



**1982 Spring Festival  
of AWARENESS-V  
SELKIRK COLLEGE  
MARCH 19, 20, & 21**

- PREREGISTER by MAR. 10 -\$18.00
- REGISTER at THE DOOR -\$20.00
- ONE DAY at THE DOOR -\$12.00

• PREREGISTER to SOCIETY for SELF AWARENESS  
BOX 3603  
CASTLEGAR, B.C. V1N3W3

• FRIDAY NITE - MAR 19 - FREE

• 40 WORKSHOPS.

NUTRITION • HEALTH  
SPIRITUAL GROWTH  
HEALING • BODY AWARENESS

SCHEDULE CHART for SPR


TIME	MAIN LOUNGE	FACULTY LOUNGE	K-10	K-11	B-16	B-17
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SATURDAY

6:30 AM (or so) ← SUNRISE



#1 8:00-9:50 AM		<u>YOGA</u> POLLY EMDE	8:30-9:30 VIDEO TAPE of MARILYN FERGUSON at H.U.C. - JULY '81	<u>ORIENTAL HEALING ARTS - PART I</u> PAUL PITCHFORD	<u>COMMUNITIES, RELATIONSHIPS &amp; CEREMONIES</u> WABUN & SHAWN DEESE	<u>PSYCHIC AWARENESS &amp; SPIRITUAL HEALING</u> MARY FRECHETTE	
#2 10:00-12:00 NOON	<u>TAI CHI</u> REX EASTMAN	<u>DREAM WORKSHOP</u> DOUG COHEN	<u>FOUNDATION of UNIVERSAL UNITY</u> DAVID BARNES	<u>DRAWING as WALKING ON WATER</u> STEPHEN MAYE	<u>COMMUNITIES</u> FRANCIS KREMLER	<u>ENERGY EFFICIENT BUILDING</u> JOHN HODGES	
<u>LUNCH</u> 12:00-1:30 PM	MUSIC CHILDREN'S DANCE TAI CHI DEMO.	→ (12-12:30) → (12:30-1:00) → (1-1:30)	VIDEO of <u>WHOLE HEALTH INST.</u> 12:00-1:00				

#3  
1:30-3:20 PM  
 LARGE GROUP HEALING WORKSHOP & MEDITATION

#4 3:30-5:30 PM	<u>EARTH ENERGY / FEMALE ENERGY</u> WABUN	<u>KUNDALINI YOGA</u> SWAMI BRAHMANANDA	<u>SPIRITUAL &amp; PSYCHIC RENEWAL</u> ANDY SCHNEIDER	<u>CONTACT IMPROVISATION</u> JEAN WILLOW	<u>"ALL GAME" INTRODUCTION</u> TLC MASTERSON		
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DINNER  
5:30-7:30 PM  
FILM - "RADIANCE" 5:30-6:00  
MEALS IN CAFETERIA


<u>INTERIM</u> 7:00-8:30 PM	BELLY DANCING MUSIC MANDALA SLIDE SHOW	→ (7:00-7:30) → (7:30-8:00) → (8:00-8:30)					
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DANCING  
8:30-11:00 PM  
DANCES of UNIVERSAL PEACE in CAFETERIA



SUNDAY

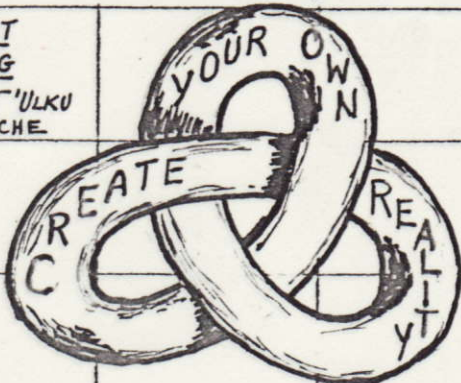
#5 8:00-9:50 AM		<u>YOGA</u> SID TAYAL	<u>SPIRITUAL EDUCATION</u> GLICKSOHN & GRUNDY	<u>ORIENTAL HEALING - PART II</u> PAUL PITCHFORD	<u>THE TAROT</u> MARY FRECHETTE	8:30-9:30 <u>12 POWERS of MAN</u> GRACE AVERY	
#6 10:00-12:00 NOON	<u>TAI CHI</u> REX EASTMAN	<u>FARMING &amp; GARDENING</u> SKEETER		<u>BELLY DANCING</u> LOUKOPOULOS	<u>WALDORF EDUCATION</u> BILL MOORE	<u>NUMEROLOGY</u> DON CARLSON	
<u>LUNCH</u> 12:00-2:00 PM	OPEN FORUM of MUSIC DOUKHOBOR CHOIR	→ (12:00-1:00) → (1:30-2:00)	MANDALA & MUSIC SLIDE SHOW FILM - "RADIANCE" 1:00-1:30	→ (12:00-12:30)			
#7 2:00-4:00 PM	<u>EARTH HEALING</u> REDCLOUD	<u>TONING</u> CELESTE CROWLEY	<u>PLANETARY INITIATIVE</u> GLICKSOHN		<u>SPIRITUALITY of HERBS</u> DAVID POPP	<u>PLAYING TOGETHER</u> REBEKAH MOORE	

FINALE  
4:00-  
 CLOSING CEREMONY in MAIN LOUNGE - SINGING

M-12	M-14/24	M-21	BIOLOGY LAB G-20	BOARD ROOM	L10/11	L-12 L-13	M 11	M 10	OTHE
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CEREMONY — ON LAWN BEHIND MAIN LOUNGE LED BY REDCLOUD

<u>THE I CHING &amp; YOU - PART I</u> J.R. WILKINSON	<u>DO-IN</u> SUSAN SIM	<u>A SYNTHESIS of MYSTICISM</u> TOM TUFFIN		<u>REIKI</u> PHYLLIS FURUMOTO →						
<u>A MULTIDIMENSIONAL APPROACH TO THE I CHING - PART II</u> J.R. WILKINSON	<u>BIRTH DANCE</u> REBEKAH MOORE	<u>THE MEANING of ASTROLOGY</u> FRITZ FRUESSE		<u>STORY TELLING</u> DR. MARK MEALING	ROOMS		OPEN			
<b>MEALS IN CAFETERIA</b>					ROOM		OPEN			
<b>MEALS IN MAIN LOUNGE WITH</b>				SID TAYAL HARRY JUKES ANDY SCHNEIDER			FOR			
<u>PALMISTRY</u> DOREEN PEARCE	<u>SHIATSU</u> H. DORST <u>ROLFING</u> SUSAN GRIMBLE	<u>BUDDHIST HEALING</u> ZAZEP T'ULKU RINPOCHE		<u>REIKI</u>			WEEK	PRIVATE		
							END	CONSULTATION		
							ALL	FOR		
<b>IA - SUFI DANCING with SAPHIRA HAYES</b>										



AVAILABLE FOR PRIVATE CONSULTATION WITH

OUTSIDE 12:00-1

KITE FL & GAM

CIRCLE FRIEND

CAFETE 12:00-

CIRCLE FRIEND CAFETE

<u>SELF-SUFFICIENCY</u> YARROW	<u>SUFI HEALING</u> AYAT WRIGHT	<u>REFLEXOLOGY</u> JIM PACHOLKE			WEEK	MASS-AGE	BRIAN		
<u>MUSIC &amp; COLOUR</u> VELMA WINESBURG	<u>GUIDED VISIONS</u> SHAWNDESE	<u>PSYCHIC HEALING</u> PETER & BONNIE WILLIAMS	<u>HUMAN ANATOMY &amp; PHYSIOLOGY</u> DISCUSSION WITH DISPLAY MODELS						
<b>MEALS CAFETERIA</b>			<u>HUMAN ANATOMY MODELS ON DISPLAY</u>		END	SHIATSU	CARPENDALE		
	<u>CREATIVE PARENTING</u> JOY GARDNER	<u>FINISHING UNFINISHED BUSINESS</u> DOUG COHEN		<u>REBIRTHING</u> INGER RANDLES		REFLEX-ology			
						ETC.			

NATURAL COOKIN





SUSAN SIMS

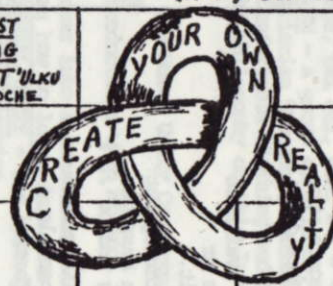
CIRCLE of FRIE

CAFETE

SINGING, DANCING & HEART SHARING




TIME	MAIN LOUNGE	FACULTY LOUNGE	K-10	K-11	B-16	B-17	M-12	M-14/24	M-21	G-20	BOARD ROOM	L10/11	L-12 L-13	M 11
<b>SATURDAY 6:30 AM (or so) ← SUNRISE — CEREMONY — ON LAWN BEHIND MAIN LOUNGE LED BY REDCLOUD</b>														
#1 8:00-9:50AM	YOGA POLLY EMDE	8:30-9:30 VIDEO TAPE of MARILYN FERGUSON at N.Y.C. - JULY '81	ORIENTAL HEALING ARTS - PART I PAUL PITCHFORD	COMMUNITIES, RELATIONSHIPS & CEREMONIES WABUN & SHAWNDESE	PSYCHIC AWARENESS & SPIRITUAL HEALING MARY FRECHETTE	THE I CHING & YOU - PART I J.R. WILKINSON	DO-IN SUSAN SIM	A SYNTHESIS of MYSTICISM TOM TUFFIN				REIKI THYLIS FURUMOTO →		
#2 10:00-12:00 NOON	TAI CHI REX EASTMAN	DREAM WORKSHOP DOUG COHEN	FOUNDATION of UNIVERSAL UNITY DAVID BARNES	DRAWING as WALKING ON WATER STEPHEN MAYE	COMMUNITIES FRANCIS KREHLER	ENERGY EFFICIENT BUILDING JOHN HODGES	A MULTIDIRECTIONAL APPROACH TO THE I CHING - PART II J.R. WILKINSON	BIRTH DANCE REBEKAH MOORE	THE MEANING of ASTROLOGY FRITZ PRUESSE			STORYTELLING DR. MARK HEALING	ROOMS ROOM OPEN FOR ALL FOR WEEK REIKI	OPEN FOR PRIVATE CONSULTATIONS WITH
LUNCH 12:00-1:30PM	MUSIC CHILDREN'S DANCE TAI CHI DEMO.	→ (12-12:30) → (12:30-1:00) → (1-1:30)	VIDEO of WHOLE HEALTH INST. 12:00-1:00					MEALS IN CAFETERIA						
#3 1:30-3:20PM	 <b>LARGE GROUP HEALING WORKSHOP &amp; MEDITATION IN MAIN LOUNGE WITH</b>										{ SID TAYAL HARRY JUKES ANDY SCHNEIDER }			
#4 3:30-5:30PM	EARTH ENERGY / FEMALE ENERGY WABUN	KUNDALINI YOGA SWAMI BRAHMANANDA	SPIRITUAL & PSYCHIC RENEWAL ANDY SCHNEIDER	CONTACT IMPROVISATION JEAN WILLOW	'ALL GAME' INTRODUCTION TLC MASTERSON	PALMISTRY JOREEN PEARCE	SHIATSU N. DORST	BUDDHIST HEALING ZAZEP T'ULKU RINPOCHE						
DINNER 5:30-7:30PM			FILM - 'RADIANCE' 5:30-6:00											
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FINALE 4:00-6:00PM	 <b>CLOSING CEREMONY IN MAIN LOUNGE - SINGING, DANCING &amp; HEART SHARING</b> 													



## TENTATIVE SCHEDULE

## SATURDAY WORKSHOPS - MARCH 20, 1982

- 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. Led by REDCLOUD.
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- \* 7:30 A.M. - REGISTRATION in Main Lounge
- TIME PERIOD # 1** \* 8:00 - 10:00 A.M.
- POLLY EMDE - YOGA - exercises to increase flexibility of body and provide release from tension and stress: for beginners - any age, any sex, any size.  
Faculty Lounge
- PAUL PITCHFORD - ORIENTAL HEALING ARTS, Part I - insight and discussion on a complete way of healing according to the principles of Oriental medicine, with perspectives on meditation, diet, herbs, acupuncture & Tai Chi exercises  
K-11
- WABUN & SHAWNODESE- COMMUNITIES, RELATIONSHIPS AND CEREMONIES - a sharing of what has been learned, living in the Bear Tribe.  
B-16
- MARY FRECHETTE - PSYCHIC AWARENESS AND SPIRITUAL 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.  
B-17
- J.R. WILKINSON - THE "I CHING" AND YOU, Part I - a basic background of the I Ching (Book of Changes) will be discussed, with emphasis on building a user rapport with the "unseen forces" surrounding this ancient book.  
M-12
- SUSAN SIM - DO-IN - a form of self-massage based on principles of acupuncture. An excellent daily routine by itself or in conjunction with yoga, tai chi, etc.  
M-14/24
- TOM TUFFIN - A SYNTHESIS OF MYSTICISM - a group experience, combining different forms of belief and practices such as: I Ching, Tarot, Yoga, Christian Theology, Meditation, and esoteric Eastern teachings. Integration and synthesis. Wear loose, comfortable clothing and bring a blanket or mat.  
M-21
- PHYLLIS FURUMOTO - REIKI - the history and philosophy of this Japanese art of healing as practiced by the founder, Mikao Usui.  
L-10/11
- \* 8:30 - 9:30 A.M.
- VIDEO TAPE/K-10 - MARILYN FERGUSON - at the Human Unity Conference, Vancouver, B.C. - July, 1981.
- TIME PERIOD # 2** \* 10:00 A.M. - 12:00 NOON
- REX EASTMAN - TAI CHI CHUAN - an introduction: when moving, flow like the river; in stillness . . . be as the mountain.  
Main Lounge
- DOUG COHEN - DREAM WORKSHOP - to enter into a conscious relationship with your dream life and inner life. In this workshop you will learn how to learn from your own dreams.  
Faculty Lounge
- DAVID BARNES - THE FOUNDATION OF UNIVERSAL UNITY - its history and purpose as a vehicle for expression of our essential oneness and for greater world service.  
K-10
- STEPHEN MAYE - DRAWING AS WALKING ON WATER - we will begin by making a circle and taking a drawing journey together into the uncharted, ever changing, illimitable "now".  
K-11
- FRANCIS KREMLER - COMMUNITIES - a talk and discussion about cooperation within "intentional" communities and how commitments and goals translate into the daily life and interactions of community members.  
B-16
- JOHN HODGES - ENERGY EFFICIENT BUILDING - an introduction to and description of popular theories and building types to be followed by discussion of participants' own interests and projects.  
B-17
- J.R. WILKINSON - A MULTIDIMENSIONAL APPROACH TO THE "I CHING", Part II - a further explanation of the ancient writings. Emphasis will be on the idea of placing the moving lines and their resultant hexagrams into a multidimensional "Time-Space" sequence.  
M-12
- REBAKAH MOORE - BIRTH DANCE - flexibility, strength, and relaxation for pregnant women. Opening up to birth through: body work, breathing, bellydance, improvisation, and ritual movement.  
M-14/24
- FRITZ PRUESSE - THE MEANING OF ASTROLOGY - from the wholistic or cosmic concept to the practical aspect of how the individual will be affected.  
M-21
- DR. MARK MEALING - STORYTELLING: SYMBOLS FOR TEACHING & LEARNING - hearing and examining several folk tales to discover ways of understanding and applying them. For the last hour, children will join in listening to folktales from European, Asian, African and American traditions.  
BOARD ROOM
- LUNCH PERIOD** \* 12:00 NOON - 1:30 P.M.
- CAFETERIA 12:00 - 1:00 p.m. - Prepaid meals available only.  
1:00 - 1:30 p.m. - Individual items available for those with no meal tickets.
- NOON HOUR EVENTS - (Times & locations to be arranged.) Videotape, Film, Children's Dance, Music, Tai Chi Demonstration, Circle of Friends Meeting.
- TIME PERIOD # 3** \* 1:30 - 3:30 P.M.
- SID TAYAL & HARRY JUKES - LARGE GROUP HEALING WORKSHOP - a forum in which practising healers will have the opportunity of sharing techniques and experiences with others. Opened with a meditation guided by Andy Schneider and closed with a session for planetary healing.  
Main Lounge
- TIME PERIOD # 4** \* 3:30 - 5:30 P.M.
- WABUN - EARTH ENERGY/FEMALE ENERGY - exploring the creative aspect of female energy through awareness of our connection with the earth mother, as it affects everyone.  
Main Lounge
- SWAMI BRAHMANANDA - KUNDALINI YOGA - an introduction to the theory and some practice of it. Kundalini Yoga is a unique Eastern Approach to Self-Development. This workshop aims at discussion of integration and application to a Western lifestyle.  
Faculty Lounge
- ANDY SCHNEIDER - SPIRITUAL AND PSYCHIC RENEWAL - basics of sound spiritual directions; ways of enhancing spiritual energy flows for improved clarity, wholeness, calmness, & efficiency. The unity of all paths in the One Path for humanity. Lots of question and answer time.  
K-10
- JEAN WILLOW - CONTACT IMPROVISATION - allow your inner dance to emerge. Combine movements with two or more people through touching, lifting, sharing weight & balancing. Wear loose cotton clothing or leotards, & bare feet.  
K-11
- TAD LOVE/CHRIST MASTERTON - "ALL GAME" INTRODUCTION - explanation & examples given of the "All Game", which is a personal growth experience, involving 7 people and a facilitator. Players get to know each other better & leave with fresh insight.  
B-16
- DREEN PEARCE - PALMISTRY - this course will focus on the understanding of oneself and others through the method, language and practice of Cheirology (hand-reading).  
M-12
- HENRY DORST - SHIATSU AND THE MOVEMENT OF BODY ENERGIES - movement of bio-energies, experienced through touch, exercise and specific affirmation.  
M-14
- ZASEP T'ULKU - BUDDHIST HEALING - discussion of the use of mantra and visualization as healing tools. Also discussed will be internal healings (how to heal the mind) & external healings (how to become a healthy being).  
RINPOCHE - M-21
- SUSAN GRIMELE - ROLFING - a system of deep tissue manipulation for aligning the body's structure in the field of gravity.

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

\* 8:00 - 10:00 A.M.

## TIME PERIOD # 5

- SID TAYAL - YOGA - preliminary Yoga exercises, including breathing exercises, meditation poses, and relaxation.  
Faculty Lounge
- MANNING GLICKSOHN & SHARON GRUNDY - SPIRITUAL EDUCATION - AN ABSOLUTE NECESSITY - of critical importance to the saving of this planet is a core of mature people. True maturity is spiritual maturity & the whole process of spiritual education will be outlined in detail.  
K-10
- PAUL PITCHFORD - ORIENTAL HEALING ARTS II - a further look at and in-depth discussion of meditation, diet, herbs, acupuncture and Tai Chi exercises.  
K-11
- MARY FRECHETTE - THE TAROT: SYMBOLISM AND CONSCIOUSNESS IN EVERYDAY LIFE - an adventure in self-discovery through the use of the ancient yet timeless images of the Tarot.  
B-16
- YARROW - SELF-SUFFICIENCY: STRONG AND INDEPENDENT - the self-sufficient food system for those interested in independence or survival: what to store, what to raise, nutritional guidelines.  
M-12
- AYAT WRIGHT - SUFI HEALING PRACTICES AND RITUAL - experience of breath purification with elements; purification of of etheric body through chakras as preparation for being channels for divine healing during healing ritual (culmination of workshop).  
M-14/24
- JIM PACHOLKE - REFLEXOLOGY - a finger pressure massage to the reflex points in the feet that stimulate the entire body. Some anatomy and physiology will be included.  
M-21

\* 8:30 - 9:30 A.M.

- GRACE AVERY - THE TWELVE POWERS OF MAN - through bringing our own innate powers into our area of awareness, we can draw upon them and experience Healing, Joy, Prosperity and Love.  
B-17

## TIME PERIOD # 6

\* 10:00 A.M. - 12:00 NOON

- REX EASTMAN - TAI CHI CHUAN - an introduction: when moving, flow like the river; in stillness . . . be as the mountain.  
Main Lounge
- SKEETER - FARMING AND GARDENING IN HARMONY WITH NATURE - a presentation and discussion on permaculture (a multiple-cropping system), and cooperating with the nature spirits.  
Faculty Lounge
- SCPHIE LOUKOPOULOS - BELLY DANCING - everyone can belly dance! This workshop will focus on creative and challenging ways to combine isolated movements with basic belly dance steps.  
K-11
- BILL MOORE - INTRODUCTION TO WALDORF EDUCATION - a discussion of Waldorf Education (Rudolf Steiner), which includes a view into the past, a look at present developments and a glimpse into the future.  
B-16
- DON CARLSON - NUMEROLOGY - this letter and number code can bring us into a direct and close relationship with the underlying intelligence of the universe.  
B-17
- MARK DOWDING - COLLECTIVE MUSIC: EXPERIMENTS IN AWARENESS - exploring various approaches to relaxation, meditation and communication, using quiet instruments and voice. For anyone who loves music and wants to develop sensitivity to it. Please bring instruments and your ears.  
M-12
- SHAWNOESE - GUIDED VISIONS - participants will be led in a guided vision of the magic circle of life.  
M-14/24
- PETER & BONNIE - PSYCHIC HEALING AND AWARENESS - awaken your psychic abilities. This workshop offers effortless techniques to focus healing energy inwardly for self-healing and outwardly to serve others. The emphasis is on participation and enjoyment!  
WILLIAMS M-21
- SUSAN SIMS - NATURAL FOODS COOKING - includes basic nutrition, latest scientific findings, healing with food, creating balance for your own condition, and preparation of: grains, legumes, sea vegetables, & delicious desserts.  
G-17
- LARRY WANJOFF - BASIC HUMAN ANATOMY & PHYSIOLOGY - through the cooperation of the Department of Environmental Sciences, we are this year able to offer a discussion & explanation of anatomy models. This display will also be open from 12:00 - 2:00 p.m.  
(Coordinator) G-20

## LUNCH PERIOD

\* 12:00 NOON - 2:00 P.M.

- CAFETERIA 12:00 - 1:00 p.m. - Prepaid meals available only.  
1:00 - 2:00 p.m. - Individual items available for those with no meal tickets.
- NOON HOUR EVENTS - (Times & locations to be arranged.) Kite-flying & games outside, Display of human anatomy models in G-20, Open Forum of Music in Main Lounge, Mandala & Music show in K-10, Circle of Friends Meeting in Cafeteria.

## TIME PERIOD # 7

\* 2:00 - 4:00 P.M.

- RED CLOUD - EARTH HEALING AND PREPARATION - to attune ourselves in lifestyle and habits to a spiritually oriented system of life. To help prepare ourselves physically and mentally to accept the coming changes without confusion and frustration.  
Main Lounge
- CELESTE CROWLEY - TONING - exploring the use of vocal sound for healing oneself as well as for healing others.  
Faculty Lounge
- MANNING GLICKSOHN - PLANETARY INITIATIVE FOR THE WORLD WE CHOOSE - is an international public education and participation program, designed to help support a peaceful and humane vision of the future, and to broaden public involvement in making this a reality.  
K-10
- ZENA URSULIAK - EARTH DANCING - a journey around earth via the dance, using our body spaceship. Combining yoga, prana, rhythms, and dance steps to tune us to our global family.  
K-11
- DAVID POPP - SPIRITUALITY OF HERBS - a workshop for sharing everyone's herbal knowledge: delving into the spirit of plants, and looking into local herbs of the Kootenays in particular.  
B-16
- REEBEKAH MOORE - PLAYING TOGETHER - for couples, partners, and friends who want some fun exploring relationship through improvisational movement and play.  
B-17
- PETER DURVEA - SOUL GENERATION - A DRAMATIC EXPERIENCE - journey through the planes of consciousness to an experience with your own soul energy, through group participation in sound and creative visualization.  
M-14/24
- DOUG COHEN - FINISHING UNFINISHED BUSINESS - provides an opportunity for spiritual and psychic cleansing. Let us take time to get rid of old baggage (resentments, angers, etc.) and replenish and enliven the life of our soul.  
M-21
- INGER RANDES - REBIRTHING: A TOOL FOR TRANSFORMATION - introduction to breathing as a technique to discover the inner self. Rebirthing is easy, subtle, and gentle and facilitates physical, emotional, mental and spiritual cleansing.  
Board Room

## TIME PERIOD # 8

\* 4:00 - 6:00 P.M.

- CLOSING CEREMONY - A time for coming together and sharing spontaneously from the heart with music, dancing, circle and

6) 'Tis the Gift to Be Simple

'Tis the gift to be simple  
'Tis the gift to be free  
'Tis the gift to come down where you want to be  
And when you have come down to the place just right  
It will be in the valley of love and delight.

When true simplicity is gained  
To bow and to bend  
We shan't be ashamed  
To turn, turn will be our delight  
'Til by turning, turning we come out right.

7) We All Fly Like Eagles - repeat each line like an echo

We all fly like eagles  
Flying so high  
We circle round the universe  
On wings of pure light

Oh Aitchee Ay Oh  
Ay I Oh

8) Johnny Appleseed Song

Oh, the Lord is good to me  
And so I thank the Lord  
For giving me the things I need  
The sun, the rain, and the apple seed  
The Lord is good to me.

And I make another friend with every seed I sow

Oh, every seed I sow will grow into a tree  
And someday there'll be apples there  
For everyone in the world to share  
The Lord is good to me.

9) Listen to My Heart's Song

Listen, listen, listen to my heart's song (repeat)  
I will never forget you, I will never forsake you (repeat)

Listen, listen, listen to my heart's song (repeat)  
I will always love you, I will always serve you (repeat)

10) Awake - Doug Redwing 1981

Awake to who you really are:

A traveller of the universal starry ways  
Angels of the light I think you know just who you are.  
You've been sleeping through the night, now comes the light of day  
And you know when the work is done, you're going home  
But now we're standing on the earth spinning round; on Holy ground

So let's awake to what the planet really needs;  
We can bring about an age of peace and harmony  
Angels of the Light, we're not just here to sow the seed  
We can make this earth a garden, we can set her free  
Set her free from the chains of night, it's all up to you  
The dawn is a lovely light, it's all coming true

So awake to who you really are:

You're an atom, you're a planet, you're a shining star  
Angels of the light, within our hearts we hold the key  
To the jewels and the roads of the galaxies  
Once you remember what this life is about, it's all up to you

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FESTIVAL OF AWARENESS SONG SHEET \* 1982

1) we Are One In the Spirit

we are One in the Spirit  
we are One in the Lord,  
we are One in the spirit  
we are one in the Lord  
And we pray that our unity  
Will this day be restored.



Chorus:

And we'll know we're God's children  
By our love, by our love,  
Yes we'll know we're God's children  
By our love.

We will walk with each other  
We will walk hand in hand  
We will walk with each other  
We will walk hand in hand  
And together, we'll spread the word  
That God is in this land

(Chorus:)

We will work with each other  
We will work side by side  
We will work with each other  
We will work side by side  
And we'll guard each man's dignity  
And save each woman's pride.

(Chorus:)

Repeat first verse and chorus.

2) Zip-a-dee-do-dah

Zip-a-dee-do-dah, Zip-a-dee-ay,  
My oh my what a wonderful day.  
Plenty of sunshine heading my way  
Zip-a-dee-do-dah, Zip-a-dee-ay.

Mr. Bluebird on my shoulder,  
It's the truth, it's actual,  
Everything is satisfactual.

Zip-a-dee-do-dah, Zip-a-dee-ay,  
Wonderful feeling, wonderful day.

3) Amazing Grace

Amazing grace, how sweet the sound  
That saved a wretch like me  
I once was lost, but now am found,  
Was blind, but now I see.

Through many dangers, toils and snares  
I have already come.  
'Tis grace hath brought me safe thus far  
And grace will lead me home.

Amazing grace that God who made



Circle of Friends

Dear Friends,

Welcome to the fifth SPRING FESTIVAL OF AWARENESS! We want to feel that we are all friends and all part of the circle of humanity. This part of the Festival solely depends on you, whether you want to participate in it in any way to make the Festival time together friendlier.

As you registered, you were given a number from 1 to 30 and this is your circle. If you didn't get one go back and get it. When it's time for the circles to meet, go to the general area and find your friends. In the larger areas, this may take some looking. You are free to change groups if you so wish, but please keep group size to less than 10 people.

Here's the meeting areas:

Main lounge - 15 groups - #1 to #15

Cafeteria - 8 groups - #16 to #24

Faculty lounge - 7 groups - #25 to #30

Feel free to move after you meet the first few times (so you recognize each other!)

Here's when to meet:

- Friday evening after the opening ceremony.
- Saturday morning, before the workshops. i.e. 7:30 a.m.
- Saturday noon, 1:00 p.m.
- anytime you wish thereafter.

Here's what to do:

1. Meet and introduce yourself, make a list of names and addresses for future. Photocopy list if you want to keep in touch.
2. Appoint group focalizer. (Note: to get the show on the road in advance we have invited workshop leaders to act as focalizers however, some groups may not have one.) The focalizers job is to help the flow of your groups energy. The focalizer is invited to a meeting in the faculty lounge on Saturday night after the evenings events, and before the Sufi dancing.
3. Share experiences, thoughts, feelings, a workshop, lunch!
4. Organize something for the closing ceremony, appoint someone to speak if your group has something to share.
5. Generate action for the future?
6. Discuss and give us feedback on the following:
  - a) Networks are here - are you part of one?
  - b) Moving the Festival? What are your ideas about moving the Festival to Nelson, Kelowna, Creston, Salmon Arm? Could you form a group for next year?
  - c) What ideas do you have for future festivals?
  - d) Anything else?

Above all, enjoy each other and the ability to come together again.

Rohu Nashamu Slava "Glory to our God"  
 Hns made Blahslave May The Lord Give Us His Blessings