Transcendental meditation benefits mind, body, behavior

By WILL ANDERSON Staff Writer

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An increased use of mental potential, increased physical health . and improved social behavior are the benefits of transcendental meditation (TM), says Edgar Blackledge, teacher of the tech-

"This process is used to transcend the mind's thinking level and go beyond daily thought patterns," said Blackledge, a TAMU graduate. "The mind and body are rested and enjoy greater energy and creativity; surroundings become more pleasant and activities easier."

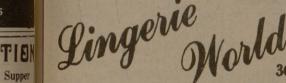
Blackledge moved with an ease unexpected of such a tall man-

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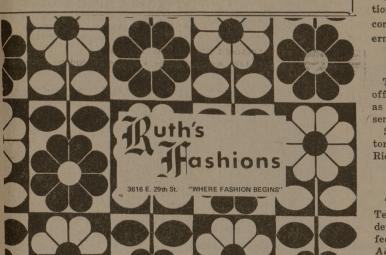
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he resigned from the Air Force because he was too tall to be a flight officer-and he spoke with a friendly smile. He is staying

in the area to teach TM. "TM rose in popularity a few years ago when the Beatles began studying under its innovator, Maharishi Mahesh Yogi," Blackledge explained. "Maharishi learned from an Indian monk who spent 30 years in solitude and medita-

The Maharishi extended these teachings and today the International Meditation Society, centered in Los Angeles, estimates there are more than 150,000 American meditators with an average monthly increase of 5,000.

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"The technique is ancient," clearly. I don't know the connecsaid Blackledge, "but it's easy to learn if you have an instructor.

"The lectures are the first step. If someone is interested they may join and begin personal instruction with the teacher."

After the teacher evaluates the pupil, Blackledge said, he selects for him a word of the Sanskrit dialect, a mantra. "The mantra has no meaning; its importance is its soothing effect on the individual's nervous system. The pu-

pil then learns the technique." There is a \$45 charge for the mantra, said Blackledge, and the money is used to defray the instructors' expenses and support the IMA.

"For 20 minutes, twice a day, the meditator sits, closes his eyes and repeats his mantra. Theoretically he traces the path of thoughts from the conscious mind, a confused and anxious region, to their origin which is a simple and restful area."

Studies have shown several physiological effects, he said. A female graduate who meditates said, "I'm not nervous anymore and I can think much more

Campus Briefs

Installment

The second installment board and \$98.00 for the 5-Day Board payment for the 1974 Spring Se- Plan. Please pay now at the Fiscal Office, Richard Coke Building, \$109.50 for the 7-day Board Plan to avoid penalty.

campus addresses or the buyer

may pick up flowers Thursday in

The flowers will be sold only by

845-1515 between 8 and 5, 846-

tion but I've started to lose

said Blackledge, "if they under-

stood what it was. It is not a re-

ligion though it may increase any

religious experience. Nor is it

sleep or hypnosis; the meditator

is aware of his surroundings at

TM can work for anyone be-

cause it is so natural for the hu-

man system, claimed Blackledge,

and the chief goal is, through

better employment of the person's

resources, to do less and accom-

A 1973 graduate of TAMU's

College of Industrial Technology

and a native of Bryan, Blackledge

will present a series of lectures

in Room 225 of the Memorial Stu-

dent Center on Feb. 12 and 14.

Tom Gordon, a teacher from Aus-

The lectures begin at noon and

Since Blackledge is staying in

the A&M area, students are as-

sured of advanced lectures and

check-ups to guarantee the best

results from TM, group medita-

tion and other activities.

tin, will also offer instruction.

"More people would try TM,"

weight."

all times."

plish more.

7:30 p.m.

Flower sale

Office.

9081 or 845-2198.

Omega Phi Alpha, national service sorority, is sponsoring a Valentine carnation sale today and tomorrow.

mester is due on or before Feb-

ruary 19, 1974. The amount is

Club members are selling carnations for 50 cents. The flowers come in red, white, pink and pepermint.

New editor The Student Publications Board on the Battalion staff for two and officially recomended Rod Speer one half years as reporter, news as Battalion editor for the spring editor, managing editor and assemester vesterday. Speer has served as interim edi-

sistant to the editor. The board's recommendation tor since the resignation of Mike will go before President Jack K. Rice in December. He has been Williams for his approval.

Women's panel

The YMCA will present six to attend the first meeting of the Texas Women's University stu- Viewpoint Panel at 8 p. m. Thursdents who will discuss how they feel about dating, marriage and day, Room 301 of the Rudder A&M. All students are invited Tower.

THE BATTALION TUESDAY, FEBRUARY 12, 1974

Convention preserves status quo after lengthy debate

the constitutional convention to vote, perhaps as early as Friday, on the future shape of public education in Texas.

After haggling for hours over details, the Education Committee finally approved the education article of a new constitution Monday night, 13-7.

Committee members added an amendment to entrench the State



William D. Ruckelshaus

Ruckelshaus

speaks here

AUSTIN-The way is clear for College Coordinating Board as a commission to determine maxiconstitutional agency. It now is mum pay. subject to elimination by a majority vote of the legislature.

> change by the full conventionthe education article essentially preserves the status quo, includ-ing the controversial \$680 million Permanent University Fund. In-

come from that fund would remain the exclusive property of the Texas A&M system and the University of Texas system. But the legislature would be required to match that income with an annual appropriation to be divided among schools outside the two systems for capital improvements, including new buildings and library books.

A new provision would require the legislature to provide all young Texans equal educational opportunity through high school, with financial aid based on the wealth of the state as a whole, not that of unequally endowed local school districts.

In other action Friday, the Legislative Committee showed it preferred leaving lawmakers free to set their own pay. But committee members-allowed to vote for multiple options-also formed a small majority in favor of

Thirteen members voted for letting the constitution remain In its final form-subject to silent on the pay question, in effect leaving salary decisions to the lawmakers. Eleven-a majority of those present-voted for the salary commission.

No final decision was made on legislative pay.

A salary commission proposal is before the General Provisions Committee, which deadlocked 8-8 on it.

Rep. Bob Maloney, R-Dallas, chairman of the Legislative Committee, said his panel would be free to send a salary commission proposal to the floor even if the General Provisions Committee rejects it.

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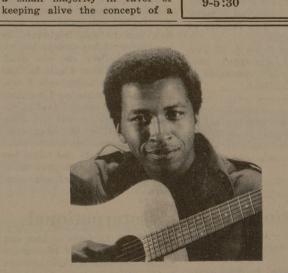
Aggie Rings. Diamonds Set-Sizing-Reoxidizing-All types watch/jewelry Repair **Aggie Charge Accounts** 9-5:30 846-5816

One of the many to resign from President Nixon's dominion, William D. Ruckelshaus, former Deputy Attorney General, will speak at A&M University Wednesday night at 8:30. Ruckelshaus will be presented

as a special attraction of Great Issues at Rudder Center Auditorium. Admission will be free for students with activity cards and \$1 for the public.

"We realize that Mr. Ruckelshaus is coming on the same day Flowers will be delivered to on as the beginning of SCONA," said Mark Rankin, Great Issues Vice Chairman. "We have to em-Room E of the Student Programs phasize to the public that our program is not connected with SCONA and that there will have telephone. To place orders, call to be a small admission charge." Ruckelshaus is probably best known for his refusal to fire Special Prosecutor Archibald Cox upon President Nixon's request. His position as Deputy Attorney General lasted only four months. Ruckelshaus served as administrator of the Environmental Protection Agency for three years and was then appointed acting director of the FBI. He held that post only four months before being appointed U. S. Deputy At-

torney General.



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Ski trip

The MSC Travel Committee is other \$75 covers meals, ski equipoffering a ski trip during spring ment and lift tickets. Only 36 break March 8-18. Transportation seats are being sold. Sign up in the Student Programs Office or to South Fork, Colorado, bed and call 845-1515 for further informabreakfast are offered for \$70. An- tion.

Book exchange

Approximately 70 books worth the Student Book Exchange Proover \$200 must be picked up by gram. students between 11 a.m. and 1

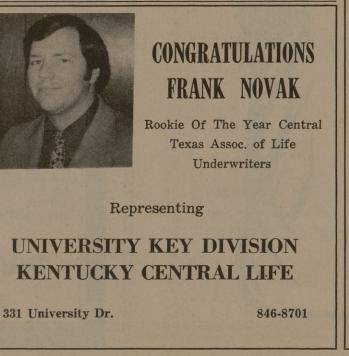
"If the students don't pick up p. m. Thursday in the Student these books, we're going to have to sell them," said John Tyler, These books and checks valuing about \$150 are the remainder of Book Exchange Director.

Opera preview

Two previews of "The Marriage 24 at 7 p. m. in the Bryan Public of Figaro" will be presented by Library Auditorium. members of the Opera and Performing Arts Society. The first preview of Mozart's ed by Mrs. Gilbert Plass, Mrs. opera is February 14 at 8 p.m. in room 226 of the Memorial Bookman Peters to help the opera-Student Center. The second preview is February ance.

Programs Office, Room B.

Mozart's style and musical characterizations will be illustrat-Zolton Kosztolnyik and Mrs. goer to appreciate the perform-



Roy Clark

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Rudder Center Auditorium Thursday, March 7, 1974 8 p.m.

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TICKETS \$5, \$4, \$3 At Rudder Center Box Office Monday through Friday, 9 a.m. - 4 p.m. Tele. 845-2916

OPAS is a functioning committee of the Town Hall Committee of Texas A&M University.