

Students receive 'enlightenment' from two speakers Tuesday night

By SCOT MEYER
Campus Reporter

Students seeking enlightenment are forced to choose between two speakers on meditation Tuesday night. Both lectures took place in the Tower and both started at 8 p.m.

The International Meditation Society gave an introductory lecture on meditation, or TM. The lecture was designed as the beginning course on TM, which would take place over the weekend and cost \$10.

The Metaphysical Society, which meets a different topic at each meeting, featured a lecture on the theory of meditation by Dr. Edgar Blackledge, who spoke for the International Meditation Society, and that transcendental meditation is a technique, as opposed to philosophy, or religion, or a physical activity like yoga.

TM is an attempt to experience consciousness as an object, Blackledge said, in the sense that one is conscious of the air being cold, or conscious of the music one is listening to. Although consciousness with an object tends to be more practical in everyday life, by restricting oneself to this type of mental activity one uses a fraction of his mind's potential.

The practice of TM has many benefits, Blackledge said, including increased mental clarity, better physical health, and an improved ability to get along with people.

Blackledge said that the three known states of consciousness according to scientists are waking, sleeping and dreaming. Psychologists have postulated a possible fourth state, he said, which corresponds to meditation.

During this fourth state the mind experiences lively consciousness without objects of thought or perception — what TM calls "pure" consciousness — while the body experiences deep rest, Blackledge said. It is the deep physical rest which accounts for many of meditation's benefits, he said, because deep rest is a stress-relieving activity.

Blackledge said that a great deal of scientific research has been done on TM, research which he said his



group would try to make available to anyone who is interested.

Blackledge stressed the scientific aspects of transcendental meditation, emphasizing the fact that TM is not a religious activity.

"Granted, these guys came from India," he said. "Still, Einstein was a Jewish background, and we don't consider the theory of relativity a Jewish idea."

Maharishi Mahesh Yogi freed the technique from the dogma of Hinduism and made it available to everyone, regardless of religious faith, Blackledge said.

Blackledge said that the mantra is not a hindu prayer of any kind.

"It is like using a boat to cross a river; it's great for getting you across the river, but the goal is not the boat, it is the other side," he said. The mantra is just a tool, he said.

Each TM participant is assigned a

mantra — a sort of personal key word which opens up TM's benefits to the person — at the outset of his TM training.

Somayajulu's lecture concerned meditation in a broader sense. He said that transcendental meditation, which he called mantra meditation, used the sounds of the mantra to "tune" various centers of the body.

Somayajulu said that mantra meditation is not for everybody, and that it could be dangerous for people.

"The instructor should try to meet the needs of the students, and not try to impose his own system on him," he said.

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School prayer law may face suit

United Press International
BOSTON — For the first time in more than 15 years, teachers and students in Massachusetts' public schools were allowed to bow their heads and pray Tuesday.

But the new law may be short-lived. The Civil Liberties Union of Massachusetts said it would challenge the statute in court.

The U.S. Supreme Court ruled in 1963 local and state laws requiring recitation of the Lord's Prayer or Bible verses in public schools violated

the Constitution's guarantee of separation of church and state.

The Massachusetts law, signed in November by Gov. Edward J. King, requires teachers to allow for a period of voluntary prayer before each day's classes begin. Any students not wishing to participate would be allowed to leave the room, as would the teacher.

King signed the law despite claims it could not pass a constitutional test.

John Roberts, executive director of the Civil Liberties Union of Massachusetts, said Monday his organi-

zation was "definitely" going to file a suit against the program and "do it soon. Perhaps (today) before the (state) Supreme Judicial Court."

"The law is definitely unconstitutional and the sooner we get before the court the better," Roberts said.

State Department of Education officials have said they believe the law is unconstitutional, but guidelines have been issued to aid local school committees in implementing the statute, saying the law should be presumed constitutional until proved otherwise.

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