

Through TM, all can reflect God

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The idea that every person is a very important self, and possesses the ability to mirror God, has been important in this country since Ralph Waldo Emerson, according to Colin Campbell in *Psychology Today*. His transcendental meditation appeals to our electronic society the way Emerson's transcendentalism appealed to a nation growing in the Industrial Revolution, according to Campbell.

Rev. Elmer Shaw, pastor of the Methodist Church in Valparaiso, said Biblical passages relate to man's need to meditate "if you want to stretch it that way."

"There are things that relate to man's need to get by himself and find out who he is and why he's doing it," Shaw said.

Relaxation and retreat

Shaw pointed out two passages that referred to the concept of relaxation of man retreating within himself. In the Garden of Gethsemane and in the wilderness, Christ retreated into solitude, Shaw said.

The Lincoln World Plan Center offers a meditation course in seven steps. The

first two lessons are informational lectures, Rama said, which are open to the public. The next sessions are personal interview with his instructor where a person is assigned his own mantra.

After the introductory lectures, a student pays a \$65 fee to continue the course, Rama said.

Nonprofit, educational

"We're a nonprofit educational organization," Rama said. "The money we take in from fees, we spend to make TM available to more people."

Although some practitioners of TM tell how their mind and bodies have improved through the practice, others have become disenchanted with the practice. One ex-TM'er Marcia Eddy, said she realized the practice was "not what I was looking for."

"I felt so isolated," she said. "It was like retreating back into the womb. I wanted something in which I could feel more in harmony with mankind."

"I also wanted something more practical. When I'm freaked out by some problem, the last thing that I'm able to do is sit down and meditate."

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