

# THE SPRING FESTIVAL OF AWARENESS



## WELCOME !

It is a real joy to see all your familiar faces again! Its very hard to believe but here it is again! After all the months of planning and thinking and sorting out this and that -- its here! Above all, we have put our energy into having this come together, now it is your turn to manifest that energy and have our re-union a success! As you will see on the reverse, we have all kinds of people here, all willing to share all they have with you and receptive to whatever you have to share.

The first part of the Festival is the opening ceremony starting tonight at 7:00 P.M. with the Slocan Valley Senior Doukhobor Choir. It is a privilege to have these people come and sing in Russian the prayers of the Doukhobor people which have been in existence for hundreds of years. Following this will be the workshop leaders introduction, a childrens Tibetan dance, La Ratatouille Clowns, KIVA group formation (for people who would like to get to know more people during the weekend), and then the rockus and roll acoustic band RIVERWHEEL will play until the early morning. Also, some workshop leaders may wish to have some small group sessions tonight.

The following two days will be full of events and a rough schedule to follow is on the reverse side. If you really want to start the day right, come to the sunrise ceremony each day.

## THE CHILDRENS FESTIVAL!

The childrens festival is located in B-13, 15, 16, and 17. Hours are from 9:00AM to 12:00 PM and 2:00PM to 6:00PM SATURDAY and 9:00AM to 12:00PM and 2:00 PM to 4:00PM on SUNDAY. A real variety of events are planned with the children on: new games, relaxation, music, massage, yoga, clowns, and you are all welcomed anytime to drop in and have some fun! Children who are under 4 are the responsibility of the parents this year and we are setting aside a home care room which should be comfortable for parents and young people. For parents who are interested in forming a co-operative care arrangement, we urge you to meet at 9:00PM or around the time before RIVERWHEEL starts playing in room B17 TONIGHT or 10:00AM Saturday morning to take care of sharing responsibilities for the under 4 children. Another important thing is that we have two childcare co-ordinators for the Childrens Festival, Jackie and Orysia, who can help in arranging whatever you want to do with the kids.

## MORE ON THE FESTIVAL.....

Vegetarian meals will be available in the cafeteria at a reasonable cost

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#### MORE ON THE FESTIVAL.....

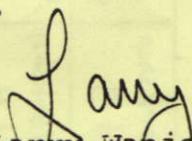
Vegetarian meals will be available in the cafeteria at a reasonable cost. No meal will be served after lunch on Sunday so be prepared for this.

The most important thing to always keep in mind is that you should always be good to yourself while you are here. YOUR ENERGY LEVEL needs your attention all during the Festival. Take notice of it from time to time and if you need to rest or relax yourself, consider the meditation room upstairs beside the Library (in the Boardroom), or the Shiatsu or Reiki rooms in L11 and L12, or have a fresh cup of herb tea, or take a walk in the cool fressshhh air and wonderful light.....

It has been a joy for all of us to bring us here. ATTENTION, ATTENTION, ATTENTION !!!!!

Of course we have done our best to organize the events, but be ever prepared for changes and flow with the creativity inspired and generated by this blessed event and our all being together.

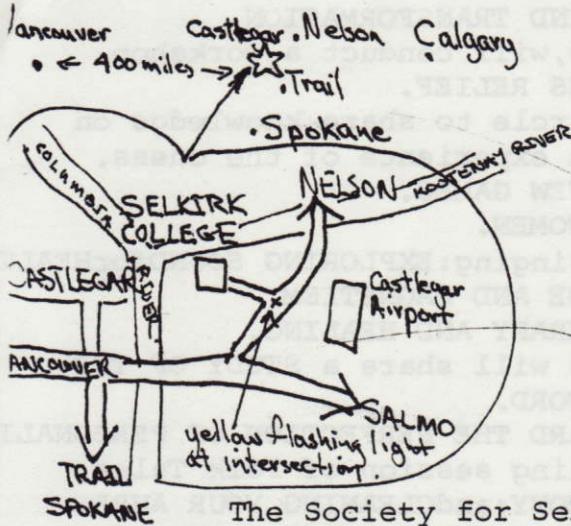
On behalf of all, LOVE PEACE and HAPPINESS

  
Larry Wanjoff



# THE SPRING FESTIVAL OF AWARENESS 1980

MARCH 21, 22, 23 at SELKIRK COLLEGE, CASTLEGAR, B.C., CANADA.  
Society for Self-Awareness, P.O. Box 3603, CASTLEGAR, B.C. V1N3W3



TO

**SPokane** The Society for Self-Awareness is pleased to offer the third Spring Festival of Awareness as a focus for the exchange of information, inspiration, and creation for everyone. This year has an unbelievable variety of workshops, and you are all invited to participate in the birth of consciousness for the 1980's.

Past Festivals have facilitated the highest level of interchange between people. This year, we need to celebrate more than ever before, the feelings of love for humanity and the joy of being alive here and now.

At the Festival you will find full-time shiatsu and meditation rooms, a herb and tea booth, videotapes from previous Festivals and the 1979 World Symposium on Humanity, an exciting Children's Festival, La Ratatouille Clowns for kids of all ages, the Riverwheel Music Caravan cerebral acoustic rockus roll ensemble, and the friendliest and happiest group of people for hundreds of miles around. All for only \$14 for the weekend. People are invited to bring their sleeping gear as inexpensive overnight accommodations are available. Vegetarian food will be available at all times in the Cafeteria and a Saturday evening banquet is being planned for all at a reasonable cost. Traditional doukhor foods will be there as an interesting change for many. This will be followed by a Sufi Dance called Light Seeking Light: a participatory pageant of planets, elements, and divine attributes expressed through the human heart. Guaranteed heart twinkles!!!!

This year, the Slocan Valley senior Doukhor Choir will begin the Opening Ceremony at 7 PM on Friday night, followed by the workshop leaders introduction, a children's Tibetan Dance, and then Riverwheel will play and sing till the wee hours of the morning....all free to everybody. The next two days feature the workshops, and we are planning four mass workshops where the whole Festival will focus on the topics of Holistic Health, the Alternate Healing; Community, the Human Bond; Herbs and Gardening; and a Future Think Tank. We are organizing other times where the whole Festival can come together and share energy and feelings on a more personal level.

The following people have confirmed their workshops but remember to be flexible and to expect the unexpected. I hope you all take in this very magical and blessed event, and I'll see you there; Love, Peace, and Happiness,

Larry Wanjoff, co-ordinator.

HENRY DORST will teach SHIATSU; he has practised for 5 years and taught for the Vancouver School Board; student of numerous Japanese teachers.

WADUDA MAJID EATON will teach THE WAY OF THE HEART, SUFI PRACTISES IN THE DERVISH TRADITION; WOMEN'S MYSTERIES; ASTROLOGICAL YOGA.

TRAD at intersection

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S. JEB ORENT, M.D. on the INTERFACE BETWEEN HOLISTIC HEALTH and TRADITIONAL MEDICINE a focus on the self-healing process.

WANJA TWAN will show Psychometry as Preventive Medicine and A WAY TO KNOWLEDGE OF FORMER LIVES; is a Reiki Healing master.

the KOOTENAY CHILDBIRTH COUNSELLING CENTER will have a workshop on BIRTH: YOUR RIGHTS AND RESPONSIBILITIES.

PAUL PITCHFORD : TAOIST breathing and Meditation techniques; TAI CHI: the Chinese art of movement; and Setai- the essence of healing touch.

ZASEP TULKU RINPOCHE will teach MEDITATION ON GRADUATED PATH TO ENLIGHTENMENT about Buddhist psychology and philosophy; was born in Tibet as the 13th reincarnation of LAMA CHABDAK; has studied in India & Thailand.

JOY GARDNER who has researched the subject intensively and would like to share her research about DO CHILDREN NEED IMMUNIZATIONS ?

DOUGLAS COHEN is coming from Seattle to teach AWAKENING THE DREAMER and LIVING IN THE BODY, both with emphasis on holistic health.

SKEETER will be here again to talk about FAIRES, ANGELS and RELATED SUBJECTS.

LES HARWOOD will come from Edmonton to talk on BEYOND 3rd DIMENSION.

OVER ->

REX and JOANNE EASTMAN will teach and demonstrate TAI CHI CHUAN  
 ZENA URSULIAK will demonstrate YOGA and PRANAYAMA: learning to move the body  
 and breathing techniques; and STRENGTHENING VISION-EYE EXERCISES.  
 DUSTIN T. SHANNON-BRADY a psychotherapist and professor of education at  
 University of Alta. will teach BODY-MIND TRANSFORMATION.  
 BRIAN CARPENDALE who trained with Dr. Fritz Perls, will conduct a workshop  
 on MEDITATION, SELF-SUGGESTION, and STRESS RELIEF.  
 FALLAH ADKISON is coming with the Antahkarana Circle to share knowledge on  
 ASHTANGA YOGA and a HEALING CIRCLE - an experience of the oneness.  
 GARY CARVER will be here to help us experience NEW GAMES.  
 KAREN YOUNG will have an offering of HERBS FOR WOMEN.  
 CELESTE CROWLEY will teach toning, chanting and singing: EXPLORING SOUND for HEALING  
 RAVISHIKA is coming from Spokane to share MASSAGE AND MAGNETISM  
 MATHEW CHRISTEN WILL do a workshop on COLOR THERAPY AND HEALING.  
 ERIC F. KNUDSEN, a student of the Ascended Masters will share a STUDY OF THE  
 HUMAN AURA and SCIENCE OF THE SPOKEN WORD.  
 MARG WOMACH will do a workshop on ASTROLOGY, TOWARD THE PERFECTION OF PERSONAL  
 MARK MEALING, a folklorist, will offer a storytelling session of Folk Tales.  
 ZAKUR will share VIBRATORY TUNEUPS and BODY HARMONY; and CLEANING YOUR AURA.  
 GARY COMOZZI will share his experience of the ZEN OF SKIING AND CLIMBING.  
 and of course, there will be much, much, more for everybody!!!!!!!!!!!!!!!!!!!!!!

THE CHILDREN'S FESTIVAL by JULIE OUDS.

This year the children's place in the festival has given us much thought. There has always been a problem with getting enough people power for it, and times during the weekend when those who had worked hard with the kids really wanted to attend a workshop, or needed a break, and couldn't find anyone to relieve them. This resulted in some times when there was no adult available - or willingly available in the kid's area.

Our thoughts are that we can only have this festival because all the workshop leaders donate their time freely - without pay - though we provide billeting and meals for them. All the organizers are volunteers. The admission fee is used to rent the college, and pay janitorial and cafeteria helpers, who are unionized. Any profit goes toward next year's festival and workshops given during the year. Following this line of thinking, we feel that childcare should be voluntary, and that parents must assume the responsibility of donating some time to the children's festival if their children are participating in it.

This year we have decided to provide responsible childcare and activities for children 4 and older.

take it easy. Children under 4 can use the craft facilities or attend the activities designed for older kids with an adult, but parents will be mainly responsible for 3 and under.

Two other new happenings involving everyone - children and adults - will take place Sat. and Sun. at the end of the lunchbreak, before the afternoon workshops.

On Sat, there will be a celebration-procession into an ohm circle. This is in an evolving stage, but the hope is to provide an energy centering experience with the opportunity for expression through music, song, and movement (walking, jigging, skipping, dancing) and a joining together of that beautiful people energy reminding us that this is a weekend for sharing our highest selves. So rhythm instruments such as flutes, tambourines, bells, drums, sticks, cymbals, and costume makings for kids and adults would add to that.

On Sun, there will be an earth give-away inspired by the traditions of many native American tribes. We will exchange gifts given us by the earth rather (rocks, shells,

ushes, paint, pencils, colorful curtains, bed spreads, cloth for water, cards, name markers for...

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This year we have decided to provide responsible childcare and activities for children 4 and older. We are having a paid childcare person in coordination with parent and other volunteers. This should provide a situation where there will be an attractive environment - craft and activity facilities - adequate care at all times, and a variety of entertaining happenings for kids within the children's area.

With much concern for the well-being of kids younger than 4, we have decided, after two years of volunteers dealing with many unhappy younger children, that we will provide a room with resting places, a simple snack, and some toys, where parents can take their children to

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On Sun, there will be an earth give-away inspired by the traditions of many native American tribes. We will exchange gifts given us by the earth mother (rocks, shells, flowers, feathers) anything made from natural materials, and we will express our thanks in a simple ceremony to our earth mother for her many blessings which provide us with life itself. We hope that these two events will soften the sometimes overwhelming intensity the festival stimulates and provide a period of shared peace and enjoyment in the middle of the day. We also hope that the children's section of the festival will work out better than ever - and it all depends on YOU.

donations of - crayons, paint brushes, paint, pencils, colorful curtains, bedspreads, cloth, cotton, paper, or paper containers for water, cards, daisies, mats for resting, puppets, other toys.



P.S. BRING CHILDREN'S PLAY STUFF!! We need



SOCIETY FOR SELF-AWARENESS  
P.O. BOX 3603,  
CASTLEGAR, B.C. V1N 3W3

January 29, 1980

Greetings!

The Society for Self-Awareness is holding the third SPRING FESTIVAL OF AWARENESS on March 21, 22, and 23 1980 at SELKIRK COLLEGE in CASTLEGAR, B.C. This year there is a strong desire for a new feeling to focus more on people in the celebration of being here and alive.

We again extend an open invitation to all, both near and far, who have helped in the past and other new teachers to bring their energies and share their knowledge and experiences to assist in the birth of consciousness in the 1980's.

For those who aren't familiar with the Society for Self-Awareness, it is a non-profit, registered society in B.C. and it has been functioning for almost seven years. Its main activity has been to facilitate the expansion of consciousness for each member and the community as a whole by holding regular weekly sharing-meetings and meditations; a wide variety of workshops year-round on shiatsu massage, nutrition, personal development and growth, etc.; and, for the third year, the SPRING FESTIVAL OF AWARENESS!!!

Around the time of the Spring Equinox, a weekend is chosen and reserved at Selkirk College, for an intense and wonderful portion of time and space where those who are interested can come together and freely share their being. The Kootenay Valleys are bountiful with teachers who have much knowledge and experiences in all areas. Although our idea is to use our local resource people, many have volunteered their part from hundreds and even thousands of miles away! This has resulted in a very busy timetable with an amazing variety of workshops to attend. Last year, there was five different workshops all going on at the same time!!!

All of this activity depends on what you, our workshop leaders, wish to share with the rest. Remember always that this is your festival. A most amazing and wonderful aspect of it is that it is very affordable because nobody charges and nobody is paid for any services they provide: from the organizers to the teachers everyone freely volunteers their time and abilities to improve the whole well-being. Entrance for the public costs around \$15 for the weekend and this covers the costs of rental of the College, organizational expenses and is kept purposely low to encourage people to come.

As this is the third Festival, we have learned much from the past two as to how to organize the weekend for the maximum benefit. This year, we would like to encourage more group discussion and personal sharings throughout the whole weekend, and we would like to hold a few mass workshops where everyone attends and has input into it. Where possible, in areas that many people have knowledge on a particular subject, we are trying to encourage a panel or group to teach it. Each would express their view to help in the understanding of some complex area. Currently, four workshops being organized on these lines are: Herbs, Community, Thought-Sharings, and Wholistic Healing. Possible ones could be on: Yoga, Nutrition, Children, Alternative Living Technology, etc., depending on what is offered by you.

Last year we had 1½ hour workshops and this year we are looking at the possibility of extending that to 2 hours with a ½ hour break to allow discussions to finish off and provide an opportunity for a rest for those that need it. During the breaks, it's hoped that people would interact amongst themselves more and get to know each other better. We are trying to find the balance between a structure to continue the process, and a free time for the flow of inspiration.

Thursday evening is our regular meditation at the College. On Friday afternoon we are planning a pre-festival meeting to which you may come if you wish to clear up any last minute details for the weekend; hopefully we can have a 5 to 7 P.M. POTLUCK, and then the OPENING CEREMONY starting at 7 P.M. After that is finished, an acoustic band called RIVERWHEEL has offered to play for the evening celebration. At this time we hope to have all the workshop leaders get together and have their own attunement for the whole Festival.

So as you can see, our Spring Festival of Awareness Committee is excited and eager to get underway with the planning and coordination of this blessed event, and we are inviting your participation and energy. Attached is a form which we ask that you fill out and mail back to us as soon as possible as it will greatly help us. All of the workshop leaders are billeted in our homes for the weekend and we would like to know of any special needs in advance. Also we would like to know your feelings on the recording of your workshop, with either audio or video equipment, for our library. The Society has set up an Audio/Video tape library to make available the information of the Festival after it is over. These are available for borrowing (free), or can be duplicated on a non-profit basis. Please indicate on the form your ideas and suggestions.

We have assisted workshop leaders on a flexible basis for those that need financial assistance for travelling, and all meals, and we will continue to do so as the need is expressed to us.

I ran across an interesting sentence in the last book I read with which I would like to close with:

"No matter where you come from, when you get there, we're all One, and are you going to help out or not ? "

Love, Peace and Happiness,

Larry Wanicoff, Coordinator (202 4150)

Society for Self Awareness  
P.O. box 3603,  
Castlegar, B.C. V1N 3W3

Workshop Leader Form

PLEASE FILL IN AND RETURN AS SOON AS POSSIBLE

CASTLEGAR, B.C. V1N 3W3

January 29, 1980

NAME:  
ADDRESS:  
TELEPHONE:

NAME OF WORKSHOP:

DESCRIPTION OF WORKSHOP:

FACILITIES NEEDED/PREFERRED:

ANY PREFERENCE TO DAY, TIME, or ROOM ?

PERSONAL PAST TEACHING EXPERIENCE AND RELATED QUALIFICATIONS (for brochure):

WOULD YOU LIKE TO HOLD A WORKSHOP FOR THE CHILDREN'S FESTIVAL ?

WOULD YOU LIKE TO PARTICIPATE IN ANY GROUP WORKSHOPS? PLEASE LIST SUBJECT NAME

IS IT OK TO RECORD YOUR WORKSHOP FOR OUR LIBRARY ?

AUDIO: YES NO  
VIDEO: YES NO

WOULD YOU LIKE TO DO A SEPARATE INTERVIEW OR LECTURE FOR VIDEOTAPE?  
YES NO

WHEN DO YOU PLAN TO ARRIVE AND/OR LEAVE ?

ANY SPECIAL BILLETING ARRANGEMENT ?

DO YOU NEED ANY FINANCIAL HELP ?

FOR TRAVELLING \_\_\_\_\_ (approximate amount)  
FOR MEALS \_\_\_\_\_ ( " " )

DO YOU HAVE ANY SUGGESTIONS OR IDEAS THAT WE COULD CONSIDER ??