"Meditation - Road to a Calm Mind", by G. Medovoy, September 24, 1970

George Medovoy

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Meditation—Road to a Calm Mind

By GEORGE MEDOVY
Special to The Union

Picture yourself driving home after a long, hard day at the office. You're tired, tense, maybe you've got a little tired blood pulsating through your veins. What to do, you ask yourself. Try a relaxing walk? An anti-tension drug? Perhaps something more... like 90 proof.

Chances are you've got brain waves floating around in your head. Do you know what they are? The phenomena that scientists can study with an EEG machine — better known as the electroencephalograph. When you get nervous or tense, the EEG machine registers your waves appropriately. But when you're recalmed, at peace with yourself, the machine registered what are commonly known as alpha waves — is by meditation, according to Dr. Rhoda LeCocq, who will teach a three-month course, "Practical Mysticism: A Way of Life," through the University of California at Davis Extension in Sacramento.

She will cover the central core of world philosophies and religions — Hinduism, Buddhism, Taoism, Sufism, Judaism and Christianity, with a representative look at the mystics in each tradition and a practical workshop devoted to meditating.

"Our society is too outer-directed," she said. "People are not in touch with themselves. Meditation, an integral part of mysticism, can be applied practically in today's world. Meditation produces a calm mind that opens the door to concentration and self-analysis."

Dr. LeCocq, who holds a master's degree in philosophy from the University of California at Santa Barbara, and a PhD earned at the California Institute of Asian Studies, San Francisco, hopes that the term "meditation" won't scare people away. "One doesn't need a degree to meditate," she said.

How, then, do you do it? It's easy, and with a reasonable amount of practice anyone can meditate. Morning, noon or night — any time of day is just right.

Set aside 10 to 15 minutes in the morning, example, get into a comfortable position in your favorite chair, and quietly review your schedule for the day. Or at twilight time, an excellent time to meditate, according to Dr. LeCocq, sit down and review what you did during the day.

Ask yourself how things went and how you might improve — since meditation should also lead to action.

What happens if you meditate at night and happen to fall asleep as a result? Take it from Dr. LeCocq — "I sleep like a dream."

As a matter of fact, many of the world's greatest mystics, she added, were ordinary, uneducated people.

"Meditation," the congenial instructor noted, "is a way for people to grow who are not in need of a psychiatrist. They can mature and get insight into themselves."

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On Rhoda LeCocq