

Through Transcendental Meditation...

In 1958, an Indian Sage named Maharishi Mahesh Yogi left his isolated retreat deep within the Himalayas and journeyed to Madras where a religious festival happened to be in progress at the time of his arrival. There he began to preach the simple message that suffering and discontent were not a necessary part of the life of man, that the natural state of man was joy, and that these basic truths of human existence could be realized concretely through the daily practice of a simple technique of transcendental meditation.

In the twelve short years since Maharishi's first public utterance of this revolutionary teaching the technique of Transcendental Meditation has spread throughout the world. For thousands of people the basic truth that the essential structure of life is bliss rather than suffering has become a living, concrete reality of day-to-day life.

For several years Maharishi has held Initiator Training Courses in India in order to train qualified teachers of Transcendental Meditation. The majority of these teachers are drawn from the student bodies of universities throughout the world and more than a thousand teachers are now engaged in the active propagation of this technique.

The technique itself is defined as "turning the attention inwards towards the subtler levels of a thought until the mind transcends the experience of the subtlest state of the thought and arrives at the source of thought."

A thought is compared to a bubble which bubbles up from the deepest level of the ocean, rises through all the depths of the ocean until finally it breaks on the surface. To the spectator on a ship the bubble only becomes obvious when it has completed its journey through the depths of the ocean and comes to the surface.

Obviously, the person on the ship looking out on the ocean has missed all the previous stages of development of the bubble which have taken place below the surface. Just like that, a thought bubbles up from the deepest level of the ocean of mind until finally it breaks on the surface level of the mind and is consciously appreciated as a thought.

Obviously the thinker is in an analogous position to the spectator of the ocean bubbles. The thinker misses or fails to perceive all the subconscious levels of development of his thoughts just as the ship's observer fails to perceive the bubble in its journey below the surface of the ocean.

Maharishi's conclusion is, of course, that the human thinking process has become pathetically impoverished. Man's mental potential has become limited by his exclusive use of only the conscious surface level of his mind. The ocean of subconscious mental re-

sources are not available for utilization by the conscious thinking mind.

By learning to consciously experience a thought in all its initial stages of development the heretofore unused portions of man's mind begin to be activated and more mental

potential begins to be employed by the meditator in his day-to-day life.

A little puppy confronted by an unopened tin of dog food and an absent master understandably becomes a frustrated little puppy. He simply does not have the men-

Maharishi's Ashram ...

Word spread quickly across the ashram (small commune), "Maharishi is going to lecture tonight." The January to April 1970 Initiators Training Course was about to begin. One hundred and eighty people from around the world had made a long journey to the banks of the Ganges in order to become qualified teachers of the Transcendental Meditation of Maharishi Mahesh Yogi.

People had come from all walks of life. There were large contingents of university students from all over the world including one daring individual who announced that he had made the trip with the scholarship funds supplied to him by the University of Berkley. There were housewives from New York, a model from England, a Ph.D graduate in Physics from M.I.T., and an architect

from Massachusetts who Maharishi kept busy designing running fountains which were to flow over the entire ashram.

Maharishi's ashram sits on the bank of the Ganges directly across the river from the ancient pilgrimage town of Rishikesh. Maharishi's house, located in the center of the ashram is a simple two-room dwelling, one room serving as his living quarters and the other room

Eda's Place

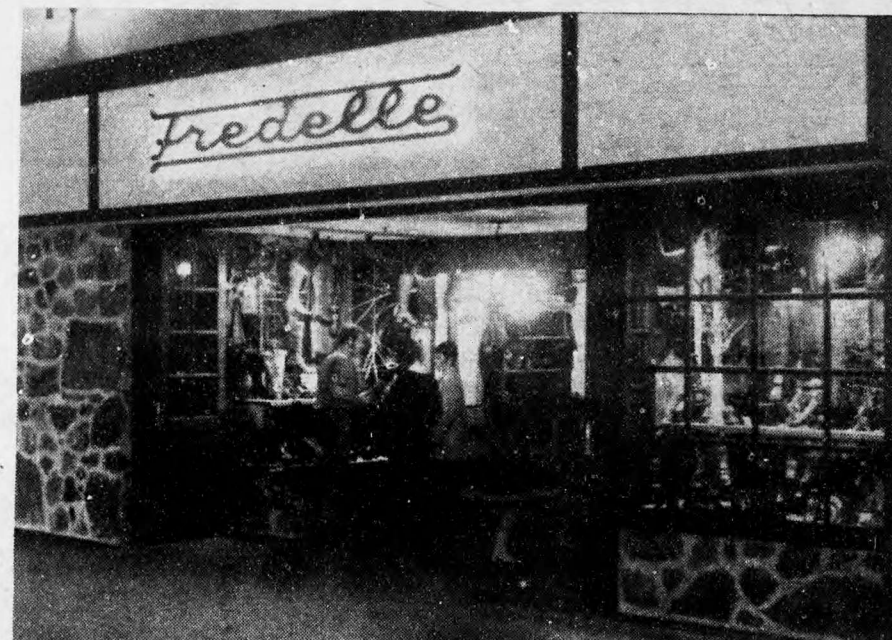
THE Place in downtown Fredericton where smart Women shop for the latest in fashions —

All the latest styles minis, midis, & maxis

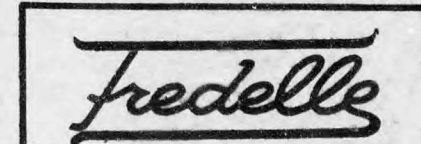
Watch for our Anniversary Sale around October 15.

69 York St.
Fredericton, N.B.
Ph. 475-3825





THE FASHIONABLE WORLD OF



FOR THE FASHIONABLE COLLEGE GIRL

All styles from up.

The Most Reasonable Prices In Fredericton.
Drop in and see us in the Fredericton Mall.

YOU AND INCO

Representatives of
**THE INTERNATIONAL NICKEL COMPANY
OF CANADA, LIMITED**

will visit the university to discuss career opportunities at Copper Cliff and Port Colborne, Ontario, and Thompson, Manitoba. Positions will be of interest to graduating and post-graduate students in

ENGINEERING ■ mining ■ metallurgical ■ chemical
electrical ■ mechanical ■ civil
CHEMISTRY, GEOLOGY and GEOPHYSICS

Also, interviews for Summer Employment will be held with Geology and Geophysics students in 3rd, 4th and post-graduate years.

We invite you to arrange an interview through your university placement office.

INTERNATIONAL NICKEL
The International Nickel Company of Canada, Limited

potential to o
food for himsel
Just like that,
confronted w
nces which p
satisfaction of hi
comes discon
ply does not h
ught-force, or n

...The

ception area w
receives the
at flow of visito
ee him.

iny concrete
ed "puris" hous
come to the e
hese buildings
nty people. Th
small and b
mbing absolute
well as the plu
e the guffaws a
article in Tim
h portrayed
some sort o
radise comple
modern convenie

Y

2nd F

Li

A

Anyone int
or havin

Harriet Irving
Biblio. Dept E

