

# Kundalini vehicle to awareness

## Opportunity for inner peace in PE course

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Of the Emerald

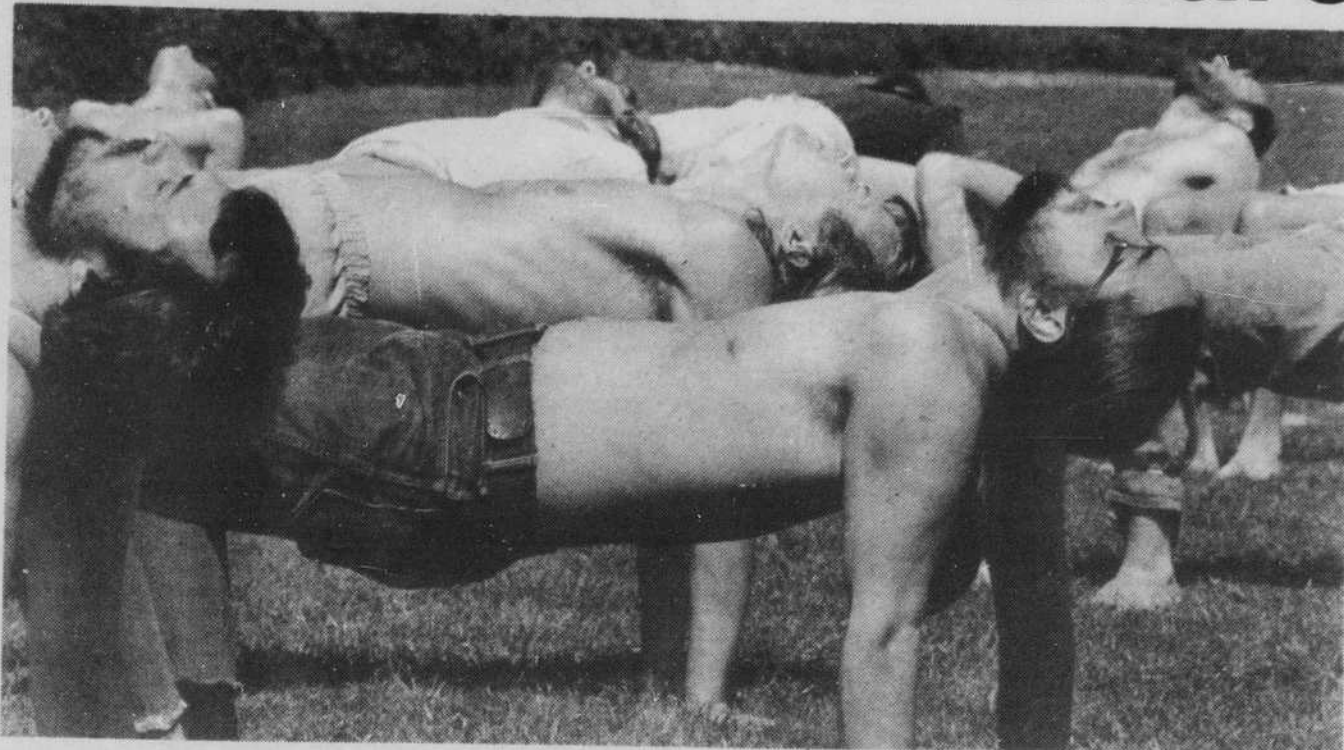
Forty people sit crosslegged on a lawn behind Mac Court, their eyes closed.

Then, as at the end of every Kundalini Yoga class, a white-clad, turbaned man with a flowing red beard leads the class in a light, harmonious song: *May the long time sun shine upon you all love surround you and the pure light within you guide your way on... guide your way on...*

It seems a fitting end to the twice weekly sessions instructor Sat Kirpal Khalsa calls an "experiential" course in awareness.

"Kundalini means awareness," he says. "And the ultimate goal is to make you more aware of yourself" in the totality of the universe. It's up to each person in the class, however, to decide how much they want to apply themselves, Khalsa says.

Part of that awareness deals with nutrition.



Students drink in the sun while holding a Kundalini pose. Kundalini yoga uses breathing and exercises to help people get in touch with their energy force. The class is offered through the University physical education department.

Photo by Patrick Sullivan

"We eat a ton of junk food and we're really unaware of how to care for this machine," he says gesturing toward himself. "A lot of evidence has come out recently to indicate that diet has a great effect on us."

In class Khalsa talks about

hypoglycemia (low blood sugar) and the affect of refined foods on the body.

But the fundamental basis of yoga, says Khalsa, is that there is an "unbounded, manifest, working and active" energy in all humans. Yoga attempts to get in

touch with that energy through deep breathing and other exercises.

Western society, Khalsa says, has not tried to deal with human energy until recently.

In 1969 Yogi Bhajan, a master of Kundalini and Tantric Yoga,

came to the United States and began teaching the 20,000-year-old — largely secret — technique in Los Angeles.

In 1971, Khalsa introduced yoga to the University through the Search program. It was popular enough that the physical education department adopted it as a part of the regular activities curriculum.

"A lot of people have been conditioned to think that feeling good is bad," says Khalsa, addressing one of the other aspects of the course — stress alleviation. In our complex, sophisticated world, he says, "where the technology of machines is greater than the technology of the mind...there has to be some way to alleviate stress. The pressures are so great."

Yoga helps a person "relate to that calm, steady place" within, Khalsa says, which helps relieve some of the pressures of society and school.

"It's not worth getting uptight about," he says.

Khalsa looks at the world as a balanced polarity of good and bad. For every bit of heaviness, he says, there is an equal amount of good. Yoga seeks to allow the practitioner "and sit back and watch the whole thing change, but be able to be aside from it," he says.

Khalsa sees society in a state of vast transition where values are being upset, leaving a large vacuum to fill.

"The potential is wide open for practically anything. The sky's the limit." He sees the transition as occurring over the next four or five generations.

Physiologically, Khalsa says, yoga affects various glands and the nervous and circulatory systems through controlled deep breathing and various postures.

Students in the class list body conditioning, mental revitalization and relaxation as main reasons for enrolling. Said one student, "It makes my whole day."

## Married housing rents unchanged

The University Housing Office recently announced it does not plan to recommend rental rate increases for the married student housing complexes.

H.P. Barnhart, director of the housing office, said in a letter to the tenants of Amazon and Westmoreland housing projects that another rent hike for 1978-79 probably won't be necessary be-

cause of "management reorganization."

Bob Minshall, business manager for the housing, says the reorganization took the form of position changes, including the inception of his position.

Minshall says this has led to a more efficient control of money management and a better review

of expenditures."

Last year, tenants at the Amazon project complained a proposed rent hike was the result of inefficient maintenance management by the physical plant.

Minshall says the charge received from the physical plant for project maintenance has been significantly less this year.

The changes were suggested by a Portland consulting firm, Haskins and Sells, while performing an audit on the projects last summer. The firm recommended a reorganization after tenants cited management problems in opposing a 1977-78 rent increase.

Current rates are \$80 for the older Amazon apartments and \$98 and \$115 for one and two-bedroom furnished apartments in Westmoreland married student housing projects.

Minshall says both projects are now self-sustaining.

## Employees

(Continued from Page 1)

"I said nothing which would give Brown basis for such a statement," Lee says.

Ruby Demaline, an employee of the department for eight years, has been off work since August with a "nervous problem." She attributes her current health problems to the way in which she was treated by Lee.

"You're not a person to him, just a number," Demaline says. "He treated me like dirt, like a dummy, after eight years."

She says she was told by Lee June 17 that she was no longer needed in her present job and that another position within the department would be found for her. She claims that for the past eight months Lee has been lying to her, telling her she had a job but never doing anything about it.

Lee explains that Demaline's job was eliminated by the reorganization of the Housing Office.

"We promised her another position, but before her work was finished in her old job, she left for health reasons," says Lee.

"He was always lying to me,"

Demaline says. "He said he was doing me a favor by keeping me on medical leave for such a long time because the University was paying my bills. Well, I'm paying for everything. I've got all the receipts. The University hasn't paid for a thing."

Lee denies saying this to Demaline.

Housing Office workers are worried that the audit of the department by the Secretary of State's office will overlook their concerns.

"The auditors are only interested in where the department is a nickel short," says one employee, "not our problems."

In refusing to comment on the accusations, Barnhart says, "I'm not interested in replying to blind statements from blind sources. I'll give you an answer if you tell me who said these things. I'm not interested in being tried by the press."

He says any employee who has a complaint should go through the established grievance procedures.

## Summer camp provided for geology majors

The University geology department will offer a summer camp to provide geology majors with practical experience June 12-July 22.

The geology department requires all majors to participate in a summer camp experience. The camp is designed primarily for undergraduate majors, but is open to graduate students. Students will earn nine hours of credit during the six weeks.

The camp will locate in Southwestern Oregon and Northern California. Specific study areas will be chosen to provide challenging problems for field analysis. All field operations will be conducted from a tent camp.

The camp will be offered in conjunction with Southern Oregon State College, Ashland.

Those interested in attending the 1978 camp should contact Director M.A. Kays, Summer Field Camp, Department of Geology.

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