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JOHN SINOR

"Dear John: This letter concerns a recent column of yours that mentioned Transcendental Meditation. A certain amount of confusion has been caused. I realize that the article was meant to be more light-hearted than many people have been taking it, but since Transcendental Meditation is so misunderstood, I would like to clear up any questions you might have.

"As an instructor of Transcendental Meditation, I have taught TM to hundreds of San Diegans and know that it works. Transcendental Meditation is not a do-it-yourself technique but an easy to learn, silent mental technique that has been verified by an impressive array of scientific and medical research.

"In San Diego over 8,000 people have started the TM program. These people are from all age groups and all walks of life. They find that TM is both easy and that it does reduce 'life's stresses,' lowers blood pressure, and improves their nature. Many people do try making their own forms of meditation and generally they end up with the results that your column reports — that is, giving up. — David T. White, San Diego."

Dear David: There's your commercial. Now, when teaching your students to meditate, you might have some of them meditate on the fact that they shouldn't take everything they read so seriously — at least not in this corner. - J.S.

"Dear John: Regarding your column on Transcendental Meditation. I too tried to get into the spirit of the thing, but failed miserably. My mantra was 'One.' I got up to 20 'Ones' when boredom overtook me. Then I tried 'Jaws,' thinking that would jerk my mind back into obedience. It didn't. It shook me silly. Talk about stress! I was creating it instead of reducing it.

"I thought 'John Sinor' might work. That put me to sleep. 'Lollobrigida' didn't do a thing for me either. So I tried 'Robert Redford.' Wow! What happened to my mind wasn't exactly what the TM instructor had in mind. Finally I gave up meddling in meditating matters. Much too monotonous.

"Does it help to know you are not alone? — Eve Houghton, El Cajon."

Dear Eve: Your instructor couldn't get to you, but I did. If you'll look back over your letter, you will notice you have discovered a cure for insomnia. Who is Robert Redford, anyway? — J.S. (P.S. — Bet you two-bits I'll get a bunch of letters telling me who Robert Redford is.)

"Dear John: Did you hear about the man who refused novocaine so that he could transcend dental medication? — Barbara Marsh, San Diego."

Dear Barbara: No, I didn't. And I wish I hadn't! — J.S.

"Dear John: Maharishi says, 'If you're too busy to meditate, you're too busy.' — Joanne Stone, San Diego."

Dear Joanne: Maharishi is absolutely right. — J.S.