

Quest

THE A.C.E. NEWSLETTER NO. 1, AUTUMN 1989



THE ASSOCIATION FOR COMPLETIONIST EXPLORATION

c/o The CIVIC
3130 Mayfield Road
Cleveland Hts., Oh. 44118

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THE ASSOCIATION FOR CONSCIOUSNESS EXPLORATION



Over five years ago a group of friends who shared many interests decided to pool their resources to accomplish goals with greater ease. They picked the Rose and Comet logo as their personal symbol, representing a balance struck between the energies life on Earth and the Heavens above, and an aspiration towards a harmonious meeting between the two. They called themselves the Chameleon Club, indicative of the great variety of their interests, objectives, and fields of study and appreciation.

Since then many projects have been completed, many paths have been walked. Our efforts have expanded our network of friends and brought us greater understanding of the inter-relation of the concepts behind the subjects which fascinated us so. One theme which crystallized readily is the field of consciousness exploration. The pioneers who studied the mind and its relation to matters of spirit, existence and well-being seemed to share the same joy of discovery and future expectations that we did, and this process seems to echo through the past as an aspect of our oldest sciences.

The realm of consciousness exploration has a history which seems paradoxical, for it is simultaneously the oldest study of man and one of the most embryonic sciences on the frontier of discovery. All aspects of the mind; the emotions, the philosophies of knowledge, the nature of belief, the understanding of dreams, motivations, magick, prayer, theatre, and art are intricately related to the study of states of consciousness. Even the so-called "hard sciences" require an understanding of the process whereby knowledge is learned and judged as to validity in order to create and evaluate experiments, and the realms of quantum mechanics and para-phenomenology indicate uncertainty as to whether a new fact truly describes the external universe or an aspect of our internal universe.

Thus was formed the Association for Consciousness Exploration, through which we hope to take part in this timeless investigation.

I hope you'll join us in our odyssey of discovery, as we explore this realm and share in the diverse explorations embarked upon by our fellow seekers of truth in scientific, spiritual, and artistic fields of all sorts. It promises to be a most fascinating journey.



STARWOOD LECTURE AGENCY



The Starwood Lecture Agency is a new, wholly-owned subsidiary to ACE. Through it we hope to provide high-quality programming of speakers not only in the Cleveland area but also around the country. Our bookings entail non-exclusive contracts only, and we hope to specialize in mini-tours of three to six appearances at a time.

Our first major project will be Robert Anton Wilson's first American appearance in two years. On the occasion of the release of his newest book, *Prometheus Rising*, Wilson has agreed to a tour which will take him to Cleveland, Madison, Wisc., the Winterstar symposium, Providence, R.I., Santa Cruz, and San Francisco, CA. We have also begun work on a summer tour which will include the Esalen Institute in Big Sur, California, and the 1984 Starwood Festival in central Ohio.

Those interested in more information on booking some of our lectures and/or participating as a speaker write ACE-Starwood Lecture Agency, 3130 Mayfield Rd., Cleveland Hts., OH 44118 or call (216) 932-5421.

COMING SOON TO CLEVELAND, OHIO

presentations by Selena Fox of Circle



Weekend Seminar: SEPTEMBER 10-11

DREAMING The path to wholeness

at: THE CIVIC, 3130 Mayfield Road (at Lee)
(216) 932-5421 Sponsored by:



A series of four intensive, experiential workshops.....

BEPRIENDING YOUR DREAMS (Saturday 10am-Noon, doors open at 9:30am for on site registration)
includes Aids to Better Dream Recall, Methods of Dream Journal work, Lucid Dreamwork.

DREAM INTERPRETATION TECHNIQUES (Saturday 1-3pm)
includes Symbol Immersion Meditation, Personal Dreamscape Exploration Techniques, Dreams as Theatre - understanding the meanings of characters, settings, actions.

DREAM ART & RITUAL FOR SELF-TRANSFORMATION (Saturday 3:30-5:30pm)
includes Creating & Using Personal Dream Mandalas, How to Work with Dream Pillows, Designing Personal Dream Rituals & Chants, the Dreamer as Shaman, Dreams & Vision Quests.

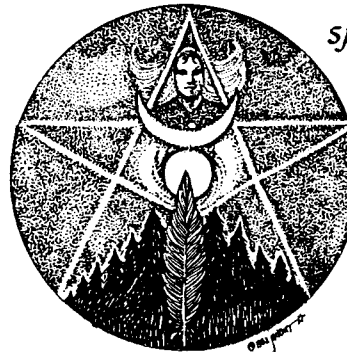
DREAMS & HEALING (Sunday 10am-Noon)
includes Dream sharing circle, Creative Contact with Dream Characters, Integration & Conflict resolution through Dream Re-entry, Integration Dream Guidance into Daily Life.

Please bring past dream accounts for sharing and a pillow for the led meditations.

Saturday evening, Sept. 10 - Free Animated film spectacular: *THE POINT*, an award-winning feature length animation; plus several animated short subjects.

Registration at the door: \$30.00/person or \$10.00/single workshop.
\$25.00/ACE member or \$8.00/single workshop.

ACE Membership fees: \$35.00. Membership and weekend: \$55.00.
Registration fee includes handout information.



special workshop & vision quest for women

channeling The Goddess within

Friday, September 9 7:30 - 10:30 pm
doors open at 7 pm

at WOMEN'S WHOLISTIC CENTER
3130 Mayfield Road, Cleveland Heights
sponsored by the Women's Wholistic Center

An evening of experiencing Women's Spirituality.

Selena will begin the evening with a presentation on the three aspects of Womanhood and the Goddess: the Amazon Warrior Maiden, the Creative & Resourceful Mother, and the Wise Old Crone.

Following this, Selena will guide a Vision Quest, in which each woman present will connect in her own way with her own Maiden, Mother, & Crone within to receive guidance to bring strength, creativity, and healing in her own day-to-day life. The evening will end with a Goddess chanting circle celebrating sisterhood and self-empowerment.

Registration: open to women only. \$12 per woman. Each woman needs to bring a cushion or mat to sit on, plus a candle (any color) and candle holder to use in the Vision Quest.

For more information, contact:

WOMEN'S WHOLISTIC CENTER phone: (216) 321-8582 (late mornings, early afternoons best)
3130 Mayfield Road, Cleveland Heights, OH 44118



Upcoming Events

Open House
Saturday, September 24th ACE office

The Association for Consciousness Exploration now has an office at the Civic, a building which was formerly the Temple on the Heights and now includes the residences of the Women's Holistic Center, Shadybrook, Phoenix Theatre and other interesting organizations and companies. There are several halls and classrooms available, ranging from small rooms for intimate meetings to the main Sanctuary, which seats 1,600 people, and the Civic has an in-house catering service, Distinctive Catering.

On Saturday, September 24, our doors will be open from 10:00 a.m. to 2:00 p.m., and we welcome visitors to drop in and see our facilities and the building, and talk with ACE staff members.

Introduction to Bio-Feedback
Saturday, September 24th 2:00-5:00 p.m. ACE office

Joseph Rothenberg

This early evening class and practicum will feature Joseph Rothenberg, one of the Directors of ACE, who will discuss the present and potential uses of a variety of bio-feedback devices including GSR, EEG, and EMG, with special attention to their beneficial applications to stress-related problems. The schedule will include hands-on training with these devices.

At 8:00 p.m. selected short films will be featured, and refreshments will be served. This portion of the program, like the Open House, is offered free to anyone whether or not they attend the workshop.

Class Fee: \$15.00/Free to ACE members and those purchasing memberships.



The Healing Vibration
Saturday + Sunday, October 22nd-23rd The Civic Library
Dr. Kenneth R. Koles, OM

There is a movement in the field of medicine which seeks to expand the maintenance of and quest for health outward to the more generalized field of Healing. The holistic approach to healing seeks to address itself more to the person than merely to the problem or disease, and often incorporates nutrition, massage, counselling, changes in life-style, attitude, and posture, and many ways of bringing the client in touch with his own energies and internal processes.

Dr. Kenneth R. Koles will offer a two-day intensive seminar covering a variety of holistic healing techniques with comparative discussions. The program will include the two exercise and attunement sessions, a practicum in massage, two classes on comparative healing techniques (one introductory, one in-depth focus on the techniques which interest the class most), and a Full Moon Chanting Circle Saturday at 8:00 p.m. Participants are asked to bring a sheet or large towel and their favorite massage oil.

Dr. Koles is a doctor of Holistic Health Sciences and Psychology, a licensed Massage Therapist, and has had a private practice in Holistic Health services for over five years. He is a Tai-Chi instructor for the Cleveland State University, the Director and Head Instructor for the Cleveland Healing Arts Institute, the co-ordinator for the Ohio Health Network, and the author of The Lazy One's Guide to Health.

Sat., Oct. 22nd 10:00-12:00 a.m. Stretching & Taoist Exercise and Attunement (with chanting).

1:30-5:00 p.m. Body-Work, Intensive

This class will be directed towards back massage, pressure points, reflexology, and massaging with the foot.

Sat., Evening, 8:00 pm. Full Moon Chanting Circle
Feel free to bring your own musical instruments (acoustic only, please), particularly wind and percussion.

Sun., Oct. 23rd 10:00-12:00 a.m. Stretching and Taoist Exercise and Attunement (with chanting).

1:00-2:30 p.m. An Overview of Holistic Healing Techniques Subjects to be discussed include polarity, massage, attitude, posture, diet, herbs, vitamins and minerals, irridology, oriental medicine, physical diagnoses, and vibratory/energy healing.

2:30-4:00 p.m. Focus on Holistic Healing Techniques This class will be a more in-depth study of whichever techniques the previous class participants decide to examine.

Seminar Fee: \$45.00/\$35.00 per ACE member
\$65.00 for membership and class together



Earth Healing Arts: A Native American Practice
November 12th and 13th The Civic Library



Amylee and White Fawn

Those of us who have opened the circuit of healing energy between ourselves and the Earth know that a great and beneficial influence can be made by us for the Earth, and from the Earth for us. This particular part of the Earth, here in America, has been worked with and walked with in power, respect, and love for thousands of years before the white man trod her shores, and the practices even now being followed by Native Americans and those of like mind are unique in their perspective and their attunement to this land.

On Saturday and Sunday, November 12-13, ACE will host a weekend seminar on the Native American Practice of the Earth Healing Arts, featuring AmyLee of Hawk Hollow and White Fawn. The program will include two classes by Amylee on tapping into the Earth's healing energy and returning the healing energy whence it came, and a class by White Fawn on Women's Moontime and its influences. On Sunday, White Fawn will lead a session of Native American music and chanting, and we are all invited to bring our musical instruments (acoustic only, please), especially percussion and wind instruments.

Amylee (She-Who-Catches-the-Rainbow) is an Iroquois apprenticing Medicine Woman. She designed and conducted the American Indian Studies courses for Kent State University (1976-1981), and now conducts similar seminars from her home, Hawk Hollow Private Nature Reserve, located in Tuscarawas County, where she presides as a licensed rehabilitator of injured birds of prey. An accomplished artist, her creations have been featured in shows and museums throughout the eastern half of the continent. As the founder and former director of the American Indian Rights Association (1970-1983), Amylee worked as a leader in the campaign for Native rights.

White Fawn (Donna Summerville) works with her native Cherokee and white heritages, knowing both have great gifts to offer. As an apprenticing medicine woman, she roams the country as "The Woman who comes and goes" - spending time with her native elders and teachers. Her training as a Rebirther and head of a retreat center is now expanding into the development of a New Age Community and Light Center for retreat, renewal and rebirth.

Saturday, Nov. 12th, 10:30 a.m. Meet at the Civic Library (Possible relocation from there to a nearby park, weather permitting.)

11:00-12:30 a.m. Tapping Into the Healing Energy of the Earth Amylee This session will focus on creation as Native and Natural peoples have experienced it for thousands of years-by use of ceremony, awakening-awareness experiences, and a sharing of the ancient prophecies and wisdom.



1:30-3:00 p.m. Returning the Healing Energy to Creation Amylee An explanation of the role and responsibility of "two-leggeds" as caretakers of this planet. This session includes a ceremony for the healing and well-being of the Earth.

3:30-5:00 p.m. Women's Moontime: Energy Influences on Men and Women White Fawn The monthly cycle, when honored as a natural purification, can lead to great personal wisdom and strength. White Fawn will teach each of us to create our own Moon Lodge - the safe space for "listening" to your dreams.

Saturday Evening, 8:00 p.m. - Free feature film, plus special animated short. See ACE Film Series listings for details.

Sunday, Nov. 13th, 1:00-3:00 p.m. (or so) Native American Music and Chanting White Fawn Make a joyful noise unto the Earth. A time to expand your heart and mind to let pleasure in as your natural birthright.

Seminar Fee: \$25.00/\$20.00 for ACE members
\$50.00 for seminar and membership together

 New Tools For Consciousness Exploration
Saturday, November 19th, The Civic Library 

Bryan Grotte, M.D. and Joseph Rothenberg

Just as time and research have brought the study of healing plants from an "arcane mystery" through a period of logical and academic refinement into present day sciences such as pharmacology and herbology, so the field of consciousness exploration has come from an exclusively magickal and philosophical endeavor through many metamorphoses to the sciences of psychology and its many sister-studies, including parapsychology, psycho-analysis, humanistic psychology, psychometry, and psychiatry. The craft of creating tools to measure and manipulate these subtle phenomena has that same anachronistic side, featuring a refinement or, perhaps, merely a modernization of the sweat-lodge, witch's cradle, spirit-catcher, mesmerism, and healing rituals into today's sensory isolation tanks, controlled sensory input devices, bio-feedback equipment, hypnosis, psychological therapy sessions, and medical treatments.

On Saturday, November 19th, Bryan Grotte, M.D. and Joseph Rothenberg of ACE will hold a seminar entitled "New Tools for Consciousness Exploration". The program will explore the present and potential uses for a variety of biofeedback devices as instruments for beneficial medical purposes, as well as research in the fields of

hypnosis and altered states of consciousness. The schedule will include time for all participants to acquire hands-on experience with various biofeedback devices including blood pressure, Electro-Encephalograph, Galvanic Skin Response, Electro-Myograph, and temperature control.

Bryan Grotte, M.D., has been practicing general medicine since his graduation from Case Western Reserve University Medical School. For nearly 10 years he has conducted research in therapeutic and experimental hypnosis, and he presently consults on these subjects. Director of a non-profit foundation supporting work in pharmacognosy, he volunteers his expertise to the Cleveland Poison Control Center as a botanical toxicologist. He has presented several classes on hypnosis for the Starwood Festival, where he also co-ordinates the health care, and he is the chief medical consultant to ACE.

Joseph Rothenberg is a graduate of Case Western Reserve University with Bachelor Degrees in Psychology and Political Science. He is currently completing his M.A. in Humanistic Psychology through the Saybrook Institute. A founder of the Chameleon Club, Joe has worked on many of our seminars, and he presented an Introduction to Biofeedback Meditation workshop at last year's Starwood Festival. He is one of the co-directors of ACE, and has been a mental health worker for over five years. "I believe that Biofeedback tools can be used to achieve levels of self-awareness that, in the past, were only available after many years of disciplined meditation. The science of consciousness has only recently become accessible to verifiable techniques. I am very pleased to present a small part of this new revolution in human experience." J.R.

Saturday, Nov. 19th, 10:00-11:00 Introduction to Biofeedback Devices Joseph Rothenberg

11:00-11:15 Break

11:15-12:30 Medical Applications of Biofeedback, Bryan Grotte, M.D.

12:30-1:30 Lunch Break

1:30-2:30 Hands-On Experience with Bio-Feedback Devices Led by Joseph Rothenberg

3:00-3:30 Hypnosis and Biofeedback Bryan Grotte, M.D.

3:30-5:00 Additional time for hands-on experience, in individual work sessions.

8:00 p.m. Free feature film: See ACE Film Series listings.

Seminar Fee: \$25.00/\$20.00 for ACE members.
\$50.00/seminar and membership together.



"The I In The Triangle"
January 27th-29th Tentative location: The Civic



Robert Anton Wilson

This program will include an open-to-the-public lecture by Robert Wilson on Saturday night, and an in-depth, limited-participation seminar on Sunday with refreshments.

This seminar confronts the great anxiety about the future that is increasingly dominating and paralyzing our society and our selves. The participants will be asked to confront their own defenses of apathy or despair, and the chronic low-grade terror that exists in the unconscious, because of our institutionalized nostalgia ("rear-view mirrorism") and our attempts to live in a present that is constantly changing and vanishing. The goal: to accept responsibility for the future, to recognize ourselves as co-creators of the tomorrows in which we must live.

Major topics and exercises include: the symbolism of the eye in the triangle and the Western occult tradition--Bruno, the Illuminati, freemasonry and what it means to be a "Builder of the Temple"--Creative Agnosticism, or how to escape from the twin tyrants (Yes and No)--Alternative Realities (how to get into and out of any reality-tunnel)--Basic Futurism, or why everything will change more in the next 30 years than in the previous 30,000--Worry and its cure, including personal and planetary anxieties--Primate and post-primate psychology, or how to tell your friends from the apes--The art of time-travel: learning to live in many dimensions.

Recommended pre-seminar reading: Critical Path, by R. Buckminster Fuller; Neuropolitics by Leary & Wilson; Prometheus Rising, by Wilson.

For more information write to ACE, 3130 Mayfield Road, Cleveland Heights, Ohio 44118 or call (216) 932-5421.

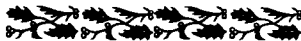
About the Speaker

Visionary, humorist, novelist, playwright, poet, popular science writer, libertarian philosopher, adept--Robert Anton Wilson is a man of many parts.

One of the founders of the Institute for the Study of Human Future, Robert Anton Wilson is also a director of the Prometheus Society, a Maryland-based lobby group engaged in promoting the scientific search for immortality. An active member of the L-5 Society, a group of scientists who are determined to send out the first space-city, Dr. Wilson is vitally concerned with humanity's new frontier.

A former editor at Playboy magazine and author of fourteen books, his novel Illuminatus! was adapted as a 10-hour science fiction rock epic and performed under the patronage of Her Majesty Queen Elizabeth II at Great Britain's National Theatre, where Dr. Wilson appeared briefly on stage in a special cameo role.

Robert Anton Wilson holds a Ph.D. in psychology and often appears on radio and TV in the U.S., Canada, and Great Britain and frequently addresses futurist libertarian gatherings.



FOUNDATION FOR RESEARCH IN MEDICAL BOTANY: COURSES, 1983

HOME MUSHROOM CULTIVATION

Consecutive Mondays, Nov. 7, 14, 21, from 7-9:00 p.m., Cleveland Garden Center, 11030 East Blvd., Cleve., OH 44106 (216) 721-1600 (Dept. of Education). This course is designed to review the edible mushroom cultivation methods in use around the world, and their adaptation to the hobbyist. Gourmet as well as more common varieties will be discussed. Because of the recent publication of a very complete detailed text, a new approach will be attempted. The text will be available well before the first class, so that the participant can familiarize himself with the technique at leisure. The class sessions will then address practical considerations as well as the didactic material.

ORIENTAL EDIBLE AND MEDICINAL MUSHROOMS

Held twice: Thursday, Nov. 10, 8:00 p.m. at Holden Arboretum, 9500 Sperry Rd., Mentor, OH 44060 (216) 946-4400 (Dept. of Education) and Wednesday, Dec. 14, 8:00 p.m., Cleveland Garden Center. A slide show and lecture will overview the cultivation and use of mushrooms for nutrition and therapy in the Far East. The speaker has studied these subjects over the last 10 years and has returned from a series of mycological expeditions in China in the Fall of this year.

THE FOUNDATION FOR RESEARCH IN MEDICAL BOTANY IS A NON-PROFIT ORGANIZATION AND ALL DONATIONS ARE TAX-DEDUCTABLE

ACE

The Association for Consciousness Exploration, located at the Civic in Cleveland Heights, is a new center dedicated to the expansion of the frontiers of the human experience. It serves as a school, offering seminars in a number of subjects and training in techniques relating to the mind and its relationship with the body. It serves as a research facility offering the use of a variety of instruments including bio-feedback machines, a sensory isolation tank (which will be available by mid-October at a nearby location), and more for your use and the center's research. It serves as a therapeutic facility where programs for stress management, relaxation, and other beneficial purposes can be designed and carried out under the supervision of a medical doctor on the premises.

ACE offers a resource/research library with books, articles, periodicals, a 16-mm film projector and a photostatic copier. Future additions to our resources include a hot tub/whirlpool, a selection of sale items, some controlled sensory stimulation equipment, and a library of musical records and tapes, plus meditation tapes, a video-cassette library, and equipment to use them.

Membership in ACE entitles one to free entrance or reduced rates on all of our activities, products, and services. For more information write to: ACE, 3130 Mayfield Rd., Cleveland Heights, OH 44118 or call 932-5421. Regular office hours are 10:30 a.m. - 2:00 p.m., Monday through Wednesday, and Friday.

Silver Member: \$35.00/year - includes discounts of at least 20% on all ACE and Chameleon Club events and sales, and free subscriptions to the ACE Newsletter and Changeling Times.

Silver Patron: \$100.00 first year, \$35.00/year thereafter. Includes all Silver Member privileges plus free entrance to The Winterstar Visionquest Symposium, invitation to our first Patron's Banquet, your name's inclusion in our Founders' Plaque, and a bound copy of The Rosencomet Journal: a collection of new articles and artwork by Changeling Times contributors and Chameleon Club/Starwood Festival lecturers.

Gold Member: \$35.00/year plus \$10.00/quarter thereafter. Includes all Silver Membership privileges plus discounts on all equipment use and services, and free use of our reference library and audio-visual equipment.

Gold Patron: \$100.00 first year, \$35.00/year, plus \$10.00 per quarter thereafter. Includes all Gold Member privileges, and all patron benefits as described under Silver Patron listing.


WINTERSTAR

After three years of very successful Starwood Festivals, ACE and the Chameleon Club will be co-sponsoring our first wintertime festival event. The Winterstar Visionquest Symposium will be held from Thursday night to Sunday afternoon on February 9-12. The tentative location is Burr Oak State Park, a beautiful lodge in southeastern Ohio with a lake, indoor swimming pool, meeting rooms, restaurant, and cabins. The cabins sleep six, and accommodations there will be very reasonable. They include a full kitchen, bathroom with shower, and a full supply of dishes, silverware and towels.

The events schedule will include our Patrons' Banquet, a showing of the feature film Skiddoo (see ACE Film Series listing for description), and lectures and classes from Jim Alan and Selena Fox of Circle, Robert Anton Wilson, Joseph Rothenberg and Jeff Rosenbaum of ACE, Marty and Mishlen Laubach, Michael Schwartz of the Chameleon Club, Bill Eichmann of The School of Changes, and other past and new Starwood speakers. Musical entertainment and some surprises will also be offered.

For more information write to ACE-Winterstar, 3130 Mayfield Rd., Cleveland Hts., OH 44118 or call (216) 932-5421.



FILM SERIES

Beginning in November, ACE will offer several classic full-length film presentations for your entertainment. Most of these are connected in some way with one of our upcoming events. All are free to ACE members, and most are free to anyone. Check our listings now and in the future for details on these films, or write or call ACE. All films shown at The Civic unless otherwise noted.

Saturday, Sept. 24 8:00 p.m. Why Man Creates, a short film which explores the nature of the creative process, accompanied by three other short films. This program will be offered free of charge as part of the ACE Open House. Open to all.

Saturday, Nov. 12 8:00 p.m. Planet of the Apes, starring Charlton Heston, Kim Hunter, Maurice Evans, and Roddy McDowall, is an exciting science-fiction film based on Pierre Boulle's novel, "Monkey Planet". An intriguing look at human civilization through a simian mirror, set against the background of space exploration. Same weekend as the Earth Healing Arts event. Preceded by the animated musical, The Devil and Daniel Mouse.

Saturday, Nov. 19 8:00 p.m. Forbidden Planet, starring Walter Pidgeon, Anne Francis, and Leslie Nielsen is a classic science-fiction film of the mid-fifties, which tells a tale of 23rd Century man pitted against the product of an ancient alien civilization on a distant planet. Same day as New Tools for Consciousness Exploration event. Open free to all.

Friday, Jan. 27 8:00 p.m. Skiddoo, starring Jackie Gleason, Carol Channing, Peter Lawford, George Raft, Mickey Rooney, Frankie Avalon, Burgess Meredith, and the last film appearance of Groucho Marx. This psychedelic farce involves a retired gangland hitman forced by the mob to sneak into Alcatraz to kill an inmate before his damaging testimony, whose plans drastically change after an accidental LSD trip in his cell. The jailbreak scene combines a Harry Nilsson soundtrack with the slapstick high-jinx of the entire prison with staff tripping on LSD-spiked food. Groucho Marx plays "God", the head of the Mob. The special effects and content of the hit man's (Jackie Gleason's) "trip" show insight concerning the nature of the psychedelic experience.

Fee: \$1.00/ Free to ACE members and participants in the seminar, "The I in the Triangle", featuring Robert Anton Wilson, on January 28 and 29. Tentative location: The Civic.

In September, the Association for Consciousness Exploration adds to its schedule of fine educational programs by instituting our first series of evening classes. The first three are designed and led by Joe Rothenberg (see biographical information in New Tools for Consciousness Exploration synopsis in Upcoming Events listing), and deal primarily in the fields of Bio-Feedback, Meditation, Stress Reduction, and Parapsychology. These classes are all to be held in the ACE office on weekday evenings, at no charge or substantially lower charge to ACE members, and some classes will be followed by free showings of several animated and abstract films selected to foster meditative experiences. All after-class movies are free whether you attend the class or not. For more information, write to ACE, or call Joseph Rothenberg at the ACE office, 932-5421.



EVENING CLASSES.

INTERFACE: A Practical Experience in Biofeedback Meditation and Parapsychology

September 19th & 20th 7:30-9:30 p.m. ACE office

This seminar will provide all participants with 45 minutes of relaxation instruction on a GSR feedback system. This will be followed by a 45 minute program of practical work in parapsychology to help you become more aware of your intuition. There will also be a discussion and practical workshop on EEG Feedback and the PSI experience.

Monday, Sept. 19 7:30-8:30 p.m. An Introduction to Biofeedback Meditation.

8:30-9:00 p.m. Current Research in Extra Sensory Perception.

9:00-9:30 p.m. Movies

Tuesday, Sept. 20 7:30-8:15 p.m. Group Practicum: Biofeedback Meditation

8:15-9:00 Group Practicum: Extra Sensory Perception

9:00-9:30 Movies

Class Fee: \$15.00 both days/\$10.00 one day
Free to ACE members or those purchasing memberships.

Practical Biofeedback Training

Monday, Wednesday and Friday, September 26, 28 and 30, 7:30-9:00 p.m.
ACE office

This seminar will emphasize four areas of biofeedback induced awareness.

Monday, Sept. 26 - GSR and Temperature Feedback Providing a hands-on experience with Galvanic Skin Response feedback, and skin temperature feedback.

Wednesday, Sept. 28 - EMG Muscle Activity Feedback Practical work with electro-myographic feedback.

Friday, Sept. 30 - EEG Brain Wave Feedback A practical experience with Electroencephalographic biofeedback meditation.

Class Fee: \$10.00 for ACE members (includes all three sessions)
\$40.00 for non-members (includes all three sessions and an ACE membership)
Single days are \$15.00 for non-members and \$5.00 for members.

The PSI Experience

Tuesday & Wednesday, October 4th & 5th, 7:30-9:00 p.m.
ACE office

This seminar will focus on reproducing states of consciousness associated with psychic experiences. It will include relaxation and awareness training, as well as individual exercises. Class members will receive an explanation of, and a chance to participate in, some of ACE's ESP experimentation and research.

A free showing of animated/abstract films will follow each class.

Class fee: \$25.00 for both days \$15.00 for single day
Free for ACE members and those purchasing membership.