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provides health, intelligence By SANDY RUSSO

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-

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 Sta-

Proponents of TM will say

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1618, evenings.

in the art, yet founder Maharishi Mahesh Yogi is of a Hindu background and meditation is a part and parcel of the Be that as it may, TM has

there is no religious background

Relaxes mid-term tensions

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

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

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

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South Knoll plans meetings

social behavior," said Blackledge.

rest that TM provides. "It's not

sleep," Blackledge said.

TM slows the body processes

down. "It's only natural if the

Blackledge said. But beyond

that the meditator wishes to

reach the state of pure con-

mind rests, the body rests,'

These are derived in the deep

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

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

The meetings will include discus-

• Performance evaluation and the new grading system in November • 4 Christmas sharing program

in December Bicentennial Fair workshop in

Chili Supper and Bicentennial

Fair in February. PTA vs. Parent Teacher Or-

ganization in March.

• Teacher Appreciation Night in

Plans for the April meeting will be announced later.

Other PTA officers for this year

are Dr. and Mrs. Otto Crenwelge, vice-presidents of programs and directory; Mrs. Gary Richardson, vice-president of membership; and Mrs. Charles Schultz, vicepresident of hospitality.

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

"In sleep a person loses con-

sciousness, 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

"At first psychiatrists were af-raid that TM would release

stress too fast for the mental

health of their patients. But a

study in 1974 in Los Angeles

Blackledge is a '73 graduate of

Texas A&M in Industrial

Technology. He started

meditating as a student and be-

tween the time he graduated

and joined the air force he be-

came a teacher of TM. Teacher

training consisted of a 33-lesson

program in creative intelli-

gence, a time in field training

and three-months of training

'Maharishi said that the Un-

ited States needs TM more than

most countries because of the

high pace of life; yet they are

more appreciative of it because

sleep at night.

proved them

Blackledge said.

under Maharishi.

more effective with it,"

TM, to be effective, is sur

posed to be practiced twice

day at 20-minute sittings.

person sits down, closes hi

eyes, waits 30 seconds and start to meditate," said Blackledge

The meditator repeats a manter

and concentrates on its sound.

sound and how to relax costs 865

for college students. The two

hour classes are taught on 4 con-

Students are instructed indi-vidually on the first day and in a

group of both men and wome

numbering 20 for the next three

days. "The idea is to make sur

they get a good start and he

come at home with their own meditation," said Blackledge.

free check meditations, r

fresher courses and social ac

tivities. The initial \$65 provides

the funds for the local organiza

tions to maintain themselve

through advertising, renting

lecture rooms and supporting the teachers, said Blackledge.

Meditators are eligible fo

secutive days.

To learn how to meditate o

Blackledge

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 Ag-

gie 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

Galveston, Texas

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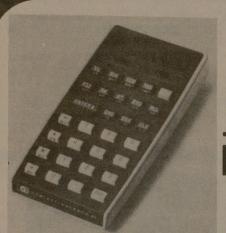
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