Transcendental Meditation (con't)

...he also raises the development of his community. A fulfilled individual is the beginning of a fulfilled community.

TM leads to a better functioning of the body and mind. Clearer thinking, more harmony in personal relations, increased efficiency in activity, and increased creative intelligence are among the effects TM produces. TM is effortless and natural to the mind. It provides an effective but natural means of dissolving stresses and fatigue as it provides the individual with a vehicle to develop his full capacity of mind and a refined body (free of stresses) to house it.

Unlike other forms of meditation and other techniques for mental and physical development, TM is easy to learn and to continue to practice without extensive instruction. It is practiced morning and evenings for fifteen to twenty minutes. This ancient technique has been brought back to the modern world by Maharishi Mahesh Yogi. TM is not limited to one particular race or to one particular philosophy, it is universally applicable. Today, more and more brothers and sisters are being taught how to meditate and are receiving the benefits of its practice in daily life.

Sister Sharon Hill, a former psychology graduate student at Northwestern, and her husband Oliver Hill, both trained by Maharishi Mahesh Yogi to teach TM, will be conducting a lecture this Thursday at 8pm at the Black House. Those interested in learning more about TM may attend and/or call Bruce Byrd for more information, at 475-5158.

Bruce Byrd

New House in Use

On Monday January 29th, For Members Only and the Office of Minority Affairs moved from 619 Emerson Place to 1914 Sheridan Road. Newly painted and carpeted, the new House should facilitate increased interaction between brothers and sisters of the community.

The new House is a three story building with four or five rooms per floor. The first floor accommodates the offices of Dean Dorsey and Dean Kings, the Secretarial Office, and a conference room where council meetings will probably be held. The second floor features the library, mimeograph room, Communications Office, and a tutorial/study room. The Offices of Education, Campus Affairs and Finance, Facilitators-At-Large, and Dean Black's office will be on the third floor. In addition, there are two staircases, restrooms and one drinking fountain on each floor. Ample closet space in the new House will enable more committees to store their materials.

The basement, soon to be equipped with a darkroom and kitchen, has two recreation rooms with a ping-pong table and stereo unit. Students can feel free to relax in the new House while rapping with brothers and sisters. "There is still a lot of work to be done," says Deborah King, "but once the new furniture gets here everything should be together."

Massive in size compared to the old Black House, 1914 lacks intimacy and warmth. This is why brothers and sisters should come to the house and get involved in its workings. With improved facilities, FMO committees should be able to function more effectively than before to meet the needs of the black community. Come check out the new Black House, at 1914 Sheridan Road, and help make it our new home.

Jennifer James

Executive Council Tidbits

- Ballot information will be distributed with the position papers of the candidates at the mass meeting. Facilitator-at-large and Campus Affairs are the only disputed offices.

- A letter from James Neal, Dean of Education, asked if the white student interested in joining FMO has contacted FMO in the form of a formal inquiry. FMO could lose its allocation for a year by refusing membership to the white student.

- The Council decided to endorse the Veteran Refugee Fund and encourage the community to participate in fund raising activities.

- Dorm reps will be asking students to contribute to the fund for students at Southern University.

- The Afro-American Studies committee talked to Jan Carew last week, at which time he said that he would not resign his appointment and if anyone should resign the black students should.

- The NU Chorale has asked to remain on-affiliate of FMO. This status means that the choir is maintained by council decisions and that the choir is financially independent.

- Hours for the Black House have been set at 8:30-10 on weekdays, 12-8 on Saturday, and 12-6 on Sunday.