

deal of practical experience of the field, but it is hoped that conference members will also use these sessions to share their own information and experience.

Additional afternoon groups will be arranged if there is interest in other topics. Further information can be got from Tom McAusland, Education Department, MIND, 22 Harley Street, London W1N 2ED (telephone 01-637 0741). The cost of the workshop, (subsidised by MIND) is £2.00 for members of MIND's Local Associations and £3.00 for other applicants.

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Denys J. Page

## Meditation and Creativity

*(During a Teacher Training Course which I am currently attending in Nairobi, sponsored by the International Meditation Society, one of the first of our home assignments was to write a short essay on the subject of Creative Intelligence and My Field of Interest. The paper which is reproduced here was my spontaneous answer to this assignment, which I thought might be of wider interest to my fellow readers of Self and Society.)*

### BACKGROUND

I am a management training consultant, and one of my main fields of interest is Creativity Training. In 1972 I became self-employed to begin work in this field in earnest, setting up an organisation called DELTA, the letters of which are an acronym of 'Developing Everyone's Latent Talent Awareness'. Since specialising in this field, I have pursued a number of different foci for developing creativity, including:

1. Techniques for Creative Problem Solving - brainstorming, synectics, etc.
2. Identification and Removal of Individual Blocks to Creativity - individual and group exercises, counselling, etc.
3. Stimulation of Creative Climate in Organisations - study of group dynamics, communications, participative decision-making and organisation development.
4. Training of Other Trainers in the above techniques.

I began this work from a sense of personal conviction, as the result of religious experience and self-encounter, which taught me that the way I had been seeing life for the previous 40 years was to a very large extent topsy-turvy and certainly misguided. However, these convictions have been heavily challenged by a large number of different people (including some of those nearest and dearest to me) in domestic and

religious circles and also in some of the organisations in which I have been working in order to earn a living. Many times my convictions have been badly shaken; I experienced many failures and my approach was becoming more and more tentative, with frequent capitulation to the sceptics by whom I seemed to be surrounded.

Taking up my present appointment in Kenya was, to some extent, an escape from all this - an attempt to re-appraise the situation, refresh my mind, renew my values and try to find out how much of this field of interest was applicable against the background of a different national culture. This was proving extraordinarily difficult, and I was beginning to lose heart again, when along came Transcendental Meditation (T.M.)

### **THE PROCESS OF DISCOVERING AND PRACTISING T.M.**

My first awareness of T.M. had come about as the result of seeing posters on the London Underground bearing a picture of Maharishi Mahesh Yogi during 1973. Although I was heavily involved at the time in the Personal Growth Movement, my immediate reaction was that this was going a bit too far and that I wasn't particularly anxious to become involved in 'the wisdom of the East'.

About a year later, I met again a well-known American management consultant with whom I had had a number of unfortunate experiences during my early days of becoming a freelance consultant myself. Meeting him again after such an interval, I was immediately struck by a significant change in his appearance and general demeanour. Somehow he seemed more human, less remote, more relaxed and alive. When I commented on this, he told me he had recently undergone an introductory course in T.M., that he was now practising it regularly and that it had had a marked effect on his general sense of well-being and his whole attitude to life.

Some months after that, I had occasion to work for a few days with another (British) consultant, and during our time together he told me that he and his wife had attended T.M. together and that it had done something positive for their relationship. However in his case I did not perceive him to be relaxed and worry-free on the job - in fact I frequently found myself having to mediate in a running dispute between him and a third party about whom he was very up-tight. When we discussed this, he told me that he was now using T.M., not as a regular twice-daily practice as prescribed, but as an occasional shot in the arm when he was feeling particularly tense, or when he had 20 minutes to spare on a bus or train journey. Clearly, the effects were not the same as in the first case.

Our first few months here in Nairobi were fraught with disputes and disappointments of many kinds, and we were feeling very much in need of a new focus of attention whereby we could continue the programme of self-development we had started in U.K. and have the opportunity of meeting some *real* people again. There was no special desire on our part to do this via T.M., but it just happened that T.M. was the first thing to come to our attention, so I decided to attend the introductory lecture one evening. It was so refreshing and revealing that it provoked in me a natural desire to learn more. Caution told me to evaluate it carefully, lest it be some kind of sales gimmick, because

I had already been told in U.K. that the cost of the Introductory Course was in the region of £30. However, I was much impressed by the openness, sincerity and congruence of the instructors who, as I later told my wife, 'are a very good advertisement for what they are selling'. A few weeks later I persuaded her to accompany me to a T.M. exhibition at Kenya Cultural Centre and we attended another introductory lecture the following evening. After this we decided to go a step further and although we were extremely hard up at the time, we were by now convinced that we just had to find the money, and within a few days we had both become meditators.

## **THE EFFECTS OF REGULAR MEDITATION**

The immediate effect of the initiation ceremony and the subsequent first meditation was to produce a tremendous feeling of release and detachment from the cares of the world, amounting almost to irresponsibility, as though nothing really mattered any more. Gradually over the next few days this was replaced by a more realistic approach to everyday living, but the original feeling of liberation has never been lost. One result of this is that although people may still disagree and want to quarrel with me, I no longer have any desire to retaliate nor to quarrel with them. Both at work and at home, my goals are more clearly fixed in my mind and they no longer become befuddled with emotional blocks. This means that I have more energy available for dealing with the logistics of a situation and less effort is diffused on debating the rights and wrongs, or the consequences in terms of my own standing or emotional response. It is as though T.M. has provided me with a built-in compass, gyroscope and computer so that decision making is much less of an effort than it was before. In short, I feel more creative than I was previously.

## **UNDERSTANDING AND VALIDATING THE THEORY**

Five months after beginning the practice of T.M., I have now had the chance of attending a further course on the theory behind the practice, the Science of Creative Intelligence (S.C.I.), and this is beginning to make clear to me the *why* of the phenomena I have recently been experiencing. It has also knitted together the various sections of creativity training in which I was previously engaged. The message 'Do Less and Achieve More' certainly seems to be justified according to my own experience. The key to creativity is incredibly simple - it already lies within us; all we have to do is gently reach down twice a day and out it all comes. What is more, by doing so we automatically generate a health-inducing environment around us, simultaneously and with no extra effort. No doubt there is also still a place for other idea-producing techniques and for consciously seeking to improve our group relationships and organisational life, but these are merely catalysts. If we simply persist with T.M. twice a day, it will all happen anyway. Indeed, man is fearfully and wonderfully made.

## **THE FUTURE?**

If I successfully graduate from the T.M. Teacher Training Course in which I am currently engaged, this will open up a lot of options. Shall I continue with my present work and supplement it by teaching T.M.? Or will the chance to teach T.M. to others be such an all-embracing interest that the other work will pall by comparison? Or will,

maybe, my new-found creativity come up with some kind of integrative solution? Only time will tell, but if I had to bet on the answer right now, my vote would go for integration. After all, that is what S.C.I. is all about - fulfillment via integration. And that is what I have always believed really.

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Gilly Boyd

## An Unfair Story

Once upon a time there was a princess who'd been told all the usual fairy stories. So when the time came to find herself a prince, she went straight to the nearest lily-pond to find herself a frog to kiss. She picked up the first frog she saw and kissed him. But after she had kissed him, he was still a frog. 'Bother', said the princess, because the story was going all wrong, and she didn't know what to do next. But she married him all the same, and they didn't live happily ever after.

After a very long time the princess was fed up with not living happily ever after, so she decided to go back to the lily-pond and find another frog, - 'Perhaps some frogs are easier to turn into princes than others,' she thought to herself.

So she picked a likely-looking frog from the pond, and kissed it. Lo and behold, he grew a fine Prince's head, but that was all.

'Bother', said the princess; because that hadn't been in the story either. So she put him back in the pond, on a stone so he wouldn't drown, and picked up another likely-looking frog. This one grew a very fine pair of Prince's legs, and that was all, the next grew a beard, and so it continued. She just didn't seem able to turn any of the frogs into a whole Prince.

Just as she was about to give up trying she noticed a rather large frog looking at her from the edge of the pond. She sighed as she picked him up, and wondered what part of a prince he would produce. She kissed him rather absently on the nose. Abracadabra! The frog disappeared, and there was the prince she had been waiting for.

'Good', thought the princess, 'now we can finish off the story, and live happily ever after'.

'Ugh!' thought the prince, as he galloped off into the sunset alone, 'who'd want to marry a princess who goes around kissing frogs?'.