

SELKIRK COLLEGE MARCH 20*21*22
 SPRING FESTIVAL OF AWARENESSES



FRIDAY MARCH 20TH FREE 7PM TO 11PM

⓪ SATURDAY AND SUNDAY ALL DAY ⓪

Preregistration By March 10: \$15⁰⁰

At the Door \$17⁰⁰

— WORKSHOPS —

Reiki*Healing Massage*Jai Chi*Sufi Dancings & Sufi Practices*Sun Bear & Wabun*
 Whales*Communities*Stress Relief*First Aid*Women's Mysteries*Open Heart Co-Counselling*
 Awakening the Dreamer*Skeeter: Gardening with Unseen Forces*Macrobiotics*Ukrainian Dance*
 Do-It*Yoga* Mammoth Healing Workshop*Rejean the Clown*Herbs*Tea

TENTATIVE SCHEDULE

FRIDAY

The opening program will begin with music and an attunement, when we will gather the energies present and dedicate ourselves to a weekend of growth and sharing. There will be a very brief introduction to workshop leaders followed by an herbal tea and baking social in the faculty lounge, giving us an opportunity to meet our workshop leaders, and each other.

SATURDAY

6:00 a.m. - SUNRISE CEREMONY

TIME PERIOD #1: 8:00 - 10:00 a.m.

Francis Kremier - COMMUNITY
Polly Emde - YOGA
Doug Cohen - AWAKENING THE DREAMER
Ruth Carter - REBIRTHING
Wendy Devlin - FIRST AID: THERAPEUTIC TOUCH IN CRISIS
Susan Sims - OO-IN
Barbara Brown - REIKI

TIME PERIOD #2: 10:00 - 12:00 Noon

Sun Bear - SURVIVAL IN THE 80'S
Michael Melanson - TAROT
Skeeter - GARDENING WITH THE "UNSEEN" FORCES
Lola King - REFLEXOLOGY AND IRIDOLOGY
Waduda Majid - WOMEN'S MYSTERIES
Duncan Sim - NATURAL HEALING: PART I

LUNCH: 12:00 Noon - 2:00 p.m.

At 1:30, a demonstration of TAI CHI, Rex Eastman & students

TIME PERIOD #3: 2:00 - 3:30 p.m.

Harry Jukes & Sid Tayal - MASS WORKSHOP ON HEALING

TIME PERIOD #4: 3:30 - 5:30 p.m.

Max - MUSIC WORKSHOP
Ayat Wright - OPEN HEART CO-COUNSELLING
Dave Thatcher - HUMAN UNITY CONFERENCE
Wabun - EARTH ENERGY, FEMALE ENERGY
Rex Eastman - TAI CHI
Susan Sims - COOKING

DINNER: 5:30 - 7:00 p.m.

At 7:00 p.m., A KOOTENAY PLAY - Peter Duryea

At 8:30 p.m., SUFI DANCING - Meditation of the Heart - Waduda Majid

SUNDAY

6:00 a.m. - SUNRISE CEREMONY

TIME PERIOD #5: 8:00 - 10:00 a.m.

Rex Eastman - TAI CHI
Fallah - YOGA
Allison Hancock - ACUPRESSURE MASSAGE
Larry Wanjoff - VIDEO-Spring Festivals of Awareness - I, II and III
Shawnodese - GUIDED VISION
Paul Pitchford - "PURE LAND" CHANTING & MEDITATION

TIME PERIOD #6: 10:00 - 12:00 Noon

Zena Ursuliak - UKRANIAN FOLK DANCING
Francis Kremier - COMMUNITY (Continued)
Doug Cohen - FINISHING UNFINISHED BUSINESS
Jill Fairchild - WHALES AS INTELLIGENT BEINGS
Eli Popoff - OUKHOBOR SINGING AND SPIRITUALITY
Ayat Wright - HEALING MASSAGE
Duncan Sim - NATURAL HEALING: PART II

LUNCH: 12:00 Noon - 2:00 p.m.

TIME PERIOD #7: 2:00 - 4:00 p.m.

Brian Carpendale - STRESS & VITALITY
Zazep Tulku Rinpoche - BUDDHIST MEDITATION
Grace Avery - LOVE IS LETTING GO OF FEAR
Calesta Crowley - TONING
Paul Pitchford - PRINCIPLES OF CHINESE HEALING

4:00 p.m. - CLOSING CEREMONY

FESTIVAL OF AWARENESS: PREREGISTRATION FORM

I/We would like to order _____ weekend tickets at \$15.00 each. * I/We would like to order _____ lunch tickets at \$2.50 ea.
I/We would like to be placed on the Festival mailing list _____. * I/We would like to order _____ dinner tickets at \$5.25 ea.
TOTAL TICKET MONEY ENCLOSED: \$ _____ * I/We would like to order _____ Kid's plate at \$2.60 ea.

NAME: _____ ADDRESS: _____

PROV./STATE: _____ POSTAL CODE: _____ PHONE: _____

PLEASE SEND TO: THE FESTIVAL OF AWARENESS, c/o Sid Tayal, Box 300, ROSSLAND, B.C., V0G 1Y0

N.B.: CERTIFIED CHEQUE OR MONEY ORDER ONLY!

PRE-REGISTRATION REQUESTED BY MARCH 5, 1981

WORKSHOPS

BODY AWARENESS

Tai Chi
Yoga
Acupressure Massage
Do-In
Ukranian Folk Dancing
Belly Dancing

NUTRITION & HEALTH

Natural Foods Cookery
First Aid & Therapeutic Touch in a Crisis
Reflexology & Iridology
Principles of Chinese Healing
Stress & Vitality

SPIRITUAL GROWTH

Love is Letting Go of Fear
Open Heart Co-Counselling
Guided Vision
Sufi Dancing & Meditation of the Heart
Human Unity Conference
Buddhist Meditation
Women's Mysteries
Doukhorbor Singing & Spirituality

HEALING

Reiki
Toning
Natural Healing with Oriental Medicine
Healing Massage
Rebirthing
Finishing Unfinished Business

NEW AGE IDEAS

Earth Energy, Female Energy
Survival in the 80's
Whales as Intelligent Beings
Tarot
Astrology
Gardening with Unseen Forces
Awakening the Dreamer
Music

FOR TENTATIVE SCHEDULE OF WORKSHOPS, SEE OVERLEAF.

THE CHILDREN'S FESTIVAL

The Children's Festival is being organized by Zena Ursuliak, and will include paid professional child care workers. Care will be provided for children, 4 and older. Parents are responsible for younger children, but 3 years olds and under may participate in the activities with an adult present. Several workshops are planned: Story Telling, First Aid, Tarot Reading, Music, Yoga, Dancing, a Movie on Whales, Writing a Play and Clowning. To help pay the child care workers, and for materials and snacks, a \$2.00 donation per day will be requested for each child. (We are sure it will be an enjoyable experience for all involved and all festival goers are invited to share their energy with the children.)

TICKET INFORMATION

As the Society for Self Awareness is a Non-Profit Organization, please appreciate that rising costs affect us all, but that we are trying to keep the cost to you at a minimum.

PRE-REGISTRATION REQUESTED BY MARCH 5, 1981. Please help out by registering early, as mail services might be slow. A receipt will be sent to you and your ticket will be waiting for you at the door.

WEEKEND OF WORKSHOPS	\$15.00	*	PLEASE SEND CHEQUE OR MONEY ORDER PAYABLE TO: FESTIVAL OF AWARENESS c/o Sid Taya Box 300 ROSSLAND, B.C. V0G 1Y0
	\$17.00 at the door	*	
ONE DAY OF WORKSHOPS	\$ 9.00	*	
SATURDAY & SUNDAY LUNCH	\$ 2.50 each	*	
SATURDAY DINNER	\$ 5.25	*	
KID'S PLATE (Saturday Dinner only)	\$ 2.50	*	

WELCOME TO THE FESTIVAL!

SPRING FESTIVAL OF AWARENESS

Co-sponsored by the Society for Self Awareness
and Continuing Education, Selkirk College

SATURDAY WORKSHOPS - MARCH 21, 1981

Throughout Saturday and Sunday, room L-12 is set aside for Reiki healing for those wanting to give, and those wanting to receive, and room L-11 is set aside as a Rejuvenation room, for people wanting to give and receive Massage and/or Reflexology and/or Shiatsu.

Participation at any time in the Children's Festival in B-15 and B-16 is more than welcome.

7:30 A.M. - REGISTRATION in Main Lounge

TIME PERIOD # 1: 8:00 - 10:00 A.M.

- FRANCIS KREMLER - COMMUNITY - a heart sharing of people aspiring to become part of, or already in, Community.
Main Lounge
- POLLY EMDE - YOGA - exercises to increase flexibility of body and provide release from tension and stress:
Main Lounge for beginners - any age, any sex, any size.
- DOUG COHEN - AWAKENING THE DREAMER - learning to apply principles of dream reflection to one's own life.
Board Room
- MARY FRECHETTE - PSYCHIC AWARENESS AND SPIRITUAL SELF HEALING - basic techniques for opening our awareness of self
K-10 as the creator of our own reality. Practical methods to help heal self: body, mind and spirit.
- WENDY DEVLIN - FIRST AID: THERAPEUTIC TOUCH IN A CRISIS - being prepared for a crisis; daily first aid practices;
K-11 and maximizing the healing process.
- BARBARA BROWN - REIKI - a natural art of healing from Japan. Spiritual growth and physical healing are nurtured by
L-12 The Universal Life Energy by a laying on of hands.

9:00 A.M.

- SUSAN SIM - DO-IN - daily routine of self-massage. An excellent loosening-up to be done before Tai-Chi, Yoga
M-14 or any other exercise program.

TIME PERIOD # 2: 10:00 A.M. - 12:00 Noon

- SUN BEAR - SURVIVAL IN THE 80'S - what to expect in the 1980's, and how to prepare for the changes on the
Main Lounge earth and within yourself.
- MICHAEL MELANSON - TAROT - its history and dynamics as an art of divination: foreseeing and discovering hidden
Board Room knowledge.
- SKEETER - GARDENING WITH THE "UNSEEN" FORCES - get a helping hand in the garden by cooperating with the
K-10 nature forces; the unseen helpers in the Fairy/Deva kingdoms.
- LOLA KING - REFLEXOLOGY AND IRIDOLOGY - working on your health through foot massage and checking well-being
K-11 through the iris.
- WADUDA MAJID - WOMEN'S MYSTERIES - an expression of inner light, explored through music, meditation, dance and
M-14 walk. Bring shawl or head covering.
- DUNCAN SIM - NATURAL HEALING: PART I - an introduction to Shiatsu, Oriental Medicine and Philosophy of Yin & Yang.
M-13

LUNCH PERIOD: 12:00 Noon - 1:30 P.M.

- CAFETERIA - 12:00 - 1:00 P.M. Pre-paid meals available only
1:00 - 1:30 P.M. Individual items available for those with no meal tickets.
- MAIN LOUNGE - 12:00 - 1:00 P.M. OPEN MUSIC FORUM - a variety of musical contributions
1:00 - 1:30 P.M. REX EASTMAN & STUDENTS - A DEMONSTRATION OF TAI CHI
- K-10 - 12:00 - 1:30 P.M. FILMS: 1) VISUALIZATION: THE POINT OF LIGHT 2) FINDHORN: A PRESENTATION

TIME PERIOD # 3: 1:30 - 3:30 P.M.

- HARRY JUKES & - MASS WORKSHOP ON HEALING - one of the main points of focus of this year's festival is healing.
SID TAYAL This workshop will be set up as a forum where all those interested in health and healing will
Main Lounge be encouraged to come and to share their experiences with others.

TIME PERIOD # 4: 3:30 - 5:30 P.M.

- MAX GANO - MUSIC WORKSHOP - a musician's jam, open to anyone who enjoys playing or listening to music.
Main Lounge
- AYAT WRIGHT - OPEN HEART CO-COUNSELLING - attunement practices followed by "opening our hearts and sharing
Faculty Lounge our inner feelings in a safe and loving environment."
- JADE EMORY - ASTROLOGY - taking responsibility for the psyche, with astrology as the diagnostic tool;
Board Room consciously reprogramming one's spiritual evolution and becoming the "cause" rather than
the "effect" of the birth chart.
- DAVE THATCHER - HUMAN UNITY CONFERENCE - a historical background for this conference to be held in Vancouver,
K-10 July 23-26, 1981, as well as slides shown of several intentional communities and wholistic
living centers.
- WABUN - EARTH ENERGY - FEMALE ENERGY - exploring the creative aspect of female energy through awareness of
K-11 our connection with the earth mother in native American tradition
- REX EASTMAN - TAI CHI CHUAN - an introduction to the basics of Tai Chi exercises, together with a discussion of
M-14 its underlying philosophy.

Board Room

- MARY FRECHETTE K-10 - PSYCHIC AWARENESS AND SPIRITUAL SELF HEALING - basic techniques for opening our awareness of self as the creator of our own reality. Practical methods to help heal self: body, mind and spirit.
- WENDY DEVLIN K-11 - FIRST AID: THERAPEUTIC TOUCH IN A CRISIS - being prepared for a crisis; daily first aid practices; and maximizing the healing process.
- BARBARA BROWN L-12 - REIKI - a natural art of healing from Japan. Spiritual growth and physical healing are nurtured by the Universal Life Energy by a laying on of hands.

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LUNCH PERIOD: 12:00 Noon - 1:30 P.M.

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TIME PERIOD # 4: 3:30 - 5:30 P.M.

- MAX GANO Main Lounge - MUSIC WORKSHOP - a musician's jam, open to anyone who enjoys playing or listening to music.
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- JADE EMORY Board Room - ASTROLOGY - taking responsibility for the psyche, with astrology as the diagnostic tool; consciously reprogramming one's spiritual evolution and becoming the "cause" rather than the "effect" of the birth chart.
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- WABUN K-11 - EARTH ENERGY - FEMALE ENERGY - exploring the creative aspect of female energy through awareness of our connection with the earth mother in native American tradition
- REX EASTMAN M-14 - TAI CHI CHUAN - an introduction to the basics of Tai Chi exercises, together with a discussion of its underlying philosophy.
- SUSAN SIM G-17 - COOKING - basic principles of natural foods cooking; nutrition, complementary proteins, whole grains, uses of tofu, miso and sea vegetables.

DINNER PERIOD: 5:30 - 7:00 P.M.

- CAFETERIA - 5:30 - 6:30 P.M. Pre-paid meals available only
6:30 - 7:00 P.M. Individual items available for those with no meal tickets.

7:00 - 8:30 P.M. - THE PLAY

PETER DURYEA & Co. - A KOOTENAY PLAY - a story of angels falling into the physical realm and their experiences in human form before they again realize their true divinity.

8:00 - 11:00 P.M. - SUFI DANCING

- WADUDA MAJID Cafeteria - MEDITATION OF THE HEART - attunement to the ideal of Love, Harmony and Beauty, and unity of the One Heart through spiritual dance.

WITH THANKS TO THE CUSTODIANS FOR THEIR PART IN THE SMOOTH FLOW OF THIS FESTIVAL, WE WOULD RESPECTFULLY ASK EVERYONE TO BE OUT OF THE BUILDING BY 11:30 P.M., SO THAT CLEANING CAN TAKE PLACE BEFORE THE EARLY BIRDS ARE BACK AT 6:30 A.M. FOR THE SUNRISE CEREMONY.

SUNDAY WORKSHOPS - MARCH 22, 1981

SUNRISE CEREMONY: 6:30 A.M. - a greeting of the day, acknowledging the energy of the sun and our relationship to the earth. This will take place behind the main stage area - outside on the lawn, overlooking the confluence of the Kootenay and the Columbia Rivers. Bring waterproof footwear (heavy dew) and warm clothing.



Throughout Sunday, room L-12 is set aside for Reiki healing for those wanting to give, and those wanting to receive, and room L-11 is set aside as a Rejuvenation room, for people wanting to give and receive Massage and/or Reflexology and/or Shiatsu.

Participation at any time in the Children's Festival in B-15 and B-16 is more than welcome.

7:30 A.M. - REGISTRATION in Main Lounge

TIME PERIOD # 5: 8:00 - 10:00 A.M.

- REX EASTMAN - TAI CHI CHUAN - an introduction to the basics of Tai Chi exercises, together with a discussion of its underlying philosophy.
Main Lounge
- SWAMI NADA BRAHMANANDA - KUNDALINI YOGA - an introduction to the Kundalini Energy centers from a Western point of view and how this relates to practical Self Development.
Faculty Lounge
- SHAWNODESE - GUIDED VISION - participants will be led in a personal vision in the native American tradition by this member of the Bear Tribe.
K-11
- PAUL PITCHFORD - CHANTING AND MEDITATION - Traditional "PURE LAND" Chanting and Meditation - chanting the name of the Bodhisattva Kwan Yin with instructions and practice in Ch'an (Chinese Zen) sitting.
M-14

9:00 A.M.

- BAHA'I FILM - JUBILEE - dedication of the Baha'i temple in Samoa.
K-10

SPRING FESTIVAL OF AWARENESS - a video tape of the past Spring Festival by Larry Wanjoff will be shown.

TIME PERIOD # 6: 10:00 A.M. - 12:00 Noon

- ZENA URSULIAK - EARTH DANCING - an approach to movement and dance from many sources: Yoga movements, folk dances, Slavic dances, round dances and belly dancing.
Main Lounge
- FRANCIS KREMLER - COMMUNITY (continued) - a further sharing of people aspiring to become part of, or already part of, a Community
Cafeteria
- DOUG COHEN - FINISHING UNFINISHED BUSINESS - practical techniques for handling and coping with emotional situations, which seem to be hindering an individual's growth and development.
Faculty Lounge
- INGER RANDES & SARALA PIERSON - REBIRTHING - a tool for transformation: spiritual breathing to release birth trauma and get in touch with your own divinity.
Board Room
- ELI POPOFF - DOUKHOBOR LIFE - CONCEPTS, SINGING & SPIRITUAL ASPIRATIONS - an informal talk by a noted Doukhobor historian and lecturer on the origin and basis of Doukhobor Life Concepts. Talk will be interspersed with group singing. (This shall be video taped.)
K-11
- AYAT WRIGHT - HEALING MASSAGE - a focus on working one to one with massage; an emphasis on attunement through breathing, centering, and emptying so that healing energy (magnetism) can flow through. Massage will be clothed.
M-14
- DUNCAN SIM - NATURAL HEALING: PART II - Oriental Medicine continued: origin of disease, dietary causes; introduction to Macrobiotics and Healing with food.
M-13

LUNCH PERIOD: 12:00 Noon - 1:30 P.M.

- CAFETERIA - 12:00 - 1:00 P.M. Pre-paid meals available only
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- MAIN LOUNGE - 12:00 - 2:00 P.M. OPEN MUSIC FORUM - a variety of musical contributions
M-13 - 12:00 - 1:00 P.M. FILM: YOGA THERAPY IN JAPAN - JOHN GOYECHÉ
K-10 - 1:00 - 2:00 P.M. FILM: VISUALIZATION: THE POINT OF LIGHT

TIME PERIOD # 7: 2:00 - 4:00 P.M.

- REJEAN THOMAS - TRANSACTIONAL ANALYSIS AND CLOWNING - a simple way to understand personal and inter-personal relationships; some awareness and communication games from the gestalt approach; being able to express feelings in an outrageous way (clowning).
Cafeteria
- BRIAN CARPENDALE - STRESS AND VITALITY - exercises and meditative trance work to help undo mind and muscle habits; a look at the difference between beliefs and philosophies that contribute to stress, and those that contribute to health and humour.
Faculty Lounge
- ALISON HANCOCK - ACUPRESSURE MASSAGE - a demonstration of finger pressure based on Acupuncture points; some basic theory of the Meridian System; will include self-massage and an opportunity to practise techniques.
Board Room
- GRACE AVERY - LOVE IS LETTING GO OF FEAR - a discussion of the book by psychologist Jampolsky in which he outlines techniques for dealing with personal and emotional problems which might be hindering our growth and development. Dr. Jampolsky is a student of "A Course in Miracles."
K-10
- CELESTE CROWLEY - SOUND - attuning as a group and exploring the use of sound to initiate a healthy environment by means of toning and chanting.
K-11
- STEPHEN MAYE - ART, DRAWING AND THE SELF-HEALING NATURE OF CONSCIOUSNESS - moving in and out of a Circle: taking a new look at all the ways to use our creative gifts: using crayons and paper to realize how

- SHAWNODSE K-11 - GUIDED VISION - participants will be led in a personal vision in the native American tradition by this member of the Bear Tribe.
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- ALISON HANCOCK Board Room - ACUPRESSURE MASSAGE - a demonstration of finger pressure based on Acupuncture points; some basic theory of the Meridian System; will include self-massage and an opportunity to practise techniques.
- GRACE AVERY K-10 - LOVE IS LETTING GO OF FEAR - a discussion of the book by psychologist Jampolsky in which he outlines techniques for dealing with personal and emotional problems which might be hindering our growth and development. Dr. Jampolsky is a student of "A Course in Miracles."
- CELESTE CROWLEY K-11 - SOUND - attuning as a group and exploring the use of sound to initiate a healthy environment by means of toning and chanting.
- STEPHEN MAYE M-14 - ART, DRAWING AND THE SELF-HEALING NATURE OF CONSCIOUSNESS - moving in and out of a Circle: taking a new look at all the ways to use our creative gifts; using crayons and paper to realize how the 'visual arts' may serve as healing, wholing, and Holy instruments.
- PAUL PITCHFORD M-13 - PRINCIPLES OF CHINESE HEALING - basic principles of healing, using the Chinese five - element system, with insight into the factors of environment (weather) and information on related uses of herbs.

TIME PERIOD # 8: 4:00 - 6:00 P.M.

CLOSING CEREMONY - A time for coming together and sharing from the heart. This will be preceded by a Dance of Celebration by Zena Ursuliak who will be accompanied by her uncle, Mike Wennechuk on the Bandura.

THANK YOU ALL FOR COMING AND SHARING IN THIS WONDERFUL HAPPENING: THE SPRING FESTIVAL OF AWARENESS, 1981. WE HOPE TO SEE YOU NEXT YEAR AROUND THE SAME TIME!

WITH LOVE, NORA JUKES, JULIE OODES, THE SOCIETY FOR SELF AWARENESS AND THE DEPARTMENT OF CONTINUING EDUCATION - SELKIRK COLLEGE



CALENDAR OF UPCOMING EVENTS

FEB. 5, Thurs. 8pm A video presentation of The Spring Festivals, I,II, III, produced by Larry Wanjori; presented by the Society for Self Awareness at Selkirk College.

FEB. 21, Gardening workshop at the Langham in Kaslo presented by Mollie Beley. Call 352-5189 for information.

FEB. 28,29, Macrobiotic Cooking workshop at the Sunshine Cafe in Rossland taught by Duncan and Susan Sim from the Still Mountain Society near Fernie. Call Sid Tayal at 362-9481 for information. Presented by the Society for Self Awareness.

FEB. 27,28,29, Sheikh Krishnadas, Master of Breath and Humor, workshop on Sufi practices with sound, breath, and walk; meditation in daily life; an excellent source of knowledge, whatever your path. Presented by the Spokane Sufi Community, at the Garden of Noor, W. 2117 Broadway, Spokane, Wa. 99201. Call 509-325-5017 for information.

MARCH 19, Thurs. evening in Nelson, Sun Bear will speak. No other details as yet. Watch for posters. Presented by the Bear Tribe and the Society for Self Awareness.

MARCH 20,21,22, The Spring Festival of Awareness IV, an opportunity to join loving energies and rededicate ourselves to actively participating in the New Age. Sponsored by the Society for Self Awareness.

APRIL 2, Bill Porter, Gestalt practitioner, teacher of Eidos perception seminars, supervisor in pastoral counseling, will give a talk in the Faculty Lounge at Selkirk College at 8pm, Thurs. evening. Presented by the Society for Self Awareness.

ONGOING EVENTS

Thurs. evening meditation 8:30pm Faculty Lounge at Selkirk College. Held by the Society for Self Awareness.

Dear Friends,

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We have had a real challenge trying to keep the festival affordable this year. The society is a non profit group, and we try to meet our expenses at the festival, not to make a profit. New labor contracts at Selkirk College have been made during our preparation time, and rising costs, (to put it mildly) have made it imperative to find creative solutions to a number of things, among them, food service. It will help tremendously if festival goers preregister for meals and the weekend. If you decide not to preregister for meals, you will have to take care of your food needs either by bringing your own food, or by eating in town. As before, there will be single food items sold after the meal ticket holders have been through the line. The food service at Selkirk must sell meal tickets, as their costs have to be precise. Since we can't predict festival attendance before the weekend, the only way we can estimate for them is by pre-selling meal tickets. Your understanding will insure that all needs are met. We also are aware that some diets exclude milk, and have tried to include this preference in planning the menu.

sim from the Still Mountain Society near Fernie. Call Sid Tayal at 362-9481 for information. Presented by the Society for Self Awareness.

FEB. 27,28,29, Sheikh Krishnadas, Master of Breath and Humor, workshop on Sufi practices with sound, breath, and walk; meditation in daily life; an excellent source of knowledge, whatever your path. Presented by the Spokane Sufi Community, at the Garden of Noor, W. 2117 Broadway, Spokane, Wa. 99201. Call 509-325-5017 for information.

MARCH 19, Thurs. evening in Nelson, Sun Bear will speak. No other details as yet. Watch for posters. Presented by the Bear Tribe and the Society for Self Awareness.

MARCH 20,21,22, The Spring Festival of Awareness IV, an opportunity to join loving energies and rededicate ourselves to actively participating in the New Age. Sponsored by the Society for Self Awareness.

APRIL 2, Bill Porter, Gestalt practitioner, teacher of Eidos perception seminars, supervisor in pastoral counseling, will give a talk in the Faculty Lounge at Selkirk College at 8pm, Thurs. evening. Presented by the Society for Self Awareness.

ONGOING EVENTS

Thurs. evening meditation 8:30pm
Faculty Lounge at Selkirk College.
Held by the Society for Self Awareness.

Rex Eastman continues his Tai Chi classes at 609 Baker St. in Nelson.
A correction on the phone: 352-3714.

A message from Amey LaRiviere:
Loving Yourself: Anyone having any techniques, ideas, inspiration or other experience on the subject, please send them to Amey, who is extensively researching the topic. She would like to write a book on this, and so wants to compile tried and true methods from many people, so if you love yourself, share it!!!

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One of the challenges of holding the festival at the college is to gather energies of all participants at once. To this end, we plan an attunement during the opening ceremony, and on Sat. after lunch, a mass meditation in the main lounge, to be followed by a healing workshop for everyone at the festival. Sharing energies in the workshops, at meals, and outdoors on a one to one basis is a wonderful experience, but it is important to recognize that energy's much broader potential -



CALENDAR OF UPCOMING EVENTS

FEB. 5, Thurs. 8pm A video presentation of The Spring Festivals, I,II, III, produced by Larry Wanjorr; presented by the Society for Self Awareness at Selkirk College.

FEB. 21, Gardening workshop at the Langham in Kaslo presented by Mollie Beley. Call 352-5189 for information.

FEB. 28,29, Macrobiotic Cooking workshop at the Sunshine Cafe in Rossland taught by Duncan and Susan Sim from the Still Mountain Society near Fernie. Call Sid Tayal at 362-9481 for information. Presented by the Society for Self Awareness.

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