

TM - a peaceful experience

In 1798 William Wordsworth, the great transcendental poet wrote of an experience of transcendence.

... that serene and blessed mood, for which the affections lead us gently on, — Until, the breath of this corporeal frame And even the motion of our human blood Almost suspended, we are laid asleep In body, and become a living soul: While with an eye made quiet by the power Of harmony, and the deep power of joy, We see into the life of things."

What was once the occasional experience of great poets and sages has now become accessible to everyone. The key? — a new science: the Science of Creative Intelligence — a highly systematic and rigorous system of knowledge whose concern is the nature, origin and development of Creative Intelligence. SCI includes an easy to learn technique called Transcendental Meditation which has been shown in over 50 physiological studies to have these effects:

- In beginning subjects a 20 percent decrease in oxygen consumption (indicating deep physical rest) as compared to 8-

12 percent seen only after several hours into a night's sleep. In advanced TM practitioners reductions of 50-60 percent are commonplace with regular periods of complete suspension of respiration.*

- 20 - 30 percent decrease in workload on the heart.

- Elimination of blood laktate (a chemical associated with anxiety) three times faster than during sleep.

- A style of functioning in the brain which indicates very deep rest delta waves, and simultaneously mental alertness (alpha and Beta waves).

- High levels of orderliness of brain waves: remarkable synchrony between left and right hemispheres (concerned respectively with rational and imaginative thinking) front and back regions (motor activity and perception) cortical and sub-cortical areas (conscious thinking and emotions).

Physiologically, what is seen during TM practise is so different from waking, sleeping or dreaming that it is a fourth major state of consciousness and not merely a variation of the waking state of

consciousness. This was first made public in an article in "Science" March 27, 1970 by Robert K. Wallace, a Ph.D. in physiology at UCLA. This fourth state of consciousness is called "restful alertness".

This study touched off scientific investigation of TM in all parts of the world — and as it became plain that TM does indeed produce very easily measured results, more and more people started the practise, from every area of society. There are now over 1.5 million TM practitioners in 81 countries. The Science of Creative Intelligence, the theoretical system behind TM is now taught for credit at over 60 universities in North America, the closest one being the University of Quebec. (Non credit SCI courses are available at the Fredericton TM centre.)

How is it that a purely mental technique could bring about a deep state of physical rest? And conversely — why does this deep rest have important implications for human creativity and intelligence?

The key is a medical principle called the "psycho physiological factor". First voiced by Dr. Elmer Green at the Menninger Clinic in 1969 this principle says that with every change on the mental level there must be some corresponding change on the physiological level, and vice versa. This is because of the extremely intimate relationship which exists between mind and body. We all notice this from time to time if we are surprised by a loud noise: the mental experience of surprise is accompanied by sweating on the palms, increased heart rate, etc.



During TM practise in a systematic and effortless manner mental activity becomes more quiet and more refined; correspondingly physical activity also becomes more quiet and orderly. A very noticeable experience of relaxation comes after just a few minutes practise of this technique, yet one remains quite alert and aware; in fact awareness increases as this natural settling process continues.

One of the innovations of the Science of Creative Intelligence is the discovery of precise parallels between the laws of nature as seen by the natural sciences, especially physics and the laws of human psychology and physiology. One of the great laws of physics, the Third Law of Thermodynamics says basically that as activity (temperature) decreases entropy (disorder) decreases.

In TM practise mental "temperature" or activity is systematically reduced as the thought process is experienced at more and more subtle levels until the state of least excitation of consciousness — a field of perfect order and harmony — is experienced. At this

point of perfect mental rest (known as transcendence) physical rest is extremely profound, and the physiology takes advantage of this situation to throw off the effects of the undue pressure of experience: stress.

TM with its deeper level of rest allows the natural ordering tendencies in the body — systems which repair wear and tear on the nervous system — to do their work with much increased efficiency. So — stress (distortions in the nervous system at the structural or chemical level) is dissolved and expelled from the system easily and quickly.

The immediate practical effect is that stress is not carried over from day to day. However that is only the first of the benefits. Once the physiology has gotten rid of the immediate backlog of tiredness in the system it starts to work on stress at subtler and subtler levels of the nervous system — those areas concerned with consciousness and thinking. These physiological blocks to full expression of creative intelligence are gradually removed and as a

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Women's Residences

The Women's Residences at U.N.B. will have vacancies for Dons and Fellows during the 1978-79 session. Interested persons are invited to contact the Dean of Women for complete information before March 31.

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Spring has sprung

By NANCY REID

Look out! It's almost Spring Fever time at UNB. This is an anxious time of strange behaviour caused by the phases of the moon, pre-exam delirium, higher booze prices, or who knows what. Yes, this is our chance to see our favourite B.M.O.C.* stumble moonily over low lying tables, walk into walls, sit on his brand-new and very expensive photo-grey bi-focals, or perhaps float dreamily across a busy street, only to get nearly run down by a local beer truck making a delivery.

All these romantic "moon-in-Juners" lets me hark back to my adolescent days of Dear Diaries, Juicy Fruit gum and white lipstick. Oh, to feel again that honest-to-God pubescent thrill of the first kiss or that meaningful glance exchanged over a biology lab dissecting table.

These are the times when perfume gets heavier, lipstick redder and hockey games louder. Do you remember the one guy or girl who refused to fall victim to the fever? You know, the one that had the highest average or the most money made by working those Saturday nights. I was such a creature once, diligently memorizing Shakespeare and practicing my music. One day I had the misfortune to be run over by a star-struck young man who was gazing lustfully into the glazed

eyes of his sweetie whilst carrying your average wooden plank (about six feet long and one foot wide). He walked right up the front of me, danced on my head for a while and fox-trotted down the other side. Well, amidst well enunciated Anglo-Saxon invectives I bent to retrieve my scholarly implements such as pencils, pens, reams of paper and my brand-new and very expensive photo-grey bi-focals. At that particular time this self-styled Don Juan hangs a sharp 90 degree turn and plants on my ample posterior a resounding whack that could be heard, I'm sure, from Prospect to Queen with this afore mentioned wooden plank. Pulling out splinters and trying to recover my dignity, I beat a hasty retreat and resolved never again to appear at "Lilac Time" in Fredericton. However, this unprogressive attitude of mine has since changed and I as well as most others, await Spring with uncontrolled glee. This year, MY eyes are going to have the brightest sparkle and I plan to do a lot of moon gazing and floating on a pretty pink cloud.

Since many of the Fresh aren't quite yet attuned to the finer points of the Spring Fever Hustle, the Local Brotherhood of Roman-cers (local 69) are offering a weekend seminar on the subject which includes a wild, yahoo "field" trip and several biology and body language lectures. Bring a friend! Coffee and doughnuts will be served and your pucker power analyzed at no extra cost.

* Big Man On Campus.