

Transcendental Meditation Significant Aid to Good Health

On September 28th, the Student Union Council of UPEI approved the constitution of the UPEI SIMS- Students' International Meditation Society- Club for UPEI. The club will act as a sub-organization of the UPEI Student Union and its principal activities would include sponsoring lectures on TM, advertising about TM lectures and other TM events, holding meetings of meditators on campus and corresponding with other Sims Clubs.

Since there are as yet only a very few meditators at UPEI, no club executive was elected but I was named as Interim Director. I will gladly answer any questions about the practice of TM or the SIMS club for anyone who is interested in more information.

The following article was presented to the members of the Student Union Council before they were asked to approve the SIMS Club constitution.

The Students International Meditation Society came into being in response to a growing interest among students in practical programs for improving the quality of life in the individual and society by developing man's untapped

mental and physical potential.

The focal point of SIMS is the TM program which has been systematically taught by Maharishi Mahesh Yogi in over 80 countries in the last 17 years. TM is an easily learned and practised mental technique which produces a 4th major style of functioning of the human mind and body. This 4th style of functioning or state of consciousness has been shown to be physiologically unique and different from the previously defined waking, dreaming, and sleeping states. It was described as a state of "restful-alertness" in R.K. Wallace's PhD physiological research at UCLA in June 1970.

Since 1970 over 100 published and unpublished scientific studies carried out internationally in major research institutions and universities have indicated that "restfulness" during the practice of TM is more profound than the deepest rest of sleep and orderliness and integration of the brain's electrical functioning are greater than in previously discovered states of human consciousness. Scientific research has further indicated that positive growth in individuals reg-

ularly practicing TM for 15 to 20 minutes morning and evening can be seen in terms of a gradual improvement in creativity, orderliness of thinking, attention span, alertness, neuromuscular coordination and sensitivity and a resultant improvement in personal satisfaction, psychological adjustment and academic performance.

Improvements in mental and physical health are brought about by the body's natural repair and growth mechanisms which require a deeper quality of rest than sleep for their maximum effectiveness. No changes in lifestyle or beliefs are required for an individual to add the TM program to the daily routine.

Participants in the TM program conducted by SIMS have reported the deep rest of the meditation period to be beneficial in terms of easing the tension created by university academic and social life during the time of their studies and in their professional and per-

sonal lives beyond graduation.

The SIMS club of UPEI is sponsoring an Introductory and informational lecture on TM at the Lecture Theatre of Robertson Library on Thurs. Nov. 13. A course will be taught starting Friday night and will run Sat. and Sun. Mon and Tues. evenings.

Joyce Burnett

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Our representative will be on campus on November 18. See the Placement Office for more details.



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ACT is Active

ACT...Adult Christian Thinking, is the name of a special week-end taking place this coming Nov. 14, 15, 16 at the Old Mount off Mt. Edward Rd. just off campus.

ACT is not a retreat in the ordinary sense of the word. There IS Time for quiet reflection and prayer but ACT is active, calling all participants to an intensive consideration and discussion of truths which might well have been taken for granted from childhood days. ACT calls upon young adults to re-think the meaning of their Christian Faith.

This weekend begins with supper on Friday and concludes with dinner Sunday at 1:00 p.m. This leaves most of Sunday afternoon and all evening to wrestle with unfinished assignments. ACT is a total experience. If one cannot participate from beginning to end, it is better to wait for ACT II coming in March, '76.

The cost of the weekend is \$10.00. There are still a few vacancies for both men and women graduates. Application forms (which MUST be in by Thursday at 4:00 p.m.) may be obtained from an ACT representative or from the Chaplain's Office, 129 Main.

ACT is perhaps one of the most challenging and rewarding experiences available on the university scene today.

Council on University Life

The Council of University Life was recently established by an act of Senate as a permanent and important mediator in the governmental structure of U.P.E.I. The idea of the council is not new as one has been functioning at Sir George Williams, now part of Concordia University.

The purpose of the council is to provide an open forum for student participation, suggestions, and criticisms with regards to affairs which directly affect the educational and social lives of students at U.P.E.I. Areas where this Council hopes to have input include Health Services, Job Placement Services, Guidance and Counselling, Off-Campus Housing, Financial Aid, Legalaid, and a host of other affairs which affect us merely by being a part of a community, U.P.E.I.

At present, the Council is in its formational period and there are the usual problems which hinder any attempt to start afresh. The Council is a body equal in importance to Senate but it will concern itself more with the day-to-day problems of

living. It is extremely important that students seize this opportunity to have direct input into a body which has the immediate power to change or modify existing services on this campus and to promote the founding of new ones.

This Council is to include eight students; three from residence three from off-campus; one member from Council and the President of the S.U.

Because of the importance of this body, students should give the matter some thought and not cast it aside as an other useless committee. Because of the cross-section of the university involved and the high proportion of students, it could be an extremely effective means to carry out student wishes and concerns. Remember, there are 3 residence and three day students. These must be chosen within the next two weeks, so if you are interested, please make your intentions known to any Student Council member, drop down to the office, talk to Jane or myself.

Gerald MacDonald
U.P.E.I.S.U.
President

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