



Sun-worshiper Cindy Kirkpatrick succumbs to Indian summer rays as late summer sun attracts students to outdoor pleasures.

Photo by Kelly Laughlin

TM, the natural way to escape

Scott Starnes

News Editor
Consider the human mind as a camera operating with a "wide angle lens," able to capture its surroundings exactly. Transcendental meditation or TM, according to David and Mary Fields, TM assistants, is the creation of man. TM has been practiced by man as a means to transcend mental and physical

stresses and strains which occur in everyday existence," Fields said. According to Fields, man was not created to endure the amount of pressure he experiences everyday.

"Every person experiences highs and lows which put an awful strain on the mental and physical well being of the individual," he said. "By transcending (Literally to go beyond thought) one is able to obtain a mental clarity which in

turn relieves the physical nature from unnecessary strain.

Fields said that TM is an innocent technique developing the mind and eliminating all deep rooted stresses and strains.

"To obtain the transcending state, one does not need the use of drugs, concentration, or contemplation," said Mrs. Fields, "it is an effortless experience."

Once in the transcendental state, one is able to obtain his "full mental capacity" which Fields says is present in anyone who desires to tap this source.

"Transcendental meditation is not for the lethargic but for the dynamic person who wishes to become better 'aware' of his environment," Fields said.

It is proven fact that an individual's metabolic rate or level of rest by oxygen consumption decreases 20 to 50 percent in the transcending state, he said.

A vast amount of the human mind has never been tapped and most human beings use only a limited amount of their mental capacity, Fields said.

"TM is a non-thinking experience in which the individual becomes aware of his surroundings and is able to harmonize with it," he said.

Many people argue that how can an individual experience a state of self awareness without thinking. Fields said that before you obtain the ability to think you must exist first and therefore existence is a state of awareness.

Lately the TM craze has been practiced by politicians, athletes and numerous others to relieve everyday stresses and strains, according to Fields. India originated the ancient technique of TM centuries ago.

Today, Maharishi Mahesh Yogi or the "Great Teacher" is the man responsible for transcending meditation.

"Every great civilization encompasses a means of transcending," Fields said. "There have been many guises to TM but this is the real technique."

Fields said that he is not here for religious, monetary or fanatical reasons but just to share his experience with all who wish to try. It is proven that students grades and grade point averages have increased by using TM, he said.

"Why dwell on problems which occur everyday when you can relieve these problems and then further expand your knowledge of life around you," he said.

David and Mary Fields will present a lecture Monday in the Community Center building room 101. The lecture will begin at 8 p.m.

ASG helps finance films

Associated Student Government voted at its Oct. 5 meeting to allocate \$400 to help history instructor Fred Riggs, to help pay for his film series.

ASG will give him \$325 for the film series and \$75 for Heroes in Western History. Both are shown in conjunction with College Fest, but are open to the general public.

The possibility exists that ASG will give him more money in the future," said ASG vice president, Dave Riggs,

"because his offerings are so good that we may not have to spend the money to run the 11 films we had scheduled for the next two terms."

ASG is currently having trouble showing the films it has planned because of scheduling conflicts with baseball games and other events, Riggs said.

Riggs anticipates that the focus will change from movies to video programs which will reach more people in more areas of the campus instead of over-saturating the students with movies.

"If we do this we can afford to give Mr. DeWolfe more money for his film series which will give ASG a better rapport with the faculty," he said.

It was also decided to allow members of ASG to participate in the costume competition at the Halloween Dance, Oct. 28. Senators informally polled students on campus and responses gathered indicated that students did not feel there would be a conflict of interest as long as an impartial judge was selected, said Happie Thacker, ASG media director.

