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Courses added to late for a course description in the catalog are:

Auto Mechanics
 Encounter for Awareness
 with men and women
 Untying knots (encounter
 type group)
 Group Creative writing
 Astrological Group Meditation
 Future-Ancient Non-Blues
 Enlightening the use of
 Psychedelic Substances
 Experimental Dance

CALENDAR

FUB "registration-donation" (\$10 & up) from the last week
 of January (24-29) on - - - .
 "Classes from the first week of February (2-9) on---& on.

A FUB CATALOG "CLASS"?

Like the rest of our lives, FUB catalog would be happier with less deadline-alienation. Artists and anyone interested in format, layout and printing would then have time to experiment with everything from the simplest to the farthest out. Telling in graphics and words where FUB is at now, and where we may be growing to, could then tie in with the following which we feel is also needed ---

FUB -- WHERE AT AND WHERE TO ?

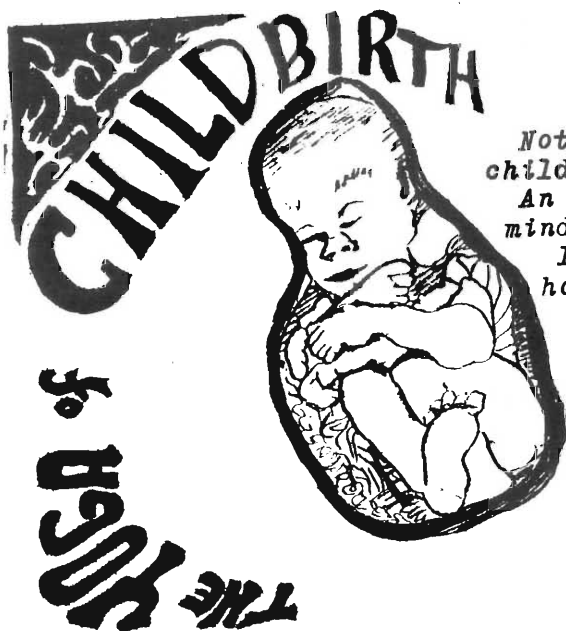
If FUB is really to become a "new" and better way of de-educating and re-educating ourselves-- of de-machine-izing and re-Humanizing ourselves--then we'll need a much fuller and steadier participation and commitment from FUB - community people. Now, a few people are doing most of the work to carry us on and it's doubtful if this can continue because it's not only impractical but NOT REAL COMMUNITY. Our feeling is that either we become a Real Community of Human Beings or else forget all the talk about "revolution" as just so much bullshit.

Sure, "the revolution" will happen anyway, it's bound to. But is it to be just another unconscious rebellion, blow-up, freak-out -- as we've had at intervals all down thru our history (call it "revolution", "war" or whatever) or are we going to exercise some conscious choice and direction about how it goes? We believe this is a very fundamental split in our "community" which we're not being open enough about.

"Agreement" or "understanding" which is ideological (more or less conventional "political" or "contractual") by more or less conventional conscious planning, may not make it. Perhaps we can heal this split only at the intuitive level, by getting ourselves together on this level. Certainly, underneath, our (Human) Nature has real basic needs and direction, and perhaps we should be more conscious of these -- live and act more affectively (rather than "effectively" as the conventional culture usually puts it) to fulfill these.

Early in the coming "session" we want to get together with some of the people more seriously involved in FUB, like teachers and anyone else genuinely interested, to explore our present situation. Hopefully, this won't be just another "Berkeley meeting" that trails off into ego-games, polemics or "nothing", but from which we may begin forming closer and more lasting relationships and "working groups".

Are the establishment-generated ego and money, food and housing hassles (and the endless other hassels) proving successful in blocking us from getting together and doing it?!



Not classical yoga nor classical childbirth. Preparation.

An attempt to get bodies and minds ready to have a baby.

I am most familiar with homebirths. This is a class for pregnant women. Some sessions will include fathers.

PAT

Weds. 7:30 Begins Feb. 9

A decorative border runs across the top and down the sides of the text area. It features a repeating pattern of skulls, some with wings, and other symbols, possibly related to the occult or the study of death.

INQUIRY INTO THE CAUSES OF DEATH

I have located the cause of cancer, heart attack, and stroke, and I want someone to prove me wrong. I have matched an element of our diet with the history of disease, and I need help in doing additional research. No special knowledge is required. A medical background would be a distinct handicap since my lines of inquiry are directly contrary to those of the medical profession.

Wednesday, February 2, 8:00pm

KOSMIC LIFE ENERGY

MANA
A
M
A
A



PSYCHIC HEALING

Feb. 7
8-10 P.M.

All types of Psychic Healing. Suggestive, magnetic, and spiritual will be discussed, demonstrated and taught. Registrations should be limited to those in need of healing.



CONCLAVE



BE WHOLE HEALING

FEB. 3



THURS. 3 PM

We continue to exist as a clearing house for those who have both questions and answers. Definite study has been started in the role of man's health in light of his purpose, in the issue of flesh or non-flesh, in food supplements, sweetenings, food combinations, spices and condiments, and in general, nutrition as a base for good health. We have as yet to delve into Herbal, vibrational, will, magnetic, sound, acupuncture, Chiropractic, color, massage, naturapathic, attitude, faith, fast, ceremonial, metaphysical, thaumaturgic, fomentation, poultice, etc. We look forward to compiling various charts for the use of any who need comparative information concerning sources of cures, diets & methods. Bring your sources so we can get a comprehensive, comparative view.

Visual enrichment

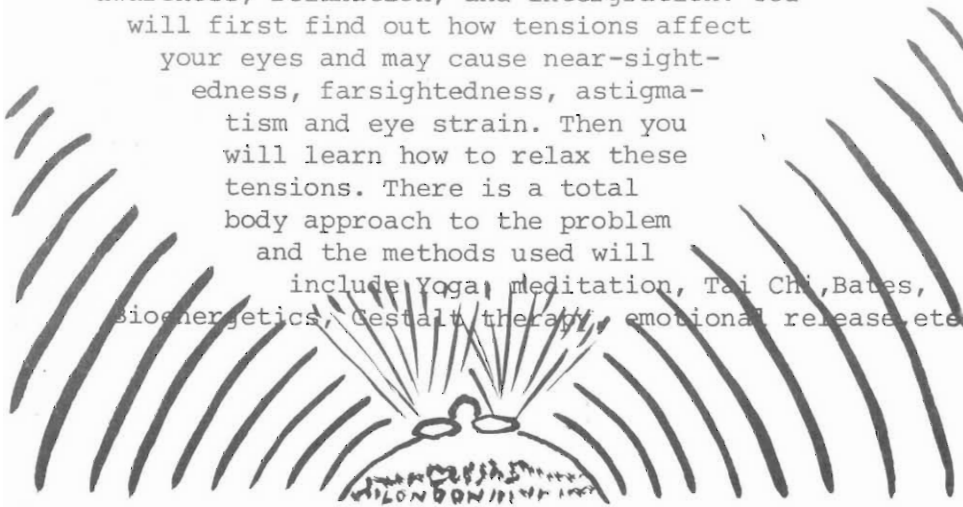


Ray Gottlieb

Tuesday or Thursday evening

NOVEL APPROACH TO SOLVING EYE PROBLEMS

The emphasis is on emotional, mental, and physical awareness, relaxation, and intergration. You will first find out how tensions affect your eyes and may cause near-sightedness, farsightedness, astigmatism and eye strain. Then you will learn how to relax these tensions. There is a total body approach to the problem and the methods used will include Yoga, meditation, Tai Chi, Bates, Bioenergetics, Gestalt therapy, emotional release etc.



FREE MALES' HEALTH COLLECTIVE

FREE MALES (MEN NO LONGER DEPENDENT ON THE PERSONAL SERVICES OF WOMEN - HOUSEWORK, FOOD PREPARATION, AND "REGULAR" SEX) ACTIVE, OR ONCE ACTIVE, IN A MEN'S SMALL GROUP, ARE INVITED BY GAY MEN TO JOIN WITH US IN A FREE MALES' HEALTH COLLECTIVE. THE FREE MALES' HEALTH COLLECTIVE WILL COME TOGETHER OVER THE NEXT SEVERAL MONTHS AROUND TWO CONCURRENT ACTIVITIES:

- 1) Study groups on women and their bodies, the reproduction process of the human race as women experience it, and the historic role of the male and male supremacy (cultural homosexuality) in the suppression of the female point of view on reproduction, and
- 2) research-rap groups on the health problems of the free male concentrating on problems originating from his alienation from his own body as an ecological element of ingestion, digestion and elimination. We should discuss how this relates to men's historic power and "need" to enslave women to our personal service - from mother to waitress-secretary-whore to wife - and our consequent inability to be comfortable with other men. Gay men will help the Free Males' Health Collective specifically on dealing with medical problems faced by all men in the homosexual institutions like prisons, the military, competitive athletics, and boys' and mens' schools, especially with regard to men's suppression of knowledge of the anus and rectum.

Gay people's project office 548 8090

Gay people's coffee hour - Friday nights - F.U.B.

Gay people on to San Diego - 548-8090

Women's Sexuality

A workshop for women who want to learn to enjoy sex more completely, would like more information and have concerns about their sexual functioning. There will be practical instruction along with discussion using ideas from Masters and Johnson, Reich, Lowen, Albert Ellis and your own experience.

Ellen and friends.

Thursday, Feb. 3, 8 p.m.



Men's Sexuality

A discussion group about male sexuality...what's going on these days in men's heads about their sexual selves. What's sexual and what's anti-sexual; what's myth and what's real. We'll talk about the double face of sex: love versus lust. We'll talk about sexual hang-ups. We will have discussion leaders representing different sexual worlds: existential, psychoanalytic, behaviorist, and just plain folks. Object of the class is to expand the latitude and longitude of sexuality... one of the few good things left. Also, we plan to meet occasionally with the "Women's Sexuality" group, to check things out.

Monday, Feb. 7, 8:00pm

Yoga classes:
Tuesdays &
Thursdays, 5pm
Saturdays, 10:30am
Group Meditation:
Sundays, 7pm

ananda marga

At initiation the
Master sees us completely,
gives us a mantra accord-
ing to our individual
vibration and awakens our
kundalini, leading to
merger with the Cosmic
Rhythm, which is infinite
and One.

path of bliss

Ananda Marga philosophy
can all be reduced to the
level of practise & exper-
ience. We function in
society, raise our children
& expand our consciousness
simultaneously. We help our
brothers and sisters thru
community service action.



People who care about children will work with youngsters
in trouble...Juvenile hall, mental hospitals, runaways.
Course will emphasise approach of R.D.Laing and perspec-
tive that disturbed/disturbing children cannot be under-
stood outside of their total environment, nor can they
understand themselves within it. We will try to spend
considerable time in the country on a farm or camping.
By Laurie Weinmann of Antioch College and Kelly Swainson
of the Berkeley Environmental School.

OPERATION SPRINGTIME



LIVING
WITH CHILDREN

SUNDAY, FEB 6, 3:30 p.m.

Living With Children,

Theory and Practice

(Children included)

WOMEN'S 
BASKETBALL

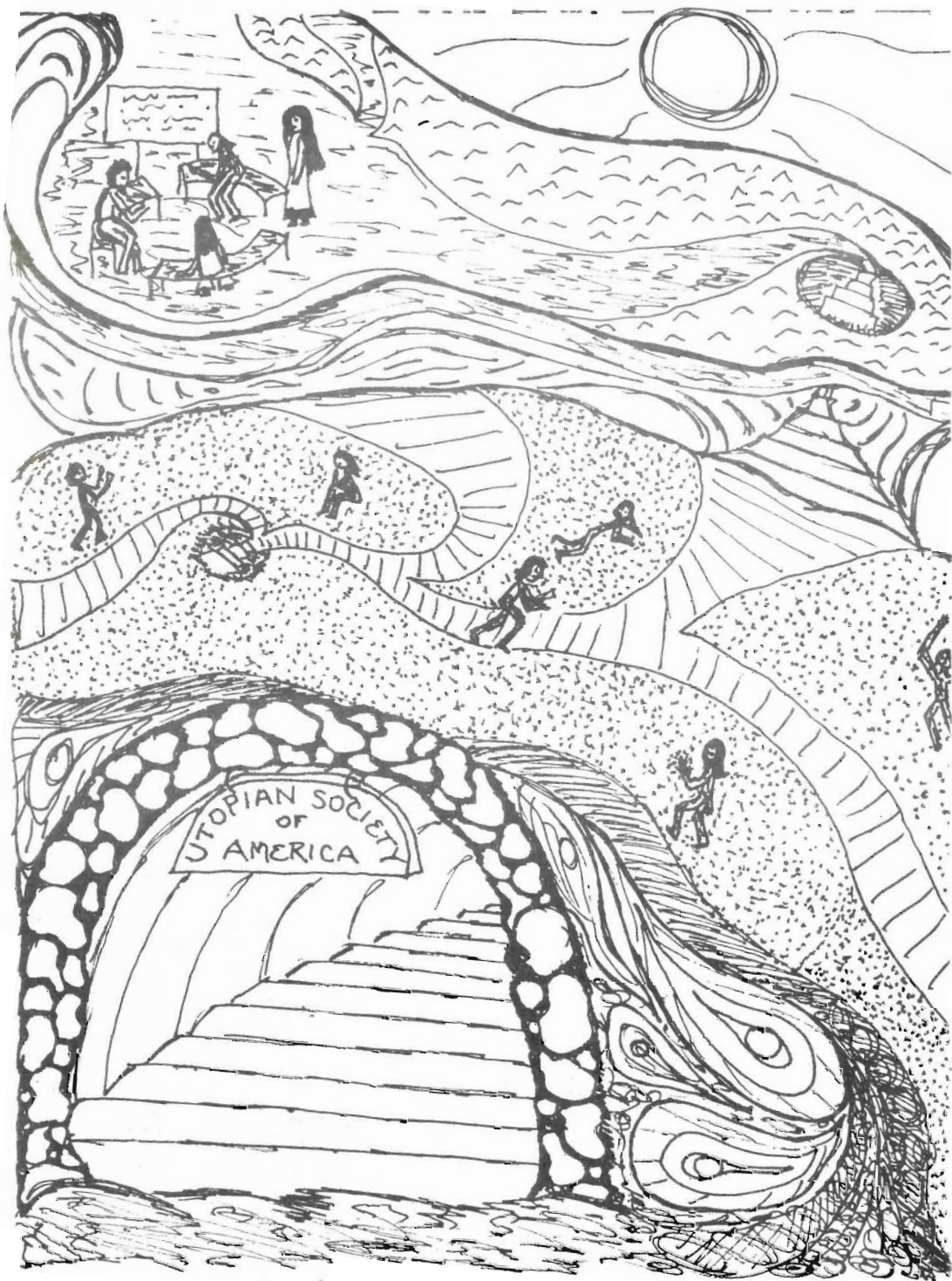
Play basketball for fun and health.

*Time and day to be
arranged.*

Pat Mc Carthy

Join Utopian Movement in San Francisco

All those interested in putting their energies into the creation of an educational gestalt complex can attend the introductory seminars describing membership in the Utopian Society of America and P.A.S.S. Free U in San Francisco, the first utopian university without walls. Membership in the U.S.A. includes a monthly packet of educational material called "Utopian Eyes." Also featured is the PEACE ROOM, a communications network of positive alternative projects and a commune-seekers' crossmatching service. Those interested are invited to phone 752-0773 in SF for more information.



Within the scope of this outline, emphasis will be placed on those areas of greatest interest.



real estate & housing

1. The content of the course will include an examination of real estate brokerage, law, practice, financing and appraisal - geared both to the potential practitioner and home purchaser & investor.
2. Racial discrimination in housing - laws & practices late 1950's to present.
3. Landlord-Tenant relations.
4. Housing - the needs, the realities, & exploration of possible remedies.

Hopefully, guest speakers will be available for sessions on these issues.

TBA

COMMUNE/COLLECTIVE clearing house

The clearinghouse will function to get people together to start collectives and communes and also as a convenient source of good people for existing houses in Berkeley.

Monday, 6-8 p.m.
FUB





**EXPERIENCE
AWARENESS**

This class will explore what happens when people become more in touch with their experiencing. We will draw from techniques developed in experiential focussing, Gestalt, bioenergetics & different meditation traditions. The teacher is a psychotherapist, but this won't be therapy.

Anyone interested in getting more into himself and his own experience and sharing it with others is welcome.

Ed Schmookler

Tuesdays 1:30 - 3:30

Feb 1

**FACILITATORS
GROWTH
WORKSHOP**

In education for free communities, facilitating replaces formal teaching. In self-governing groups, members do best by facilitating for each other instead of relying on one chairman.

At workshops, members will practice facilitating for each others individual growth, facilitating personal communication, facilitating group agreements, and facilitating creative deliberation for community action.

Clear Marks

TBA

FIGHT CAPITALISM * * * EAT RICE AND BEANS

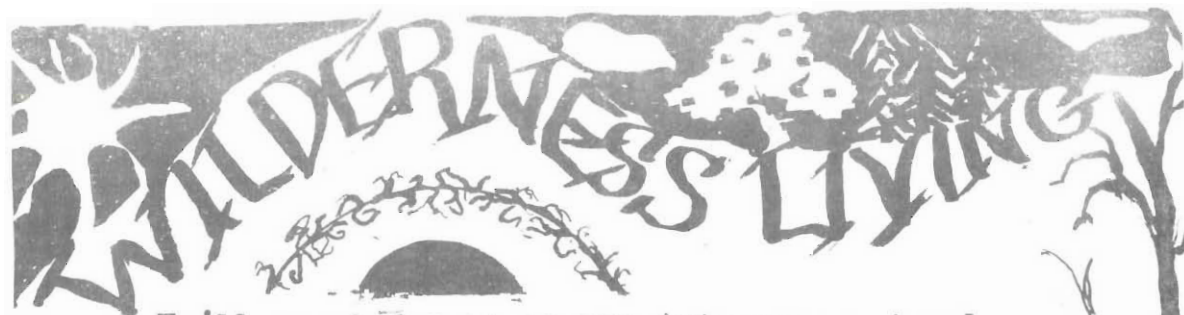
Let's meet a couple times to share our knowledge of nutrition. For a base read Adele Davis and Francis Lappe's Diet for a small planet. I've ideas about ways to spread the revolution to our and other gullets. Maybe among us there'll be energy to do some of it. Call me, even if you don't want to meet, if you know of any books we should look at, or have any ideas -- food or action-wise.

Chris 841-5345
or come by 2400 Ridge Road

16



WILDERNESS LIVING




We'll go as far as we can into more natural, less disturbed, places. Right now we're mainly into identifying and trying edible wild plants, also plants useful for herbs and teas, weaving and dyes, etc. But we'll also take in California geography and land-form, major plant communities, and the animals.

We'll meet the first & third Tuesday of each month at 9pm.
First meeting: Feb. 15

Bruce

Plant Freak out



This course will be about plants: how to love, care for and enjoy them. I know some things about house plants (and garden vegetables), hopefully people who sign up have additional knowledge. I hope to give away cuttings and slips, visit conservatories and nurseries (to get "free" samples) and in general trip on plants. All my methods are organic.

7:30 p.m.

Alison Farley Mon. Jan. 31



ORGANIC

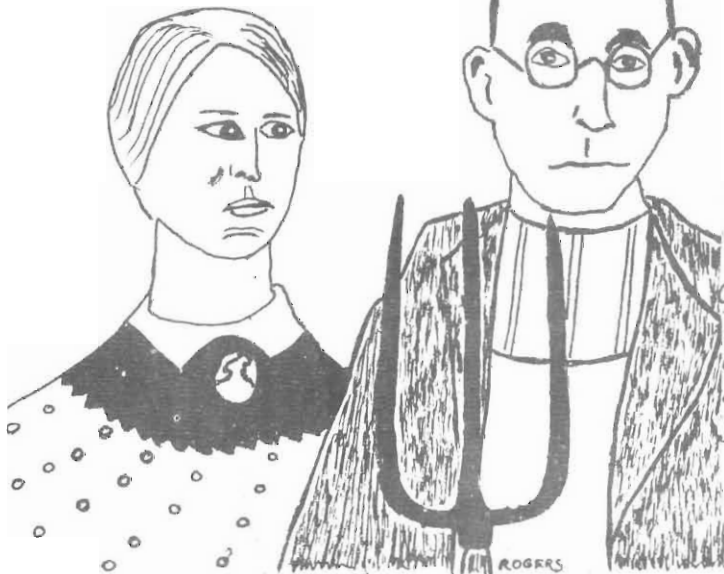
GARDENING

We'll continue as usual, every other Saturday morning.



Lucy Hupp

18



PEOPLES
MEDICINE
COLLECTIVE

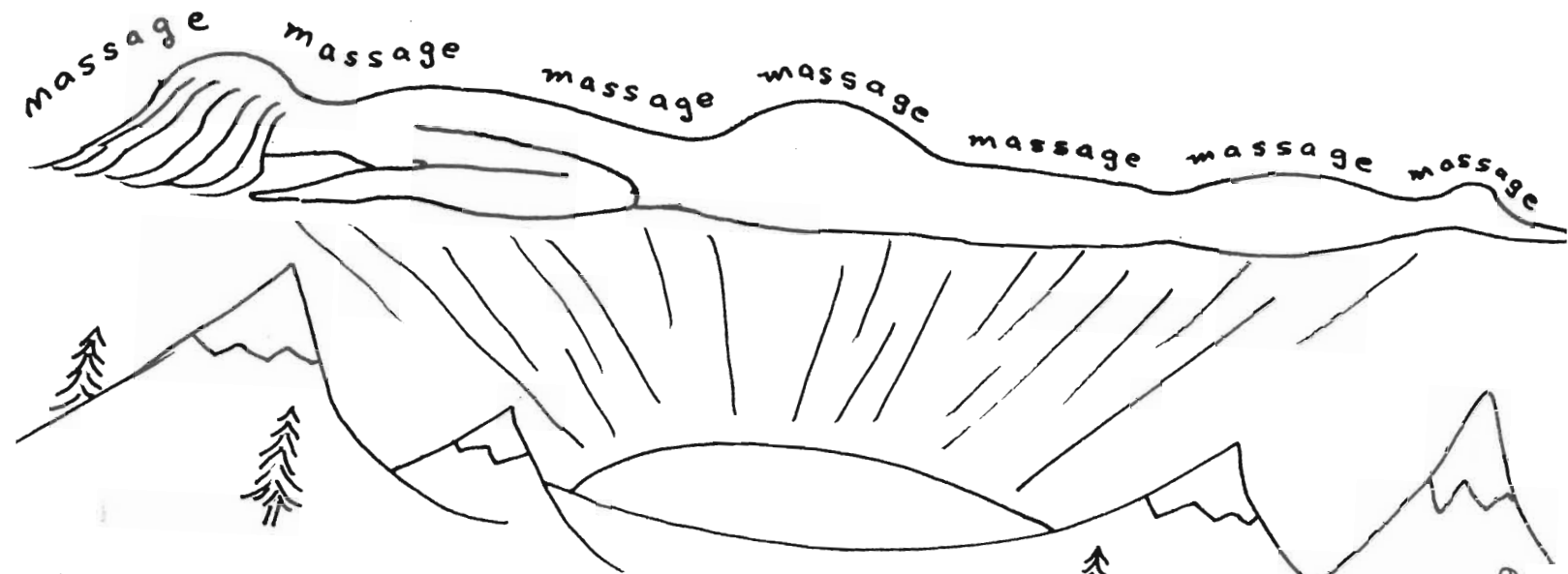
Preventive
Health
Care



Learn about
your body.

We are a group of people dedicated to raising the peoples consciousness of their bodies, thus breaking the AMA monopoly on health care. Our weekly workshop will concentrate on publishing an East Bay directory of health resources and establishing a School of the Peoples Medicine. Our school will start with these resources, teaching about the body and how it works.. Classes, demonstrations, a library, video-tape, films, etc., will be developed.

Wed. 7:00p.m.



MASSAGE AS MEDITATION

Emphasis will be on giving and receiving energy. As we proceed, all strokes for a full body massage will be taught in detail. Work will include exercises in energy transfer and basic yoga. Materials fee 5¢ per class.

Alan; Mon, Feb 7; 8:00PM

To the first class please bring:

- (1) a sleeping bag or blanket to lie on
- (2) a sheet

BASIC ESALEN MASSAGE

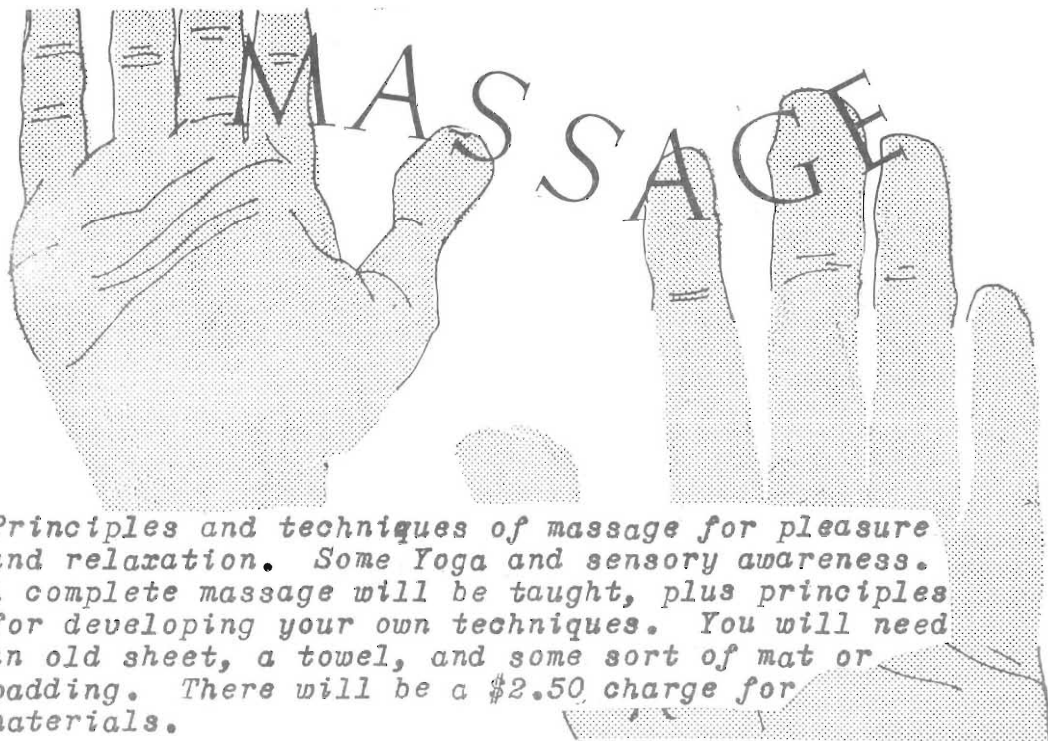
SENSITIVE TRAINING

TO GET IN TOUCH WITH

FEELINGS AND BODY

Esalen-type massage with some bioenergetics

Tuesdays, 7:30pm

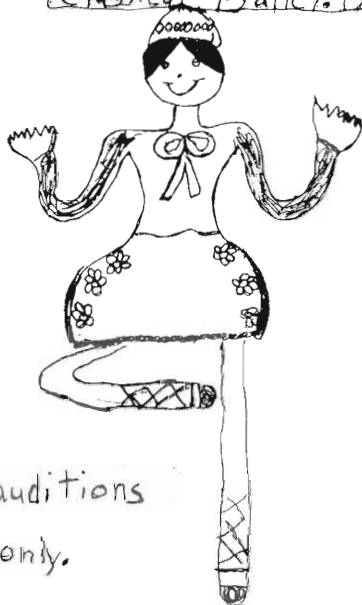


Principles and techniques of massage for pleasure and relaxation. Some Yoga and sensory awareness. A complete massage will be taught, plus principles for developing your own techniques. You will need an old sheet, a towel, and some sort of mat or padding. There will be a \$2.50 charge for materials.

*Pete Rainey
&
Paul Gendler*

*Wed, Feb. 9
8:00 p.m.*

Classical Ballet. Alexandra



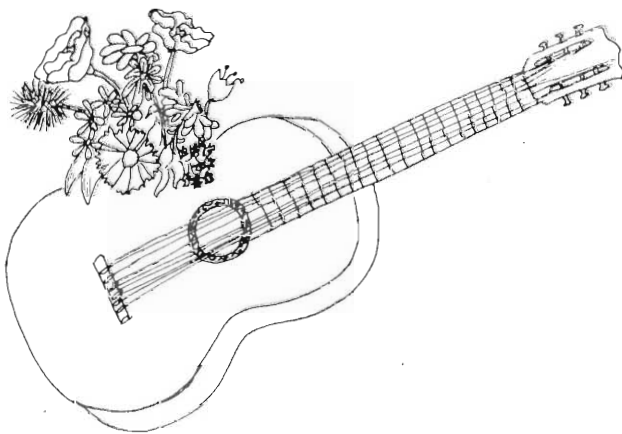
auditions
only.

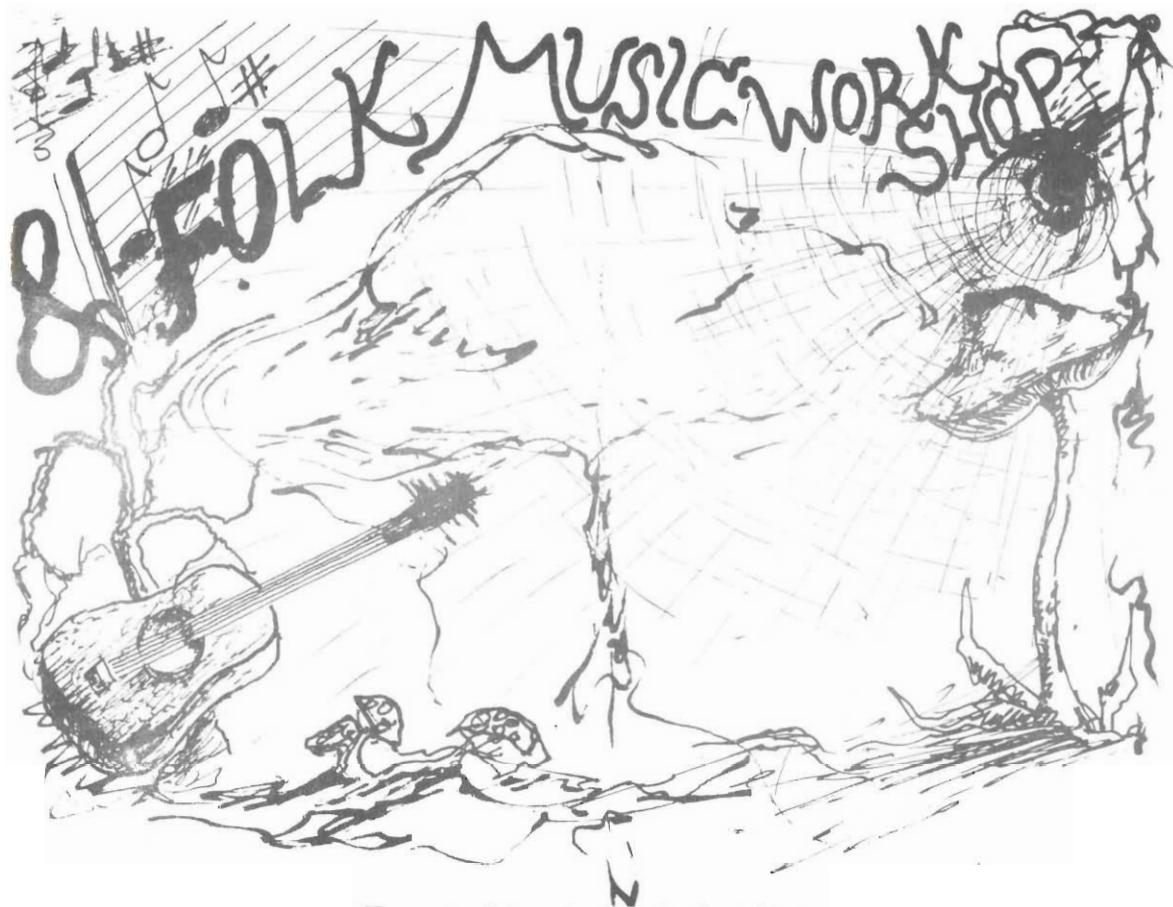


Classical guitar at any level, beginning through advanced. I will teach a beginning class (no more than eight people) and will arrange classes for those of more advanced level.

Classical guitar is not easy so students will be expected to practice. No one should apply who is not serious about studying.

Classical guitar





For guitarists and other
folk 'n blues
musicians.
Let's swap songs and
whatever else
we know.
Bring instruments and
music.

First meeting Friday, Feb 4
8 pm
Later meetings will be held
when convenient
for people's schedules.

ALEXANDRA

BEGINNING RECORDER

Bring your soprano or alto recorder, and a copy of the Trapp Family Singers' Enjoy Your Recorder. Class will be geared to accommodate people with no previous musical experience.

Wed. 7:30
Feb. 2



Class now in progress.
(Intermediate is defined as "around lesson 9 in the Trapp Family book or "Yeah, I know most of the notes and can play a few simpler tunes.") Currently meeting Thursday eves. May switch to Wednesdays. Check FUB sign on board.

Wed.(?) 8:00p.m.

Mike

INTERMEDIATE RECORDER



First Meeting
Thursday
February 3rd
7:30 P.M.
Dick Bagwell

Performing
Native
American
Oral
Literature

Almost Ancestors a theatre workshop

We'll experiment in finding effective ways to reintroduce, by performance, Native American myths, stories, legends, ritual poems, songs, magic spells, oratory, etc. into the incredible cultural hodge-podge America. Using the material as a creative point-of-departure, we'll work with styles and techniques from our own Theatre tradition, in combination with Native American styles. We'll make masks, props, costume elements, create makeups, etc. as an integral part of this class. This class will also function as a workshop in basic acting techniques, so don't let lack of theatre training/experience hold you back if your interested.

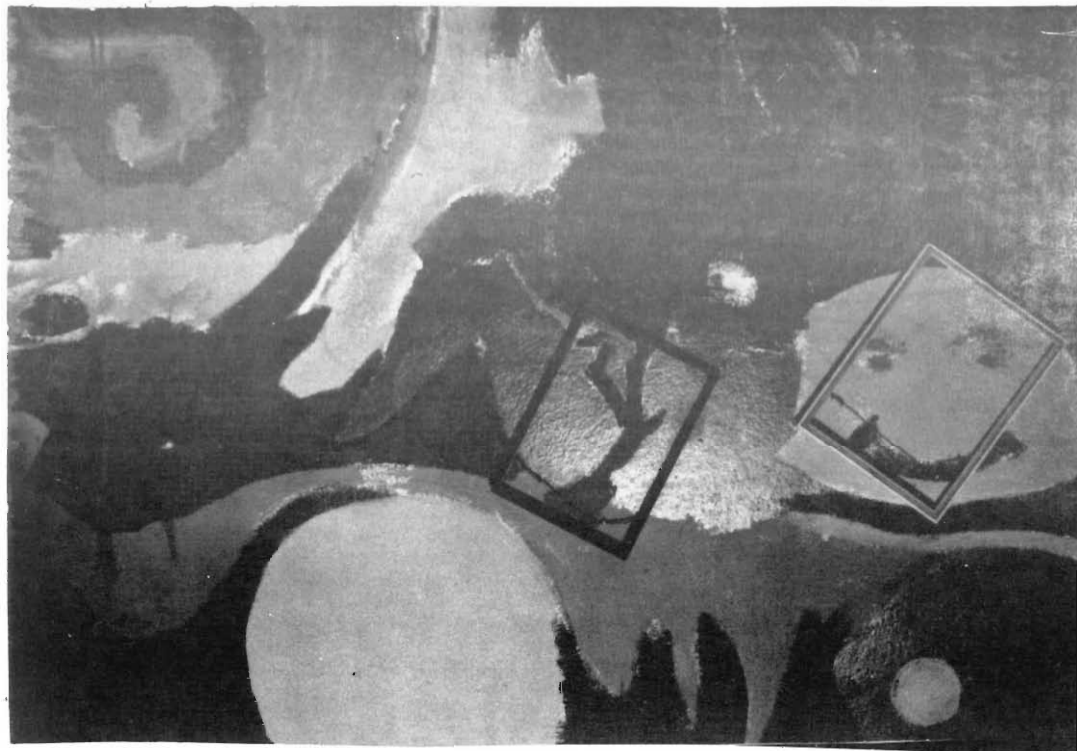


PHOTOGRAPHER'S' IDEA WORKSHOP

A place to share your ideas and ideals about photography. Members can show their photos and discuss projects and problems with other photographers. This group will hopefully emphasize each member's personal visual expression

Peter Goodman

Tuesdays, 7:30 pm



charles benner

AN experiment IN PAINTING TOGETHER

I'd like to get together with five other people to make paintings. We'll all work on one big canvas together. The group would discuss what we'd like to do and how to do it I'd prefer people who have one or two years painting experience and who plan to stick with the group awhile.

David Cunningham

Time and place to be arranged with those interested.

STORYTELLING



We can learn stories and sources, develop our style in telling them, begin to create new ones, try to get on radio, etc. Time to be arranged. Fritz

WAKE UP! OR FORGET IT!

NORMAN BELIEVES THAT MANY PRESSING QUESTIONS IN THE WORLD TODAY CAN BEST BE ANSWERED BY "WAKE UP !" OR "FORGET IT!", SUCH AS "SPARE CHANGE ?". HOURS TO BE ARRANGED. IF YOU HAVE ANY QUESTIONS ABOUT THIS COURSE, OR, INDEED, ABOUT ANYTHING, REMEMBER : ITS ALL IN YOUR HEAD.

CALL NORMAN SOLOMON FOR FURTHER INFORMATION.



Writing Novels

This group, founded in the Spring of 1969 by science-fiction writer

Ray Nelson,

offers no diploma but a check from a publisher. However, quite a few of us have managed, since then, to get our "diploma", and that is only one of the ways in which this group differs from your average little-review oriented college creative writing class. The format is simple and informal here, mostly reading, writing and rapping about whatever we're writing at the moment, which ranges from non-fiction

studies of Bay Area architecture to Ribald

Classics for Playboy, though we tend to regard the Novel as the highest form of literary art. Only poetry is taboo. We have learned from bitter experience that in our day and age poets are almost always phonies.

RAY NELSON

Thurs 8pm



Novel Reading



Let's get together and read novels, plays, short stories, etc. and rap about them. Open to all suggestions.

Peter Dahl

Time & place TBA





Ceramics will meet on Fridays with 10-12 wheels available. Be ready to begin first class if you bring materials. small charge for rent and firing. Gary Holt Friday, Feb. 4, 7:30

Ceramics

Stained

Four basic techniques:

1. Pasting glass designs with epoxy.
2. Leaded (windows).
3. Slab glass
4. Tiffany pendants.

Class will be taught how to cut glass as preliminary, then each technique is taught in the above order. *Cost of material to be shared by class.

Milton Firestone tba

*\$10.00 per student covers all materials and tools



Whenever's Convenient
for everyone
1st meeting Thurs Feb 3
7:30

This will be a gathering of
people who did/do parades.
We'll Rap about: The Parades
we've been in, Parades we'd like to
see happen; HOW ABOUT A BIG PARADE
IN BERKELEY REAL SOON ?!??

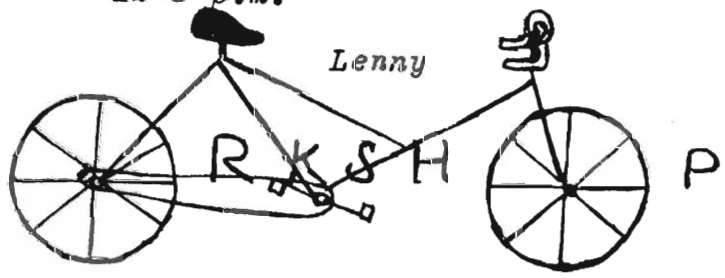
FREE PARADES VRS. AUTHORITARIAN
MARCHES
Music and Costumes

•• and whatever else comes to our minds.
IF YOU CAN'T MAKE THE FIRST
GET*TOGETHER OR YOU DON'T HAVE
THE TIME NOW
LEAVE A NOTE ON THE SIGN UP
SHEET AT THE **FUB** SIGN UP



BI CYCLE REPAIR

Sat. Jan. 29
12-3 p.m.



ROGERS

THE FUTURE OF

DISCUSSIONS ON

LEISURE AFFLUENCE

PRODUCTIVE HUMAN ACTIVITY

FIRST MEETING : FEBRUARY 8 7:30 p.m.

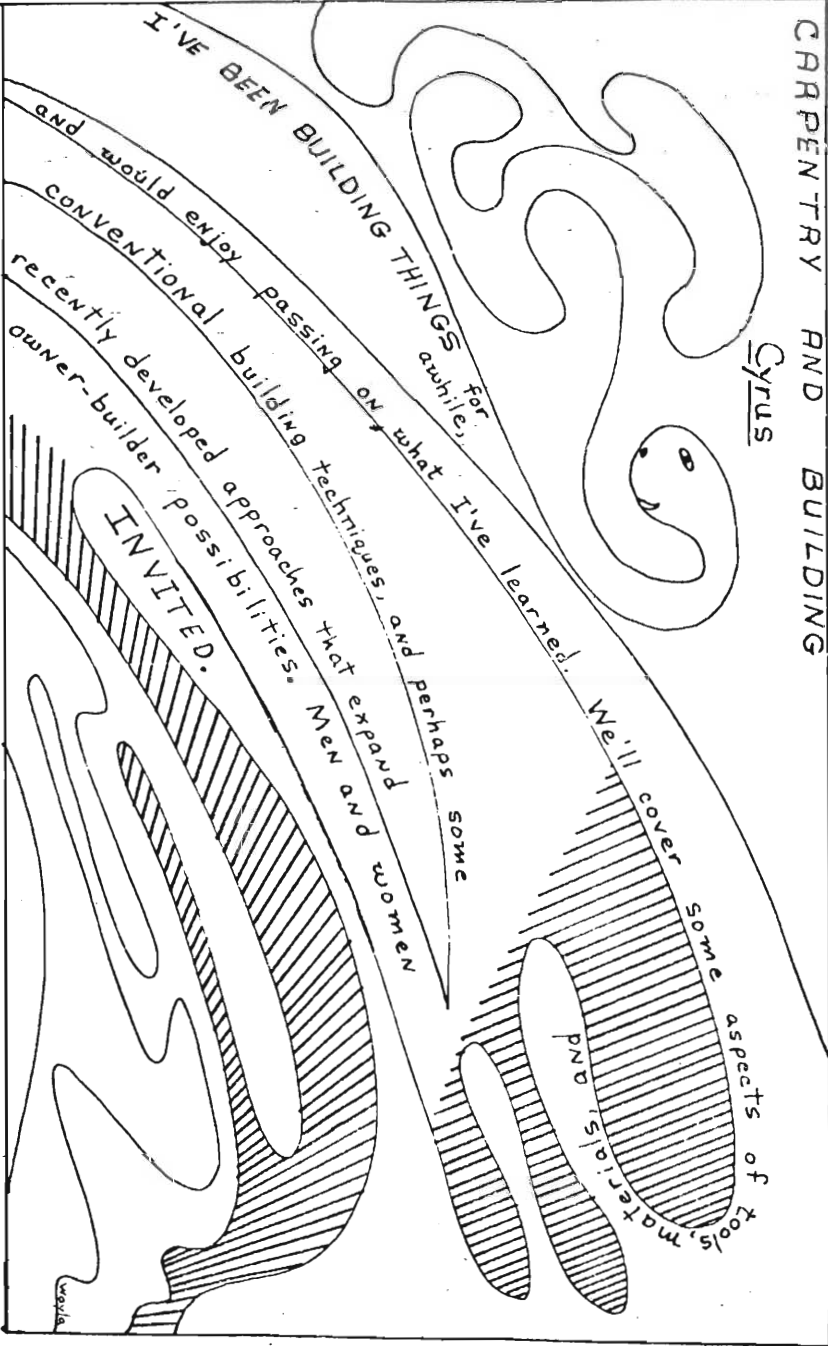
FUTURE DAY, TIME, PLACE TO BE DISCUSSED

WORK

The Way of All
The Way ...
The Way of Zen

CARPENTRY AND BUILDING

Cyrus

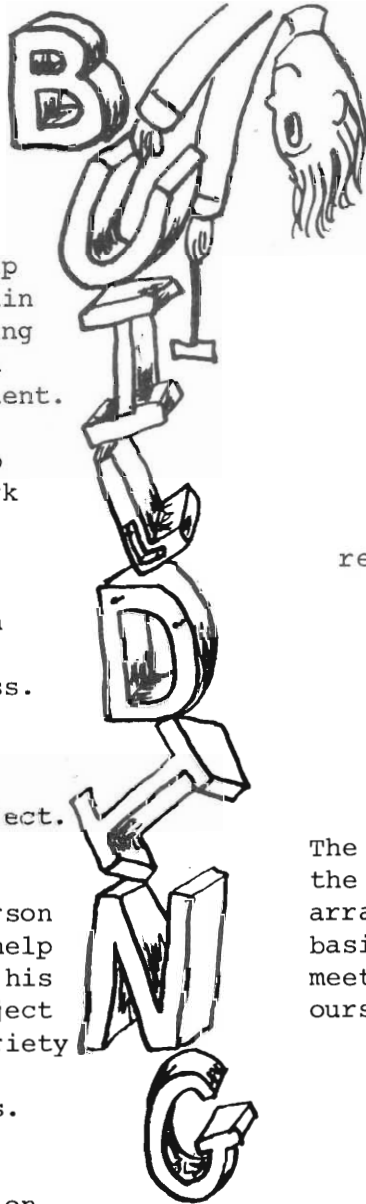


I'VE BEEN BUILDING THINGS FOR AWHILE.

and would enjoy passing on what I've learned.

We'll cover some aspects of tools, materials, and stairs.

owner-builder possibilities. Men and women INVITED.



The intent is to help non-professionals gain experience in creating their own physical environment. We are planning for a small group to work together participating in actual construction projects proposed by the class. The meetings will be weekly and rotate from project to project.

Not only will each person get help on his own project but he will gain a variety of job experiences while helping others.

Any emphasis on direction will be decided by the group.

The size of the group is limited with priority given to people with projects ready to be worked on or continuing from the fall.

The time and place of the meeting are to be arranged on a two week basis, with the first meeting for getting ourselves together on :

January 27

Karate

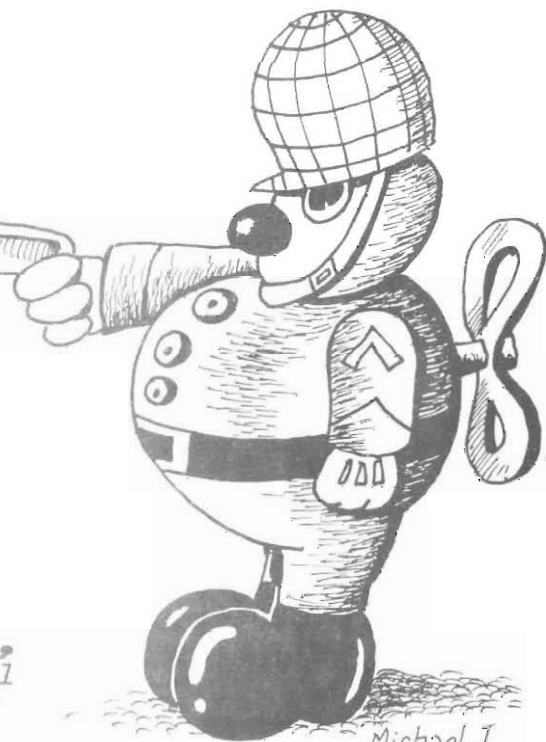
Gettogether



A time and space for higher belts of different schools of martial arts to share. Consists of Ki, sparring, knowledge and Kata. Leaderless growth. To live one must love, to love one must survive, to survive one must fight.

Monday, Thursday 5 - 7

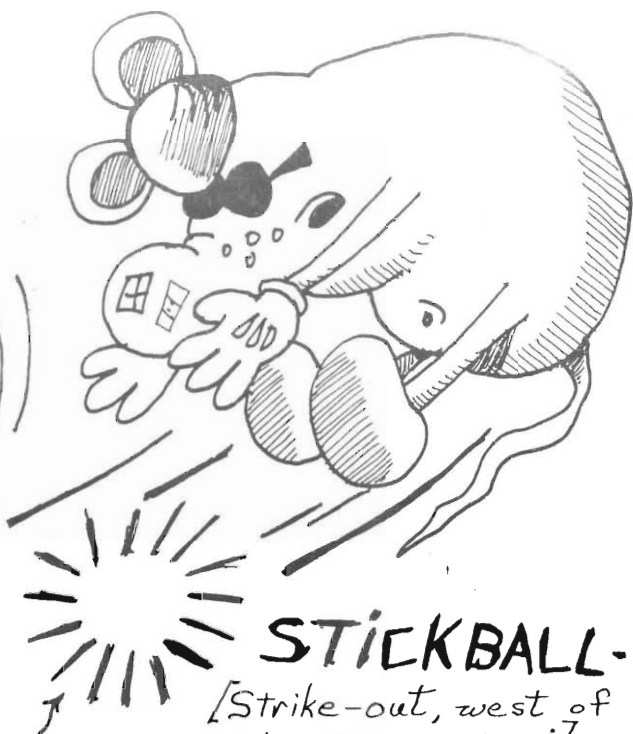
PLASTIC MEN



Plastic men is a new, discussion-style group planned by Ray Nelson, founder and leader of the disgustingly permanent class on "Writing Novels." It will meet once a month for a program of plastic modeling and historical modeling in general, wargames with miniature figures, and general good fellowship. Ray Nelson is a member of the British "Society of Ancients" and past president of the "East Bay Chapter of the International Plastic Modelers' Society", and a keen student of the history of the of the first century AD. He is also moderator of the KPFA book review program, the "Cosmic Circle," and the author of many novels, some dirty, ~~some~~ not, but all published.



Michael J.



STICKBALL.

[Strike-out, west of the Mississippi]

New York rules.

HANDICAPPING

Feb. 2 Wed.
7:30 p.m.

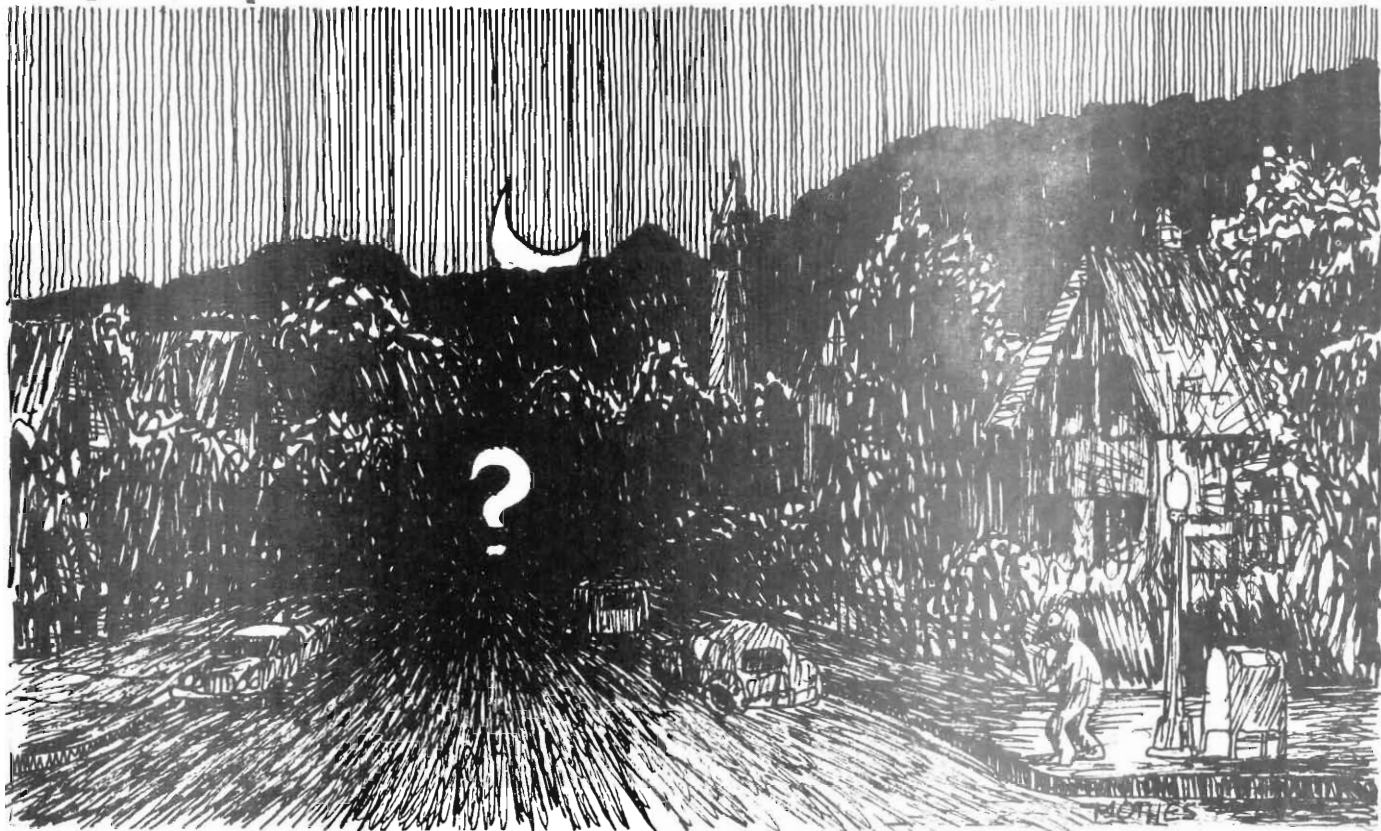
J11Q33	STEWBALL	GEO. Q.
L	L	L
L	L	L
L	L	L



Bill Flannery

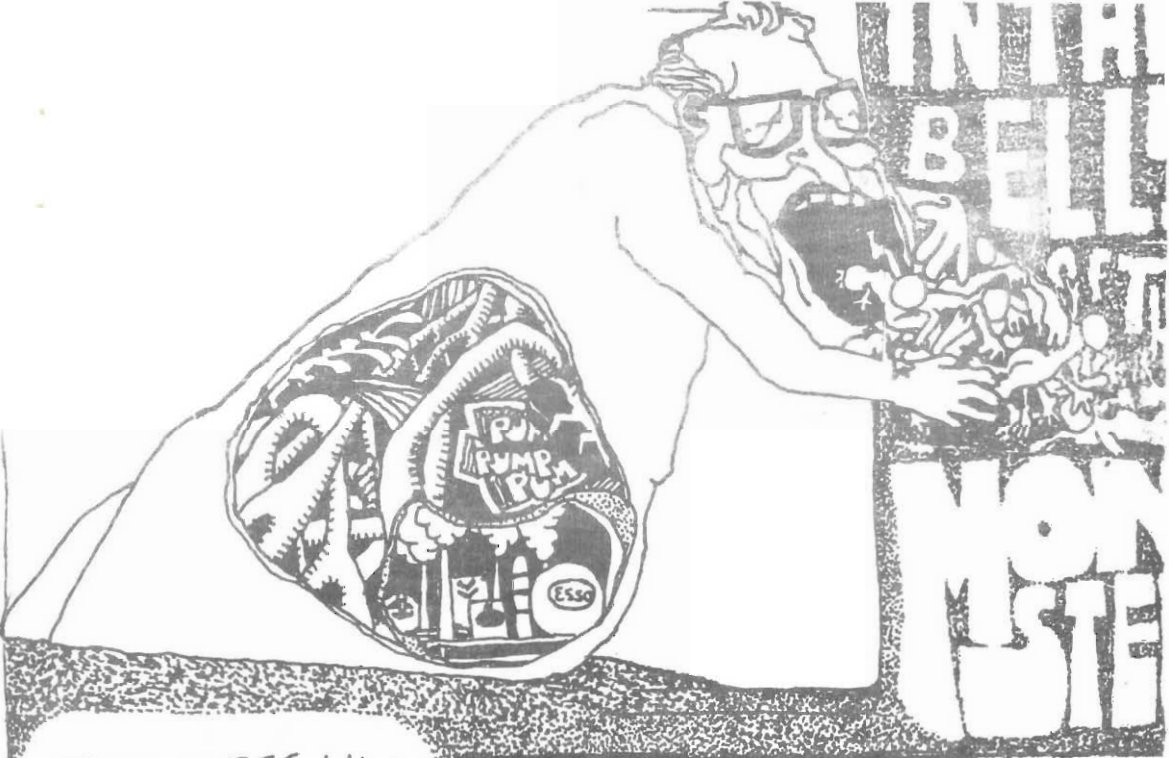
We are using computers and statistics to analyze horseracing data. This is the 2nd quarter for this course and some results are in. This course is at least for fun and maybe for profit

BERKELEY AT 4 A.M.



36

It's a different place! Unreal, almost. Phantom Indians pad down forest lanes that are daytime streets. Shadows drape wierd edifices, while vast silences smother their erstwhile dynamism. There's some life, but not the usual. We'll bicycle to different experiences together, then treat ourselves to breakfast as dawn sneaks near. Wed. at 4:00am: Feb. 2 & 16, March 1 & 15.



THIS CLASS WILL
DEAL WITH THOSE
WHO RULE AMERIKAI

...AND THIER CORPORATIONS
WHICH OPPRESS PEOPLE
AROUND THE WORLD. WE WILL
TALK ESPECIALLY ABOUT
LATIN AMERICAE OTHER
3RD WORLD COUNTRIES,
BUT WE WILL ALSO TALK
ABOUT WHATS HAPPENING
HERE IN THE U.S.A.. WE
CAN ALSO TALK ABOUT
REVOLUTIONARY STRUGGLES
AROUND THE WORLD & HERE
AND HOW THEY RELATE
TO EACH OTHER.

FIRST CLASS: THUESDAY
FEB. 3 AT 7:30 PM.

RONALD



WAR TAX

RESISTANCE

BRIGADE

The war goes on, financed by 22¢ out of each income tax dollar and excise taxes like the 10% sales tax.

Not paying the phone tax is easy (you just send a note back with your bill) and the risk is small, a \$7.50 service charge by your bank (if the IRS can find your money). A sizeable minority not paying can clog the IRS with paperwork and assorted hassels. Every little bit helps.

I propose a tax resistance brigade to spread the base of tax resistance in Berkeley and to create alternative funds to put our communal tax money to community purposes.

As I see it the tax brigade, consisting of about ten full time folks, would meet for several days to center ourselves, study tax issues, talk over ideas, community needs, and different approaches, do role-playing, canvas a sample neighborhood, practice self-criticism.

After this initial phase we could meet over breakfast, discussing some of the days priorities such as explaining tax resistance to groups like food conspiracies, pta, etc.

Early to bed and early to rise we can pull the rug out from under the warmakers and increase the togetherness and joy of our community. I would appreciate any suggestions and help you can give.

Come by 2400 Ridge Rd.
or call 843-4727.

rod robinson

REGULAR PALEONTOLOGY

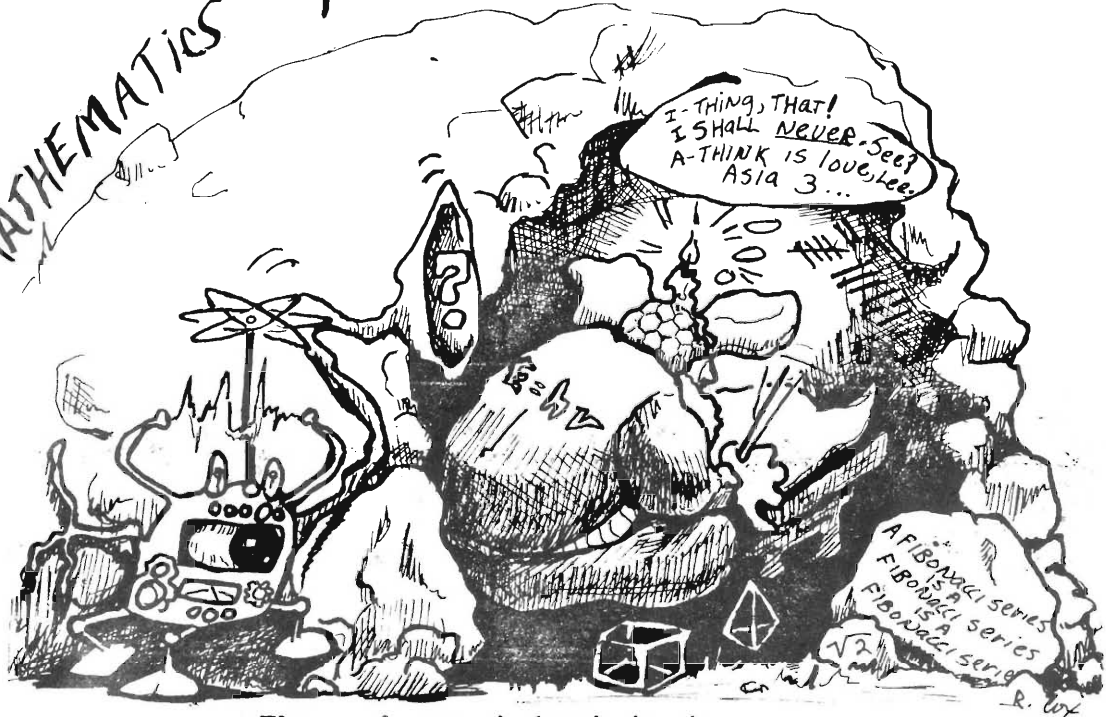


A seminar-like situation, we discuss concepts in the evolution of vertebrates, skeletal and fossil material utilized and studied. Field trips possible.

Sara Glickstein

Wednesday, 7:30 p.m.

MATHEMATICS FOR POETS



The primary intent is to explore the more far-out ideas of modern mathematics. No previous background in mathematics is needed....Tues, Feb. 1-7p.m.

stoneage theater

A WORKSHOP

dreams symbols

to DISCOVER

NEW FORMS

and paradise

FROM THE BEGINNING.

DENIS
Feb. 4, 7:30

dreams symbols

the SUB CONSCIOUS

and fantasy

waya

TO NEVER-NEVER-LAND

MEN'S STUDY GROUP IN FEMINIST LITERATURE



A "course" for men interested in getting together to read and discuss, from a personal perspective, oriented towards change, writing by women, primarily from the last 2-3 years of the feminist movement. The readings would consist mostly of short pieces (articles, stories, poems), though when we get together we could decide otherwise.

Time and place to be announced.

BERKELEY (W)RAP CENTER

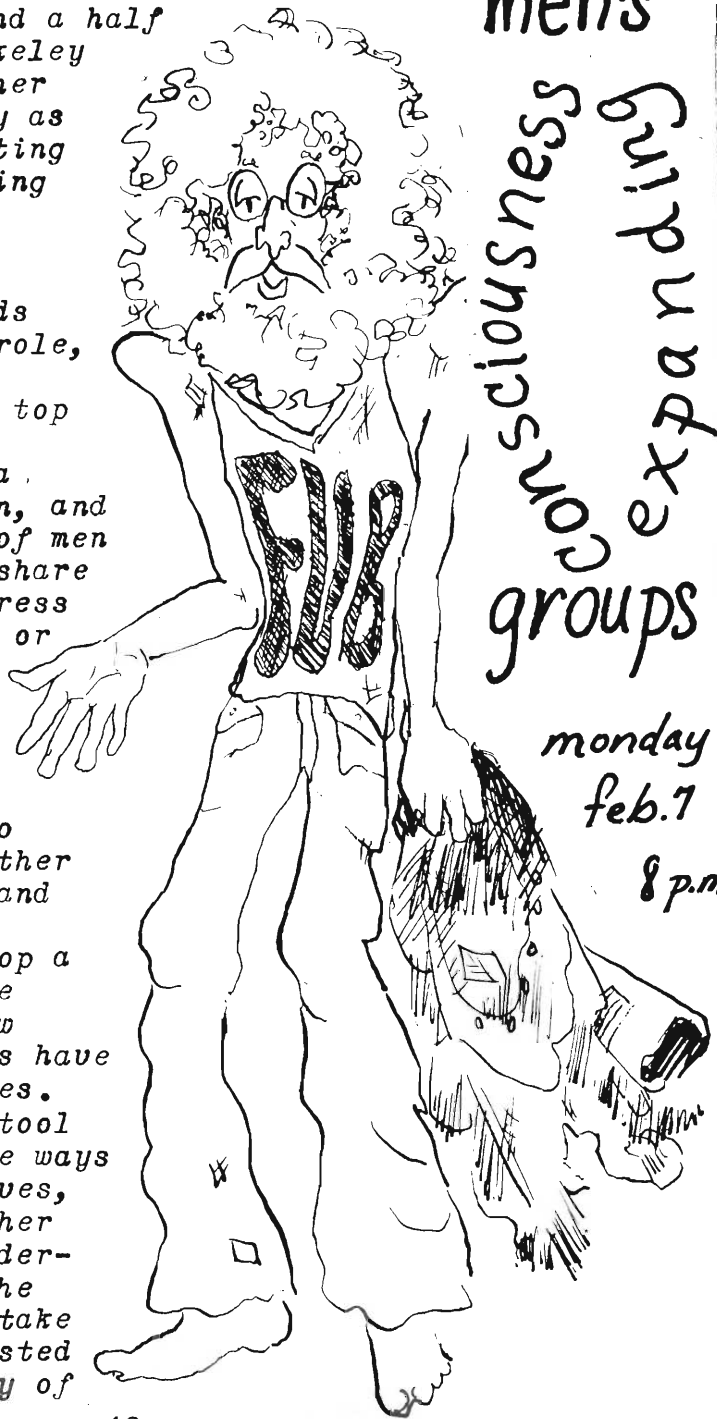
If you're feeling lonely, oppressed, freaked out, alienated, hostile, uptight, and/or ripped off, come to the rap center and share your burden with us. If you're high, happy, and like laughing, come and share your joy with us. We have open rap groups, on-going groups, women's groups, men's groups, and individual counseling.



Also, if you have energy, enthusiasm, an interest in working and playing with people, come and join us. We have heavy rap training groups, one-to-one training groups, and contact rap training.

We're here to serve the community, and we need you, your interest, your feedback, your concern, whether you're up or down. Drop-in!

For the past year and a half or more, men in Berkeley and Oakland (and other parts of the country as well) have been meeting in small groups trying to deal with the problems created by the masculine role which society demands that we play. That role, which is based on a system run from the top down by a few men, imprisons women in a subordinate position, and limits the freedom of men as well. We cannot share our weaknesses, express love for other men, or get in touch with our true feelings. The small group for men is an attempt to build free space for us to begin to see each other non-competitively, and instead share our experiences & develop a critical, supportive understanding of how socialized sex roles have messed over our lives. Men's groups are a tool for us to change the ways we relate to ourselves, to women, and to other men. Groups are leaderless and go where the participants needs take them. People interested might pick up a copy of BROTHER.



men's
consciousness
expanding
groups

monday
feb. 7

8 p.m.

Anti-Guru Growth Group Answers by Facing Yourself
 Directly rather than consulting "New Age Experts". This is a group for the Exploration of: The Mind being One Versus the Victorian Paranoid Schizophrenia (i.e. Conscious/Sub-conscious dicotomy), involving expression (Verbal, Vocal, and physical) of all we now label "subconscious THOUGHTS so they become CONSCIOUS and really CONNECTED TO THE WAY WE LIVE. This is Not a Detailed philosophical "rap session", It is a gutteral pure approach based on intuition and Worldly Experience. WE HAVE WITHIN US THE ESSENCE OF ALL KNOWLEDGE IF WE WILL, JUST FACE IT including knowledge of Ourselves. We will explore together. WE WILL DO IT. Sign up at Free U for interview.



Don't Be Afraid

Feb. 7
 8-10 pm.

Tactics that various people have used at different times (e.g., religion, astrology, language, literature) to structure their consciousness and what we are doing now to structure ours... Kulture and counter-culture I hope we will look at such lightweight stuff as Toffler, Reich, Koestler, Fowles and Ehrenzweig to first get a feeling for what is involved in the interrelationship between language, culture, and consciousness then go on to explore tactics for survival in a cluttered and decadent prose-linear world.

Terry Baker Linda Vista

Consciousness as a Fiction

Anti Barre Growth Group

Found on
Page 43

(THE FOLLOWING WAS LEFT OUT OF THE CATALOGUE AND IS THE ENTIRE ESSENCE OF THE COURSE)

We will examine the following together:

*****Thorough exploration of non-verbal communication without fear, (physical and vocal)*****Psychological healing through ritual "theatre"*****Total body-mind awareness*****Shinning full light on innermost personal fears (sex, aloness^{NE}, death, ugliness, love, etc.)*****The neurosis involved in the very concept of the family as we know it*****Love energy as the main cyclical energy of the universe*
****The death of books as we know them*****Bisexuality as a norm of the new age**
Jealousy and Group love**Knots*****Nots*****A commune?*****The formation of a "love Group"*****Primal Screams and rebirth as a growth process and not a ppecific occurance*****Recognition of our madnnesses as a form of sanity*****
The eventual vanishing of role games "Man, Woman, Child" into PERSON- Male or Fe@male*****Forming a concept of and developing the viceral self*****Leadership as a bum trip*****I LOVE YOU!

FREE U. OF BERKELEY

POSEIDON

We are experimenting with a community emphasizing role liberation and up-front verbal encounter in order to release ourselves from the merry-go-round of dominating authority figures and competition. We would rather devote our energy to creative growth, increased psychic awareness, and a higher non-possessive kind of love and community.

Non-evangelistic, non-violent, mentally vigorous and positive men and women are welcome to call 834 - 7428 for an interview or discussion. People interested in intelligent exploration of metaphysics and the occult are especially welcome.

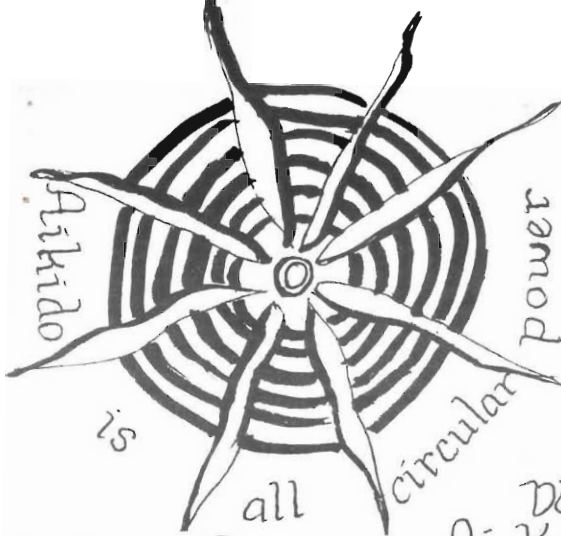
44



(fantasies not distractions)
contain/are the seed of our spirit-those seeds which have no soil as yet- they must be made visible, concrete, to relate them to Feminist, Reichian, and Yogic sources of light. The How is through the path of the body magic to de-mystify the self.

Ananda X

AIKIDO



Aikido

power

is

all

circular

*Ki is what you will develop by training in AIKIDO...
Ki is all **force!**

Ai Ki is the "joining Ki" philosophy } Blending forces

Dō is the way - the method!

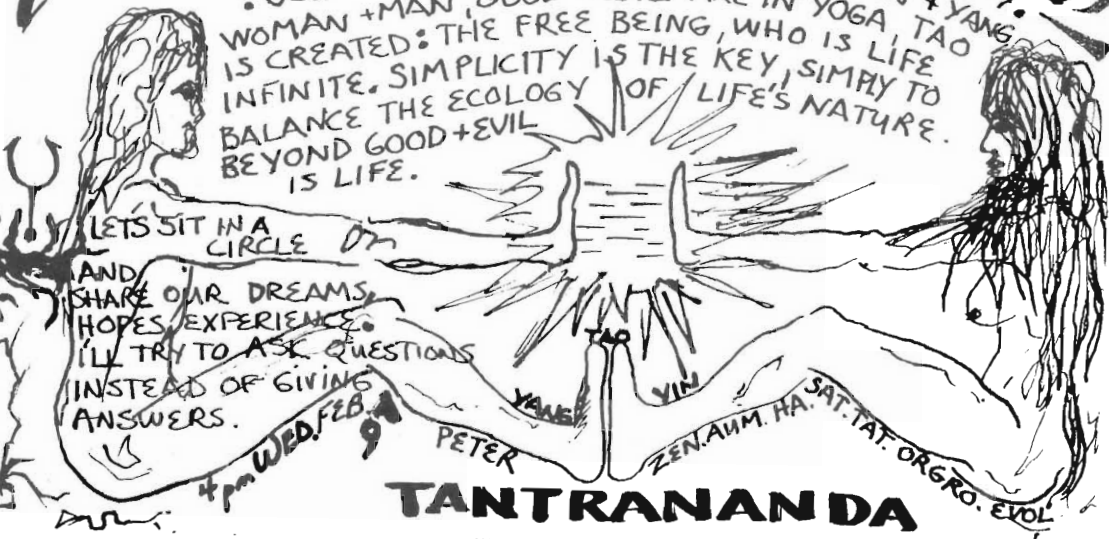
Ai Ki Dō is the way to join Ki

G. Jeff Wilber

* Ki in Japanese is Chi in Chinese.

THE BODY REICH (YOGA + SOUND)

A COURSE IN PHILOSOPHY OF LIFE, NOT THERAPY.
: GOD IS CREATED BY MAN. WHEN YIN + YANG, WOMAN + MAN, GOOD + EVIL ARE IN YOGA, TAO IS CREATED. THE FREE BEING, WHO IS LIFE INFINITE. SIMPLICITY IS THE KEY, SIMPLY TO BALANCE THE ECOLOGY OF LIFE'S NATURE. BEYOND GOOD + EVIL IS LIFE.

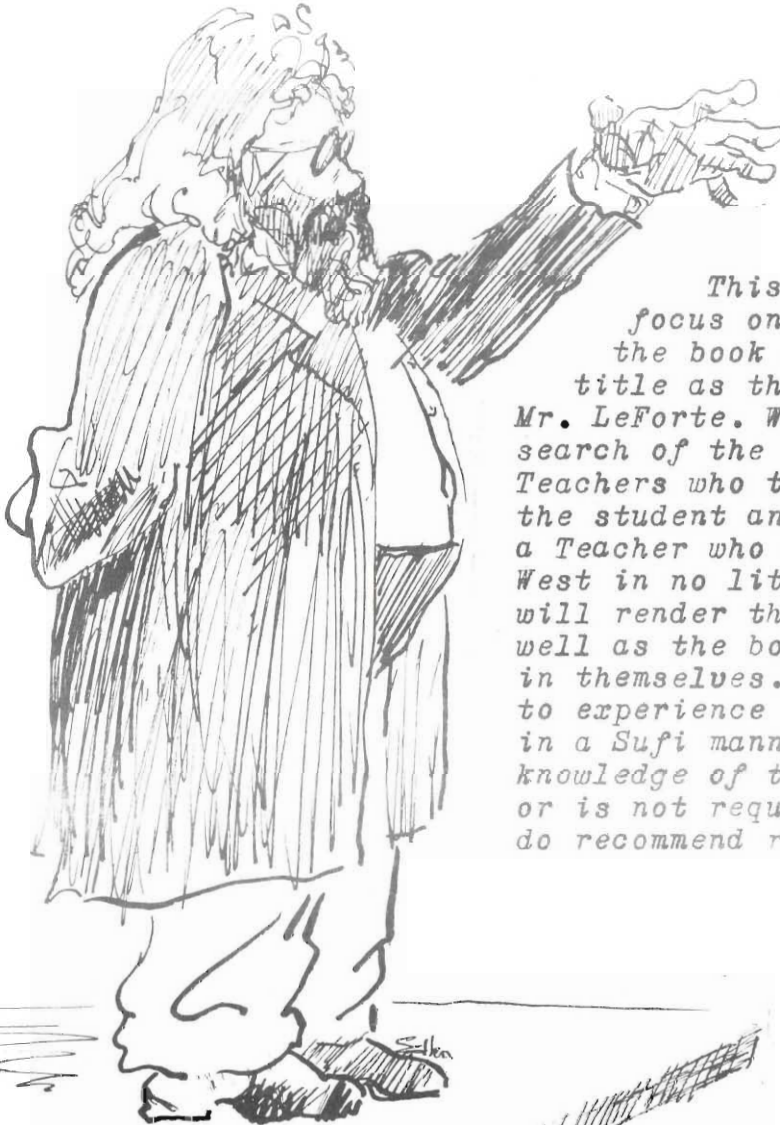


LET'S SIT IN A CIRCLE AND SHARE OUR DREAMS, HOPES, EXPERIENCES. I'LL TRY TO ASK QUESTIONS INSTEAD OF GIVING ANSWERS.

4pm WED. FEB. 9

TANTRANANDA

Friday
Feb. 4
3-5 pm



This course will focus on the author of the book of the same title as this course, Mr. LeForte. We will try his search of the East for those Teachers who taught Gurdjieff the student and later himself a Teacher who affected the West in no little way. We will render the Author as well as the book a teaching in themselves. We will try to experience this session in a Sufi manner. Prior knowledge of this work is, or is not required, but I do recommend reading the book.

Lou Dansky

the
teachers
of
gurdjieff

the teachings of don juan

carlos castaneda

This course will focus on Juan Matu, the Teacher, the man, and his relations to Carlos Castaneda the author, and to us, the readers.

The works to be studied will be "The Teachings" and the more recent and important development, Carlos' latest book, "A Separate Reality."

The sessions will be averaging 2½ hours.

Lou Dansky

Friday, Feb. 4, 7-9pm

SPANISH CONVER SATION

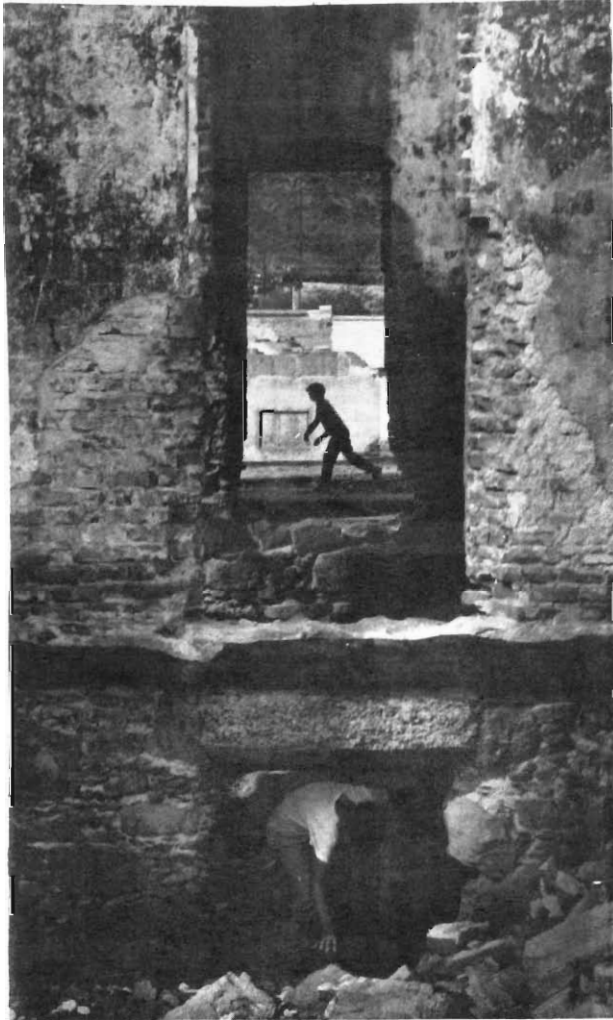
A small group meeting for a few hours of only spanish conversation.

Prefer people a little past beginning stage.

Group has already begun. We need more people to keep it ongoing. Right now it's Tuesdays and Thursdays, 7:30pm. If you can make it only one evening, that's fine too.

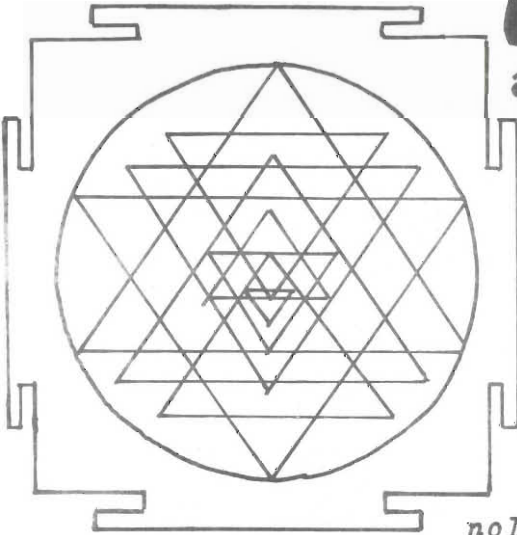
Bill Blum

charles benner



MANU ~

an esoteric view of government



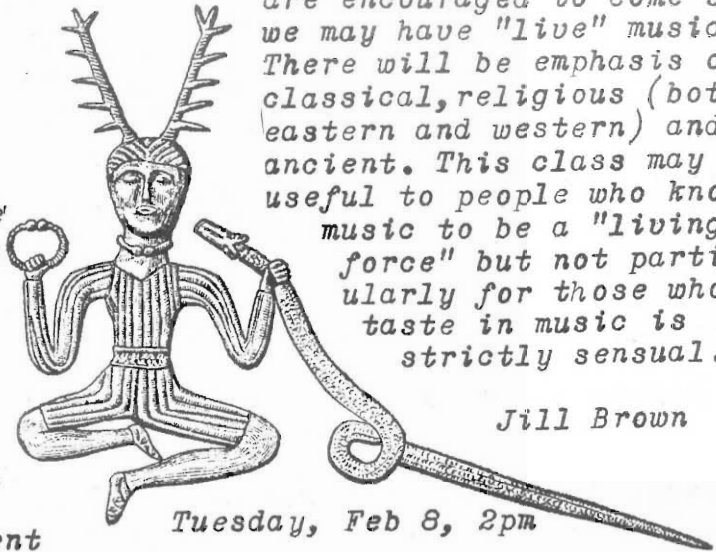
A definite view into the successes and failures of very ancient governments, with the point in mind of updating and applying that information to new age needs. Manu, (manoo) is that portion of the triumverate, of which Bodhisatva and Maha Chohan are the others, which treats with government. the formation of new races, industry, and technology where they apply.

Sandy Brown

Monday, 8:00 p.m., Feb. 7.

esoteric music meditation

The purpose of the class will be to
1. study esoteric sources that show how music has influenced national and social attitudes, 2. meditate on various forms of music to see how they influence consciousness and 3. discover how we can use this information about music for healing the problems of the world. Those who are accomplished on an instrument



are encouraged to come so we may have "live" music. There will be emphasis on classical, religious (both eastern and western) and ancient. This class may be useful to people who know music to be a "living force" but not particularly for those whose taste in music is strictly sensual.

Jill Brown

Tuesday, Feb 8, 2pm

FRI. 8PM FEB 11

AIN SOPH AUR
KETHER MALKUTH
QUABALLA

OKBALK
KYBALION



A weekly study course whose scope will be several months or whatever length of time required to encompass materials available, for comprehension and application. A choice, made by the class, of which books/sources will be studied, using those having the most comprehensive view. Anyone who can read Hebrew, Arabic, or other languages in which research might be done are encouraged to participate. This course will be comparative of translations and aims at making practical use of this, through ancient, most powerful, basic religion/culture.

SIAN 8PM
FEB 6

PHILOSOPHY

THE SCIENCE OF THE SOUL

This continuing course is based on Unity and in international Brotherhood and has as a prerequisite a sincere seeking after Truth at any level of spiritual responsibility. We will engage in research, discussion, reading aloud, study, meditation and group dynamics, and will attempt mutual spiritual progress by expecting a personal and group commitment to progress. This is a timeless ongoing study with a scope as wide as your capacities, the number is limited only to sincerity.



Far from being mere
"body culture"
the exercises of Hatha Yoga
properly performed,
result in
toning of the physical,
mental,
and
emotional bodies
and prevention of all
dis-eases.

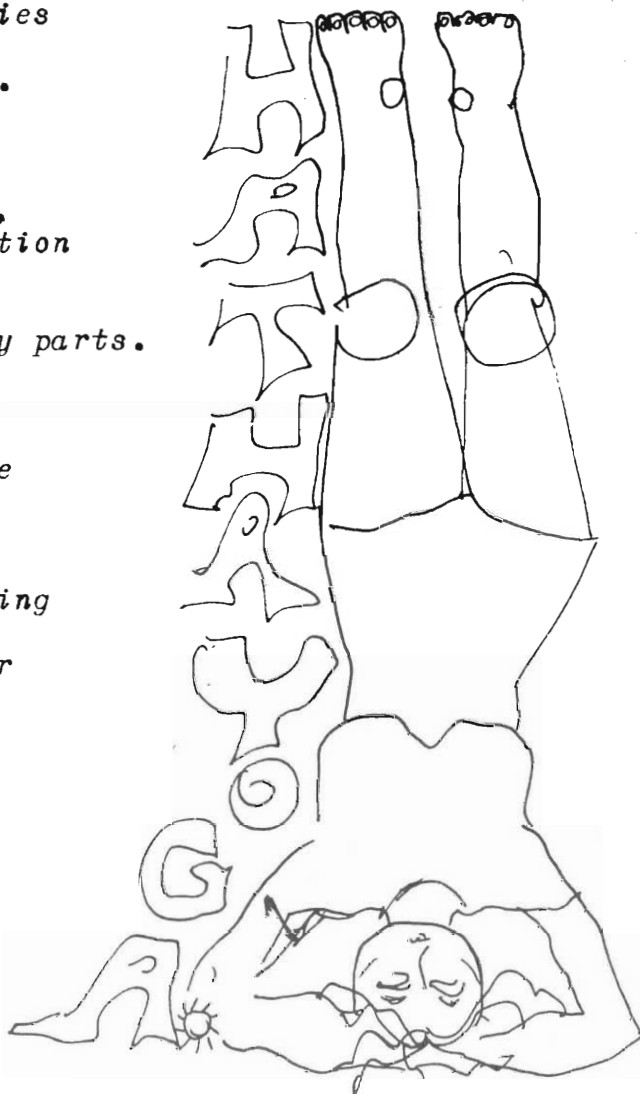
Emphasis is on
concentration,
visualization,
and relaxation
as well as flexibility
of the spine
and other body parts.

Course is designed for
serious beginning
or intermediate
students
who seek self-mastery.

Wear comfortable clothing
and allow
at least one hour
of non-eating
before arriving.

KAMA-KALA FOUNDATION

Tuesday
Feb. 1
8:00 pm



ASTROLOGY THE SIGNS

♊ ♋ ♌

an in depth
description of each
astrological sign.

Similarities and
differences between
the different signs

Five or six weekly
sessions

♈ ♉ ♊

KAREN

51

I Ching



An opportunity for people,

either old or new to the

I Ching, to share an

experience with the oracle.

I'll meet with a few new people each week

in a ceremony of throwing coins or

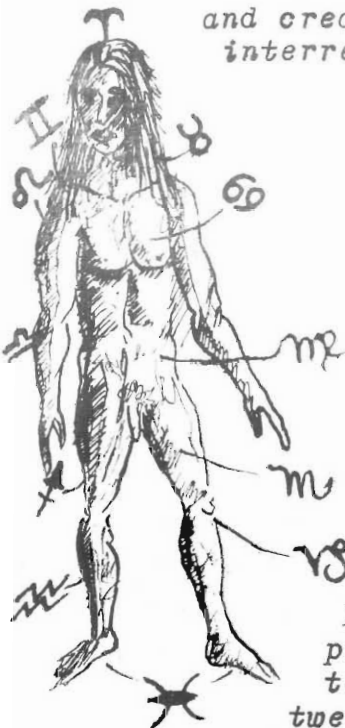
yarrow stalks.

Sign up, and I will call you to arrange

a Wednesday evening reading. --Willie

astrology & yoga

Swami Sivananda is convinced that astrology is destined to be the Aquarian Age Religion. As it is used today by enlightened astrologers, astrology is an effective psycho-spiritual analytical tool. Astrology is essentially the search for self-knowledge, and self-knowledge leads to yoga or union with God. The ideal of astrology is the unfoldment, expression, and liberation of individual qualities, talents and consciousness. As the Aquarian Age unfolds, and man's understanding of himself and the cosmos becomes more manifest and creative, astrological truths will permeate the interrelated social order of the world.



Swami Sivananda
Time and Place to
be announced.

ASTROLOGY

LABORATORY

WED 2PM

FEB 2



I hope to get together a group of astrologers who are also sincere people so we can share our knowledge and experience, broaden our outlook and make astrology a healthier experience for all. Doing charts together we can balance the power structure of a person being vulnerable to one astrologer's trip. The relation between an astrologer and his client should be a give and take human affair. Perhaps we can learn to better help others in a loving human way.

Jill



..R.I.A.

An
the
of the
planets in



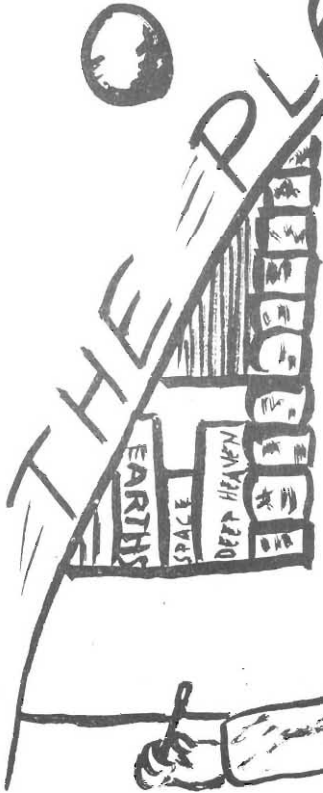
introduction to
meaning

HOW TO DRAW UP A CHART

astrology. Four
weekly meetings.

The mathematics
that goes into making
up a chart. Each person in

the
class
will get
to draw
up a
chart.



ASTROLOGICAL WORKSHOP

Each week the class will interpret a chart. Meant for people who already know lots of bits and pieces about chart interpretation but need to learn how to put it all together

Karen Mendelsohn

Time: To be announced.



WITCHCRAFT & WHITE MAGIC


INTRODUCTION TO WHITE MAGIC
AND
WITCHCRAFT SESSIONS.

QUESTIONS AND DISCUSSION;
ADVANCED CLASS FOR SELECTED
INDIVIDUALS.


BEGINNERS AND VISITORS WELCOME.

MAGNUS, R.A.





THINKING OUT LOUD (CO-ORDINATORS' RAP)



(We've tried to say this in a few words but it's difficult words just don't make it!) What some of us are seeking thru FUB, or most anywhere, is to simply, much more really and naturally, Be Ourselves -- not artificially programmed! And then, to search for ("new") personal and social-cultural way we can much more Feel and live this way together, without being put down, punished, made sick, or even killed for it. Or doing any of these to ourselves or each other as we've been so deeply conditioned to do.

It's obvious we need to find ways of doing this without becoming any more alienated or isolated from ourselves ("schizoid") and each other ("paranoid") than we already--very badly--are; without elitist or cultist trips based on anything -- whether age, sex, race or prestige-power-money, or cultist trips built around "food," "sex" (chauvinist or fetisist), "religious mysticism" or "drugs," "morality" (phoney, that is), "art," "community," "psychology," "biology-ecology," "expertise," "intellect" or anything else. What so drives us to make everything, even our fears and hatreds, our "sickness" itself into a BIG THING, an alienating thing, a killing thing?!



So much we all find ourselves still playing the same old EGO-games of our culture -- just dressed up in "hip" (or other) disguise. What's the difference, underneath, between much of the conventional role-playing and the various trips many of us in the community are into? Sure, there is some difference -- thank God! But it's often not so much as it may seem to us, for don't we also, sooner or later, tend to slip or degenerate into the same old "authority-expert," "leader-organizer" and "star" trips?

This just shows how much we need genuine Living Examples to trust and live our lives by. A community and culture really FOR its People provides these; but baby there just ain't hardly any such People around in this country (or the West--or even East) now, and they have always been rare in any--"civilized", at least! -- country or age. So We The

People just have to somehow do it for ourselves. Besides, with our present teeming numbers and mess these "Healing People" have to spread themselves awfully thin to go around, or it becomes unbearable for them too. So we need the help of many healers, and to all become healers, if we are to find ourselves, and each other -- our way.



O.K., so our dream-world didn't happen overnight, almost like magic, and so now many of us are frustrated, angry, disillusioned. Well, individual or personal changes may sometimes happen that way, but cultural changes are slower, a long and steady pull together -- like growing or healing (or even "evolving") they follow more natural paces and rhythms which can't be much speeded up or tampered with. And when, on top of all this trouble, along come the "let-George-do-it 'ers" and "do-your-thing 'ers" we have in our "community" now who can't, or won't, take care even of themselves, but go around trashing and mind-fucking or else are freaked-out and desperately need help and human support -- then the scene becomes a real drag.



And we're not saying this just to "them": there's no excuse to "pick noses out of each others' eyes" or to lay heavy blame trails for "the monster" -- the EGO-monster -- is chewing away in all of us. Certainly, being relaxed, more spontaneous and natural, cool -- "a beautiful person" -- is all very good; but when we become unable to care for our own basic needs, or needs of those close to us (let alone slightly farther away), then it's very close to the same inhuman and destructive indifference, suspicion and hostility that already saturates our culture.



The quite old culture we come from (what's left of it) isn't all bad and wrong (though it's terribly corrupt and moribund, perhaps even normatively insane by now!). nor are "we" all good and right -- after all we were born and raised in-of-by it (unfortunately). But doing much about it means knowing all the way to the Heart of our Being -- then re-living from here out again -- why we seem to take care of our

own and each other's real and basic needs so poorly, and why in our close personal relations and community organizations so few seem to last for long or to really grow (from) deep roots

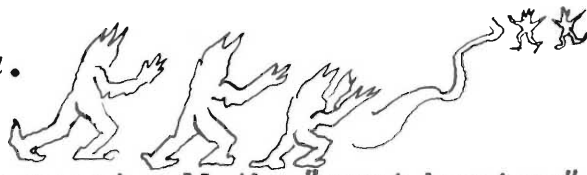
Still, ultimately, it's not our -- or any individual's -- fault or "failure". (Beware the "western" -- especially Protestant-ethic -- "individualism" and "quilt-blame" trips creeping in here!) It seems we're all just being pulled down in a Great Recycling Process -- Nature's ~~Own~~ in this case. Anything or Anyone that's too far from Life's Heart or out of natural harmony - and - balance, "sick", sooner or later goes this way. And where is there a culture that is not only more un-natural, but down-right ANTI-natural, than the current brand of civilization called "western"?! Apparently we're now in the terminal stage (as the modern witch-doctors say of cancer or such diseases) of this particular "play-at-being-Nature- and- God" trip and sickness; and maybe we'd best pay our fare and get off if we can -- and get back down to something both much more Human and much more Natural.



Let's face it together, people; We're all basically Beautiful, Natural, Human, Beings (in a world of Living Beings also beautiful if we only know and remember how to Live Together); no one, any more or less so than anyone else! Isn't this enough?! And isn't it time we stopped trying to be--or pretend we are-- anything else?! (Or do we just keep on playing "superior and inferior", "goodies and badies", "cops and robbers", until the curtain falls on a bad show?!)

Learning to really Be and Live this now, after so many centuries or even millenia of letting it slip inch by inch away from us, may be very difficult to do -- to regain. So maybe we'd better really get into it! And perhaps we need first -- as, I know, many of us are already trying to -- to re-learn (and FUB can be for learning from each other, together) simply how to heal and care for ourselves and each other to fulfill our real basic needs (air, water, food, sex-children-families-companionship-community, shelter-clothes, health-medicine, etc.) as Natural Living Beings of the Human--

so human! -- Kind.



Sooner than we expect, all the "great barriers"--from the "schizoid-paranoid barrier" thru barriers of age, sex and race and of the endless cults and sects, to the "generation-gap-barrier" --will have to **fall**, or they (and perhaps we) will just wither or be blasted away by the fire of all our accumulated fears, frustrations and hatreds. And when they all come tumbling down, our lives may be so changed for the better (if we live thru the struggle and perhaps "the fire") that probably "only the Indians will recognize the place"--but perhaps so also will some Children, Women, "Black People" and various other Human Beings.

FREE THE CHILDREN

Welfare & Foodstamps
849-2460

Youth Hostel (singles)
711 Harrison 526-9963

Welfare Rights
841-8695

Women's Health Collective
548-2570

Free Bail Project
841-6010

Women's Lib in Action
752-0773

Free Store, Oakland
5351 Foothill 533-7210

American Veterinary Clinic
920 Grayson Tues 8pm

Berkeley Breakaway
(Free Woman's School)
548-5404 841-9615
Registration Feb 6 3pm
2700 Bancroft

Berkeley Neighborhood Legal
Services 841-9274

Berkeley Runaway Center
2430 Dana 849-1402

BUILD (Construction
Conspiracy) 841-0478

Draft Counselling (Friends)
2151 Vine 843-9725

Ecology Action
3029 Benvenue 843-1820

Ecology Center
2179 Allston 548-2220

Education Switchboard
526-0550 (Bay High)

Food Conspiracy
(People's Architecture)
845-9627

Food Project
2425 College 843-6230
free meal Mon-Sat 5pm

Free Church & Switchboard
2315 College 549-0649
information, mail, rides,
food on Sun, counselling

Free Clinic & Rap Center
2339 Durant (at Da a)
548-2570 Sign-ups for
appointments: Mon-Fri 5:30pm
Wed: women only. Emergencie.
anytime. Rape Counselling.
Anyone can volunteer to lea:
medical or psychological
emergency skills, or help
keep the clinic running.

Free University
2200 Parker 841-6794

Gay People's Projects
548-8090

National Lawyers Guild, SF
863-5193

P.A.S.S. Free U, SF
(An Experimental Community)
752-0773

People's Community School
845-9718

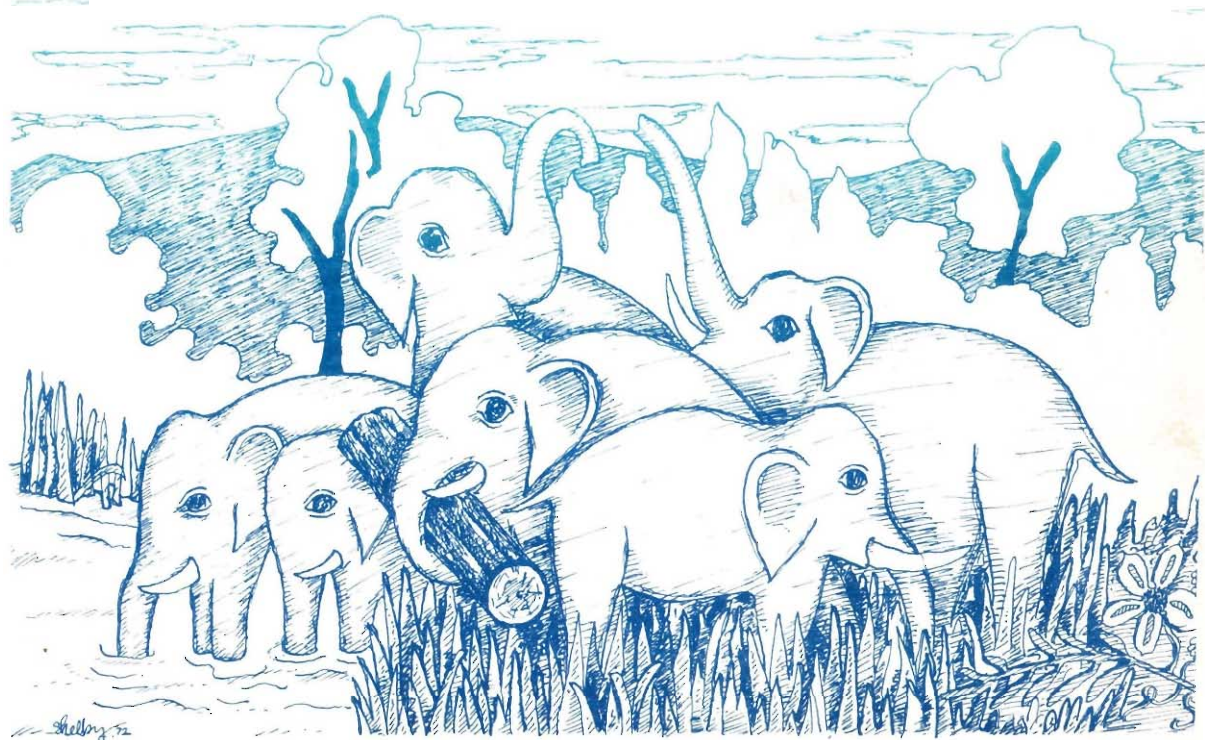
Project One, SF
864-8663

Radical Psychiatry
4333 Webster

Recucling Depot (Sat & Sun)
1535 University (bundled
newspapers, cans & bottles)

Telegraph Hot-Line
848-4084

VD Clinic
830 University 845-0197



FreeU
2200 PARKER ST.
BERKELEY CA
94704

BULK RATE
U.S. POSTAGE PAID
BERKELEY, CAL.
PERMIT # 270

*Thanks to John, Bruce, Steve,
Trudy, Franca, Michael & Shelby
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this catalog.*