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**Relaxes mid-term tensions**

**TM provides health, intelligence**

By SANDY RUSSO  
Special Section Editor

About half way through the semester, the tensions of being a student start mounting. Papers are due, quizzes are being given and life seems topsy-turvy.

It's time for a little creative intelligence.

Creative intelligence is the "other name" for transcendental meditation (TM).

"TM is a simple mental technique for deep sleep," said Bo Edgar Blackledge, teacher of TM in the Bryan-College Station area.

Proponents of TM will say

there is no religious background in the art, yet founder Maharishi Mahesh Yogi is of a Hindu background and meditation is a part and parcel of the practice.

Be that as it may, TM has taken the United States by storm. Thirty major U.S. cities, including Houston, house world plan centers. At these centers organizations for cities in the region are supervised.

The B-CS meditating community numbers over 250 with new people coming into the program monthly, said Blackledge.

Monthly lectures are given to instruct people about the TM program. "We don't give a sales pitch," said Blackledge. "We show people what TM can do for them."

"The benefits of TM are an increased use of full mental potential, better health and better

social behavior," said Blackledge.

These are derived in the deep rest that TM provides. "It's not sleep," Blackledge said.

TM slows the body processes down. "It's only natural if the mind rests, the body rests," Blackledge said. But beyond that the meditator wishes to reach the state of pure con-

sciousness.

"In sleep a person loses consciousness, but in TM, the mind reduces thoughts into just awareness," said Blackledge. He added that TM can thwart stress thereby making easier to handle life and easier to get to sleep at night.

"At first psychiatrists were afraid that TM would release stress too fast for the mental health of their patients. But a study in 1974 in Los Angeles proved them wrong," Blackledge said.

Blackledge is a '73 graduate of Texas A&M in Industrial Technology. He started meditating as a student and between the time he graduated and joined the air force he became a teacher of TM. Teacher training consisted of a 33-lesson program in creative intelligence, a time in field training and three-months of training under Maharishi.

"Maharishi said that the United States needs TM more than most countries because of the high pace of life; yet they are more appreciative of it because

they are more creative and more effective with it," said Blackledge.

TM, to be effective, is supposed to be practiced twice a day at 20-minute sittings. "A person sits down, closes his eyes, waits 30 seconds and starts to meditate," said Blackledge. The meditator repeats a mantra and concentrates on its sound.

To learn how to meditate on sound and how to relax costs \$65 for college students. The two-hour classes are taught on consecutive days.

Students are instructed individually on the first day and in a group of both men and women numbering 20 for the next three days. "The idea is to make sure they get a good start and become at home with their own meditation," said Blackledge.

Meditators are eligible for free check meditations, refresher courses and social activities. The initial \$65 provides the funds for the local organizations to maintain themselves through advertising, renting lecture rooms and supporting the teachers, said Blackledge.

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**South Knoll plans meetings**

The South Knoll Elementary School Parent Teacher Association (PTA) has announced plans for a meeting in October in conjunction with the school's Halloween Carnival.

PTA President Mrs. Dock Burke said seven more meetings have been scheduled throughout the year.

The meetings will include discussions of:

- Performance evaluation and the new grading system in November.
- A Christmas sharing program in December
- Bicentennial Fair workshop in January.
- Chili Supper and Bicentennial Fair in February.
- PTA vs. Parent Teacher Organization in March.
- Teacher Appreciation Night in May.

Plans for the April meeting will be announced later.

Other PTA officers for this year are Dr. and Mrs. Otto Crenweige, vice-presidents of programs and directory; Mrs. Gary Richardson, vice-president of membership; and Mrs. Charles Schultz, vice-president of hospitality.

Treasurer for the PTA is Mrs. Jean Vaughn, and the secretary is Mrs. Edward Binford.

**MEETINGS SCHEDULED**

Great Issues Committee will meet Tuesday at 7 p.m. in Room N of the Student Programs Office in the MSC.

Micro Society will meet Tuesday at 7:30 p.m. in the new B.S.B.E. building in Room 105.

Beta Alpha Psi will meet Wednesday in Room 302 of the Rudder Tower from 9 a.m. to noon and from 1:30 p.m. to 4:30 p.m. for an Accounting Careers Seminar.

Wheelmen (bicyclists) will meet Wednesday at the Rudder Tower fountain at 5:30 p.m.

Industrial Education Society will meet Wednesday in Room 302 of the Rudder Tower at 7 p.m.

Motorcycle Club will meet Wednesday at 7:45 p.m. in Room 501 of the Rudder Tower.

Society of American Military Engineers will meet Wednesday at 7:30 in Room 108 of the Harrington Center.

El Paso Hometown Club will meet Wednesday at 7:30 p.m. in Room 140 of the MSC.

Horsemen's Association will meet Thursday at 7 p.m. in the Aggie Arena (pavilion if it rains).

Midland-Permian Basin Area Hometown Club will meet Thursday at 8 p.m. in Room 407 of the Rudder Tower.

Accounting Society will hold a square dance Friday from 7:30 to midnight in the K.C. Hall.

Ocean Engineering Club will meet Saturday from noon to sunset in Welch Park at Lake Somerville.

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