

# Creativity stems from meditation

By CORINNE ARATT

A decade ago, Michael Gramlich might have been labeled an older statesman of the flower children or the meditation craze.

Not any more. Although he hasn't changed his thinking and approach to life, the world around him has—so much so that he is practically a part of the Establishment.

Gramlich who said he is a fulltime volunteer at Alpha Omega Thought Gallery, 352 N. Woodward, also teaches classes in meditation at Mecom Community College and at the Orchard Ridge and Highland Lakes campuses of Oakland Community College, music at Common Ground.

Meditation, as Gramlich describes it, isn't achieved by a strict regimen, it can be done any place, at any time. It is developing a oneness on aspirational level with everything.

"Meditation," Gramlich said, "is the mother of all things, not TM (Transcendental meditation). TM is one of many devices for meditating, a good one, but there are at least 123 forms I know of."

HE CREDITS MEDITATION for his ability to write poetry and put music together for an album. His first book of poetry, "The Poetry of Reincarnation," is available at the Alpha Omega Thought Gallery. His first recorded album, "Voice of the Ching and the Godsinger," is available at the gallery and Marti's Records.

Both are do-it-yourself style endeavors, and the author said he has many more ready to put out as soon as he finds more "angels."

The Godsinger is the guitar and cheng is a Chinese stringed instrument that dates from 35 B.C. Gramlich is particularly intrigued by the fact that the 16 strings of the cheng correspond to the black keys on the piano. The

pentatonic tuning is the same as that of the old Celtic five-tone scale.

The part of the string above each bridge is plucked, the part below is pulled lightly to create a vibrato.

The interest in meditation, Gramlich said, really took off in 1969-70 as an off-shoot of the disillusionment with the war in Vietnam. The Beatles acceptance of TM helped rev up interest, but it waned, then caught on again.

Calling TM, "the McDonald's of the spiritual world," Gramlich said the change of consciousness level usually associated with meditation can be achieved by going deep into self, or walking out side and feeling all aglow or even by touching another person.

THROUGH MEDITATION, he has developed a belief in reincarnation. His poetry reflects this along with the Karma philosophy that a person will encounter the same people in different roles in different lives.

He remembers a moment of revelation while meditating.

"I had a vision of myself as a foot soldier at the Battle of Hastings. I was killed by a man on horseback. It was my son."

"But, I've told him this and, of course, I have no animosity about this."

He once met a woman whose thoughts completely meshed with his. Though he wasn't around her, he was aware of when she went to bed, the time she got up and when her phone would ring.

While he finds his work "immensely rewarding," Gramlich said there is no question but that some people use meditation and the beliefs that frequently are allied with it as an escape.

However, ever since 1961 when he first began meditation, he has found it pleases him and suits his life style.

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