

DECEMBER 28

The ♀ Ensemble



SIGN-IN [Below]

1. Go to the livingroom mirror

2. Kinetic Awareness

move slowly to the floor - move slowly into face down - each side - $\frac{1}{2}$ face up making an audible breath (tone) between each position. Move to each ^{position} after finding a relaxed state in ^(in the 4 positions) them. Move slowly to an upright position. Then do the hang-out with a partner

3. Bowl Gong Meditation

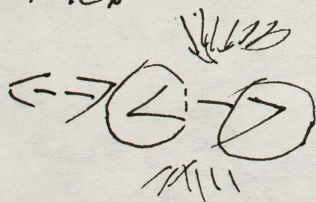
One person strikes the gong when ready. Meditate on the sound - keeping the sound image as long as possible. You may strike the gong again when the image is lost.

4. Teach Yourself to Fly

5. Breaking of the Silence

Meditate on something you would like to say to the Northern contingent and vice versa.

Then



SIGN-IN: sign your signature as small as possible

Pauline Wilson

Pat Hays
Crisp Swift
Jon Hays

Dei Deum
Donna Marie Bennett
Dore J. Johnson
Shelley Ann Wong
ally hays
ale' in
Dore

8:00 PM TO 10:00 TUES. OCT. 26

Tonight is the beginning of our non verbal sessions. After 6 sessions we will have a special discussion session. In the meantime refrain from idle or otherwise discussion of what your reactions are and keep a diary on your feelings, involvement and progress etc. As regards what we are doing to share and compare after 6 weeks. Please take your copy of the sonic meditations.

INSTRUCTIONS FOR TONIGHT:

1. SONIC RORSCHACH (VI) [WHITENOISE]
TRY TO IMAGINE A RED CIRCLE OR SPHERE.
TRY TO FOCUS ON IT FOR THE DURATION OF THE WHITE NOISE. IT SHOULD BE AN ACTUAL (MENTAL) CONCRETE IMAGE OF RED CIRCLE-SPHERE. WRITE IN YOUR DIARY THE DIFFICULTY OR EASE YOU HAVE IN MAINTAINING THIS IMAGE AND YOUR SENSE OF OTHERS
2. TEACH YOURSELF TO FLY (I) FOR THE REST OF THE EVENING IN ORDER TO INCREASE OUR TIME SPAN AND VOCAL AMPLITUDE
3. BONNIE IS KEEPING CHART OF MENSTRUAL CYCLES GIVE HER YOUR DATE WHEN YOU CAN -

2ND NON-VERBAL SESSION

NOV 2 1971

REMEMBER - KEEP A DIARY OF YOUR FEELINGS, REACTIONS, SUCCESSES, FAILURES OBSERVATIONS, + and - TO SHARE AT SPECIAL SESSION. TRY NOT TO DISCHARGE YOUR THOUGHTS BY TALKING TO OTHERS ABOUT THE SESSIONS BUT KEEP THE ACCUMULATION TO YOURSELF, AS AN EXPERIMENT, TO SHARE WITH US. LET'S PLAN ON A FRI, SAT. OR SUN AS 7th SESSION AND HAVE AN EXTENDED MARATHON SESSION. WE WILL BEGIN NON-VERBALLY AT THAT TIME AND HAVE DINNER TOGETHER. EACH PERSON TO PREPARE ONE DISH HERE. - AFTER DINNER WE WOULD BREAK OUR SILENCE OF 6 WEEKS WITH A CEREMONY. EACH PERSON TO THINK OF HER OWN CEREMONIAL ACTION TO ACCOMPANY HER BREAKING OF SILENCE. = (NON-VERBALIZATION) THE VERBALIZATION IS A READING OF EACH DIARY, IN TURN. ORDER TO BE DETERMINED BY SOME RITUAL DEVICE. (WHO CAN SUGGEST?) AFTER THE READING OF DIARIES WE WOULD RETURN TO SILENCE-NONVERBALIZATION AND BEGIN AN ALL NIGHT MEDITATION. BRING SLEEPING BAGS ITS A SLUMBER PARTY. THE MEDITATION CAN BE SELECTED IN ADVANCE FROM SUGGESTIONS FROM EACH PERSON. IN THE MORNING, SILENCE CONTINUING, WE HAVE BREAKFAST THEN LEAVE. FOLLOWING THE 7th SESSION, OUR NEXT REGULAR SESSION WILL INCLUDE VISITORS ♀ and ♂ WHO WILL ALSO COME AND LEAVE IN SILENCE, BUT THEY WILL BE INVITED TO JOIN THE MEDITATIONS. BY THEN WE SHOULD ALL HAVE IDEAS ABOUT CONTINUING WITH OR WITHOUT NON-VERBAL SESSIONS. ALSO SERIOUSLY CONSIDER A 2ND MARATHON SESSION WHICH ALSO INCLUDES ♀ AND ♂ VISITORS PLEASE LEAVE SUGGESTIONS FOR OUR MEETINGS IF YOU WANT.

TAKE A COPY OF EVERY WOMAN

SOMEONE FORGOT HER COPY OF SONIC MEDITATIONS LAST WEEK.

INSTRUCTIONS FOR 2ND SESSION 11/2/71

1. KINETIC AWARENESS - GO AS SLOWLY AS POSSIBLE FROM STANDING POSITION TO LYING DOWN EITHER a) FACE DOWN b) FACE UP c) LEFT SIDE ^{OR} d) RIGHT SIDE. WHEN YOU ARE ALL THE WAY DOWN IN ONE OF THE ABOVE POSITIONS, MAKE ONE BREATH AUDIBLE. BEGINNING FROM YOUR HEAD RELEASE EVERY MUSCLE IN YOUR BODY DOWN TO YOUR TOES, THEN MAKE ANOTHER BREATH AUDIBLE. TURN VERY SLOWLY TO A DIFFERENT POSITION AND REPEAT THE SEQUENCE. REPEAT FOR THE REMAINING TWO POSITIONS. WHEN YOU HAVE DONE THE SEQUENCE IN ALL FOUR POSITIONS, VERY SLOWLY RETURN TO A STANDING POSITION. MAKE ONE MORE BREATH AUDIBLE. STAND QUIETLY AND USE YOUR OWN NAME AS A MANTRA. REPEAT YOUR NAME MENTALLY UNTIL ALL HAVE BEEN STANDING FOR AT LEAST 5 MINUTES
2. RETURN TO THE DINING ROOM TABLE. WRITE YOUR NAME AS SLOWLY AS YOU POSSIBLY CAN.
3. RETURN TO LIVING ROOM FOR REMOVING THE DEMON BEGIN WHEN EVERYONE IS PRESENT
4. WHITE NOISE - CONTINUE TRYING TO IMAGINE RED CIRCLE IF YOU SUCCEED SLOWLY DISSOLVE OR FADE THE RED TO BLUE.
5. TEACH YOURSELF TO FLY: PLEASE RE-READ THE INSTRUCTIONS CAREFULLY. THERE ARE SOME DIFFICULTIES — PEACE

INSTRUCTIONS FOR 3RD SESSION

11/9/71

1 KINETIC AWARENESS : SAME AS LAST WEEK EXCEPT WITH A PARTNER DO THE "HANGOUT" INSTEAD OF NAME WRITING. THE HANGOUT IS AS FOLLOWS : STAND ERECT WITH KNEES VERY SLIGHTLY BENT. SENSE YOUR WEIGHT AND CONNECTION TO THE FLOOR. IMAGINE ALL TENSION FLOWING OUT OF YOUR FINGERTIPS AND TOES IN A STREAM. PARTNER BEGINS TO MASSAGE BACK OF HEAD AND WORKS VERY SLOWLY DOWN SPINAL COLUMN TO SACRUM. LET YOURSELF SLOWLY BEND OVER IN TUNE WITH THE MASSAGE. WHEN PARTNER REACHES SACRUM JUST STAY THERE AND LET IT ALL HANGOUT WHILE PARTNER MASSAGES YOUR BACK. PARTNER THEN MASSAGES FROM SACRUM UP SPINAL CORD TO BACK OF NECK TO BRING YOU SLOWLY BACK UP AGAIN. NOW DO YOUR PARTNER.

2 WHITE NOISE — CONTINUE WITH RED/BLUE CIRCLE MEDITATION. IF YOU HAVE SUCCEEDED, DISSOLVE THE RED CIRCLE, THEN FADE UP A BLUE CIRCLE

3. TEACH YOURSELF TO FLY —

11/9/71

WE HAVE BEEN INVITED TO DO OUR THING
SAT. NOV. 27 FROM 7-9PM FOR THE
METROPOLITAN COMMUNITY CHURCH (RIGHT AFTER
THANKSGIVING) THE CONGREGATION WILL RECEIVE
INSTRUCTION PREVIOUS TO THE EVENING.

MCC IS A GAY CHURCH... IN SAN DIEGO.
YOUR GUESTS ARE WELCOME.

PLEASE SIGN BELOW IF YOU ARE AVAILABLE FOR
THIS EVENT.

⊙

CHRIS

i'm going out of town, perhaps I can arrange to be back Sat, Will try. RB

Lin

Zina - am going to San Francisco to be with Wingo on Thanksgiving!

4TH SESSION

11-16-71

OBSERVE YOURSELF IN THE LIVING ROOM MIRROR

1. KINETIC AWARENESS WITH HANGOUT (DIFFERENT PARTNER)

OBSERVE YOURSELF IN THE LIVING ROOM MIRROR

2. BOWL GONG MEDITATION - SIT IN A CIRCLE WITH
GONG IN CENTER. AFTER GONG IS SOUNDED CONTINUE
THE SOUND MENTALLY AS LONG AS YOU CAN. WHEN YOU
CAN NO LONGER FOCUS ON THE TONE BEGIN

3. REMOVING THE DEMON

4. WHITE NOISE - SIT (ZAZEN) FOR THIS

5 TH SESSION 11-23-71

GO IMMEDIATELY TO THE MIRROR OBSERVE YOURSELF THEN READ FURTHER INSTRUCTIONS

1. KINETIC AWARENESS WITH HANGOUT NEW PARTNER
MAKE EACH AUDIBLE BREATH PROGRESSIVELY MORE AUDIBLE
2. SIT IN CIRCLE VISUALIZE YOUR NAME AS YOU SIGN IT.
GO VERY SLOWLY LETTER BY LETTER MENTALLY HEARING THE SOUND OF YOUR NAME VERY SLOWLY ALSO. DO THIS WITH EYES CLOSED THEN WITH EYES OPEN.
3. AT SOUND OF GONG BEGIN BOWL GONG MEDITATION. WHEN YOU NO LONGER CAN MAINTAIN THE MENTAL IMAGE OF THE GONG PITCH ACTIVATE THE GONG AGAIN. REPEAT UNTIL IT IS NO LONGER NECESSARY.
4. WALK ONCE AROUND THE ROOM AS SLOWLY AS POSSIBLE.
5. WHITE NOISE - SIT ZA ZEN HOLD ROCK(S) FOR REMOVING THE DEMON EXPLORE THE SHAPE, TEXTURE, WEIGHT, FEEL ETC. OF THE ROCK. PUT THE ROCK(S) BEHIND YOU VISUALIZE IT.

11-23-71

HOW ARE YOU MANAGING WITH THE CONTRACT?

DON'T ANSWER. (SIGN YOUR NAME BACKWARDS.)

LAST WEEK SOME PEOPLE RESORTED TO (WRITING WHICH IS VERBAL) REMEMBER THESE SESSIONS ARE NON VERBAL. EXCEPT

FOR THE INSTRUCTIONS (WHICH SHOULD ALSO BE NON VERBAL)

THINK OF WAYS TO COMMUNICATE OUR INSTRUCTIONS VIA SYMBOL GESTURE ETC. MAKE SUGGESTIONS!

THIS WEEK TRY READING PEOPLE'S GESTURES, EXPRESSION (FACIAL POSITION ETC DURING YOUR ROUTINE COMMUNICATIONS) LOOK BEYOND, AROUND, ABOVE, BELOW, BETWEEN PEOPLE'S WORDS WHERE IS THE ACTION?

SATURDAY - THOSE WHO ARE HERE MEET AT 6:30 PM

CHOLLAS VIEW CHURCH 906 47th ST (OFF HWY 94)

WE BEGIN THE GREETING MEDITATION AT 6:30 AND

TEACH YOURSELF AFTER 7:00 PM. CALL IF YOU ARE NOT SURE. INSTRUMENTS! (too)

Pauline Oliveros ← BEGIN SIGNATURE

Zina
Lin Barran

Jean George

Chris

P.S. I RECOMMEND WAYS OF GROWTH FOR SOME INSIGHTS TOWARDS WHAT WE ARE DOING

11-16-71

HAVE YOU SPOKEN WITH ANYONE ABOUT ANY ASPECT OF YOUR FEELINGS REGARDING THE PAST 3 NON VERBAL SESSIONS?

IN ORDER TO INTENSIFY THIS PART OF OUR EXPERIENCE FOR THE MARATHON I AM ASKING IF YOU CAN COMMIT YOURSELF COMPLETELY TO NON VERBALIZATION WITH ANYONE ABOUT THE PAST AND REMAINING 3 SESSIONS. DURING THE COURSE OF THE EVENING TRY TO THINK THROUGH THE POSSIBLE WAYS YOU MIGHT BE TEMPTED TO BREAK THIS COMMITMENT. IF YOU THINK IT IS POSSIBLE FOR YOU TO OBSERVE THIS TEMPORARY RULE THEN SIGN YOUR NAME BEFORE YOU LEAVE. BUT SIGN VERY SLOWLY WITH WHY YOU ARE SIGNING IN MIND. YOU DO NOT HAVE TO DO THIS.

Pauline Oliveros

Mc Nov. 14

Joan

" " 18?

BONNIE

18

Lina

Lin

when are you going to flow

Does this mean general discussion of what we're doing (generally not of what we're doing now) + outsiders?
What about general comments i.e. I like your ring eh?
Does this apply to all aspects - re: tour news, etc?

Sign your name writing it down ward as the example

Chris Vought

Lina Louise
Joan George

Lin Barron

Bonnie Maria Barnett ... so there

Bonnie Maria Barnett

→ Pauline Oliveros

bonnie

Anna

Liu Barron

6TH SESSION

11-30-71

- 1 MIRROR
- 2 KINETIC AWARENESS - MAKE YOUR LAST AUDIBLE BREATH A SONGTONE
- 3 CIRCLE - VISUALIZE YOUR SIGNATURE LETTER BY LETTER slowly. SIMULTANEOUSLY HEARING YOUR NAME. DO THIS FORWARD, THEN BACKWARDS. (WITHOUT SOUND) SEE YOUR SIGNATURE IN A SELECTED COLOR. DO THESE WITH EYES CLOSED AND EYES OPEN
- 4 BOWL GONG MEDITATION. IF YOU LOSE TRACK OF THE PITCH OR WANT TO VERIFY YOUR MEMORY HIT THE GONG AGAIN.
5. WALK ONCE AROUND THE ROOM AS SLOWLY AS POSSIBLE BACKWARDS
6. TEACH YOURSELF TO FLY AS LONG AS POSSIBLE

MARATHON NEXT TUESDAY

COME EARLY - ANY TIME AFTER 4:00 PM. COME PREPARED TO STAY UNTIL MORNING. BRING SLEEPING BAG.

EACH PERSON CONTRIBUTE ONE DISH TO DINNER

WRITE WHAT YOUR DISH WILL BE SO WE CAN PLAN.

1. BRING ONE OBJECT FOR MEDITATION
2. BRING ONE DESCRIPTION OF A CEREMONY OR RITUAL AND ITS MEANING FROM YOUR OWN EXPERIENCE
3. BRING SOMETHING TO SMELL KEEP IT CONCEALED UNTIL TIME FOR THE SMELLING!
4. BRING SOMETHING TO TOUCH KEEP IT CONCEALED UNTIL TIME TO TOUCH
5. BRING SOMETHING TO HEAR
6. BRING YOUR DIARY. BE PREPARED TO BREAK SILENCE AFTER DINNER CEREMONIALLY. EACH INDIVIDUALLY.
7. BRING YOURSELF

COPY THESE INSTRUCTIONS

BB → BEETS

Chris CHICKEN GIZZARDS

JB bread

12-7-71

MARATHON

CONSIDERING ALL OF THE THINGS I ASKED YOU TO BRING, ~~THE~~ THINGS WE HAVE DONE IN OUR SESSIONS AND OUR DIARIES, WHAT WOULD YOU MOST LIKE TO DO TONIGHT? THINK OF THIS DURING DINNER AND EACH PERSON TAKE RESPONSIBILITY FOR ONE PART OF OUR EVENING AFTER DINNER. MAKE AN AGENDA THEN FOLLOW IT. SINCE I HAVE LED EACH SESSION, TONIGHT I CHOOSE TO REMOVE MYSELF FROM THIS CAPACITY AND FURTHER TO SPEND THE WHOLE EVENING BLIND FOLDED. YOU WILL HAVE TO FIND WAYS TO CONVEY THE AGENDA TO ME NON VERBALLY OF COURSE. I WILL ASSUME MY BLINDFOLDED CONDITION AT DINNER AND REMAIN BLIND FOLDED UNTIL MORNING. LOVE AND PEACE ON YOU

PAULINE

SIGN YOUR NAME WITH YOUR OPPOSITE NORMAL WRITING HAND

Pauline Oliveros

Bonnie Mara Barnett

Gina Louis

Jean George

Lin Barron

Chris Voigt

MISS BUD wants to know when Anna L. will arrive so she

the Mothers

Betty can be here.

Things to Do:

Hang - Out

~~clear table + do dishes~~

~~ritual to talk~~

going
touch

Smell

hear



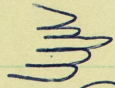
talk


1. hang-out

2. ~~gong~~


3. object med.

4. ~~oo~~ →

5. 

6. 

7. sleep

5:30 8.  fly

6:00 9. rituals

10. breaking of silence

11. reading of diaries

done by

8am ?

What
time


PASSIVE


until activated

1 h-o

obj. med.

2 ↓

3 

4 

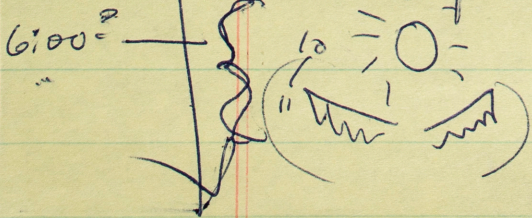
5 ~~rituals~~ break. sil.

6 rituals

7 diary

8 ~~obj. med.~~ object meditation

9 Sleep



Pauline Oliveros

Christine Voigt

Joan Cooper

~~THOMAS M BARRON~~

THOMAS M BARRON

Lin Barron

Self PORTRAIT

SHADOW SELF

SOFT

✓ MUSCULAR

STRONG

★ TIED-UP - THW WORKS

CRAZY

PHYSICAL

mental psychological

social

philosophically

HARD

~~FLABBY~~ WEAK

★ ~~WEAK~~ UNCERTAIN

LOOSE

LUCID

Chris Chris

Chris

Chris

Self Portrait

(fourteen)

*start
strong
Kentucky
caustic

psychological
social, ~~emotional~~

Shadow Self

forty one

physical

sweet
wear
(New York)
balm

SELF PORTRAIT

HUMOROUS *

STRINGY

SKINNY

FUN

FUN-LOVING

PHILOS-SOCIAL MENTAL

FUN-LOVING

SHADOW SELF

DOLEFUL *

STOCK

CRISE

FRIGHTENING +

DRAGGIM

PSYCHOLOGICAL

PHILOS
PHYSICAL
SOCIAL
PSYCHOLOGICAL

Self-Portrait

beautiful
pale ← () least applies
healthy * (physically)
boney
tight

Shadow Self

ugly
blushed
sick
fat
loose * (in fantasy)
sexually

Lin Barron

Lin Barron

Self Portrait

Ambitious

Conscious

✓ Hoaky

* Loosenig

Sensitive

Physical
Psychological
Emotional
Social
Philosophical

Shadow self

Lazy

unconscious

* Sophisticated

Tightening

↓ insensitive

Dec. 14 1971

INDICATE WHAT YOU WOULD LIKE TO
DO TONIGHT.

1. KINETIC AWARENESS
2. GONG MEDITATION
3. Removing the Demon
- 4.
- 5.
6. DISCUSSION

Sign in upside down

Pauline Oliveira

from George

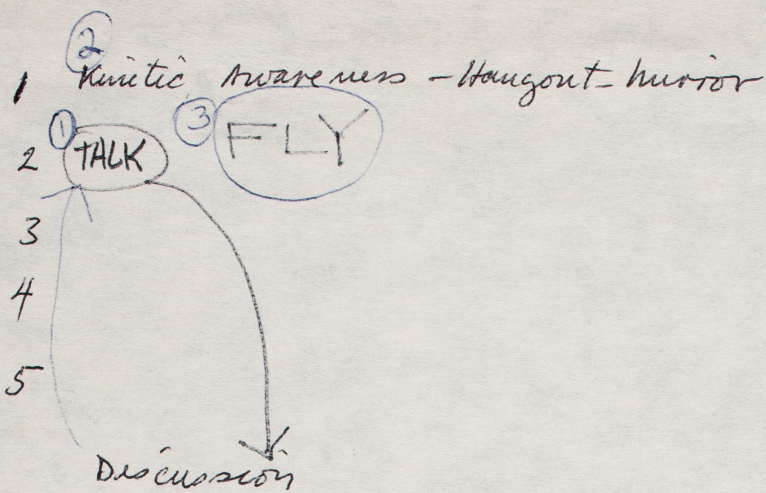
Carol

Jim Barron

THOMAS MATHIAS BARRON

Rule "Naked Lady"

Fill in the agenda!



Sign in



Pauline Oliveira

Lin Barron

Chris Voigt

Bonnie Mara Barnett

Jean Cooper

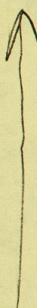
JAN. 4, 1972

ALL NON VERBAL TONIGHT

(WHAT WAS YOUR BEST EXPERIENCE OF 1971?
" " " WORST " " " ")

1. KINETIC AWARENESS ETC.
2. SIGNATURE MEDITATION - IMAGINE WRITING YOUR NAME AS LARGE AS POSSIBLE
3. BOWL GONG
4. REMOVING THE DEMON
VISITORS CHOOSE A WORD, PHRASE OR SENTENCE. REPEAT SILENTLY OR AUDIBLE FOR THE DURATION OF THIS MEDITATION

Sign in



Pauline Oliveros
Joan Cooper

Jim Barton

Chore Voigt

Lennie Pierce Brown

Jina Louie

R. S. Weisling

~~XXXXX~~

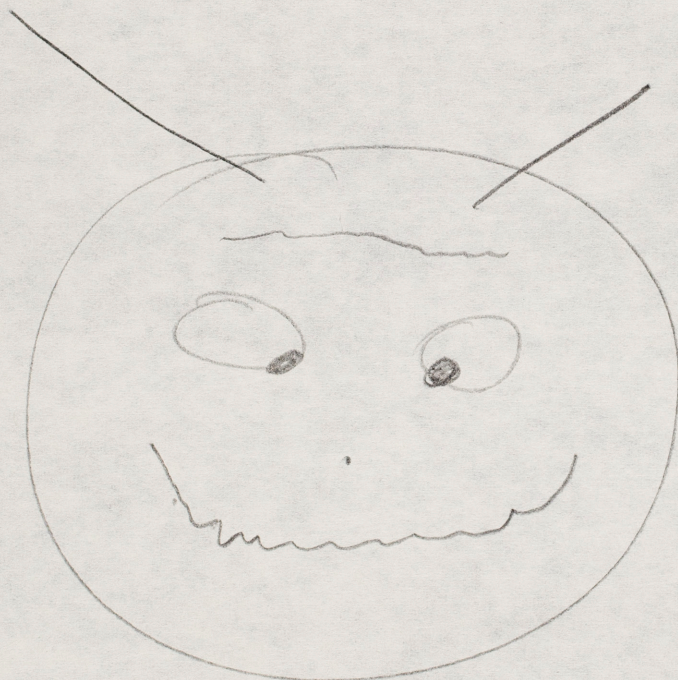
~~XXXXX~~

Leslie Dexter

The ♀ Ensemble Feb. 1, 1972 NON-VERBAL

- 1) Kinetic awareness
- 2) signature meditation -
sign your name ~~Widdow~~ as slowly as possible
starting with the last letter going right to left
(Barra)
- 3) Bowl-gong meditation (check score) - last page
- 4) teach yourself to fly (" ") - first page

Joan Cooper



Christmas Vaght

Jim Barron

Elinor

Pam Sawyer

on Fleet

Ellen Van Fleet

George Merle Randall

bannie mava barnett

Dennis Covello
Dennis Covello

Mina Louie

To ♀ Ensemble 2/2/72

~~next~~ Wednesday Feb 16 Martha Herbert and friends are coming here at 8:00 PM to receive instruction in how to form their own group for sonic meditations. Please plan to come if you can.

Please prepare a brief statement for the Workshop at Eugene. No member of the ♀ Ensemble will participate by not speaking! your statement could include your reasons for being a member of ♀ Ensemble. What have you gained? What have you lost? What do you expect by continuing? Why are you going to Eugene? Are we a performing group? What does meditation mean to you?

OK for
don
join
→
yes
3/na

We have been offered free room and board in the dorms under a residency program, which means more contact with the students. (A residency requirement) If you do not wish to do this Bonnie has arrangements with her friend Gary for accommodations off campus. Lin and I will take advantage of the residency program. Me too BB (staying with Gary is OK - but as for me, free food

Be prepared for several meditation sessions in Eugene before our program. tapping
Sound
OK

I would like to collect the cost of our brochures \$86 and photographs \$30 for Source (maybe Source should pay that) from the \$1200 fee. Please air your feelings or hold your peace before the trip. fine BB - I think we should ask source to pay the \$30.

PS
Longbeach
March 25 (Sat)

LOVE
♀

Pauline

Feb 8 The ♀ Ensemble

- ① Quiet awareness
- ② sign your name as slowly as possible, as small as possible
- ③ Pick one word. meditate on this word. ~~(below)~~ ↓
write it very slowly. Visualize it with eyes open and with eyes closed. Hear it mentally. Hear it in different voices, in unison and many. See it in different letters, cursive and printed, large and small. When you have explored it thoroughly (say 20 minutes or more) begin to voice this word. Begin very slowly. Continue repeating the word. Increase the tempo of your repetition very gradually. Continue until everyone has stopped.

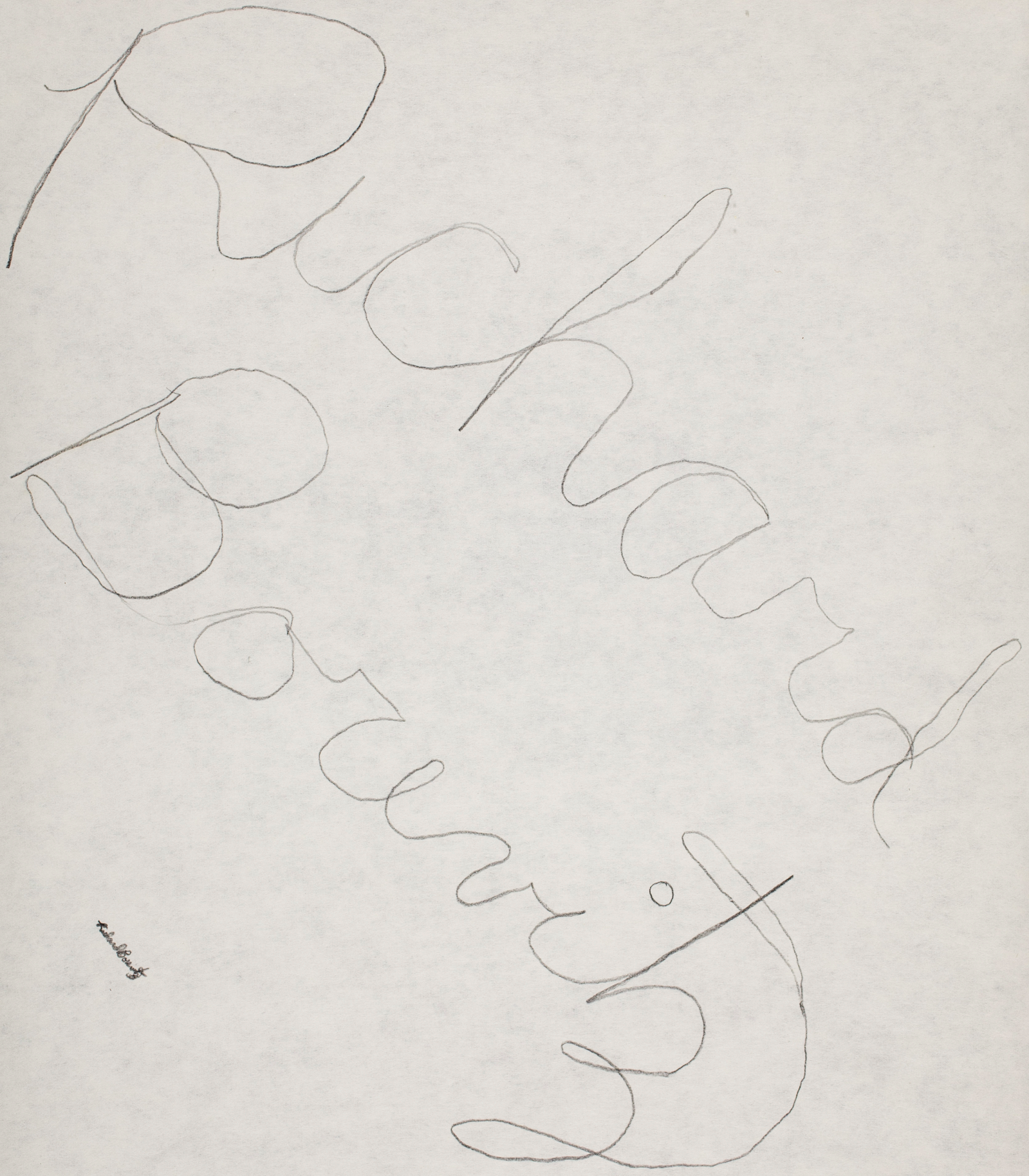
~~Signatures~~ ↓

Julia Hoffman

SHRALNE

Joan Faulconer Cooper

cheap



Kleinberg

Ellen Van Fleet Ellen Van Fleet
Ellen Van Fleet | Mount West
 Mount

Lina Löwe

yes

From Ann Spinkley
Person

Done

ronnie mara barrett

djinn

same as in L. 1000

OVARY

COMMUNICATION

TRAP

TRAP

Elephant

Elephant
elephant

elephant

elephant

elephant

ELEPHANT

elephant

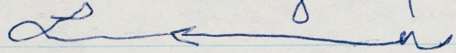
E LE PHANT

elephant

Elephant

Ellen's Studio

February 29th The ♀ Ensemble

- ① Hang Out - de Bourne's instructions
- ② Signature meditation -
sign your name as slowly as possible, starting with the last letter of your last name and moving from right to left.

- ③ Word meditation - see Pauline's instructions

Pamela Sawyer

Zap

noon

noon

Ellen Van Wert

Ellen Van Wert

Lin Barron
Dillon

angry

amburo

amburo

Hina Louie

c

estrogen

Charlene Vought
Christine Vought
Vought

Christine Vought

celebration
celebration
CELEBRATION

Joan Cooper George

Pauline Oliveros

Elephant

bonnie maria bennett

djinn

Feb. 29 - H.O.
~~sig.~~
WORD

March 7 - H.O.
Zina
WORD

March 14 H.O.
Zina
word

March 21 H.O.
sig.
WORD

3/7/72



Non Verbal entrance

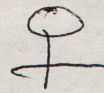
when everyone is present and in the living room seated comfortably in a circle:

Agenda

1. Why + When non-verbal (a verbal discussion) *
- 1.a Discussion of one word and Long Beach Program
2. Bonnie's exercises
3. Kinetic Awareness Ritual
4. Zina's Instructions
5. One word

* what does the word meditate mean to you?

3/14/72



- 1 Bonnie's Exercise (Bonnie is ill tonight)
- 2 Kinetic Awareness Ritual
- 3 Zuni's Instructions
- 4 One word
- 5 Discussion

Program for Exposure April 25 + May 7

{ The Greeting → Ellen + Pam ←
Removing the Demon Consult score
Teach yourself to fly if you are not sure
of these.

→ Tonight ← 4/11/72

Remove the Demon (As long as possible)

Ellen + Pam choose how you want to participate in Removing the Demon by consulting the score. Tonight it would help if you would choose a phrase or word to repeat continuously. (Silently or audibly)

Or there are rocks on the porch.

♀ Ensemble

May two

I love you - but - the profession calls.
I have to go to an AES meeting in LA

however however:

Tonight

- After kinetic awareness and before hangout
1. try doing a facial massage with your partner standing face to face. then hangout. Be thorough.
 2. One word
 3. Sonic meditation X see score

Future meetings:

- { Bring a dream (written)
" " memory (also written)

Written because it is different from telling and committed in the sense that you have taken the time to do it and make it particular for yourself as well as us. This activity is aimed at getting to a different verbal level - sharing a perhaps deeper part of ourselves.

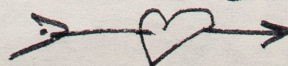
~~Sater~~. Sunday May 7

2:00 PM Casa Real Workshop -

Hang loose until we see who is there
Be ready to say a few words on your own involvement - perception of what we do.

Dinner together after workshop at Lunchhouse?

So we can discuss evening program in relation to UCSD program -



Pauline

Be back at
state by
7:00 PM

Meditation

Have you ever said ^{something} ~~anything~~ good about someone to a friend or acquaintance but not said it to the person ^{concerned} directly? Why have you ~~not~~ related indirectly

~~directly~~ rather than ~~indirectly~~ to ~~the~~ others?

So there more than one reason?

how substitute neutral for good.
" " " " bad " "

In making such statements indirectly have you expected the information to reach the person?

Have you been ^{happy} ~~angry~~ when second hand information has reached you? To whom is your anger directed?

Have you ever identified a person by nationality, occupation, philosophy, creed etc rather than individually in a positive context? and neglected to identify the individual

♀ Ensemble 5/9/72

1 Kinetic Awareness - Face massage - Hangout

2 ~~Meditation~~ ~~SA~~ ~~SA~~ ~~SA~~ ~~SA~~ ~~SA~~

Sit in circle with eyes closed. Start any time to sing a long tone. Always sing a different tone from any one else in the group.

3. One word meditation.

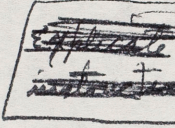
When you have reached top speed of word repetition start ~~slowing~~ slowing down IMPERCEPTIBLY and go until the word is stretched out again.

4. Dreams + Memories

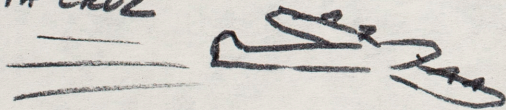
5. 

♀ Ensemble

(NON VERBAL EXCEPT #6) ~~5/16/72~~
5/23/72

- 1 Kinetic Awareness
- 2 Face massage
- 3 Hang out
- 4 Sit facing partner - look into her eyes. Meditate on your partner until the bell sounds. Keep returning your thoughts to your partner. Observe -
- 5 Teach yourself to fly 
6. Dreams + Memories

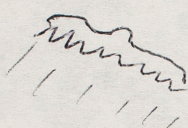
* WE WILL MEET AS USUAL NEXT TUESDAY.
PLAN TO TAKE SOME DREAMS & MEMORY TO S.C.
CHECK WITH BONNIE TOMORROW OR
NEXT DAY ABOUT TRANSPORTATION
TO SANTA CRUZ



FIRST
WORKSHOP 10:00 AM SAT, JUNE 3
PROGRAMS JUNE 4

May 30

The usual + look at
your partner meditation

Teach yourself 

Dreams - memories

Sept 26, 1972

♀ Ensemble
Non Verbal

1. Kinetic Awareness and hangout.
(If you do not know the routine
watch and join in)

2. Interpersonal imagery: Choose
a partner whom you know the
least well. Verbal instructions
will follow.

[Discussion]

3. Teach yourself to Fly
(See Sonic Meditations)

ellen
bonnie
Julie ↘
↓

4. Zina's Circle will become
our closing routine.

stand in wide arms at
side. gather energy.
let fingers touch neighbors.
send energy to neighbors.
When you receive sharp
energy in one hand, let it
travel thro your body &
give it out the other
hand.

"... For when a woman no longer confuses herself with the definition of herself that others have given her, she is at once universal and unique ---"

1. Kinetic awareness and hangout.
When everyone has arrived, S will lead us through the routine verbally.

2. Interpersonal imagery: choose a partner whom you know the least well.

[Discussion]

3. Environmental ~~Dialog~~ Dialogue. We will read and discuss the directions together.

4. Zina's circle. Zina will lead

x x x

Pauline

Flow Chart

(Period) (comma)

date

Georgia

Sept

October

Ellen

9/29/72

Pam

9/27/72

Pauline

Lin

?

BB

Toan

9/20

Julie

Carol

Zina

♀ Ensemble

Oct 10
1972

"The Horse grazing on the bank
Seems to me black in colour.

I think it otherwise,

For its reflection in the paddy

Says chestnut-brown." Bashe

1. Kinetic awareness and hangout.
When everyone has arrived, Joan
will you lead us through the
routine verbally?
2. Breathing exercise; I will explain
3. Interpersonal imagery with a partner
you know least well.

Discussion

4. Zuni's Circle

xxx

Pauline

Oct. 10, 1972

If you can go to the California
Institution for women for all or part
of the workshops please sign
below. (Please read the letter from Jeanne
Gallieck.)

Pauline Oliveira

Jean George

BB - I can go Sat but have to work
Sunday a.m.

ZL - I can go Sat but have to leave
some time Sunday

OTF - ok

Pam

Liz Brown

♀ Ensemble

Oct. 17, 1972

" NOT IN THE FLOWER
BUT RATHER IN THE NOSE
THE SMELL RESIDES -
SO IT SEEMS TO ME. "

1. Kinetic awareness and hangout.
When everyone has arrived, Zina
will you lead us through the
routine verbally? When massage done
share with partner. What was good? and bad?
2. Exercise in auto hypnosis: I will
explain.
3. Interpersonal miragery with a
partner you know least well.

Discussion

4. Zina's Circle

X X X

Pauline

P.S.

Pam Sawyer will be absent tonight.

Oct 17, 1972

A slight hang up

Ms. Gallick wants only 2 members of ♀ Ensemble to go to the women's prison because it is a hassle to get people in. I am unhappy about this because of course it will be much more effective with everyone present, especially in this case. I am writing her to see if the hassling can be accomplished so more ~~of~~ of us can go. In the meantime

How do (we) decide who goes?

all who want or none } We decide
ditto - EVF

Pauline

(If it still comes down to only 2 people & you want to do that - it's rather convenient for Carol & Georgia to bow out this weekend - ☹ (for other reasons ↑)

♀ Ensemble

Oct 25, 1972

" you see, we pick up every experience and feed the experience back. Carl Rogers first found the feedback technique but he always feeds back mostly sentences. We feed back the experience - the part that lives."

Fritz Perls; Gestalt Therapy
Verbatim

1. Lin will you lead us through the Kinetic awareness and hangout verbally?
Tell your partner what was good.
2. Second exercise in autohypnosis.
S will explain.
3. Interpersonal imagery.
4. Zina's Circle - Lin will you lead us through?

Pauline

♀ Ensemble

Nov 7
election night

" I'll see it when I believe it."

R. Ornstein

The Psychology of Consciousness

1. Bonnie will you lead us verbally through the Kinetic awareness beginning at 8:00 P.M. Late comers join us gradually. There will be music with the hangout.
Let your partner know what was good.
2. Breathing exercise. I will explain.
3. Interpersonal imagery. Lini will you explain. If there is an odd number of persons. The person without a partner should try to image the whole group.
Exchange experience with each other, then to the whole group.
4. Zina's Circle

Joan will you lead us through this?

Welcome to all new people.

Pauline

♀ Ensemble Nov, 14, 1972

"much talk means much exhaustion."

1. Kinetic awareness. Lui please lead us through verbally, beginning at 8:00 PM
2. On a non-verbal atmosphere and its purpose for this group. Clarification of current project.
3. Joan - Interpersonal imagery. Describe your ^(each person) images only. Resist descriptions of the process or any other extraneous verbalization. The purpose here is to make the imagery available. Socializing and etc. clouds the issue.
4. Bonnie - Luis' Circle.

Pauline

♀ Ensemble

Nov. 21, 1972

"A duck's leg, though short, cannot be lengthened without discomfort to the duck; A crane's legs, though long, cannot be shortened without discomfort to the crane."

Chuang-Tzu

Meetings cancelled Nov. 25 and Dec 5 because of UCSD conflicts. Meet Dec 12 then adjourn until Jan. 1973. We will begin Poison project at the end of January. Discussion on Dec. 12.

x x x

1. 8:00 PM Kinetic awareness routine.
Joan please lead.
2. Teach yourself to Fly (see instructions)
3. Interpersonal Smagery
new format. S will explain.
4. Zina's Circle — S will lead.

Pauline

... have good holidays!

... am sorry that I
have to leave so
early ----- thank-you
for the good feelings
with which I leave!

Zia

Good

MORNING.

LOVE,

CHRIS