



His Holiness Maharishi Mahesh Yogi, Founder of the Transcendental Meditation Program

Dear Student,

There's something you can do for a short time each day that will improve every aspect of your life—your grades, your future career, your relationships, everything—all at the same time. What's more, it's easy to do. Over 1,000,000 students have experienced the benefits. And you can too.

You'll learn about it soon at a special free lecture on the Transcendental Meditation technique, and regardless of what you've already heard about TM, this entertaining talk will surprise and enlighten you. More than that, it may well change your life.

My name is Kevin Blair. I'm president of the student government at Maharishi International University, where students, faculty, and staff all practice the TM technique. I want to tell you three things about the upcoming lecture:

1 At the lecture, you'll learn how the simple, natural TM technique, which is practiced for 15-20 minutes twice a day, brings profound benefits to mind and body, and how these benefits automatically improve one's social behavior, school and job performance, and much more.

"Experiencing the unified field through the TM technique really gives me more support of nature. As soon as I began TM, everything became easier, and my grade-point average went up a whole point!"

—Sam Boothby
Ph.D. candidate
Education
Harvard University

Scientific Research

2 You'll also learn about the vast amount of scientific research that's been done on TM (more than 350 studies worldwide over the past 15 years).

If you really want to know how to improve your grades, your career, and your life, there's an upcoming lecture you shouldn't miss.

And you'll learn that a lot of the research findings are *directly relevant to your personal and academic development as a student*. Here, for example, is a partial list of the research results in the field of education:

- increased intelligence
- improved comprehension, concentration, and memory
- increased learning ability
- increased speed in solving problems
- increased creativity
- broader comprehension and ability to focus attention
- improved academic performance
- reduced stress and anxiety
- decreased use of drugs, alcohol, and cigarettes
- increased happiness
- improved relationships between students and teachers
- improved mind-body coordination
- improved athletic performance

Now, I'm sure you'd like to have some of those qualities growing in your life. Well you can. And the beautiful thing is that these qualities grow *naturally*, simply as a result of practicing the TM technique.

World Peace

3 Finally, if you are concerned not just with your own future, but also the future of our nation and the world, there's even *more* reason to attend the lecture.

This is because the TM technique doesn't just help the individual. The coherence generated when people practice TM extends to society as a whole. Research has shown that when as little as the square root of one percent of a

population practices the TM program and its advanced aspects, the entire population becomes more orderly, peaceful, and progressive.

"TM is the best antidote to stress I know of. When individuals are free of stress, they behave more harmoniously. I'm convinced that if people practiced TM, world peace would be a reality."

—Kurtelgh D. King
Director, Institute for World Leadership
Former Director-General, Caribbean Community and Common Market

This "Super Radiance Effect" has been demonstrated in communities, cities—even entire nations. This brings great hope for the future, because it means that the age-old problems of world peace may at last have a solution.

It Works!

If you're wondering how one simple technique can bring so many benefits to mind, body, behavior, and even the world as a whole, I urge you to attend the free lecture. The explanation you'll hear is at once simple, scientific, and profound.

"TM is the single most important part of being a peak performer. It gives you the ability to excel in an environment of stress, to make rapid decisions based on rapid changes, and to do so functioning very well."

—Christopher Hegarty, President
Hegarty and Associates
San Francisco, CA

You'll hear, for example, about the unified field of all the laws of nature as described by modern physics and by ancient Vedic science. And about how the TM technique lets you experience the unified field within your own consciousness. And about how that experience, gained regularly, brings you the support of all the laws of nature.

"When you practice TM, you can experience the full range of education—not just gaining classroom knowledge, but developing the knower, and that's yourself!"

—Karen Blasdell
Ph.D. candidate
Neuroscience
Maharishi International University

The main thing, however, is that *TM works*. I know from my own experience. I've been practicing the technique for 6 years, and it's made me more relaxed, yet more dynamic and productive. As a result, I'm enjoying greater success—both in and out of the classroom!

Of course, whether you start the TM technique or not is up to you. But doesn't it make sense to at least attend the lecture? If even ten percent of what I've said about TM proves to be true, *think what it could mean for your achievement and happiness for the rest of your life.*

TV Special

One more thing: There will be a TV special on Transcendental Meditation soon. On the show you'll meet people from all walks of life who practice the TM technique—doctors, business people, students, even an assistant attorney general of California. They'll tell you how the TM technique has increased their productivity, improved their health, enhanced their ability to get along well with others, and much more.

The dates and times of both the lecture and the TV special are given below. I hope you'll be there for at least one of them. And don't hesitate to bring your friends; you'll be doing a great thing for them as well!

Wishing you success in all that you do,

Kevin Blair

Kevin Blair
President, Student Government
Maharishi International University

Transcendental Meditation is a service mark of the World Plan Executive Council—United States, a non-profit educational organization.

Litchfield
BEAUCATCHER
CINEMAS
S. Tunnel Rd. at US • 74

MOVIE INFO • 298-1234

THE MISSION (PG)
1:30-4:15-7:00-9:45

BLACK WIDOW (R)
2:30-4:45-7:20-9:35

FROM THE HIP (PG)
2:00-4:30-7:00-9:25

PLATOON (R)
2:15-4:45-7:15-9:35

CRITICAL CONDITION (R)
2:45-5:00-7:15-9:30

THE BEDROOM WINDOW (R)
2:10 & 7:10

RETURN TO HORROR HEIGHTS (R)
5:15 & 9:30

CROCODILE DUNDEE (PG-13)
2:00-4:30-7:30-9:40

Theatres

SURPRISES

Hand-dipped Chocolates,
Extraordinary Cheesecakes,
and Pastries
Valentine Cards
and Gifts

660 Merrimon Ave.
252-8014
Mon.-Sat. 9:30-6:00

LOVE LINES

This year, as in the past, the Blue Banner will be featuring love lines for Valentine's Day. These will be published in next Thursday's edition. Let that special person know you care. Bring your love lines (30 words or less) and \$1 to the Banner in CH-208 or give it to a Blue Banner staff person.

Transcendental Meditation Free Lecture

Thursday, February 12th -- 12:05 P.M. and 7:30 P.M.
Humanities Lecture Hall a TV Special will also be shown.

Weekend Weather

- Thursday:** Fair and cool with highs in the mid 40s.
- Friday:** Rain developing, lows in the low 30s and highs near 45.
- Saturday:** Clearing and cool, a low near 30 and highs near 47.
- Sunday:** Fair and continued cool, lows near 25 and highs near 50.

The UNCA Atmospheric Science department provides this information to the campus community weekly in the Blue Banner. The 24-hour weatherline service is also available at 251-6435.