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Viewpoint

Hey, You've Changed

by Frederick Avery

"Man is born to live a perfect life, encompassing the values of the transcendental Absolute unlimited energy, intelligence, power, peace and bliss- together with the unlimited values of the world of multiplicity in relative existence." No, the above is not an excerpt from some Nietzsche fanatic's creed; it is not a belief of or for supermen... Would you believe instead that it belongs to a group of individuals united in an effort to bring world peace through individual peace? Would you believe in a rapidly growing organization known as SIMS; Students International Meditation Society? Try.

-No Hocus-Pocus-

The purpose of SIMS is to help every individual expand his mind, develop his creative intelligence and make use of his full potential in studies, career and recreation. This purpose is fulfilled through the practice of transcendental meditation. No, this is not an estranged hocus-pocus process that braces you up in the morning and calms you down at night. Transcendental meditation is a natural technique which allows the conscious mind to experience increasingly more subtle states of thought until the source of thought, the unlimited reservoir of energy and creative intelligence, is reached. This simple practice expands the capacity of the conscious mind and a man is able to use his full potential in all fields of thought and action.

-A Better Life-

Whereas the outer aspect of man's life is his body and environment and the inner aspect of his personality is his mind, his transcendental aspect is Being or the field or pure consciousness, which is the essential constituent of man and the basis of all his experience and activity.

Every man has the ability to include within his consciousness the transcendental field as well as the subjective and objective aspects of life. The whole range of relative creation and the field of absolute Being lie within the scope of human consciousness. And when a man or woman makes conscious contact with Being, he is encompassing within his individual life the basis of life. Thus his full potential is the unlimited potential of absolute Being. A person begins to reflect and enjoy that unlimited potential in his own activity and begins to experience, in his own terms, a better life.

-T.M. Is Unique-

T.M. should not be considered in the same field of productivity as other similar practices, such as hypnosis. We are dealing with an effortless spontaneous technique of living within to develop an inner glory and bring it to the surface-not just mold making as is the unfortunate case with many similarly advertised courses.

In medical tests on persons undergoing T.M. there were conclusive results showing actual changes in their physiology: after fifteen minutes of meditation they had reached such a deep, profound state of rest that it was equivalent to a good night's sleep. With further studies T.M. was credited as the chief influence in the cure of a variety of diseases. Physiological tests on volunteers undergoing hypnosis produced much different results-nothing.

-Not a Religion-

Finding one's inner realities does not result in a bloated ego, it results rather in an individual attaining cosmic ego; a non-negated state of life. During meditation, individuality is expelled and afterwards one is simply gifted with a better sense of it. This does not imply a state of growing detachment. Just the opposite happens; so much rest is achieved that extrovert tendencies occur.

T.M. is not a religion. In terms of beliefs, it merely enriches beliefs if they are near truth. Of course, the only way to verify this theory is to learn the practice of it.

This has not been intended as an advertisement; it is an invitation to those of you who could dig finding 'dem inner realities; realities Budda, and Christ were digging on-'Kingdom of Heaven is within' -to do just that.

-Now In Winston-Salem-

SIMS Eastern Coordinator, Jack Clark, will be giving a rap-in on the dynamics of T.M. Friday night, February 5 at 8:00 P.M. in Winston Hall, Room 1-A on the Wake Forest Campus.

The teaching itself is as ancient as mankind and universal in its application. At this time in history the technique is brought to the world by Maharishi Mahesh Yogi. It is presented in terms of T.M. and made available through a variety of programs. The course available to you spans a four day period of a one and a half hour session each day, Feb. 6-9 in the evenings. From then on a few minutes of meditation morning and night should set you grazing in the grasses of euphoria.

SIMS asks three things of anyone interested, the first two of which will probably eliminate many hopefuls; (1) 15 day Moratorium on "drugs" and "smoke" prior to sessions. No-no's produce strain and prohibit one's ability to transcend. (2) \$35.00 donation for the four day course. (3) Commitment. For those who can't hack it yet. Practice of T.M. was initiated as an "academic lab" course: Science of Creative Intelligence, at Stanford last fall. There are "high" hopes for several campuses in North Carolina to have the course next year. Certain faculty in our own school have voiced interest in SCI being taught here; an excellent idea considering the tension and negativity that overruns this campus constantly.

Our generation can boast having at its "disposal" more knowledge than ever before. But with this knowledge comes more aspiration. In a mass of humanity plagued daily with tension and suffering, T.M. will not cure all the ills of youth striving, but even a few cures would definitely be a welcomed change.



..... time, 2:00 Saturday afternoon (or anytime) ... place, the school's snack-room (or anyplace on the campus)... Photo by Shyrrers

Photography Workshop

The Student Activities Department has arranged for a workshop course in black and white photography open to all students. The first session will be held this Saturday, Feb. 6, at 10 A.M. in Seminar B of the Commons. There is no fee or pre-registration. To enroll, simply attend the first session.

The only prerequisite is that one have access to a camera (bring it to the first session, if possible) and the desire to learn camera technique and film processing.

The workshop will not dwell on any particular photographic technique or aesthetic approach. It will, however, be rigorous in its insistence on control and consistency in processing, and all processing techniques will be geared to the facilities available

Luv

To both direct and portray a major character in a single production can get to be rather difficult, but that is the task that Bob Murray has elected to undertake in the upcoming faculty production of "Luv", to be presented February 6 and 7 in the Drama Theater.

"Luv" is a two-act play about three love-sick, sick or sick-of-love characters and their escapades. The plot, not unlike a soap opera, has the three characters up on a bridge alternately attempting suicide, plotting murder and trying to solve their problems—all with very funny dialog.

The play, a slapstick comedy, had a successful run on Broadway and has toured the country.

The three characters, Milt Manville, Harry Berlin and Ellen Manville will be played by Bob Murray, Don Hotton and Leslie Hunt. Although Miss Hunt has had no previous experience working with "Luv", both Mr. Murray and Mr. Hotton have. Mr. Murray was understudy and stunt man for Eli Wallach on

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State Tours

J. B's. B.

At press time, "John Brown's Body" was a mouldrin' in rehearsal as the actors and actresses kept marching on. All eight of them will be marching to high schools around the state between February 1 and 12, performing this work by Stephen Vincent Benet.

The 20-performance, two week, tour will cover basically the east side of North Carolina. The school community and Winston-Salem residents can view this epic on Feb. 16-18 and 20-21.

The director, Robert Donley, has made two versions of this piece. One is 55 minutes long without a chorus to be taken to all the high schools on the tour except Belmont and High Point. These two schools and NCSA will see the full-length 2½ hour version with the Theater Chorus, under the direction of Bill Dreyer.

The epic is a series of poems which tell the stories of two heroes, one northern and one southern, and the ladies they love. But even more it tells the story of the United States at the most agonizing moment of her history.

The set and lighting were designed by Ward Resur and the costumes by Agnes Lattack. Weary costume people were still sewing right up to the dress rehearsal.

The "John Brown's Body" venture is sponsored by the North Carolina Arts Council with \$7,500 endowment from the National Endowment for the Arts. The matching grant from the school's foundation makes the entire project possible. \$15,000 may sound like a lot of money, but this funding is split with the show which will tour elementary schools at the same time.

Orchestra

The 56-member NCSA orchestra, under the direction of Marc Gottlieb, will tour high schools in the eastern part of the state during the first week in Feb. The orchestra will present Schubert's symphony No. 8 (Unfinished), the Brahms symphony No. 1, and the violin concerto No. 1 by Max Bruch, Joseph Genualdi, soloist.

Genualdi won out over nine other music students in a competition held before Christmas. He is in high school and is a student of Vartan Manoogian.

Following the tour, the orchestra will present the same concert in the Main Auditorium on Feb. 5 at 8:15.

Calling all dogs

CAMPUS DOGS!
we love you!!!

Don't let 'em down you for your life style, you're all friendlier than 500 some-odd students.

... 'Shane-Dave, Dave-Shane (school mascot) you're my best friend. Every school gets lonely once in a while. (...even if you can't go in the cafeteria.) Thanks to Mrs. Costelloe and Mrs. Dreyer you'll soon have rabies shots and tags - (better'n ID cards any-ol'-day.

LIBERATE OUR DOGS. Don't down man's best friend! Why can't you go in the cafeteria? We can.....wait here, I'll bring you some egg-souffle and a doggie biscuit.
gavin.

