

CAMPUS ACTIVITIES

Friday
Texas A&M Sport Parachute Club, parachute demonstration on main Drill Field (weather permitting), 2 and 4 p.m.
Travel Committee, "We Have Never Been Licked," 8 p.m., Rudder Auditorium
Bahai Club, musical presentation, 8 p.m., 140 MSC
Aggie Players, "Rip Van Winkle," 8 p.m., Rudder Forum
Aggie Cinema, "Enter the Dragon," 12 midnight, Rudder Theater

Saturday
University Undergraduate Fellows Symposium, 8:30 a.m. to 12:30 p.m., Zachry Engineering Center, rooms 104 and 105
Company D-2 Parent's Day Reception, 6:30 p.m., 230 MSC
Squadron 7 Parent's Day Ceremony, 7 p.m., 701 Rudder
Aggie Players, "Rip Van Winkle," 8 p.m., Rudder Forum
Aggie Cinema, "The Enforcers," 8 p.m., Rudder Auditorium

Sunday
Company D-2 Parent's Day Reception, 6:15 a.m., 601 Rudder
Company F-2 Parent's Day Reception, 6:15 a.m., 701 Rudder
Company K-2 Parent's Day Reception, 8 a.m., 308 Rudder
Company M-2 Parent's Day Reception, 8 a.m., 404 Rudder
Ross Volunteers Parent's Day Program, 4:30 p.m., Rudder Theater
Aggie Concert Band, 4:15 p.m., Rudder Auditorium

Silent chanting, meditating all part of TM

By TAMMY LONG
The lecture has ended and the room is still. The nine participants seated around the room close their eyes and silently chant their mantras as they drift into the inner depths of their minds. They are students of Transcendental Meditation.

Transcendental Meditation is a mental technique to rest the body and dispel daily stress and strain. Its purpose is to increase one's energy, efficiency, and clarity of thought.

Sophomore George Sofke, president of the International Meditation Society of Texas A&M, said sleep rids the body of much of its stress, but two 20-minute periods of meditation a day provide rest deeper than sleep.

TM instructor Edgar Blackledge explained that while the body is resting, the mind becomes clear and alert. This state of restful alertness

remains with an individual throughout his daily activities, he said.

Sofka said a major misconception about TM is that it is a religion.

"A lot of religious groups are really down on TM," he said. "They think TM is trying to take over — to replace God. There may be many people devoted to it, but it's not religion."

The exact origin of TM is unknown. In 1941, Guru Dev, a philosopher-teacher, began TM's present worldwide revival.

Blackledge said there are two criteria of meditation: it must be easy and the individual must benefit from it.

"It's very simple mental technique," he said. "It's hard for people to get used to how easy it is to meditate. There aren't any yoga postures. TM is done sitting in a chair with your eyes closed."

Various scientific studies have

found TM's benefits to include normalization of blood pressure, improved job performance, development of personality, decreased anxiety and reduced use of alcohol and cigarettes.

"After meditating 20 minutes, I'm ready to study for two or three hours," Sofka said. "It's also easier to concentrate in class."

Blackledge said a person should "think as little as possible" while meditating. The instructor gives everyone his own mantra, a word from the ancient language of India, Sanskrit, to chant silently. He explained that the mantra is in Sanskrit so the meditator cannot interrupt his meditation by contemplating the mantra's meaning.

Mike Clough, a junior agricultural engineering major, took the TM course as a freshman. He said meditation consists of three ele-

ments: repetition, pure consciousness and thoughts.

"First, you keep repeating the mantra, then you might find yourself thinking about something, so you go back to the mantra," he explained. "From there you might go to pure consciousness. It's like not thinking at all or like canceling out thoughts. Your mind is peaceful and resting."

"It might last a few seconds or a few minutes. Then you'll start thinking again. Sometimes, you'll go straight from the mantra to pure consciousness."

Blackledge said a person should meditate only twice a day — once in the morning and again in the afternoon. He said a person may become either groggy or hyperactive as a result of excessive meditation.

Blackledge said any stimulus can disturb meditation. He advised

against listening to music during meditation or eating before.

"Even the digestive process can be disturbing," he said.

He said chemicals taken into the body will dull the meditation process.

TM courses for Bryan-College Station are arranged by the Natural Ductory lectures about basic and even

The instructor consists of discussing the practicality of technique and developing one's potential through using TM.

Course fees range from \$15 for adults to \$85 for college students. Blackledge estimated there are 200 meditators in Bryan-College Station.

"We had two women who were in their seventies take the course," Sofka said.

Course fees pay for TM support from teachers' salaries, advanced classes, lectures, mailings, refresher courses and special events and seminars. Exhibits in the TM course are museumically become members of the museum.

TM centers check meditation and fossil techniques. After completing the course, students are asked to visit the museum once a week for the next month to ensure correct meditation practice.

Checking is recommended a minimum of once a month for the first year of practice. If the meditator is checked after the first year, the meditator may go to any TM center to investigate.

Cars encounter

quackers 'n' j

United Press International
THREE RIVERS, Mich.—A duck taking a sun bath stopped in a rush hour traffic Wednesday in the middle of the town's main intersection.

Police called to the scene to snarl traffic said they found ducks calmly standing under a light.

Sgt. Rick Bernardt said he escorted the ducks back home to St. Joseph River in nearby Sedley Park.

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THURSDAY EVENING SPECIAL

Italian Candle Light Spaghetti Dinner

SERVED WITH SPICED MEAT BALLS AND SAUCE

Parmesan Cheese - Tossed Green Salad

Choice of Salad Dressing - Hot Garlic Bread

Tea or Coffee

FRIDAY EVENING SPECIAL

BREADED FISH

FILET w/TARTAR

SAUCE

Cole Slaw

Hush Puppies

Choice of one vegetable

Roll or Corn Bread & Butter

Tea or Coffee

"Quality First"

SATURDAY NOON and EVENING SPECIAL

"Yankee Pot Roast

Texas Style"

Tossed Salad

Choice of one vegetable

Roll or Corn Bread & Butter

Tea or Coffee

SUNDAY SPECIAL NOON and EVENING ROAST TURKEY DINNER

Served with

Cranberry Sauce

Cornbread Dressing

Roll or Corn Bread - Butter

Coffee or Tea

Giblet Gravy

And your choice of any One vegetable

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RHA WEEKEND

SATURDAY APRIL 15 8:00 P.M.
G. ROLLIE WHITE COLISEUM

TICKETS & INFORMATION-MSC BOX OFFICE 845-2916

	GENERAL ADMISSION	RESERVED
A&M STUDENT	FREE w/ACTIVITY CARD	\$4.50
STUDENT DATE	\$3.00	\$4.50
GENERAL PUBLIC	\$4.00	\$6.50



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WALTER MATTHAU
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RICHARD BENJAMIN

DAILY 7:45
9:45
SAT, SUN 2:00
3:55
5:50
ALSO

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FRI, SAT (PG) \$1.25 Monty Python

CINEMA II

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9:15
SAT, SUN 2:15
4:00
5:45
ALSO
LATE SHOW FRI, SAT. 11:00

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MONDAY EVENING SPECIAL

Salisbury Steak with Mushroom Gravy Whipped Potatoes Your Choice of One Vegetable Roll or Corn Bread and Butter Coffee or Tea

TUESDAY EVENING SPECIAL

Mexican Fiesta Dinner Two Cheese and Onion Enchiladas w/chili Mexican Rice Patio Style Pinto Beans Tostadas Coffee or Tea One Corn Bread and Butter

WEDNESDAY EVENING SPECIAL

Chicken Fried Beef Steak w/cream Gravy Whipped Potatoes and Choice of one other Vegetable Roll or Corn Bread and Butter Coffee or Tea



THURSDAY EVENING SPECIAL

Italian Candle Light Spaghetti Dinner SERVED WITH SPICED MEAT BALLS AND SAUCE Parmesan Cheese - Tossed Green Salad Choice of Salad Dressing - Hot Garlic Bread Tea or Coffee

FRIDAY EVENING SPECIAL

BREADED FISH FILET w/TARTAR SAUCE Cole Slaw Hush Puppies Choice of one vegetable Roll or Corn Bread & Butter Tea or Coffee

SATURDAY NOON and EVENING SPECIAL

"Yankee Pot Roast Texas Style" Tossed Salad Choice of one vegetable Roll or Corn Bread & Butter Tea or Coffee

SUNDAY SPECIAL NOON and EVENING ROAST TURKEY DINNER

Served with Cranberry Sauce Cornbread Dressing Roll or Corn Bread - Butter Coffee or Tea Giblet Gravy And your choice of any One vegetable