

Transcendental meditation benefits mind, body, behavior

By WILL ANDERSON
Staff Writer

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 technique.

"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—

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 meditation."

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.

"The technique is ancient," said 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 pupil 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

clearly. I don't know the connection but I've started to lose weight."

"More people would try TM," said Blackledge, "if they understood what it was. It is not a religion though it may increase any religious experience. Nor is it sleep or hypnosis; the meditator is aware of his surroundings at all times."

TM can work for anyone because it is so natural for the human system, claimed Blackledge, and the chief goal is, through better employment of the person's resources, to do less and accomplish more.

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 Student Center on Feb. 12 and 14. Tom Gordon, a teacher from Austin, will also offer instruction.

The lectures begin at noon and 7:30 p.m.

Since Blackledge is staying in the A&M area, students are assured of advanced lectures and check-ups to guarantee the best results from TM, group meditation and other activities.

Convention preserves status quo after lengthy debate

AUSTIN—The way is clear for 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

College Coordinating Board as a constitutional agency. It now is subject to elimination by a majority vote of the legislature.

In its final form—subject to change by the full convention—the education article essentially preserves the status quo, including the controversial \$680 million Permanent University Fund. Income 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 keeping alive the concept of a

commission to determine maximum pay.

Thirteen members voted for letting the constitution remain 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.



William D. Ruckelshaus

Ruckelshaus speaks here

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 as the beginning of SCONA," said Mark Rankin, Great Issues Vice Chairman. "We have to emphasize to the public that our program is not connected with SCONA and that there will have 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 Attorney General.



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Campus Briefs

Installment
The second installment board payment for the 1974 Spring Semester is due on or before February 19, 1974. The amount is \$109.50 for the 7-day Board Plan

and \$98.00 for the 5-Day Board Plan. Please pay now at the Fiscal Office, Richard Coke Building, to avoid penalty.

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

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

New editor
The Student Publications Board officially recommended Rod Speer as Battalion editor for the spring semester yesterday. Speer has served as interim editor since the resignation of Mike Rice in December. He has been

on the Battalion staff for two and one half years as reporter, news editor, managing editor and assistant to the editor. The board's recommendation will go before President Jack K. Williams for his approval.

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

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

Book exchange
Approximately 70 books worth over \$200 must be picked up by students between 11 a. m. and 1 p. m. Thursday in the Student Programs Office, Room B.

These books and checks valuing about \$150 are the remainder of

Opera preview
Two previews of "The Marriage of Figaro" will be presented by members of the Opera and Performing Arts Society. The first preview of Mozart's opera is February 14 at 8 p. m. in room 226 of the Memorial Student Center. The second preview is February

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