

Attention Is Energy

What you put your attention into grows and prospers. People who don't understand about attention sometimes put their attention into strage things. In the first place, you are supposed to be able to control your attention and put it on what you want to put it on, and you're not supposed to be easily distracted. You can look at something, pay attention to it, do a task while there are distracting things going on around you. If you couldn't, there would be cars piled up on every corner in town. People can drive while their kid leans up and yammers in their ear, or while the radio's on, or while somebody waves to them—they keep their attention focused.

When you're driving a car, you get instantaneous feedback if you make a mistake. There you are, bent fender. But there are many other things that people don't learn to do that way. They don't learn the value of the pure act of being able to put their attention somewhere.

One of the things that teachers of meditation are trying to impart is how to be able to put your attention where you want it, and to follow out a difficult idea. I don't think some people are smarter than other people so much as I think that some people are willing to put more effort into following an idea. If something doesn't come easy to some folks, they say, "Well, I'm just not good at that,"

But I think that anybody, if they care to put out the effort, could surprise everybody with what they could do and how far they could really reach and grasp and understand farther. If you're going to talk about spiritual things, you have to prepare yourself to really reach out in that fashion and grasp things, and be able to focus and point your attention and not be distracted by something transitory or unreal.

There is a kind of thinking that is to ordinary thinking like speed reading is to ordinary reading. You can do anything if you just apply that kind of thinking, which is being unprejudiced, not afraid of what kind of answers you're going to get, not attached or involved in praise and blame—so you can make changes instantaneously if you need to. You can apply that kind of good thinking to any kind of problem.

If every time one of us asked another one a question, the other person just answered the question accurately the first time instead of saying, "Hug?" or "What are you talking about?" or "Would you clarify that?" or "Just a minute, I'm busy—" just that very simple thing would make the human race so much smarter than it's ever been before, that it would bring about world-wide changes and would solve many problems affecting millions of people.

We are living now in an age that is remarkable for planetary networks of television, radio satellite, telegraph, radar—a really global communication effort. And our attention is being moved from where we wanted to put it—maybe you needed to put your attention into your homework, but you found that old flashing box, that old television set snatched your attention, and it got your attention instead of your homework. Well, if what was coming out of the Box was just commercials, drivel, something that somebody made up that wasn't heavy at all, you wasted your time.

Paying attention to what we choose to pay it to is probably the greatest freedom we have.

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—Stephen Gaskin

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LETTERS

Dear Sir,

I am a black inmate at this institution who is in dire need of a lot of postage stamps, that may help me to get out of this place. I would appreciate it very much if you will print this letter in one of the upcoming issues to this school newspaper, so that I may get someone on the campus there at this school to help and assist me in the above request for postage stamps. Any and all amounts will help.

Sincerely,

John L. Wright 124730

P.O. Box 787

Southern Ohio Correctional Facility

Lucasville, Ohio 45648

To All Students,

If you want Brice Street or don't want Brice Street for Bacchanalia please say so—contact members of the College Union Board and let us know, or if you have suggestions about a band let us know. Decisions are now being made.

All C.U.B. dorm representatives, please hold a dorm meeting to discuss the type of band that the campus would like to get for the launching before next Monday.

On February 19 there will be a Schiltz beer seminar in the Student Union. The more people that come to the seminar, the more beer!

Anyone that wants to help with Bacchanalia please contact your Dorm Representative.

Thank you,

Janet Cote

C.U.B. Secretary

To All Students,

Please note that the Senate has voted unanimously to revise Article VI of the Student Association Constitution (regarding the Judicial Branch) Section 2a, to read as follows: a) The membership of the Judicial Committee shall consist of the Attorney General and one member from each class appointed by the Cabinet with the Approval of the Inter-Dormitory Senate. The Attorney General Shall chair the committee. One member shall be chosen to serve as secretary. All members of the

Registrar James Stephens reports about 535 students are enrolled for Spring Term. This is a six per cent drop from the fall enrollment, caused by students transferring, dropping out, or completing their academic program and meeting graduation requirements.

Judicial Committee are distinct from those on the Student Judiciary Board. A representative of the Student Affairs Office shall serve as a permanent advisor.

Formerly the last sentence read: The Dean of Students shall serve as permanent advisor to this committee.

Dean Maria Santa-Maria

To the Saint Andrews community,

If you say that you have school spirit, now's your chance to prove it. Come to the gym Monday night; February 14, and support St. Andrews' basketball team as it hosts Francis Marion College. The game, scheduled at 7:30, is the center of the Homecoming activities which begin at 7:00 with a short pep rally. Entertainment will consist of the music of the Dixieland Jazz Band under the leadership of Mr. Dave Wilkins. The cheerleaders will provide a special half-time show.

Everyone is urged to come to the game and support Dr. Tom Whiteley and the Knights. To each one of the team members and the coach: good luck!

The Cheerleaders

(Editor's note—The "St. Andrews' basketball team" referred to in the above letter is the men's basketball team. We also have a women's basketball team.)

New Managing Editor

THE LANCE welcomes to its staff Mike Kelly, who will serve as managing editor. Mike is an active member of the Highland Players, having appeared in three plays this year: Macbeth, Line, and their current production The Insect Comedy. He is a WSAP dj and is playing on the Knight baseball team.

THE LANCE welcomes creative people interested in photography, graphics, cartoons, or writing. Simply see anyone on the staff list below or better yet come to one of our weekly meetings (watch bulletin boards for time and place).

That And This

Anyone interested in using the Craft Center facilities during Spring Term either contact Paul Baldasare or come by the Craft Center anytime between 1-3 on Saturday. The center is located in the white frame house on the dirt road next to Farrago. The Craft Center has facilities for pottery and batik.

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passage" we must first know "who we are, how to do something, and what we are."

On Friday night the Zequilas Band will perform at a campus dance in the Student Union Lounge.

Saturday, the Dragon Brothers School of Karate of Winston-Salem is sponsoring a ten-event Karate Tournament in the main gym.

Events in the tournament include Pee Wee, Young Ladies, Women (16 and over), Women Black and Brown Belt, Men White and Yellow Belt, Men Blue and Greer Belt, Men Brown Belt, Men Black Belt (light weight), Men Black Belt (middle weight) and Men Black Belt (heavy weight). There will also be team fighting and fighting with weapons (kata).

The week's events will end on Sunday when there will be a BSU Gospel Choir Festival in the Vardell Building.

Service Aids Students

In Obtaining

Foundation Funds

The American College and University Service Bureau announces a service to aid students, both undergraduates and graduates, obtain funds from foundations.

The Bureau's director says, "There are hundreds of foundations with millions of dollars in funds earmarked to aid students in meeting the cost of higher education that goes untouched each year. Why? Students do not know of the foundation or foundations or how to go about obtaining these funds."

The Bureau offers its services to deserving students by supplying names of foundations and guidance as to how to go about obtaining funds from same.

For more details on this service interested students may write:

American College and University Service Bureau
Dept S
1728-5050 Poplar Ave.
Memphis, Tenn. 38157

Five persons from St. Andrews are attending a seminar today and Friday in Washington, D.C. on student retention, sponsored by the American College Testing Service.

The keynote for the meeting is "Why Students Stay, Why They Leave, What Makes The Difference..."

During its recent enrollment decline one of the major factors confounding St. Andrews personnel was student retention—too many students leaving at the end of each year. St. Andrews has slowed this attrition in the last two years, and intends to keep the trend moving favorably.

Joining Dr. James Stephens, registrar, at the Meeting are Dean Maria Santa-Maria, Dr. Neil Bushoven, Dr. Harry Harvin and Dr. Richard Prust.

\$2 Million Rip-off

In the December 9 issue of THE LANCE we ran an ad for Teltronics electronic watches. This ad also appeared in other college newspapers, the Raleigh News and Observer, and TV Guide. Since then we have learned that the company and its ad agency were phony. The Federal Trade Commission has estimated some 100,000 persons lost their money in this rip-off.

Please contact me if you were one of the unlucky 100,000, so we can be included in the lawsuit against the man responsible. He has been apprehended in Mexico with over \$2 million.