

'Open mind' on Cuba?

NEW YORK (UPI) — Secretary of State Henry A. Kissinger affirmed today that the United States has "an open mind" toward the question of reintegrating Cuba in the interrelationships of the Western Hemisphere. In a toast to Latin American foreign ministers, he said, "We are prepared to discuss our political relationships in the Western Hemisphere and the restructuring of the Organization of American States with an open mind."

States and at the forthcoming meeting in Argentina." In recent months a movement has been growing in the OAS to lift joint economic sanctions against Cuba and to invite the government of Premier Fidel Castro to attend the special foreign ministers' meeting in Argentina in mid-March. Kissinger has promised to attend the meeting.

President Ford, in his first press conference after assuming office, indicated that the United States was prepared to soften its hostile attitude toward Cuba and go along with, but not lead, a movement to restore economic and political relationships with Havana.

Kissinger, at a luncheon which he gave for Latin American foreign ministers at the Center for Inter-American Relations, never mentioned Cuba directly by name.

He and his aides were evasive when questioned by newsmen about the precise meaning of his remarks.

However, the thrust of his comments was for cooperation in the Hemisphere.

He said his appeal for closer dialogue and cooperation was "not proposed in the spirit of exclusivity because eventually

Transcendental meditation beneficial to mind, body

By JOHN McDERMOTT
Collegian Staff Writer

Imagine a world free from tension and war. This is not a totally unrealistic idea, according to Hal Masover, a teacher of Transcendental Meditation at the International Meditation Society, 827 Old Boalsburg Road in State College.

Masover, who has been teaching TM for about two years, said tension doesn't come from the atmosphere but emanates from the individual.

"Through Transcendental Meditation you can gain a 50 per cent reduction in anxiety and tension. People who practice TM adapt to the environment faster and get along with others better," he said.

According to Masover, scientific studies show most people utilize only five to ten per cent of their brain capacity. He said TM helps to develop one's full mental potential. "You're thinking more clearly," he said, "and you're not only able to comprehend more, but you gain greater interest."

Masover added that through TM one gets a 16 per cent increase in the level of rest. Rosy Kossoff, a teacher at the State College center, said, "It's easy, effortless and very natural. It helps in utilizing the natural tendency of the mind towards greater fields of satisfaction."

In addition to following the seven step program, which includes a personal interview and personal instruction Kossoff said one must abstain from non-prescription drugs for 15 days before instruction begins. She said there was no moral consideration involved, only physiological.

Pennsylvania Senator Richard Schweiker has called for federal support of a TM program, Masover said. Schweiker

based his support on the testimony of Raymond Monahan, a teacher of TM and counselor at the Philadelphia Psychiatric Center.

Monahan's testimony stated there is a large body of scientific data which suggests TM is an alternative to drug abuse. It further stated that TM appears to operate by providing deep rest which eliminates stress from the nervous system, and that regular meditation decreases anxiety and improves social behavior.

Masover said that about 10 to 20 thousand people per month learn TM in the U.S. and about 650,000 people throughout the world practice it.

There are about 400 members at the local chapter, Masover said, with about 90 per cent college students.

"It's simple to learn how to do," Masover said, "and if you stop for a while, you can still pick it up. Transcendental Meditation is a mental technique, not religion, not philosophy. It doesn't require special positions or special abilities."

While it may be simple to learn, Masover said teaching TM requires a very exact technique, which he learned at the Maharishi International University in Fairfield, Iowa.

Masover said even though International Meditation Society is a non-profit organization, it must charge a fee for the meditation instruction to pay for materials, salaries and communication expenses. The prices are \$65 for college students, \$125 for adults, \$55 for high school students, and \$45 for junior high students. There is a family fee of \$200.

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