

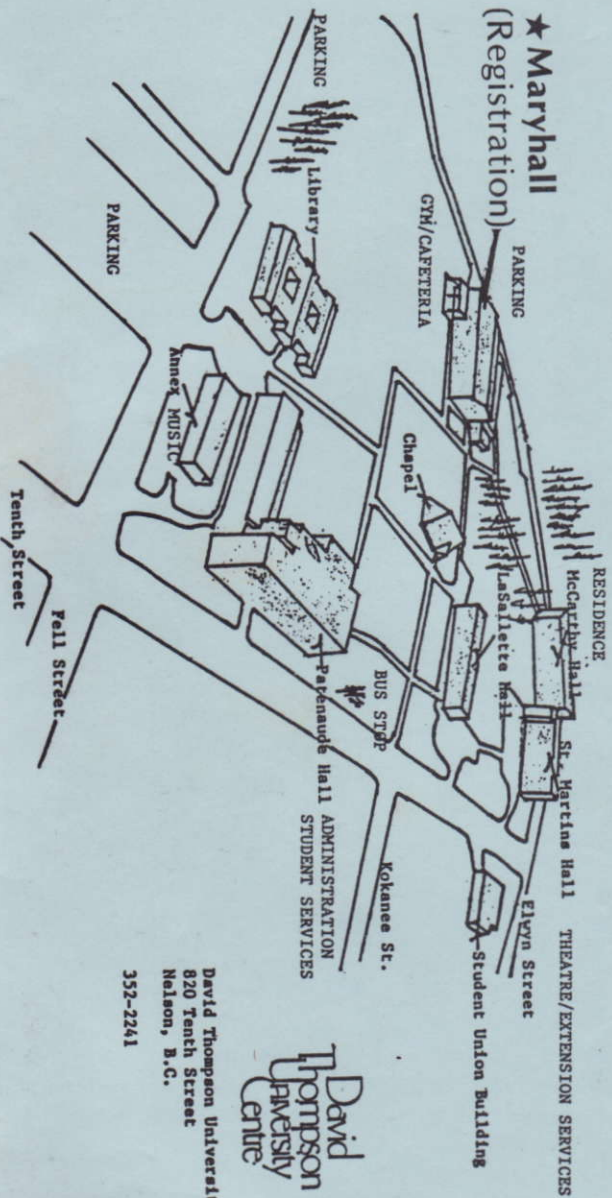


*Beyond  
Survival:  
Expanding  
our  
Horizons*

**March  
23-24-25**

1984

HELD ON THE CAMPUS OF  
David Thompson  
University Centre  
Nelson, B.C.



David Thompson University Centre  
620 Tenth Street  
Nelson, B.C.  
352-2241



**Festival of Awareness**  
P.O. Box 225,  
Nelson, B.C. V1L 5P9



# The 1984 Spring Festival of Awareness

Now in its seventh year, the Festival is a unique experience of holistic workshops, entertainment, communication and community.

We've chosen a theme for the Festival this year. It is "Beyond survival...expanding our horizons". In this age of a threatened ecology, world unrest, and a faltering economy, we become so caught up with our anxiety to survive that we lose sight of our growth potentials as human beings. It is these very potentials that hold the key to our survival as well as giving life meaning.

At the Festival we remember ourselves. We take a break from the everyday world and immerse ourselves in an atmosphere of sharing, growth and learning.

What is "Beyond survival"? We have to create the future. We can start with ourselves and what we can do together.

We hope to see all our old friends and make new ones as we once again come together.

## "Kidfest '84"

Kidfest '84 promises to be an exciting event. The children's program will be suitable for kids of all ages. There will be arts and crafts, demonstrations, entertainment and workshops, all designed to be stimulating and fun.

The Kutenai Growth Society, sponsor of the Festival, is an organization which is dedicated to providing opportunities for Holistic Education in the Kootenays. The workshops are 1½ hours long and will provide the participant with enough experience and/or education on the topic so that each can decide whether or not she/he is interested in further learning on the topic.

To become a member, write "Kutenai Growth Society", P.O. Box 225, Nelson, B.C. V1L 5P9.

Many thanks to all the volunteers who have helped make the Festival happen!

## OUTLINE

**Entertainment:** Among the activities for the weekend will be Opening and Closing Ceremonies, Sufi Dancing, "Rapid Lightning" Dance, and Music Concerts.

**Music Jam Session:** (Faculty Lounge in Patenaude Hall). This area is available Saturday and Sunday for music jamming. Everyone welcome.

**Music in Chapel:** Noon hour and afternoons, Saturday and Sunday, there will be music in the Chapel. See posted schedules.

**Meditation Room:** (Warm-up Room, upstairs in Maryhall). This room has been set aside for those wishing a quiet space in which to centre themselves during the course of the weekend.

**Healing Centre:** (Room 212, Maryhall). This room will be available throughout Saturday and Sunday for those wishing to give or receive Reiki Healing, Massage, Shiatsu, Relexology, Aura Balancing, et al. Drop in and find out more about it.

**Videos and Films:** (Room 104, Maryhall). During lunch and evenings, videos and films will be shown. See posted schedules.

**Cafeteria Hours:** Friday—5 p.m.-7 p.m.; Saturday—9 a.m.-7 p.m.; Sunday—9 a.m.-2 p.m.

### FRIDAY EVENING PROGRAM

The registration desk will be open at 5 p.m..

Opening Ceremonies will begin at 7 p.m. in the Gym at Maryhall. To be followed by a reception with workshop leaders in the Gym, and Sufi Dancing in the Cafeteria.

There is no charge for Friday activities.

### SATURDAY MORNING PROGRAM 8:30-10:00

**Hatha Yoga** The ancient discipline of hatha yoga creates an inner harmonizing and centering through the performance of physical postures. This has great relevance in our stress-filled times for the attainment of physical/mental flexibility and relaxation.

**Susan Jones** 418 Delbruck Street, Nelson V1L 5L4  
**Maryhall Gym**

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Lola June  
Room M2

You as Healer

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Kidfest: S.U.B.



## SATURDAY MORNING PROGRAM

10:30-12:00

**Creating Well-being through Reflexology** An introduction to the ancient art of releasing pain and tension through the manipulation of major nerve endings in the feet. Bring a small towel, if possible.

**Lola June King** Willow Point, RR1, Nelson V1L 5P4  
Room M213

**You as Healer** Heal the Spirit, and you heal the body. Psychic healing is the effortless activity towards being of service and awakening the healer within. The focus will be on the creative unfolding of intuition, certainty and healing abilities...with self-control and enjoyment. This is an active participation workshop.

**Peter Williams** Sproule Creek Road, RR2, Nelson V1L 5P5  
Room P309

**Introduction to Reiki** This is a verbal introduction to the Usui System of natural healing, commonly called Reiki. You may receive an experience of Reiki in the Healing Room at any time during the Festival.

**Phyllis Furumoto** 519 Silica St., Nelson V1L 4M8  
Room P311

**Massage** The benefits of massage will be shared. People will pair off and take turns working on each other, concentrating on the head, neck and shoulders.

**Diane Capouch** Box 381, Rossland, B.C. V0G 1Y0  
Room M212

**Humanity—Harmony and Balance** My interpretation of some of the Teachings of the Old Ones: about the origin and way of life of the native North American First People—Harmony, Humility, Balance and Respect for all things.

**Grey Wolf** 8100 Postill Drive, Vernon, B.C. V1B 1T7  
Chapel

**An Esoteric Look at the Bible** In our search for greater spiritual awareness, we have found the traditional churches' interpretations of truth contradictory and inadequate. We have, therefore, to a large extent, abandoned these teachings. However, if we use the ESOTERIC approach rather than the EXOTERIC one, we can find new and beautiful truth in the Bible. My workshop will explore a few of these ideas that have expanded my horizons.

**J. Leonard Hiebert** 1104 Stanley St., Nelson V1L 1P5  
Room M104

**Pluto: Planet of Power, Planet of Initiation** The essence of this workshop will be the transformative power of Pluto. It will centre on all that Pluto represents in our lives and times, and deal specifically with Pluto's presence in Neptune's orbit and Pluto's transit of Scorpio.

**Tela La Mer** 3505 38th St., Vernon, B.C. V1T 6X1  
Room P21

Cafeteria opens 9 a.m. — Music Jamming, Faculty Lounge  
Meditation Room: Warm-up Room, Maryhall  
Healing Centre: 212 Maryhall (10 a.m.)

Kidfest: S.U.B. — Slide show: "Identifying Animal Tracks";  
Yoga and more

P — Patenaude Hall  
M — Maryhall

**Toning: Using Vocal Sound for Inner Harmony** We are energy & being energy we are affected by other vibrational energies such as sound. We can put our bodies in harmony through the use of vocal sound. The workshop will explore different systems of using sound, as well as create an improvisational 'sound sculpture' to help further the positive transformation of ourselves & the planet.

**Celeste Crowley** 320 Mines Rod., Nelson, B.C.  
V1L 1G3  
Chapel

**Polarity** Offers hands-on experience of practicing the modern holistic technique of balancing mental/emotional energy & physical aspects of human body through the use of hands & fingers.

**Sid S. Tayal** Box 300, Rossland, B.C. V0G 1Y0  
Room M213

**Tai Chi Chuan** Be still as a mountain, flow like a river... Tai Chi is a total exercise of body, mind & Spirit.

**Rex Eastman** 910 Edgewood Ave., Nelson, B.C. V1L 4L9  
Cafeteria

**Activating the Life Force with Yoga, Aerobics & Bellydance** We participate & share best when our energy is flowing, and our head is clear. The focus of this movement workshop will be to do this through yoga stretches & basic breathing; some aerobic movement (Not too taxing), and basic belly dance movements.

**Malika Julie Oudes** 1429D Meadowbrook, Castlegar, B.C. V1N 3L9  
Maryhall Gym

**Psychic-Spiritual Recognition Between Parents & Children** The psychic and spiritual unfoldment of a child is very much influenced by the adults in its company. Are you a supportive or suppressive influence? This workshop will help you realize your role, and offers techniques you can practice and share with the children to facilitate everyone's growth. **Adults only in attendance, please.**

**Bonnie Williams** Sproule Creek Rd., R.R.2, Nelson, B.C. V1L 5P5  
Room P21

**Death: Our Pathway Home to God** Together we will explore death - yours, mine & ours. It's true nature, the near-death experience, and the cycle of life, which brings us home to God.

**Fall-Pratibha Queen** 207 Leonard St., Santa Cruz, California 95060  
Room P311

**Yin/Yang as Commonsense for Everyday Life** The ancient oriental philosophy of complimentary opposites is useful in our time & culture as well, since it shows the workings of universal natural laws.

**Steven Lones** Box 2581, Creston, B.C. V0B 1G0  
Room M104

**Current Relevance of Quakerism** This workshop will look at the historical roots of Quakerism in early Christianity and how this form of mystical religion relates to the problems of humanity today.

**H. Russell McArthur** 114 Union St., Nelson, B.C. V1L 4A2  
Room M210



**Philosophies of the Future** A discussion group to touch on such subjects as the future changes from jobs to meaningful work - from education to learning to learn - from external authority to personal autonomy.  
**Eric Clough** Winlaw, B.C. V0G 2J0  
**Room P309**

## MACROBIOTIC LUNCH 11:00 - 1:00

**Noon Hour Entertainment**  
**Music in the Chapel**  
**Video - Maryhall 104 (12:15 - 1:15)**

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## SATURDAY AFTERNOON PROGRAM

**1:30 - 3:00**

**I Ching** This experiential workshop is to help you explore the symbology of I Ching and perhaps your past relationships to it.

**Don Carlson** Box 873, Spokane, Washington 99210  
**Room M210**

**Food & Herbs for Health** We shall discuss the basic food combinations for easier digestion; your organs & you; minerals & vitamins and why you need them; the roots, stems, leaves, flowers & bark of the herbs in our area; harvesting & preparing them.

**N. C. Fominoff** Box 9, C.2, R.R.1, Winlaw, B.C. V0G 2J0  
**Room P311**

**Celebrating the Breath - A New Look at Rebirthing** Breath is the bridge between Spirit and matter. Breathing in a connected relaxed manner brings life, healing, joy and youthfulness to our body, mind emotions & soul.

**Inger Randles** Calgary, Alberta  
**Room P21**

**Interpretive Astrology** Using the basic planets, signs & houses, we will do hands-on interpretation of various sample charts, not only of individuals, but events & nations. People should bring their chart, or any others.

**Doug Redwing** Box 890, Kaslo, B.C. V0G 1M0  
**Room P309**

**Paneurythmy - Exchange of Energy Between Man & Nature** Acquaint the participants with the music, lyrics & movements (dances, exercises) of paneurythmy, as well as performing some of them together with the audience.

**Dobrina Nikolova** c/o Polidar, 906-1420 W.11th Ave., Vancouver, B.C.  
**Maryhall Gym**

**Radionics: Healing in the Ether Fields** A brief historical background of radionics and discussion of its healing relationship through the subtle anatomy of man. The session will include a demonstration & description of the RAE instruments in health evaluation & remedy preparation.

**John Joseph Snively** 301 Vernon St., Nelson, B.C. V1L 4E3  
**Room M104**

**Introduction to Oriental Medicine** The essential aspect of acupuncture & oriental medicine is the balance of yin & yang. Theory & practice discussed ending with hands-on shiatsu treatments.

**Stan & Linda Hubbard** 1407 N.Boyer, Sandpoint, Idaho 83864  
**Room M213**

**Awakening the Living Heart** Eastern practices from Eastern/Western sources, ancient & modern. Focus is on breath, stance, devotion & heart openings.

**Waduda Majid Eaton** Spokane  
**Cafeteria**

### Cafeteria Open

**Music Jamming - Faculty Lounge, Patenaude**

**Meditation Room - Warm-Up Room, Maryhall**

**Healing Centre - Room 212, Maryhall**

**Music Concert - Chapel**

**Kidfest-S.U.B.-Native Stories & Legends**

**Macrobiotic Lunch 11:00 - 1:00**

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## SATURDAY AFTERNOON PROGRAM

**3:30 - 5:00**

**Basic Palmistry** The meaning of the lines, the mounds, whorls; a little bit of history. Examples will be shown by the use of palm prints from Vicki's collection of over 250 prints.

**Vicki Starfire** 310 St.Lawrence St., Victoria, B.C. V8V 1Y4  
**Room P21**

**Birth Dance - A Body Experience for Women** Using simple stretches, the circular motions of bellydance, improvisational dance technique, as well as breath and sound, participants will share a rejuvenating experience meant to invoke the strength, courage & joy needed for birth & rebirth.

**Rebekah Moore** 211 Willow St., Nelson, B.C. V1L 2J4  
**Maryhall Gym**

**Dreamwork** Dreams are messages from our inner guidance. Listened to and experienced, they will provide both self-insight & direction to our spiritual growth. This workshop will provide the tools of dreamwork & will process as many examples as possible.

**Michael Hartley** 519 Silica St., Nelson, B.C. V1L 4M8  
**Room P309**

**Ending Hunger By The Year 2000** Experts say that the missing ingredient to end hunger is the will to get the job done. Without an educated and informed public we have no hope of ending hunger. This workshop will provide you with the vital information you need in order to be effective in communicating to others. A 'process' titled 'Life on the Edge of Survival' will be included.

**Mary Chisholm** 3230 Lilac Cres., Trail, B.C. V1R 2Y2  
**Room 210**

**Touching & Balancing Your Energies** Techniques of touching & exploring the relationship of the physical body to the etheric body. Achieving balance by feeling & meeting the needs of the body, mind & spirit.

**Jim Pacholke** 111 Cedar St., Sandpoint, Idaho 83864  
**Room M213**



**What is Biodynamic Agriculture?** Methods used, relating to our own experiences in growing fruit trees. Namely: composting; biodynamic preparations & sprays; soil care and using the constellations.

**Martin & Otto Rothe** R.R.1, Oliver, B.C. V0H 1T0  
Room P311

**The Magic of Transformation** Applying personal & impersonal powers of Light, Love & Will through meditation in action to create total harmony.

**Andy Schneider** Box 2269, Salmon Arm, B.C. V0E 2T0  
Cafeteria

**Midwifery in Question** This workshop is for aspiring midwives and interested friends. How do we stay centered in a crisis situation? This will be the basis for discussion.

**Jennefer Delvechio** Box 1729, Sandpoint, Idaho 83864

Room M104

**Macrobiotic Dinner - 5:00 - 7:00**

**Cafeteria closes at 7:00 p.m.**

**Music Concert - Chapel**

**Video - 104 Maryhall, 5:30 p.m.**

**Evening Dance - 8:00 p.m., Cafeteria**

**"Rapid Lightening"**

(Childcare available during dance)

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## SUNDAY MORNING PROGRAM

**8:30 - 10:00**

**Shiatsu (Acupressure)** Various levels of acupressure and different techniques shown, with hands-on experience of practicing these techniques during the workshop.

**Sid S. Tayal** Box 300, Rossland, B.C. V0G 1Y0  
Room M212

**Health For All** Times are changing. Health care is decentralizing & information exploding. This brings new responsibilities, new opportunities, new needs. Individual initiative & cooperative action are both necessary.

**Warren Bell** Box 3458, Salmon Arm, B.C. V0E 2T0  
Room M210

**Flower Essences: Nature's Gentle Healers** As potent catalysts for positive changes, flower remedies can greatly enhance one's inner attunement. The history, theory & practice of flower essence healing will be offered.

**Peter Williams** Sproule Creek Rd., R.R.2, Nelson, B.C. V1L 5P5

Room P311

**Macrobiotic Nutrition** Macrobiotics is a system of health & rejuvenation. Through the Yin & Yang theory, we discuss ways of eating to heal and prevent diseases.

**Katya Grauer** 318 Richards St., Nelson, B.C. V1L 5J8  
Room M104

**Foot Reflexology** Reflexology is the process of stimulating the points on the feet that correspond to areas throughout the entire body, thus achieving a balance of health.

**Jim Pacholke** 111 Cedar St., Sandpoint, Idaho 83864  
Room M213

**Sufi Healing With Heart, Breath, Magnetism** Through various Sufi practices, we will be developing awareness of what we bring to the healing experience. Much work will be done with purification & clarification on all levels. Designed to meet the practical needs of workshop participants. Please bring pad or blanket.

**Ayat Mary Wright** Box 2056D, Sandpoint, Idaho 83864

Room P309

**Yoga For Health** Good health comes from within, from balanced energy flow & a positive state of mind. In this workshop you will experience a heightened sense of vibrant well-being through yoga practices (including cleansing techniques, stretching asanas & breathing exercises) which you can use daily to regain & maintain a balanced state of health & vitality.

**Fallah-Pratibha Queen** 207 Leonard St., Santa Cruz, California 95060

Maryhall Gym

**Chants & Things** Join us for an hour and a half of learning, listening & singing.

**Terry Marshall & Janet Nelson** 910 Victoria St., Nelson, B.C. V1L 4L6

Chapel

**Our Brothers & Sisters in the Sea** Whales & dolphins share with us a knowledge of our ever-changing planet. Come, see, feel, understand & play with our ocean friends. Slides, music & whale woman to share her medicine story.

**Jill Fairchild** Box 68, Rexford, Montana 59930

Room P21

**Cafeteria opens at 9:00 a.m.**

**Music Jamming - Faculty Lounge, Patenaude**

**Healing Centre - 212 Maryhall (10:00 a.m.)**

**Meditation Room - Warm-up Room, Maryhall**

**Kidfest - S.U.B. - Clay modelling, face painting**

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## SUNDAY MORNING PROGRAM

**10:30 - 12:00**

**Living With Death & Loss** The tree dies back each year and yet it lives on and on. Death & loss are the keys for transformation, if we just know how to open the door.

**Joy Gardner** 45 Linden Ave., Victoria, B.C. V8V 4C9  
Chapel

**Numerology** This experiential workshop is to help you find the significance of your name or perhaps if there is a number of particular meaning to you.

**Don Carlson** Box 873, Spokane, Washington 99210  
Room M104

**Inner Awareness Through Handwriting Analysis** An introductory lesson in how to see & appreciate who you are, and who others are, without being misled by artificial appearances.

**Lon Woodbury** E.3508 Carlisle, Spokane, Washington 99207

Room P311



**Gems** An exploration of the gemstone kingdom. Please bring a pendulum to work with.

**Mary Ellen Hodwitz** R.R.1, Site 8, Comp.11, Tappen, B.C. V0E 2X0  
**Room M213**

**Playing With OH Cards** This fun & spontaneous workshop will enhance communication and enable you to be with people in a new way. Come and join in!

**Inger Randles** Calgary, Alberta  
**Room M210**

**Children: Expanding Their Practical, Artistic & Spiritual Potential** A presentation of Waldorf Education and how it strives to meet this challenge. Artistic displays, teaching techniques, discussion & question and answer time with local Waldorf teachers.

**Wanda Berrett** Box 1289, Ainsworth, B.C. V0G 1A0  
**Room P21**

**Preserving Mother Earth** Focusing on the Re-Birth of Mother Earth via Natural Spiritual Cultures in order to protect human beings from pollution.

**Red Cloud** Box 68, Edgewood, B.C. V0G 1J0  
**Room P309**

**Seaweeds for Everyday Cooking** Sea veggies are an important part of food balancing, especially vegetarian cooking. Will share simple recipes using the seaweeds agar/agar, Kombu, Wakame, nori, hiziki & dulse to enhance your everyday cooking. Recipes will include the use of seaweeds in soups, grains, salads, vegetable dishes, desserts & condiments.

**Hope Woodby** 1607 W.Main St., Sandpoint, Idaho 83864  
**Kitchen**

**Raising the Chi** A hands-on workshop using traditional Chinese Taoist breath and physical exercises to stimulate blood & energy (Chi) circulation. A specific example of yin/yang theory in action.

**Steve Lones** Box 2581, Creston, B.C. V0B 1G0  
**Maryhall Gym**

**Macrobiotic Lunch 11:00 - 1:00 & other cafeteria service open**

**Noon hour entertainment - Music in the Chapel  
Video - Maryhall 104, 12:15 - 1:15**

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## SUNDAY AFTERNOON PROGRAM

1:30 - 3:00

**Iridology** Preventive care & how we can become aware of our health needs through iridology, the study of the iris of the eye.

**Lola June King** Willow Point, R.R.1, Nelson, B.C. V1L 5P4  
**Room M210**

**Tai Chi Chuan** Be still as a mountain, flow like a river...Tai Chi is a total exercise of body, mind & spirit.

**Rex Eastman** 910 Edgewood Ave., Nelson, B. C. V1L 4L9  
**Maryhall Gym**

**The Way of Kabbalah** The essence of this work is the being, knowledge, and understanding of the human being, as created in the image of God. In its all-embracing synthesis, the Tree of Life (with the Tarot) gives us the blueprint for Creation and all created beings, so we may walk in balance & help others to their destiny through counselling. The tree is also the pattern for the EARTH GRID, to be revealed & discussed. Maps will be available. Much attention will be given to the current world-cycle and the near future. A three hour workshop. PART 1

**Doug Redwing & Josana Starbuck** Box 890, Kaslo, B.C. V0G 1M0  
**Room P21**

**Opening to Inspiration** A unique blend of inner & outer experiences designed to open channels to the inner self.

**Peter Duryea** Box 23, Gray Creek, B.C. V0B 1S0  
**Room P309**

**Blessingway** In this workshop a traditional Blessingway Ceremony will celebrate birth & the continuity of life on Earth. Everyone welcome.

**Kootenay Childbirth Counseling Centre** 907 Vernon St., Nelson, B.C. V1L 4G7  
**Room M213**

**Shamatha Meditation: Buddhist Training in Mindfulness & Awareness** The practice & discipline of sitting meditation provides a simple & intuitive way to understand the workings of our minds. This workshop is intended to give a taste of basic Buddhist meditation practice.

**Dharmadhatu** 514 Hoover St., Nelson, B.C. V1L 4W9  
**Room M104**

**Neurolinguistic Programming (NLP): For New Choices & Expanded Communication** An explanation & guided experience of the inner representational systems of the mind - visual, auditory, kinesthetic, olfactory - based on the physical senses. Discussion & guided processes will teach you how to apply this knowledge for learning strategies, communication & growth.

**Duncan Johnston** 1312 Robertson Ave., Nelson, B.C. V1L 1C4  
**Room P311**

**Cafeteria closes at 2:00 p.m.**

**Music Jamming - Faculty Lounge, Patenaude  
Meditation Room - Warm-up Room, Maryhall  
Healing Centre - 212 Maryhall (10:00 a.m.)**

**Music Concert - Chapel**

**- Kidfest - S.U.B. - Tai Chi, BMX bike display & competition**

**UPON ARRIVING AT THE FESTIVAL, PLEASE  
PICK UP REGISTRATION PACKET AT  
REGISTRATION DESK AT MARYHALL.  
(SEE MAP OF DTUC CAMPUS)**



## SUNDAY AFTERNOON PROGRAM

3:30 - 5:00

**Compatibility in Palms** Do your palms show that you get along with your mate, your boss, your friend, your neighbour & that these relationships will last? What should the palm of your 'perfect match' look like? Some of the basics of palmistry discussed also.

**Vicki Starfire** 310 St. Lawrence St., Victoria, B.C. V8V 1Y4  
Room M104

**The Way of the Kabbalah PART 2** of a three hour workshop. PART 1 commences at 1:30 on Sunday in Room P21 (description of workshop available under that program time slot).

**Doug Redwing & Josana Starbuck** Box 890, Kaslo, B.C. V0G 1M0  
Room P21

**Dentistry - Your Questions Answered** An outline of the basic laws of good oral health with discussion of herbal applications & nutritional implications. This session is designed to be a dialogue & participants are encouraged to question the speaker on any aspect of oral health. "Open Attendance".

**John Joseph Snively** 301 Vernon St., Nelson, B.C. V1L 4E3  
Room P311

**Aikido: Walking in the Power of the Universe** Aikido, "The Way of Harmony with the Spirit", is a relatively modern Japanese form of Self-defense teaching coordination of mind & body, non-dissension, and winning without fighting. The workshop will include an elucidation of the inner principles of Aikido & their application to our daily lives. There will be demonstrations of both beginning & more advanced technique and the opportunity to experience basic movements & applications.

**Paul David Mitchell** Route 1, Box 6, Cataldo, Idaho 83810  
Maryhall Gym

**Worldsign** A system of sign language which is both manually signed as well as written in the form of pictographs & kinegraphs. This language is called Worldsign & unlike spoken/written languages like English & French, it draws from both left & right brains. The use of Worldsign encourages holistic global-type thinking.

**Inger Johansson** c/o David Orcutt, Perry Siding, Winlaw, B.C. V0G 2J0  
Room M210

**The Lovers' Journey - Awareness of Self Through Tarot** Power is self-knowledge. What you resist, persists. To claim one's passion & power in life, one must know one's projections. Do you feel imbalanced in some areas of your life - masculine/feminine, social/private, work/play, heart/head, etc.? Using the Lovers card and Tarot, we will explore the hidden aspects of the self as we are attracted or repelled by them in others.

**Georgina Batchelor and Lee Reid** Holistic Health Centre, 567B Ward St., Nelson  
Room M213

**Spirituality & Social Action** All spiritual traditions have an aspect that involves itself in social action. Rex will show us ways in which we can engage in the world that not only validate our spiritual path, but in fact grow out of it.

**Rex Wayler** Hollyhock Farm, Box 127, Mansons Landing, B.C. V0P 1K0  
Room P309

Music Concert - Chapel

Closing Ceremonies at 5:30 - Maryhall Gym



# TAI CHI

## Summer Retreat

June 30—  
July 14

Join us in living and learning this unique exercise, health and martial art, on BC's beautiful Kootenay Lake. Send for info:

### KOOTENAY TAI CHI CENTRE

609 BAKER STREET, NELSON, B.C. V1L 4J3  
TELEPHONE: 352-3714, 352-2468

**A BIG NOTE OF THANK YOU TO ALL THE PEOPLE AND CIRCUMSTANCE THAT MADE THE FESTIVAL HAPPEN AS AN EXPERIENCE OF COMMUNICATING FROM ONE HEART TO ANOTHER**

The Festival Committee



## SUMMER WORKSHOPS

The Winlaw Retreat Land will be used this summer for workshops from May through September. The land is managed by the Kutenai Growth Society, a non-profit cooperative of people interested in personal growth, healing on all levels, and networking. The workshops are an offering of several dimensions (much like the schedule at the Festival) as a way into the inner self, plus a vacation from the outer stresses of our usual everyday reality!

The Retreat is a developing site for residential workshops. Along the back edge of the property is a cliff overlooking the Slocan Valley, a breath-taking view, a site of a medicine wheel and a meditation place. At the road access, there is a house with completed plumbing and heating system. The two stories can sleep fifteen people in a dormitory-like fashion. There are sites for camping and limited parking for campers. We are in the process of finishing the exterior of the house and the landscaping.

Are you interested? Please drop off the form below at the registration desk or in the mail.

BETHAL PHAIGH IS OFFERING A TWO-WEEK GESTALT-KAHUNA WORKSHOP THE FIRST TWO WEEKS OF AUGUST. YOU ARE WELCOME TO ATTEND ONE OR BOTH OF THE WEEKS. TO REGISTER, CONNECT WITH LINDA SOLA, 801 VICTORIA STREET, NELSON, B.C.

### WINLAW RETREAT LAND — SUMMER '84

Name \_\_\_\_\_

Address \_\_\_\_\_

Workshop Suggestions \_\_\_\_\_

I would like to be a member of the Kutenai Growth Society

YES  NO





1984 Spring Festival of Awareness  
PARTICIPANT QUESTIONNAIRE

Please help us prepare for next year's Festival by filling out this form. Either leave it at the Registration Desk or send to the address at the end of the form.

1. Which Workshops did you attend?

SATURDAY

(a) Name of Workshop and Leader \_\_\_\_\_

Comments: \_\_\_\_\_

(b) Name of Workshop and Leader \_\_\_\_\_

Comments: \_\_\_\_\_

(c) Name of Workshop and Leader \_\_\_\_\_

Comments: \_\_\_\_\_

(d) Name of Workshop and Leader \_\_\_\_\_

Comments: \_\_\_\_\_

SUNDAY

(a) Name of Workshop and Leader \_\_\_\_\_

Comments: \_\_\_\_\_

(b) Name of Workshop and Leader \_\_\_\_\_

Comments: \_\_\_\_\_

(c) Name of Workshop and Leader \_\_\_\_\_

Comments: \_\_\_\_\_

(d) Name of Workshop and Leader \_\_\_\_\_

Comments: \_\_\_\_\_

Please offer comments on the Friday night Opening Ceremonies and events; the noon hour events; the Saturday evening program; the mass attunements; and the Closing Ceremony.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Which previous Spring Festivals of Awareness have you attended? (please circle)

1978 1979 1980 1981 1982 1983

3. At what times were you at the Festival this year?

- |   |   |
|---|---|
| <input type="checkbox"/> Friday Night       | <input type="checkbox"/> Saturday Evening |
| <input type="checkbox"/> Saturday Morning   | <input type="checkbox"/> Sunday Morning   |
| <input type="checkbox"/> Saturday Afternoon | <input type="checkbox"/> Sunday Afternoon |



4. What other Workshops would you like us to offer at the Festival?

If you, or anyone you know, is interested in giving a Workshop at next year's Festival, please submit a request by September, 1984, to the address at the end of this form.

5. What meals did you eat in the Cafeteria?

- Friday Dinner
- Saturday Lunch
- Saturday Dinner
- Sunday Lunch

Comments:

6. "Kidfest '84" — Children's Festival. We invite your comments and suggestions:

7. Accommodation. Where did you stay and was it satisfactory?

8. Did you visit the Healing Room, Meditation Room or Audio-visual displays?

Comments:

9. (Optional) Your Name, Address and Phone Number

10. Please indicate if you have volunteer energy to help put together the next Spring Festival of Awareness, and what in particular you would be able to do. Also, fill out number 9 so that we can contact you.

11. Any additional comments on the Festival?

**Thank you for coming to the Festival  
and for sharing your love and energy.**

**Kutenai Growth Society**  
P.O. Box 225,  
Nelson, B.C. V1L 5P9



## Meals

Normal Cafeteria service will be available as well as the Vegetarian and Macrobiotic Meal Packages. The Cafeteria staff would appreciate knowing how many meals to prepare in advance.

Macrobiotics has become a leading nutritional method for improving health and for use in the recovery of serious illness.

We provide you with a macrobiotic menu throughout the weekend so you will have an opportunity to try it out. If you choose to experience macrobiotic cooking, we suggest you stay with it for the whole weekend.

## MENU

### FRIDAY, MARCH 23

#### Macrobiotic Dinner Menu:

Brown Rice and Barley, Black Bean Stew, Sauerkraut, Apple Jelly (Kanten), 1 Beverage.

**Alternative Menu:** Brown Rice and Barley, Vegetable Stroganoff, Apple Jelly (Kanten) or fruit Salad, 1 Beverage

### SATURDAY, MARCH 24

**Macrobiotic Lunch Menu:** Buckwheat Noodles in Soup, Chinese-style Vegetables and Tofu, Crackers, 1 Beverage.

**Alternative Menu:** Chili OR Garden Vegetable Soup, 10 oz. Tossed Green Salad, Choice of Dressings, Wholewheat Bun with Vegie Butter, 1 Beverage

**Macrobiotic Dinner Menu:** Kasha and Parsley, Chickpea Stew, Hijiki Carrots and Onions, Boiled Salad, Baked Apple with Tahini-Miso Stuffing, 1 Beverage

**Alternative Menu:** Lasagna, Onion Soup OR 8-oz. Green Salad, Wholewheat Bun with Vegie Butter, Hijiki Carrots and Onions, Baked Apple OR Loaf Slice, 1 Beverage.

### SUNDAY, MARCH 25

**Macrobiotic Lunch Menu:** Watercress Miso Soup, Rice Balls, baked Root Vegetables, Crackers, 1 Beverage.

**Alternative Menu:** Spinach Rice Casserole OR Borscht, 10-oz. Green Salad, Wholewheat Buns with Vegie Butter, 1 Beverage

MENU AND OTHER ITEMS WILL BE AVAILABLE FOR CASH SALES.

### THOMPSON GUITARS

415 Kootenay Street, Nelson, B.C. 352-3324  
Handmade guitars and repairs.

### HARTLEY'S DESIGN STUDIO

519 Silica Street, Nelson, B.C. 354-4934  
Massage tables and custom woodwork.

### NEW LEAF BOOKSTORE

345A Baker Street, Nelson, B.C. 352-3012  
Fine selection of metaphysical and occult books.



the  
**REAL FOOD RESTAURANT**

Tuesday-Thursday: 11:30-8:00  
Friday & Saturday: 11:30-9:00

202 Vernon St., Nelson, B.C.  
For reservations 354-4195

### PACKRAT ANNIE'S USED BOOKS & RECORDS

411 Kootenay Street, Nelson, B.C. 354-4722  
Large selection combined with small prices.

### SECOND-HAND ROSE

Address-See above.

Fine clothes on consignment, recycled for spring.

### THROUGH THE LOOKING GLASS

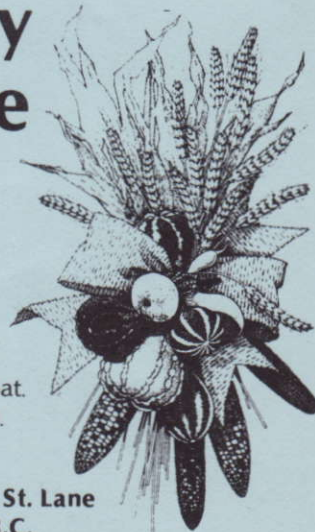
305 Baker Street, Nelson, B.C. 352-3913  
Books and images to lead everyone into new worlds.

## Pantry House

Basic  
Foods  
In  
Bulk

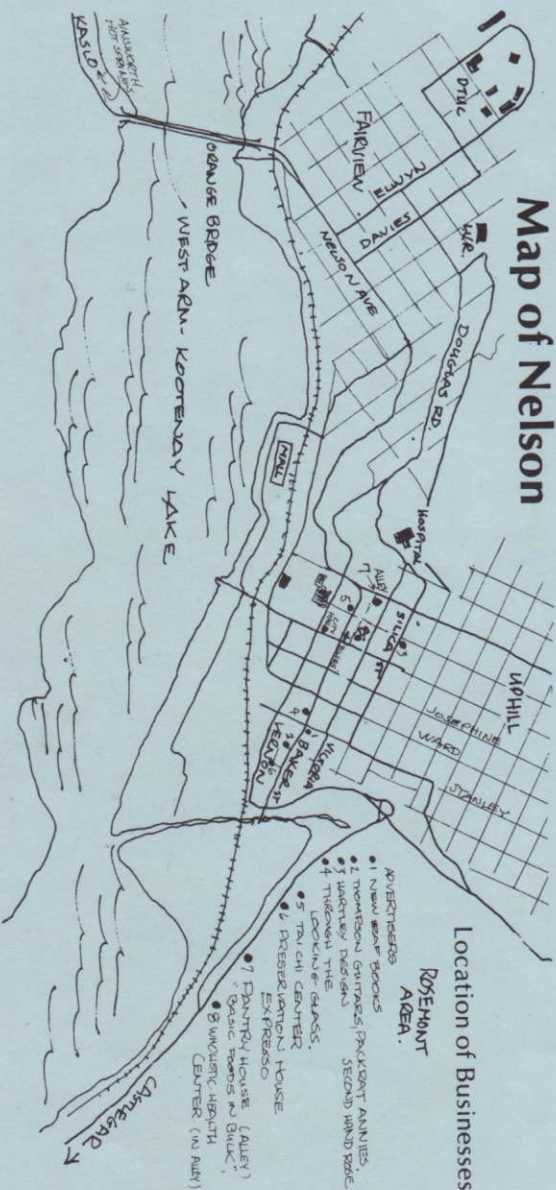
Hours:  
9:30-5:00  
Mon.-Thurs. & Sat.  
9:30-8:00 p.m.  
Friday

619 A Victoria St. Lane  
Nelson, B.C.





# Map of Nelson



**Festival of Awareness**  
 P.O. Box 225, Nelson, B.C. V1L 5P9

