

a 5-BX plan for the mind

a feature
by ernie vilcsak



The 'Grand Old Man' of the 'Science of Creative Intelligence', Maharishi Mahesh Yogi.

Transcendental meditation, which is the practical aspect of the science of creative intelligence, seems to be an effortless exercise for the mind, sort of a 'reaching inward' for a fourth state of consciousness (the other three are the waking, the sleeping, and the dreaming states) which is reached as easily and as naturally as one goes to sleep. The actual practitioners of this technique who I've talked to claim that it helps them gain a calmer, more rational viewpoint on life, with greater stability and staying power.

I must say that the 'Trans Med' people present a very strong case for their techniques, with many scientifically documented studies on such things as metabolic rate, cardiac output, and blood lactate level to show that a very deep state of physical rest is reached during meditation. Similar studies on reaction times and emotional stabilities of meditators as compared to non-meditators are also very impressive. And it's hard to lightly pass by the data on the sharp drop in use of all drugs, of alcohol and nicotine as well as the ones indicated in the graph on this page, among practitioners.

And if you were to believe all the claims that are made in a little pamphlet called "Scientific Research on Transcendental Meditation", you'd damn near think that learning the technique would enable you to do everything from shining your shoes to acing your exams, umpteen times as well as you could before. Practise of it will reduce your nervousness, aggression, depression, and inhibition. It will cut down on your tendency to dominate, as well as your irritability, emotional instability, and self criticism. It will increase your sociability, your self-assuredness, your outgoingness, and your staying power and efficiency.

f.u.n.'s no fad



The most rapidly growing segment of Canadian education is not part of the educational core of elementary, secondary, and higher education institutions. Much is going on outside those systems. There are educational programmes sponsored by business, government, and industry. There are proprietary schools such as beauty schools. There are Manpower Retraining and Development Centers, Correspondence Schools, Educational Television, and Adult Education Programmes ranging from academically oriented evening courses to neighbourhood social action groups. And there are centers of education such as Edmonton's Free University North whose growth and success over the past three years suggest that alternative educational schemes are here to stay.

Edmonton's F.U.N. began as a special project of the Student Christian Movement at the University of Alberta in the fall of 1970 because "traditional educational facilities weren't available to a wide enough range of people." Since then F.U.N. has grown from a few volunteers and a handful of courses into a dynamic and continuing educational experiment funded under the federal governments Local Initiatives Programme. F.U.N. now maintains a full-time office in Terra House 9917 116 St., and a full-time staff who dart about the community providing the necessary links among resource people, participants and projects.

In the past month the F.U.N. office phone has been ringing a lot as people call in to find out what's up for Fall '72.

"You got free guitar lessons again?"

"Yes ma'am, beginning guitar and folk guitar."

"My wife says I should learn how to cook."

"Well sir, we have a free course in Mexican cooking beginning this fall. That's a start."

The calls pour in all day long: "Scottish dancing? ---certainly." "Elementary Swedish ---of course!"

Motorcycle Mechanics?---right on!"

Birth control for men and women --- begins next week! The courses are all set out in clear categories in F.U.N.'s new Fall Calendar which becomes available this week.

With little or no attention from the educational establishment, Free University North has been trying to make it possible for people from dozens of walks of life to create their own lifelong learning programmes outside the confines of the traditional educational system. Operating on the premise that "everyone has something to learn; everyone has something to teach," F.U.N. volunteers and staffers bring together resource people and participants: no fees, no grades, no diplomas, no prerequisite courses, no exams, no degrees. Where possible, classes are held in private homes over coffee, others in community centers, meeting rooms, etc. There is no bureaucracy to maintain a course when the participants have abandoned it.

In addition to this, it will increase your self-actualization. This means (they say in the pamphlet) that you will have an increased acceptance of self, of others and of nature, and an increased ability to enjoy both solitude and social interaction. You will have a greater freshness of appreciation and emotional richness, an increased autonomy and firm identity. It will also improve your interpersonal relationships, and your integration, wholeness and unity of person.

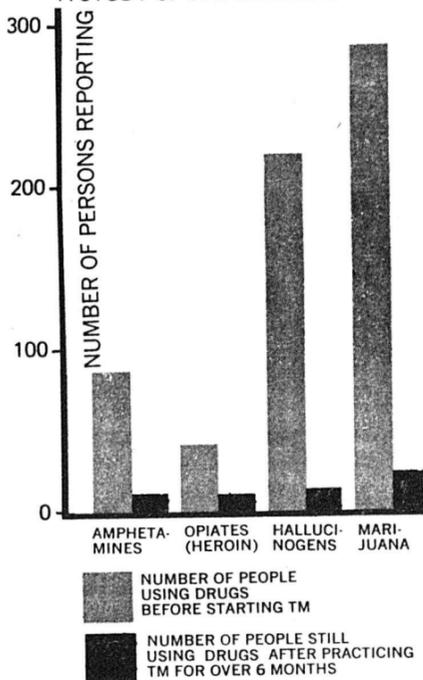
On the intellectual plane, it will increase your perception of reality, your creativity and your spontaneity, expressiveness, and liveliness.

Rather exceptional claims, aren't they? But you know what I think is the most exceptional thing about transcendental meditation? It works!

After talking to a number of followers of this philosophy-mental exercise, I found they all agreed that Trans Med had actually done these things for them to at least some degree. And perhaps it was my imagination, but they really did seem to be just a little calmer, a little more self assured and content than just people in general.

REDUCED USAGE OF DRUGS

A STUDY OF 570 SUBJECTS



High cost of drugs keeping you down? Well, drop your pot and turn on with T.M.!

Free University North sees its task as helping to design a society and institutions capable of continuous change, continuous renewal, continuous responsiveness. Their out-of-class, off-campus, do-it-yourself brand of learning seems to have caught on. Free University North organizers expect about one thousand registrations for the fall courses.

A big problem in the past, however, has been getting it across to people that all courses are free. There are no fees or payments of any kind. Resource persons are volunteers. Many generous organizations and individuals have donated space and time to make F.U.N. a reality. F.U.N. is free in another way as well. It allows students to pursue the learning which they themselves find most valuable. Curriculum is determined not only by those who teach but also by those who learn. Says one F.U.N. worker though, "There are still lots of people in the community who are hesitant to step into a learning situation after having been out of "school" for so long. These people should realize that the old roles of teacher-student and the old bind of competition, exams, grades and so on, don't exist at F.U.N."

worldwide conspiracy

An organization formed for the purpose of furthering "the science of creative intelligence", the Students' International Meditation Society, has set up international headquarters in Austria. The aim of this organization is to set up 3600 campuses around the world for the purpose of training teachers of Transcendental Meditation. Each campus is to serve an area of one million people, and has a projected goal of training one thousand teachers. At the moment, there are 22 teacher training centers across Canada.

But not all the teaching in Transcendental Meditation is done by this organization. There are now 40 accredited universities across the U.S. and Canada, (including Yale, Simon Fraser, and York), offering credit courses in the "theory of creative intelligence". Over one percent of the college population of the States are now meditating. Professors, research engineers, even a Nobel Laureate and a U.S. Army five star general are using Transcendental Meditation to improve their lives.

The U.S. government has paid for the training of 200 high school teachers, and in Canada, the North York, Toronto, and Ottawa school systems are offering it for credit at Junior and Senior High School level.

Transcendental Meditation is gaining enthusiasts at a remarkable rate-somewhere in the neighborhood of three hundred percent yearly. There are at present 4000 teachers of the meditation technique in the western world, of which 3000 were trained last winter. The theoretical aspects of creative intelligence are now being taught by 10 to 12000 people, and it is expected that a further six thousand will be trained this winter.

The actual teaching of the meditation technique takes four two and a half hour sessions on four consecutive days, at the "minimum donation" of \$25 for students. The introductory lectures and interviews which precede the training are free and open to everyone. Anyone interested in finding out more about this can go to the meditation room in SUB at twelve noon on Thursdays, or to the Grad Student's lounge in Tory at eight on Wednesday evenings, or can drop down to the Gateway offices to sift through the mass of pamphlets that have been left here.

F.U.N. wants to attract people from all sorts of occupations. "Roles limit learning", says Free University North workers, "and we want to break those roles down." What's wrong with a housewife from Londonderry taking a course in Kundalini Yoga? Or with a Businessman from Bonnie Doon joining our seminar on Interpersonal Dynamics? We've even got a free course in glass blowing for people who are interested."

This fall's calendar of courses is extensive and everyone is invited to look the calendar over, select a course or courses of interest to him, and register in person at any of the following locations between Monday, September 25 and Friday, September 29 between 4:00 p.m. and 9:00 p.m.

Metropolitan United Church, 109 St. & 83rd. Ave (Alley door)
South District Recreation Center, 7728 82nd. Ave.

West 10, 12225 105 Ave.
Highlands Branch Public Library, 6710 118 Ave. (4-6 on Monday and Thursday; 4-9 On Tuesday and Friday; closed Wednesday)

In special circumstances phone-in registrations will be accepted at 488-3710