

Transcendental Meditation Use your mind

by Marci Landry-Milton

Marian Mintz, a pupil of "the Mahareshi Mahesh Yogi," and a student at the College of Art in Halifax, is one of the teachers now offering introductory lectures and classes in the ancient discipline of Transcendental Meditation at Dalhousie University.

Martin practiced meditation for two and a half years and after intensive study in Italy and Spain for six months, became a teacher. Since classes began at Dal in September there are now nearly 100 new meditators in this city.

There are 5,000 teachers in North America and the number is expected to rise to 10,000 by May of 1973. Currently Mahareshi is again teaching in Spain where rent and lodging is cheaper in view of the large numbers (8,000) attending his classes.

Mahareshi, a Ph. D. in Physics from the University of Bombay, studied for over 15 years in India under Reshikish who has taught many disciples in the

Vedic Tradition which has existed for thousands of years.

Mahareshi began teaching in India and later set up headquarters in the United States in Los Angeles. Initially visiting Canada nearly ten years ago he has returned several times including once in 1968 when he presided over a meditation course at Lake Louise, and last July at Queen's University where a SCI symposium was held. Eminent speakers included Marshall McLuhan, who is noted for his books on communication and geneticist Dr. David Suzuki, as well as several biologists, and neurologists.

SCI, the Science of Creative Intelligence has been presented in the continuing Education Department of the Universities of Victoria, Ottawa, and Simon Fraser. It is already a credit course in a number of U.S. universities including Stanford and Yale as well as in some high schools in the state of California.

Favourable scientific

research done on Transcendental Meditation has been published in Scientific American, The English, Lancet, The American Journal of Physiology as well as in reports at UCLA, Berkeley, and the University of Cologne in Germany.

Psychological studies indicate a major state of consciousness, profound relaxation, and a fully active mind during meditation. Other clinical and practical applications include its use in the treatment of hypertension as well as drug abuse. The LeDain Committee on the Non-Medical Use of Drugs notes that following regular practice of meditation, drug experiences become distasteful. Similar reports have been made in reference to alcohol, caffeine, and tobacco use after several months of meditation.

Meditation is not a philosophy nor is it a religion — it is a mechanical technique. It requires no ceremony, incense, or complex positions. A simple



process, transcendental meditation involves a progressive refinement of the nervous system through the regular alterations of deep rest and activity. It is a technique which renews both mental and physical energy and has been described as a "no fuss" technique for modern living.

Free Introductory talks on Transcendental Meditation are held every Wednesday evening. The course; including private

and group lessons, at 8:00 p.m., A & A Building, Rm. 212, costs \$35 for students and \$75 for non-students.

Also early February will mark the beginning of a course in SCI — the Science of Creative Intelligence discovered by Mahareshi Mahesh Yogi. Here the knowledge and theory behind transcendental Meditation will be presented.

Student Centre evaluated

by Larry Grossman

To many students, the Student Counselling Centre represents a place to go only if one is on the verge of committing suicide or going insane. Some of these students feel that the aim of the Centre is to treat serious psychological ailments rather than minor, everyday problems. Others feel that they would like to use the centre, but they're afraid that someone will find out. Still others won't go because they don't like the idea of seeing "a conventional shrink" who might not understand their problems.

Contrary to the beliefs of these students, the Dalhousie Student Counselling Centre does not fit into any of the above categories. In fact, Director Wallace L. Mealiea, demon-

strated quite a different outlook and approach in treating student problems.

For those who aren't familiar with the Student Counselling Centre set up, here is a brief description:

The Centre is designed to help students solve their personal, academic and social problems. It offers individual counselling, vocational evaluation and testing, special group and skills programs and referrals to other on and off campus services, as the need arises.

The aim of the Centre can best be summed up by Director Mealiea himself:

"The Centre and its staff are dedicated to the basic premise that the worth of the individual is of the utmost concern, that he has the ultimate right and

responsibility for deciding what problem(s) he wishes to work on and how far he wishes to go. To foster this, the anonymity and confidentiality of all clients and their problems are respected."

There are presently six staff counsellors working at the Centre. They all have backgrounds in Psychology and Counselling. I can personally attest to their open-minded attitudes as well as to their use of modern, relevant techniques in helping people solve problems.

As far as the types of individual and social problems treated, Mealiea emphasized that "no concern is too small." He further emphasized the idea of problem prevention.

Mealiea feels it is important for a student to come to the Centre when a problem, or situation leading up to a problem, is still small and easily controlled. In doing this, the student might ward off the later development of a bigger problem. Dr. Mealiea also said that every conceivable problem from pregnancy to identity crises are treated.

The treatment itself is

tailored to the type of problem. He went on to point out that some problems need direct answers while others need gradual, sensitive answers."

In addition to personal problems, the Centre is equipped to help students with course difficulties as well as vocational decision making. There are also aptitude and interest tests available to help the therapist and student observe the types of vocations he or she might be best suited for.

The Centre also administers special programs that students can become involved with. There is the Study Skills program which helps students improve their study habits, and a Relaxation Course which helps students learn how to relieve anxiety.

There are two other programs which will be started within the next few weeks. One is a Couples Communication Program designed to help couples improve their ability to communicate with themselves and others. The couples do not have to be married to participate.

The other program is called the Vocational Exploration

Program and it will include tapes of various professionals explaining what their jobs entail.

A very important aspect of the Centre's setup is the idea of confidentiality. Mealiea emphasized that everything is confidential and the only time a counsellor will discuss your problem with anyone else is if you give him permission or if a very serious situation, such as a suicide attempt, takes place.

According to Mealiea, the Centre sees about 10 percent of the student body per year which works out to 550-650 students. The Centre has only had a waiting list in November. Mealiea attributed the waiting list to the problems that invariably come up at the end of the semester. But, he was quick to point out that anyone who has a need can be seen immediately or within a day or two as circumstances arise.

The Centre is located on the 4th floor of the Dalhousie Student Union Building and information or appointments can be obtained in person or by phoning 424-2081, 2082, 2083. A secretary is in the Centre from 9 to 5, Mondays through Fridays.

No Room for Women

by Marg Bezanson

The Nova Scotia Legislative Assembly has passed an amendment to the Human Rights Act that prohibits discrimination on the grounds of sex. However, this is not being followed by the Legislative Assembly itself. The job of page for the Assembly has traditionally been held by males, and this continuing despite the amendment.

Buddy Daye, Chief Messenger for the Legislative Assembly said, "There is no regulation as such preventing girls from becoming pages, but there are reasons why there are no female pages at the present time."

The budget did not allow for such things as new uniforms which would be needed for female pages. Also there is limited space in Province House for extra dressing rooms. The question of whether females would be hired as pages was raised, but considered unfeasible at this time. The


Ontario Legislature, however, is hiring female pages.

About 19-20 pages are being hired this year, an increase over past years. They are chosen from amongst high school and university students as well as non-students. A page is usually recommended by his local Member of the Legislative Assembly.

Requirements for the job include a minimum Grade 8 or 9 education, an ability to read and write well and work with the press. Also the applicant must come across well in a personal interview.

No girls have applied for the job at this time, so it has not been necessary to make a decision in any particular case. Whether a person would actually be turned away on the grounds of her sex remains to be seen.

"I would not be annoyed if girls were pages. I think it would be a good idea," commented Daye. "There is nothing about the job that a girl could not handle."



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