INTERVIEW WITH COACH: THE MEDITATION ROOM

New to Leverett House this year is the Meditation Room. Located in the Library Building across from the Building Managers office, the project is the brainchild of our very own Coach. She spoke with Hare Today about the project.

Where did the idea for the Meditation Room come from?

Some of the masters had been talking about ways to help students de-stress, what simple thing could we do at Leverett to help students de-stress. This room wasn’t being used, so let’s create a room where we could turn off the outside world. It certainly helps me.”

When is the Room open?

“It’s open all the time, unlocked. Students are welcome to plug in the fountain—it makes a nice little noise. Just unplug it when you leave so the pump doesn’t burn out.”

For those of us that don’t already meditate, how do you do it?

“There are many methods. I think of focusing on my breathing like I do before yoga and then I find my mind just goes from there...Everybody’s different, sometimes it’s just a question of finding your own path. It’s okay if you don’t respond to a text for 15 minutes. It’s okay to turn off the beeps and just tune in to yourself, takes some deep breaths, and let your mind clear. It’s remarkable. This is such a high-stress environment, but fifteen minutes twice a week might make a big difference.”

What all is in the room?

“Chairs, yoga mats, various ways for people to sit however they’re most comfortable. Plants. Hopefully books, and a mural soon. We’re open for more suggestions. Students who have used it have given good reviews.”

HOUSE EVENTS

11/5 6:00 PM House Yoga
11/5 7:00 PM Public Service Study Break
11/7 5:00 PM Not Just Sherry Hour
11/7 5:30 PM Community Dinner
11/12 6:00 PM House Yoga

Riddle

How many different words can be spelled using consecutive letters from the word "therein"?

Last Week’s Solution: Glass

[A blue house is made of blue bricks. A yellow house is made of yellow bricks. A red house is made of red bricks. An orange house is made of orange bricks. What would a green house be made of?]
Halloween Do’s and Don’ts

We at the Hare Today hope you had a frighteningly terrific Halloween weekend. That being said, we could probably guess how your Halloween went based on whether your escapades included (or didn’t include) these 5 Halloween pro-tips and pitfalls. It might be too late to salvage your Halloween this year, but take note for next year to maximize your treat to trick ratio.

Do- Put a little effort into thinking of a sweet two-person costume that you and your bestie can rock. It’ll be obvious that you’re cool enough to have at least one friend, and it’ll ensure that you have a wingman who has your back all night. Suggestions? Calvin and Hobbes, or, for more of a wow factor, Miley and her wrecking ball.

Don’t- Wait till the last minute to pick out your costume. If you did, you probably threw on a flannel and called yourself a lumberjack, or even more likely, you put on a tiny black dress and scrounged up some cat ears (you’re as much a cat as Karen was a mouse. Duh.)

Do- Have all your work done early when Halloween is on a weeknight. It happens every year- undergrads are forced to choose between spending a lonely night with a pset or walking into section on Nov. 1st a pretty bad excuse about how your rough draft was eaten by a jack-o-lantern.

Don’t- Find yourself alone with a bowl of bad Halloween candy. We’ve all been there, and we all know where it leads- cavities, a tummy ache, and a very empty bowl.

Do- Treat yourself to a few of your favorite treats. It’s Halloween, and you’ve earned it. Probably.

Don’t- Forget about these tips next year. You really don’t want to be a cat AGAIN next year, do you?

MYSTERY MOVIE QUOTE

“Would somebody get this big walking carpet out of my way?!”

Last week’s quote was from: Pirates of the Caribbean [“We know you’re here, Poppet.”]