

VANCOUVER  
**PWA**  
 COALITION

# Newsletter

## SHIRLEY MACLAINE'S SEMINAR - SEATTLE

by: Joseph Reid

It's in the dream the actor has, where the audience is waiting, the orchestra has started to play, and he can't remember what he's supposed to do. It's the waiter's dream. The restaurant is filling up and there isn't any food prepared. It's the dream the secretary has of her desk piled a foot deep in papers but her fingers are frozen to the typewriter. It is not just you who is having these dreams, we all are.

Quantum physics is proving now that consciousness has the power to alter physical reality. This has become a fact of twentieth-century science. The planetary vibrational frequency is speeding up as a result of the accessibility. All of us share, to the vast pool of knowledge in this technological age of information. Simply, we assimilate information with ease that our grandparents would not have been able to make any sense of. Our collective (or, super) conscious is having an effect not only on our physical form, making us feel a little crazy, but on the planet as well.

We are a culture of body worshippers and we applaud the giants of intelligence in our times, but these are not enough. The planetary vibrational frequency is out of balance. It is bereft of spirit. All the changes in mean temperature, volcanoes, earthquakes, drought, all these things are the message that the planet is telling us on behalf of the super-conscious to "get with the program". We are ripe for a fourth dimensional understanding.

So, what is a 4D understanding, Shirley?

The plane we live in at present is three dimensional. Height, breadth, and width, are its borders. Just for a minute yourself in a canoe on a turbulent tree-lined river. Your attention is focussed on the canoe, the immediate surroundings, the river you've already travelled, and the direction of the river ahead of you. Suddenly, your immediate surroundings take on much less importance. This is higher consciousness. This is a fourth-dimensional understanding. The way of gaining that twenty or thirty feet over your destiny is to go within yourself.

The main objective of Shirley's in holding these seminars, is to share with others the techniques she has learned of, which put us in touch with our higher selves. This is the residence of individual knowingness and intuition, and the birthplace of empowerment. A series of lectures followed by question and answer, and then meditation followed by exercises related to what she'd covered, took most of us and placed us in the presence of our "best friend we've never had". For some it is very emotional. For all it was very powerful. I would wish for everyone to once in a lifetime be lead in a visualization by a veteran of hollywood. This seminar was a verbal, experiential, workbook of the principles of metaphysics and how it sheds light on the global spiritual climate.

Shirley has lost many friends to AIDS. In a question period she was asked to reflect on why. Her answer stated her belief that there is a divine purpose, a greater good, to even the most painful things that we collectively experience. She sees persons with AIDS as the most important teachers on the planet at present. The lesson we are teaching is of loving and allowance. I'll close this with a direct quote from Shirley in the last hours of the seminar. "I am sick so that others may love me, Others are sick so that I may show them love".



## ON-GOING EVENTS

### Sunday nights: HEALING CIRCLE

Open to PWA's, PWARC's, friends and supporters. One hour of relaxation, visualization and sharing of healing energy. It's from 7:30 till 8:30 p.m., at the VGLCC, 1170 Bute St.

### Tuesday nights: SELF-SUPPORT GROUP

Those meetings are open to PWA's and PWARC's only. We focus on people's feelings about specific topics.

March 3: Dealing with fear of travel, not having your support system at hand.

March 17: Self-image.

March 31: Sexuality.

\*\*\*The Tuesday night self-support group meetings are held at St. Paul's Hospital, (Comox Building - 1056 Comox St., Room LM-5 in the basement) from 7:30 till 8:30 PM.



### Tuesday nights: HOLISTIC THERAPY

Those meetings are open to everyone. It is an occasion to explore the holistic approach to health.

March 10: Gail Hawton. "I'm not scared, I'm prepared": dealing with fear, especially fear of hospital. Also: shiatsu.

March 24: Gordon Pearson, hypnotherapist.

\*\*\*The holistic therapy meetings are held at St. Paul's Hospital, (Comox Building - 1056 Comox St., Room LM-5 in the basement) from 7:30 till 8:30 PM

### Friday nights: TAI-CHI

Learn the ancient chinese "Meditation in motion". Open to everyone. From 7:30 - 9:00 PM, at the VGLCC, 1170 Bute St.

### Mondays at 11:30: BUSINESS MEETINGS

Open to PWA's and PWARC's. A way to share responsibilities and decisions in the PWA Coalition. The business meetings are held at the Coalition office, 1170 Bute St.



## ATTITUDINAL HEALING AND AIDS

The Canadian Attitudinal Healing Association is offering a five week series on exploring attitudinal healing concepts and principles in greater depth.

Specific experiences will be set up which will enable you to unravel your own attitudes and belief systems and how they affect your life. By consciously choosing new attitudes and belief systems, healing can occur.

If you are interested in attending this five week seminar, please contact the Rockland Centre (736-7112) and ask for Phoebe, Lauren or Eva Di Casmirro.

The date and the time is negotiable and the fee is \$25.00 for the five week series.



## HEARTS AND FLOWERS FUNDRAISER

On February 15th, the Coalition's Valentine's Day Fundraiser, raised \$2800.00. It seems a great time was had by all. We would like to thank all the volunteers, entertainers, and especially Bill Belland and Michael Levy, who's expertise and energy went a very long way.

Sharon Holtzberg





The trip to see Louise Hay in Seattle on January 30, 31/87 cost the Coalition \$2100.00 in total. That money covered the expenses for transportation, food, accomodation, plus registration fees for the thirteen people we sponsored.

The lecture by Jason Serinus cost \$600.00 to cover his transportation, honorarium, location rental and advertising. This event was attended by approximately 75 people, at which \$300.00 in admission charges and donations was collected.

We have sponsored several people for workshops and treatments. The details of these expenses will be published in the April issue of the Newsletter.

An accountant has donated his time and computer services in order to prepare a detailed statement of our income for the twelve months and expenses. We have been in operation as of January 31, 1986. We will publish this financial statement in the April Newsletter. We are grateful for your personal donations and for your participation at our fundraisers. We want you to know where and how this money is being spent.

V.J.



### APPEAL FOR BOOKS AND TAPES

We need more books and tapes to loan out to P.W.A.'s and P.W.A.R.C.'s. If you have any books with a get well theme, nutrition, stress reduction, meditation tapes - YOU GET THE IDEA! We appeal to you to send us a book or tape you believe can help someone, or send us a title and a cheque and we will get the book you suggest. Our Federal funding has NO provision for library purchases, so we turn to you. We will use our fundraiser money for titles that don't come in by donation. Please send your books and suggestions to Box 136, 1215 Davie Street, Van. B.C. V6E 1N4; or bring it in to our office at V.G.L.C.C., upstairs at 1170 Bute Street.

V.J.



We would like to buy and give away some nutritious meals to P.W.A.'s. Maybe beef, chicken, fish and vegetarian variety, main courses, with rice or potato and vegetables. The whole meal, packaged in one cardboard or foil containers, frozen and labeled, would be ready for microwave or oven. We would deliver them with love, say six meals at once to those who request them and ask only for some feedback on how they taste. We don't want people to depend on us to provide all their meals. Instead we would like to offer meals people can keep in their freezers for days they don't feel well or just don't want to cook. This would certainly be better than snacking or not eating at all. When you are not feeling well, knowing you are not eating well only means more stress which no one needs. People receiving meals-on-wheels would be welcome to these frozen meals also. We will contract for, say 100 meals at \$4.00 apiece and get this idea rolling.

PROBLEM: We can't find anyone to produce these meals. We have called a few cooking schools, Vancouver Vocational Institute, and Vancouver Community College, among the few. They have all turned us down, due to the fact that they are not permitted to sell off the premise.

PLEASE HELP: Please call the office at 683-3381 if you have a solution to this problem. Maybe one or two persons will take this task on. (Culinary references are requested!) Or perhaps a restaurant will cook them on a day that they are closed.

If you are a P.W.A. or P.W.A.R.C. or if you know someone who would benefit from meals like these, please call the office and state your preferences for main courses. Once we determine if there is a need for this service we will go ahead with it and repeat it every month or so.

## \* HOLISTIC COMMITTEE SET-UP \*

The P.W.A. Coalition has set up a Holistic Committee, to specifically look after one of its main objectives: exploring alternative therapies. The first workshop organized by the Committee was a success: more than 75 people showed up to meet Jason Serinus, editor of "Psychoimmunity and the Healing Process", on February 19th.

The Holistic Committee is currently looking at the possibility of other workshops and retreats. It is also taking care of finding holistic practitioners to attend our "alternate therapy meetings", which are held every other Tuesday. If you are interested in joining the Committee, please call the office (683-3381) and leave a message for Benoit.

## SEMINAR WITH JASON SERINUS

The book "Psychoimmunity and the Healing Process" engendered a lot of interest; so when the opportunity arose to have its editor Jason Serinus come and talk to us, the Coalition was happy to arrange a seminar.

So on February 19th, 75 people gathered to listen to Jason share some of the information that he's gathered in his years of dialing with AIDS. It was a pleasant experience, beginning with a presentation of classical whistling (yes, you read that right). Jason was, and still is, a professional entertainer, and has been able to incorporate that background into his present work with AIDS.

At any rate, the opening presentation left people relaxed and happy, which is quite a feat when the discussion is going to be about AIDS. In general, the whole tone of the evening went on in the same vein. Having been involved with the holistic movement, especially in regards to AIDS, for several years now, Jason is far from being dogmatic about approaches or treatments. Indeed, he feels that the holistic approach can complement the approach of allopathic medicine. One of his messages was that

allopathic medicine will eventually find a cure for AIDS; but we don't have to wait for a "cure" to start the process of healing.

This process can be carried out in many ways; using the holistic model, one works on all levels of being, that is, body, mind, and spirit. For instance, body can be detoxified using nutrition; mind can have attitudinal changes; spirit is perhaps the most neglected facet in modern society and perhaps the most challenging, for in spirit we can transcend limitations of mind and body.

As mentioned earlier, no one technique was emphasized; interestingly, Jason had a meeting with a group of long term survivors shortly before his visit, they all used different approaches but the one commonality was that they had they had made a decision to live and they were foing it one day at a time.

AIDS can be seen, in a sense, as a manifestation of the stresses of present day life; affecting, initially at least, in North America, that part of society which is still treated as second class. But, it can also be seen as an opportunity for learning, for going beyond our pain and its love, as is being seen in the response of the gay community.

Perhaps this was the message that seemed most significant, at least it did to one participant I talked with, a woman who came with her recently diagnosed son. It made her feel better that there could be a meaning to the situation. It made her feel better to be there and see people supporting one another.

And that's what it was about, and much more. So we videotaped the evening and copies can be borrowed from our library.

Taavi

WE WILL WIN,  
WE WILL NOT BE CHEATED...  
A.I.D.S CAN AND WILL BE BEATEN!!



THE CANADIAN RESEARCH AND EDUCATIONAL FOUNDATION  
FOR THE STUDY OF MAN'S IMAGINATION

IS HOLDING

2 DAY "FIGHT FROM WITHIN WORKSHOP"

ENTITLED

"HOW TO EMPLOY YOUR IMAGINATION TO HEAL YOUR BODY"

SCIENCE & MEDICINE all over the world are doing research and instructing their patients how the imagination heals and activates the immune system.

MOUNT SINAI RESEARCH IS FINDING: that thoughts and feelings can really alter the immune system, and perhaps, our vulnerability to disease "there is mounting scientific evidence that suggests that our state of mind, in particular, our ability to cope with stress, indeed influences whether and when we fall prey to disease, as well as how quickly and completely we recover"

Dr. Steven E. Keller, Ph.D believes 'The brain influences the immune system...if one reflects about the whole concept of the brain's role in the body, the brain controls just about everything..it controls how we walk, how we talk, it controls the blood pressure..why not the immune system?

LEARN HOW TO CONTROL YOUR BRAIN  
WITH YOUR OWN WONDERFUL HUMAN IMAGINATION

DATE: MARCH 21st AND 22nd

INDIVIDUAL COST: \$300.00

PWA MEMBER GROUP COST: 10 cost - \$200.00 -- 15 cost \$175.00  
20 or more - \$150.00

FOR REGISTRATION INFORMATION CALL TAAVI or SHARON @ PWA 683-3381

+ - X = ?

Please God, send us an adding machine with journal tape. I've tried the solar powered calculator but I'm still unbalanced. Just a little adding machine, dear God, with a nice white roll of journal tape - that's all we need.

W.J.



### TV - VCR

A VCR and small T.V. in the office would allow those without VCR's to watch videos in the office. A loaner T.V. or VCR would be very welcome and cared for on our fire and theft insured premises, and returned at the owners request.

W.J.



### KNOW YOUR RIGHTS

P.W.A.'s and P.W.A.R.C's are entitled to Handicapped Persons' Income Assistance through the Ministry of Social Services and Housing.

To apply, see your financial Aid Worker at your local office of the Ministry.

Request an H.P.I.A. application of which they will fill out the first section when asked. It is necessary that you state you are unemployable because of illness.

You will then take this application to your doctor, who will fill out the second section before sending it in. (Be sure your doctor supports your claim before you apply). Your application will take approximately six weeks to process.

H.P.I.A. at present is \$333.00 for support and up to \$241.00 for shelter. So at the most you will receive \$574.00 per month. If for any reason your application is denied, you have the right to appeal this decision.



## HANDICAP PENSION INCOME ASSISTANCE

In the past four years H.P.I.A. has only increased by 4.8%. Meanwhile inflation has eaten away 20% of our standard of living. \$574.00 per month does not come close to covering my expenses of rent, food, and utilities, let alone vitamins, minerals and the assorted list of over the counter medications I require. \$574.00 per month amounts to \$6,888.00 a year, which is over \$3,000.00 below the poverty line for a single person. On this bare subsistence level of income, many of us are forced to line up at the food banks in order to survive.



### APPEAL TO HOLISTIC PRACTITIONERS

For almost a year now, the P.W.A Coalition has held "alternative therapy meetings", twice a month.

We believe that one of the best ways to become and stay well is to take control over our lives. These alternative therapy meetings have helped several people with AIDS or ARC to draw their own program to wellness. The meetings, held on Tuesday nights, run for about an hour, and are open to anyone interested.

There is usually an attendance of ten to twenty people.

In the last few months, we have had guests from different fields, naturopathy, chiropractic, crystal meditation, shiatsu, tai chi, attitudinal healing, imagination as a way to get well, reiki, and so on.... If you are a holistic practitioner, and have something to offer us, we want to hear from you! Please leave a message for Benoit at the office (683-3381).



### BABA TAAVI'S SPIRITUAL CORNER

If the universe is unfolding as it should, why do I feel as if I'm getting stuck in the creases?

## ON GOING STORY III

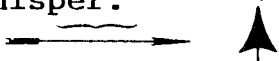
July 17th, 1985 was the first entry in my journal, approximately ten weeks after my initial diagnosis. On returning home after discharge from hospital I decided that there would have to be a thorough rearrangement of priorities in my life. I also decided to keep some kind of record of the process. The first task I undertook was to discard a thick stack of university essays, stories and a couple of journals. I carried them to a huge garbage container in the alley, opened its lid, took a deep breath and threw them in. All I saved were six short "images" from several years of record keeping. I was now ready to start anew. I titled the journal "Urban Contemplative" and about a year later subtitled it "Images".

The journal lies open before me on my lap at the moment. This entry is being written on page 143. Leafing through twenty months of entries reveals quite a lot about how I have dealt with my fate. The musings I've entertained and recorded trace a profound maturing of my attitude towards what can and what cannot be done. Everything is contained within these few pages. My hopes and fears, my deepest yearnings are here. I've arranged with Marcel and Lesley, two dear and supportive friends, to xerox several copies of the journals after my body dies and distribute them to friends and acquaintance. I really can't think of a better legacy.

Along with and interspersed between the more serious entries are "images" I have written. A dancer dances images, a painter paints them, a musician composes and plays them and I write them. I would never presume to call my images poems. They are simply visions conjured up along the road to my awakening. They help point out the fact that the road, the journey and the destination are all one and the same, that the seer and the sought are in the seeing.

On closing today, I'd like to share two with you, a short one and a somewhat longer one. First the short one:

One cloudless winter night the moon touched the earth letting all the creatures there step onto it to hear the stars whisper.



## CONT'D

and now the somewhat longer one:

Perhaps the derelict you see early every morning on your way to work huddled on the door way, the one who stinks, the one you wish would simply go away somewhere and wash; perhaps that bag-lady you keep bumping into in the early evening during your walk around Lost Lagoon, the one bundled in layers of newspaper under a thickness of old rags and worn coats; perhaps that annoying drunk who can always be seen in front of the Government Liquor Store, the one you pass on your way into the store, the one who asks for a quarter; perhaps the welfare cases, the sick and dying, the rude and obnoxious, perhaps for that matter, just about everyone who crosses your daily path and wish wouldn't; perhaps they are all "saints" patiently waiting for you to pause for a moment and listen, just perhaps.

Love and Peace

Allan



\* CALENDAR OF EVENTS - MARCH 1987 \*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HEALING CIRCLE 1	BUSINESS MEETING 2	HOLISTIC THERAPY P.W.A.'s AND ARC ONLY 3	4	5	TAI CHI 6	7
HEALING CIRCLE 8	BUSINESS MEETING 9	HOLISTIC THERAPY OPEN TO ALL DEALING WITH FEAR 10	POT LUCK DINNER * CALL OFFICE FOR LOCATION 11	12	TAI CHI 13	14
HEALING CIRCLE 15	BUSINESS MEETING 16	HOLISTIC THERAPY P.W.A.'S AND ARC ONLY 17	18	19	TAI CHI 20	21
HEALING CIRCLE 22	BUSINESS MEETING 23	HOLISTIC THERAPY OPEN TO ALL HYPNOTHERAPY 24	25	26	TAI CHI 27	28
HEALING CIRCLE 29	BUSINESS MEETING 30	HOLISTIC THERAPY P.W.A.'S AND ARC ONLY 31	APRIL 1	2	TAI CHI 3	4