

*Midpeninsula Free U.*

M I D P E N I N S U L A  
F R E E  
U N I V E R S I T Y  
F A L L 1 9 6 8



FREE UNIVERSITY...  
COMMUNITY...  
MOVEMENT  
☺

IF WE  
LIBERATE BE...  
DOWNTOWN EVERYONE  
PAID ATT...

DON'T  
STOP  
AND  
LISTEN  
CANTON



## WHICH UNIVERSITY ARE YOU GOING TO THIS FALL ?

- BRAND X -- Prestigious private university. Sun, palms, and football and golf for the energetic. The general study of, and its relationship to, related problems. Classes limited to less than 300. Required courses, grades, term papers, grades, examinations, grades. Preparation to take over from Daddy or, alternatively, for further preparation. Tuition \$640 each quarter.
- BRAND Y -- Notorious state university. Sun, palms, and street riots for the energetic. Eclectic hemorrhoidal gothic and early plastic architecture. Examination of important approaches and principal views in the context of their nature and function. Required courses, grades, term papers, grades, examinations, grades. Preparation for an early appearance before HUAC or, alternatively, to take over from Daddy. Unfortunately, due to the large size of the classes, and for security purposes, no contact with instructors or teaching assistants will be permitted. Tuition \$150 each quarter and rising to the right.
- BRAND Z -- Midpeninsula Free University. Sun, palms, and celebration of all the rites of life. Wine Making, Computer Methods, Astrology, Primitive Body Movement, Rhythm of Intimacy, Psychodrama, Chinese Poetry, Karate, Doctors and Patience, Political Occultism, Advanced Fantasy, Urban Guerrilla Warfare, Black Liberation for Whites, Peace Games, Survival, Ecstasy, Progressive Relaxation. Little or no preparation necessary or promised. Class sizes range from 150 down to groups so small and intimate that they fail to meet for lack of members. Membership fee \$10.

# MIDPENINSULA \* FREE UNIVERSITY

- \* What an organization does is the best indication of what it is. And the various activities described in this catalog give, perhaps, the clearest picture of what the Midpeninsula Free University is all about. Yet since what we are doing falls short of what we hope to do it has been felt that some statement of our intentions is necessary.
- \* We feel that the American educational establishment has proven incapable of meeting the needs of our society. It often discourages students from thinking critically, and does not afford them meaningful training to help them understand the crucial issues confronting mankind today. Bound to the existing power structure, and handicapped by modes of thought fostered by big business, by the military establishment, by consensus politics, and by the mass media, it is unable to consider freely and objectively the cultural, economic, and political forces so rapidly transforming the modern world. The present educational system in fact defends the status quo, perpetuating its evils and perils. The system has become rigid; it is no longer receptive to meaningful change. A revolution in American education is required to meet today's needs, and a new type of education ~ a free university ~ must provide the impetus for change.

## THEREFORE WE AFFIRM:

- That freedom of inquiry is the cornerstone of education.
- That each individual must generate his own most vital questions & program his own education, free from central control by administrative bureaucracies and disciplinary oligarchies.
- That the class character of age in our society subverts education, and that the young are not too young to teach, nor the old too old to learn.
- That education is not a commodity, and should not be measured out in units, grade points, and degrees.
- That education aims at generality rather than specialization, and should supply the glue which cements together our fragmented lives.
- That education is a process involving the total environment, which can only occur in a total community, in which each individual participates equally in making the decisions which importantly affect his life.
- That education which has no consequences for social action or personal growth is empty.
- That action which does not raise our level of consciousness is futile.
- That the ultimate politics will be based on knowledge, liberty, and community, rather than on hate, fear, or guilt.
- That the most revolutionary thing we can do is think for ourselves, and regain contact with our vital centers.
- That the most important questions which confront us must be asked again and again, and answered again and again, until the millenium comes.

That the natural state of man  
is ecstatic wonder.

That we should not settle for less.

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## COURSE INFORMATION

*The course descriptions listed beginning on page 9 of this catalog were compiled on September 11; additional courses will appear in newsletters. The locations of many of the courses will be announced in a bulletin at the end of September.*

### TEACHERS, NOTE:

*Please, if you change your meeting place, if you close the class, or if you cancel a meeting, call the Store and have the information entered in the REDBOOK.*

### STUDENTS, NOTE:

*Up-to-date information on courses is available in the REDBOOK at the Store.*

*LATE REGISTRANTS: Call instructors for information before asking at the Store.*

*ADDITIONAL SECTIONS. For most courses, there is no limit to the number of initial registrants. When too many sign up, it often is possible to find a qualified person to lead an extra section. If you might be able to lead an additional section of a particular course, please call the Store.*

## OFFICERS & STAFF

Elected	Coordinator . . . . .	854-3455	Kim Woodard	2170 Santa Cruz Ave	Menlo Park
Officers	Associate Coordinator . . . . .	851-8706	Graham Lewis	244 Bonita	Los Trancos Woods
	Associate Coordinator . . . . .	323-0951	David Teegarden	240 Princeton	Menlo Park
	Treasurer . . . . .	854-3455	Judith Woodard	2170 Santa Cruz Ave	Menlo Park
	General Secretary . . . . .	941-2187	Fred Nelson	128 Los Trancos Circle	Portola Valley
Appointed	Curriculum Coordinator . . . . .	854-5905	Robb Crist	2655 Alpine Road	Menlo Park
Officers	Events & Media Coordinator . . . . .	328-4941	Marc Porat	1061 El Camino Real	Menlo Park
Staff	Executive Director . . . . .	854-5905	Robb Crist	2655 Alpine Road	Menlo Park
	Newsletter Editor . . . . .	941-2187	Fred Nelson	128 Los Trancos Circle	Portola Valley
	Catalog Editor . . . . .	323-9635	Jim Ware	799 Berkeley	Menlo Park
	Office Manager . . . . .	328-4941	Kathy Kirby	1061 El Camino Real	Menlo Park
	Mailing Secretary . . . . .	328-4941	Gail Teel	1061 El Camino Real	Menlo Park
	Printer . . . . .	327-5676	Bob Palmer	337 Ramona Street	Palo Alto
	Course Secretary . . . . .	328-4941	Marc Porat	1061 El Camino Real	Menlo Park
	Newsletter Secretary . . . . .	328-4941	Docey Baldwin	1061 El Camino Real	Menlo Park
	Assistant to Store Manager . . . . .	328-4944	Jan Iverson	1061 El Camino Real	Menlo Park
	Store Manager . . . . .	851-8706	Irene Lewis	244 Bonita	Los Trancos Woods
	Recording Secretary . . . . .	854-4759	Diana Shugart	2655 Alpine Road	Menlo Park

## REGULAR MEETINGS

### General Meeting

The broad policies of the Midpeninsula Free University are determined by a General Meeting of the membership held each month. Any member of the Free University is welcome to join in the General Meeting and is entitled to a voting voice in that meeting.

Political policies, the budget, major projects, and by-laws changes all are decided by the General Meeting.

The Free U, in its meetings, tries to adapt techniques learned in its courses. For example, a member may make a motion to pause for psychodrama, for sensory awareness, for confrontation, or for silence, to relieve tension or to work through conflicts.

### Coordinating Committee Meeting

This is a weekly dinner meeting, open to all members, for implementing the decisions of the General Meeting and interpreting their scope and meaning. We find out what needs to be done, gather information, and make decisions.

To achieve consensus through cooperation and understanding is often a difficult and frustrating ideal -- sometimes the issues aren't clearly stated or clearly relevant; ego trips, power trips, and conflicts often are excessive; and meetings seem to last forever. But in the past few months, we have become close to our ideal of individuals working together as a community.

### Coordinating Committee Confrontation

This gathering is limited to the regular participants in Coordinating Meetings, and is intended as an opportunity to air conflicts and grievances with each other. In this way, we may free ourselves to form new and more honest working relations.

At Confrontation, we attempt to drop our public roles, turn ourselves inside out, and be honest with each other -- and perhaps even with ourselves. Honesty is exciting -- and also more difficult in ongoing working and decision-making relationships wherein productiveness and efficiency are needed.

### Coordinating Committee Marathons

The Coordinating Committee has decided to establish a monthly series of weekend marathons as a supplement to the weekly Coordinating Committee Confrontation. So far we have held one forty hour marathon of psychodrama under the leadership of the Human Institute and Husein Chung and have held a silence marathon.

The marathons are intended to foster and deepen the growing sense of community among those who are involved in the ongoing activities of the Free University.

## REGISTRATION & FEES

**At The MFU Store:** 1061 El Camino Real, Menlo Park; From Sept 16 throughout the quarter, 11 am.-8 pm.

**At Stanford:** Register in "SCORE" at the Pavilion Sept 23-24, 9 am.-5 pm.; White Plaza 25-27th, 10am.-2 pm.

**By Mail:** Cut the card out of the back cover of this catalog and send it WITH MEMBERSHIP FEE to:  
P. O. Box 6691 Stanford Calif 94305. Your membership card will be mailed to you.

### Fees:

The quarterly membership fee of \$10, payable by both students and teachers, entitles one to attend all seminars and workshops and to vote on all policy decisions. For high school students, the fee is \$2.

The M. F. U. will accept additional donations for the Community Center, the Bail Fund, the Campus Fund, the purchase of the Store building, or any other Free University thing you care to support. Make checks for fees payable to "M. F. U."



## WHAT IS THE MIDPENINSULA FREE UNIVERSITY ?

MFU is a non-profit corporation. We are organized in order to implement a vision of cultural revolution, in which a new society will develop within the shell of the old. We have a commitment to total reconstruction at all levels. Our goal is the emergence of a new politics, a new economics, a new religion, a new education, and a new version of humanity, based on libertarian, democratic, and communitarian values.

## WHAT DOES THE FREE UNIVERSITY DO ?

### Courses

Any MFU member may teach a course on any subject he wishes, in any way that he wishes to teach it. There is no screening of courses, and no central control over them, except in financial matters. All courses are listed in the MFU catalog. Members register and sign up for courses they wish to take at the beginning of each academic quarter. MFU attempts to educate without bribery or coercion; we give no grades and grant no degrees. MFU members assume responsibility for their own education, and the survival and success of courses depend on their interest and initiative.

### Political Action

Our premise is that education cannot be divided from action. Only by attempting to concretely realize our own values do we come to understand ourselves, our society, and the relationships between the two. Our political commitments are arrived at by a majority of those voting at meetings of the membership. At present, we are committed to support the Peace and Freedom Party, oppose National Voluntary Service, oppose laws against the use, possession, and sale of marijuana, to support nonviolent resistance to the draft and to the war in Vietnam. Just recently we have adopted resolutions supporting the resistance of the Czechoslovak people to Soviet imperialism. We have adopted a policy asserting the right of all people to democratic control of and free use of public parks for celebrations such as the quarterly Free University Be-In. We support the Black Panther Party's Ten-Point Program (... "We want land, bread, housing, education, clothing, justice, and peace.")

During the past year, we have been involved in a variety of political activities. Our members have served on the legislature of the Associated Students of Stanford University and in municipal government, have been arrested at the Oakland Induction Center, have served as delegates to the State Convention of the Peace and Freedom Movement, have opposed political suspensions at Stanford University, have demonstrated against the National Service Foundation, and have worked to help coordinate the activities of the student movement at Stanford.

As an organization, we have supported and aided the Ad Hoc Committee to Liberate Downtown Palo Alto which has just recently held a series of demonstrations against parts of the Palo Alto power structure. The demonstrations were directed specifically against the refusal of a major Palo Alto landholder to grant a lease to the Free University on a downtown building for the Community Center (next page). The Free University had negotiated in good faith for the lease for a period of several months and had been granted a right of first refusal. Rejection of our leasing offer was clearly discriminatory. In response to this discriminatory rejection, the Ad Hoc Committee to Liberate Downtown Palo Alto has held a series of demonstrations during September. The demonstrations have included Guerrilla-Socio-drama marches along University Avenue, a sit-in in the Hare Brewer & Kelley high-rise in downtown Palo Alto, occupation and "liberation" of the building denied us, and the convening of the Community Center of the Streets every weekend in the heart of Downtown P. A. for open-air rock concerts and other mass cultural events. Hundreds participated in the demonstrations and thousands have attended the continuing concerts.

The use of the public parks in Menlo Park, Palo Alto, and San Mateo County for the Be-In has been denied the Free University during the summer and Stanford has also turned our quarterly public celebrations away, despite repeated applications, meetings, and other hassles. In response to this situation, the MFU has taken the cities of Menlo Park and Palo Alto to U. S. District Court to seek an injunction permitting the Be-In, on the grounds that such exclusion constitutes violation of Constitutional rights to freedom of speech and assembly. The San Mateo County Peace and Freedom Movement also has supported our right to the use of public parks and is considering mass action in the event of final exclusion.

#### Cooperative Economics

We are setting up projects in cooperative economics so that we can move away from modes of thought and living determined by a competitive economic system which pits every man against his brother. The goal of these enterprises is to permit us to control, to a greater extent, the means by which we earn our livelihood, and to express creative energies through work.

Presently, we operate an arts and crafts store at 1061 El Camino Real, Menlo Park, as a producer's cooperative. Space permitting, we will sell anything, with the producer setting the selling price. MFU takes 30% of the selling price from non-members, and 25% from members, in order to pay the expenses of maintaining the store.

The MFU print shop currently operates at 337 Ramona Street, Palo Alto, utilizing an offset press and auxiliary equipment. Organizations we support and MFU members may use this facility to have printing done at low cost.

#### Community Center

A large Community Center is now in the planning and early implementation stage. We have been donated more than \$10,000 for this project and much additional equipment and time by Free U members and others. We hope that a geographical center may mobilize a further local explosion of new cultural energy. The Community Center will house a dance hall, a coffee shop, arts and crafts workshops, a central office, and other activities. The Community Center activities will be directed towards people of all ages, but it is hoped that it will serve one age group in particular -- the youth that are too old to be comfortable at home and too young to be comfortable in the obsolete forms of social organization offered them by established society. We have no desire to program, manipulate, lead, or instruct young people, but simply to offer space for the creativity of youth and experienced alike. For the Free University it is hoped that the Center will offer a source of new life and change and a new dimension of activity.

#### Newsletter

Our newsletter, The Free You, is mailed to members about twice a month. Editorial policy is to present diverse and opposing views, relevant to the problems we face as a community. All members are encouraged to submit material for The Free You.

#### Media

We are trying to go beyond our membership and reach larger numbers of people by working with mass media, the underground press, demonstrations, movies, tapes, and posters. We seek new modes of communication to facilitate education for living. During the past quarters MFU members were on five television programs and several radio broadcasts. A movie dealing with MFU activities has been in preparation. Further, we hope to complete a handbook on the MFU which includes an administrative summary and will incorporate descriptions of numerous radical educational techniques employed in classes as well as personal statements of individual class experiences. If something has impressed you enough to want to write about it, give us a copy, too.

#### Celebrations

We hold be-ins, sponsor performances in the arts, and throw parties, in order to foster spontaneous joy and human solidarity.

## WHO BELONGS TO THE MIDPENINSULA FREE UNIVERSITY ?

MFU membership is open to all. There are no pre-requisites for admission. The registration fee is ten dollars per academic quarter, except for high school and pre-high school members, who are entitled to discounts. The high school dues this quarter are two dollars. Last quarter over 1100 members registered, paid, and attended courses. About half our members come from the Stanford University community; the rest are drawn from other midpeninsula college campuses, from high schools, and from the surrounding communities. Although most of our members are in their twenties, we have increasingly more members in other age groups. MFU is not intended to be an organization of young adults. We are a community, and this implies the involvement of human beings in all stages of life. Three year-olds and fifty year-olds participate together in classes, cooperatives, and celebrations.

## HOW IS THE FREE UNIVERSITY RUN ?

MFU is governed democratically by its members. Basic policy decisions are made at the monthly General Meeting. Our newsletter announces the time, place, and agenda, and carries arguments pro and con on various issues. Programs to implement policy are worked out by the Coordinating Committee, which meets every Thursday over dinner, from 6:15 to about 8:00 p. m. Consult The Free You or call 328-4941 for the meeting place. ALL MFU MEMBERS MAY BECOME MEMBERS OF THE COORDINATING COMMITTEE SIMPLY BY ATTENDING AND PARTICIPATING IN THE MEETINGS.

The MFU Executive Committee, consisting of elected and appointed officers, has two functions: to provide administrative coordination; to make decisions in emergencies. It is entirely subject to the Coordinating and General Meetings.

### The Committee System

MFU special committees and workshops are set up for specific purposes in order to further democratize, decentralize, personalize, and rationalize our structure. Members wishing to serve on committees listed below should sign up for them when they register, or else call the telephone numbers that are given.

Special committees, unlike courses and other projects, are responsible to the membership as a whole through the Coordinating and General Meetings and the newsletter. Every committee is open to all members, except the Stanford Committee on Radical Education (open only to members of the Stanford Community) and the Free High School Workshop (open only to high school students). Anyone may form a new committee. A chairman should be elected and meetings announced.

## COMMITTEES

### Score

The function of the Stanford Committee on Radical Education is to represent MFU on the Stanford University campus. It works with Stanford students, faculty, administration, and alumni to bring about a more progressive educational policy and practice at Stanford. SCORE may function autonomously as an independent affiliate of the MFU under its own name. It has its own bank account and works with educational and political student organizations through the Stanford Community of the Left, a broad based federation of campus organizations. For information about SCORE, call Vic Lovell at 854-3551.

### Headquarters

This committee administers and manages the operations of the Headquarters office, which is the communications center of the Free University. For information, call Kathy Kirby at Headquarters: 328-4941.

#### Events and Media

The Events and Media Committee plans, originates, and carries out all the events and celebrations in the Free University, including Be-Ins, Street Festivals, rallies, dances, concerts, and so on. Extensive plans are under way for a large "Street Fair" event next Spring. We are moving into radio and television coverage of the Free U. For information, call Marc Forat, 328-4941.

#### External Relations

The Committee for External Relations is a new committee created for the establishment and maintenance of relations with other voluntary associations in the area, especially other radical groups and campus organizations. For information, call Vic Lovell at 854-3551.

#### Properties

As MFU has grown larger, we have developed a need for increasing amounts of space for operations. We lease a store and a print shop and are attempting to lease a large Community Center building. Possibilities seem to be opening up in the direction of acquiring space for experimental living communities. The Properties Committee handles the acquisition and maintenance of the physical environment of the Free University. Call Kim Woodard at 854-3455 for information.

#### Store

The Free University's Menlo Park store, selling artworks and handmade crafted goods, has its own bank account. The Store Committee operates the store and manages its bank account. Call Rene Lewis at 851-8706 for information.

#### Curriculum

The Curriculum Committee looks for prospective course leaders, assists in the preparation of course descriptions, and collates this material for the catalog each quarter. It also arranges locations for courses and is available for consultations with course leaders. For information contact Robb Crist at 854-5905.

#### Finance

The Finance Committee accounts for income and expenditures, prepares financial statements for publication in The Free You, arranges for audits, and drafts a proposed budget. For information, call Judith Woodard at 854-3455.

#### Community Center

The Community Center Committee coordinates planning for the Center, will coordinate its operation when it is opened, and will plan for expansion of community services needed to build a community. For information contact Bob Cullenbine at 326-8104.

#### Political Affairs

This committee proposes, discusses, and carries out MFU political action programs and administers the MFU Bail Fund. For information contact Graham Lewis at 851-8706, Lew Hailey at 328-4941, or Vic Lovell at 854-3551.

## COURSE CLASSIFICATIONS

For simplicity, courses are classified under nine very broad headings. For some courses, the choice of heading is debatable.

SEE PAGES 2 AND 3 FOR CLASSIFICATIONS -- COURSE CHANGE INFORMATION -- REGISTRATION DETAILS.

This workshop is designed primarily for men and women who would like to exercise their bodies and imagination, and to extend the basic vocabulary of their body movement into a satisfying, personally creative expression.

Discovery of tensions and their release, exploration of imagery and feelings hidden in body language, verbal encounter and sharing.

Class limited to ten men and ten women. To be held at 1780 Senter Road, San Jose. For further information call Bill, 297-7229.

A six weeks course following an Esalen Stanford weekend in rhythmic exercises by the Danish Gossel Method. Spontaneous, invigorating, with emphasis on the spine and pelvis, and special attention given to breathing. We will utilize the beat from tribal Africa and modern soul music.

Meets twice weekly starting Monday, November 11 from 7 to 8 p.m. Call 327-3880 for further information.

We will read poems in Chinese -- mainly short T'ang lyrics. It is helpful but not necessary to know some Chinese. (The more Chinese you know the more you'll get out of it.) The problem is to fit images and feelings to rather arbitrary-looking strings of symbols. The best tool you can bring is an open mind and a will to hypothesize bravely and imaginatively.

First meeting Monday, September 30 at 8 p.m. If you are interested, please call 322-5279.

We will meet on September 30 at 3836 La Selva, Barron Park, to set up chamber music groups.

For further information call 326-1396.

Part of the experience of Indian music is learning to relax your conscious mind and let the music take over and direct your subconscious, leading it on the complex trip that the artist is building.

We will listen, and discuss our reactions, and hopefully find new ways of enlarging the experiential side of listening at the expense of the analytical.

First meeting Monday, September 30 at 8:00 p.m. at 899 Sherwood Ave., Los Altos. For further information, call 941-2884.

A beginning group of from 6-10 people. Bring footstool and music stand. We will start playing music first; scales and exercises second. All music will be supplied. I have in mind a program where we will get together for one hour a week and play individual pieces and some duets, trios, etc., for guitar. Also, we will make some trips locally to see Flamenco guitarists (Dan Crismon at the Tanager), guitar makers (Gabriel Souza in Mission San Jose), and artists (Bream, Segovia, Williams, depending on whoever is in town). First meeting September 30 in Palo Alto at 7:30 p.m. Location to be announced.

This course is intended primarily for the beginner. We will start by explaining what a camera is and the various types of cameras. We will discuss lenses, apertures, exposure, films, and development. We will consider both color and black and white. There will also be a darkroom session to show the making of enlargements.

Location to be announced. First meeting Monday, Sept. 30, at 7:30 p.m.

This past quarter the class has dealt mainly with individual problems, but we have run into difficulties with large attendance. A class like this demands freedom and time to work with each person at great length. It is because of this that I have decided to limit the class to 15 people twice a week. We will work on relaxation and personal involvement to overcome superficial things that impede our creative abilities. I am now organizing an experimental theatre and hope to involve all students and interested people. Our main problems are: availability of actors, experienced or not, FUNDS, publicity, and help, help, HELP.

Class meets Monday and Wednesday, 8:00 p.m. Classes subject to change according to rehearsal schedules (these will be announced). To discuss specific problems or for information call me at 323-4400 or leave message at Free U. Office.

A1  
CREATIVE MOVEMENT AND  
PERSONAL DANCE

A2  
PRIMITIVE BODY MOVEMENT

Anne-Lise Malter

A3  
FORM AND FEELING IN  
CHINESE POETRY

Tom Schaefer

A4  
CHAMBER MUSIC

Katherine Coats

A5  
INDIAN MUSIC

D. Gardner

A6  
CLASSIC GUITAR  
FOR NOVICES

Shel Kugler

A7  
ELEMENTARY PHOTOGRAPHY

Al Smith

A8  
ACTING CLASS  
AND  
EXPERIMENTAL THEATRE

Steve Polinsky

A9  
THE PLAY'S THE THING

Pat English

Conscience catching and playreading at my house. Bring your favorite scripts--pre-Euripides through post-Genet, and we'll find something for everyone. Class meets every other Monday starting September 30 at 299 Stanford Ave., 8 p.m. Menlo Park. For further information call 854-5796.

A10  
POETRY WORKSHOP

Jim Spencer

A workshop in which we read and analyze poetry written by members of the class, and occasionally discuss the work of other modern poets and their theories of poetry. The attempt to master craft and language is only half the struggle to make good poetry. The other half is the search for self. This half is more important now than in any other time. We are hungry for a new kind of poetry, and in class we are beginning to experiment with the idea that it will have its origins deeper in the unconscious than most of the poetry now being published, and consist of images and statements bound in a framework that does not originate with the intellect but that is not in open conflict with it either.

At some time during the quarter we will try to write poetry in class, under hypnosis, if a suitable hypnotist can be found.

First meeting Monday, September 30, at 1106 N. Lemon, Menlo Park. 8 p.m.

All  
UNDERGROUND JOURNALISM

Marlene Charyn

Reading, writing, rewriting, editing, and criticism.

We will read and discuss selected articles from underground papers in an effort to find out what part writing can play in the American cultural revolution. We will analyze our own writing and try to sharpen it so it will contribute as fully as possible to that revolution. We seek answers to the questions "What is revolutionary in America at this time?" and "What is revolutionary writing?"

Hopefully, much of the writing done for this course will be published in the MIDPENINSULA OBSERVER or the FREE YOU. People who already write for these publications are urged to sign up.

All persons interested call 326-0435. I would like to talk with each prospective member before the class starts, and perhaps read a writing sample, since enrollment will have to be limited.

Before the first class, please read "Youth as a Class" in the August 12 OBSERVER, and THE ELEMENTS OF STYLE by Strunk and White (available in paper). Also recommended: THE POLITICS OF EXPERIENCE by R.D. Laing (Pantheon) and BEAUTIFUL LOSERS by Leonard Cohen (Signet paper).

Meets Tuesdays from 4 to 6.

A12  
T.S. ELIOT AS GURU

Robb Crist

From his concern as a young man with the need  
"To prepare a face to meet the faces that you meet"  
to his calamating vision thirty years later that  
"...all shall be well and  
All manner of things shall be well  
When the tongues of flame are in-folded  
into the crowned knot of fire  
And the fire and the rose are one."

Eliot pursued his self-development with diligence, and chronicled that pursuit with such precision and eloquence that he left behind one of the most valuable records and manuals of the process of self-realization ever written.

Now, when so many are looking to the East for instruction and inspiration it is well to remind ourselves that we have here in the West all (or almost all) we need to do the job.

Each participant should have his own copy of Eliot's Complete Poems and Plays. Additional readings: Elizabeth Drew, T.S. Eliot: The Design of His Poetry; P.W. Martin, Experiment in Depth: A Study of Toynbee, Jung, and Eliot.

Location to be announced. First meeting Tuesday October 1st 8:00.

A13  
LISTENING TO ROCK

Jim Tankard

Mainly just a time and place for those of us who love the new music to get together and listen to records. Two premises:

1. The new popular music -- that of the Beatles, Bob Dylan, the Rolling Stones, the Byrds and a dozen other groups -- is beautiful, meaningful, and just plain fun.

2. This music deserves careful listening.

First meeting 8:00 Tuesday, October 1, at 2389 Palo Verde, Esst Palo Alto.

The joy of seeing; the art of composition; understanding techniques; working with models; print critique and any and all areas we want to explore as a class.

Bring your camera, film, tripods or whatever you have to partake in a weekly two-hour photo workshop.

We'll experiment and discuss what already has been recorded and what we will experience together through the medium of photography.

Ten classes for \$15. Every Tuesday, starting at 7:30, at 210-A High Street, Palo Alto. For additional information call 322-8089.

A14  
PHOTOGRAPHIC WORKSHOP

Lars Speyer

Figure work is groovy for model and photographer. We'll settle on a fairly small sexually balanced group and work on modeling techniques, as well as posing, composition, and photography. We'll probably trade roles now and then for fun and mutual learning. We will take one or two weekend or weekday evening trips to the beach or mountains in small or large groups as desired. Photographers should be able to develop and print their own work, but we might be able to help a little in that regard. Participants should be fairly free of hangups about nudity at remote areas of beach and mountains. Sign up on the list at the MFU Store, and I'll contact you. 738-2136. Class meets Tuesdays.

A15  
FIGURE MODELING  
AND PHOTOGRAPHY

Fred Siedow

This class is designed for those who like to draw the human figure with or without individual instruction. Draw for three hours undisturbed in a stimulating atmosphere. Experienced models, props, special lighting effects will be carefully chosen to make each setting a new experience.

Classes are held from 7:30 pm to 10:30 pm every Wednesday evening except holidays. \$2.00 will be charged per class period per person, to pay for model and building. Classes are held at 210-A High Street, Palo Alto, at the corner of Hawthorne in what was formerly the Palo Alto street car barn.

A16  
LIFE DRAWING

Richard Elmore

A somewhat organized, non-cerebral seminar by and for practicing writers. Some prerequisites. Phone 326-0194 at night for details.

Location to be announced.

Meets on alternate Wednesdays at 8:00, starting October 2.

A17  
FICTION WRITING, AGAIN

Robert Weir Barrett

How to get the most out of your Victor-Victrola.

First meeting September 23 at 2061 Gordon, Menlo Park, at 8:00.

For further information call 321-2300, ext. 2463.

A18  
VICTROLOGY

Ed Linotti

Theater Games are a form of structured improvisational theater. We are all so used to doing our own thing that we forget how to be in a group; Theater Games is a group thing and an individual thing at the same time. Each game has a set of rules. Within the rules the group creates a "living whole" with everybody still doing his own thing. I'd like to start out building a pyramid of these games. When we have a group going we can do a show -- either one we pick or one we write. No experience necessary. Bring energy.

First meeting October 2 at 8:00 pm at 181 Tasso St. (upstairs apt). For further information call 327-6582.

A19  
GROUP EXPERIENCE IN THEATER

Beverly Galley

A freewheeling combination hootenany, folk/blues jam and small group practice. Come if you play and are willing to share some of your songs and techniques, or come to listen and pick up something new. We hope groups can be formed for many levels of ability and kinds of folk music.

Meets Wednesdays at 8:00 pm. Location to be announced.

A20  
FOLK GUITAR WORKSHOP

Bill Blanchard 328-6954  
Joan Leader 326-8526

A study in freedom of body movement to contemporary music. Miss Moore is a working professional topless dancer. Limited to 15 serious students.

Meets Wednesdays, 7:00 pm, at 2195 Ralmar, East Palo Alto.

Call 326-7356 for more information.

A21  
INTERPRETIVE PSYCHEDELIC  
DANCING

Monte Moore

A22  
COMPOSING ALL KINDS OF  
MUSIC

Hayden Richards

For people who can read music and want to write it but are having difficulty getting started. We will pool ignorance regarding inspiration, etc., and write works in any and all (and no) idiom for the MUSICIANS' WORKSHOP to play and us to hear.

First meeting November 6th or later. You will be contacted. 419 Palm St., Palo Alto. Wednesdays 8:00 pm.

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A23  
PLAYING ALL KINDS OF MUSIC

Hayden Richards

All kinds of music. Spring quarter -- PERFORMING NEW MUSIC -- from which this sprang, played old blues, modern, classical, chamber music, modern jazz, a mixed raga-banjo-baroque thing, etc. All instruments and types of singers. Willingness to read and/or practice music essential, "talent," being "good," being "out of practice" are irrelevant. The composers workshop will write the charts. We'll tape the results.

First meeting November 6th or later. You will be contacted. 419 Palm st., Palo Alto. Wednesdays 10:00 pm.

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A24  
MUSIC AT AGNEWS

Bill Slattery

Hey - semi-pro music gigs to be played, at Agnew State Mental Hospital every Thursday for one hour. We need half a dozen reasonably proficient harmonicats, banjoists, guitarists, tamborini, bassists, vocalists, etc. for one or two folk/blues/skiffle bands. Jazz or rock musicians also can be accommodated and scheduled at Agnew. Good amateurs will have opportunity to perform before live audiences with a microphone and thus gain experience. The patients really dig interest shown by outsiders.

A guitarist and myself (banjo) have been playing at Agnew during the summer and can be the backbone of one group. A limited amount of light practice can occur after the gig at my apartment or perhaps a local pizzeria. For further information call 948-0483 or 326-6000.

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A25  
PHOTOGRAPHY

Dave Petach

This course is basically concerned with how "you" influence your photography. You will be expected to have used a camera before. We will have short field trips and exercises. Discussion and information exchange will be of great importance.

Thursdays 7:30 - 10:00. Location to be announced.

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A26  
EXPERIENCING ARCHITECTURE

Bruce Ross

Walk through, around, in and on, various buildings and spaces to illustrate forms, structure, and composition. This is not a guided tour of famous buildings. Whenever possible, the architect will accompany the group to defend his point of view. The group will meet each Saturday at 10 a.m. at the site selected at the previous meeting.

First meeting will be Saturday, October 5, at 1736 Stockton, San Francisco. Call 435-3414 after 7 p.m. for further information.

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A27  
PRESENTATION THEATRE  
THROUGH  
FREE IMPROVISATION

Paul Genge

The object of this workshop will be to create spontaneous exploratory theater. Free association, the development of rhythm of gibberish, the use of mime, dance, and music and other methods will be used leading into the presentation of several distinct playlets simultaneously, on the same stage. These playlets will vary around certain selected themes.

We need at least five men and five women, to be called "actors", and three wind players - a recorder performer, oboist and bassonist - to be called "musicians". We will meet all day Saturday, working and eating together. Preference will be given to serious drama students. This is an attempt at total involvement and each one of us should have a continuing participatory function.

Location to be announced. Class will meet every other week. The teacher will be coming up from Los Angeles - if anyone has a place where he could stay and the class could be held please call the MFU store.

Saturdays 10:00 am.

Creative Dance by incorporating music and movement from various cultures such as African, Mexican, Chinese, and Tai Chi Chuan.

The Woods Seminar is an informal gathering that originated in Los Trancos Woods in 1962, and was a forerunner of the Free. U. This part of the Seminar meets in Palo Alto at the sign of the Monkey-Puzzle Tree on Middlefield Rd. on Saturdays beginning Sept. 28. Bring wine and fruit.

A28  
WOODS SEMINAR

Marybeth

A 14th Century medium adapted to 20th Century subjects. You should have some knowledge of drawing and painting. Some materials provided.

Class meets Sunday night at 8 p.m., at 355 Selby Lane, Atherton. For further information call 369-4993.

A29  
EGG TEMPERA

Sue Nair

In this marvelous age of electronic rock some of our roots in mountain music- in the old forms and instruments-have been forgotten or drowned out. To get back let's bring our instruments-mostly banjos and fiddles.- and gather round the record player to find joy in and help each other re-create the banjo and fiddling sounds of such artists as Wade Ward, Roscoe Holcomb, Tom Ashley, Vester Jones, Ed Spencer, Glen Smith, Doc Boggs, Doc Watson, Pete Seeger, Peggy Seeger, The New Lost City Ramblers, Frank Proffitt (one of his fretless banjos available to the seminar), Hobart Smith, Pete Steele, and any you know of or I haven't mentioned. Old styles and new styles from clawhammer to bluegrass will be traded around as well as fiddle styles. The class is for all who want to discover the magic of mountain music and for banjo players and fiddlers good and bad to come and learn a few new licks.

Class will first meet at 8:00 Sunday night, Sept. 29, 12610 Page Mill Road, 948-5117.

A30  
OLD FORMS - NEW LICKS

Tom Hampson

This course will include film making and film appreciation.

Meeting time probably Sunday evenings. Call Dave Cook at 369-3886 for information. Class meets at 515 Encina, Atherton.

A31  
FILM  
Dave Cook

The main theme is producing experimental movies to your own ideas inspired through music. Bring the music you want to hear. Hi-fi equipment provided.

Class will meet at "The Aud" (Thatcher residence) on Willowbrook in Portola Valley. For more information or instructions on how to get there phone Pat, 851-1800, Dave, 851-1036; or Bernie, 854-5372. Classes Sunday mornings.

A32  
WORKSHOP IN MAKING MOVIES  
TO MUSIC  
Dave Kautz, Bernie Sproch  
Pat Thatcher

Zorba the Greek is alive and well in Menlo Park! These happenings are for people who (1) don't know Greek dancing, but wish to learn, (2) don't know Greek dancing and don't wish to learn, (3) know Greek dancing and wish to dance, (4) know Greek dancing, but don't wish to dance, (5) \_\_\_\_\_ (fill in your own reason). We already have a nucleus of 100 people-- if a few more join us, we will have enough for a Greek-In!

A33  
GREEK DANCE HAPPENINGS

Bob Albrecht

The following types of events will be scheduled arbitrarily and capriciously:

Classes for beginners (dancing to records and tapes)

Tours of the local Greek restaurants

Greek dance parties (some with live music, maybe some light shows, some indoors, some outdoors)

Whatever else we dream up!

A small fee will be charged for each event (except "tours") to cover the cost of music (records, tapes, or live Greek combo), refreshments, etc.

If you sign up, PLEASE SEND 10 self-addressed (that means addressed to yourself) post cards to Portola Institute, 540 Santa Cruz, Menlo Park. You will be notified of events by postcard. For additional information, call 323-5155.

We will meet twice weekly, and the class is open to men only. Time and place to be arranged. Sign up for interview.

A34  
BALLET  
Katarina

A35  
THE FREE YOU: MEDIA ABOVE  
AND UNDERGROUND

Fred Nelson

During my residence as editor of THE FREE YOU we want to use the newsletter, within its obvious limits, as a springboard for the study of effective small-periodical communication. Does an underground paper have to be an aesthetic thumb-sucker as the Barb or as beautifully unreadable as the Oracle?

This course is primarily intended to train future Editors of THE FREE YOU in editorial techniques, and that part of the course is already closed for the quarter.

Beyond that, if enough people are interested, we could meet to discuss what kind of turn-on a paper could be, and maybe to evolve THE FREE YOU in that direction.

Location and time to be announced. Sign up and you will be contacted.

A36  
CHORD CONSTRUCTION AND  
ANALYSIS FOR GUITAR

Ralph Hughes

The course will deal with 1) Building all of the scales using the tetra chord system, 2) Laying out a transposition chart, 3) Rules for chord building through a numerical system, 4) Applying four basic formations from which all of the chords can be constructed and, more importantly, identified, 5) Chord substitution, moving voices, three-part chords for more power, as in jazz, 6) Chord and melody together.

Class meets occasionally. First meeting to be announced. Location to be announced. For information call 321-0842.

A37  
FREE KIDS BAND

Charley Martin

Group music with kids (five to eight years old or so). Several meetings throughout the quarter in public places to make sounds with the emphasis being on having fun. Bring instruments, improvised or otherwise.

Time and place to be arranged. Call 851-8356 (evenings) or 854-3300 x 657 (days) for further information.

A38  
HEAVY MUSIC

Katy Cole

An open jam for serious musicians. Bring your talent. This is a chance to develop your thing as part of a new sound. Our aim will be the stars.

Call 365-5959 for further information. Time and location to be announced.

A39  
BEGINNING GUITAR

Tom Blue

This is a course in fundamentals for non-players who would like to learn. We will include basics in major and minor chord sequences and in strumming and finger picking. The course will be built around songs for singing, although some straight instrumental pieces will be included. Learn some new songs, too; instruction will include a few old stand-bys but will generally be based on some more obscure musical gems. Requirements are your own guitar plus an accurate sense of rhythm and an ability to carry a tune.

Classes will be held at 1074 Los Trancos Rd., Portola Valley. First class and schedule to be announced later. For further information call 851-0232 after 7 p.m.

A40  
BEGINNING FOLK BANJO

Duane Austin

I will continue to try to teach beginners all I know about playing Banjo. Classes will be limited to 3 or less, with as many sections as are necessary, to be arranged to fit schedules of both student and instructor. Call instructor to arrange for class. You will NOT be otherwise contacted, whether or not you register "officially". Call 967-0302.

A41  
OLD-TIMEY STRING BAND MUSIC

Duane Austin

We try to get together to play the "Good-old Country Sound" once a week or so. Players and listeners welcome, but this is not a "Pop-folk" group. Call 967-0302 for information about where and when. If you aren't interested enough to call, we won't call you. If agreeable, we may try to meet late afternoons on the weekend, outdoors.

Basic problems are the same for both, if the home is to be made into a comfortable, beautiful place in which to live.

In this course eyes will be trained to see, learn and know what lighting, color, size, form, pattern and texture are all about.

We will discuss how to choose and use furnishings and junk, and what's cheap and good and how to find it.

A brain-washing for the Madison Ave. dicta on decorating.

This course will be led by an experienced interior decorator-designer-artist.

First meeting Monday, Sept. 30, at 8pm. 909 Addison Ave., Palo Alto. Call 321-4626 for further information.

C1  
POOR PEOPLE'S PLACES OR  
MONEYED MANSIONS

Eva Vincent

Make 250 gallons of wine. We will purchase grapes, crush and process to final result. Limited to 30.

First meeting Monday, Sept. 30. Location to be announced. For further information call 851-1800.

C2  
WINE MAKING

Larry Thatcher

I don't know much, but neither do you. Come over a little while, and we'll both learn.

First meeting Monday, Sept. 30, at 3 pm. Location to be announced. For further information, call 854-6905.

C3  
CANDLEMAKING

the last hare

Cast translucent panels with polyester resins and dyes, colored glass, or any dry materials. Demonstration Tues., Oct. 1 at 10 am. or Sat., Oct. 5 at 10 am. Work sessions to be arranged. For information, call 851-1280. Class meets at 56 Old Spanish Trail, Los Trancos Woods.

C4  
RESIN MOSAICS OR PLASTIC CAN BE  
BEAUTIFUL

Joan Gates

An alternative To "Ken and Barbie" -- Learn how you can make your own Christmas presents; Workshop and equipment available for the fabrication of toys in wood, ceramic, cloth, etc. Class meets at 831 Cloud Ave., M.P. Tues. 7:30 pm. For further information call 854-6992.

C5  
TOYMAKING

Susan Breitbard

A demonstration and explanation of a few simple steps and you can go home and make your own sandals, from a piece of leather, a mat knife, and a few hours time. Only one session necessary - no materials required.

C6  
SANDALMAKING

Bobbie Lucas

Tuesday, Oct. 8 4 to 5 pm. or 7 to 8 p.m.  
1525 Waverley Street (near Churchill) Palo Alto.

I will teach what the class wants to learn in way of Chinese cooking to the best of my knowledge. We can go into gourmet cooking or keep it simple.

C7  
CHINESE COOKING

Enrollment will be limited to the size of the facilities. (There will be a charge for the materials used.) First meeting Tuesday, Nov. 11. 6:30 - 8:00 p.m. Location to be announced. For information call 325-4228.

Chizzie Mayall

A course in French cuisine taught in the French language. Those who sign up should be interested in cooking and in the French language, but need not have any previous experience with either. Course leader was born in France, is now an American citizen. French attitudes and culture, as expressed in the art of cooking will be explored. The class will meet at 2 Arastradero Rd., Portola Valley on Oct. 2 Wed. 3:30 - 5:30 p.m. For information call 851-7163.

C8  
COOKING TAUGHT IN FRENCH

Babette Willa

# CRAFTS

C9  
AUTO EROTICISM

Learn to care of your car. Basic automotive principles, tune-ups, brake work, trouble shooting, economics of operating motor vehicles, etc. will be covered. Class is only for those who have no mechanical experience. No engine rebuilding, automatic transmission work, speed tuning or other perverted activities will be permitted.

Class limited to 25. Sign up at the Free U store. Class starts Oct. 2 at 855 Partridge in Menlo Park Wed. 8 p.m.

C10  
WEAVING OPEN HOUSE

This course will include card weaving, loom weaving, tapestry, wall hangers, etc. The instructors will also teach knitting, macrame, and other yarn crafts, if there is a demand for it.

Joy Beeson  
Sharon Wilson

The class will meet at 1265 Santa Cruz Ave, M.P., on Wednesday at 8 p.m. For further information call 322-7429.

C11  
CHANGING HIDES

Learn how to make leather garments with a professional leatherworker. We will meet in a local leatherworking shop. First class Oct. 3, Thurs. 7 - 9 p.m. Call 593-0868 for information.

Lorna Fear

C12  
INFORMAL POTTERY

An informal pottery course will be taught this fall by the Stanford Potter-in-Residence. There will be a \$10 lab fee. People interested should call 321-4109. Begins Nov. 1.

Gary Feldman

C13  
ELECTRONICS AND PRACTICAL  
HOUSE WIRING

The course will start with simple circuitry (house wiring) and will progress to simple repairing of hi-fi and stereo systems and television sets, without costly equipment. Finally, towards the end of the quarter, we will experiment with lights and sound.

Iain McPetridge

Friday, Oct. 4, Thatcher's Barn.

C14  
GLASS BLOWING

OPEN HOUSE Each Saturday at 10:00 - 12:00 Beginning Sat. Oct. 5, 1077 Johnson Lane, M.P. For further information call 325-3080.

Van Gangelan

C15  
SANDCASTING CANDLES

We will meet at noon, Saturday, October 13, at the beach to practice the art of casting candles in the sand. Wax and wicks will be provided at cost; bring food and refreshments. This class will not meet unless five people volunteer to handle the logistics. Location to be announced. For info. call 326-8104.

Bob Cullenbine

C16  
OPERATING A "RAKU" KILN

As a sequel to the "How to build a Raku Kiln" workshop that was held in July, an operational workshop will be given Sat. Nov. 9th at 891 Weeks, E.P.A. from 10 a.m. to 1 p.m.

Cramer Owen

We will also consider the three variables of heat, atmosphere and ceramic materials. MFU potters and would-be potters, we now have the kiln - let's put it to use.

C17  
BASIC COOKING AND MEAL  
PLANNING

This course will offer instruction in planning a meal from start to finish. Some gourmet food -- some home cooking will be included.

Mrs. Myers

To be held at 227 Samson St., Redwood City, Apt. 5. For information call 364-0763.

Come help build a cabin in the woods. We have an old logging mill and many acres to enjoy. Men can join in building projects, while women prepare macrobiotic food. Sign up for either or both weekends and we will contact you. Class will meet the weekends of Oct. 11-13 and Oct. 25-27.

C18  
COMMUNITAS: CABIN BUILDING  
Alan & Heath Schmidt

There is no place to buy wax and wicks around here. Until such time as local private enterprise does its job, candlemakers may buy their supplies at 921 Ramona, Palo Alto.

C19  
CANDLEMAKING SUPPLIES  
Bob Cullenbine

If you are interested in learning about printing and related processes drop by the Free University-Resistance print shop in Palo Alto. Volunteer helpers are needed and welcome. The shop is located across the street from the Palo Alto Times at 337 Ramona Street. For further information call 327-5676.

C20  
PRINTING  
Jim Massey & Bob Palmer

The food you eat becomes you. So we should turn on to the food that makes us high. This will be a weekly gathering for those interested in macrobiotic cooking and eating. We will prepare a meal, eat well, and share our experiences. There will be a \$10 fee for food and materials. Time and place to be announced. Call 854-4428 for further information.

C21  
"GOOD FOOD IS GOOD KARMA"  
Gayle Curtis  
and  
Catherine Tekakwitha

Recently I have been making things out of plastic for money and have discovered that it is fun as well. The techniques include: making an original design out of wood, plaster, or what-have-you; going through the process of reproducing it in some form of plastic.

C22  
CREATIVE PLASTICS FOR FUN AND  
FULLY

We can do bending, cementing, hot-forming, casting, etc. We can also paint with fluoreacents and come up with wierd effects with black light. I make no claims of being a plastic expert, but have learned by trial-and-error. Beginners are welcome. Small charge for materials.

Jim Everett

First meeting is Thursday, Oct. 3 at 8 p.m. at 744 Rose Lane, Los Altos. For further information call 948-3951 or 968-8815.





Are the public schools completely hopeless? Is anybody doing anything about them? Can anything reasonably immediate be done to change a system which supports and perpetuates a society of horrors?

For those of you who have taught, are teaching, are wondering if you might try it, or are just interested in the whole subject: Here's a forum for sharing ideas, frustrations, plots and plans. I can offer the view from inside the School of Education at The Local Establishment. We can explore the relevance of Esalen and Free U. to what could emerge in a classroom if real education was what was happening. There's the possibility of having people who are doing creative things in public schools come and talk to us.

Anyone with a sharp tongue, fresh ideas, or any inclination to have a go at the subject is welcome. Class will meet Mondays, 8 P.M. For information call 324-4988.

ED1  
EDUCATION INSIDE OUT

Sheila Molnar

The schools of today supply the technicians (i.e. "engineers", "physicists", "chemists", "doctors", "lawyers", "managers", etc.) needed by the Industrial Complex to maintain its hold on the country. What would training at the universities throughout the country be like if they and the country were not dominated by this power structure?

In the first few meetings we will discuss "Student and Society" by the Center for the Study of Democratic Institutions, "The Dissenting Academy" by Roczak, and "The Academic Revolution" by Jencks and Riesman. After that we'll try to answer the question using our own resources.

If anyone would like to help lead this section, please call. Class meets Tuesdays, 8 P.M. Location to be announced. For further information call 253-7891.

ED2  
THE IDEAL UNIVERSITY

Sam Goldwasser

When you make love to a girl you are teaching something. Asking a favor teaches; so does advertising. Conventional education, public or private, is not as successful as any of these because it does not differentiate between its overt and insidious impact.

This course is for teachers of any bent, or straight. Our objective is to design teaching methods and materials to implement them.

Thursdays, 7:30 P.M. Call 593-0322. Place to be announced at the MFU Store.

ED3  
INSIDIOUS EDUCATION

Wallace Judd

"To learn is to love" - Kenneth Eble. The New Breed is the name given by Robert Hutchins to those people in public education who are demanding change. If you feel there is a relationship between the movement to liberate the 3rd world and the need you feel to liberate education, we have something to talk about. We can explore the following areas: 1. vocational alternatives to public school teaching, 2. maximizing our own potential, 3. practical political strategies for bringing about change in the school system. The revolution in education must be carried out by the only people who are responsible for the maintenance of the present condition -- the teachers. Let us meet, decide what we want to do, and give each other strength, knowledge, and community. Class meets at 113 Byron, P.A. First meeting Thursday, Oct. 3 at 8P.M. For further information call Jim at 321-4976.

ED4  
THE NEW BREED

Jim Warford

A discussion of voluntary schools and communities as alternatives to the prevalent human condition. Course open only to those who are now actively involved in such groups, and to those who seriously intend to become actively involved in the near future. Group meetings will be few, since there will be a lot else to do: establishing a communication network, exchanging skills and personnel, getting equipment, and raising funds. Also, there may be a lot of travel between the Bay Area and Western Canada, communicating bread and gospel. First meeting will be Friday, Sept. 27 at 6:00 P.M. - for potluck dinner. If you can't come then, call beforehand, since subsequent meetings will only be held when there's something to talk about. First meeting is at: 47 Homer Lane, Menlo Park. For more information, call George or Mary Wertheim, 854-6812.

ED5  
FREE SCHOOL AND INTENTIONAL  
COMMUNITY

George and Mary Wertheim

The Free U. is changing fast; today's events and plans are usually obsolete by tomorrow. A seminar to share visions, discuss directions, and make recommendations by publishing in the newsletter. Topics for discussion: growth and expansion, community center, small industries, community of scholars, multi-versity, moving to Survival Village on Mt. Shasta (town for 500 people available on lease from the Govt. for \$1500 per month), building a campus, etc., etc. Bring your visions and your self. Meets Sundays, 8:00 P.M.

ED6  
FREE U. VISIONS,  
FANTASIES AND REALITIES  
Vic Lovell, Marc Porat,  
Bob Cullenbine,  
Robb Crist, Kim Woodard

ED7  
CREATIVE COMMUNICATION

Bill Thompson

If you would like to experience classroom learning without grades, using basic skills in the use of clay, paint, graphic skills, auditory perception, and movement, and explore language as a qualitative communication between human beings, this class is for you.

For further information call 369-8939, evenings, no later than 9:30 P.M.

ED8  
COUNTER COURSES AT STANFORD

Many of us have found Stanford education lacking in relevant content. But perhaps more important, the underlying assumptions of many textbooks and lectures train students to work against their own better interests and the interests of most of the world's people. This joint Free U. - SDS study / action group will try to help students to fight back in class by raising the key questions about the content of their education.

For further information, contact SDS 321-2300, ext. 4340 or 4341. Time and Place to be announced.

ED9  
STANFORD AND SOCIETY

Stanford is nicely tied into both government and industry, even to the point of providing scientific support for the occupation of Southeast Asia. This joint Free U. - SDS study action group will continue ongoing research into the university's role in public policy, corporation control of the university, and the strategies necessary for changing the university into an institution for radical and humane social change.

For further information, contact SDS 321-2300, ext. 4340 or 4341. Time and Place to be announced.

ED10  
PROCRASTINATION

Larry Tesler

The art and science of putting things off. First, we will study how to find fun alternatives to unavoidable work. Then, we will spend at least two meetings on the preparation and delivery of excuses.

"I still have to schedule the first meeting. I know I told you it would be October 15, but I have to babysit that night. Maybe November 10. I'll tell you definitely before the catalog goes to press. When did you say the deadline was? DON'T FORGET to remind me!"

For information call 851-8650. Do it!

ED11  
THE NEW SCHOOL

Are you dissatisfied with the education your elementary school-aged child is receiving? The New School was begun this summer on a limited basis by parents and teachers disturbed about the impersonal, unimaginative and distorted education offered in most public schools. This fall we are offering a full-time tutorial service for children aged 5 to 9, which will legally take the place of regular public school.

We are meeting temporarily in a private home, five days a week, from 10 A.M. to 3 P.M. Our teachers include math and science specialists, a certified elementary school teacher, and many non-credentialed but creative and loving people who will work with the kids in many areas; including reading, history, dance, music, and all sorts of creative arts.

A major premise of the school is that learning involves the parent as much as the child, and that parents therefore should be involved as much as the children and staff in the growth of the school community. Parents will contribute financially what they can afford; no one will be turned away because of financial difficulty.

The tutorial service is now in session, but registration is still open. If you have a child and you would like to enroll, are interested in contributing teaching talents, or just want more information, call Mary Lou or Barry Greenberg, 328-4698, or Suzanne Clarkson, 321-2218.

We are in need of a more permanent home. If you know of a suitable place -- several rooms and a large yard or, preferably, a two-story, five (or more) bedroom house -- please contact one of the above people.

ED12  
EDUCATION AND ECSTASY

Joel Deuter

A group to discover the feeling and ideas of radical education. We will read George Leonard's forthcoming book, Education and Ecstasy, and experiment. We may produce a palimpsest useful to radical educators. We may do something else.

First meeting Tuesday, October 8, at 49 Homer Lane, Menlo Park. For further information, call 854-6417, days.

We react in a passive manner to many of our daily experiences. Instead of doing or saying what we feel, we compromise ourselves for the sake of the other person or for the group. Many of these compromises are born out of fantasies of what would happen if we expressed our true feelings. We will try to explore these fantasies by acting them out and in this way gain a greater understanding of why we do not allow our true feelings to show.

First meeting, Monday, Sept. 30 at 8 p.m. Location to be announced. For further information call 854-6905.

EN 1  
THE PASSIVE PERSON

Jeff Shindelman

This course will be a Gestalt Workshop dealing with the process of self-actualization through dream work, meditation, self-awareness, and other vehicles which enable the individual to know himself more fully. Those who desire a free and open exploration of themselves are encouraged to participate.

First meeting, Monday, Sept. 30 at 7:30 p.m., 21881 Dos Palos, Monte Vista.

EN 2  
THE YOU INSIDE OF YOU

A feeling oriented encounter group with focus on the "here-and-now" intimate, honest expression of feeling toward ourselves and each other. We will reflect on what we see and feel to strive for understanding without attempting analysis, defense, or criticism. Group limited to 12. Previous group experience helpful. Interested participants should phone leaders for preliminary orientation.

First meeting, Monday, Sept. 30 at 7:30 p.m. Location to be announced. For further information call 327-5970 or 367-4435.

EN 3  
CONTACT

Bob and Jeanne Strassner

The first thing about love or trust or tenderness is that you must feel it for yourself before you can really feel it for another person in a way that is non-destructive. In this course we will explore the various ways that an individual can learn to experience him or herself in an absolutely positive manner.

The size of the class will be limited, and a fairly equal proportion of the sexes should be maintained. I will probably hold this class on more than one night if there are enough sign-ups. Call Gene Godare, 854-6905, or sign up at the store and you will be contacted.

First meeting, Monday, Sept. 30, at 8 p.m.

EN 4  
TRUST, LOVE, & TENDERNESS

Gene Godare

Suppose I change and get better. Can I take it? Suppose my neighbor stays in that stupid bag that obviously hangs him up. Is that OK? A group to practice accepting ourselves and others, as is, however ghastly. Come as you are.

First meeting, Monday, Sept. 30 at 8 p.m. Class will meet at 846 Lathrop Dr., Stanford. For further information call 854-5681.

EN 5  
AND THAT'S ALL RIGHT TOO

Martha Coyote and  
Martine Boot

Wow! What an ego trip. I finally got my name in the Free U. Catalogue. Do you want to lay your trip on a bunch of people? Well this is the place to do it. I hope to get a group of people who want to enjoy life together and who can be themselves and dig it without playing games. We will do just about anything anyone can think of that sounds groovy -- sensory awareness type trips, body painting, picnicking, psychodrama, beaching, or even just rapping.

The class will meet at 343 Park St., Redwood City. First meeting, Monday, Sept. 30 at 8 p.m. For further information call 369-1946.

EN 6  
ELLEN'S EGO TRIP

Ellen Natowitz

The purpose of this group is to provide the leader with a chance to get some practice doing psychodrama. This will not be a regular group. Anyone can come anytime -- once or as often as one chooses. There will also be a chance for others to share leadership.

First meeting, Monday, Sept. 30 at 8:30 p.m. Location to be announced.

EN 7  
AMATEUR NIGHT--  
PSYCHODRAMATICS

Robb Crist

An encounter group with only one rule: participants may speak only about their present perceptions and feelings.

First meeting, Tuesday, Oct. 1, 4-6 p.m. at 956 Colonial Lane, Palo Alto. For further information, call Cordell Green, 328-4917, or Robb Crist, 328-4941.

EN 8  
HERE AND NOW

Cordell Green

## ENCOUNTER

EN 9  
BEFORE MY HIGHEST MOUNTAIN  
STAND I ...

It is difficult to rearrange partnerships without hurting young children. In working out our own hangups or discovering new ways to live, the young present particular problems and going it alone is an awesome task. If you are a sometime father and concerned, or a fulltime mother and snowed under, come share your thoughts. For information call 323-7342. First meeting, Tuesday, Oct. 1, at 8 p.m.

EN10  
FOUR EVENINGS IN OCTOBER

Beyond the frontal lobes -- explorations of ourselves -- sensory awareness-- massage-- zen-- touching-- play-- self-reliance.

First meeting, Tuesday, Oct. 7. Call Bill at 967-5738 daytime or 948-3134 evenings and weekends.

Bill Smith

EN11  
"THE RESURRECTION OF THE  
BODY"

The leader was formerly on the staff at Bridge Mt. Foundation and trained in an experience of body release and integration. The primary aim will be to decrease bodily rigidities and tensions through exercises and some art media. Come dressed in slacks or leotards. There will be a one dollar fee per person to cover costs.

First meeting, Tuesday, Oct. 15 at 8 p.m. Location to be announced.

Gloria Harman

EN12  
JUST THE FACTS: A BEGINNING  
TO FREE YOU

The wise man looks before he leaps. What do you really know about drugs, sex, and love? We will try to present unbiased objective facts so that you can choose your own life-style to groove in (not a rut forced upon you). This is knowledge not commonly presented in an honest, straightforward manner, by people who have nothing to sell you. Although the subject matter deeply concerns human emotions, it will be presented in a matter-of-fact way not to embarrass you. Experienced students are invited to share their knowledge.

As a supplement to the class, private, personal counseling will be available. Phone 325-6075 (4-6 p.m.), or the MFU Office for more information.

First meeting Tuesday, Oct. 1, at 1035 Windermere, Menlo Park.

George Martin

EN13  
FROM NARCISSUS TO ELYSIUM

A group encounter experience to help gay males achieve a fuller self-actualization. Verbal and non-verbal approaches will be used to help individuals overcome the social hangups and games of the gay world. We will seek to examine and identify the causes of breakdown in relationships and to move towards a greater sensitivity of personhood. Limited to 10 gay males of any age and experience or non-experience. (No auditors.)

First meeting, Tuesday Oct. 1, at 8 p.m. Additional sections will be formed if needed. Meeting time will also be adjusted to suit members. Sign up and you will be contacted.

EN14  
THE LIMITS OF LESBOS--

A verbal and non-verbal encounter group for gay and bi-sexual women. This is an elementary course, minimally structured and group-directed -- you decide what we do. Limit of 15. Consent of instructor required. For information call Anya at 591-6487. (You may sign your first name and telephone number only if you desire.)

First meeting, Tuesday, Oct. 1, at 7 p.m.

EN15  
EXISTENTIAL ENCOUNTER

We will be concerned with "here-and-now" expression of honesty and openness in a non-threatening atmosphere. Low-keyed leadership will aim at full group participation and elimination of hangups.

First meeting, Tuesday, Oct. 1, at 8 p.m. Location to be announced. For further information call 293-2477 or 253-1045.

Charles Hornig and  
Della Belansky

EN16  
DIRECT CONFRONTATION GROUP

Scrutiny and modification of self with concentration on current behavior. We will let you look in the mirror of your interpersonal habits, slightly enlarged for those who are near-sighted.

First meeting Tuesday, Oct. 1, at 8 p.m. Location to be announced. For further information call 325-8134.

Joann Lange

Ex-users of speed, acid, pot, and other chemicals are invited to have encounter group sessions where they learn to turn on with people and attain natural highs. There will be groups for high school and college age youth; and special groups for parents to learn to re-establish communication with themselves, each other, and their offspring. A weekly 3-hour session in the evening at 7 p.m. or the morning at 9 a.m. Weekend marathons also scheduled. Meetings will be held Monday, Tuesday and Wednesday evenings and Tuesday and Wednesday mornings in San Mateo. Sign up and you will be contacted.

EN17  
ENCOUNTER GROUPS FOR  
EX-DOPERS

This course is for people who feel the need for an encounter with others but for some reason are not ready for the more advanced Gestalt type experience. We will be largely a verbal encounter group but with a commitment to talk about and then engage in some sensory awareness encounter. The leader (?) is a psychologist experienced in verbal techniques but relatively unfamiliar with non-verbal methods. We will be largely a leaderless but mutually involved group whose goals will be meeting each other on a variety of levels but proceeding only at a pace that the group feels comfortable with. The group is continuing and may leave one or two openings.

EN18  
SQUARE TO HEXAGON  
Marvin Gerst

First meeting, Tuesday, Oct. 1, at 8 p.m. For information call 321-1200 x5343 days and 326-6433 evenings.

The ancient sacred rite of baptism and the contemporary psychoanalytic dream interpretation of water as the unconscious -- the source of creative activity, are but two manifestations of the continuing reverence man has had for water. Submerging in water and coming forth again has been a perennial symbol of psychic rebirth. In this class we hope to explore and recreate the rituals surrounding water, and hopefully to be born again into a new awareness of our body and our emotions. The class will meet around a pool, but only as long as the weather is nice. After that we may start looking for the Abominable Snowman. Meets Wednesdays 12:30-3:30 p.m. For location information, call 328-4941 and ask for "Redbook".

EN19  
SEARCHING FOR THE DOLPHIN  
(Sensory and Emotional  
Awakening Underwater)

An experiment in verbal and nonverbal information exchange. This will be an attempt at close contact with persons of the opposite sex: to learn, to see, to sense, and to absorb something from others. This will be a balanced class in which those accepted should expect to be present for all class meetings. No drop-ins! Sign up and you will be interviewed. Optimum number 16. Age: 18 - ? Learn more through an interview, on campus or at the store. Meet Wednesdays, 8 - ?

EN20  
DO YOU KNOW THE OTHER  
HALF?  
Bob Boyer

These seminars involve a participation in direct experience and expression between members of the group. Their focus are those attitudes and meanings brought to mind by such words as gentleness, communion, compassion, sincerity, honesty, freedom, and sensitivity. Their goals are the expansion and enrichment of the abilities of those participating to share freely, honestly, with compassionate gentleness, and with an increased sensitivity to the values and needs of others.

EN21  
TRUST, TOUCH, AND TENDERNESSE  
Bill Bryner

Both non-verbal and verbal techniques will be used, including sensory awareness, non-verbal communication, encounter, massage, and possibly spontaneous dance. The orientation and pace will be tailored to the group and will vary with the instructor. Emphasis always will be on positive sharing between individuals with a minimizing of inhibitions and ego games, and always maintaining a deep respect for free choice, which is the absolute right of each participant.

The class will consist of eight men and eight women. Admission by consent of instructor. Meets Thursdays, 8 - 11 pm at 1235 Leigh Avenue, San Jose. Call 287-7967.

We will use Gestalt, psycho-synthesis, and other existential methods as the most direct route to the subconscious. Also, psychodramatic acting out of dreams a la Perls and guided daydreams.

EN22  
DREAM WORKSHOP

Location to be announced. Meets Thursdays at 8 pm. For further information call 293-2477 or 253-1045.

Charles Hornig  
Della Belansky

## ENCOUNTER

EN23  
A DISCUSSION GROUP FOR  
TEEN-AGERS

Mary Kate Spencer

It is important to learn to depend on oneself, to find direction for oneself, and to take initiative in solving problems and finding one's own individual way. This is a lonely job, and too much loneliness and isolation can screw up one as much as too much "help" from friends and parents. Being with people who are also developing their own individuality and discussing one's concerns with them helps. It can give one a feeling of belonging and at the same time help one grow on one's own. Especially important is that far out thoughts and feelings are not put down. We are all kookie at times. And who knows, "kookiness" might turn into something beautiful if given a chance to really find out about itself.

Class starts Wed. Oct. 2 at 4 to 6 p.m. at 915 Hermosa Way, Menlo Park. Leader is an adult who digs sex, Zen and tennis. Call 325-5339.

EN24  
TO BE HOSTILE

Larry Tesler

Medleydrama: Psychodrama ... Hypnodrama ... Psychopantomime ... Sex Reversal Drama ... Role-reversal drama ... Nudodrama ... Stand-in ... Solodrama ... Blinddrama ... Simuldrama ... Pillow drama ... (Pillowdrama?) ... Teamdrama ... Claustrodrama ... Secret-role ... No-role ... You-name-it-we'll-try-it-drama .

The show is free for those willing to participate: observers must show a press card or buy a \$1 ticket! Self-styled actors especially welcome; but shy people, we'll help de-inhibit you.

Note: Inmates in prison or in the armed forces who wish to organize amateur encounters for inner probing and breakthrough can take this course by correspondence.

First meeting October 3 at 8 p.m. Location to be announced. Late signups should consult the Redbook.

EN25  
TO BE GENTLE

Shelagh Tesler

The concepts and focus of this seminar are those attitudes and meanings which are brought to mind by such words as gentleness, communion, compassion, sincerity, honesty, sensitivity, and freedom. The goals of this experience are the expansion and enrichment of the abilities of those participating to share, freely, honestly, and with compassionate gentleness and an increased sensitivity to the values and needs of others. Methods will include sensory awareness, non-verbal communication, encounter, music, dancing, massage, woodsing and beaching. Emphasis will always be on positive sharing between individuals with minimizing of inhibitions and ego games, and always maintaining a deep respect for free choice, which is the absolute right of each participant.

Enrollment will be limited to a group which is small enough to function well together. This is mainly a course for beginners and for those who have an urgency to come. Sign up and we will reach you by mail or phone. First meeting is the second Thursday of October at 8 p.m., location to be announced.

EN26  
A DISCUSSION GROUP FOR  
PARENTS OF TEENAGERS

Mary Kate Spencer

For parents, father or mother or both, who have difficulty in talking to their teen-agers who have problems listening to him or her. For those who do not know where to set limits or allow freedom, or how to state values without flare-ups. We will discuss the problems together, listen to each other and hopefully find a few bridges over the generation gap. Class meets one evening a week to be set by the group. The leader has an MA in Counseling and Guidance, teaches parent education for Sequoia Adult School and has participated in many different kinds of groups.

First meeting Thursday October 3 at 7:30, location to be announced. For further information call 325-5339.

EN27  
ROLES

Amal Barkouki

A group to discuss ourselves and our roles. We get them from our families, our society, and ourselves. What is the value of roles? How do you deal with the situation when roles conflict? What are the roles of female and male in marriage and out, here and elsewhere? Couples welcome.

Reading material will be suggested by the group. Class meets at 3024 Greer Road, Palo Alto on Thursdays at 8 p.m. For further information call 321-8586.

EN28  
STRAIGHT TALK

Brice McLaughlin

A course for the parent and teen-ager designed to penetrate the imaginary yet all-constraining wall between the two. A small selected number of parents and teenagers will first be admitted to this class. The requirements for membership will be a recognition of discord, an awareness of misunderstanding, and most importantly, a motivation to improve a seemingly intolerable relationship. As the class evolves and productive relationships emerge, more members will be accepted. Class meets weekly on either Friday or Sunday nights. Consult the Redbook.

Come groove with sound (chanting, drums, etc.) and movement. Explore human contact racially, socially and with great fun. Donations will be appreciated to pay janitors, musicians, poets, small groups of actors, dancers, and other artists.

Class meets at the Episcopal Hall on Hamilton Street, off Waverly in Palo Alto. Time is subject to change, so please check the Redbook. Class meets the first and third Friday of each month at 8 p.m. For further information call 323-0951, 323-1758, 851-8356. First meeting is October 4.

EN29  
GROOVE-EXPERIENTIAL

Norm Fontaine, Shari Street,  
Barbara and Charley Martin

(There is room for new members in this continuing course, now in its fourth quarter.) People are able to love others when they can and do love themselves; to love themselves they must feel secure. We are growing in a secure environment with emphasis on the psycho-sexual hangups all of us have to some degree.

Touching exercises and acceptance of group nudity build self-confidence and verbal exercises build mutual trust. We try to overcome the tendency to couple and we seek to integrate sensitive sexuality with equally sensitive communication at the verbal level. It should be emphasized that respect for individual differences and limits is maintained at all times. We are not a weekly orgy, or nudist group. Location is rotated and there is at least one weekend trip.

In order to join us, you should have had some experience with human contact courses in the Free U., Esalen, or something comparable. Couples only, married or otherwise. Sign up, fill out the information sheet and you will be contacted for interview. Class meets Fridays at 8 p.m. For further information, call 854-3300 x 514 days, and 968-3854 after 6.

EN30  
ADVANCED GROUP LOVING

This is an encounter group which will operate in the "here and now". Goals are honesty and openness in expressing our feelings and recognition of game-playing behavior.

The group will operate on the assumption that the outer layers of a person's personality are full of anger and hostility and feelings of love and tenderness are at inner layers. Thus to get at the inner layers we must first express the outer layers. Our method will include tearing your fellow group members to emotional shreds. If you sign up for this group prepare to go through hell before we (hopefully) reach heaven.

In addition to the regular weekly meeting of the group there will be a weekend marathon session toward the end of the quarter.

Class meets Fridays at 8 p.m. in San Jose. Sign up and you will be contacted. Enrollment limited to 10 men and 10 women. For further information call 297-7229 or 736-8318.

EN31  
ATTACK

Bill Mayo and Gail Salem

Verbally mute: SOUNDS, MAN SOUNDS, SOURCE SOUNDS. Gutty, garrulous, garish carols of heartsounds. Join us in the expression of your pains and joys. We will expect to record all activity. There is a good possibility that thorough study of potential will lead to instrumental support. Bring your tape recorder. OM

For further information call 867-0138 or 743-2454. Location to be announced. Class meets Fridays at 8 p.m.

EN32  
VOCAL EXPRESSIONISM

Loren R. Smith

Men dominate discussions in the Free U. ... The Free Woman is for me the maternal arm of the Free U.... Sitting in the sun feels warm ... The encompassing warmth of the group ... I stopped coming because I got tired of moaning women. I don't share the same problems as those women do ... I need to feel I am like other women - particularly sexually ... It is interesting to compare our bodies and our sexual experiences ... The explorations of our/I, sameness/difference - that I am a Woman and no less We are Women.

These are excerpts from comments - pleased and disappointed - of women who have come to our group. This quarter there will be no leader. We don't think we need one.

Meetings are in the backyard, 961 Peninsula Way, Menlo Park on Saturday at noon. For further information call 854-4706 or 325-6075.

EN33  
THE FREE WOMAN?

M. Collinet and Liz Hecker

## ENCOUNTER

EN34  
BEING PERSONS TOGETHER

Adrienne Juliano

An excursion into another dimension of being people together and alone. We will participate in group encounters, both verbal and non-verbal, in mind trips (no drugs!) and in sharing ourselves.

The sessions will be held once a month starting in October. They will begin at noon and end at 10:30 p.m. It is recommended that you wear comfortable, casual clothes. Bring enough non-perishable food for one meal which will be held at midpoint.

Location to be announced. Class meets Saturday Oct. 26, Nov. 23 and Dec. 21.

EN35  
ONE-DAY ENCOUNTER FOR  
COUPLES

Frieda Porat

This encounter is for couples (married or otherwise) who would like to find out more about their hang-ups and the dynamics of these hang-ups which prevent establishing more meaningful relationships. How much energy do we lose fighting each other? How can we share our "turn on"? How can we combine commitment and freedom in marriage?

Sensory awareness, body touch, movement, art and verbal encounter methods will be used.

Class meets October 26 from 10 a.m. to 6 p.m. (bring your lunch) at "New Horizons", 19301 Bear Creek Road, Los Gatos. Cost is \$5 per couple to cover expenses.

EN36  
HIGHS AND LOWS?

Eric Love Big Daddy Nord

A seminar. Share your experiences. Love gifts are welcome. Class meets Saturday, Oct. 5 at 8 p.m. only. For location, call 328-4941 and ask for the Redbook.

EN37  
MARRIAGE COUNSELING FOR  
MULTIPLE MATES

Les Waldo

For those involved in multiple-mate relationships who want to participate in direct and intense discussions of and confrontations with the problems and hangups, as well as the delights and rewards, of their venture into wider inclusiveness.

First meeting in January.

EN38  
MOUNTAIN CLIMBING FOR PEAK  
EXPERIENCES

Rob Kling

To be turned on is to be fully alive to the richness of each moment, somewhat different from just being stoned. All of us have ecstatic experiences -- but we come down. This seminar is designed to explore ways to stay up and prolong peaks by shaping and flowing with ecstatic energy.

Individual methods used are centering, keeping in tune with body experiences, avoiding cop-outs, etc. Group methods will be dyad encounters, group organism experiences, etc.

This seminar is intended only for people willing to explore the risk boundaries of their life-space. Continued from last quarter. Room for only a few new members. Admission with consent of instructor only. For further information call 845-5706. Class meets Sundays at 7:15 p.m.

Suggested readings: Hesse, JOURNEY TO THE EAST, Perls, GESTALT THERAPY, Maslow, RELIGIONS, VALUES AND PEAK EXPERIENCES, Schutz, JOY.

EN39  
OUT OF THE RUT, INTO THE  
GROOVE

Bernie and Anita Sjoberg

This is an encounter group for couples who want more from their marriages than a comfortable rut. Rather than gently evading controversy, we will contend with it openly, giving our marriages a chance to groove. A major concern will be the paradox between being close in marriage, and being free to fulfill ourselves as individuals. Our aim will be an intensified awareness of our marital relationships as they are now and where they are headed. With this awareness, it is hoped that we will be able to risk a greater variety and intensity of inter-personal and emotional expression both inside and outside of marriage.

We will experiment with many verbal and non-verbal approaches including sensitivity training, psychodrama, Gestalt therapy, and Transactional Analysis. The male leader is a licensed psychologist.

The present groups are continuing from the Summer Quarter and are closed to new members. However, a weekend workshop for couples who cannot be accommodated in the existing groups is being planned for later this autumn. For further information on the weekend workshop, call 325-2773, preferably in the morning or early evening.

Each of us must die, and each of us must lose those we love through death. These experiences, though they define the boundaries of life itself, are typically handled by repression and isolation in our society. Attitudes and rituals associated with death in our own, and non-western cultures, will be examined.

We will use psychodramatic techniques to actualize the experience of dying; the emphasis will be on personally undergoing the experience in the most realistic way possible. Use of drugs will be decided at the weekend.

Class meets the weekend of November 22-24. For location call 328-4941 and ask for the "Redbook".

EN40  
THE EXPERIENCE OF DEATH

Marc Porat and Kathy Kirby

A real, exciting group creativity technique, dropping hang-ups, reaching up into the higher creative mind to answer the unexpected. The whole objective is (1) your experience with the highest human creative function, (2) publication of our approach, experiences and results with the possibility of a very distinguished introduction, (3) sharing the profit of our endeavor. Please register by mail. For time and location, call "Redbook", 328-4941.

EN41  
TODAY IS TOMORROW

Boggle their minds at your next birthday or other occasion. After dinner and dessert, instead of the usual drunken orgy, get them smashed on psychodrama and plastered on sensory awareness. The Free U. Pranksters will provide the show.

We will advertize the Free U. to your guests, but they need not join. Children can be at the party if its checked out with parents. Sign up early! Sorry -- catering service is at extra cost.

For further information call 851-8650.

EN42  
YOU BRING THE CAKE - WE'LL  
BRING THE ICING

Larry Tesler & Co.

A weekend for couples (e.g. one male and one female with a continuity of relationship and an emotional investment in each other's well being) using non-verbal techniques, touch-trust-intimacy games, and a variety of group methods. Emphasis will be on feelings, here-and-now experiences, and ways of becoming more joyfully human being together.

The primary assumption of this experience is that the most powerful psychedelic agent available can and ought to be the primary style in interpersonal relationships, and that being bodies together is a necessary part of being whole persons together.

The purpose of the experience is to provide a supportive context where we can open up and try out some new inner- and inter-personal alternatives.

For further information call Mike Young at 325-4912 or 326-9031.

EN43  
I--WE, THE RHYTHM OF INTIMACY  
Mike and Nancy Young

This course will be an exploration of conflict, seen as a dynamic interaction process, as it functions at various levels of human and organizational activity--personal, group, domestic political, and international. We will also explore conflict situations through the lenses of several perceptual frameworks, including the social scientific, the psychological, the Marxist and the pacifist. The subject will be approached through a combination of media including a rather extensive reading list, participation in an analysis of simulated and real conflict situations. (However, we will not provoke any political confrontations for the purpose of analyzing them.) Films, tapes and outside experts as available. This course will go for at least two quarters, and a commitment to stick with it for at least a quarter is required. Registration will be limited and contingent on the permission of the instructor as well as the other organization through which this course is being offered. Sign up and you will be contacted.

Readings will include Marcuse, ONE DIMENSIONAL MAN, Parls, GESTALT THERAPY, Singer, J. David (ed.) QUANTITATIVE INTERNATIONAL POLITICS, Mannheim, Karl, IDEOLOGY AND UTOPIA, Ginsberg, Allen, HOWL. I am attempting to get a copy of KPFA's extensive tapes of confrontations which have occurred in Berkeley this summer for analysis. In addition, we may participate as decision-makers in a simulated international conflict situation and non-violent defense of occupied territory.

EN44  
CONFLICT AND HUMAN SYSTEMS

John Shippee

## ENCOUNTER

EN45  
THE FREE YOU TUTORIAL

You can go to college, any college, for four years or ten and never once take a course on yourself. You can study nearly everything else but you will get no formal help in learning about the amazing thing that is closest of all to you, viz., you. And atill educators wonder why so many students are alienated under the present system.

The Free U. Free You tutorial program is an experiment to try to reduce the amount of impersonality in the current academic and social scene by providing students with training in practical techniques for self-understanding and self-development.

Each participant will write for at least a half-hour a day about those things in which he is most intensely interested and involved. Once a week each tutee will meet with a tutor for an hour conference to discuss the journal entries and anything else that interests him.

If you wish to participate, start now (i.e. the day you read this) doing the writing. Arrange an initial interview by writing one of the tutors and bring the material you have written to the interview. Write Robb Crist, Jim Ware or Kathy Kirby at the Free U. store, 1061 El Camino Real, Menlo Park, 94025.

EN46  
COMPULSION

Staff

You are charged with being a compulsive \_\_\_\_\_ (fill in the blank) and are hereby ordered to appear in the High Court of Obsessive Compulsion. A judge, jury, prosecuting attorney and a defense attorney will oversee your trial and guide you, in various ways, to rehabilitation. This trial will be a two-day marathon. Sign up and write down your main compulsion(s) and mail to the Free U. Store, addressed "Compulsion". You shall be formally contacted. Time and location to be announced.

EN47  
COMPETITIONBarbara Martin, Judy Cosgrove  
and Bax Moyer

Tired of competing?

Want to be stronger or weaker in competition? Want to deal with the feelings provoked by competition? Have you noticed there is no way out of competition because you're still in it no matter what behavior you choose?

The forms of competition can be obvious, like talking more than anyone else, looking sexier, flirting more effectively, screwing more effectively, etc. Or they can be subtle, as when one member of a group lays his agony on everyone else. Our purpose in this group will ~~not~~ be to eliminate competition, but to keep it fair. We will attempt to give the losers some new weapons. In addition to verbal ability, there are honesty, courage, physical attractiveness, strength, taste, sophistication, money, work, etc. Maybe we will decide which weapons we accept and which are inconsistent with our values. We probably will want to act out competition in games, verbal and physical, but we promise not to get too violent. Call 851-8356 or 323-5903.

EN48  
OVEREATERS ANONYMOUS

Susan Bass

A program based on the principles of Alcoholics Anonymous for food freaks who have a desperate need to stop eating compulsively. (Free U. membership is not required).

Step #1 is a "Getting off our fat A's" field trip on Sept. 21 to the regional Overeaters Anonymous meeting in Sacramento. We will meet at 9:30 a.m. in front of the Free U. store. Bring a lunch. Regular weekly meetings in Menlo Park thereafter. Phone 325-6521 for where and when.

EN49  
PERSONAL HYGIENE FOR TOUCH  
COURSE PARTICIPANTS

A course for those who do not bathe or brush their teeth before coming to human contact classes. On second thought, this course will not meet. It would be too unpleasant.

EN50  
WATERCOLORS FOR WATERBROTHERS

This is an individual and group participation watercolor freakout with emphasis on interaction and communication between group members. If you have trouble saying it or expressing it, this is the pre-verbal to verbal linkup.

Materials decided by group at the first meeting. Class meets at Waverly House, 327 Waverly, Palo Alto. For further information call 321-1392. Time to be announced.

The Psychodrama Continuum provides an immediate place and environment to which a person can come whenever the need is felt, without having to wait and meet at someone else's convenience, as it usually happens.

EN51  
PSYCHODRAMA CONTINUUM

The Psychodrama Continuum will stay open for as long as there is a need. The ultimate goal is to create a 24 hours a day, 7 days a week sanctuary of humanness where people can experience themselves and each other in the but.

Sergio and Staff

It is not a therapy operation, a problem solving factory, an advice center, nor is it a place to cry on somebody else's shoulder. It is an environment where one can exist as humanly as one really is; where one can unleash the self energy which awakens the awareness to one's existential importance. This is brought about by Psychodramatic Karate.

Psychodrama is used: To re-enact through role playing situations where one did not live as a human being.

To make one aware of his defense modes through the use of "doubles" who act out gut level feelings that the participant is experiencing but not showing.

Psychodramatic Karate is used to catch the mask wearing participant off guard, and to strike hard, fast and relentlessly at his defenses, until the phony mask is shattered and the true human self emerges.

The Psychodrama Continuum will be directed by Sergio, a former intern at Husain Chung's Human Institute.

Does water in large amounts get you down? If you've got a thing about submerging and would like to get on top (physically and mentally) join me and we'll attempt being bouyant together. Time and place to be announced. For further information call 964-3666.

EN52  
WATER CONDITIONING  
Carol Brown

In this course we will try to explore the realities and fallacies, if any, in the bisexual approach. The only prerequisite is that you must be clean and have no diseases. Sign up and I will call you and tell you where and when.

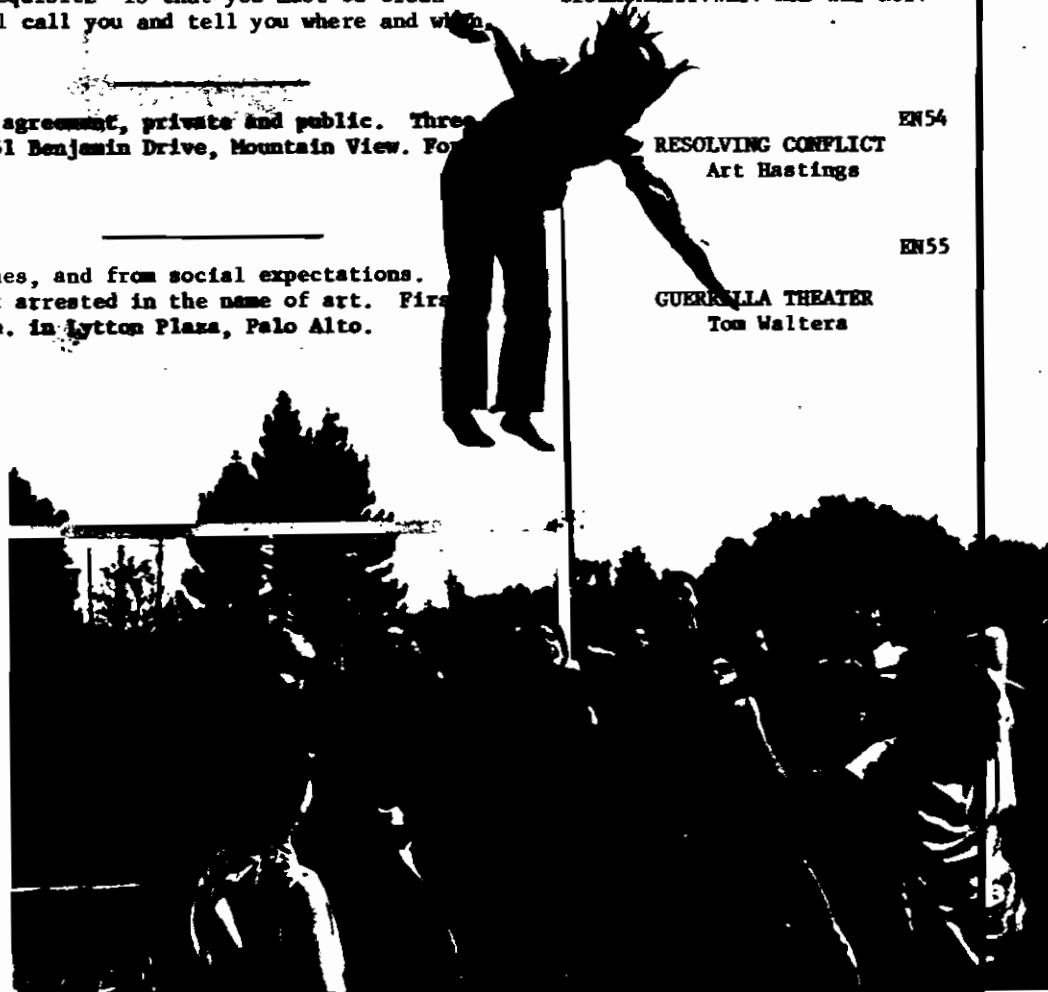
EN53  
BISEXUALITY: WHY? AND WHY NOT?

Ways of achieving understanding and agreement, private and public. Three meetings: Tues. Oct. 8, at 8:00 p.m. 2451 Benjamin Drive, Mountain View. For further information call 961-4703.

EN54  
RESOLVING CONFLICT  
Art Hastings

Theater free from walls, from watches, and from social expectations. to act dirty on the street corner and get arrested in the name of art. First meeting Monday night Sept. 30 at 8:00 p.m. in Lytton Plaza, Palo Alto.

EN55  
GUERRILLA THEATER  
Tom Walters





The ancient science of Astrology will be taught in its practical application and in its metaphysical, scientific, and philosophic context. Emphasis will be placed on astrology as a means of self-understanding and spiritual unfolding. We will study the scientific cosmic laws which are the basis of astrology's efficacy. We will be concerned with the way in which we as individuals and groups can contribute to the birth of the forthcoming Aquarian Age of Human Brotherhood, Spiritual Understanding, and Scientific Progress. We will also be concerned with the integration of Astrology and Yoga and other spiritual disciplines. Regular attendance is a must.

Location to be announced. For further information call 969-2048. Mondays 8 pm.

PP1  
ASTROLOGY  
  
Narad

Learn what a joy it is to live according to the Natural Law. At this time the whole world is going to be transformed into the New Order for the Ages as told about on the New Age side of the Great Seal of the U.S. or the Kingdom of God as prophesied in the Scriptures. Through the entity, Allen, the Cosmic Messiah, the Spirit of Truth speaks and a Universal Plan is channeled to the world. We will teach you how to build a true spiritual Commune and provide services for all humanity so that all things can flow to you in return.

PP2  
HOW TO SET UP  
REVOLUTIONARY COMMUNES  
  
Allen

Class meets Tuesday evenings at 1387 Oak Street, San Francisco.

I am particularly interested in exploring with a group of people those areas in their minds which can only be described as "places of horror", the nameless bad feeling, "personal hell". I would like to direct individuals who are willing to take a maximum risk so that they may travel through their internal space to the area where they have never dared explore, and then, alone experience the horror of loneliness. I would like to do some laying on of hands, which does not mean performing acts of magic but rather through sensitivity to other peoples' pain, helping to adjust aching bodies. A part of the program will be group hypnosis. I want to conduct a death trip where the group members are totally immobilized by being wrapped in warm, wet sheets, then, under prolonged hypnosis, led into the death experience through which each must travel alone. The experience is one of terror and one of knowing.

PP3  
HYPNOTISM, HEALING,  
PSYCHIC RISK AND DEATH  
  
Daniel Panger

A maximum of 20 and minimum of 12 -- half men, half women. Location to be announced. For further information call 564-0479. Class meets Tuesdays 8:00 pm.

Class meets at Medway Forest on Tuesdays from 8 to 10 pm starting October 1.

PP4  
MAN'S PLACE IN THE COSMOS  
Jwab

You are humbly invited to join in yoga. You may know a peace which surpasseth all understanding and sinks beneath your wisdom like a star. Truly we are of one mind. Class meets Tuesdays at 4 pm, 2282 Glen Way, Palo Alto. Call 325-7976 for information.

PP5  
YOGA  
Brothers of the Peace and  
Liberation Commune

Scientology is an applied religious philosophy that encompasses an organized body of data and techniques designed to help people become more aware, be spiritually more free, and live more effectively. It is claimed that, since 1966, techniques have been available in Scientology whereby a person can erase or "clear" his own "reactive" mind". The process of "clearing" is said to release a person to realize his full potential, allow him greater energy, and bring forth latent abilities.

PP6  
SCIENTOLOGY STUDY GROUP  
  
Myron Ruderman

First meeting will be at 761 Kendall Avenue, Palo Alto, October 1, at 8:00 pm.

Man had no hope of physical immortality before 1964 when Robert C. W. Ettinger's book The Prospect of Immortality was published. Since that event a half dozen persons have "died" happy in the belief that the elaborate preparations they had made to preserve their bodies after "death" would someday permit their revival. We will discuss cryonics, the technique of preserving whole organisms by freezing, and its economic, legal, and moral implications for our society. Text is Ettinger's book.

PP7  
IMMORTALITY  
  
Jan Siren

First meeting Wednesday, October 2, at 8 pm, location to be announced. For further information call 968-9850.

A study of the Major Arcana (Tarot Trumps) as facets of the personality. Text required is either "The Tarot" by Paul Foster Case or the uncolored B.O.T.A. Tarot deck and a set of dime-store watercolors. Wed., 8 pm, 1040 Ringwood, Menlo Park; 323-2593

PP8  
TAROT AND ME  
Shirley Styles

PP9  
A GENUINE ALTERNATIVE:  
A MYTH DEPICTING THE  
ORIGIN OF MAN AND OF  
THE INDIVIDUAL

John McCain

In this lecture-discussion seminar we will explore a level of individual human existence which lies deeper than thought and reason. The following are among the concepts to be discussed.

1. I move, therefore I am
2. The world as a given rather than determining factor in human existence
3. The basis for a resolution of the mental-physical dualism
4. The significance of the masculine-feminine, mother-child relationships
5. The superiority of spontaneous behavior as reliable data in the pursuit of self-discovery.
6. A method of dream interpretation
7. Dreams as the potential arena of increasingly greater individual challenge and achievement
8. The sexual union as a potential spiritual reunion, possessing the challenge and risk involved in an encounter with a spiritual death
9. The achievement of a spiritual rebirth
10. A concept of individual freedom

The group will be limited to 16 members. To sign up, phone 326-3061. Location to be announced. This will not be a group trip. The purpose of the course is to instruct individuals in a method of self-inquiry and discovery. Private exploration of these ideas may be arranged on a fee basis.

PP10  
AQUARIAN COMMUNITIES

David Hall  
Mark Jensen

Communities of the future will use many ways of turning on. We would like to explore these ways. Some of the things we are sure we'll investigate are:

1. Yoga. We will practice Hatha Yoga to tune up the physical instrument we use for our thinking. We will also do chanting and meditation and thereby hope to improve our feeling of well-being, health and joy of living.
2. Fasting. Fasting is a much neglected technique for mental and physical rejuvenation. We will conduct a fast of from 3 - 5 days once during the quarter.
3. Astrology. The Piscean or Christian Age is over. (Catholics are no longer required to eat fish on Friday.) The Aquarian Age which is starting will be an age of cultural improvement and spiritual awakening.
4. Nudism. The attitudes of society towards nudity seem to need revision. The human body is beautiful, or should be, and we should be able to understand that the putting-on of clothes, not the taking-off of them is the basically erotic act. We also hope to visit a free beach and do some body painting.

Although we are not a therapy group and are chiefly interested in having enjoyable experiences, it is sometimes necessary to provide tasks that are uncomfortable to do in order to mature and gain a sense of achievement. We hope to learn to help and love each other in a supportive spirit of community.

The class will meet at 71 Los Trancos Rd., Portola Valley on October 2. For further information call 851-0754 or 321-1434.

PP11  
SITTING

Bill Hart

You are a flying bird with no mind to twitter, a mountain unconscious of the others rising around it... You are a fish with no particular design of remaining in the sea. Taking things as they come, you sit, making no idle distinctions.

First class meeting October 2, 3149 Genevieve Court; for further information, call 328-7720.

PP12  
PARAPSYCHOLOGY WORKSHOP

Jim Spencer

An experimental class in ESP and other psychic phenomena. Anyone with known or suspected gifts, please sign up. Telepaths, poltergeists, mediums, prophets welcome. Others, too. We will use standard tests to find out who is gifted, and we will devise experiments in the whole range of psychic phenomena -- telepathy, cloud-busting, group efforts to move stationary objects by mental process, etc. Certain experiments will be conducted with the subjects under hypnosis, if we can locate a suitable hypnotist. We will invite guest speakers and experimenters, and will give some attention to the philosophical implications of our activities.

The group leader has no special qualifications to teach this class except a keen interest and a sister who breaks wine glasses at distances up to five miles. He is offering the class because many Free U members requested it, and there he was, standing around without a shovel in his hands. If enough gifted people attend, there will be no lack of ideas for experiments, books to read, etc. Also, if any qualified leader steps out of the mist, he is welcome to take over the class.

First meeting Thursday, October 3, 8 pm, at 1106 N. Lemon, Menlo Park.

PP13  
THE OCCULT BAG

Larry Jones

An introduction to the occult sciences. The class will survey such topics as meditation, astrology, Tarot, and the Qabalah. The class will be oriented toward those with little knowledge of occult matters.

Meets Thursdays 7:30, location to be announced. For information call 969-3146.

Imagination is creative. It knoweth no bounds. Neither Energy, Matter, Space nor Time may restrain it. It is limitless, timeless, and hath infinite possibilities.

It is to discuss this and get your ideas or reflections on the subject that this group meets, to the end that we may arrive at a good, workable technology on it.

First meeting Oct. 3. Location is to be announced. Regular meetings on Thursdays at 8 p.m.

PP14  
IMAGINATION

George Spencer

In recent months the question of whether celibacy should be restored as an option for priests of the Roman Catholic Church has become a major issue, despite the attitude of many bishops that clerical celibacy is in the category of "traditional teaching -- non-debatable". But the debate will continue Thursdays at 311 Lexington Dr., Menlo Park. First meeting Oct. 3rd at 4:15 p.m. For further information call 322-7942.

PP15  
CELIBACY AND THE MARRIED  
CLERGY

Cele Caestecker

The I Ching, or Book of Changes, is the ancient Chinese method of divination which is often found to have remarkable relevance to modern problems. The existing texts are considered to date from 1150 B.C., or 31 centuries ago. They are evidently based on a tradition that is older still. Hence the I Ching may well be the most direct link to the metaphysical thought in pre-historical times.

PP16  
I CHING STUDY GROUP

Marshall Pease

The group will study the I Ching (in English translation) both as a method of divination which is of great practical value, and as a metaphysical text of great profundity. The immediate objective will be to explore the symbolic interrelations and manipulations that underlie its interpretation. Some of these are known from the writings of Confucius and others on the subject. But even a preliminary study suggests the presence of other interrelative principles which are of major importance in the interpretation. It is, in fact, this multilayer aspect that makes the I Ching of such interest. This is a continuation of a course begun in Spring quarter. New people are welcome if experienced in I Ching. Fridays at 8 p.m. Location to be announced.

Evenings at home with one of the world's foremost astrologers and raconteurs. Personal anecdotes about the great and near great as well as linear-type approaches to astrological theory and prediction, e.g., are we in the Aquarian age?

PP17  
JUNGIAN ASTROLOGY

First meeting on Friday, Oct 4 at 1703 Buchanan, San Francisco. Class meets Fridays at 9:00 p.m. For further information call 346-2878.

Gavin Arthur

An ecumenical group concerned with men and women moving on from institutional forms of clerical and religious life has Open House in Menlo Park every Friday evening 8:00-12:00 for those interested. For information call Cele Caestecker or Nina Seawick at 322-7942.

PP18  
NEXT STEP

We will come together on Saturdays in the sun for hatha yoga and meditation. Location to be announced. Class meets Saturdays at 1 p.m.

PP19  
YOGA

Bob Miller

A "what's it all about" thing based on the teachings of esoteric Buddhism. We'll use meditation, 35mm slides and discussion in 6 sessions beginning Saturday evening at 7:30, November 2. The location will be Room 703, 414 Mason Street, San Francisco. Other scheduling of these slides may also be obtained. The 3 or 4 hour gathering will provide a few goodies, even if some of the concepts are not emotionally or intellectually acceptable.

PP20  
"MAN IN THE UNIVERSE"

Walt Eells

A class for those who have participated in last quarter's course on dream interpretation or for those with extensive psychoanalytic experience. Recommended reading-- Frances Wickes, The Inner World of Childhood.

PP21  
ADVANCED DREAM INTERPRETATION

Class meets at 644 Emerson, Palo Alto on Saturdays from 10-12. For further information call 321-7168.

Margaret Blair

PP22  
LATE MARCUSE

John Flores

The philosophy of freedom in a repressive society - our society, which takes us by buying us. The economics of sublimation. We will concentrate on Herbert Marcuse's One Dimensional Man.

Class meets Sundays at 9:00 p.m. First meeting will be held Sunday Oct. 6 at 9 p.m. at 555 Stanford, Apt. B in Palo Alto. For further information call 321-9460.

PP23  
DREAMS:THEORIES AND  
TECHNIQUES OF INTERPRE-  
TATION

Margaret Blair

Man spends at least one third of his life sleeping, and a goodly part of the sleeping time is devoted to dreaming. Recent psychological research has revealed the enormous significance the dreaming process has for your mental health. This course is offered to help you acquire some basic techniques essential for a better understanding of your own dreams. There will be a special emphasis on the theories and methods of Carl G. Jung. Recommended reading -- C.G. Jung, Two Essays on Analytical Psychology.

Class meets at 644 Emerson, Palo Alto on Sundays at 8:00 p.m. First meeting Sept. 29. For further information call 321-7168.

PP24  
THE FREE CHURCH

Harold Alldis

The Free Church will explore religion, psychology and community as the means of knowing - doing- committing, on the proposition that:

1. Religion with meditation and sharing can be the basis of a more loving, creative intent behind all relationships.

2. Psychology with encounter and sensory awareness can be the basis of more open and honest communication.

3. Community should be the result of a loving intent with open and honest communication.

Sign up if interested in all three. Class meets Sundays at 8 p.m. For information call 948-9449 or write 879 Santa Rita Ave., Los Altos.

PP25  
A WEEKEND DISCUSSION OF  
SCIENTOLOGY

Kent and Linda Child

**Scientology:** An applied philosophy dealing with the study of knowledge which, when applied, brings about desirable changes in the conditions of life - also the study of the human being and his relations with other beings and the Physical Universe and its laws.

A weekend in the country discussing Scientology material including: causes and cures of upsets in human relationships, the basics of communication, the parts of man, study, happiness, marriage, children, the dynamics, the conditions, truth and safety.

If you are planning to stay for the whole weekend, please bring sleeping bags and either money or food to contribute for meals. A teepee will be provided for sleeping.

Class meets October 12 and 13, 11 a.m. to 4 p.m., at the following address:  
St. Francis Hotel, 101 Denio Rd., Berkeley. Turn left on Buena Vista Ave. (Las Alamos Road) and then, left on Denio, one block, right on Denio Rd.

PP26  
DYNAMICS OF THE TAO

Rob Kling

Once at Cold Mountain, troubles cease -  
No more tangled, hung-up mind.

I idly scribble poems on the rock cliff

Taking whatever comes, like a drifting boat. (Han Shan)

So wrote Han Shan, 7th century Taoist hermit using "cold mountain" as a metaphor for his state of mind. Inner tranquility, "centeredness", harmony with nature and personal integration are keynotes of this tradition. The Tao Te Ching is one of its basic texts and points a way to "cold mountain". Although it is one of the most poetic and pragmatic of mystic texts, its paradoxical teachings sterilize any purely intellectual analysis.

This weekend we will use meditation, centering processes, and other techniques as a medium to enhance our experience of the Tao. Then we can deepen our understanding of those experiences by reference to the Tao Te Ching. Each participant should read at least one translation of the Tao Te Ching prior to the weekend. We will meet in a tranquil mountain retreat and participants are asked to bring sleeping bags, \$4 for food, and musical instruments. Weekend of November 2-4.

All I can say to those I meet, "try and make it to Cold Mountain" Han Shan  
For further information call 854-5706 in Berkeley.

PP27  
MOON WATCHING

Bill Bryner

We will meet each month at full moon at the beach, mountains, or other appropriate moonwatching spot. Time and location to be announced. For further information call 287-7967.

Discussions about history, practice, past and present witches, credibility of witchcraft, etc. Some experimentation in related psychic phenomena. Those who participated last quarter are most welcome to make this a continuation of our summer gatherings. New participants are also welcome. Time and location to be announced. Call MFU store and ask for "Redbook".

PP28  
WITCHCRAFT

Docey Baldwin

Intuition Resolves Intellect. Prerequisites: 1) The Conditioned Mind (Spring Quarter), 2) O.P.F. Zen Gardening Society (Summer Quarter), 3) The A-Conditioned Non-Mind (Summer Quarter), 4) Two years residence at O.P.F. in Non-Mindedness, 5) Enrollment in M.A.L.T.R.S. (Fall Quarter.)

PP29  
FIFTH WAY SCHOOL

For information call 323-8718.

Leisure Time is a Relative Reality. Prerequisites: 1) The Conditioned Mind (Spring Quarter), 2) O.P.F. Zen Gardening Society (Summer Quarter), 3) The A-Conditioned Mind (Summer Quarter), 4) Two years residence at O.P.F. in Non-Mindedness, 5) Enrollment in Fifth Way School (Fall Quarter.)

PP30  
MOUNT ANALOGUE LEISURE TIME  
RESCUE SERVICE

For information call 323-8718.

If everything begins in the beyond in the form of idea - Revolution  
If Revolution begins in the beyond in the form of idea - Then the results of proposed actions, dealings, etc. are also known to the oracle.

PP31  
THE I CHING AS PRACTICAL  
POLITICAL OCCULTISM

Beat the man.

Consultations - call 321-1392.

Tom Reidy

The course will meet once a month to discuss recent developments in scientific knowledge concerning mind-altering drugs, especially psychedelics. Emphasis will be given particularly to the role of drugs in facilitating or obstructing personal growth. Time and place to be announced in the newsletter.

PP32  
CURRENT RESEARCH IN PSYCHE-  
DELIC DRUGS

Ralph Metzner, Editor of the  
Psychedelic Review

This is a class in the methods of classical yoga which lead to inner spiritual unfoldment and increased creative power in every aspect of life. Emphasis will be on the non-verbal practice of meditation, the disciplined control of attention, and Service or constructive work as the two prime ingredients of an integrated spiritual and practical way of life. The various types of yoga -- Raja, Bhakti, Gyana, Tantra, Mantra, Yoga -- will be introduced and explained.

PP33  
YOGA

Narad

A separate night will be set aside for the study and practice of Hatha Yoga if the class shows sufficient interest. Steady attendance and serious interest is required. This is not a class for the lazy or casually interested. Meetings with other Yoga Gurus may also be included as special activities as circumstances permit. The use and misuse of psychedelic drugs in terms of spiritual unfoldment will also be discussed in terms of the instructor's own experience and the experience of other teachers and class members. Time and location to be announced. For information call 969-2048.

Everyone can get satori -- very few know how to let it get them. "There is a fourth bardo to every experience --most people ignore it-- it's called life."

PP34  
FOURTH BARDO

Before entering class you will sign a legal form releasing the course participants, course leader, and Free University from any mental or physical damages including accidental death for the remainder of the quarter. Afterwards, anything can happen, so be sharp. Getting out of the 3rd Bardo into the 4th, or 0-Bardo, of unified death-rebirth, where you enjoy your leak and curse your diapers is not easy. As personality develops, non-attachment exercises will become stronger to fight essences. Clarity or awareness usually results from this conflict.

Bill Minkwitz

Time and location to be announced.

PP35  
ADVANCED FANTASY

Docey Baldwin

...in which we shall explore dynamics of the imagination through discussion and workshop. We will talk about and experiment with our inherent penchant for the occult (astrology, hypnotism, witchcraft, ESP, Tarot, etc.), read some Tolkien, C.S. Lewis and books of fairytales, fantasy and folklore and ultimately produce a fairytale book (written and illustrated by the class) to go to the Free U. Press. Come wild, come freaky, come willing to share the corners of your mind.

Time and location to be announced. For further information call 328-4941 and ask for the "Redbook".

PP36  
HUMANITY AND RATIONALITY

Arnold Copeland

Is it possible to have a religion that can be established by scientific standard? Are all opinions necessarily only emotionally based? Truly, the straight rational person is screwing himself up by being straight. Some of us know that we haven't even begun to relate to each other. Unless we want to blow ourselves up, or eat each other, it is imperative that we, especially the intellectual community which has the talents and knowledge to help in the process, recognize and accept the truth, viz. I LIVE (not "I think, therefore I am,") and the corollary imperative of cultural deconditioning by whatever means necessary.

Can the non-rational (religious, mystical) be correlated with the rational (logical, empirical)?

This will be a course in which each of us will seek to become perfect (after first defining perfection) and will utilize various methods, such as yoga, meditation, acid, etc. to achieve this.

Time and location to be announced. For further information call 566-3159 or write to 163 Belvedere, S.F.

PP37  
EXCURSIONS FOR FREE SPIRITS  
Group Flights in Astral Projection

Darrell Tarver

Among those of us mortals who have experienced individual out-of-body travel, many of us have been delightfully surprised to find that this can be a group experience as well. Some of us wonder: How large can these groups become? What kinds of tangible results are possible as a consequence of this communion?

All those who are experiencing spontaneous astral projection are invited to join the spiritual convocation at the shoreline of the Infinite...

For information at the verbal level, call the course organizer: Darrell E. Tarver, phone 586-5636.

PP38  
RELIGIOUS UNIFICATION

Narad

The class will consist of a series of visits to various Yoga ashrams, Buddhist temples, Christian churches, metaphysical schools, Jewish synagogues, etc. and other spiritual schools and organizations in the Bay Area.

We will meet on various nights of the week and on special weekend trips according to the convenience of the class members and the organizations visited. The purpose of the class will be to find a common inner spiritual inspiration at the basis of the multiplicity of forms or worship and spiritual practice. The goal will be to develop increased tolerance and broader understanding.

We will also work towards organizing a Congress of World Religions in San Francisco in 1969. Members of the class will be asked to perform volunteer tasks necessary for this project.

For further information call 969-2048.

PP39  
MEDITATION

Walt Eells

The basic approach to the real YOU. Discussion of some of the basic techniques of different YOGA systems, but with the main emphasis on complete integration. Group leaders and meeting locations are needed. Let us know your best day and time, and we'll try to coordinate the formation of more than one group.

Time and location to be announced.

Liberal socialism, often called market socialism, is an economy in which prices and outputs are determined by local managers, not by central planners. It combines the advantages of workers' and consumers' sovereignty with those of monopoly and public ownership of capital goods. All European communist states are moving steadily and inevitably toward liberal socialism.

The instructor has published three books on such socialism. The Economic Theory of a Socialist Economy (Stanford University Press) will be the chief reference work. First meeting Monday, Sept. 30, at 7:30 p.m.. Class will meet at Apt. 38, 19 Coleman Place, Menlo Park. For further information call 324-0342.

POL1  
ECONOMICS OF LIBERAL  
SOCIALISM

Dr. B.P. Beckwith

A speculator is an individual whose intent is to make the greatest possible profit in the least possible amount of time with the smallest possible commitment of capital. 80% of those who invest or speculate lose money. If you have several thousand dollars that you are thinking of putting to work or if you are already involved in the market, you may be interested in this course.

While speculation is an art unto itself, the backdrop for this course will be the "Commodity Market". We shall work toward tangible results, so come prepared to remove your rose colored lenses; true speculation is a fascinating, demanding and shockingly profitable game.

Recommended reading is: 1) The Money Game by Adam Smith, 2) The Battle for Investment Survival by Gerald Loeb. Class meets at 515 Encina, Atherton on Mondays at 7 p.m.. For information call 244-2400 after 12 noon or 369-3886 anytime.

POL2  
SPECULATION

Daniel Dewey

The course will be divided into parts, including an opening crying-session at which we knock present-day America, and indulge in many New Left cliches. Next we will attempt to answer the archtypical parents' remark, "So what do you want, for Christ's sake?" After seeing if we can agree on some notion of a society we want to move toward, we will do some power-structure analysis to see who is keeping us from moving there. Finally, if we get this far, we may discuss what tactics have some hope of progress and which are fun but irrelevant.

Readings could include:

Domhoff, Who Rules America

Kenison, The Uncommitted, Alienated Youth in American Society

Theobald, An Alternate Future For America

Class meets Mondays, 8 p.m., at 155 Alvarado Ave, Los Altos. For information call 948-7823. Amaze your friends, confound your enemies.

POL3  
BEYOND THE TECHNOLOGICAL  
SOCIETY

Tim Haight

Seminar for those who are tired of capitalism but uncertain and fearful of what may replace it. Can capitalism be junked without violence? Is it possible to ensure both the form and substance of democracy under socialism? Would socialism tend to liberate or crush the human potential? Do the Soviet Union, Czechoslovakia, China or Cuba offer any guidelines for action applicable to uniquely American conditions?

Major thrust of these discussions will be toward the civic examination of goal and the civilized method of getting there. First meeting on Monday, Sept 30, at 8 p.m., 952 Dennis Drive, Palo Alto. Phone 326-5654.

POL4  
SOCIALISM: UTOPIA, BUREAUCRACY  
OR NECESSITY

Nick Simon

Two five week courses beginning October 1 and November 12 on the fundamentals of the stock market. We will discuss trading, blue chip investments and mutual funds. Meets Tuesdays at 7:30 p.m.. For location, call 328-4941 and ask for the red book.

POL5  
THE STOCK MARKET

Rich Ames

We will study the aims and techniques of guerrilla warfare in an urban setting: organization, training, propaganda, intelligence and counterintelligence, sabotage, and civilian resistance. We will do this through the use of theory texts, practical manuals, and war games.

Begins Tuesday, Oct. 1, 7:30 p.m. For location, call 328-4941 and ask for the red book. For other information, call 327-1460

POL6  
URBAN GUERRILLA WARFARE

Harry Cleaver

## POLITICS & ECONOMICS

**POL7**  
NONVIOLENT RESISTANCE  
AND TRUST

Roy Kepler, Ira Sandperl,  
Steve Morris, Peter BURGEL

Until each one of us can discover that we are all brothers we will never succeed in the nonviolent revolution. We will discuss and explore the ideas of love and nonviolence by considering the past, the world, and ourselves.

We will learn to trust each other and then see how love and trust can be applied to international relations and be a positive force in domestic politics. The October meetings will be given over to the preparation and execution of a Peace Game (see course POL8) following which the November and December sessions will consist of evaluation and discussion of basic ideas.

Some meetings will be held at the Institute for the Study of Nonviolence in its new Palo Alto home. The first meeting will be held Tuesday, Oct. 1, at 7:30 p.m., at 932 Parma Way in Los Altos. Call 941-0149 if you need a ride or for further information.

**POL8**  
PEACE GAMES-AN EXERCISE IN  
NONVIOLENT PERSUASION

Roy Kepler, Steve Morris,  
Peter BURGEL

There is a growing body of opinion which supports the concept of a system of civilian defense which does not rely upon armies or the weapons of violence, but which is based on nonviolent resistance. The course will be the second of a series: a concentrated examination and testing of nonviolent principles, strategies, and tactics, culminating in a weekend long socio-drama during which an unarmed population will defend nonviolently an area of the Santa Cruz mountains against an aggressive invader. (There will be a short reading list distributed at the organizational meeting, to be read before Oct. 1)

Organizational meeting Oct. 1, 7:30 p.m.

Basic Training Oct. 8, 15, and 22 at 7:30 p.m.

Maneuvers the weekend of

Nov 1-3

Evening meetings at 932 Parma Way, Los Altos. For further information call 941-0149. This course may be taken along with POL7 and is limited to 50 participants.

**POL9**  
MARXISM-LeninISM

Red Guard Staff

What is the relevance of Marxist-Leninist theory for today's corporations and Warren Thoit's? How can teachings of Mao help us in creating the American revolution? In establishing human rights and abolishing property rights? Why is the Black Panther Party distributing the thought of Mao? We will discuss these and other important questions as we study the basic works of the most important Marxist theorists. Depending on the group's inclinations, we may eventually move from debating theory to implementing theory in practice.

First meeting Tuesday, Oct. 1 at 8 p.m. Call 323-3318 or 325-0194 for further information.

**POL10**  
MARXISM-LeninISM AND THE  
AMERICAN REVOLUTION

Bruce Franklin

A seminar for those who want to help make the American Revolution and those who wish to explore Mao's belief that "If there is to be a revolution, there must be a revolutionary party...a party built on the Marxist-Leninist revolutionary and in the Marxist-Leninist revolutionary style."

The following works will be studied:

Marx, Value, Price, and Profit

Engels, Socialism, Utopian and Scientific

Lin Piao, Long Live the Victory of People's War!

Selected works of Lenin and Mao

We will try to integrate practice with theory. Meets Tuesdays, 8 p.m. at 1060 Ringwood Ave., Menlo Park. Phone 325-0194

**POL11**  
SURVIVAL

Phil Good

(N.B. This course is a pre-requisite to Education to be offered Winter Quarter.) Survival is defined as the ability to reach maturity and reproduce. What does a man today need to survive in this sense? We will attempt to see what man is like stripped of his current cultural context, and then rebuild a context suitable to present-day survival.

The first meeting will be held at 7 p.m. Tuesday, October 1, at 160 Lincoln, Palo Alto.

Plans for a Free U. coffee house and creative arts center have just led to a militant set of sit-ins and a radical, even (small "c") communist attack on property. Yet, until now, few of the coffee house planners thought of themselves as "politicos", and fewer of the left-wing activists seriously understood the politics of "space", "turf", and "participant culture". Through sharp confrontations between heads, hippies, leftists, the artsy-craftsy and the touchy-feely, some reading (possibly R.D. Laing, William Blake, Herbert Marcuse, Timothy Leary, Chairman Mao and Norman O. Brown), and outside speakers, we hope to stake out the common ground and identify the continuing tensions within the newly emergent American radicalism. Meets Wednesdays, 4-6, at Lytton Plaza.

POL12  
SO WHO'S POLITICAL?

Steve Weissman  
Robb Crist

"The more violence the less revolution". This is the formulation of Bart DeLigt and Mulford Q. Sibley. Can revolutionary change be achieved in America? And if so, by what methods?

POL13  
THE PEACEFUL REVOLUTION

This course will use some of the proposals of William Domhoff, Barbara Demming, Paul Goodman, etc. as juxtaposed to those of Che, Mao, and Regis Debray. First meeting Wednesday, Oct. 2, 7:30 p.m. at 932 Parma Way, Los Altos. Phone 941-0149.

Ira Sandperl  
Roy Kepler

Help for white people who are liberating themselves and information for those who are just interested. Audio tapes by Black leaders and poets and readings in the literature. Tapes, literature, and bibliographies are available. We will read The Black Power Revolt by F. B. Barbour, editor, and published by Extending Horizons Books (1968) and The Negro Mind by Lerone Bennett, Jr., published by Ballantine (1964) and The Right of Revolution by Truman Nelson, published by Beacon (1968). First meeting Wednesday, October 2, at 8 p.m., at 2163 Dumbarton St., Nairobi. Phone 322-7188.

POL14  
BLACK LIBERATION  
FOR WHITE FOLKS?

Jim Berk

Using recent experiences in direct action and some socio-drama, we'll follow out the problems, philosophic assumptions, and possibilities of political confrontation. With luck we should cover the following areas of concern: working within channels or creating new ones; communication and/or conflict; competing ideas vs. contradictory interests; terrorism and mass politics; the uses of the street; the danger of backlash; spontaneity, planning, and leadership; democracy, discipline, and anarchy; participation or delegation; urban mobs and urban guerrilla warfare; non-violence, a-violence and the shit hits the fan. For those who enjoy a more historical or social science-y approach, for high school and college students who want to knock off a term paper, there will be some introduction to "the literature in the field". Meeting Wednesday at 8 p.m. See the Red Book for location.

POL15  
TACTICS AND STRATEGIES  
OF CONFRONTATION  
POLITICS

Steve Weissman

For Black people, Black history is the record of themselves. For whites, Black history is the record of 450 years of Black-White confrontation. This quarter we shall make a critical study of the history of Black people in the struggle: The Bannekers, Walkers, Tulmaris, Douglasses, DuBois; the slaves, the freedmen, the "2nd class" citizens in a white United States. Next quarter perhaps we will be able to study the abolitionists, the War to Save the Union, reconstruction, the labor movement, the liberals and the left radicals. Some of the sources for enlightenment will be A Documentary History of the Negro People in the U.S., Autobiography of Frederick Douglass, David Walker's Appeal, Malcolm X on Afro-American History. Independent studies and projects will be encouraged and sources and bibliographies suggested.

POL16  
BLACK HISTORY

Meetings will be held Thursdays, 8-10. For information and location, call 328-4941 and ask for the Red Book.

A series of four informal seminars for the exchange of ideas. Representative speakers- a poet, a filmmaker, a journalist, and a reporter - will discuss the problems and techniques of communication within their media. Some discussions will be illustrated. Meetings will be held on Thursdays (Sept. 26, Oct. 17, Nov. 14, and Dec. 5) at 7 p.m. Bring wine if you can. All meetings will be held at 169 Spruce Ave., Atherton. For further information call 325-2962 or the Free U. Store.

POL17  
WOODS SEMINAR  
TIMELY TOPICS OF  
CURRENT CONCERN

Dennis and Nancy Allison

# POLITICS & ECONOMICS

**POL18**  
**THE ADJUSTED AMERICAN**

Arnie Jensen

The Adjusted American is a book whose thesis is that much of the behavior which is accepted as normal in our society is neurotic. The authors discuss the idea of healthy personality, based on the idea of identifying and discovering true self-needs. We will use the book as a basis for discussion, but supplement it with personal experience. First meeting Friday, Oct. 4, 8 p.m. at 1225 L'Avenida, Mt. View. Call 941-5913.

**POL19**  
**WOODS SEMINAR: POLITICAL HISTORY**  
J. W. Smock

Class meets in Berkeley at Vine and Oxford St. at the sign of the Crescent on Fridays beginning Sept. 27 at 8 p.m.  
Further information is available from the Red Book at 328-4941.

**POL20**  
**UN-VIOLENCE OR NON-VIOLENCE**

Roy Kepler

Deliberations of the Free U. coordinating committee frequently involve the subject of non-violence and are often distinguished by the great well of ignorance which is tapped for the purpose. As we move into ever increasing political involvement, it becomes necessary that our understanding of this pivotal subject become more precise. It is for this reason that this weekend seminar has been arranged expressly for the members of the coordinating committee. If, as expected, the Institute for the Study of Non-Violence of Palo Alto is open by this date, the seminar will be held there and members of its staff will participate.

The Red Book knows all: 328-4941.

**POL21**  
**AMERICAN LABOR**

Anne Johnson

Most Americans, especially students, know little of the long history of labor struggles in this country, and even less about the currently changing political and economic situation among blue- and white-collar workers. To help overcome this deficit, we will study the occupational and industrial categories of workers, wage levels in relationship to the worker's expenses for participating in his occupation and advancing his skills and education, employment and sub-employment, and specific studies of Stanford employees and the working patterns of Stanford graduates. We will also emphasize the union organizing drives of the 1930's, government intervention in and control of labor struggles, and the successes and limitations of union work, and the activities of Black workers. In addition, since real learning about labor requires involvement, we will participate in current labor struggles in the Bay Area.

This will be a joint Free U. course and study-action group for SDS and the AFT local 1816. Call 854-0380 for information.

**POL22**  
**INTRODUCTION TO POLITICAL YIDDISH**

Richard White

To build a radical tomorrow, we must understand the radical yesterday-- its strengths, weaknesses, victories, and failures. Much of this history is available only in Yiddish. This course will be designed to use the Morning Freiheit, a daily radical Yiddish newspaper, as a text for gaining fluency in the language so that a group can be formed that can delve into the historical material available.

Open to people with some knowledge of German or spoken Yiddish. Location to be announced. For further information, call 323-6450.

**POL23**  
**THE DRAFT, THE MILITARY, AND THE G.I.**

Leonard Siegel

This will be a joint Free U. course and SDS study-action group, concerned with developing a historical perspective for resistance within as well as outside the military. While much has been said about the current system of maintaining a conscript army, the movement has given little thought to the exact nature of our opposition and the limitations and advantages of various alternatives.

Call 325-7604 for information.

The first meeting will review research methods, bibliography, and some of the theoretical possibilities and difficulties in the study of corporation and political interconnections and their relationship to political and economic decisions. The rest of the course will work through specific research projects on Local Power Structure, Stanford and the Stanford Research Institute, Stanford and Pacific Basin Imperialism (with emphasis on Peru and Southeast Asia) and whatever else people are interested in.

For all information, available from the Redbook, call 328-4941.

POL24  
POWER STRUCTURE RESEARCH

David Ransom and Steve Weissman

A one-night third world symposium. Date to be announced. Other participants are L. Malik, F. Lozada, S. Schwartz, and Harry Cleaver. For information call 328-6712.

POL25  
DEATH TO THE MURDERERS OF  
CHE GUEVARA

Sotere Torregian

Someone has said that America's ruling class couldn't stay in power two weeks (two minutes?) without control of the media. This course is designed to see how we can take that control away from them. Reading McLuhan, Marcuse, etc. might help us to understand this control. Day-by-day analysis of KCBS, the Palo Alto Times, Bonanza, or the local flicks seems essential. And finally, we might try to develop a revolutionary use for the media: really exciting tapes, newspapers, films, and maybe even TV.

Everyone is welcome, especially those with special skills or equipment. This is a joint Free U. - SDS Work Study Group. For further information call 328-2125.

POL26  
THE MEDIA  
Ralph Moss

The late 1950's found the white middle-class youth of America heading in the direction from which the black lower class had come. And Lenny Bruce stood at the intersection trying to direct traffic.

Let's listen to Lenny's words and discuss the ramifications of all this. Time and place to be announced. Meetings will be held in Santa Clara. For information call 328-4941 and ask for the Redbook.

POL27  
LENNY BRUCE AS ETHNOMETHODOLOGIST

Paul Verdon

While the Nixon-Humphrey-Wallace farce exposes the bankruptcy of the American electoral system in 1968, the movement has offered no overall analysis of the anti-democratic nature of the vote-every-two-or-four years system and no democratic alternative. In this joint Free U. course and SDS study-action group, we will combine an on-going critique of this particular election with an attempt to explore alternative models of democracy, local as well as national.

For information contact SDS at 321-2300 x 4340 or 4341.

POL28  
DEMOCRACY AND/OR ELECTORAL  
POLITICS

Does anyone still have doubts after the debacles in Miami and Chicago? America's two party system is clearly bankrupt. What can a concerned person do? One thing is to join the Santa Clara or San Mateo branch of the Peace and Freedom Movement. Confronted with the moral and political degeneracy of democrats and republicans alike, Santa Clara and San Mateo Peace and Freedom are planning to increase local radical activity in the Fall. In fact, both branches have already begun ambitious political programs. If you are interested in struggling against local landlords, warlords, etc., and if you are interested in helping to build a large and dynamic radical movement in the Midpeninsula area then join the Peace and Freedom movement.

In Santa Clara call Barry Greenberg at 328-4698 and in San Mateo call Jane Franklin at 325-0194.

POL29  
UP FROM BANKRUPTCY

Barry Greenberg

We will read what people who write utopias have written. We will read what people who write about what people have written in utopias have written. We will talk about both. The boundaries of utopian literature are fuzzy: social satire, social criticism, sociology, social philosophy, some science fiction, etc. Possible authors: Plato, More, Bacon, Turgot, Bury, Butler, Bellamy, Marx, Wells, Orwell, Skinner, Popper, Mannheim, Fromm, Huxley, Boguslaw, etc. For further information call 941-2150. Location to be announced.

POL30  
UTOPIAN LITERATURE

Peter Reynolds

## POLITICS & ECONOMICS

**POL31**  
**BLACK LIBERATION, THE CHICANO**  
**AND WHITE RACISM**

This will be a joint Free U. course and SDS study-action group concerned with preparing educational and action programs for both SDS and the wider community. We will study the plight of Afro-America and the Mexican, the growth of various militant and radical black and brown organizations, and the political and economic roots of the position of these oppressed minorities in America. There will be a special focus on the response of business, government, the universities, and the Urban Coalition to agitation for change, and on the relationship of these responses both to psychological racism and to the "normal" functioning of American institutions.

For further information contact SDS at 321-2300, ext. 4340 or 4341.

**POL32**  
**HAVE YOU SEEN BEHIND THE**  
**HILTON, MR. BROWN?**

John Eyler, Carl Simpson

The seminar will investigate the problems of the powerless, and create a program to educate the Middle-class community, confronting them with their complicity in sustaining those problems. The course includes the following: 1) A weekend in core poverty areas of San Francisco (approximate cost is \$12, trip is optional) 2) Solid research into specific problem areas selected by the group; 3) Discussion of the issues with deep probing of individual attitudes and awareness 4) Formulation of a specific educational presentation, perhaps including film, slides, and interviews, to be used in 1969.

Enrollment open to all. Course commitment does not go beyond formulation stage. Meetings will be held on Thursdays at 8 p.m. at 35A Escondido Village. For information contact John at 328-8365 or Carl at 325-3427.

**POL33**  
**COMMITTEE ON FOREIGN**  
**RELATIONS**

This will be a joint Free U. course and SDS study-action group, concerned with ~~grounding radical anti-imperialism~~ in a sound historical and theoretical understanding of American foreign policy. We will study the effects of U.S. foreign policy on the people in the poor nations, as well as the more obvious examples of imperialism, such as the occupation of South East Asia. And we will attempt to create active responses to imperialism, both for the SDS chapter and for the wider community.

For information contact SDS at 321-2300 ext. 4340 or 4341.

**POL34**  
**NEW TACTICS FOR SOCIAL CHANGE**

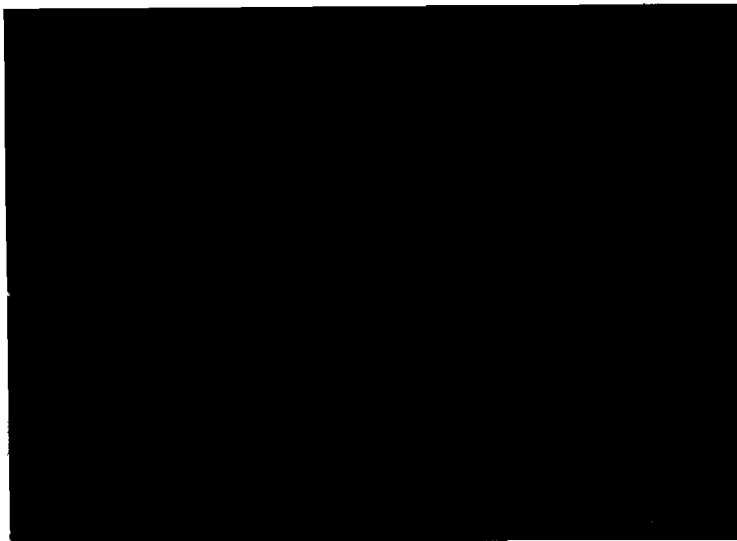
Tom Voorhees

The convener of this seminar is convinced that mankind is developing in an unhealthy direction, and that existing political organizations, liberal and radical, are producing little in the way of constructive or viable tactics for healthy change and are largely self-defeating as presently organized. The basic grievances stated by such organizations are valid however, e.g. exploitation of one class by another, but these are symptoms rather than causes and are long overdue for basic reexamination.

I hope we can put our combined positive experiential knowledge together and come up with a constructive alternative to today's fragmented, fractionalized movement.

Basic requirements needed to participate in this seminar are: 1) agreement with the above; 2) the ability to contribute uninhibitedly without preconceived conclusions -- willingness to explore.

For further information and time and place of first meeting call 841-4259.



We will gather together to recreate the mood of the Indian Tribal Council. In an atmosphere without urgency, we will communicate with the silence and speak simply. Men only.

Class meets Mondays at 8:00 pm. Location to be announced. For further information call 323-9635.

RR1  
TRIBAL COUNCILS

Dale Borglum & Jim Ware

Understand the American Wilderness as a concept, philosophy, and as a personal growth experience. The class will cover basic wilderness writers and philosophers such as Thoreau, John Muir, and Aldo Leopold; history and current status of Wilderness areas with emphasis on the desert and mountain areas of the American West. Practical guidance will be offered in finding an area and preparing for a wilderness trip. It's a course for those without extensive back country experience but who would like to leave the crowded campgrounds and mobs behind. This is not another outdoor club for weekend group outings, but rather intellectual and material preparation for enjoying the wilderness experience individually. The class will meet one evening per week, with a few field excursions if everyone so desires. It will be limited to 20 people. (The course is taught by a psychiatrist who feels that wilderness is the best therapy.)

Class meets Monday at 8:00 pm, starting September 30. Location to be announced. For further information call 328-6624.

RR2  
THE WILDERNESS EXPERIENCE

Neil Scott

"Karate" in Japanese literally means empty hand. This is derived from the fact that the art of karate was originated as a weaponless system of self-defense. As a martial art karate consists of various techniques of blocking or thwarting an attack and counter-attacking the opponent by punching, striking, or kicking. All techniques are based on the most effective and rational use of every part of the human body.

Modern karate has three important aspects. First, it is a high quality type of physical art that utilizes and exercises all parts of the body. Secondly, it is gaining in popularity as a competitive sport. And thirdly, it is a very fine system of self-defense.

The Karate Club meets three times a week (Monday, Tuesday, Thursday)

First meeting is September 30. For information please call Pete Benson, 742-1281, or Manuel Vy, 326-7704.

RR3  
KARATE

Manuel Vy

Learn how to achieve complete relaxation and then use this in learning and applying self-hypnosis. No miracles performed in this group -- just pleasant, rewarding learning.

Dress casually and comfortably -- tight or binding clothing is not good for relaxing. Limited to 10 people.

First meeting October 7. Class meets Mondays, 7:30-9:30. Location to be announced. For information call 245-8321.

RR4  
PROGRESSIVE RELAXATION  
AND SELF-HYPNOSIS

Bob Schlarb

We will teach you how to do a gentle form of massage using scented oil or powder. This massage relaxes but the main purpose is pleasure. It feels great and is a lovely thing to do for a friend. The basics can be learned in one night and in three nights you can become quite proficient. We will need a home with a very large living room -- can you help? First meeting at 510 Concord Dr., Menlo Park -- we will demonstrate and tell you what to bring for next time.

Class will meet Tuesdays at 7:30 pm. For further information call 325-3149 or 322-7643.

RR5  
SWEDISH MASSAGE

Pam and Archie

For people who are interested in learning and/or playing the fast and fast-action game of backgammon for relaxation, concentration, or money. Anyone can learn. Phone 323-5567 for further information. Location to be announced. Class meets Tues. and Thurs. from 10-2.

RR6  
BACKGAMMON

Betty Bateson, Sally Hayes

The observant reader will note a slight change in spirit. Unfortunately, change in the material conditions of existence leads to modification of ideological rationalization. Our movement, too, has made the perhaps inevitable transition from the charismatic to the bureaucratic. And so, with greater faith in expertise than in ideological purity, we wish to recruit new candidates for our burgeoning bureaucracy. (There are no admissions requirements, however.)

With increased organizational rationality, we have been able to expand the quality and variety of our production. We now accommodate the finest of bourgeois and aristocratic, not to mention proletarian, taste. In other words, we have transcended salad. First meeting Oct. 1, and following Tuesdays 6pm. at 14 Homer Lane, M.P. 854-6561.

RR7  
FROM PARTICIPATION TO  
DISCRIMINATION  
-A Sequel to PARTICIPATORY  
SALAD

Billy Hurwitz

## RELAXATION &amp; RECREATION

RR8  
SELF-HYPNOSIS

A practice in the methods of self-hypnosis. For further information call 734-2379. Location to be announced. Class meets Wednesday at 7:30 p.m.

Bob Lochridge

RR9  
CLARETS AND THEIR CALIFORNIA  
COUNTERPARTS.

Craig Harrison

The appreciation of good wines is one of the arts of civilization, and always has been. The Bordeaux region of France, from which clarets come, produce an astonishing variety of high quality wines. We will be sampling wines of all kinds from this region, as well as wines from California made from the same grapes. By careful comparisons, we will learn what the differences are between clarets of different kinds and qualities. There will be a \$10 fee for the course. The more people who sign up, the greater variety it will be possible to taste. (Paid-up students only, please -- bring your own glass.)

RR10  
SNOWBOUND

Shelagh Tesler

This is a seminar for people who love snow, whether it is skiing, bobsledding snow sculpture, inspiration or just having a fun, energetic snow ball fight! Let's get together this season to lease a cabin or two in Squaw Valley or near Heavenly Valley. It would have to be one or two groups limited to twenty or twenty-five people who are willing to share expenses for a snow home -- weekends, weekdays anytime. All levels of experience welcome.

Come to the first meeting, Thursday, October 3 at 8:00 p.m. to discuss the details. Location to be announced.

RR11  
SINGING AROUND A PIANO

Hayden Richards

A lot of people who enjoy singing around pianos can't because they don't know the words, and if they do it's the Whiffenpoof Song or some other maudlin antique. The idea here is to learn, by osmosis, gestalt, or xerography, some new tunes. Depending on interest, we can rotate the party through different pads different weeks, change piano players hourly, etc.

Course meets Fridays from 6:00 p.m. to midnite at 419 Palm St., P.A. First meeting November 6th or later. You will be contacted.

RR12  
PING PONG FOR THE  
PROLETARIAT

Susan MacDonald

A Free U first! No head trip. Come and get clobbered! We meet Fridays at 4:00 p.m. at 1106 North Lemon Ave., M.P.

RR13  
MESSAGE<sup>2</sup> (2ND ORDER MESSAGE)

Pam and Archie

We have a feeling for this course; can't teach it too much, but if we get together perhaps nice things will happen. Last quarter we found almost everyone distracted, not enjoying the supreme massage. Many were disinterested in giving massage, felt guilty in receiving. "I don't deserve this heavenly treatment", "I wish he wouldn't give me such a long one, he'll expect me to be as good to him", "what a gingerly touch, she must be afraid if she turns me on I'll expect to sleep with her", "he doesn't care about me, he's just turning himself on rubbing me". One of our main limitations is honest awareness: what do I want, what does he want, what am I willing to give, how does it feel? We believe the supreme massage, or sex, is given with unselfish love, received with trusting passivity. So we'll give and receive and try to be aware. Massage and potluck supper, bathing -- what else would you like to do? Give us a call. Class meets Tuesday or Friday at 6:30 p.m. If you don't know massage, please join us in the Tuesday night class. For more information call Pam, 325-3149, or Archie, 322-7643. Location to be announced.

RR14  
INTERNATIONAL FOOD THING

Mary Whitman

Once monthly group preparation of authentic foreign foods. Afterward, a party to consume same, featuring appropriate wines, beers, music and dancing. Typical menu from Greece: egg and lemon soup, shishkabob, dolmathes, feta cheese pie, mousaka, baklava, hulva, with Maphrodaphne (aperitif) and retsina (wine).

Course limited to six cooks (who may invite a guest apiece to the party). Course held 1227 Los Trancos Woods Road, Portola Valley, the second Saturday of each month starting in October. Cooking session morning; party that evening. For further information call 851-7321.

New? Want to meet people?

1. Join the Free U.
  2. Come to this one-time class.
- Sunday, October 6th at 4:00 p.m. For information call 328-4941.

RR15  
MEETING PEOPLE

Phil Good

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We begin at the sand, slowly  
then at speeds where the individual rocks  
blur into groups, and the groups  
into a path and the path into a  
mountainside.

RR16  
YELLING AT THE PAWNS

Al and Dave

A motorcycle and a man can do this--  
fuse time and distance, pain and  
exhilaration, inertia and motion ...

The prize is a mountain.  
We'll meet Sunday at dawn. For further information call CH5-3372.  
Location to be announced.

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A non-sadistic course for meat-eaters who have never slaughtered an animal; this class reassures your meat eating tendency. Preferably, raise your own chicken to 8 weeks old and then bring it or we will have an ample supply. Bring the family -- there is swimming. Class meets at high noon. Stay for chicken dinner. Sunday, November 3 at 702 Olive Springs Rd. in Santa Cruz. For information call 408-476-1508.

RR17  
CREATIVE CHICKEN  
KILLING

Lee and Eli White

---

We will go on a day hike most Sundays. Destinations will be the many decent parks and beaches within easy driving distance of Palo Alto. In addition, there will be a couple of special weekends when we can stay overnight, bicycling to the beach or backpacking in a more distant region.

RR18  
HIKES

Dan Ingalls

There will almost always be easy ways to go, so no one need worry about inexperience.

First meeting behind Tressider Union at Stanford at 9a.m. Sunday, Oct. 6 Bring lunch and water. Destination is Pt. Reyes. For information call 327-6478.

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Beginners, intermediates, and advanced Bridge players. We will meet weekly in 3 separate groups (depending on the turn-out) for an evening of Bridge. If there is enough interest, an attempt will be made to establish a class for those who wish to learn how to play bridge. In addition, we may borrow or pitch in and buy some duplicate boards and have critiques on some of the hands. First meeting will be purely an organizational meeting to set up groups and determine meeting places. Any volunteers? Singles as well as couples welcome. Please try to call first so estimate of size of group can be made. Call 969-2130.

RR19  
BRIDGE

Robert Berns

First meeting 7:30 p.m. Sunday, Sept. 30, 210 Calderon Apt. 113, Mountain View, and subsequent Sundays at 7:30 p.m.

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Our course will study the psychology of hitchhiking and experiment with different techniques. We will be going on about 12 weekend expeditions. Meeting time and location to be announced. For further information call 851-0877.

RR20  
HITCHHIKING

John Milwitt

---

We would like to combine "pot luck" supper and bridge playing for a Sunday evening thing. Gathering time around 5:30 at our home. Call 851-8157 for details.

RR21  
"I HAVE 14 CARDS"

Sally Patton

RR22  
FREE CAMPING

Michel Facon

"...How should you understand it? You may have heard the notes of Man, but have not heard those of Earth;..." (Chuang-Tzu)

The group that liberated Kings Canyon, Tahoe and Yosemite, during the summer, will meet again this fall, every third weekend at least.

We plan to go to: Pinnacle, Los Padres National Forest, Point Reyes, etc. A longer trip might be organized around Christmas.

There will be a meeting before each trip to discuss the details. First trip is Oct. 5 to Big Sur. Planning meeting is Sept. 29 at 8 p.m. Location to be announced. For information call 327-7549.

RR23  
SAILING

Fred Siedow

Ocean sailing in a 20' cabin sailboat (leaving from Santa Cruz). We'll do day sailing, on weekends or weekday evenings, with possible weekend trips to Monterey, etc. I'll give sailing instruction if desired, and will possibly work up a racing crew for Wed. eve. or Sunday races. Participants will be expected to contribute \$1 or what you can to help defray costs of docking fees, etc. Sign up and I'll contact you. For further information call 738-2136.

RR24  
I AM THE PORPOISE

Marie Mandoli

A swim class for kids. On a one-to-one basis with, at the most, five kids in a class. The time will be divided between 1/2 for lessons and 1/2 for play. The instructor has had 4 yrs. experience teaching handicapped and young children. Time and location to be announced. For information call 325-5205.

RR25  
AN EVENING OF BAWD

Docey Baldwin

One evening of filth with the ultimate intention of hearing the jokes you have forgotten, would like to retell, or have made up for the purpose of telling them to a worthy group. Perverts welcome. Sign up and you will be contacted.

RR26  
NUDE-IN COSTUME PARTIES

Andy Smith

Nude-in costume parties for couples over 21. Food, drink, and entertainment will be provided at a small cost. For information write The San Robles, Inc. P.O. Box 1153, Oakland 4, California or call 365-7553. Time and location to be announced.

RR27  
LET US REASON TOGETHER

Phil Masaoka

For those who like to talk and enjoy rapping about problems in the world today, discussions will be held, just to get together and have fun and an interesting evening. Please, high school students only! For further information call 325-0520. Time and location to be announced.

RR28  
JOHN MUIR'S HIGH SIERRA

Phil Masaoka

Are you hung up about world and local situations? Is school getting you down? Are problems at home getting to be too much? Want to get away from it all? Come with us to the majestic beauty of the mighty Sierra, and forget all your problems while you lose all track of time. Several retreats will be scheduled for 1969, while during this quarter we will plan these trips and have lectures on the type of equipment we will need, the Sierra itself, John Muir, and other topics. Those who want to go next year must be present at these meetings. Time and place to be announced. For further information call 325-0520.

RR29  
CATAMARAN SAILING

Norm Wade

Two to three hour sails on a 17' sloop-rigged cat from slip D-D-1 at the Redwood City Municipal Marina. Students will do most of the steering and sail handling. A warm jacket, wine and food help make a relaxed enjoyable sail. Children welcome. Call 854-6577 for mutually agreeable time.

RR30  
FREE U YACHT

John Hauser

The Free U Yacht is alive and well in Sausalito. Spend a week, a month, or longer cruising San Francisco Bay and its tributaries; or just come for the day or weekend. The boat is a 26 foot sailboat and sleeps four. Share expense. Write: Box 6163, Stanford, Calif.

Learn to sail or help teach others. No experience necessary. Course will meet Saturdays or Sundays, about twice a month. Course meets on board 26' sailboat in Sausalito (over an hour bus ride from Palo Alto). Write: Box 6163, Stanford, Calif.

RR31  
ALL GIRL CREW  
John Hauser

Is running rivers your bag? Learn how to build fiberglass kayaks for river touring, surfing, lakes, etc. Demonstrations will be given as demand warrants. Cost of materials and mold rental generally runs about \$60 per boat. A boat can be completed in 2 weekends. If interested drop a card (don't call) to : Ray Cochrane, 187 Matadero Dr., Sunnyvale, Calif. 94086.

RR32  
KAYAK CONSTRUCTION  
Ray Cochrane

Open to all, offering all that we need to know. Given by ex-Marine officer, NRA distinguished rifleman. For information call 328-4941. Sign up and you will be contacted.

RR33  
SMALL ARMS INSTRUCTION

Here's your chance to match wits with a computer. We will meet 3 or 4 times during the quarter to drink wine, listen to good music and play simple games with small computers.

RR34  
GAMES COMPUTERS PLAY

If you wish, you can learn something about computer programming so that you can invent your own computer games. For information, call 323-5155.

Bob Albrecht

By climbing and swinging through the trees we will attempt to rediscover the lost art of human tree travel. We will test our physical compatibility with different species of trees and experiment with travel over variable terrains. Perhaps we will satisfy some long forgotten inner needs.

RR35  
TREE CLIMBING

First meeting at El Camino Park opposite the Stanford Shopping Center. Time to be announced.

Bob Palmer

Bring your bananas and barefeet.



