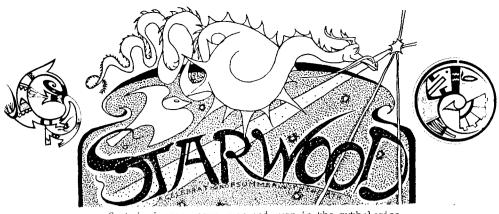




THE ASSOCIATION FOR CONSCIOUSNESS EXPLORATION

1643 LEE ROAD, ROOM 9 CLEVELAND HTS., OHIO 44118





Certain images occur over and over in the mythologies of various spiritual paths across the ages, across the world. Jung, Graves, Crowley, Adler, Gardner, Wilson, and many others have noted such archtypical re-occurances as the Dead-and-Risen God, the Hero, the Tree of Life, the Flood, the War at the End of Days, the Mischief God, and many more.

One image that has always facinated me is the Elemental Creature. It is usually depicted as a Dragon or Winged Serpent, although among the Native Americans the Thunderbird shares this office. In decorative art on both sides of the Atlantic, its power often manifest in a spiral motif, and the being's body is sometimes distorted beyond recognition in complex knotwork and spiralling border illumination on sacred artifacts.

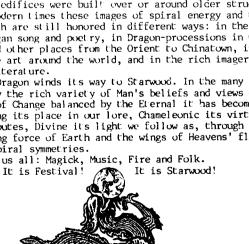
The Ancients viewed the energy of the Earth winding from one place of power to another, tracing "Lay-lines" across the face of the continents. Processions following this "Dragon-track" were observed all across Europe and Asia, and there is evidence that the same principles were followed in the selection of sites for sacred monuments, temples, and other religious and magical places even in the New World.

As new cultures moved in and supplanted, to varying extents, the indigenous beliefs of the folk in Europe and Asia, their members built their altars and temples along these same traditional paths, even choosing for the Gods they consecrated these places to the ones in their pantheons whose characteristics most closely matched the old Gods. Sometimes edifices were built ever or around older structures.

In modern times these images of spiral energy and the Dragon-path are still honored in different ways: in the lyrics of Neo-Pagan song and poetry, in Dragon-processions in China, Japan, and other places from the Orient to Chinatown, in decorative art around the world, and in the rich imagery of fantasy literature.

The Dragon winds its way to Starwood. In the many colors painted by the rich variety of Man's beliefs and views of it, a symbol of Change balanced by the Eternal it has become. Everlasting its place in our lore, Chameleonic its virtues and attributes, Divine its light we follow as, through us, the winding force of Earth and the wings of Heavens' flight link in spiral symmetries.

Join us all: Magick, Music, Fire and Folk.



The Association for Consciousness Exploration and the Chameleon Club proudly announce the seventh annual Starwood Festival, to be held in Northeast Ohio from Thursday July 23rd thru Sunday July 26th. The festival will feature some of our favorite past speakers, and a few new ones. There will be a special concentration on music this year, with classes and workshops planned on Myth, Magic, and Music, Festival Drumming, Making Musical Instruments, and more. This will also be reflected in the variety of music in our Saturday night concert, and some of the material from the classes and performances at the MusicStar Festivals will be repeated and expanded upon. In some cases, classes will be presented as sequels to those included in the 1986 MusicStar Festival.

We will also be attempting to incorporate some new topics into the festival, including classes on subjects of Ecology, Massage, the Exploration and Colonization of Space, and others. Anyone wishing to present a class or ritual at Starwood of any nature, please contact us A.S.A.P.

A list of our speakers and topics planned so far includes:

Robert Anton Wilson

Selena Fox

Dennis Charpenter

Alex Zoltai

Isaac Bonewits

Mushroom

Donna Boswell

Marie Amer Ian Corrigan

Cliff berns and Karen Allgire

Karen Allgire Linda Florist David Givens

Joseph Rothenberg

H.O.M.E.S. on LeGrange

Triple-Goddess Vision Quest

Healing Circle

Past-Life Regression

Starwalk

Neo-Pagan Taboos

Magical Ethics in the Neo-Pagan Community

Massage

Myth, Music, and Magic: Myth and Invocation

in Occidental Music Through the Centuries

Festival Drumming Workshop Music of Faerie and Other Realms

Kali Punja

Self-Exploration Through Movement

Making Musical Instruments The Magic/Science Interface

Comet's Trail: a Multi-Media Participation

The program will begin Thursday night with the Welcome Wagon Jam Session. Bring your musical instruments, and contributions to the pot-luck refreshments.

The first classes will begin Friday afternoon, followed in the evening by an opening ceremony at the main lodge. Then, Joseph Rothenberg will lead an exploration of specialized light, sound and symbol environments called Comet's Trail. Past attendees at Starwood and Winterstar will fondly recall Joseph's fantastic multi-media consciousness-enhancing productions, in which structured sequences blend with your improvised interpretations of character and spirit roles. The participants act out their parts using the spaces to create their script. In this presentation, our images of the planets and the solar system will be used to promote interactions and awareness of our unity and inter-dependence.

Seturday morning will begin with a group ceremony (location to be decided at the Fowtival), presented by members of the Chameleon Club and Circle. This will be followed by classes until dinnertime, after which the concert will begin. Music presented will range from the classical to traditional and Neo-Pagan folk to the generally eclectic, and will feature Chameleon Club members and friends. Also on the bill, Paul Keefner and Ron Slabe will perform Electronic jazz and New Age music. (If anyone else wants to offer a short set at the concert, please contact us.) Our famous Saturday night Bonfire Party will follow, beginning with a Dragon-procession to the lighting of the fire led by Kashra (whose art adorns the front and inside rear cover of this issue of the Changeling Times), and ending who-knows-when through dancing, drumming, and carrying on.

Sunday morning will begin with a healing and attunement circle, followed by classes until mid-afternoon. A parting and grounding ceremony will end the program at aroung 3:30 P.M.

Merchants are welcome, as always, with no fee. (Donations are welcome.) We plan to have a central area set up for merchants, but those who prefer can set up by their tents.

All cars will be required to be parked in the parking lot for the duration of the event, except when loading and unloading. Special exceptions can be made for "sleeping vehicles". Vehicles can park at the RV hook-ups, but not in the tenting area.

Compo Childrens' activities will be offered for two or three hours on Saturday and Sunday. This may include storytelling, trips to the nearby playground, films and cartoons, and a possible Childrens' Circle Sunday morning. If you and/or your children plan to participate, include the children's names, ages, and sex with your registration (and send this in advance even if you plan to register at the gate). Check in at the "Troll Booth" for scheduling. Parents of participating children should expect to donate time as an aide. There must be at least two aides at all times during these activities, or they cannot be held. (We cannot be held responsible for children's allergies, health problems, or any other condition that might endanger the child's and other's safety without that child's parent's assistance in the activities.)

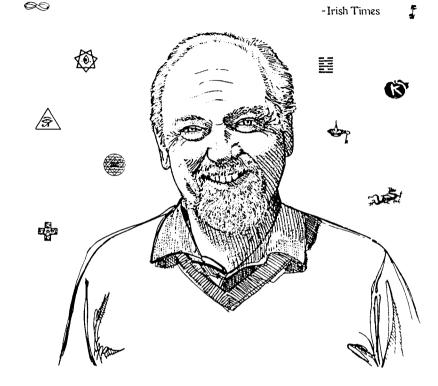
The site for this year's festival is a private campground owned and operated by Bear Creek Rance Resort. It is a KOA campground of which we will have exclusive use. It features tent camping areas and many electrical RV hook-ups, a swimming lake with a sand beach, a bathroom/shower-house with ten showers and flush toilets, additional Porta-sans in the tenting areas, plenty of water and power, an indoor hall, and more. The water on the site is rather strongly flavored, so we recommend bringing extra drinking water. The ground is quite hard in some places, and we highly recommend tough ground covers and foam pads or air mattresses, and hammers for driving tent stakes. Bring any tables or chairs you want (especially for merchants), since there is a shortage of movable picnic tables. There are now tables around the lodge. Please bring grills or hibachis rather than digging fire pits. Don't forget suntan lotion and sunscreen, hats and good shoes, and insect repellent. Dining canopies are recommended.

Bear Creek also has a very nice RV and recreation campground about a mile down the road from the Starwood site, which features miniture golf, horseback riding, water tobaggonning a bar and dance hall with country/western music, playground equipment for the kids, a great steak house, and a small store for beverages and other necessities.

See page 15 for registration form.

RÖBERT ANTON WILSON

The world's greatest writer-philosopher



THE H.E.A.D. REUO'tally changed the nature fall of Magickal, Pagan, otherwise HEAD Revolution -- Hedonic Engineering Amere absolutely good, but I with the psychedelics and bio-feedback mamined. As one person wrote three years to attend my first graduated to Lilly float tanks, scientys in my town. I went to my neo-Reichian body relaxation and neulays." From three different Describing the latest brain-change machinups, etc.

Describing the latest brain-change machinups, etc.

absolutely, unbelievably Hedonic Engineering has come of age and to this trip. You can come in history to have the capacity to tap the fa festival, you can meet a and graduate from humanity to superhumar's, you can attend a whole and graduate from humanity to superhumar's away confused, enlightened,

Wed. July 25 the grain they found



THE ASSOCIATION FOR CONSCIOUSNESS EXPLORATION

1643 LEE ROAD, ROOM 9 CLEVELAND HTS., OHIO 44118 \$20/10 for ACE Members



The Association for Consciousness Exploration is an organization dedicated to the study of the many realms of the mind, and the promotion of these studies on the part of others. We consider the fields of Psychology, Magick, healing, meditation, stress management, mnemonics, Shamanism, Meta-physics, and Quantum Mechanics to be inter-related and, if properly balanced, to possess the potential for a synergistic relationship resulting in advances in our understanding of ourselves and our universe far beyond the potential of the individual sciences.

ACE offers a Membership Card for \$40.00/yr. which provides significant discounts on all our activities and services, including our classes, lectures, and seminars, the use of our bio-feedback and sensory isolation and controlled sensory stimulation equipment, and our library of reference books, periodicals, and videotapes. We also have audio-visual equipment for viewing tapes, 16mm film, audio-tape players, and our personell are available for information, advice, and counselling. For further information contact:

THE ASSOCIATION FOR CONSCIOUSNESS EXPLORATION 1643 Lee Rd. No.9 Cleveland Heights, Ohio 44118 932~5421



The STARWOOD LECTURE AGENCY can provide your organization with a wide variety of speakers and entertainers whose presentations relate to the fields of relaxation, healing, Magick, and consciousness exploration. We can arrange tours, provide advice on the promotion of an event, handle all travel arrangements, and generally help make your event easy and successful.

Our roster of presentors includes:

ROBERT_ANTON_WILSON RAYMOND_BUCKLAND IAN_CORRIGAN AMYLEE
JEEF_ROSENBAUM SELENA_FOX ROBERT_SHEA ISAAC_BONEWITS JIM_ALAN
MARGOT_ADLER MARTIN_LAUBACH REBECCA_CRYSTAL ARLEN_RILEY_WILSON
STANLEY_KRIPNER MOIRA_KYTELER LINDA_FLORIST VICTORIA_GANGER
MAGGIE_CROSBY_INGALLS WILLIAM_CARL_EICHMAN JOSEPH_ROTHENBERG
DENNIS_CARPENTER... AND MANY MANY MORE!

For further information, please contact ACE.

The Festival Movement

excerpted from the panel discussion
THE MAGICKAL MOVEMENT: PRESENT AND FUTURE

recorded live at WinterStar 1986

Margot Adler

Isaac Bonewits

Selena Fox

Jeff Rosenbaum

Robert Anton Wilson

One of the things that I've been noticing lately is a term pupping up called the Festival Movement. I sort of relate it to the section in "My Dinner With Andre" where he talks about the need for people to have sort of "space-stations" or safe places where they can go to learn and to become illuminated, if you will; to re-capture that sense of being in reality rather than being asleep and dreaming in this world of illusion that we get fed by various different people that are giving us the information that we base our reality-view on. I find that the festivals, which are a very strong part of the Magickal Movement, and events like these, symposiums and things, are probably the major university for learning about these things, especially the major multiversity, the place that you can learn about lots of different paths and compare them. And you can see "exchange students" from other pathways, and compare what your doing with them. I wondered if you'd comment on festivals' places in this whole array of movements.

R.A.W. That brings us back to Gavin Frost. One of the things I like about Gavin is that he insists, or used to insist that his students study at least one other spiritual path.

Isaac He still does. He makes it a point when he throws a festival to invite people from as many different weird groups as possible to address his students and share what they've got.

R.A.W. I think that's a damm good idea. You should know a least two. I'm in favor of knowing at least a dozen, but you should know at least two.

Margot I'd like to say a few things about the Festival Movement. There is no question that festivals have absolutely, totally changed the nature of the way people come into this small group of Magickal, Pagan, otherwise movements. And most of those changes I think are absolutely good, but I think that some of them haven't really been examined. As one person wrote me recently, it used to be, he said,"I waited three years to attend my first ritual. I couldn't get invited to the two groups in my town. I went to my first festival and saw five rituals in three days." From three different types, five, y'know six different types of groups, etc.

I think that one has to see festivals as absolutely, unbelievably changing the nature of the way people come into this trip. You can come into it as a complete outsider, you can go to a festival, you can meet a whole bunch of people from different traditions, you can attend a whole bunch of rituals and workshops, and you can go away confused, enlightened,

weirded out but certainly intrigued.

It used to be that people would spend years, I mean years, suffering, to find some group of reasonable people. And if the group they found happened to be unacceptable or dominated by a lot of, sort of, what was that word we heard today (from Arlen Wilson), mini-charismatics, there wan no acceptable alternative, and it was really problematic. And you'd be in agroup often that really wasn't one that the Gods were really the gamb you related to, or the way they did Magick wasn't the way you related to, but it was the only group in town, and it was the best way to do it, and you did it.

Now, there are a lot of interesting questions about this. I've gotten a lot of letters because I've decided to do a sort of chapter on festivals, and peoples' reaction to the Festival Movement are not completely positive. And here are some of the negative ones. I mean, for me its absolutely positive, its the most wonderful thing that's happened. its great for all the friends I know, its great for meeting people, etc. Its great for net-working, its great for anti-athoritarianism, its great for all those things.

But there are some people who've written me saying that they feel that 1. traditions (quote, unquote) are going to be completely diluted by the Festival Movement. And there's a certain truth to that. What happens from these festivals is that everybody learns everything, there's a national shared body of chants and dances that goes right across the country, from New York to California, there's sort of s national, magickal thing that people are learning that's very different from being schooled as an Alexandrian or being schooled as an Italian blah-blah, or being schooled as an 0.T.O. Member, or whatever. So that people are learning a much more smorgasbord amalgam of Magickal traditions than one particular tradition.

There are some people that have written me and said that the Coven as a Craft term is losing its Magick, that people don't really have to even identify with Covens to a certain extent, that instead what they're doing is going to festivals and, in a way, they're hooking up with larger net-working groups, and they're not really dealing with this, and there are people who think that there are some down-sides to this. Probably if you want to have the sort of quiet "traditional" upbringing of a group you may lose out, and you may think you know a lot more than you do from going to a lot of these meetings when in fact you know very little.

On the other hand half these Covens didn't teach you anything anyway, so it depend. I mean, there are some great Covens that were really teaching

a lot more than you might get at a festival, but...

I'd like to comment on this concept of "getting diluted" and maybe Covens "losing thier power", because I actually see in some ways festivals are doing the opposite of that. To some extent some traditions have gotten very eclectic and maybe some people in those traditions haven't liked the way certain groups have gone, but its been my experience that a lot more traditions are being founded now as a result of people interacting at festivals. People are starting to explore other alternatives. And I think more traditions are being founded, and I think that more Covens are being founded, 'cause I can tell that just at Pagan Spirit Gathering people meet each other, they come from all over the country, and sometimes its like old souls linking up but they live in opposite parts of the country. And they link together, and sometimes they move, travel across the country, and they've found their family.

So I would say to that, yes, some Covens may dissipate as a result of gatherings, and that some traditions may get watered down, but I really think that traditions are not only being formed but they're being enriched. And I think a lot more groups are happening. I mean obviously I'm coming from a space where I speak at a lot of gatherings and I organize a lot of gatherings.... I think that gatherings are vital to our sense of community. We're moving into an age where our ways of relating to each other are, hopefully, changing. The computer age is linking us all together....we haven't even gotten into that, I wanted to bring up the computer as a Magickal tool, but that's another discussion.

We're starting to form new kinds of communities. Yes, there are people that are choosing to buy land in the same area, which is a community in a more traditional sense of the word, where people are all living in the same place and sharing some of the same values, yes, that's happening. In fact, I wrote this article in the latest issue of the paper about the different kinds of communities that are happening not only in Neo-Paganism, but it could be broadened for Magick as a whole.

The periodicals that are being published now. That's one form of community. People are linking up with each other through the mails. The computer bulliten boards that are happening, that's another way of linking together, whether you chose to be in a group or to be on your own, I think its important to have some kind of community that you can feel a part of, that you can participate in some ceremonies. Maybe the main focus of the cereminy is to empower people, to create a re-charging, to help deal with the pressures of society and feelings of alienation. And I think as we get together, we are in an alembic, what I call an alembic for planetary transformation. Not just Neo-Paganism, but all these kinds of gatherings that are happening, 'cause as we get together some real creative ideas are springing forth. I mean just at this WinterStar a lot of the conversations I've had with people have brought ideas to me which I'll take back. And I really think that's really the heart of why festivals are so wonderful. We can get re-charged and enrich our lives.

Isaac

I have a major complaint and an observation about festivals. There was one thing that was absolutely , fundamentally wrong with every single festival I attended last year except, maybe, Pagan Spirit Gathering:

They don't last long enough!

However, the observation I made last year....like I said I must have seen thirty or fourty cereminies over the course of the summer done at different festivals. This is something that ties into my own ego, so I have to preface it with that caveat, but, over the last ten years the news finally percolated through most of the Pagan community that the Craft as we know it is a modern creation. And I escaped the stake and the moose for that. But ten years later when I went to festivals last summer I noticed an amazing explosion of creativity. I think one of the results of people going to festivals is cross-fertilization. I saw some of the most spectacular, beautiful, imaginative ritual work this last summer. I mean, it just totally blew me away. And I think we're going to see more and more of that happening, as more and more festivals happen. Its already at the point now where on certain week-ends in the summer you have to make a choice as to which festival you're going to. That's really frustrating! I mean, its bad enough that I had to decide to go to WinterStar instead of the Boskone Science Fiction Convention. And that's a problem to, competing comventions and festivals. But as more and more people are going to the festivals they're sharing their techniques and, yes, the High Priestess and High Priest who wanted everybody in their group to follow a "party-line" that they got out of a book is being

disappointed that their traditions are being diluted and "polluted" by all of these alien ideas. But in point of fact as far as the people involved, and what they're doing, and the health of the community as a whole.... the festivals are the best thing that has ever happened to us.

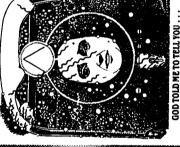


EXPLORATION Cleveland Heights, Ohio 44118 CONSCIOUSNESS **ASSOCIATION FOR** 1643 Lee Rd. No. 9 THE

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A MEETING WITH ROBERT ANTON WILSON

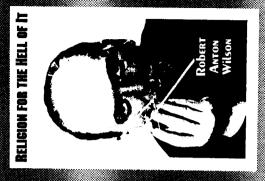




the interactions of "mini-individuals within small

Arlen Riley Wilson is a sociologist and poet. She holds a Ph.D. from Hawthorn University and is co-founder and co-director of the Institute for the Study of the

Human Future. Herverse has appeared in Magical Blend, Way Out and other publications.



RELIGION FOR THE HELL OF IT

ROBERT ANTON WILSON A MEETING WITH

secelebrating the opening of its office and ciction center in Greater Cleveland. L'Conoclast, author, poet and magician, ins a tapeatry of anecdotes, philosophy, cand analyses of themes from his earlier limulating question and anawer session. ude Chape! Perilous, Freemasorry, with a short exercise), the Sirius Connecernmental Disinformation.



STARWOOD MEMORIES

STARWOOD MEMORIES



STARMONY

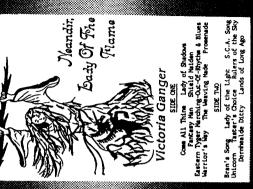
These chants, drawn from various walkways of the

The major events of A.C.E. and the Chameleon Club have always included fine musical performances. This is a special collection of spirited performances from past Starwood estivals and Winterstar symposiums by members and friends



may you find pleasure in the genuine ounds in the music brought forth on

Victoria Ganger



Bady Of Fre Flame Meandir,

ager has long been a member of the Society for S.C.A.), a subtionwide medieval group. She is kn as for her properatify to party beyond all oth medieval and pages circles, and has performe

Healers, Therapists and Shamans FROM WITCH TO WITCH DOCTOR



Margot Adler

op Down Liturgical Design



Isaac Bonewits

of Craft Ritua e Structure

Isaac Bonewits

Healers, Therapists and Shamans PROM WITCH TO WITCH DOCTOR

sentation by renowned en therapy, controversy continues e acceptance of Shamanism as s for healing mind and body. Margoi this crossover of shamanic appil While the 1980s have witnessed a strong resur gence of interest in shamanic methods and thei

TOP DOWN LITURGICAL DESIGN

Isaac applies the logic of computer programming to the design of effective magical and religious ritual. Beginning with targeting and selection of goals, listeners are guided through the design, shop supplies a pattern of ritual nat is applicable to any kind of on and performance of ritua design that is applicabl magical or religious work.

THE STRUCTURE OF CRAFT RITUAL

ques of invocation and practical power raising. This workshop provides a first-rate introduction to the working of Wiccan ceremony and suggests improvements that will interest more advanced students. in this workshop, Isaac analyzes the structure of the traditional Wiccan ceremony The circle casting is reviewed in detail, in cluding descriptions of the required visualizations and energy work and techni



Once Around the Wheel odern and Traditional Seasonal Songs A workshop by Ian Corrigan, recorded live

BEGINNING PRACTICAL MAGIC lan Corrigan

Beginning Practical Magic

Beginning Practical Magic 1

will need. Included are notes from the lec-ture, a simple ritual outline and rites of scif-blessing and prosperity. This workshop covers the basics of effecmagic and the materials and symbols you tive spellbinding in a clear, straightforward fashion. Ian discusses the Laws of Magic, how to target spells for maximum effectiveness, how to train your mind for

an Corrigan has been performing songs of the British Isles and Neopaganism for ten years. In this workshop, taped at A.C.E.'s MusicStar, he leads participants in learning

ONCE AROUND THE WHEEL

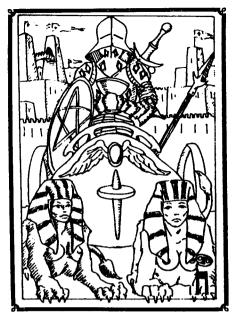
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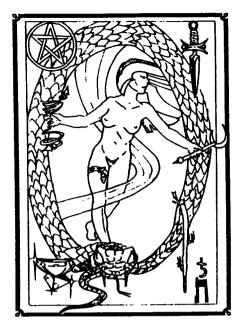
ndsinging traditional and moderns ongs of me seasons. Each song is accompanied by omments on the lore and symbolism that it reserves and many songs are taught in etail. This is more than a concert tape and am provide plenty of material for group passonal work.

The Magickal Movement: Present and Future Margot Adler Selena Fox **Robert Anton Wilson** A Panel Discussion saac Bonewits eaturing

The Magickal Movement: Present and Future

n has been studying, practing Magic and Paganism years. He is the author of Energon and designer of





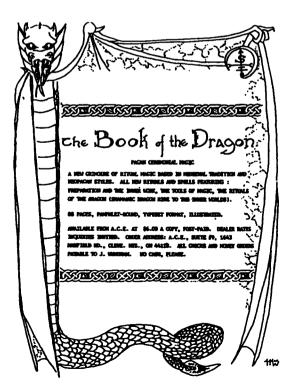
The DARK HORSE TAROT is a deck which draws on the Celtic traditions while preserving the Golden Dawn symbolism and interpretations. In addition to the usual 78 cards, two alternative cards are provided: an Eris trump, and a "Jive" Death trump.

The deck is to be colored by the owner. This NEW printing has new borders, Hebrew lettering and some artwork, and comes pre-cut and boxed. Feltips or watercolor will complete the deck - plastic will preserve them.

The designers, Chameleons
J. Wyndham and D. Stool, have
expressed on each card a proper emblem of the zodiacal
sign, planet, or element
associated with it. It is
our hope that users will be
able to put the deck to good
use in both study and divination, and also as an incredibly enjoyable coloring
project!

Tarot deck cost is \$7.95 (includes postage), and is available by mail order from Chameleon Club. For orders and inquiries write: A.C.E.

1643 Lee Rd. #9 Cleve. Hts. Oh. 44118



ORDER FORM

All tapes are \$8.95, except the two-tape sot Beginning Practical Magic which in \$14.95, and the music tapes: Starwood Memories, Once Around the Wheel, and Starmony which are each \$9.95. Orders of five tapes or more carry a 20% discount. This discount also applies to any size order by an A.C.E. member.

The Dark Horse Tarot is \$7.95, and the Book of the Dragon in \$6.00 (no discounts). AMOUNT 1. A Meeting with Robert Anton Wilson 2. "God Told Me to Tell You..." 3. Religion for the Hell of It 4. Starwood Memories 5. Starmony Neandir, Lady of the Flame From Witch to Witch Doctor Top Down Liturgical Design The Structure of Craft Ritual 9. 10. Once Around the Wheel Beginning Practical Magic I & II 12. The Magickal Movement: Present and Future The Dark Horse Tarot The Book of the Dragon TOTAL

REGISTRATION FORM

\$20.00/10.00 for A.C.E. Members

The Head Revolution with Robert Anton Wilson

The Starwood Festival	Before July 4th After July 4th and at gate	\$40.00/35.00 \$45.00/35.00		
A.C.E. Membership		\$40.00/35.00	with event	regist.
please print:	***************************************			
ADDRESS				
CITY	ZIP	PHONE ()	
Are you already as	or: The Head Revolution			
For Starwood folks	s: would you volunteer for: Ch: First Aid Station? General help? (set-up, seco	_ Have you exper	ience?	
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Starwood directions bottom of pg. 18.

Bio-Feedback Meditation

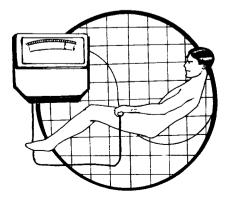
Meditation is an art and a technique of control over one's mind and its relationship to the body. Through meditation, an individual can learn to focus his awareness on a particular idea or an internal process, and thereby use the inherent ability of his mind to identify and control tension, stress, and pain, and aven to acheive altered states of consciousness.

Stress, they say, is one of the prices we pay for our busy, active, constantly changing lifestyles. Stress has many causes, both physical and emotional, and the mind and body store stress-produced tension built up over time in a variety of ways. Aching muscles, reduced resistance to disease, physical and emotional anxiety, nervousness, adverse skin conditions, insomnia, and a host of other ills can be caused or aggravated by stress. Compulsive habits, such as chain smoking and over-eating, can also be stress-related.

Coupled with the science of bio-feedback, the art of meditation is an excellent time-tested method of controlling stress. By monitoring the body's success at achieving the desired results of relaxation and internal process control, one can learn to effectively use meditation to aid your mind's ability to change the conditions of the body and aid healing in a fraction of the time needed for meditation training alone. Furthermore, the deep states of relaxation attained during meditation provide an excellent opportunity for self examination and consciousness exploration. Once the training is complete, the bio-feedback devices are no longer necessary.

Joseph Rothenberg, co-Director of the Association for Consciousness Exploration, has been working professionally in the field of mental health for over seven years, and has taught classes and held personal sessions in Memory Enhancement, Bio-Feedback, Meditation, and Stress Management. He is available for personal counselling and aid in these and related fields. His fees are \$25.00 per hour session, \$15.00 for ACE Members. For more information and to set up an appointment call 932-5421.

THE ASSOCIATION FOR CONSCIOUSNESS EXPLORATION 1643 Lee Rd. No. 9 Cleveland Heights, Ohio 44118 932-5421



EXPERIENCE TOTAL RELAXATION



"Like Floating in Space"

In the dark, warm silence of the A.C.E. Floatation Tank, deeply relaxed states of mind and body come naturally. Even for those unfamiliar with meditation, the conditions of sensory isolation and simulated weightlessness can be the key to deeper relaxation, an aid to the management of daily stress, and an opportunity for new self-exploration.

\$25.00 for one hour \$10.00 for each additional hour A.C.E. Members: \$15/\$5 each additional hour

A.C.E. also provides bio-feedback and controlled sensory stimulation equipment time and training, classes, seminars, and programs both educational and entertaining.

THE ASSOCIATION
FOR CONSCIOUSNESS EXPLORATION
1643 Lee Road, #9
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(216) 932-5421



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Memory Training, Biofeedback Relaxation, Meditation,

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Call Of The Hunt



CHORUS:

Fires blaze and blizzards blow To join the Wild Hunt do we go, To honor Lord of Ice and Snow On a cold December Morning!



Come sharpen up your sword and spear, And string you up your bow! Perhaps we'll bay a wild boar here, or a fatted buck or doe. Then pray to Lugh of Golden Hair, and Mithras of the Bull, To lure our quarry from its lair and make our bellies full!

(CHORUS)

Then when the hunt's beyond retreat, and you work your victor's will, Be sure your aim is sure and neat and your shot is quick to kill. And if it is delivered you, then offer up the best; But stint ye not where praise is due, then feast upon the rest.

(CHORUS) We raise the cry under January sky!

Then when the snow begins to fall and piles in mountains high, Be sure your stack of wood is tall and your tinder warm and dry; Then find a cave to go within to sheild you from the storm, And wrap you well in fur and skin to keep you dry and warm.

(CHORUS) All melts away to honor February Lady's Day!

It is Man's way to think him free, nor reflect on seasons past, Until he finds himself to be in Winter's grip at last! But when your fire gaze doth burn beyond the world of Men, Then know the Wheel will ever turn and Spring come again.

(CHORUS) All three parts

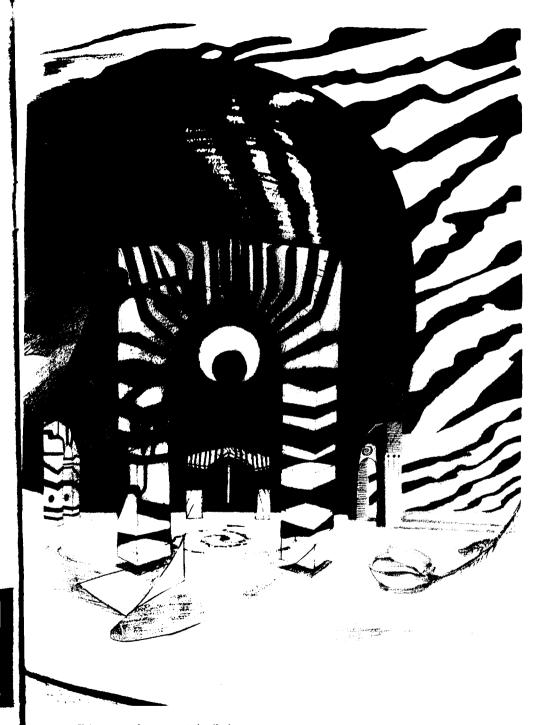
(CHORUS) All three parts, A Cappella

(CHORUS) A Cappella, original chorus only

Musick and Lyrics by Victoria Ganger Candlemas, 1981

STARWOOD DIRECTIONS

To get to Starwood, take Ohio Interstate Rt. 1-77 to Exit 99, the Fohl Rd. exit (aprox. 6 Mi. South of Canton, Oh.) Take Fohl Rd. West towards Navarre to Sherman Church Rd., and take a left there (following Bear Creek signs). Take another left at Haut Rd. Continue till Haut Rd. becomes Downing Rd., and you will soon pass the Bear Creek Recreational Park and the Steak House on your right. Keep going, past Dueber Rd., and you will reach our campground (marked Amphitheatre Area) in about 1 mile on the right.



This art and cover art by Kashra