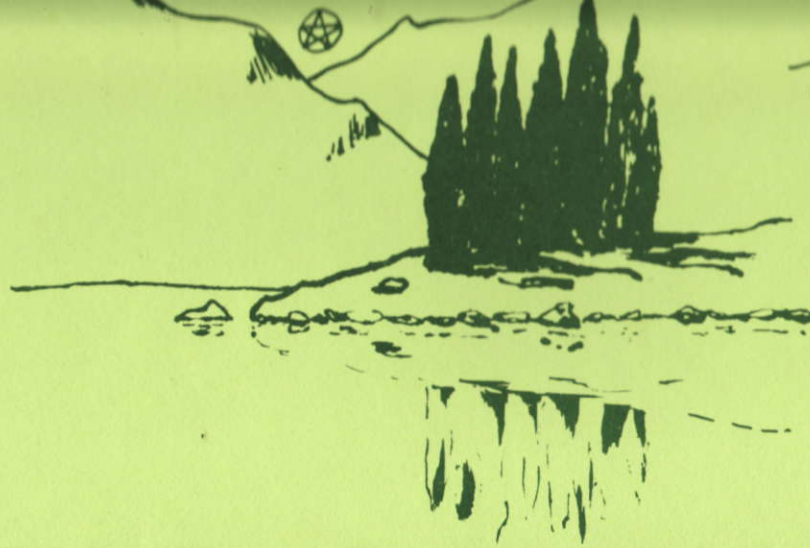


Spring Festival of Awareness



To be held at:
Selkirk College,
Castlegar, B.C.

March
23, 24, 25th 1979.

Let this be your invitation to join in the Kootenay's Spring Festival of Awareness....a gathering, Friday evening, Saturday, and Sunday....a time for us all to come together and share energies; to communicate; open our minds and hearts and learn from one another....to grow in love.

The festival will begin its opening ceremony on Friday evening at 7 p.m. (those needing to come earlier may do so) with an introduction by all workshop leaders, refreshments and music. All Friday evening festivities will be free of charge. All people needing billeting will be cared for at this time. Billets will please bring sleeping gear.

Workshops will be scheduled all day Saturday and Sunday beginning at 8 a.m. for early morning yoga, tai-chi, etc. (See inside for an idea of what the workshops will be about). Pre-registration is desirable.

Food, catered by the Jam Factory will be available to buy in the cafeteria for lunches on Saturday and Sunday.

This will include soups, salads and sandwiches, coffee, tea, and desserts. You are most welcome to bring your own food if you so desire. On Saturday evening there will be a supper catered by the Jam Factory at Kinnaird hall, nearby the college. Your choice of food will be a plate of Tofu and Vegetables over Rice with Mandarin Salad or Cheese, bean and olive enchiladas with Spanish rice and Tossed Green Salad! The cost of the meal is \$4.50 per person. Please indicate on the registration form if you would like a meal(s). This will give the Jam Factory an idea of how much food to prepare.

We are pleased to announce that the Kootenay choir will be performing either Friday or Saturday evening.


Until we meet in March, MAY YOU BE HAPPY and filled with loving kindness. Looking forward to seeing you all....

thanks!

CHILDREN'S FESTIVAL

Let's create a valuable experience for children, daycare age and older. There will be New Age games, story-telling, puppet shows, films, arts and crafts, music, fun and laughter. Everyone in the festival is invited to spend some time either teaching, playing or sharing with the children.

Children are asked to bring snacks to share. People bringing children will be responsible for them during meals and at both the closing and opening ceremonies. May the energy shared with the children by all involved in the festival be full of love.

MUSIC 

Please bring instruments. There will be a music room where instruments can be kept safely and also a space where people can jam together. If any musicians can play songs with the

REGISTRATION.

Please indicate if you would like the following:

	<u>Number of persons</u>	<u>Total Cost</u>
Billeting		(By donation at hall)
Saturday Supper (\$ 4.50 each)	_____	_____
Weekend Workshop \$10. (\$12 at door)	_____	_____
Daycare	_____	FREE
	Ages of Children _____	
	AMOUNT ENCLOSED	_____

Please send a cheque or money order payable to: Festival of Awareness, 319 Ridgewood Drive, Castlegar, B. C. V1N 2L5

CONFIRMED WORKSHOPS

(If you feel inspired to lead a workshop, please contact us or just post it at the festival)

SUMA MC KAY - Suma is glad to offer two workshops: AN INTRODUCTION TO GESTALT and LOMI BODYWORK.

WADUDA MAJID - of the Spokane Sufi Community will lead two workshops: SUFISM: THE PATH OF THE HEART & WOMEN'S MYSTERIES: SPIRITUAL PRACTICES FOR WOMEN IN THE NEW AGE. Waduda will also lead DANCES OF UNIVERSAL PEACE.

LARRY - will coordinate a MEN'S AWARENESS WORKSHOP: A group discussion on masculine identity in life.

ANAGERIKA, buddhist nun of the Theravadan order, will lead a workshop about KARMA AND REBIRTH.

MIKE JESSEN - will attempt to discover with us all what makes a CONSERVER SOCIETY, how we can achieve it and why it is necessary.

JOY GARDNER - natural healer, author of the book, "Healing Yourself" will offer a workshop SEX AND SPIRIT...an open discussion on sexuality as an intimate part of spirituality: opening of the first chakra, tantra, the sacred and the profane, orgasm, sexual armoring as disease in the body and whatever the group is moved to talk about.

ZENA URSULIAK - will lead us in HATHA YOGA & PRANAYAMA and give a workshop: MANTRA, CHANTING AND ORIENTAL EYE EXERCISES.

SKEETER - will lead discussion on FAIRY-DEVIC-ANGELIC evolution, particularly their relationships with humanity.

KEN WILSON - from Ottawa, will speak on THE TRANSFORMATION OF HUMAN RELATIONS & SELF WITH THE DAWNING OF THE NEW AGE.

LES NICHOLS - is happy to give three workshops: LOVE THERAPY, OPTIMAL HEALTH PROGRAM, THE CAUSE AND CURE OF ADDICTION

BRIAN CARPENDALE - will lead a 2 hour workshop: ABILITIES OF THE MIND: AN INTRODUCTORY WORKSHOP of exercises in meditation, relaxation and self-suggestion to improve memory, constructively use the imagination and be positive.

GARY, from Spokane, will be leading a workshop: NEW GAMES: NON-COMPETITIVE GAMES FOR THE NEW AGE in which everybody wins.

THOMAS ORJULA - will be offering a workshop on THE URANTIA BOOK.

JIM TERRAL - of the Kootenay Nuclear Study Group will lead a workshop to explore the ethical implications of the awesome PROSPECT OF URANIUM MINING IN B.C. What can we do about this without falling into a game of good guys and bad guys?

ROBERT PHELPS & SWAMI BRAHMANANDA - of the Yasodhara Ashram will lead 2 workshops: IDEALS & SPIRITUAL DIARY & KUNDALINI YOGA.

DWAYNE HAMILTON, will offer a slide show: THE NEW ASTRONOMY: A new view of the heavens from planets and stellar systems to black holes, quazars and interstellar travel as illustrated by the new generation of astronomical artists.

PAUL JACOBSON - from Sandpoint, Idaho, will lead a workshop on SPIRITUAL BIRTH, DEATH AND HEALING.

CHRIS COFFMAN, from Bonners Ferry and some local Kootenay Women will be offering open discussion workshops about the SPIRITUAL ASPECTS OF CHILDBIRTH. These workshops will help women to become aware of how they can rediscover their power and strength through childbirth while creating a loving beginning for their children.

PAUL PITCHFORD & REX EASTMAN will both be teaching classes in TAI-CHI.

FALLAH, from the Antakharana Circle will be giving three workshops: LIVING TO EAT, EATING TO LIVE, POLARITY YOGA, and ENERGY BALANCING, a bodywork session with demonstration and practice.

MARTY OSBORG - will lead a workshop: AWARENESS OF SELF IN A CHANGING SOCIETY which will give understandings and skills to show how self assertion without violence becomes the means by which spiritual nature influences social change.

RODNEY KREPPS - will talk about PARALLELS BETWEEN MODERN PHYSICS & TAO MYSTICISMS AND UP-TO-DATE CONCEPTS OF LIFE.

ANDY SCHNEIDER - psychic healer from Salmon Arm, will talk on PSYCHIC TRIPS & TRAPS. This will deal with varieties of psychic experiences and some of the traps in thinking that people get into, plus much more!

OTHER PROBABLE WORKSHOPS: TOM & GILL from the Nut Farm: RELATIONSHIPS & SEXUALITY, LES HARWOOD a medium from Edmonton, will probably be at the festival to give workshops.

1979

Activities and Workshop Schedule

Friday, March 23 - EVENING - Opening Ceremonies

- 7:00 - Main Lounge - Singing
 - Doukhobor Choir
 - Introduction to Workshop Leaders
 - Announcements, Billeting

9:00 - Cafeteria - Music and dancing

Saturday, March 24 - MORNING

- 8:00
 Cafeteria -Fallah - Polarity Yoga
 K-10 -Paul Pitchford - Tai Chi
- 9:00
 Cafeteria -Polarity Yoga cont.
 K-10 -Les Nichols - Optimal Health Program
 K-11 -Zena Ursilak - Mantra, Chanting & Oriental Eye Exercises
 M-14 -Swami Brahmananda - Kundalini Yoga
 M-17 -Brian Carpendale - Awareness of Self in a Changing Society
 FacLounge -Anagarika - Karma & Rebirth

- 10:30
 K-10 -Les Harwood - Into the 4th Dimension
 K-11 -Jacque Goldman - Steiner's Alternative Approach to Children's Education
 M-14 -Waduda Majid - Sufism: The Path of the Heart
 M-17 -Brian Carpendale cont.
 L-13 -Robert Phelps - Ideals & Spiritual Diary
 FacLounge -Susan Sims - Macrobiotics

12:00 L U N C H

- K-10 ManWoman - Film on Spiritual Art
 Mn Lounge Community Band

1:30 AFTERNOON

- Cafeteria -Alana Rayn - Beginner Belly Dancing
 K-10 -ManWoman - Film on Spiritual Art & Discussion
 K-11 -Joy Gardener - Sex & Spirit
 M-14 -Andy Schneider - Psychic Trips & Traps
 M-17 -Fallah - Living to Eat, Eating to Live
 L-12, 13 -Clover Koopman - Tarot Reading
 FacLounge -Paul Jacobson - Spiritual Birth, Death, & Healing

3:00

Sunday, March 25 - MORNING

- Sunrise -Meditation at the Confluence Kootena & Columbia Rivers - a flowing happening for early risers

8:00

- Cafeteria -Zena Ursilak-Hatha & Pranayama Yoga
 K-11 -Paul Pitchford - Tai Chi
 FacLounge -Anagarika - Meditation

9:00

- Cafeteria -Yoga cont.
 K-10 -Thomas Orjula - The Urantia Book
 K-11 -Tai Chi cont.
 M-17 -Satya Sisyphus - Spiritual Workshop
 FacLounge -Meditation cont.

10:00

- Cafeteria -Jim Terral - Prospect of Uranium Mining in B. C.
 K-10 -Ken Wilson - The Transformations of Human Relations & Self with the Dawning of the New Age
 K-11 -Chris Coffman & Kootenay Midwives - Spiritual Aspects of Childbirth
 M-14 -Wabun - The Bear Tribe & Prophecies for the Future
 M-17 -Les Nichols - The Cause & Cure of Addiction
 FacLounge -Fallah - Energy Balancing - A Bodywork Session

11:00

- Cafeteria -Uranium Mining cont.
 K-10 -Larry Wanjoff - Men's Awareness
 K-11 -Childbirth cont.
 M-14 -Skeeter - Fairy, Devic & Angelic Evolution
 M-17 -Mike Jesson - A Conserver Society
 FacLounge -Bodywork cont.

12:00 L U N C H

1:30 AFTERNOON

- Cafeteria -Alana Rayn - Advanced Belly Dancing
 K-10 -Dwayne Hamilton - The New Astronomy
 K-11 -Michaio Znur - Healing
 M-14 -Waduda Majid & Wabun - Women's Mysteries: Spiritual Practices for Women in the New Age
 M-17 -Larry Wanjoff-Concepts on Communities

Program
 K-11 -Zena Ursilak - Mantra, Chanting & Oriental Eye Exercises
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 FacLounge -Paul Jacobson - Spiritual Birth, Death, & Healing

3:00
 Cafeteria -Gary - New Age Games
 K-10 -Wayne Aho - Inner Spiritual Practices
 K-11 -Henry Doerst - Shiatsu Massage
 M-14 -Shirley Arsevak - Opening the Way: Practical Tools for Creative Co-operation Among Women
 M-17 -Pablo - ESP & Concious Awareness of Physics
 FacLounge -Suma Kay - Energy Grounding & An Introduction to Gestalt

5:30 - 7:30 D I N N E R
 Kinnaird Hall Guest Speaker
 Les Harwood

8:30 Sufi Dancing - Waduda Majid
 Dances of Universal Peace

FacLounge -Anagarika - Meditation
9:00
 Cafeteria -Yoga cont.
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 M-17 -Larry Wanjoff-Concepts on Communities
 L-12, 13 -Clover Koopman - Tarot Readings
 FacLounge -Suma Kay - Lomi Bodywork

3:00
 Cafeteria -Wayne Aho - Inner Spiritual Practices
 K-10 -Pablo - ESP & Concious Awareness of Physics
 K-11 -Jacque Goldman - Steiner's Alternative Approach to Children's Education
 M-14 -Henry Doerst - Shiatsu Massage
 M-17 -Rodney Kreps - Tao Physics
 FacLounge -Brian Carpendale - Abilities of the Mind: An Introductory Workshop

4:00
 M-17 -Les Nichols - Love Therapy

5:30
 Mn Lounge -C L O S I N G C E R E M O N Y

Dear Friends:



The Society for Self Awareness is holding the fifth Spring Festival of Awareness, March 19, 20, & 21, the weekend of the spring equinox, at Selkirk College in Castlegar, B.C. We welcome you to share in the free flow of ideas, information, and loving energies which are characteristic of this weekend.

Coordination of this year's festival is being undertaken by a committee of Sid Tayal, Nora Jukes, Harry Jukes, Larry Wanjoff, Vince Kubelka, Julie Oudes, Mary Trusz, David Popp, Darleen Ward, Thor Aasland, Ruth Carter, Peter Williams, David Barnes and Craig Andrews in Castlegar, but as always, we need the help of many others to make the festival happen. We ask you to share your special skills and knowledge in a workshop on this weekend. In exchange we offer free admission to the festival, billeting for you if you live out of town, and lunch and dinner on Saturday and lunch on Sunday. We again offer to assist with travel costs for those living outside the Kootenays, if absolutely necessary, up to \$50.

For the second time, we are pleased to be co-sponsoring the festival with the Continuing Education Department of Selkirk College headed by Craig Andrews. We were happy with the balanced program of workshops that were offered in 1981, and again will offer workshops in these five major areas: 1) Body Awareness, 2) Nutrition and Health, 3) Spiritual Growth, 4) Healing, 5) Ancient Wisdom and New Age Ideas. Last year the festival was well attended, and careful planning resulted in breaking even financially which is our goal as a non-profit group. We are trying to keep costs at minimum for those attending the festival this year, and plan to charge the same admission fee, \$15, for preregistration. We also plan to offer a similar type of simple vegetarian menu in the college cafeteria, as was done last year. We are planning to offer three events that are becoming traditional, because each year they have generated such good energy. They are: the potluck supper Friday, for workshop leaders and festival organizers; the mass healing workshop and attunement on Saturday after lunch; and we hope, Sufi dancing Saturday evening. We want to offer a good program for the children's festival, and invite anyone who can share a 15 to 30 minute workshop with the children, to indicate this on the workshop leader form. The ages of children most likely to attend planned activities are between 4 and 7. Younger children are cared for by their parents and older ones often prefer to make their own entertainment.

Please take a moment as you write back to us to give your ideas and suggestions to improve or enliven the weekend. We are especially interested in any ways in which you, alone or with a group, could assist in drawing all the people together to share the loving spiritual energy which is the purpose of this gathering. Enclosed is a self-addressed envelope for your convenience in returning your workshop leader form. It is important for us to receive your answer by January 15, or as soon as possible before that, as we need your replies for our publicity.

Our love and light to each one of you who has shared with us in the past, and to each one of you who will be sharing with us this year. For the Festival committee,

Nora Jukes

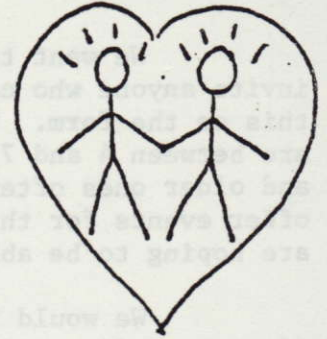
Nora Jukes

Julie Oudes

Julie Oudes

Dear Friends:

The Society for Self Awareness is holding the sixth Spring Festival of Awareness, March 18, 19, and 20, the weekend of the spring equinox, at Selkirk College in Castlegar, B.C. We welcome you to share in the free flow of ideas, information, and loving energies which are characteristic of this weekend. Coordination of this year's Festival is being undertaken by a committee of Harry and Nora Jukes, Sid Tayal, Darleen Ward, Peter and Bonnie Williams, Julie Oudes, Mary Trusz and Thor Aasland, Lorna Kubelka, Sheila and Shaun McDermott, and Craig Andrews, but as always, we need the help of many others to make the Festival happen. We ask you to share your special skills and knowledge in a workshop on this weekend. We offer free admission to the Festival, billeting for you if you live out of town, and lunch and dinner on Saturday and lunch on Sunday. We have always appreciated the generosity of our workshop leaders in donating their own transportation costs, and not requesting travel assistance. However, if the need is there, we would like to offer some small help as explained in the workshop leader form. If you would prefer motel or hotel accommodation, we can forward information and prices to you on request. However, we cannot help you with this cost. Hostel-type accommodation (sleeping bags and foamies needed), could also be made available for you, here in Castlegar, at our expense, if this would be your preference rather than traveling to billet homes in Nelson or Rossland. Please make a note of this on the back of your leader form.



We are pleased to be co-sponsoring the Festival with the Continuing Education Department of Selkirk College, headed by Craig Andrews. We were happy with the balanced program of workshops that were offered in 1982, and again wish to offer workshops in these five major areas: 1) Body Awareness/Movement, 2) Health and Healing, 3) Spiritual Growth, 4) Ancient Wisdom, and 5) New Age Ideas. You will note, on the workshop leader form, that we are only asking you to give one workshop this year (other than a possible 20 minute one for the children). If you feel that you would like to offer a second workshop in addition, please indicate details (as for the first), and if time and space permit, we will try to fit it into the schedule.

As a non-profit group, we are trying to keep costs at a minimum for those attending the Festival. Last year, attendance was very good and the extra funds generated have enabled us to keep registration fees the same as last year: \$18.00 (preregistration) for the entire weekend of approximately 60 workshops. There may be a change in meals this year, as it might be possible for the Sunshine Cafe in Rossland to cater our vegetarian meals. For Friday evening, we are planning to have light refreshments and snacks for workshop leaders and Festival organizers, rather than a dinner as we have had in the past. This will be a potluck, so please bring what you can.

You are of course invited to attend any of the workshops presented on the weekend, and we hope you have a wonderful time! Other events in which we invite your participation are: 1) the Friday night opening, 2) short mass Attunements between 1:30 and 2:00 p.m. on Saturday and Sunday, 3) Sufi dancing, hopefully on Saturday evening, 4) involvement with the Children's Festival, and 5) your energy (if there's any left!) for the Closing Ceremony.

We want to offer a good program for the Children's Festival, and invite anyone who can share a 20 minute workshop with the children, to indicate this on the form. The ages of children most likely to attend planned activities are between 4 and 7. Younger children are cared for by their parents or sitters, and older ones often prefer to make their own entertainment. If you can, however, offer events for the 8 to 13 year olds, please note this on your form, as we are hoping to be able to present more for this age group. Thank you!

We would like to mention a change in Festival policy from other years. After much discussion, it was decided that there would be no more selling of items at the Festival. Tea Booth items are the only exception. We felt the need for making this quite clear.

It's exciting to be at the beginning stages of another Spring Festival of Awareness, and we look forward to hearing from you very soon! We are enclosing a self-addressed envelope for your convenience, for returning your workshop leader form. It is important for us to receive your answer by December 31st, or as soon as possible before that, as we need your replies for our publicity and planning. The brochures should be out by the second week of February, and another letter informing you of the latest developments, along with billeting information and where to go when you arrive on Friday night, will be sent in the beginning of March.

Our love and light to each one of you who has shared with us in the past, and to each one of you who will be sharing with us at this coming Spring Festival.

The Festival Committee

Harry Nora Sid Peter Bonnie

Harry

Nora

Sid

Peter

Bonnie