CAMPUS ACTIVITIES

Friday
Texas A&M Sport Parachute Club, 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 Augie Players, "Rip Van Winkle," 8 p.m., Rudder Forum Aggie Cinema, "The Enforcers," 8 p.m., Rudder Auditorium

p.m., 140 MSC

Aggie Players, "Rip Van Winkle," 8
p.m., Rudder Forum

Aggie Cinema, "Enter the Dragon," 12
midnight, Rudder Theater

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,

Company M-2

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.

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Silent chanting, meditating all part of TMM

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

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

PLUS

LARRY

BEEZER

A&M STUDENT

STUDENT DATE

GENERAL PUBLIC

out 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 re-

The exact origin of TM is unknown. In 1941, Guru Dev 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

"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 post-TM is done sitting in a chair

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found TM's benefits to include nor-malization of blood pressure, im-proved job performance, develop-"First, you keep repeating the proved job performance, development of personality, decreased anx-

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-

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SHOW

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mantra, then you might find youriety and reduced use of alcohol and self 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

> '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

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

meditation or eating before "Even the digestive process ca

disturbing," he said.

He said chemicals taken into recently, body will dull the meditation

TM courses for Bryan-Colle Station are arranged by the the The course includes two free to ductory lectures about basic pri

ples of the TM technique and consecutive days of instruction The instruction consists of the ing to meditate, reducing the

discussing the practicality of contechnique and developing one of tential through using TM. Course fees range from \$13 adults to \$85 for college stude Blackledge estimated there are County

meditators in Bryan-College 'We had two women who were The mu their seventies take the coun

Course fees pay for TM cent teachers' salaries, advanced tures, mailings, refresher on and special events and sen Students in the TM course auto cally become members of Blackledge said.

TM centers check medi techniques. After completin course, students are asked to with IMS once a week for the month to ensure correct medit

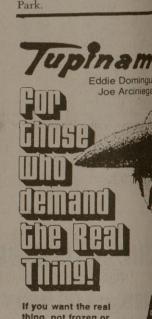
Checking is recommen minimum of once a month lo first year of practice. If he will be checked after the first we meditator may go to any TM ce

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United Press Internationa THREE RIVERS, Mich. ducks taking a sun bath st rush hour traffic Wednesday i middle of the town's main inte

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WEDNESDAY EVENING SPECIAL Chicken Fried Beef

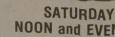
Steak w/cream Gravy Whipped Potatoes and Choice of one other Vegetable Roll or Corn Bread and But Coffee or Tea



THURSDAY EVENING SPECIAL

One Corn Bread and Butter

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



BREADED FISH FILET W/TARTAR SAUCE Cole Slaw Hush Puppies Choice of one

Roll or Corn Bread & Butter

Tea or Coffee

ankee Pot Roast Texas Style' Tossed Salad

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