

Meditation, positive attitudes affect health

Yoga instructor prescribes old cold remedies

By BYRON ACOHIDO
Of the Emerald

Ever had a headache that wouldn't quit? Or a cold that lingered on and on and on? If Excedrin, or a visit to the doctor, or Grandma's infallible cure didn't help, you might have stayed in bed or resolved to face the world feeling miserable.

But there's another remedy, says Dr. Sat Kirpal Singh Khalsa, "You can cut your head off."

If that sounds drastic, Khalsa, who is teaching nine-week courses in "Meditative Mind" and "Health and Healing," suggests there are many other little-used remedies for a headache.

"You can take aspirin, or you can do a simple meditative technique for five minutes, or you can have somebody rub your neck or you can get into a yoga posture," he says.

Khalsa, who also teaches yoga as a physical education course, thinks that different remedies or combination of remedies work for different people. He believes that no one branch of medicine has all the answers.

"The good thing to do is to become aware in a nonemotional way of what the advantages and disadvantages are of all these various types of things," Khalsa says. "Depending on the situation, you would then use the technique which is least traumatic."

In addition to showing students how meditation and yoga can serve as possible remedies, Khalsa also professes the old proverb that an ounce of prevention is worth a pound of cure.

According to Khalsa, watching what you eat, drinking a lot of water, breathing consciously and getting exercise are simple and effective ways to stay healthy. He also believes that a person must regulate the "vibrations" he or she receives everyday.

"On a subtle level, people should watch what type of vibrations they take in, where their heads are at so to speak," he says. "If your head is clear, if you

have a positive attitude, that has a great deal to do with staying healthy."

Although much of what Khalsa teaches in the way of staying healthy might seem obvious, he says

that many people do not practice these simple health-maintaining exercises due to the structure of modern society.

"The real problem is lifestyle," he says. "People's whole lifestyles are bad. They don't get enough exercise, the food they eat is to a great extent junk, they don't drink enough water and they're barraged with a ton of emotional garbage and negativity."

"Given our pressure-filled society, it's a wonder we do as well as we do," he continued.

It was just this type of pressure that first stirred Khalsa's interest in yoga and meditation. He was a graduate student in cell biology at the University of California at Berkeley when "I felt that I was getting a little bit too uptight for practical purposes."

"I was enjoying what I was doing, but I realized I had to find something besides that to figure out how I could do what I was doing and still be relaxed at the same time," he says.

Now that he is in the role of a teacher, Khalsa is quick to point out that he isn't trying to make a "case for instant enlightenment."

He describes his teaching as "simply making people aware, and if they like it fine, if they don't that's fine also."

But as more and more people turn to meditation and yoga as a means of maintaining health, Khalsa thinks a whole new area in medicine will open up.

"Things move slowly in the evolution of medical practice," he says. "But we're going to see another wave to bring in these more subtle things. Out of the whole thing, some synthesis will eventually arrive where every technique will have its place."

So why with open heart surgery and organs being transplanted, are these subtle medical techniques just now surfacing?

"Actually this stuff is nothing new," Khalsa says. "This stuff is 20,000 years old. The thing is, where have you been?"



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Local budget workshop set

An Oregon Department of Revenue representative will be in Eugene Thursday to assist local government officials and members of the public responsible for preparing budgets for district operations.

Information about new legislation governing preparation of these budgets as well as suggestions to make the budget preparation process easier and the finished budget more understandable will be on the agenda.

The revenue department's local budget staff will conduct the workshop starting at 9:30 a.m. in the City Council Chamber. The public is invited.

