

Meditation is 'creative, deep'

by Jessica Hancher
Staff Writer

What comes to mind when you think of transcendental meditation? A mysterious Indian yogi sitting cross-legged? Then try thinking of normal, everyday people pursuing their thoughts riding to class or sitting normally in their dorm rooms.

"Transcendental meditation (TM) is a simple, natural, mechanical technique that systematically allows an individual to continue his thinking process to its natural end whereby developing more creative, more effective thinking," explains Ronald Michalove, state teacher of Students International Meditation Society (SIMS).

Students of TM reported better grades without studying any more or harder, according to Michalove. They also reported they no longer found the desire to study for drugs.

"One study in California reported 86 percent of the TM students taking drugs stopped and never returned to drugs after going through the program," said Michalove.

The reason for both these reported benefits, according to Michalove, come from the effects of TM.

"TM immediately brings rest, ease of thought and relief from tensions and stress," he said. "You are happier and enjoy life more, and you learn to use your environment and available resources in a more creative way."

Transcendental Meditation was

brought to the Western world by Maharishi Mahesh Yogi, the Indian sage who touched off the movement across college campuses. He is now traveling around the world devoting full time to training teachers in TM.

Michalove spent six months studying with Maharishi both in the United States and in Europe to become a qualified teacher.

"TM is not a religion or philosophy," explained Michalove. "It doesn't conflict with religion but enhances it."

A TM group was established on campus in early October last year. It has grown to over 200 student and faculty members. Weekly meetings are available for members with films and tapes of Maharishi.

A series of lectures for those interested in finding out more about the group is being run through the year. The lectures are free and involve no commitment to begin TM.

There are seven steps in the learning process. In the first step, the introductory lecture, a teacher discusses TM and its benefits. Then a preparatory lecture introduces the mechanics of TM.

Short interviews with the students are then held, followed by personal instruction by the teachers as third and fourth steps. The fifth step is verification of experiences.

In the sixth step, the mechanics of stress release are discussed. Finally, the teachers lecture on future possibilities of TM.

The process is taught over four consecutive days for an hour each day.

"TM is a dynamic activity," said Michalove. "It's value is direct experience, not intellectual ability."

"Anyone can learn the process. In fact, no one has ever failed this course," he added.

TM was first introduced through academic circles and continues to spread through college campuses. Over 400 colleges across the nation now have a TM group.

Courses on TM are even being taught for college credit at over 100 universities in terms of the Science of Creative Intelligence. "One may possibly be taught at a university in North Carolina, either at UNC, Duke or Wake Forest," said Michalove.

"The value of TM in terms of education is tremendous," said Michalove. "TM expands the container of knowledge. Without this students seem to be trying to put an ocean into a pint bottle, so to speak."

TM also integrates fields of learning by taking a student's awareness to the source of knowledge, according to Michalove. "This is important now because of great specialization today," he said.

Benefits also come to the business community, according to Michalove. "One corporation in Germany whose employees have begun TM report they found workers were more efficient, more productive and more content in their work after going through the program."

he said. "Several companies in this country are introducing the program."

One doctor's report, according to Michalove, found a person receives more relaxation in 15 minutes of Meditation than in a full night's sleep.

"TM has some extreme physiological implications that are very significant, according to the medical journals," said Michalove. "Some doctors are referring some of their patients to begin TM."

TM has also been reported to bring relief from insomnia, migraine headaches and psychosomatic ailments.

An introductory lecture was held Wednesday, Sept. 1, in the Great Hall of the Student Union at 8 p.m. A second preparatory lecture will be held Sept. 17 in Gerrard Hall at 8 p.m. followed by another introductory lecture in Gerrard at 8 p.m. Sept. 29 and a second preparatory lecture October 15.

Instruction will begin Sept. 18 and Oct. 16 for those wishing to join the program.

Three things are required to begin instruction, according to Michalove. First, there is an obligation of time. "The student must attend all four days of instruction," he said. Second, a contribution of \$75 for working adults and \$35 for students is asked. The contribution covers a two-year program, with weekly and monthly meetings.

Third, anyone using non-prescribed drugs must abstain for at least 15 days prior to their instruction. "This is required for physiological reasons," said Michalove.



An Indian Maharishi

18-year-old majority means 'get a lawyer'

by Norman Black
Staff Writer

If you're 18 years old and you're wondering just what you can and can't do under the new law granting you majority status, your best bet is to see a lawyer.

That is the opinion of Mrs. Christine Denson, a member of the N.C. Attorney General's office.

"That's the best advice anybody can give now because each case turns on its own merits," Mrs. Denson said recently.

Persons between 18 and 21 can definitely get tattooed, adopt children, sue on injuries and run for public office, but they cannot buy liquor.

Except in a few specific cases like these however, the whole question of what the newly enfranchised adults can do has not yet been clarified.

The legislation spelling out the rights

of 18-year-olds was ratified on July 21, the day the N.C. General Assembly adjourned.

As a result, North Carolina became one of the seven states in the country which have declared adulthood for 18-year-olds.

Michigan, Vermont and Tennessee are the only states which have given all legal rights of adulthood to the 18-year-olds. North Carolina, Washington, Kentucky and New Mexico have given full legal rights, except for the purchase of alcohol.

In North Carolina, the battle to lower the age of legal adulthood was almost lost. The fight started the first day the 1971 General Assembly convened.

On Jan. 13, Sen. Zeb Alley (D-Haywood) introduced a bill that would grant majority status to anyone 18 years of age or older. This bill was ratified by the Assembly on July 1, and went into

effect as soon as the 26th Amendment to the U.S. Constitution became law.

At that time, Alley introduced an omnibus bill that would straighten out the N.C. General Statutes dealing with age as a qualification. This bill was then referred to the Senate Committee on Courts and Judicial Districts.

At this stage, the battle took on a new dimension.

Sen. Ruffin Bailey (D-Wake) introduced a bill that would strip all rights of adulthood except voting from persons 18 to 21 years of age.

Bailey introduced the bill because he felt the passage of the adulthood law "created more problems than any of us realized."

However, when the bill first appeared on the Senate floor on July 15, Bailey offered an amendment which would immediately halt the privileges of

adulthood for 18-year-olds, but would renew them on July 1, 1973.

The day before, Bailey had submitted a resolution calling for a legislative research study of the problems associated with changes in the age of majority. The resolution called for a report to be made to the 1973 General Assembly.

On July 15, the Senate approved Bailey's amendment but delayed its consideration of the over-all bill.

On July 16, the bill reappeared on the Senate floor, and was defeated by three votes.

With the failure of this bill, the legislators realized they must find a solution to the problem before the Assembly adjourned.

So on July 19, Representatives John S. Stevens (D-Buncombe) and Lawrence Davis (D-Forsyth) introduced a second omnibus bill in the House.

The bill cleared the House on July 20, and was then sent to the Senate. Thus the two omnibus bills which could resolve the controversy were both in the Senate.

On the final day of the session, the Senate passed the House version, since it prohibited 18-year-olds from buying liquor.

Sen. Alley's bill would have prohibited the sale of alcoholic beverages to those under 18 rather than 21. This would conform with the legal age for buying beer.

Basically, the new law means that every place in the state statutes which refers to minors now refers to persons under 18 instead of persons under 21.

But no one has yet worked out whether and how the law will affect such things as the income tax exemptions for dependents, the definition of dependent in the laws dealing with welfare programs

and the statutes concerning guardianships and property or funds held in trust.

The problem in the latter area is basically with written instruments — deeds, wills, insurance policies — signed before July 5, the day the definition of a minor changed.

In general, in cases where the written document says a person is to receive control of certain monies when he reaches adulthood, the new law would apply. If the instrument specifies 21 or another age, the new law probably would not change that age.

The law could also affect students in North Carolina public colleges and universities.

For instance, since a person is legally an adult at age 18, he could change his residence status if he were from out-of-state, and pay in-state tuition at any North Carolina university.

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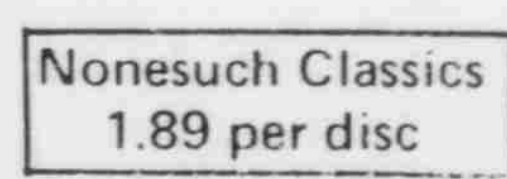
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