



TIME OF GROWTH TIME OF STRESS
FORGING A POSITIVE FUTURE TOGETHER

March 22, 23 ~ 24, 1985.

in Vernon.

The 1985 Spring Festival of Awareness

Now in its eighth year, the Festival is a unique experience of Wholistic workshops, entertainment, communication, community and growth.

The theme chosen for this year's Festival is:
"TIME OF STRESS — TIME OF GROWTH, FORGING
A POSITIVE FUTURE TOGETHER."

In this age of damaged ecology, threat of war, faltering economy and starving people, we can become so caught up in our anxieties, insecurities and everyday stress, that we lose sight of our great growth potential at this time.

At the Festival we remember ourselves and others like us around the world. We are reminded that 'we are not alone out there, but that we are part of a global process, a Universal Plan. We take a break from our stressful everyday world and immerse ourselves in an atmosphere of sharing, growth and learning.

We have to create the future, we must start with ourselves and what we can do together.

We look forward to seeing all our old friends and making new ones as we once again come together in the Spirit of a new Spring.

CHILDRENS' FESTIVAL

The Childrens Festival promises to be an exciting event, fully supervised and suitable for all ages. It will be centered in rooms 305 to 310. There is easy access to a fenced field, which, if weather allows, we hope to make use of. For young people over 8 years, there will be workshops on water colour painting, visiting the doctor, drawing, creative movement, group discussion and meditation, etc. all designed to be stimulating and fun. See posted schedules at school.

For children under 8 years, there will be puppet show, storytelling, dancing and much more. For all, there will also be musical entertainment, games and a variety of arts and crafts. See posted schedules.

Babysitters will be available during workshops and evening.

P.S. Please dress your children suitably casually.

The workshops at the Festival 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.

The Hailos Society for Wholistic Living, sponsor of the Festival, is an organisation which is dedicated to providing opportunities for wholistic education in the Okanagan.

For more information about Hailos Society and its community please write:

Hailos Community,
Bear Valley,
Lumby, B.C.
V0E 2G0

OUTLINE

Entertainment: Among the activities for the weekend will be the Opening Ceremony, with the introduction of the different workshop leaders, Sufi dancing, Music concerts and music jamming, sketches, juggling, most likely a play and closing ceremony.

Music Jam sessions: The Rama Room (No. 104) will be available Saturday and Sunday for music jamming. Everyone welcome. Bring your instruments.

Meditation Room: The Staff Room has been set aside for those wishing a quiet space in which to centre themselves during the course of the weekend.

Healing Centre: Rooms 207 and 216 will be available throughout the weekend for those wishing to give or receive Reiki healing, Massage, Shiatsu, reflexology, Aura balancing etc. . . . Drop in and find out more about it, or consult the appointment board.

Videos and Films: Room 505 will be open during the lunch breaks and evenings, videos and films on Festival related subjects will be shown. See posted schedules.

Raffle: A stained glass replica of the 8th Spring Festival of Awareness logo has been offered as a prize for the Festival. The window is made by Christos Strathopoulos, and measure 24" in diameter, it will be on display on the stage during the Festival. Raffle tickets will be offered for sale at the registration desk for \$1.00 a piece.

Draw to be made during Closing ceremony on Sunday afternoon.

Don't give up: Some popular workshops may be repeated at other times during the Festival if the workshop leaders are willing. Please consult the posted schedules or ask at the Information Centre.

In some of the workshops the number of participants is limited to adequate space. To ensure that we make comfortable use of the space we have available, we suggest you pre-register. Please indicate the workshop(s) you will be attending on the back of your pre-registration form.

For information regarding financial assistance — Ph. 549-1330

UPON ARRIVING AT THE FESTIVAL, PLEASE PICK UP REGISTRATION PACKET AT THE REGISTRATION DESK IN THE ENTRANCE HALL.

FRIDAY EVENING PROGRAM

The registration desk will be open at 5:00 p.m.
Opening Ceremonies will begin at 7 p.m. in the Gym.
To be followed by a reception with workshop leaders in the Gym, and Sufi Dancing.
There is no Charge for Friday activities.

Saturday Morning

- Sunrise Ceremony on school playground at 6:45 a.m.
- School opens at 7:00 a.m.
- Warm-up exercises, and meditation from 7:00 a.m. until 8:00 a.m. in the small gym (room 702)
- Cafeteria opens at 8:00 a.m. serving breakfast.

Saturday Morning Programme #1 8:30 to 10:00

Stress — Is It Affecting Our Children's Health?

Workshop will examine how children respond to stressful life events in their environments; physically, socially, and psychologically. Workshop participants will be invited to share ideas and information on how we can help children cope more effectively.

- ✓ **Chris Rush** — S. 7A, C. 6, R.R. #4, Vernon, B.C. V1T 6L7
Room: 201 **Maximum Participants: 30**

Health Centered Dentistry

Discussion of current controversy about mercury poisoning from fillings, plus open dialogue on topics of concern to the audience. Participants will be encouraged to ask questions and share with the group those things they do not understand about dental treatment or dental health.

- ✓ **John Snively, D.D.S.** — 301 Vernon St., Nelson, B.C. V1L 4B3
Room: 202

Numerology

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

- ✓ **Don Carlson** — Box 873, Spokane, Wah. 99210 U.S.A.
Room: 203

Energy Efficient Housing

To deal with basic house design of energy efficient homes — sun oriented — earth sheltered — solar windows — thermal mass — greenhouse — summer protection and natural landscaping.

- ✓ **Elmo D. Wolfe** — S.6, C. 16, R.R. #7, Vernon, B.C. V1T 7Z3
Room: 204 **Maximum Participants: 30**

Cooking in the Spirit of Service

Cooking, treated reverently can be a means to personal centering. This is then conveyed through the food prepared to the partaker, and a beautiful balance is created. This workshop will be of particular interest to participants who need practical information for cooking in workshops, seminars and retreat situations. Dialogue and personal experiences, question and information will be encouraged.

- ✓ **Magaret Gabriel** — #34 — The Manhattan Co-Op, 784 Thurlow St., Vancouver, B.C. V6E 1V9
Room: 210 **Maximum Participants: 30**

Prosperity Consciousness

This is the ability to function effortlessly and conveniently in the material world. With a prosperity consciousness you can create abundance in your life despite prevailing economic beliefs. Much of the time will be spent in exercises to explore the

participant's attitudes and beliefs around money.

- ✓ **Gabriel Soslenski** — Box 131, Silverton, B.C. V0G 2B0
Room: 301

The Value of Personal Clarity in Relationships

How much extra baggage are you carrying around in your space? Inharmony within produces disharmony without. How are you creating and defining that inner psychic connectedness in your relationships? A frank talk on achieving mutually supportive relationships — from the inside out. Audience participation will be encouraged. Bring an open mind.

- ✓ **Peter Williams** — Sproule Creek R., R.R. #2, Nelson, B.C. V1L 5P5
Room: 303

From Pisces to Aquarius — From Faith to Knowing

In this workshop we will see how astrology as a spiritual science relates us to the Divine Plan of human evolution, and lets us understand the challenges of our times as stepping stones into greater responsibility and joy.

- ✓ **Tela La Mer** — #129 - 3505 38th St., Vernon, B.C. V1T 6X1
Room: 403

The Metamorphic Technique — The Principles and Practice — Part 1

This is a hands-on process, involving non-manipulative stroking of the feet, hands and head. The technique is relaxing, painless, non-ticklish, and easy to learn. The practitioners, while acting as catalysts in removing pre-natal energy blocks in the recipients, learn simultaneously the fine art of balancing, deep caring and detachment. Trust in the validity of the recipient's life experiences, and potential for growth, is essential. The only common result is a feeling of deep relaxation. Please bring a large thick blanket and a cushion. Second segments will commence at 10:30 a.m. Saturday.

- ✓ **Leach Gabriel** — #34, The Manhattan Co-Op, 784 Thurlow St., Vancouver, B.C. V6E 1V9
Room: 611 **Maximum Participants: 20**

- Cafeteria is open to serve snacks.
- Music Jamming in Drama room #104
- Meditation Room: Staff room
- Healing Centre: Rooms 207 and 216
- Kidsfest: Rooms 305-310

Saturday Morning Programme #2 10:30 to 12:00

Responsibility in the New Age — Toward a Global Spirituality

The present age demands new attitudes and new ways of relating, not only to assure survival, but also to guarantee a quality of life that gives meaning and joy to all. This lecture, and question and answer session, will explore this theme.

- ✓ **Andy Schneider** — Box 2269, Salmon Arm, B.C. V0E 2T0
Room: Auditorium

Re-Evaluation counselling

Is a useful description of the nature of human beings, and the sources of our difficulties. It is a workable means for undoing

human distress. This introductory lecture will outline the theory of Re-evaluation Counselling, and demonstrate some straight forward counselling techniques which can be put to immediate use. If enough interest is shown, we will proceed to plan a co-counselling network in this area.

✓ **Robin Ledrew** — R.R. #2, Lumby, B.C. V0E 2G0
Room: 201 **Maximum Participants: 15**

Polarity

This workshop deals with balancing energies and different bodies of the individual expression, to open up contact with the Christ Consciousness level. These techniques will be practiced and experienced during the workshop.

✓ **Sid Tayal** — P.O. Box 300, Rossland, B.C. V0G 1Y0
Room: 203 **Maximum Participants: 40**

Discovering Your Soul's Purpose

Each soul has unique role or mission to perform in life. Until this purpose is found, you life will seem to be unfulfilled. Using a variety of spiritual approaches, a practical, five-step procedure will be presented to discover the soul's purpose. Audience participation will be in the form of guided imagery and participatory (non-physical) exercises.

✓ **Harry Jukes** — Box 251, Robson, B.C. V0G 1X0
Room: 301 **Maximum Participants: 30**

Wings of Freedom

At some point in the process of transformation, we must risk the leap into the unknown, the uncharted, the voids where freedom exists. Fears and attachments become entrapments which hold us back from this freedom leap. Using a variety of techniques, (touch, breath, voice and visioning) participants will explore their entrapments, on all levels of expression. With this recognition, the process of release begins.

✓ **Savalia Bailey** — Box 91, Blind Bay, B.C. V0E 1H0
Room: 303 **Maximum Participants: 20**

The Value of Stress

Stress is often considered "negative". This misunderstanding leads many to attempt to avoid it, or to deny its existence at times. This presentation will explore the notion of stress from a broad perspective, leading hopefully, to an awareness of its profound utility. Participants' interaction invited, in an open-ended quasi-didactic approach; some group exercises (including music).

✓ **Warren Bell** — Box 3458, Salmon Arm, B.C. V0E 2T0
Room: 403

Healing the Earth — Co-Evolution with Gaia

Forging a positive future for all plant/animal species and life-waves who make up the evolving Solar Being, Gaia/Planet Earth. The workshop will consist of three parts:

1. A presentation on humanity's role in Gaia's evolution;
2. A sharing of creative expression of Earth-healing in our lives;
3. Singing Earth-healing chants.

✓ **Skeeter** — P.O. Box 1064, Tonasket, Wash. 98-55 U.S.A.
Room: 504

The Metamorphic Technique — The Principles & Practice — Part II

The Second segment of a three hour workshop. Part I commences at 8:30 a.m. Saturday in Room 611. (Description of workshop available under the Programme time slot.)

✓ **Leach Gabriel** — #34, The Manhattan Co-op, 784 Thurlow St.,

Vancouver, B.C. V6E 1V9

Room: 611

Maximum Participants: 20

Paneurhythmy

(An exchange of energy between man and nature). This workshop will acquaint the participants with the author, and the basics of Paneurhythmy, in brief — the music, lyrics and movements (dances, exercises) — demonstrating and performing most of them with the participants.

✓ **Debrina Nikolova** — 8431 Francis Rd., Richmond, C.C. V6Y 1A7
Room: 702

- **Lunch 11:30 - 1:30**
- **Noon hour entertainment.**
- **Video room: 505**

Saturday Afternoon Programme #3 **1:30 to 3:00**

Colon Health

The colon is an organ of absorption and elimination. If it lacks muscle tone, or is underfunctioning for any reason, toxic accumulations create the necessary preconditions for disease to develop. The body depends on a clean bowel. A brief explanation of digestion will be followed by personal ideas of why the colon should be well taken care of.

✓ **Glynis Sherer** — S. 30A, C.8, R.R. #2, Winfield, B.C.
Room: 201

A Healthy Approach to Fasting

This workshop will explain how to complete a 12 day cleansing fast with the use of clay and herbal applications, before and during the fast. Routine practices will be explained for a more effective fast, such as hydro therapy, yoga positions, etc. You will learn how to flush out toxins during your fast rather than absorbing them into the system. Other types of fasting will be mentioned.

✓ **Dancing Doe Cregoire** — General Delivery, Crawston, B.C. V0X 1C0
Room: 203

Building God's Home — The Architecture of Higher Consciousness

Introducing the natural absolute. Nature's perfect solution to housing the world. Hopefully we will construct a small "kids egg", a prototype spherical, self-supporting shell structure. At the very least it will be a lively highly informative lecture/sharing on the basic concept of the natural absolute structure.

✓ **Edward Hicks and Laurel Burnham** — Country Village, Box 4, R.R. #1, Glenmore Rd., Kelowna B.C.
Room: 204

Temperaments of Food and People

How to change the temperaments of yourself and family through the right selection of food, and vibrational cooking. A meditation exploring your eating patterns from childhood to present, and how to change them.

✓ **Rebeca Lee** — 310 East A Street, Moscow, Idaho 83843 U.S.A.
Room: 301

Economics — As if People Matter

The world wide minimum wage. The No-interest Mortgage Fund.

Not
Here

Currency controls vs. the Corporate elite. Tax deductions and People Power. T.V. Game shows, the straw that broke consumerism's back. Monopoly — teacher's resource material. Questions will be encouraged.

✓ **Tom Matheson** — 2800 27th Street, Vernon, B.C. V1T 4X5
Room: 302 **Maximum Participants: 30**

Wholistic Living with Homeopathy.

A workshop to integrate alternative forms of medication to restore and maintain health in our daily life.

Special attention will be given to Homeopathy, it's origins — what it is — how to use it etc.

✓ After introducing the subject, there will be an open discussion.

✓ **Reiner Brabreck** — 618 Main Street, Penticton, B.C. V2A 5C8.
Room: 303 **Maximum Participation: 35**
Saturday 1:30 p.m.

Psychodynamics for the New Age

A workshop to transform you life, by magical thinking, to cut away all myths and untruths — the art to release the inhibited Soul life so that its life can flow through the body and heal the whole person. It is a kind of insight session, knowledge, or understanding, whereby you discover yourself — who you really are — and what you should be doing in this life.

✓ **Imre Vallyon** — New Age Centre of Higher Learning, 225 Oosteinde — 2271 E.G. Voorburg, The Netherlands.

Room: 403

Love, Light & Laughter — Three Dimensions of Health

Stress is recognized as a time for change, growth, and expanding awareness of our creative expression, personally and interpersonally. Please bring cushions or pillows.

✓ **Carla Springborn with Heidi Chamberlain and Geoff Smith** — S.20, C.7, R.R. #3, Vernon, B.C. V1T 6L6

Room: 501 **Maximum Participants: 25**

Music in the Micro and Macrocosm

All creation is vibration. Sound and music reflect many of the deeper laws which put order into the universe of vibrations. There are fascinating parallels between music and the planets; between music and the atom; between music and consciousness. These correlations will be looked at with a view to learning how to use the power of sound to bring about positive changes in man and society.

✓ **Robin Henry** — #119 - 3505 38th Street, Vernon, B.C.

Room: 504

- Cafeteria open to serve snacks
- Music Jamming: Room 104
- Meditation Room: Staff Room
- Healing Centre: Rooms 207 and 216
- Kidsfest: Room 305 - 310

Saturday Afternoon Programme #4

3:30 to 5:00

Stress Management — The Balancing Act

Find out how stress affects your body and mind. Learn ways to recognize stress and control its effects. A theoretical and practical approach to embracing life.

✓ **Trudi Locheed** — #13 - 1395 W. 13th Ave., Vancouver, B.C.

V6H 1N7

Room: 201

Maximum Participants: 20

Relationships

We are in a time of transformational change, and with it there is an increasing awareness that we, individually and collectively, are a part of that change. How we relate individually and together is one of the vital factors. It proceeds from an individual internal process which requires a willingness to let true qualities be expressed with one another. We invite you to share in this exciting process with us.

✓ **Eric and Min Rayson** — 4373 Gordon Drive, Kelowna, B.C.

V1W 1S7

Room: 203

Reiki — A Handful of Health

An introduction to the act of Reiki healing. There will be an opportunity to ask questions after the lecture.

✓ **Inger Randles Droog** — (Reiki Master) — 607 Lk. Linnet Cres. Calgary, Alberta. T2J 2J3

Room: 301

Shiatsu — The Ancient Art of Finger Pressure

Each person in attendance will give and receive a shiatsu treatment. Comfortable clothing is recommended.

✓ **Stan Hubbard** — 1407 N. Boyer Avenue, Sandpoint, Idaho 83867

Room: 303

Maximum Participants: 40

The Angel's Workshop — A Light Hearted Perspective

Is the Angel inside you feeling trapped?? Locked within an irresponsible Little Self? Break out with the Angel's Workshop! Release the Best in you TODAY!!! Exercise and experiments in releasing the Higher Self are interspersed with some down-to-earth esoterics. Children are welcome at this workshop.

✓ **Peter Duryea** — P.O. Box 23, Gray Creek, B.C. V0B 1S0

Room: 403

Gems

As we expand our awareness and sensitivity of inner and outer reality, we begin to recognize there is a great intelligence empowering creation, abiding from the highest to the lowest, expressing through all the kingdoms. In our workshop sharing and discussion, we will open to two kingdoms — the mineral and the devic, exploring how they work together with the human.

✓ **Mary Hodwitz** — S8, C.11, R.R. #8, Tappen, B.C. V0E 2X0

Room: 501

Maximum Participants: 30

The Adventure of Self-Healing

The trend is towards self-control of our own lives. We can dramatically affect our own health. Simple herbal and nutritional remedies are useful for many problems. Inner, and lifestyle, changes work on deeper problems. Gather practical ideas and a game plan for self-healing. We'll talk about specifics... from warts, to pre-menstrual tension, to cancer.

✓ **Yarrow Alpine** — Box 853, Salmon Arm, B.C. V0E 2T0

Room: 503

Creative Dance

An opportunity to discover your creative movement potential, and to share it in a group. Preparation of the body, relaxation, stretching, alignment, flexibility, balance. Dance improvisation.

Wear loose fitted clothing. Shoes are not allowed on the Gym floor.

✓ **Irmi Von Hansen** — 12310 Kalavista Drive, Vernon, B.C. V1B 1K5
Room: 611 **Maximum Participants: 12**

Journey Into Love — An Eclectic Systems Approach to Knowledge

Living the life of the sacred warrior family: A role model of family unity and love. Given in honour of the re-emerging family circle. Join us in the creative expression of spontaneous love designed to bring the triune-self more integratively into balanced awareness and actualization.

✓ **Black Eagle and Kitsun** — 6105 Selle Rd., Sandpoint, Idaho 83864
Room: 702 **Maximum Participants: 25**

- Dinner 5:00 - 7:00 p.m.
- Cafeteria closes at 7:00 p.m.
- Video Room: Room 505
- Evening entertainment 8:00 p.m.
- Childcare available during evening program

Sunday Morning

- Sunrise Ceremony on school playground at 6:45 a.m.
- School opens at 7:00 a.m.
- Warm-up exercises — yoga, tai-chi etc. from 7:00 a.m. 7:30 a.m. in gym.
- Meditation from 7:30 a.m. until 8:00 a.m. in small gym (room 702).
- Cafeteria opens at 8:00 a.m. for breakfast.

Sunday Morning Programme #5 **8:30 to 10:00**

Singing

In this workshop some rounds and songs will be taught. Come along and share with Jephi and others, this beautiful expression of the heart. Hand outs of the notated tunes will be available for all.

✓ **Jephi Sioux** — Gr. 8, Box 1, R.R. # 1, Winlaw, B.C. V0G 2J0
Room: Auditorium

We Are One

1. Etheric Energy and male/female energy within self.
2. Clairvoyancy.
3. Universal truth and application to self.

You are invited to come and share The Oneness.

✓ **Terry and Julia Connell** — 17 E. 31st, Spokane, Wash. 99203
Room: 201

World Integration

The way of World Integration is a reformulation of Ancient Wisdom with modern techniques to meet the evolutionary necessity of this time of transformation. We, as the co-creators of our own reality can awaken to this responsibility through conscious work and co-operation with the living constituents of our inner world

This inner aspect of World Integration has its outer world counterpart in the Energy Flow Matrix of the planet, which is being strengthened to accomodate higher vibrations reaching

Earth. We have an opportunity to participate in this revivification as world servers.

The initial descriptive portion of this workshop will be balanced through participation in exercises and musical sharing. Some study materials will be provided, and energy flow maps will be available. Come and share with us in this great adventure. A three hour workshop. Part I. Part II at 10:30 a.m. Sunday.

✓ **Doug Redwing (assisted by Eva Nilsson)** — Box 253 Blind Bay, B.C. V0E 140
Room: 203

Acupressure

This workshop will deal with the beginners level, with general massage and awareness of energy flow in the body. These techniques will be practiced, and experienced, during the workshop.

✓ **Sid Tayal** — P.O.Box 300, Rossland, B.C. V0G 1Y0
Room: 303 **Maximum Participants: 40**

Living the Essene Way of Life, Today

A practical look at the works of Prof. Szekely who brought the information of the Essenes to the West through his numerous books. From almost 50 years Essene-way living experience we will explore what the Essene Gospel of Peace, and other Dead Sea Scrolls, reveal to enable us to live a more harmonious and healthy way.

✓ **Aubrey Creed** — 11711 Kalamalka Rd., Vernon B.C.
Room: 403

Silver Hills — A Study in Lifestyle and Community Living

Slide Show, lecture and question period, covering the experiences of a self-supporting medical-missionary community, with its trainging centre, education outreach, industries, country living and country home, while working together with a common goal.

— **Jon. K. Carrington** — Silver Hills, Lumby, B.C.
Room: 501

Home Schooling

Early childhood development — positive socialisation and self-worth. A look at home school resources and methods of educating our children. ½ hour introduction talk with preview of resources. Followed by a video session and question and answer period.

✓ **Daniel Jacobson** — Silver Hills, Lumby, B.C. V0E 2G0
Room: 502

Choices in Childbirth — Regardless of the Birth-place

Attention will be given to questions such as: health and body awareness — during pregnancy — birth and post partum period — nutrition — changing breech position in pregnancy — home birth/hospital birth — emergencies — high caesarean rates — vaginal birth after caesarean — episiotomie — and much more. This workshop is offered by the midwives — Childbirth Education of the Okanagan. Contact: Box 8, Lumby, B.C. V0E 2G0

— **Room: 504**

Tai Chi — A Chinese Way of Health and Relaxation

Participants of the Tai Chi Workshop will have an opportunity to see a demonstration, as well as experience for themselves, some of the basic Tai Chi movements. There will be a talk on

Tai Chi and its related health benefits. Wear loose fitted clothing. Shoes are not allowed on the gym floor.

✓ **Eugene Chung** — 2800 33rd Street, Vernon, B.C. V1T 5S5
Room: 600 (Gym)

Developing Inner Peace through meditation and Spiritual Awareness.

Workshop will include guided meditation and indepth examination of the laws of spirituality and their application in practical life. The workshop will evoke higher spiritual experiences through focus and raised consciousness.

✓ **Sister Denise** — Brahma Kumaris Raja Yoga Centre, 535 East 50th Ave., Vancouver, B.C. V5X 1A9.

Room: 702. — Small Gymnasium

- Cafeteria open to serve snacks
- Music Jamming in Drama room #104
- Meditation Room: Staff Room
- Healing Centre: Rooms 207 and 216
- Kidsfest: Rooms 305 — 310

Sunday Morning Programme #6 **10:30 to 12:00**

Interfaith Workshop

Comparative Religion, the Study of Islam, Christianity, Judaism, Hinduism, Jainism, Buddhism, Zen, Taoism, etc; the Essence of the Oneness of all the world religions. Theosophy, Gnosticism, The Rosicrucian and the Masonic Traditions, Hermeticism, the Egyptian Tradition, the Golden Dawn Tradition, will also be included in this study. The Meeting of East and West. Imre has worked for many years in the Esoteric Orders, and has attained high ranks in many of them, and a profound knowledge of all the Eastern Sects and Religions, including Vedanta.

✓ **Imre Vallyon** — New Age Centre of Higher Learning, 225 Oosteinde, 2271 E.G. Voorburg, The Netherlands

Room: Auditorium

World Integration

Part II of a three hour workshop. Part I commences at 8:30 a.m. on Sunday in Room 203. (Description of workshop available under that programme time slot.)

✓ **Doug Redwing (assisted by Eva Nilsson)** — Box 253, Blind Bay, B.C. V0E 1H0.

Room: 203

What Does Spirituality Mean To You?

This workshop will be an informal discussion on the uses of spirituality in our lives here and now. Those interested may receive an experience of Reiki in the Healing Room during the Festival.

✓ **Barbara Brown** — Reiki Master: Albers Rd., R.R. #2, Lumby, B.C.

Room: 301

Bio kinesiology — Clearing Negative Programmes

Muscle Testing used in an advanced manner: 1. To demonstrate how negative biocomputer programmes affecting our behaviour and health may be cleared; 2. To aid our understanding of who we are; 3. How our growth may depend on not-doing. This work-

shop will include some hands-on experience, as well as guided processes.

✓ **Henry Dorst** — 2813 W. Broadway, Vancouver, B.C. V6K 2G6
Room: 303

Esoteric Views on Music — Esoteric Songs

Participants will be introduced to the basic esoteric views on music, as well as learning some esoteric songs. Their influence on the singer will be examined.

✓ **Dobrna Nikolova** — 8431 Francis Road, Richmond, B.c. V6Y 1A7
Room: 104

Spiritual Attunement

Attunement with the creative processes of life brings an awareness of true identity, and through the expression of this spirit, balance, wholeness, peace and fulfilment are known in daily living. We will *consider to-gether*, sharing experience, understanding, questions and the generation of the aura of healing, nourishment, well-being and peace.

✓ **David Barnes** — Box 1274, Stn. A, Kelowna, B.C. V1Y 7V8
Room: 501

Macrocosmos vs. Microcosmos — Part I

How Can Thinking Modern Man Seek An Understanding of His Relationship and Responsibility to His Maker? An exploratory exercise in thinking for Esoteric Christians. Lecture and workshop. Part II at 1:30 p.m. Sunday.

✓ **Dick Goldammer** — Box 3, R.R. #1 Tappen, B.C. V0E 2X0
Room: 502

From Dominance to Synthesis — New Age Politics/Economics

The new age will bring new challenges. Nowhere more than in the areas of economics and politics, which are now totally interconnected, and dominated, by a plutocratic elite. With the collapse of the international monetary system now imminent, it is vitally important that we create new infrastructures that are autonomously decentralized, and harmoniously inter-related. We shall explore positive, non-violent alternatives to the present power structure that will accommodate unique individual needs, and reflect the Creator's universal plan of unity through diversity. After a 30 minute introduction there will be a moderated open forum.

✓ **Dennis Milligan** — Box 8, Lumby, BC. V0E 2G0
Room: 503

Maximum Participants: 30

Spiritual Relationships

Our spiritual journey often includes working through authoritarian structures, in an effort to obtain our individual guidance, and express our individual gifts. We will work with eliminating the confusions that surround these structures; including gurus, psychics, lineages, as well as conventional religious paths.

✓ **Steve Bentheim** — P.O.Box 117, Kelowna, B.C. V1Y 7N3
Room: 504

- Lunch: 11:30 - 1:30
- Noon Hour entertainment.
- Video Room: Room 505

Remember It's best to
pre-register for the Spring Festival.

Sunday Afternoon Programme #7

1:30 to 3:00

Womb Ritual for Women

Creating and opening a circle of trust — Meditation: revealing the natural ability of women to heal themselves and others, through their inner spirit — the Womb Ritual — Closing the Circle.

✓ **Rebeca Lee** — 310 East A Street, Moscow, Idaho 83843 U.S.A.
Room: 201

Dreamwork — The Inner Quest

Dreamwork can be a practical tool for creative self-discovery, and even transformation of one's life, because it reveals the Self or Soui at work. Dream-work techniques based on the Jungian-Senoi methods will be described and explored in a practical/experiential format which allows the dreamer to apply these techniques to personal dreams.

✓ **Marya Milligan** — Box 8, Lumby, B.C. V0E 2G0
Room: 203

Getting Clear — Part I

Participants will be introduced to In-Body Meditative techniques that may be used in meditation and in every day interactions. These techniques will be put into practice in the workshop through the use of exercises and games. Part II will commence at 3:15 p.m. Sunday.

✓ **Chris Shirley** — Rear, 2813 W. Broadway, Vancouver, B.C. V6K 2G6
Room: 301

The Cosmic Ray Revelations — Part I

Meditation and sharing awareness of how Primal Misperceptions keep us in chains to limiting beliefs, and the freeing power of the recently channelled Cosmic Ray Revelations. Part II will commence at 3:15 p.m. Sunday.

✓ **Ellafern Poindexter** — c/o Tela LaMer, # 129 - 3505 38th St., Vernon, B.C. V1T 6X1
Room: 303

Male Energy

(This is a special workshop for men.)

What does it really mean to be a man? Our consideration will assist men to release that strong, nourishing, radiant male energy which flows from the core of being. The essence of mature male companionship is aroma finer than prayer. This will be a forum experience where all the men participating will have opportunity to provide personal input and insight. Spiritual intimacy between us the goal. Release from bondage of conditioning is the requirement. Together we can facilitate this. Do not come filled with opinions, pre-conceptions. Let it all go so we can discover something fresh and new.

✓ **David Barnes** — Box 1274, Kelowna, B.C. V1Y 7V8
Room: 403

Conscious Awareness — Ancient Wisdom and Foolishness

Lecture discussion of some what, why, when, where and how of customs, taboos, superstitions and fantasies.

✓ **Grey Wolf** — 8100 Postill Drive, Vernon, B.C. V1B 1T7
Room: 501

Macrocosmos vs. Microcosmos — Part II

The second segment of a 3 hour workshop which commences at 10:30 a.m. Sunday in Room 502. (Description of workshop available under that programme time slot.)

✓ **Dick Goldammer** — Box 3, R.R. #1, Tappen, B.C. V0E 2X0
Room: 502

The Order of the Universe

As we look from the Micro-bios to the Macro-bios, we recognise a uniform Order throughout the Universe, which when understood properly can simplify our complex and diverse world and the dynamics that keep our Universe in an infinite strife for balance, according to the laws of change of YIN and YANG.

As we all are part of the Universe it is essential for our well-being and that of all, to flow with that Divine Order and not against it.

This Workshop is a step to learn to "walk our talk", because our life-style, the way we make a living, the food we consume etc . . . is a direct reflexion of our spirituality, and shows in how far we love our neighbour as ourselves, which is the bottom line of all religions and true spirituality.

✓ **Norbert Maertens** — Bear Valley, Lumby, B.C., V0E 2G0
Room: 503

Self-Hypnosis and NLP for Self-Healing and Growth

Self-Hypnosis processes will be explained, including suggestions for making your own self-healing tape. N.L.P. techniques will be incorporated. Relaxation and clearing processes, visualization, and affirmations will be used for physical and emotional self-healing, working with requests from the group.

✓ **Duncan Johnston** — 567B Ward St., Nelson, B.C. V1L 1T1
Room: 504 **Maximum Participants: 50**

- Cafeteria open to serve snacks.
- Music Jamming in Drama room 104
- Meditation Room: Staff room
- Healing Centre: Rooms 207 and 216
- Kidsfest: Rooms 305 - 310

Sunday Afternoon Programme #8

3:15 to 4:30

The Sacred Pipe — Its Meaning and Use

What the Sacred Pipe means. Preparation for its use. What it is used for. Experiential participation in a pipe ceremony.

✓ **Cougar** — Bear Tribe Medicine Society, P.O. Box 9167, Spokane, Wash. 99209
Room: To be arranged **Maximum Participants: 30**

I Ching

This experiential workshop is to help you explore the symbology of the I Ching, and your relationship to it.

✓ **Don Carlson** — Box 873, Spokane, Wash. 99210
Room: 201

Introducing the Green Dollar — The Development with Local Currency on Vancouver Island

A workshop to explore the basic principles of a local currency system — a history of the concept and its application — a

review of the practical experience with green dollars in Comox Valley, Nanaimo and Duncan. And tips on how to start a local barter and green dollars exchange system.

✓ **Hendrik De Wilde** — Box 132, Nanaimo, B.C. V9R 3K4
Room: 202

Attunement with Life

Health is a reflection of personal inner environment. Alignment with the life Current internally, promotes external change, and reveals an increasing vibrancy in body, mind and heart. Let us be stirred to action for Life's sake! Those who catch the vision of transformation today, and take personal steps to learn, mature and exemplify the transformed expression of true man/true woman are the most important individuals on earth.

✓ Question and answer period. Humour!

✓ **Bill Wilkinson** — #1 - 2727 Quadra Street, Victoria, B.C. V8T 4E5
Room: 203 **Maximum Participants: 50**

Rural Residential Architecture — Concepts & Building Plans

Aesthetics, building structure and materials, costs, circulation and conservation, detailing environmental impact on/from the building, functional space. Creative expression in building design.

✓ **Peter Chataway** — #204 - 1453 Ellis St., Kelowna, B.C. V1Y 2A3
Room: 204 **Maximum Participants: 20**

Getting Clear — Part II of a 2½ hour Workshop

Part I commences at 1:30 p.m. on Sunday in Room 301. (Description of workshop available under that programme time slot.)

✓ **Chris Shirley** — Rear, 2813 W. Broadway, Vancouver, B.C. V6K 2G6.
Room: 301

The Cosmic Ray Revelations — Part II

The second segment of a 2¾ hour workshop. Part I commences at 1:30 p.m. Sunday in Room 303. (Description of workshop available under that programme time slot.)

✓ **Ellafern Poindexter** — c/o Tela LaMer, #129 - 3505 38th St., Vernon, B.C. V1T 6X1
Room: 303

Therapeutic Touch

There will be an introduction of this technique followed by 30 minutes of videos. After the outline and demonstrations, participants will practice and experience the technique.

✓ **Guido Vanderheyden** — 2405 33rd Avenue, Vernon, B.C. V1T 2S9
Room: 505 **Maximum Participants: 30**

Health Timing

Rhythm and regularity is the beautiful symphony of life. Learn about your circadian rhythm (bio-rhythms) and how to work with nature in gaining and maintaining health.

Life is the beautiful balance in the midst of chaos, and this workshop offers the key to reset your time clock.

✓ **Phillip Brewer** — Silver Hills, Lumby, B.C. V0E 2G0
Room: 502 **Maximum Participants: 35**

Biological Medicine — The Science and Lore of Life.

The use of herbs in diet, as well as related practices. This workshop will aid a person to physical, emotional, mental, and spirit-

ual help. We will touch a few herbs, and their uses. Diet and the nature of disease. How you can coordinate a program using a multi-discipline to health care. The importance of communication and co-operation between the student and practitioner — and between practitioner and practitioner.

✓ **Shunter McBain** — R.R. #2, Lumby, B.C. V0E 2G0
Room: 504

Creative Dance

A description of this workshop is available under Time Slot 3:30 to 5:00 of Saturday Afternoon Programme #4.

✓ **Irmi Von Hansen** — 12310 Kalavita Dr., Vernon, B.C. V1B 1K5
Room: 611 **Maximum Participants: 12**

- Closing Ceremony at 5:00 p.m. in the Gym
- Raffle Draw

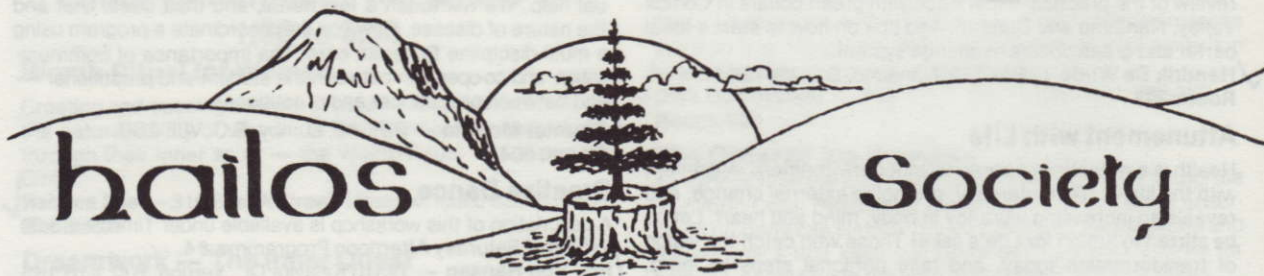


Welcome to the
8th
Spring Festival
of
Awareness

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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



hailos

Society

HAILOS Society for Wholistic Living is this years sponsor of the Spring Festival of Awareness. HAILOS is a non-profit New-Age community dedicated to create a climate for positive personal, social and global change towards a better future. HAILOS offers experimental workshops in Wholistic Living, including yoga, meditation, dreamwork, astrology, vegetarian and macro-biotic cooking. Come visit our community with teaching facilities taking root on 320 acres of secluded valley. Help us support a life-style of harmony with nature.

For more information, please contact:

HAILOS Society
P.O. Box 8
Lumby, B.C.
VOE 2G0

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

hailos Society

Name _____

Address _____

Workshop Suggestions _____

YES I would like to know more about the HAILOS
Society workshops.



MEALS

The staff at the cafeteria will be serving a variety of whole-some foods as meal packages or as single meals.

The dishes can be composed with a diversity of foods so that people on a vegetarian diet, or on a macro-biotic diet or those on a transient diet can find a nourishing meal to help them survive an exciting Spring Festival.

When you register, please indicate what meals you prefer to take from the cafeteria — so we know in advance how much food we should prepare to serve all.

The cafeteria will remain open during the workshop sessions to serve snacks and drinks.

Cafeteria hours:

Friday: 5 p.m. till 7 p.m.

Saturday: 8 a.m. till 7 p.m.

Sunday: 8 a.m. till 2 p.m.

Menu:

Friday, March 22, from 5 p.m. till 7 p.m.:

a variety of sandwiches and vegetable soup, beverages.

Saturday, March 23:

Breakfast at 8 a.m.: a choice of cereals, miso soup, fruit and beverages.

Lunch at 11:30 a.m.: a variety of sandwiches, a wholesome vegetable soup, salad with dressing, beverages and desserts. Dinner at 5 p.m.: different soybean preparations (tofu, tempeh) with lentils, brown rice and an assortment of vegetables of the season, salad with dressing, beverages and desserts.

Sunday, March 24:

Breakfast at 8 a.m.: different cereals, miso soup, fruit, beverages.

Lunch at 11:30 a.m.: a variety of sandwiches, wholesome vegetable soup, salads with dressings, beverages and desserts.

We welcome everyone and hope you'll enjoy the fine dishes prepared especially for this Festival.

And we kept also our prices special:

— Cost of a meal package: \$13.00 per adult
\$ 9.00 per child.

Packages includes: Saturday breakfast, lunch and dinner,
Sunday breakfast and lunch.

— Meals bought individually: Breakfast \$1.00 (0.75 for kids)
Lunch \$4.00 (\$2.75 for kids)
Dinner \$5.00 (3.25 for kids).

**MANY THANKS TO ALL THE VOLUNTEERS WHO
HAVE HELPED MAKE THE FESTIVAL HAPPEN**

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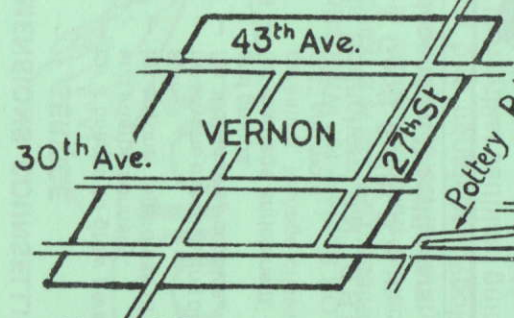
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Vernon - BC - V1T 7J3.
Ph: 542-7595.



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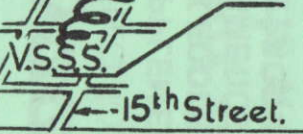
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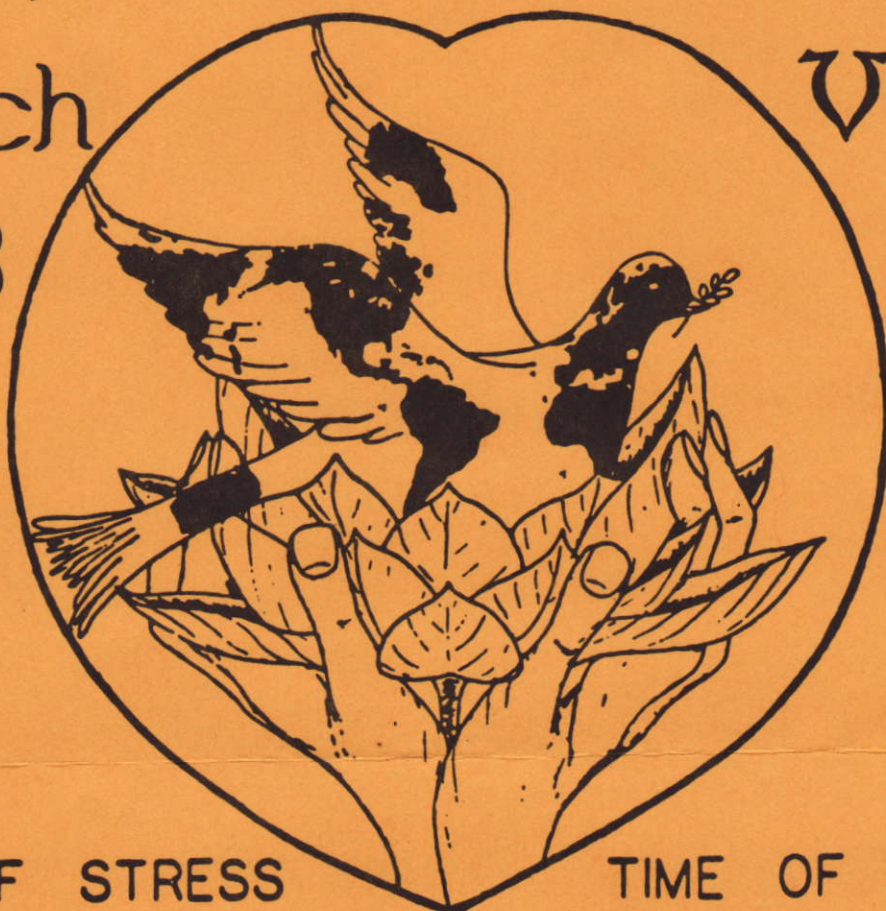
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March

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