
204,000	XEROX CORP	XRX	12/24/08	1,728.90	04/15/13	1,838.30	109.40
169,000	XEROX CORP	XRX	03/04/10	1,599.59	04/15/13	1,522.91	-76.68
198,000	XEROX CORP	XRX	03/18/10	1,936.44	04/15/13	1,784.24	-152.20
121,000	XEROX CORP	XRX	12/13/10	1,452.00	04/15/13	1,090.37	-361.63
30,000	ZIMMER HOLDINGS INC	ZMH	12/24/08	1,173.60	04/15/13	2,253.25	1,079.65
5,000	ZIMMER HOLDINGS INC	ZMH	09/21/10	259.35	04/15/13	375.54	116.19
23,000	ZIMMER HOLDINGS INC	ZMH	02/03/11	1,390.81	04/15/13	1,727.49	336.68
Long Term Subtotal							52,937.19
TOTAL REALIZED GAIN OR LOSS							68,213.17

TRUST FOR MEDITATION PROCESS
WENTWORTH IG



DATE	DESCRIPTION	AMOUNT	COMMENTS
12/24/13	SUNCOR ENERGY INC	-\$15.80	
04/02/13	TALISMAN ENERGY INC	-\$2.83	
06/28/13	TALISMAN ENERGY INC	-\$2.83	
09/30/13	TALISMAN ENERGY INC	-\$4.15	
12/31/13	TALISMAN ENERGY INC	-\$4.15	
07/03/13	TECK RESOURCES LIMITED	-\$9.26	
03/13/13	UNILEVER N V	-\$14.56	
06/12/13	UNILEVER N V	-\$12.05	
09/12/13	UNILEVER N V	-\$12.23	
12/11/13	UNILEVER N V	-\$12.68	
05/07/13	VALE S A	-\$41.19	
11/11/13	VALE S A	-\$73.54	
TOTAL TAXES WITHHELD		-\$906.89	

SCHEDULE OF REALIZED GAINS AND LOSSES

Total Realized Gain or Loss	THIS YEAR
	73,914.51
Short-term	506.71
Long-term	73,407.80

	QUANTITY	DESCRIPTION	SYMBOL	OPEN DATE	NET COST	CLOSE DATE	NET PROCEEDS	REALIZED GAIN/LOSS
Short Term								
	45.000	EATON CORPORATION PLC	ETN	11/30/12	2,335.75	04/05/13	2,661.15	325.40
	25.000	EATON CORPORATION PLC	ETN	11/30/12	1,297.64	04/24/13	1,469.21	171.57
	65.000	TRANSOCEAN LTD US LISTED	RIG	08/07/13	3,155.69	10/28/13	3,165.43	9.74
Short Term Subtotal								506.71



RBC Wealth Management

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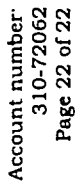


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QUANTITY	DESCRIPTION	SYMBOL	OPEN DATE	NET COST	CLOSE DATE	NET PROCEEDS	REALIZED GAIN/LOSS
Long Term							
45.000	AGRIUM INC	AGU	12/30/08	1,459.69	04/05/13	4,325.39	2,865.70
0.666	ALLEGION PUBLIC LIMITED COMPANY	ALLE	06/30/09	7.88	12/06/13	27.31	19.43
90.000	BASF SE ADR	BASFY	12/22/08	3,262.50	04/05/13	7,838.82	4,576.32
10.000	BASF SE ADR	BASFY	12/22/08	362.50	04/24/13	857.48	494.98
40.000	BHP BILLITON LTD SPONSORED ADR	BHP	12/22/08	1,565.48	04/05/13	2,685.99	1,120.51
35.000	BHP BILLITON LTD SPONSORED ADR	BHP	12/22/08	1,369.80	04/24/13	2,314.84	945.04
30.000	BRITISH AMERICAN TOBACCO PLC SPONSORED ADR	BTI	12/22/08	1,539.60	04/24/13	3,256.12	1,716.52
85.000	CAMERON INTERNATIONAL CORPORATION	CAM	12/22/08	1,555.25	04/05/13	5,203.71	3,648.46
20.000	CAMERON INTERNATIONAL CORPORATION	CAM	12/22/08	365.94	04/24/13	1,254.77	888.83
45.000	CANADIAN NATIONAL RAILWAY CO	CNI	12/22/08	1,543.40	04/05/13	4,329.94	2,786.54
20.000	CANADIAN NATIONAL RAILWAY CO	CNI	12/22/08	685.96	04/24/13	1,907.15	1,221.19
115.000	CANADIAN PACIFIC RAILWAY LTD	CP	12/22/08	3,618.53	04/05/13	13,792.79	10,174.26
20.000	CANADIAN PACIFIC RAILWAY LTD	CP	12/22/08	629.31	04/24/13	2,423.74	1,794.43
25.000	CORE LABORATORIES NV	CLB	12/22/08	685.00	04/05/13	3,319.17	2,634.17
15.000	CORE LABORATORIES NV	CLB	12/22/08	411.00	04/24/13	2,163.40	1,752.40
30.000	DIAGEO PLC-SPONSORED ADR	DEO	12/22/08	1,654.20	04/05/13	3,682.71	2,028.51
20.000	DIAGEO PLC-SPONSORED ADR	DEO	12/22/08	1,102.80	04/24/13	2,424.34	1,321.54
50.000	ENSGEN ENERGY SERVICES INC	ESVIF	12/22/08	460.19	04/24/13	827.65	367.46
80.000	INGERSOLL RAND PLC	IR	06/30/09	1,552.80	04/05/13	4,322.31	2,769.51
35.000	INGERSOLL RAND PLC	IR	06/30/09	679.35	04/24/13	1,899.05	1,219.70
530.000	NABORS INDUSTRIES LTD	NBR	12/22/08	5,621.11	07/16/13	7,859.97	2,238.86
130.000	NESTLE SA-SPONSORED ADR	NSRGY	12/22/08	4,820.40	04/05/13	9,397.48	4,577.08
20.000	NESTLE SA-SPONSORED ADR	NSRGY	12/22/08	741.60	04/24/13	1,409.96	668.36

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TRUST FOR MEDITATION PROCESS
TEMPLETON GLOBAL BOND



Long-term capital gains distributions	
DESCRIPTION	AMOUNT
TEMPLETON GLOBAL BOND FUND ADVISOR CL	\$93.30
Total Long-term capital gains distributions	\$93.30
TOTAL TAXABLE INCOME	\$20,856.28

SCHEDULE OF REALIZED GAINS AND LOSSES

Total Realized Gain or Loss	306.27	THIS YEAR
Short-term	0.00	
Long-term	306.27	

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TRUST FOR MEDITATION PROCESS
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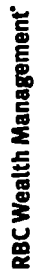
TAXES WITHHELD
(continued)

DATE	DESCRIPTION	AMOUNT	COMMENTS
12/11/13	UNILEVER N V	-	\$27.58
	TOTAL TAXES WITHHELD	-	\$247.32

SCHEDULE OF REALIZED GAINS AND LOSSES

	THIS YEAR
Total Realized Gain or Loss	51,130.26
Short-term	-1,497.45
Long-term	52,627.71

QUANTITY	DESCRIPTION	SYMBOL	OPEN DATE	NET COST	CLOSE DATE	NET PROCEEDS	REALIZED GAIN/LOSS
Short Term							
115,000	CISCO SYSTEMS INC	CSCO	09/11/12	2,195.04	04/24/13	2,338.01	142.97
100,000	DIAMOND OFFSHORE DRILLING INC	DO	02/05/13	7,371.17	12/11/13	5,730.75	-1,640.42
	Short Term Subtotal						-1,497.45
Long Term							
70,000	ALTRIA GROUP INC	MO	11/29/10	1,696.00	04/24/13	2,483.54	787.54
40,000	ASTRAZENECA PLC SPONSORED ADR	AZN	11/29/10	1,897.14	04/24/13	2,065.95	168.81
30,000	AT&T INC	T	11/29/10	828.90	04/24/13	1,101.27	272.37
60,000	BOEING CO	BA	12/19/08	2,474.88	04/24/13	5,468.27	2,993.39
10,000	DIAGEO PLC--SPONSORED ADR	DEO	12/19/08	565.30	04/24/13	1,211.77	646.47
45,000	DOMINION RESOURCES INC VA NEW	D	11/29/10	1,864.28	04/24/13	2,746.28	882.00
55,000	E I DU PONT DE NEMOURS & CO	DD	11/29/10	2,538.17	04/24/13	2,887.98	349.81
55,000	ELI LILLY & CO	LLY	12/19/08	2,096.00	04/24/13	3,105.78	1,009.78
50,000	GENUINE PARTS CO	GPC	11/29/10	2,393.38	04/24/13	3,693.92	1,300.54
145,000	H J HEINZ CO	423074103	05/05/10	6,760.93	04/24/13	10,497.91	3,736.98
56,000	H J HEINZ CO	423074103	05/05/10	2,611.12	06/10/13	4,060.00	1,448.88
164,000	H J HEINZ CO	423074103	11/29/10	7,871.75	06/10/13	11,890.00	4,018.25
75,000	HCP INC	HCP	11/29/10	2,343.79	04/24/13	3,986.91	1,643.12
75,000	HEALTH CARE REIT INC	HCN	11/29/10	3,238.47	04/24/13	5,527.37	2,288.90



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QUANTITY	DESCRIPTION	SYMBOL	OPEN DATE	NET COST	CLOSE DATE	NET PROCEEDS	REALIZED GAIN/LOSS
Long Term							
25.000	HSBC HOLDINGS PLC SPONSORED ADR	HSBC	11/29/10	1,269.00	04/24/13	1,329.47	60.47
50.000	JOHNSON & JOHNSON	JNJ	11/29/10	3,080.50	04/24/13	4,241.90	1,161.40
50.000	JPMORGAN CHASE & CO	JPM	03/26/12	2,294.89	04/24/13	2,439.44	144.55
60.000	KIMBERLY CLARK CORP	KMB	11/29/10	3,670.11	04/24/13	6,253.05	2,582.94
20.000	KIMBERLY CLARK CORP	KMB	11/29/10	1,223.37	06/27/13	1,957.36	733.99
296.000	KRAFT FOODS GROUP INC COM	KRFT	11/29/10	9,335.48	12/16/13	15,674.99	6,339.51
65.000	MICROSOFT CORP	MSFT	11/29/10	1,630.85	04/24/13	2,023.40	392.55
890.000	MONDELEZ INTERNATIONAL INC COM	MDLZ	11/29/10	17,307.80	03/22/13	26,441.66	9,133.86
40.000	NEXTERA ENERGY INC	NEE	12/19/08	2,043.60	04/24/13	3,221.12	1,177.52
10.000	PHILIP MORRIS INTERNATIONAL INC	PM	11/29/10	576.80	04/24/13	946.27	369.47
50.000	THE TRAVELERS COMPANIES INC	TRV	11/29/10	2,689.43	04/24/13	4,281.90	1,592.47
70.000	UNILEVER N V YORK SHS ADR	UN	06/10/09	1,756.09	04/24/13	2,947.63	1,191.54
425.000	VERIZON COMMUNICATIONS	VZ	11/29/10	13,552.62	02/11/13	18,797.32	5,244.70
40.000	3M COMPANY	MMM	11/29/10	3,338.00	04/24/13	4,293.90	955.90
Long Term Subtotal							52,627.71
TOTAL REALIZED GAIN OR LOSS							51,130.26



RBC Wealth Management

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ACTIVITY DETAIL

TAXES WITHHELD

DATE	DESCRIPTION	AMOUNT	COMMENTS
06/05/13	SANOFI	-\$268.33	
07/22/13	SANOFI	-\$262.50	
07/22/13	SANOFI	\$268.33	
as of 06/05/13			
03/13/13	UNILEVER N V	-\$19.90	
06/12/13	UNILEVER N V	-\$19.12	
09/12/13	UNILEVER N V	-\$19.40	
TOTAL TAXES WITHHELD		-\$320.92	

SCHEDULE OF REALIZED GAINS AND LOSSES

	THIS YEAR
Total Realized Gain or Loss	74,447.77
Short-term	3,236.93
Long-term	71,210.84

QUANTITY	DESCRIPTION	SYMBOL	OPEN DATE	NET COST	CLOSE DATE	NET PROCEEDS	REALIZED GAIN/LOSS
Short Term							
21,000	ACCENTURE PLC IRELAND SHS CL A	ACN	04/24/13	1,627.90	09/12/13	1,573.75	-54.15
26,000	AMERICAN EXPRESS COMPANY	AXP	01/28/13	1,535.37	04/24/13	1,754.44	219.07
24,000	AMERICAN EXPRESS COMPANY	AXP	01/28/13	1,417.26	06/13/13	1,797.75	380.49
25,000	AMERICAN EXPRESS COMPANY	AXP	01/29/13	1,483.80	06/13/13	1,872.65	388.85
6,000	APPLE INC	AAPL	11/13/12	3,282.44	04/24/13	2,405.94	-876.50
4,000	APPLE INC	AAPL	11/15/12	2,113.54	04/24/13	1,603.96	-509.58
15,000	BIOMGEN IDEC INC	BIIB	11/15/12	2,055.01	04/24/13	3,123.68	1,068.67
6,000	BIOMGEN IDEC INC	BIIB	11/15/12	822.00	07/23/13	1,348.99	526.99
12,000	BIOMGEN IDEC INC	BIIB	11/19/12	1,707.18	07/23/13	2,697.97	990.79
1,000	BIOMGEN IDEC INC	BIIB	11/20/12	146.44	07/23/13	224.83	78.39
10,000	BIOMGEN IDEC INC	BIIB	11/20/12	1,464.41	10/04/13	2,389.65	925.24
77,000	EMC CORP-MASS	EMC	02/21/13	1,797.94	10/15/13	1,916.50	118.56

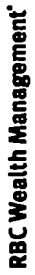
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Short Term

QUANTITY	DESCRIPTION	SYMBOL	OPEN DATE	NET COST	CLOSE DATE	NET PROCEEDS	REALIZED GAIN/LOSS
82.000	EMC CORP-MASS	EMC	02/21/13	1,914.69	10/22/13	1,982.41	67.72
131.000	EMC CORP-MASS	EMC	03/13/13	3,272.62	10/22/13	3,167.03	-105.59
22.000	EMC CORP-MASS	EMC	06/18/13	552.20	10/22/13	531.87	-20.33
8.000	ESTEE LAUDER COMPANIES INC CL A	EL	04/16/13	542.71	04/24/13	554.94	12.23
6.000	EXPRESS SCRIPTS HOLDING COMPANY	ESRX	05/11/12	336.43	02/25/13	335.54	-0.89
23.000	EXPRESS SCRIPTS HOLDING COMPANY	ESRX	05/11/12	1,289.66	02/26/13	1,276.47	-13.19
55.000	EXPRESS SCRIPTS HOLDING COMPANY	ESRX	05/11/12	3,083.97	02/26/13	3,026.19	-57.78
68.000	EXPRESS SCRIPTS HOLDING COMPANY	ESRX	08/08/12	4,089.06	02/26/13	3,741.48	-347.58
49.000	EXPRESS SCRIPTS HOLDING COMPANY	ESRX	11/06/12	2,701.72	02/27/13	2,711.60	9.88
63.000	F5 NETWORKS INC	FFIV	09/11/13	5,840.47	11/04/13	5,006.23	-834.24
20.000	JOHNSON CONTROLS INC	JCI	11/27/12	539.02	04/24/13	682.58	143.56
19.000	JOHNSON CONTROLS INC	JCI	11/28/12	511.88	04/24/13	648.45	136.57
8.000	JOHNSON CONTROLS INC	JCI	12/06/12	220.25	04/24/13	273.03	52.78
1.000	JOHNSON CONTROLS INC	JCI	01/18/13	30.82	12/20/13	50.30	19.48
92.000	JUNIPER NETWORKS	JNPR	04/25/12	1,459.08	04/24/13	1,459.08	0.00
5.000	LAS VEGAS SANDS CORP	LVS	02/03/12	257.62	01/16/13	260.26	2.64
71.000	LAS VEGAS SANDS CORP	LVS	02/29/12	3,946.93	01/16/13	3,695.73	-251.20
31.000	LAS VEGAS SANDS CORP	LVS	04/26/12	1,761.29	01/16/13	1,613.63	-147.66
33.000	LAS VEGAS SANDS CORP	LVS	04/26/12	1,874.93	01/17/13	1,715.10	-159.83
39.000	MCDONALDS CORP	MCD	12/10/12	3,492.07	05/28/13	3,939.87	447.80
23.000	ORACLE CORPORATION	ORCL	06/19/12	650.65	04/24/13	749.57	98.92
96.000	ORACLE CORPORATION	ORCL	08/07/12	3,023.87	06/21/13	2,886.67	-137.20
18.000	ORACLE CORPORATION	ORCL	08/07/12	566.98	07/03/13	545.52	-21.46
77.000	ORACLE CORPORATION	ORCL	12/19/12	2,625.35	07/03/13	2,333.62	-291.73
36.000	PHILIP MORRIS INTERNATIONAL INC	PM	07/09/12	3,255.72	04/18/13	3,292.85	37.13
15.000	PHILIP MORRIS INTERNATIONAL INC	PM	07/19/12	1,352.42	04/18/13	1,372.02	19.60
32.000	PHILIP MORRIS INTERNATIONAL INC	PM	07/19/12	2,885.16	04/24/13	3,035.77	150.61
26.000	PHILIP MORRIS INTERNATIONAL INC	PM	07/19/12	2,344.19	05/29/13	2,379.99	35.80



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QUANTITY	DESCRIPTION	SYMBOL	OPEN DATE	NET COST	CLOSE DATE	NET PROCEEDS	REALIZED GAIN/LOSS
Short Term							
15,000	SANOFI SPONSORED ADR	SNY	01/03/13	716.46	04/24/13	820.80	104.34
47,000	SANOFI SPONSORED ADR	SNY	01/04/13	2,243.10	04/24/13	2,571.82	328.72
33,000	SANOFI SPONSORED ADR	SNY	01/04/13	1,574.94	08/22/13	1,664.86	89.92
40,000	SANOFI SPONSORED ADR	SNY	01/07/13	1,913.10	08/22/13	2,018.02	104.92
24,000	SANOFI SPONSORED ADR	SNY	01/08/13	1,159.41	08/22/13	1,210.81	51.40
27,000	SANOFI SPONSORED ADR	SNY	01/10/13	1,306.09	08/22/13	1,362.16	56.07
51,000	SANOFI SPONSORED ADR	SNY	01/10/13	2,467.07	10/24/13	2,623.35	156.28
19,000	SANOFI SPONSORED ADR	SNY	02/07/13	857.61	10/24/13	977.33	119.72
61,000	SANOFI SPONSORED ADR	SNY	02/08/13	2,798.87	10/24/13	3,137.73	338.86
33,000	SANOFI SPONSORED ADR	SNY	02/08/13	1,514.15	11/21/13	1,732.31	218.16
62,000	SANOFI SPONSORED ADR	SNY	02/11/13	2,965.61	11/21/13	3,254.64	289.03
29,000	SANOFI SPONSORED ADR	SNY	02/12/13	1,398.26	11/21/13	1,522.33	124.07
7,000	SANOFI SPONSORED ADR	SNY	02/21/13	331.03	11/21/13	367.46	36.43
24,000	SANOFI SPONSORED ADR	SNY	02/22/13	1,141.97	11/21/13	1,259.86	117.89
30,000	SANOFI SPONSORED ADR	SNY	02/22/13	1,427.47	12/02/13	1,555.69	128.22
59,000	SANOFI SPONSORED ADR	SNY	04/03/13	3,068.52	12/02/13	3,059.53	-8.99
63,000	SANOFI SPONSORED ADR	SNY	05/28/13	3,515.34	12/02/13	3,266.96	-248.38
35,000	STARBUCKS CORP	SBUX	06/14/12	1,829.07	04/24/13	2,090.85	261.78
97,000	TERADATA CORP	TDC	09/11/13	5,720.04	10/15/13	4,266.95	-1,453.09
83,000	WELLS FARGO & CO	WFC	05/07/12	2,779.60	04/24/13	3,098.32	318.72
Short Term Subtotal							3,236.93

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Long Term							
92.000	ABBOTT LABORATORIES	ABT	12/24/08	2,321.72	04/24/13	3,385.52	1,063.80
62.000	ABBOTT LABORATORIES	ABT	12/24/08	1,564.64	09/04/13	2,072.81	508.17
22.000	ABBOTT LABORATORIES	ABT	03/30/09	503.77	09/04/13	735.51	231.74
38.000	ABBOTT LABORATORIES	ABT	08/24/09	836.86	09/04/13	1,270.43	433.57
104.000	ABBVIE INC	ABV	12/24/08	2,846.11	02/08/13	3,760.09	913.98
46.000	ABBVIE INC	ABV	12/24/08	1,258.85	02/11/13	1,650.10	391.25
4.000	ABBVIE INC	ABV	12/24/08	109.47	02/12/13	142.41	32.94
22.000	ABBVIE INC	ABV	03/30/09	546.29	02/12/13	783.23	236.94
31.000	ABBVIE INC	ABV	08/24/09	740.33	02/12/13	1,103.65	363.32
31.000	ABBVIE INC	ABV	08/24/09	740.33	03/12/13	1,164.95	424.62
30.000	ABBVIE INC	ABV	05/14/10	753.47	03/12/13	1,127.38	373.91
24.000	ABBVIE INC	ABV	05/14/10	602.78	03/13/13	893.62	290.84
17.000	ABBVIE INC	ABV	05/14/10	426.97	03/14/13	629.07	202.10
65.000	ABBVIE INC	ABV	08/09/11	1,628.79	03/14/13	2,405.28	776.49
45.000	ABBVIE INC	ABV	08/09/11	1,127.62	03/14/13	1,665.20	537.58
63.000	ABBVIE INC	ABV	09/23/11	1,663.86	03/14/13	2,331.28	667.42
26.000	ACCENTURE PLC IRELAND SHS CL A	ACN	01/19/11	1,302.99	04/25/13	2,062.27	759.28
10.000	ACCENTURE PLC IRELAND SHS CL A	ACN	01/19/11	501.15	06/28/13	710.91	209.76
67.000	ACCENTURE PLC IRELAND SHS CL A	ACN	03/03/11	3,520.75	06/28/13	4,763.09	1,242.34
30.000	ACCENTURE PLC IRELAND SHS CL A	ACN	10/04/11	1,568.03	06/28/13	2,132.73	564.70
19.000	ACCENTURE PLC IRELAND SHS CL A	ACN	10/04/11	993.09	07/10/13	1,405.78	412.69
18.000	ACCENTURE PLC IRELAND SHS CL A	ACN	10/04/11	940.82	09/12/13	1,348.93	408.11
29.000	ALLERGAN INC	AGN	12/24/08	1,045.45	01/17/13	3,046.87	2,001.42
25.000	ALLERGAN INC	AGN	12/24/08	901.25	04/24/13	2,796.93	1,895.68
38.000	ALLERGAN INC	AGN	12/24/08	1,369.90	11/07/13	3,375.48	2,005.58
7.000	ALLERGAN INC	AGN	10/30/09	393.77	11/07/13	621.80	228.03
42.000	AMERISOURCEBERGEN CORP	ABC	08/09/11	1,483.32	04/24/13	2,349.42	866.10
45.000	AMERISOURCEBERGEN CORP	ABC	08/09/11	1,589.28	07/24/13	2,580.25	990.97
3.000	AMERISOURCEBERGEN CORP	ABC	08/09/11	115.05	07/24/13	172.02	56.97
4.000	APPLE INC	AAPL	02/11/11	1,428.40	01/24/13	1,844.22	415.82
22.000	APPLE INC	AAPL	06/20/11	6,931.36	01/24/13	10,143.22	3,211.86



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QUANTITY	DESCRIPTION	SYMBOL	OPEN DATE	NET COST	CLOSE DATE	NET PROCEEDS	REALIZED GAIN/LOSS
Long Term							
1,000	APPLE INC	AAPL	10/06/11	382.37	01/24/13	461.06	78.69
7,000	APPLE INC	AAPL	10/06/11	2,676.62	02/01/13	3,162.43	485.81
2,000	APPLE INC	AAPL	01/25/12	896.03	02/01/13	903.55	7.52
7,000	APPLE INC	AAPL	01/25/12	3,136.10	04/24/13	2,806.93	-329.17
19,000	BED BATH & BEYOND INC	BBBY	04/18/11	1,050.52	04/24/13	1,269.93	219.41
10,000	BED BATH & BEYOND INC	BBBY	06/14/11	545.09	04/24/13	668.38	123.29
73,000	BED BATH & BEYOND INC	BBBY	06/14/11	3,979.18	09/05/13	5,303.58	1,324.40
36,000	CAMERON INTERNATIONAL CORPORATION	CAM	07/26/10	1,397.35	04/24/13	2,241.30	843.95
3,000	CAMERON INTERNATIONAL CORPORATION	CAM	11/17/10	133.55	04/24/13	186.78	53.23
59,000	CAMERON INTERNATIONAL CORPORATION	CAM	11/17/10	2,626.47	05/15/13	3,729.84	1,103.37
24,000	CAMERON INTERNATIONAL CORPORATION	CAM	11/17/10	1,068.39	06/03/13	1,445.97	377.58
8,000	CAMERON INTERNATIONAL CORPORATION	CAM	11/29/10	387.20	06/03/13	481.99	94.79
22,000	CAMERON INTERNATIONAL CORPORATION	CAM	09/14/11	1,107.00	06/03/13	1,325.48	218.48
50,000	CAMERON INTERNATIONAL CORPORATION	CAM	09/14/11	2,515.91	08/06/13	2,859.98	344.07
6,000	CAMERON INTERNATIONAL CORPORATION	CAM	09/14/11	301.91	10/28/13	323.97	22.06
63,000	CAMERON INTERNATIONAL CORPORATION	CAM	02/24/12	3,585.29	10/28/13	3,401.72	-183.57
88,000	CAMERON INTERNATIONAL CORPORATION	CAM	06/26/12	3,472.68	10/28/13	4,751.61	1,278.93
106,000	COCA COLA COMPANY (THE)	KO	12/24/08	2,344.64	04/24/13	4,500.76	2,156.12
49,000	COCA COLA COMPANY (THE)	KO	12/24/08	1,083.84	05/22/13	2,071.72	987.88
15,000	COCA COLA COMPANY (THE)	KO	12/24/08	331.79	06/13/13	597.59	265.80
70,000	COCA COLA COMPANY (THE)	KO	12/24/08	1,548.35	10/02/13	2,612.35	1,064.00
3,000	COLGATE PALMOLIVE COMPANY	CL	10/30/09	238.16	04/03/13	353.39	115.23
20,000	COLGATE PALMOLIVE COMPANY	CL	05/19/11	1,731.64	04/03/13	2,355.96	624.32
22,000	COLGATE PALMOLIVE COMPANY	CL	05/19/11	1,904.80	04/24/13	2,620.58	715.78
14,000	COSTCO WHOLESALE CORP-NEW	COST	05/11/10	812.65	03/12/13	1,452.06	639.41

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Long Term							
18.000	COSTCO WHOLESALE CORP-NEW	COST	05/11/10	1,044.83	03/13/13	1,862.08	817.25
1.000	COSTCO WHOLESALE CORP-NEW	COST	05/11/10	58.05	03/14/13	103.42	45.37
5.000	COSTCO WHOLESALE CORP-NEW	COST	05/11/10	290.23	04/24/13	539.89	249.66
12.000	COSTCO WHOLESALE CORP-NEW	COST	06/09/10	689.64	04/24/13	1,295.72	606.08
23.000	COSTCO WHOLESALE CORP-NEW	COST	06/09/10	1,321.81	05/29/13	2,602.86	1,281.05
9.000	COSTCO WHOLESALE CORP-NEW	COST	06/09/10	517.23	05/30/13	1,012.58	495.35
9.000	COSTCO WHOLESALE CORP-NEW	COST	06/09/10	517.23	07/26/13	1,046.23	529.00
15.000	COSTCO WHOLESALE CORP-NEW	COST	01/10/12	1,190.52	07/26/13	1,743.72	553.20
34.000	EBAY INC	EBAY	03/13/12	1,253.43	04/24/13	1,801.61	548.18
49.000	EMC CORP-MASS	EMC	02/02/12	1,273.40	04/24/13	1,102.52	-170.88
178.000	EMC CORP-MASS	EMC	02/02/12	4,625.81	05/14/13	4,099.26	-526.55
34.000	EMC CORP-MASS	EMC	02/02/12	883.58	10/15/13	846.24	-37.34
22.990	EXPRESS SCRIPTS HOLDING COMPANY	ESRX	06/07/11	1,298.70	02/21/13	1,299.65	0.95
31.010	EXPRESS SCRIPTS HOLDING COMPANY	ESRX	06/16/11	1,751.75	02/21/13	1,753.02	1.27
33.790	EXPRESS SCRIPTS HOLDING COMPANY	ESRX	06/16/11	1,908.80	02/22/13	1,888.23	-20.57
26.250	EXPRESS SCRIPTS HOLDING COMPANY	ESRX	08/24/11	1,482.86	02/22/13	1,466.89	-15.97
12.960	EXPRESS SCRIPTS HOLDING COMPANY	ESRX	08/24/11	732.11	02/22/13	724.22	-7.89
17.490	EXPRESS SCRIPTS HOLDING COMPANY	ESRX	08/24/11	988.01	02/25/13	978.09	-9.92
57.510	EXPRESS SCRIPTS HOLDING COMPANY	ESRX	10/28/11	3,248.74	02/25/13	3,216.12	-32.62
148.000	GENERAL ELECTRIC CO	GE	12/22/11	2,652.54	04/19/13	3,221.89	569.35
91.000	GENERAL ELECTRIC CO	GE	01/20/12	1,736.16	04/19/13	1,981.02	244.86
111.000	GENERAL ELECTRIC CO	GE	01/20/12	2,117.73	04/23/13	2,390.89	273.16
25.000	GENERAL ELECTRIC CO	GE	01/20/12	476.97	04/24/13	548.24	71.27
74.000	GENERAL ELECTRIC CO	GE	02/23/12	1,423.70	04/24/13	1,622.78	199.08
115.000	GENERAL ELECTRIC CO	GE	02/23/12	2,212.51	06/14/13	2,700.15	487.64
1.000	GOOGLE INC CL A	GOOG	12/24/08	303.21	04/24/13	815.63	512.42
2.000	GOOGLE INC CL A	GOOG	04/16/10	1,114.59	04/24/13	1,631.26	516.67
3.000	JOHNSON CONTROLS INC	JCI	12/06/12	82.59	12/20/13	150.90	68.31



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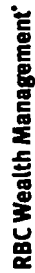
QUANTITY	DESCRIPTION	SYMBOL	OPEN DATE	NET COST	CLOSE DATE	NET PROCEEDS	REALIZED GAIN/LOSS
Long Term							
25.000	JOHNSON CONTROLS INC	JCI	12/07/12	697.09	12/20/13	1,257.48	560.39
32.000	JOHNSON CONTROLS INC	JCI	12/10/12	907.59	12/20/13	1,609.57	701.98
16.000	JOHNSON CONTROLS INC	JCI	12/11/12	461.20	12/20/13	804.79	343.59
2.000	MCDONALDS CORP	MCD	07/08/10	137.24	04/24/13	202.02	64.78
10.000	MCDONALDS CORP	MCD	02/11/11	760.01	04/24/13	1,010.08	250.07
73.000	MCDONALDS CORP	MCD	02/11/11	5,548.06	05/28/13	7,374.64	1,826.58
83.000	MONDELEZ INTERNATIONAL INC COM	MDLZ	09/02/10	1,621.42	04/24/13	2,613.61	992.19
24.000	MONDELEZ INTERNATIONAL INC COM	MDLZ	09/15/10	490.88	04/24/13	755.74	264.86
77.000	MONDELEZ INTERNATIONAL INC COM	MDLZ	09/15/10	1,574.91	06/18/13	2,339.98	765.07
9.000	MONDELEZ INTERNATIONAL INC COM	MDLZ	09/15/10	184.08	06/20/13	258.52	74.44
16.000	MONDELEZ INTERNATIONAL INC COM	MDLZ	11/29/10	312.24	06/20/13	459.60	147.36
12.000	MONSANTO CO	MON	08/16/11	823.70	04/24/13	1,245.69	421.99
22.000	MONSANTO CO	MON	08/26/11	1,543.56	04/24/13	2,283.77	740.21
7.000	MONSANTO CO	MON	08/26/11	494.72	08/22/13	668.35	173.63
23.000	MONSANTO CO	MON	08/26/11	1,613.72	08/22/13	2,196.02	582.30
13.000	NIKE INC-CL B	NKE	06/29/10	440.71	04/24/13	799.48	358.77
28.000	NIKE INC-CL B	NKE	06/29/10	949.21	05/22/13	1,811.03	861.82
43.000	NIKE INC-CL B	NKE	06/29/10	1,457.72	12/11/13	3,353.94	1,896.22
25.000	OCCIDENTAL PETE CORP	OXY	09/27/10	1,873.44	04/24/13	2,107.70	234.26
16.000	ORACLE CORPORATION	ORCL	03/03/11	527.56	03/22/13	510.61	-16.95
124.000	ORACLE CORPORATION	ORCL	10/04/11	3,442.57	03/22/13	3,957.24	514.67
128.000	ORACLE CORPORATION	ORCL	03/21/12	3,905.58	03/22/13	4,084.90	179.32
31.000	ORACLE CORPORATION	ORCL	03/21/12	945.88	04/24/13	1,010.30	64.42
127.000	ORACLE CORPORATION	ORCL	06/19/12	3,592.75	06/21/13	3,818.82	226.07
63.000	ORACLE CORPORATION	ORCL	10/08/12	2,037.18	07/03/13	1,909.32	-127.86
23.000	ORACLE CORPORATION	ORCL	10/08/12	753.61	07/03/13	697.06	-56.55
37.000	ORACLE CORPORATION	ORCL	10/09/12	1,202.02	07/03/13	1,121.35	-80.67
27.000	PEPSICO INC	PEP	10/08/09	1,626.49	04/24/13	2,233.65	607.16
25.000	PHILIP MORRIS INTERNATIONAL INC	PM	07/19/12	2,254.03	11/21/13	2,158.93	-95.10
38.000	PHILIP MORRIS INTERNATIONAL INC	PM	08/06/12	3,524.44	11/21/13	3,281.58	-242.86

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Long Term							
29.000	PHILIP MORRIS INTERNATIONAL INC	PM	09/14/12	2,588.33	11/21/13	2,504.36	-83.97
30.000	PROCTER & GAMBLE CO	PG	12/17/10	1,942.16	04/24/13	2,342.04	399.88
38.000	QUALCOMM INC	QCOM	12/24/08	1,297.26	04/24/13	2,511.78	1,214.52
18.000	QUALCOMM INC	QCOM	12/10/09	822.70	04/24/13	1,189.79	367.09
61.000	QUALCOMM INC	QCOM	12/10/09	2,788.04	04/30/13	3,786.18	998.14
41.000	QUALCOMM INC	QCOM	12/10/09	1,873.93	06/03/13	2,573.93	700.00
6.000	QUALCOMM INC	QCOM	03/02/10	229.02	06/03/13	376.67	147.65
48.000	QUALCOMM INC	QCOM	03/02/10	1,832.12	06/18/13	2,992.26	1,160.14
6.000	QUALCOMM INC	QCOM	03/02/10	229.02	07/15/13	367.94	138.92
52.000	QUALCOMM INC	QCOM	11/04/10	2,534.03	07/15/13	3,188.80	654.77
50.000	SCHLUMBERGER LTD	SLB	10/28/10	3,449.49	04/19/13	3,492.09	42.60
7.000	SCHLUMBERGER LTD	SLB	10/28/10	482.93	04/24/13	511.69	28.76
4.000	SCHLUMBERGER LTD	SLB	11/23/10	297.99	04/24/13	292.39	-5.60
49.000	SCHLUMBERGER LTD	SLB	11/23/10	3,650.33	04/30/13	3,655.85	5.52
54.000	SCHLUMBERGER LTD	SLB	02/07/12	4,250.66	04/30/13	4,028.90	-221.76
44.000	STARBUCKS CORP	SBUX	06/14/12	2,299.40	10/29/13	3,491.35	1,191.95
32.000	STRYKER CORP	SYK	05/20/10	1,726.75	04/24/13	2,072.59	345.84
33.000	STRYKER CORP	SYK	05/20/10	1,780.71	08/12/13	2,323.33	542.62
24.000	STRYKER CORP	SYK	07/08/10	1,250.52	08/12/13	1,689.69	439.17
30.000	TJX COMPANIES INC NEW	TJX	11/18/09	587.49	04/24/13	1,424.06	836.57
11.000	TJX COMPANIES INC NEW	TJX	02/24/11	273.93	04/24/13	522.16	248.23
45.000	UNILEVER N V YORK SHS ADR	UN	11/29/11	1,480.45	04/24/13	1,895.80	415.35
37.000	UNILEVER N V YORK SHS ADR	UN	11/29/11	1,217.26	08/14/13	1,465.58	248.32
44.000	UNILEVER N V YORK SHS ADR	UN	12/20/11	1,467.95	08/14/13	1,742.85	274.90
77.000	UNILEVER N V YORK SHS ADR	UN	12/20/11	2,568.92	09/06/13	2,898.26	329.34
102.000	UNILEVER N V YORK SHS ADR	UN	01/12/12	3,341.79	09/06/13	3,839.25	497.46
105.000	UNILEVER N V YORK SHS ADR	UN	02/03/12	3,483.40	09/06/13	3,952.17	468.77
21.000	UNITED PARCEL SVC INC CL B	UPS	01/18/11	1,531.84	04/24/13	1,753.88	222.04



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Long Term							
14.000	UNITED PARCEL SVC INC CL B	UPS	02/07/11	1,038.40	04/24/13	1,169.25	130.85
46.000	UNITED PARCEL SVC INC CL B	UPS	02/07/11	3,411.87	08/15/13	3,951.74	539.87
2.000	UNITED PARCEL SVC INC CL B	UPS	03/02/11	144.50	08/15/13	171.81	27.31
15.000	VISA INC CL A COMMON STOCK	V	07/07/11	1,348.79	04/24/13	2,506.29	1,157.50
26.000	VISA INC CL A COMMON STOCK	V	07/07/11	2,337.90	08/28/13	4,526.22	2,188.32
64.000	WELLS FARGO & CO	WFC	05/07/12	2,143.30	06/14/13	2,574.75	431.45
1.000	WELLS FARGO & CO	WFC	06/08/12	31.13	06/14/13	40.23	9.10
32.000	WELLS FARGO & CO	WFC	06/08/12	996.09	06/20/13	1,285.41	289.32
Long Term Subtotal							71,210.84
TOTAL REALIZED GAIN OR LOSS							74,447.77



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SCHEDULE OF REALIZED GAINS AND LOSSES

	THIS YEAR
Total Realized Gain or Loss	24,324.52
Short-term	6,743.28
Long-term	17,581.24

QUANTITY	DESCRIPTION	SYMBOL	OPEN DATE	NET COST	CLOSE DATE	NET PROCEEDS	REALIZED GAIN/LOSS
Short Term							
80.000	AIA GROUP LTD SPONSORED ADR	AAGIY	09/07/12	1,149.01	04/05/13	1,355.16	206.15
35.000	ARM HOLDINGS PLC SPONSORED ADR	ARMH	05/29/12	834.71	01/02/13	1,358.46	523.75
28.000	ARM HOLDINGS PLC SPONSORED ADR	ARMH	05/29/12	667.77	05/01/13	1,332.81	665.04
80.000	ASSA ABLOY AB ADR	ASAZY	05/29/12	1,065.60	04/05/13	1,616.76	551.16
8.000	BAIDU INC SPONSORED ADR REPSTG ORD SHS	BIDU	05/29/12	969.44	04/05/13	669.34	-300.10
105.000	BG GROUP PLC ADR FINAL INSTALLMENT	BRGY	05/29/12	2,094.75	01/02/13	1,744.67	-350.08
239.000	BG GROUP PLC ADR FINAL INSTALLMENT	BRGY	05/29/12	4,768.05	01/03/13	3,932.85	-835.20
15.000	BURBERRY GROUP PLC SPONSORED ADR	BURBY	10/22/12	568.70	04/05/13	574.18	5.48
20.000	BURBERRY GROUP PLC SPONSORED ADR	BURBY	10/22/12	758.27	09/13/13	1,019.11	260.84
31.000	CARNIVAL CORP COMMON PAIRED STOCK	CCL	05/29/12	997.22	02/13/13	1,159.23	162.01
30.000	CHECK POINT SOFTWARE TECHNOLOGIES LTD	CHKP	05/29/12	1,574.09	04/25/13	1,353.97	-220.12
38.000	CHECK POINT SOFTWARE TECHNOLOGIES LTD	CHKP	05/29/12	1,993.85	04/26/13	1,713.98	-279.87
34.000	CHECK POINT SOFTWARE TECHNOLOGIES LTD	CHKP	05/29/12	1,783.97	04/29/13	1,547.44	-236.53
10.000	CHECK POINT SOFTWARE TECHNOLOGIES LTD	CHKP	05/29/12	524.70	04/30/13	459.71	-64.99
13.000	CNOOC LTD SPONSORED ADR REP 100 SHS CL H	CEO	05/29/12	2,393.69	05/21/13	2,411.45	17.76
73.000	COMPASS GROUP PLC SPONSORED ADR	CMPGY	12/07/12	850.76	04/05/13	911.74	60.98

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Short Term							
9.000	DASSAULT SYSTEMS S A SPONSORED ADR	DASTY	05/29/12	834.57	04/05/13	1,026.51	191.94
108.000	ELEKTA AB SHS UNSPONSORED ADR	EKTAY	12/07/12	1,647.53	07/24/13	1,877.34	229.81
4.000	ELEKTA AB SHS UNSPONSORED ADR	EKTAY	12/10/12	60.93	07/24/13	69.53	8.60
34.000	ELEKTA AB SHS UNSPONSORED ADR	EKTAY	12/10/12	517.94	07/25/13	581.73	63.79
12.000	ELEKTA AB SHS UNSPONSORED ADR	EKTAY	12/10/12	182.80	07/26/13	203.40	20.60
16.000	ELEKTA AB SHS UNSPONSORED ADR	EKTAY	12/10/12	243.74	07/29/13	273.00	29.26
6.000	ELEKTA AB SHS UNSPONSORED ADR	EKTAY	12/11/12	94.38	07/29/13	102.37	7.99
20.000	ELEKTA AB SHS UNSPONSORED ADR	EKTAY	12/11/12	312.93	10/30/13	299.25	-13.68
1.000	ELEKTA AB SHS UNSPONSORED ADR	EKTAY	12/11/12	15.65	10/31/13	14.77	-0.88
4.000	ELEKTA AB SHS UNSPONSORED ADR	EKTAY	12/11/12	62.92	10/31/13	59.10	-3.82
68.000	ELEKTA AB SHS UNSPONSORED ADR	EKTAY	12/12/12	1,069.84	10/31/13	1,004.63	-65.21
11.000	ELEKTA AB SHS UNSPONSORED ADR	EKTAY	12/12/12	173.06	11/01/13	160.61	-12.45
13.000	ELEKTA AB SHS UNSPONSORED ADR	EKTAY	12/12/12	204.53	11/04/13	189.44	-15.09
28.000	ELEKTA AB SHS UNSPONSORED ADR	EKTAY	01/24/13	419.21	11/04/13	408.02	-11.19
5.000	ELEKTA AB SHS UNSPONSORED ADR	EKTAY	01/24/13	74.86	11/05/13	72.57	-2.29
56.000	ELEKTA AB SHS UNSPONSORED ADR	EKTAY	01/24/13	838.43	11/06/13	810.09	-28.34
21.000	ELEKTA AB SHS UNSPONSORED ADR	EKTAY	01/29/13	319.18	11/06/13	303.78	-15.40
18.000	ELEKTA AB SHS UNSPONSORED ADR	EKTAY	01/29/13	273.59	11/06/13	260.39	-13.20
44.000	ELEKTA AB SHS UNSPONSORED ADR	EKTAY	01/30/13	668.86	11/06/13	636.50	-32.36
16.000	ELEKTA AB SHS UNSPONSORED ADR	EKTAY	03/07/13	233.99	11/06/13	231.45	-2.54



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Short Term							
27.000	ELEKTA AB SHS UNSPONSORED ADR	EKTAY	03/07/13	394.85	11/07/13	393.27	-1.58
20.000	EMBRAER S A ADR EACH REP 4 COM STK SHS	ERJ	05/29/12	580.77	01/24/13	624.16	43.39
9.000	EMBRAER S A ADR EACH REP 4 COM STK SHS	ERJ	05/29/12	261.35	02/26/13	294.83	33.48
19.000	EMBRAER S A ADR EACH REP 4 COM STK SHS	ERJ	05/29/12	551.73	02/27/13	641.10	89.37
39.000	EMBRAER S A ADR EACH REP 4 COM STK SHS	ERJ	05/29/12	1,132.50	04/05/13	1,333.38	200.88
13.000	EMBRAER S A ADR EACH REP 4 COM STK SHS	ERJ	05/29/12	377.50	04/15/13	441.03	63.53
6.000	EMBRAER S A ADR EACH REP 4 COM STK SHS	ERJ	05/29/12	174.23	04/16/13	202.77	28.54
235.000	FLSMIDTH & CO A/S SPONSORED ADR	FLIDY	05/29/12	1,306.60	01/03/13	1,363.92	57.32
229.000	FLSMIDTH & CO A/S SPONSORED ADR	FLIDY	05/29/12	1,273.24	01/04/13	1,323.32	50.08
270.000	FLSMIDTH & CO A/S SPONSORED ADR	FLIDY	05/29/12	1,501.20	01/07/13	1,571.85	70.65
74.000	FLSMIDTH & CO A/S SPONSORED ADR	FLIDY	05/29/12	411.44	01/08/13	433.08	21.64
196.000	HENNES & MAURITZ AB ADR	HNNMY	05/29/12	1,187.76	04/05/13	1,393.52	205.76
72.000	HONG KONG EXCHANGES & CLEARING LTD UNSPONSORED ADR	HKXCY	05/29/12	1,035.36	04/05/13	1,166.37	131.01
330.000	KDDI CORPORATION UNSPONSORED ADR	KDDIY	05/29/12	5,098.50	01/23/13	5,678.68	580.18
109.000	KOMATSU LTD SPONSORED ADR	KMTUY	05/29/12	2,661.78	04/04/13	2,351.94	-309.84
49.000	KOMATSU LTD SPONSORED ADR	KMTUY	05/29/12	1,196.58	04/05/13	1,133.34	-63.24
40.000	LAS VEGAS SANDS CORP	LVS	05/29/12	1,944.40	01/31/13	2,194.09	249.69
19.000	LAS VEGAS SANDS CORP	LVS	05/29/12	923.59	04/05/13	992.91	69.32
331.000	LI & FUNG LTD UNSPONSORED ADR	LFUGY	05/29/12	1,284.28	01/03/13	1,216.69	-67.59
976.000	LI & FUNG LTD UNSPONSORED ADR	LFUGY	05/29/12	3,786.88	01/15/13	2,813.16	-973.72
225.000	LI & FUNG LTD UNSPONSORED ADR	LFUGY	07/25/12	835.96	01/15/13	648.52	-187.44

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Short Term							
81.000	LI & FUNG LTD UNSPONSORED ADR	LFUGY	07/25/12	286.36	01/15/13	233.47	-52.89
49.000	LVMH MOET HENNESSY LOUIS VUITTON SA UNSPONSORED ADR	LVMUY	05/29/12	1,485.19	04/05/13	1,652.24	167.05
14.000	MERCADOLIBRE INC	MELI	05/29/12	1,037.40	05/01/13	1,376.42	339.02
1.000	MERCADOLIBRE INC	MELI	05/29/12	74.10	05/08/13	117.87	43.77
5.000	MERCADOLIBRE INC	MELI	05/29/12	370.50	05/09/13	603.94	233.44
6.000	MERCADOLIBRE INC	MELI	05/29/12	444.60	05/10/13	720.64	276.04
64.000	MICHELIN COMPAGNIE GENERALE DES ETABLISSEMENTS MICHELIN	MGDDY	05/29/12	792.96	04/05/13	1,051.49	258.53
213.000	MITSUBISHI UFJ FINANCIAL GROUP INC ADS	MTU	05/29/12	922.27	04/05/13	1,380.52	458.25
12.000	NOVO NORDISK A/S-ADR REPGT 1/2 CL B SH	NVO	05/29/12	1,667.16	04/05/13	1,968.31	301.15
91.000	PUBLICIS S A NEW SPONSORED ADR	PUBGY	05/29/12	1,076.08	04/05/13	1,579.72	503.64
107.000	RECKITT BENCKISER PLC SPONSORED ADR	RBGLY	05/29/12	1,164.16	04/05/13	1,503.31	339.15
133.000	ROYAL BANK OF SCOTLAND GROUP PLC ADR REPGT 2 ORD SH	RBS	12/14/12	1,298.84	06/28/13	1,109.64	-189.20
14.000	ROYAL BANK OF SCOTLAND GROUP PLC ADR REPGT 2 ORD SH	RBS	12/17/12	136.65	06/28/13	116.80	-19.85
73.000	ROYAL BANK OF SCOTLAND GROUP PLC ADR REPGT 2 ORD SH	RBS	12/17/12	712.55	07/01/13	618.26	-94.29
52.000	ROYAL BANK OF SCOTLAND GROUP PLC ADR REPGT 2 ORD SH	RBS	12/18/12	515.31	07/01/13	440.41	-74.90
65.000	ROYAL BANK OF SCOTLAND GROUP PLC ADR REPGT 2 ORD SH	RBS	12/19/12	667.44	07/01/13	550.51	-116.93
13.000	ROYAL BANK OF SCOTLAND GROUP PLC ADR REPGT 2 ORD SH	RBS	12/19/12	133.49	07/02/13	108.26	-25.23
75.000	ROYAL BANK OF SCOTLAND GROUP PLC ADR REPGT 2 ORD SH	RBS	12/20/12	776.13	07/02/13	624.58	-151.55
6.000	ROYAL BANK OF SCOTLAND GROUP PLC ADR REPGT 2 ORD SH	RBS	12/21/12	61.55	07/02/13	49.97	-11.58
32.000	ROYAL BANK OF SCOTLAND GROUP PLC ADR REPGT 2 ORD SH	RBS	12/21/12	328.25	07/03/13	261.91	-66.34
8.000	ROYAL BANK OF SCOTLAND GROUP PLC ADR REPGT 2 ORD SH	RBS	04/05/13	66.82	07/03/13	65.48	-1.34



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Short Term							
116.000	ROYAL BANK OF SCOTLAND GROUP PLC ADR REPSTG 2 ORD SH	RBS	04/05/13	968.93	07/03/13	951.06	-17.87
60.000	SBERBANK RUSSIA SPONSORED AMERICAN DEPOSITORY	SBRCY	04/11/12	766.80	03/27/13	744.10	-22.70
45.000	SBERBANK RUSSIA SPONSORED AMERICAN DEPOSITORY	SBRCY	05/29/12	469.80	03/27/13	558.08	88.28
33.000	SCHLUMBERGER LTD	SLB	05/29/12	2,202.70	05/20/13	2,546.80	344.10
48.000	SWATCH GROUP AG (THE) UNSPONSORED ADR	SWGAY	05/29/12	956.64	01/29/13	1,298.70	342.06
44.000	SWATCH GROUP AG (THE) UNSPONSORED ADR	SWGAY	05/29/12	876.92	03/07/13	1,241.87	364.95
34.000	SWATCH GROUP AG (THE) UNSPONSORED ADR	SWGAY	05/29/12	677.62	04/05/13	941.43	263.81
55.000	TAIWAN SEMICONDUCTOR MFG CO LTD-SPONSORED ADR REPSTG 5 COM	TSM	07/26/12	732.49	06/06/13	1,021.87	289.38
10.000	TAIWAN SEMICONDUCTOR MFG CO LTD-SPONSORED ADR REPSTG 5 COM	TSM	07/27/12	136.51	06/06/13	185.80	49.29
83.000	TAIWAN SEMICONDUCTOR MFG CO LTD-SPONSORED ADR REPSTG 5 COM	TSM	07/27/12	1,133.03	06/07/13	1,551.24	418.21
17.000	TAIWAN SEMICONDUCTOR MFG CO LTD-SPONSORED ADR REPSTG 5 COM	TSM	07/27/12	232.07	06/12/13	311.29	79.22
41.000	TAIWAN SEMICONDUCTOR MFG CO LTD-SPONSORED ADR REPSTG 5 COM	TSM	08/31/12	600.76	06/12/13	750.76	150.00
23.000	TAIWAN SEMICONDUCTOR MFG CO LTD-SPONSORED ADR REPSTG 5 COM	TSM	08/31/12	337.01	06/13/13	417.79	80.78
79.000	TAIWAN SEMICONDUCTOR MFG CO LTD-SPONSORED ADR REPSTG 5 COM	TSM	09/19/12	1,190.86	06/13/13	1,435.01	244.15
5.000	TATA MOTORS LTD SPONSORED ADR	TTM	04/02/13	122.33	12/13/13	151.91	29.58
11.000	TATA MOTORS LTD SPONSORED ADR	TTM	04/02/13	270.70	12/13/13	334.19	63.49
47.000	TENCENT HOLDINGS LIMITED UNSPONSORED ADR REPRESENTING B	TCEHY	05/29/12	1,297.20	04/05/13	1,409.49	112.29
32.000	TEVA PHARMACEUTICAL INDUSTRIES LIMITED ADR	TEVA	05/29/12	1,232.91	02/06/13	1,216.40	-16.51
70.000	TULLOW OIL PLC UNSPONSORED ADR	TUWOY	12/14/12	680.79	04/05/13	621.58	-59.21
49.000	TULLOW OIL PLC UNSPONSORED ADR	TUWOY	12/14/12	476.55	10/23/13	384.04	-92.51

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Short Term							
62.000	TULLOW OIL PLC UNSPONSORED ADR	TUWOY	12/14/12	602.99	10/24/13	481.29	-121.70
60.000	TULLOW OIL PLC UNSPONSORED ADR	TUWOY	12/14/12	583.54	10/24/13	467.08	-116.46
34.000	TULLOW OIL PLC UNSPONSORED ADR	TUWOY	12/14/12	330.67	10/31/13	257.01	-73.66
35.000	TULLOW OIL PLC UNSPONSORED ADR	TUWOY	12/14/12	340.40	10/31/13	265.10	-75.30
155.000	TULLOW OIL PLC UNSPONSORED ADR	TUWOY	12/14/12	1,507.47	11/01/13	1,169.06	-338.41
21.000	TULLOW OIL PLC UNSPONSORED ADR	TUWOY	12/14/12	204.24	11/04/13	158.06	-46.18
24.000	TULLOW OIL PLC UNSPONSORED ADR	TUWOY	05/21/13	194.61	11/04/13	180.64	-13.97
35.000	TULLOW OIL PLC UNSPONSORED ADR	TUWOY	05/21/13	283.81	11/05/13	262.77	-21.04
33.000	TULLOW OIL PLC UNSPONSORED ADR	TUWOY	05/21/13	267.59	11/06/13	247.43	-20.16
7.000	TULLOW OIL PLC UNSPONSORED ADR	TUWOY	05/21/13	56.76	11/07/13	52.17	-4.59
79.000	TULLOW OIL PLC UNSPONSORED ADR	TUWOY	05/21/13	640.60	11/12/13	558.27	-82.33
522.000	TURKIYE GARANTI BANKASI A S SPONSORED ADR REPSTG 2000 SHS	TKGBY	05/29/12	1,706.94	04/02/13	2,718.66	1,011.72
457.000	TURKIYE GARANTI BANKASI A S SPONSORED ADR REPSTG 2000 SHS	TKGBY	05/29/12	1,494.39	04/03/13	2,365.78	871.39
28.000	WAL-MART DE MEXICO S A B DE C V SPONS ADR REPSTG SER V SHS	WMWVY	05/29/12	738.64	04/05/13	905.21	166.57
45.000	YANDEX N V CLASS A	YNDX	05/29/12	945.27	04/05/13	1,022.82	77.55
17.000	YUM BRANDS INC	YUM	05/29/12	1,211.59	04/05/13	1,121.46	-90.13
Short Term Subtotal							6,743.28



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Long Term							
16.000	ACCENTURE PLC IRELAND SHS CL A	ACN	06/01/12	885.27	06/28/13	1,148.52	263.25
16.000	ACCENTURE PLC IRELAND SHS CL A	ACN	06/01/12	885.27	09/24/13	1,202.81	317.54
28.000	ADIDAS AG SPONSORED ADR	ADDYY	12/26/08	515.20	04/05/13	1,436.92	921.72
11.000	ASML HOLDING N V N Y REGISTRY SHS 2012	ASML	10/12/12	587.63	10/15/13	1,071.28	483.65
15.000	ASML HOLDING N V N Y REGISTRY SHS 2012	ASML	10/12/12	801.31	10/15/13	1,450.91	649.60
6.290	ASML HOLDING N V N Y REGISTRY SHS 2012	ASML	10/12/12	336.02	10/22/13	592.41	256.39
15.710	ASML HOLDING N V N Y REGISTRY SHS 2012	ASML	10/19/12	817.83	10/22/13	1,479.62	661.79
25.000	ASSA ABLOY AB ADR	ASAZY	05/29/12	333.00	07/22/13	556.51	223.51
20.000	ASSA ABLOY AB ADR	ASAZY	05/29/12	266.40	09/25/13	465.87	199.47
40.000	ASSA ABLOY AB ADR	ASAZY	05/29/12	532.80	09/26/13	923.81	391.01
10.000	ASSA ABLOY AB ADR	ASAZY	05/29/12	133.20	09/27/13	228.48	95.28
30.000	ASSA ABLOY AB ADR	ASAZY	05/29/12	399.60	09/27/13	686.11	286.51
5.000	BAIDU INC SPONSORED ADR REPSTG ORD SHS	BIDU	05/29/12	605.90	10/30/13	827.51	221.61
12.000	CANADIAN NATIONAL RAILWAY CO	CNI	03/11/10	339.64	12/04/13	668.52	328.88
9.000	CANADIAN NATIONAL RAILWAY CO	CNI	03/19/10	264.37	12/04/13	501.39	237.02
30.000	CARNIVAL CORP COMMON PAIRED STOCK	CCL	05/29/12	965.06	09/25/13	981.84	16.78
27.000	CARNIVAL CORP COMMON PAIRED STOCK	CCL	05/29/12	868.55	12/19/13	1,022.44	153.89
6.000	CNOOC LTD SPONSORED ADR REP 100 SHS CL H	CEO	05/29/12	1,104.78	07/15/13	1,051.53	-53.25
6.000	CNOOC LTD SPONSORED ADR REP 100 SHS CL H	CEO	05/29/12	1,104.78	07/30/13	1,082.76	-22.02
3.000	CNOOC LTD SPONSORED ADR REP 100 SHS CL H	CEO	05/29/12	552.39	08/22/13	600.37	47.98

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Long Term							
4,000	CNOOC LTD SPONSORED ADR REP 100 SHS CL H	CEO	05/29/12	736.52	08/23/13	805.39	68.87
3,000	CNOOC LTD SPONSORED ADR REP 100 SHS CL H	CEO	05/29/12	552.39	08/26/13	602.74	50.35
3,000	CNOOC LTD SPONSORED ADR REP 100 SHS CL H	CEO	05/29/12	552.39	08/27/13	588.35	35.96
1,000	DASSAULT SYSTEMS S A SPONSORED ADR	DASTY	05/29/12	92.73	10/15/13	112.21	19.48
11,000	DASSAULT SYSTEMS S A SPONSORED ADR	DASTY	05/29/12	1,020.03	10/16/13	1,228.20	208.17
35,000	EMBRAER S A ADR EACH REP 4 COM STK SHS	ERJ	05/29/12	1,016.35	10/30/13	1,068.65	52.30
40,000	HANG LUNG PPTYS LTD SPONSORED ADR	HLPPY	05/29/12	655.20	09/09/13	669.69	14.49
15,000	HANG LUNG PPTYS LTD SPONSORED ADR	HLPPY	05/29/12	245.70	09/10/13	251.88	6.18
25,000	HANG LUNG PPTYS LTD SPONSORED ADR	HLPPY	05/29/12	409.50	09/17/13	418.67	9.17
8,000	HANG LUNG PPTYS LTD SPONSORED ADR	HLPPY	05/29/12	131.04	09/18/13	133.84	2.80
23,000	HANG LUNG PPTYS LTD SPONSORED ADR	HLPPY	05/29/12	376.74	09/19/13	390.41	13.67
16,000	HANG LUNG PPTYS LTD SPONSORED ADR	HLPPY	05/29/12	262.08	09/23/13	276.51	14.43
8,000	HANG LUNG PPTYS LTD SPONSORED ADR	HLPPY	05/29/12	131.04	09/24/13	135.70	4.66
4,000	HANG LUNG PPTYS LTD SPONSORED ADR	HLPPY	05/29/12	65.52	09/26/13	67.56	2.04
14,000	HANG LUNG PPTYS LTD SPONSORED ADR	HLPPY	05/29/12	229.32	09/27/13	237.31	7.99
3,000	HANG LUNG PPTYS LTD SPONSORED ADR	HLPPY	05/29/12	49.14	09/30/13	50.93	1.79
44,000	HANG LUNG PPTYS LTD SPONSORED ADR	HLPPY	05/29/12	720.72	10/09/13	737.25	16.53
92,000	HANG LUNG PPTYS LTD SPONSORED ADR	HLPPY	05/29/12	1,506.96	10/17/13	1,507.20	0.24
39,000	HANG LUNG PPTYS LTD SPONSORED ADR	HLPPY	10/05/12	676.46	10/17/13	638.92	-37.54
37,000	HENNES & MAURITZ AB ADR	HNNMY	05/29/12	224.22	10/14/13	308.01	83.79



RBC Wealth Management

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CONSULTING SOLUTIONS ACCOUNT STATEMENT 2013 ANNUAL STATEMENT

Account number:
310-72060
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QUANTITY	DESCRIPTION	SYMBOL	OPEN DATE	NET COST	CLOSE DATE	NET PROCEEDS	REALIZED GAIN/LOSS
Long Term							
227.000	HENNES & MAURITZ AB ADR	HNNMY	05/29/12	1,375.62	10/15/13	1,898.63	523.01
77.000	HENNES & MAURITZ AB ADR	HNNMY	05/29/12	466.62	12/16/13	662.55	195.93
16.000	HSBC HOLDINGS PLC SPONSORED ADR	HSBC	12/26/08	736.96	04/05/13	838.38	101.42
18.108	HSBC HOLDINGS PLC SPONSORED ADR	HSBC	12/26/08	834.10	12/04/13	981.49	147.39
12.891	HSBC HOLDINGS PLC SPONSORED ADR	HSBC	04/09/09	238.33	12/04/13	698.69	460.36
125.000	INDUSTRIAL & COMMERCIAL BANK OF CHINA LTD REPRESENTING	IDCBY	11/11/10	2,211.50	04/05/13	1,652.46	-559.04
150.000	INDUSTRIAL & COMMERCIAL BANK OF CHINA LTD REPRESENTING	IDCBY	11/11/10	2,653.80	09/06/13	2,034.37	-619.43
0.100	ITAU UNIBANCO BANCO HOLDING S A SPONSORED ADR REPSTG 500	ITUB	05/29/12	1.29	06/03/13	1.61	0.32
163.000	ITAU UNIBANCO BANCO HOLDING S A SPONSORED ADR REPSTG 500	ITUB	05/29/12	2,101.07	07/05/13	1,876.06	-225.01
111.000	ITAU UNIBANCO BANCO HOLDING S A SPONSORED ADR REPSTG 500	ITUB	05/29/12	1,430.79	07/08/13	1,322.15	-108.64
36.000	ITAU UNIBANCO BANCO HOLDING S A SPONSORED ADR REPSTG 500	ITUB	05/29/12	464.04	09/17/13	499.33	35.29
171.000	KINGFISHER PLC ADR US LISTED	KGFHY	03/19/10	1,190.16	04/05/13	1,518.44	328.28
20.000	KINGFISHER PLC ADR US LISTED	KGFHY	03/19/10	139.20	09/16/13	256.46	117.26
96.000	KOMATSU LTD SPONSORED ADR	KMTUY	05/29/12	2,344.32	12/05/13	1,903.54	-440.78
4.000	MERCADOLIBRE INC	MELI	05/29/12	296.40	08/02/13	514.73	218.33
7.000	MERCADOLIBRE INC	MELI	05/29/12	518.70	09/25/13	907.37	388.67
196.000	MITSUBISHI UFJ FINANCIAL GROUP INC ADS	MTU	05/29/12	848.66	07/29/13	1,203.88	355.22
18.000	NESTLE SA-SPONSORED ADR REPSTG REGD ORD (SF 10 PAR)	NSRGY	12/26/08	684.00	04/05/13	1,302.99	618.99
23.000	NOVARTIS AG AMERICAN DEPOSITARY SHARES	NVS	12/26/08	1,098.94	04/05/13	1,618.93	519.99
13.000	NOVARTIS AG AMERICAN DEPOSITARY SHARES	NVS	12/26/08	621.14	10/31/13	1,010.21	389.07
22.000	POTASH CORP OF SASKATCHEWAN INC CANADIAN LISTED	POT	11/04/11	1,051.60	06/12/13	887.09	-164.51

TRUST FOR MEDITATION PROCESS
THORNBURG INTL VALUE



Account number:
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QUANTITY	DESCRIPTION	SYMBOL	OPEN DATE	NET COST	CLOSE DATE	NET PROCEEDS	REALIZED GAIN/LOSS
Long Term							
8.000	POTASH CORP OF SASKATCHEWAN INC CANADIAN LISTED	POT	01/17/12	364.07	06/12/13	322.58	-41.49
14.000	POTASH CORP OF SASKATCHEWAN INC CANADIAN LISTED	POT	01/17/12	637.12	06/13/13	563.73	-73.39
7.000	POTASH CORP OF SASKATCHEWAN INC CANADIAN LISTED	POT	01/17/12	318.56	06/24/13	267.93	-50.63
22.000	POTASH CORP OF SASKATCHEWAN INC CANADIAN LISTED	POT	01/26/12	1,013.73	06/24/13	842.08	-171.65
19.000	POTASH CORP OF SASKATCHEWAN INC CANADIAN LISTED	POT	01/26/12	875.49	07/29/13	709.83	-165.66
2.000	POTASH CORP OF SASKATCHEWAN INC CANADIAN LISTED	POT	01/26/12	92.16	07/31/13	59.83	-32.33
92.000	POTASH CORP OF SASKATCHEWAN INC CANADIAN LISTED	POT	05/29/12	3,670.80	07/31/13	2,752.21	-918.59
61.000	RECKITT BENCKISER PLC SPONSORED ADR	RBGLY	05/29/12	663.68	07/17/13	861.87	198.19
20.000	SAP AG SPONSORED ADR	SAP	12/26/08	676.00	04/05/13	1,550.16	874.16
9.000	SAP AG SPONSORED ADR	SAP	12/26/08	304.20	07/03/13	639.00	334.80
15.000	SAP AG SPONSORED ADR	SAP	12/26/08	507.00	07/09/13	1,079.37	572.37
17.000	SAP AG SPONSORED ADR	SAP	12/26/08	574.60	10/15/13	1,233.97	659.37
10.000	SAP AG SPONSORED ADR	SAP	12/26/08	338.00	10/16/13	725.92	387.92
9.000	SAP AG SPONSORED ADR	SAP	05/29/12	522.81	10/17/13	654.16	131.35
170.000	SBERBANK RUSSIA SPONSORED AMERICAN DEPOSITORY	SBRXY	07/13/11	2,536.40	03/27/13	2,108.29	-428.11
21.000	SBERBANK RUSSIA SPONSORED AMERICAN DEPOSITORY	SBRXY	09/13/11	226.80	03/27/13	260.44	33.64
98.000	SBERBANK RUSSIA SPONSORED AMERICAN DEPOSITORY	SBRXY	10/03/11	816.34	03/27/13	1,215.37	399.03
15.000	SCHLUMBERGER LTD	SLB	05/29/12	1,001.23	10/08/13	1,324.24	323.01
9.000	SIEMENS AKTIENGESellschaft SPONSORED ADR	SI	12/26/08	640.17	04/05/13	953.43	313.26
4.000	SIEMENS AKTIENGESellschaft SPONSORED ADR	SI	12/26/08	284.52	06/24/13	400.19	115.67



RBC Wealth Management

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CONSULTING SOLUTIONS ACCOUNT STATEMENT 2013 ANNUAL STATEMENT

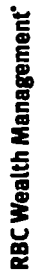
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QUANTITY	DESCRIPTION	SYMBOL	OPEN DATE	NET COST	CLOSE DATE	NET PROCEEDS	REALIZED GAIN/LOSS
Long Term							
3,000	SIEMENS AKTIENGESELLSCHAFT SPONSORED ADR	SI	05/19/09	222.06	06/24/13	300.15	78.09
9,000	SIEMENS AKTIENGESELLSCHAFT SPONSORED ADR	SI	05/19/09	666.17	06/25/13	900.36	234.19
11,000	SIEMENS AKTIENGESELLSCHAFT SPONSORED ADR	SI	05/19/09	814.21	07/05/13	1,101.92	287.71
4,000	SIEMENS AKTIENGESELLSCHAFT SPONSORED ADR	SI	05/19/09	296.08	07/08/13	414.10	118.02
15,000	SIEMENS AKTIENGESELLSCHAFT SPONSORED ADR	SI	07/23/09	1,191.52	07/08/13	1,552.86	361.34
3,000	SIEMENS AKTIENGESELLSCHAFT SPONSORED ADR	SI	07/23/09	238.30	07/09/13	311.89	73.59
10,000	SIEMENS AKTIENGESELLSCHAFT SPONSORED ADR	SI	05/29/12	855.50	07/09/13	1,039.64	184.14
12,000	SYNGENTA AG SPONSORED ADR	SYT	05/29/12	783.60	11/15/13	949.61	166.01
12,000	SYNGENTA AG SPONSORED ADR	SYT	05/29/12	783.60	11/18/13	946.03	162.43
17,000	TENCENT HOLDINGS LIMITED UNSPONSORED ADR REPRESENTING B	TCEHY	05/29/12	469.20	07/19/13	723.61	254.41
48,000	TENCENT HOLDINGS LIMITED UNSPONSORED ADR REPRESENTING B	TCEHY	05/29/12	1,324.80	07/29/13	2,167.29	842.49
24,000	TENCENT HOLDINGS LIMITED UNSPONSORED ADR REPRESENTING B	TCEHY	05/29/12	662.40	08/01/13	1,105.43	443.03
22,000	TENCENT HOLDINGS LIMITED UNSPONSORED ADR REPRESENTING B	TCEHY	05/29/12	607.20	10/10/13	1,160.64	553.44
23,000	TENCENT HOLDINGS LIMITED UNSPONSORED ADR REPRESENTING B	TCEHY	05/29/12	634.80	10/30/13	1,259.20	624.40
16,000	TENCENT HOLDINGS LIMITED UNSPONSORED ADR REPRESENTING B	TCEHY	05/29/12	441.60	12/12/13	963.78	522.18
73,000	TEVA PHARMACEUTICAL INDUSTRIES LIMITED ADR	TEVA	05/29/12	2,812.58	06/12/13	2,852.45	39.87
54,000	TEVA PHARMACEUTICAL INDUSTRIES LIMITED ADR	TEVA	05/29/12	2,080.54	10/10/13	2,170.18	89.64
31,000	TEVA PHARMACEUTICAL INDUSTRIES LIMITED ADR	TEVA	05/29/12	1,194.38	10/15/13	1,232.77	38.39
30,000	TEVA PHARMACEUTICAL INDUSTRIES LIMITED ADR	TEVA	05/29/12	1,155.86	10/16/13	1,193.68	37.82
13,000	TOYOTA MOTOR CORPORATION ADS	TM	03/21/12	1,094.29	03/27/13	1,335.45	241.16

1. The first step in the process is to identify the problem or issue that needs to be addressed. This involves gathering information and understanding the context of the problem.

TRUST FOR MEDITATION PROCESS
THORNBURG INTL VALUE

QUANTITY	DESCRIPTION	SYMBOL	OPEN DATE	NET COST	CLOSE DATE	NET PROCEEDS	REALIZED GAIN/LOSS
15.000	TOYOTA MOTOR CORPORATION ADS	TM	03/21/12	1,262.65	04/05/13	1,599.71	337.06
5.000	TOYOTA MOTOR CORPORATION ADS	TM	03/21/12	420.88	04/17/13	558.37	137.49
76.000	VODAFONE GROUP PLC SPONSORED ADR	VOD	12/26/08	1,434.58	02/01/13	2,075.19	640.61
12.000	VODAFONE GROUP PLC SPONSORED ADR	VOD	05/19/09	229.80	02/01/13	327.66	97.86
61.000	VODAFONE GROUP PLC SPONSORED ADR	VOD	08/12/11	1,653.09	02/01/13	1,665.61	12.52
90.000	WAL-MART DE MEXICO S A B DE C V SPONS ADR REPSTG SER V SHS	WMMVY	05/29/12	2,374.20	11/06/13	2,209.06	-165.14
64.000	WAL-MART DE MEXICO S A B DE C V SPONS ADR REPSTG SER V SHS	WMMVY	05/29/12	1,688.32	11/07/13	1,536.92	-151.40
24.000	YANDEX N V CLASS A	YNDX	05/29/12	504.14	07/24/13	731.69	227.55
13.000	YUM BRANDS INC	YUM	05/29/12	926.51	11/22/13	1,019.83	93.32
Long Term Subtotal							17,581.24
TOTAL REALIZED GAIN OR LOSS							24,324.52



Account number:
313-00626
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**RBC ADVISOR
ACCOUNT STATEMENT
2013 ANNUAL STATEMENT**

[illegible]



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**RBC ADVISOR
ACCOUNT STATEMENT
2013 ANNUAL STATEMENT**

Account number:
315-13030
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QUANTITY	DESCRIPTION	SYMBOL	OPEN DATE	NET COST	CLOSE DATE	NET PROCEEDS	REALIZED GAIN/LOSS
Short Term							
1.015	OPPENHEIMER DEVELOPING MKTS FDS CL Y	ODVYX	04/11/13	35.73	10/23/13	38.68	2.95
Short Term Subtotal							
							2.95
TOTAL REALIZED GAIN OR LOSS							
							2.95

Application for Extension of Time To File an Exempt Organization Return

OMB No. 1545-1709

► File a separate application for each return.

► Information about Form 8868 and its instructions is at www.irs.gov/form8868.

- If you are filing for an **Automatic 3-Month Extension**, complete only **Part I** and check this box ☒
- If you are filing for an **Additional (Not Automatic) 3-Month Extension**, complete only **Part II** (on page 2 of this form)

Do not complete Part II unless you have already been granted an automatic 3-month extension on a previously filed Form 8868

Electronic filing (e-file). You can electronically file Form 8868 if you need a 3-month automatic extension of time to file (6 months for a corporation required to file Form 990-T), or an additional (not automatic) 3-month extension of time. You can electronically file Form 8868 to request an extension of time to file any of the forms listed in Part I or Part II with the exception of Form 8870, Information Return for Transfers Associated With Certain Personal Benefit Contracts, which must be sent to the IRS in paper format (see instructions). For more details on the electronic filing of this form, visit www.irs.gov/efile and click on *e-file for Charities & Nonprofits*.

Part I Automatic 3-Month Extension of Time. Only submit original (no copies needed).

A corporation required to file Form 990-T and requesting an automatic 6-month extension - check this box and complete

Part I only ☐

All other corporations (including 1120-C filers), partnerships, REMICs, and trusts must use Form 7004 to request an extension of time to file income tax returns.

Type or print	Name of exempt organization or other filer, see instructions	Enter filer's identifying number
	TRUST FOR THE MEDITATION PROCESS	Employer identification number (EIN) or
	Number, street, and room or suite no. If a P.O. box, see instructions.	41-6286503
	City, town or post office, state, and ZIP code. For a foreign address, see instructions.	Social security number (SSN)

2751 HENNEPIN AVENUE SOUTH, NO. 259

MINNEAPOLIS, MN 55408

Enter the Return code for the return that this application is for (file a separate application for each return) **04**

Application Is For	Return Code	Application Is For	Return Code
Form 990 or Form 990-EZ	01	Form 990-T (corporation)	07
Form 990-BL	02	Form 1041-A	08
Form 4720 (individual)	03	Form 4720 (other than individual)	09
Form 990-PF	04	Form 5227	10
Form 990-T (sec. 401(a) or 408(a) trust)	05	Form 6069	11
Form 990-T (trust other than above)	06	Form 8870	12

MARTHA BOLINGER

- The books are in the care of ► **3125 HOLMES AVE S #301 - MINNEAPOLIS, MN 55408**
Telephone No. ► **612-825-3116** Fax No. ►
- If the organization does not have an office or place of business in the United States, check this box ☐
- If this is for a Group Return, enter the organization's four digit Group Exemption Number (GEN) . If this is for the whole group, check this box ☐. If it is for part of the group, check this box ☐ and attach a list with the names and EINs of all members the extension is for

- 1 I request an automatic 3-month (6 months for a corporation required to file Form 990-T) extension of time until **AUGUST 15, 2014**, to file the exempt organization return for the organization named above. The extension is for the organization's return for
► ☒ calendar year **2013** or
► ☐ tax year beginning , and ending

- 2 If the tax year entered in line 1 is for less than 12 months, check reason: ☐ Initial return ☐ Final return
☐ Change in accounting period

3a If this application is for Forms 990-BL, 990-PF, 990-T, 4720, or 6069, enter the tentative tax, less any nonrefundable credits. See instructions.	3a	\$	0.
b If this application is for Forms 990-PF, 990-T, 4720, or 6069, enter any refundable credits and estimated tax payments made. Include any prior year overpayment allowed as a credit.	3b	\$	0.
c Balance due. Subtract line 3b from line 3a. Include your payment with this form, if required, by using EFTPS (Electronic Federal Tax Payment System). See instructions	3c	\$	0.

Caution. If you are going to make an electronic funds withdrawal (direct debit) with this Form 8868, see Form 8453-EO and Form 8879-EO for payment instructions.

- If you are filing for an **Additional (Not Automatic) 3-Month Extension**, complete only **Part II** and check this box ☒ **X**

Note. Only complete Part II if you have already been granted an automatic 3-month extension on a previously filed Form 8868.

- If you are filing for an **Automatic 3-Month Extension**, complete only **Part I** (on page 1).

Part II Additional (Not Automatic) 3-Month Extension of Time. Only file the original (no copies needed).

		Enter filer's identifying number, see instructions
Type or print File by the due date for filing your return. See instructions.	Name of exempt organization or other filer, see instructions	Employer identification number (EIN) or
	TRUST FOR THE MEDITATION PROCESS	41-6286503
	Number, street, and room or suite no. If a P.O. box, see instructions.	Social security number (SSN)
	2751 HENNEPIN AVENUE SOUTH, NO. 259	
	City, town or post office, state, and ZIP code. For a foreign address, see instructions.	
	MINNEAPOLIS, MN 55408	

Enter the Return code for the return that this application is for (file a separate application for each return)

0 4

Application Is For	Return Code	Application Is For	Return Code
Form 990 or Form 990-EZ	01		
Form 990-BL	02	Form 1041-A	08
Form 4720 (individual)	03	Form 4720 (other than individual)	09
Form 990-PF	04	Form 5227	10
Form 990-T (sec. 401(a) or 408(a) trust)	05	Form 6069	11
Form 990-T (trust other than above)	06	Form 8870	12

STOP! Do not complete Part II if you were not already granted an automatic 3-month extension on a previously filed Form 8868.

MARTHA BOLINGER

- The books are in the care of ☒ 3125 HOLMES AVE S #301 - MINNEAPOLIS, MN 55408

Telephone No ☒ 612-825-3116

Fax No. ☐

- If the organization does not have an office or place of business in the United States, check this box ☐

- If this is for a Group Return, enter the organization's four digit Group Exemption Number (GEN) ☐. If this is for the whole group, check this box ☐. If it is for part of the group, check this box ☐ and attach a list with the names and EINs of all members the extension is for.

4 I request an additional 3-month extension of time until NOVEMBER 15, 2014.

5 For calendar year 2013, or other tax year beginning _____, and ending _____.

6 If the tax year entered in line 5 is for less than 12 months, check reason: ☐ Initial return ☐ Final return

☐ Change in accounting period

7 State in detail why you need the extension _____

8a If this application is for Forms 990-BL, 990-PF, 990-T, 4720, or 6069, enter the tentative tax, less any nonrefundable credits. See instructions.	8a	\$	0.
b If this application is for Forms 990-PF, 990-T, 4720, or 6069, enter any refundable credits and estimated tax payments made. Include any prior year overpayment allowed as a credit and any amount paid previously with Form 8868.	8b	\$	0.
c Balance due. Subtract line 8b from line 8a. Include your payment with this form, if required, by using EFTPS (Electronic Federal Tax Payment System). See instructions.	8c	\$	0.

Signature and Verification must be completed for Part II only.

Under penalties of perjury, I declare that I have examined this form, including accompanying schedules and statements, and to the best of my knowledge and belief, it is true, correct, and complete, and that I am authorized to prepare this form.

Signature ☐

Title ☐ CPA

Date ☐

Form 8868 (Rev. 1-2014)