

## Edmonton Women's Place boycotts conference

As part of a growing opposition and frustration with federal government control over International Women's Year, the Edmonton Women's Place voted Jan. 22 overwhelmingly against accep-

ting Secretary of State funds to attend a national conference of women's centres in Thunder Bay.

Women from Edmonton will attend the conference with money raised by the Women's

Place members, through donations, raffles or benefits.

The Edmonton women were wary of the growing financial dependence of Canadian Women's organizations on federal government funding programmes. They hope to raise this as a major topic of discussion at the conference in March.

Their decision comes as part of a strong wave of opposition from western women to the Liberal government's IWY programmes. Sixty groups from the British Columbia Federation of Women (BCFW) have endorsed a letter of non-support for the IWY Western Regional Conference in April, also organized by the Secretary of State.

"We are tired of government organized conventions," said Lynda Hancock, a BCFW newsletter worker. "As women we know our situation and we know what needs to be done. BCFW feels what is needed is action, not more talk."

"Instead of spending \$1 million on transportation and hotel expenses for a series of conferences to reach the uninvolved BCFW feels the money should be put into services and programmes which meet the

expressed needs and priorities of women across Canada."

B.C. women's groups found they had no real input at local consultation conferences held by the Secretary of State. Women were informed that no

changes could be made in the programmes even when protests or disagreements were raised, said Hancock. "Consultation became a catchword for pushing through a pre-determined programme."

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## Transcendental Meditation good for mind and body

Calm. That's what it's all about.

Contrary to many people's beliefs that Transcendental Meditation is a religious or philosophical practice, TM is really a physiological and mental state of rest.

Bob Chelmick, of the TM Program for Northern Alberta, defines it thus: "TM is a simple, naturally incorporated mental technique which brings about a very profound state of rest in the body much deeper than sleep and a calm alertness of mind. In this state, which we achieve easily, and do 20 minutes twice a day, the mind is made clear, more effective, efficient. The state of rest physiologically

allows the body to cast off tension and deep fatigue. It is a simple means to prepare yourself for more dynamic action."

Anyone can learn it, he says, by using ancient meditative methods rest in a manner that is natural, healthy, and has no physiological or psychological bad effects.

Next week Tuesday and Wednesday night, the TM Program will conduct two introductory lectures on how to achieve the rest state.

At the meetings, accredited scientific information will be given out showing the effects of TM on the body, as well as therapeutic uses of the meditation method for behavioral problems caused by stress.

Medical doctors advise their patients to try TM to control high blood pressure, for instance. In two separate studies, inmates in penitentiaries who used Transcendental Meditation to remove internal stress showed greater behavioral improvement than those who did not.

With TM, says Chelmick, a person is more fulfilled because he is calm enough and alert enough during the day to achieve his goals and complete his work without fatigue. This reduces the need for self-expression outside of the law.

Members of all religious faiths have experienced the meditation, as the teaching is not religious in nature.

The lectures are in conjunction with a National Week of observance of Transcendental Meditation to inform Canadians of TM as a practical technique.



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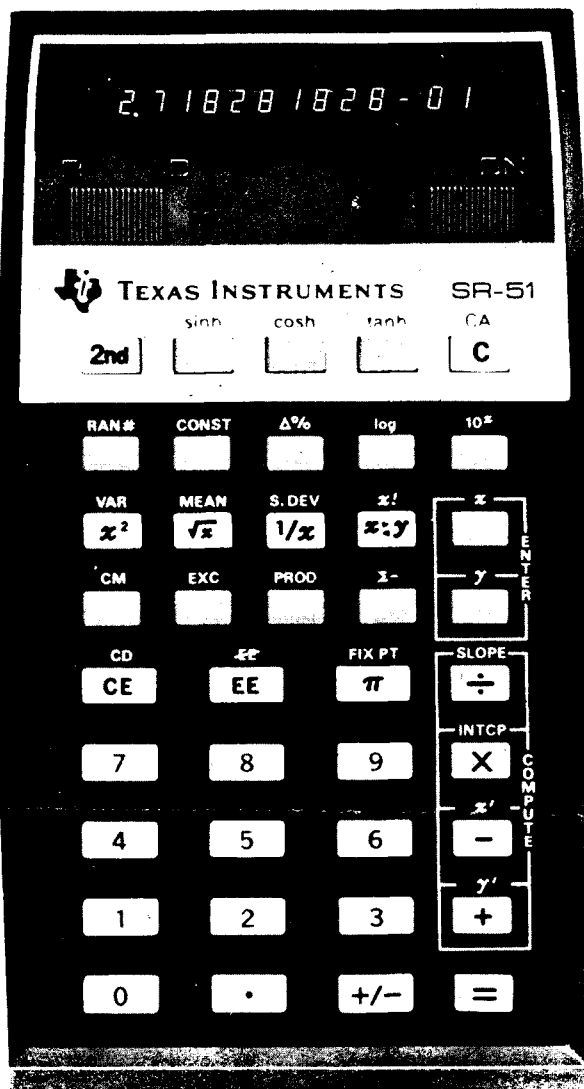
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