

IT'S UP TO ALL OF US

Groovers - We all have a role to play in making our community a safe and loving place for each other. We need your help in deciding what is needed in our scene. Let us know what you think. Do you want free condoms? Do you want information about the effects of various drugs? If so, which drugs? What do you think about the issue of access to free water at parties? Are you interested in alternatives to drugs in creating a group mind? What do you think could happen to help build our community? Are you interested in helping us?

Promoters - If you're putting on an event, invite us to come and set up. Help us help each other to keep our scene healthy and safe.

DJs - Give us a call if you would be willing donate some of your time to spin at a benefit party to help raise money for MindBodyLove so we can provide the safer sex and safer drug use information and materials needed by ourselves and our friends.

PLUR,

Kenn Quayle and Brian Mackenzie
MindBodyLove

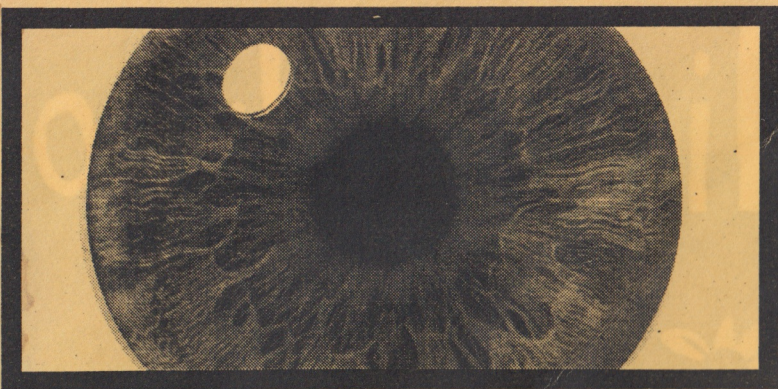
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MindBodyLove





Welcome, everyone, to the first ever appearance of MindBodyLove. "What exactly is MindBodyLove, anyway?" you may well be wondering. A 'zine? A movement? An emotion? Maybe it is some combination of all three. Maybe we don't even know quite what it is, yet. In fact, YOU, dear reader, may have a very significant role in determining what the answers to these questions, and others like them, actually turn out to be...

ONE MIND, MANY BRAINS

About a year ago some people in Toronto started something called TRIP - Toronto Raver Info Project. We began by giving out condoms, and stickers that said "sex + e = condoms" at the weekly events at some of the downtown clubs. We wanted to make sure that the people in our community had what they needed to party safely. Soon we began to meet promoters and DJs who invited us to set up tables at some of the big raves. We started giving out information about various drugs being used in the scene (like ecstasy, speed, and acid) and continued to provide free condoms and lube and info about safer sex. The TRIP table is now set up at one party or another in Toronto on most weekends.

Two of the people who played a major role in getting TRIP started and keeping it going over the last year have moved to Vancouver, and we are now beginning a similar project here called MindBodyLove. So far, we don't have any funding for our efforts.

One of the things we want to do is to produce some pamphlets about safer drug use from a user perspective. We (like many of you) have lots of personal experience in the use of a wide variety of drugs. One of the reasons why our work at TRIP has been so well accepted in the scene is because we don't believe in telling people to say "no" to drugs. Besides, many people will choose to keep using drugs no matter what anyone else says about it. We recognize that, and we want to help provide the information that people need to use drugs safely. This approach is called "harm reduction". We are currently working on some new stickers, and pamphlets about ecstasy and speed to begin with (we plan to do others as well). We are looking for money to help cover the costs involved in setting up the table at events on an ongoing basis, as well as the production and printing of pamphlets.

There are many reasons why people use drugs. Sometimes people get high to feel happy. Sometimes it's to escape. Sometimes it's to feel that we belong - that we are part of a community. And sometimes we're seeking spiritual insight. We are also interested in exploring other ways we can alter consciousness, like "smart" drinks, herbs, brain machines, meditation, and community ritual. By openly discussing and sharing our experiences with each other we can help to build more and more of a sense of community. We can support each other in overcoming oppression and feelings of guilt or shame, and help one another to build our sense of self-esteem, love, and unity.

