

## Spiritual Talks:

## Vedic Vision Society lecture on mind, senses

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TECHNEWS WRITER

Close your eyes, and then attempt to clear your mind for two complete minutes. This task may seem simple at first, but those who attended Vedic Vision Society's meeting last Friday can attest that it is far more difficult. After a couple minutes of meditation, members were asked where their minds went. "I visualized past memories," said one fellow. "Visual patterns," announced another. Nityananda Pran Das, the lecturer, explained that in order to achieve the goal of pure thought, much practice is needed.

Achieving pure thought as well as

other topics were discussed at the "Mind & the Senses" lecture. Nityananda began by explaining the existence of the five senses and the mind. The five senses, including sight, touch, feel, taste, and hearing, are our data collectors. It is within the mind that all data received is composed, interpreted, and analyzed.

The Bhagavad Gita indicates that the mind is a tool to elevate one's consciousness. It is the repository of all our thoughts, feelings, wills, impressions, and memories. Memories provide us a sense of continuity and connection. Unfortunately, in many University settings, memory is extracted only to regurgitate information before a test. A well cultivated mind involves all aspects of itself.

Value systems assist in cultivating

the mind. Our value systems come from our culture, society, role models, education, family, friends, the internet, and so on. Thinking is then derived from our value system. Thoughts are subtle actions influenced from values that turn into gross actions. It is extremely important to establish great values and to be cautious of accepting others' value systems. Values are established by a highly interactive process of studying scripture, not in a ritualistic religious sense, but rather in a search for knowledge. A guru, or teacher, helps awaken the consciousness of the soul with support in navigating through the vast forests of knowledge.

Channelizing or disciplining the mind over time establishes control over distracting thoughts. Nityananda provided a cor-

relation between training tigers and training thought. Tigers are trained with starvation; the tiger begins to obey its master when small meals of meat are provided over long periods of time. The mind must be silenced and starved to create purity, thus manifesting desired thoughts and actions. "The quality of the consciousness is the quality of the mind," Nityananda states. "I want to become pure," is an affirmative statement that everyone can repeat throughout the day.

Other valuable methods and in-depth information will be discussed in upcoming lectures, Friday afternoons, in Wish-nik 117. Delicious vegetarian meals are served after each meeting. Past lectures and information can be found at <http://www.vedicvis.com>.

## App Review:

## Real Racing 3 allows multi-player use, at a steep price

Swasti Khuntia

LAYOUT EDITOR

Continuing with the Games theme, this week we are reviewing another exciting game. And the game is Real Racing 3 from EA Sports. The most amazing thing about this game is that it's free. Yes, we would very rarely see a free game from EA Sports with excellent gaming features, like graphics, control or anything in game. For a game on mobile device, this game is extremely realistic and awesome, feels like I'm driving a real car.

Real Racing 3 has been a highly anticipated racing game coming to mobile phones and tablets. It has set a new standard for mobile racing games with amazing features like officially licensed tracks, an expanded 22-car grid, and over 45 meticulously detailed cars from makers like Porsche, Lamborghini, Dodge, Bugatti, and Audi.

Additionally, racing with friends gets kicked into another dimension with the reality-bending Time Shifted Multiplayer™ (TSM) technology. You have the freedom to compete in over 900 events, including cup races, eliminations, and drag races. And yes, you can upgrade your car parts to maximize performance. This could be the best thing to

happen in a racing game on mobile device.

One of the short-comings of this game is that it forces you to spend your 'gold' to repair to race, essentially meaning if you have no gold you're going to have to cough up to play. Otherwise, enjoy the ever-growing timer before you're allowed to race. As in if you have multiple repairs like that to make, then the time is combined together, and in a typical race all of your repairs to a particular vehicle shouldn't take more than 5 minutes. For me, I even played a race and specifically banged up my car as much as possible, and repairing all of the severe damage at once gave me a wait time of about 30 minutes. Sounds funny, but yes it's true.

The other short-coming is ridiculous; I mean that the game is free-to-play, but runs on in-app purchases made while you play.

And if you enjoy racing against your friends, you can invite them to race against you through GameCenter or Facebook. Overall, I would say Real Racing 3 is the best racing game since the old school "Need for Speed".

Got an app on your phone that you think other students should try? Send an email to [ae@technewsit.com](mailto:ae@technewsit.com) and we will review it!



Image courtesy of digitalspy.com

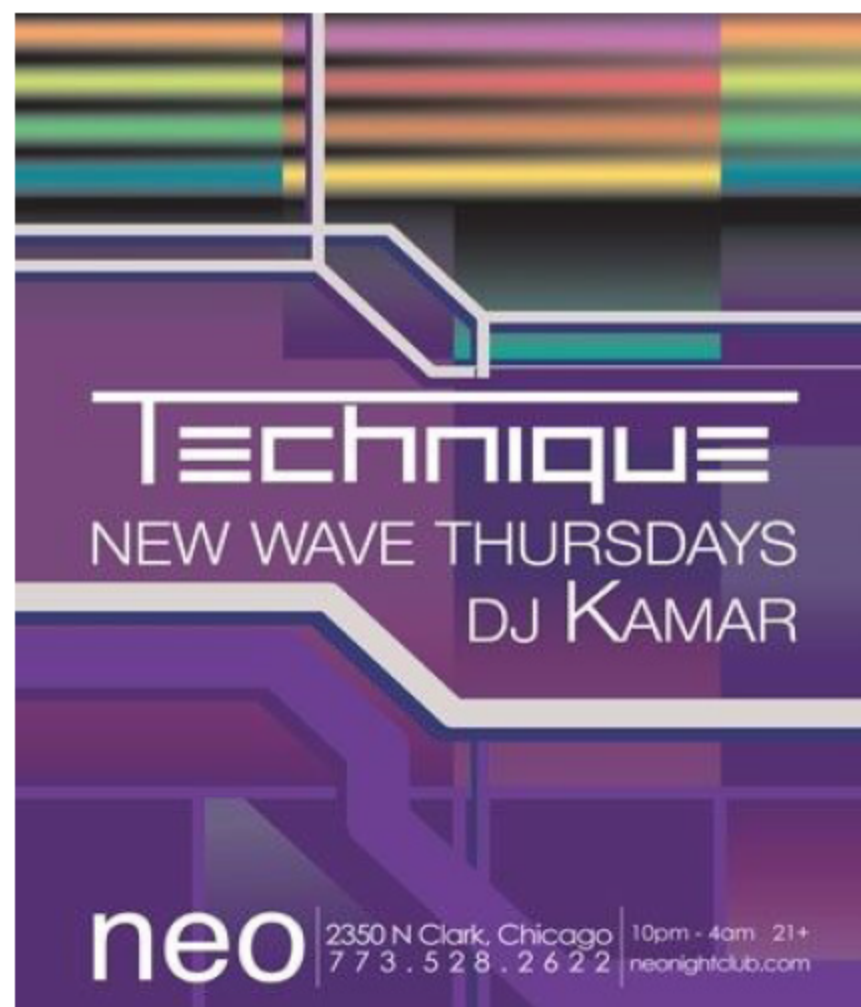
## Thursday nights @ Neo: "Technique"

Robin Babb

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If you are as lucky as I am and have managed to swing a no-class-on-Fridays semester, then you are in the awesome situation of having to find stuff to do on Thursday nights. This is sometimes difficult, because clubs and venues don't usually plan on having as much of a crowd — and, consequently, as much of a crowd-pleasing event — on Thursday nights as on weekends. To this dilemma I present Technique at Neo.

This staple of the Chicago dance club scene (they claim to be the oldest nightclub in Chicago on their website, which is either some hyperbole or a very specific definition of the word "nightclub") has been doing their thing for over 30 years up in the vicinity of Park West. And you can certainly tell that the place has history. Between the flickering pink neon sign out front, the creepiness of the bathrooms, and the murals covering every inch of the walls, Neo is two parts Blade Runner and one part nostalgia. But that doesn't by any means



entail that the place is stuck in the past.

On Thursday nights, Neo does their new wave dance night, Technique. DJ Kamar Khan (and whatever guest DJs he brings along with him) bring out the crowd with Kraftwerk, New Order, Joy Division, and all kinds of other bangers from the 80's. Since the weekly event has gained a reputation over its many years of operation, there is a dedicated group of regulars that show up every week and pack the house. And, like most 80's kids, these people love to dance.

This is not a "stand in the corner and nod your head to the beat" kind of thing; Technique is about gettin' your grind on with your friends, trying out new dance moves,

and making out with strangers. My first time, I got the phone number of some Polish girl whose name I can't pronounce and played spin-the-bottle with a bunch of frat boys and their girlfriends. It's a place where magical things happen.

Although the drinks are perhaps a little steep price-wise (it's worth mentioning here that Neo is a cash-only bar, and also strictly 21+), they're also strong — and you can always go for the \$2 PBR special. That being said, don't get sloppy out on the dance floor. Nobody wants to be that guy, and if you have to be stupid drunk to get your dance on then you need to reevaluate your priorities.

So if you're looking for a regular Thursday night dance spot, there really isn't anything that tops Neo.

Join their group on Facebook to get invites to special events and the weekly password to get into Technique for free (yeah they've got a password — cool, right?), and go with a bunch of friends.

You can bet I'll be there, gettin' down.

Image courtesy of neo-chicago.com