





MindBodyLove

MindBodyLove 'zine - issue #2. October, '96.

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Submissions: We want to hear from you. We need all sorts of submissions for future issues of the 'zine. Please specify whether or not you wish to have your original materials returned, and let us know what name you want to have credited. We are especially interested in hearing from other folks who are doing something similar in your own areas.

Advertising: Please contact us for rates and to make arrangements to run your ad in the next issue.

Distribution: Look for us at upcoming parties and events, check out the usual Vancouver locations, or send us \$3 (U.S. \$ for orders from outside of Canada) to have a copy sent by mail. Free to inmates of jails, prisons, youth detention centres, and psychiatric institutions (as long as copies are available and we have some cash around to cover postage). Let us know if your bookstore, music store, or other business is willing to carry copies. We are also into exchanging our 'zine for a copy of yours (assuming that it has something to do with issues that we are interested in). As we aren't certain when or how often the 'zine will come out, subscriptions are not currently available.

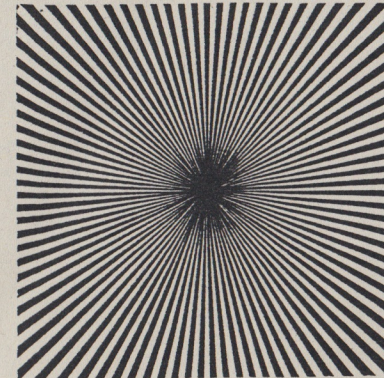
Donations: Money will be gratefully accepted - please send cash or Canadian postage stamps when possible. Cheques can be made out to MindBodyLove, however we do not yet have registered charitable status, so we can't provide any official tax receipts. We are also looking for computer and audio-visual equipment.

photo: Soul Visuals

OK... Sit back, relax, and settle on in to the first greatly expanded and improved issue of the MindBodyLove 'zine. We've got some pretty cool things to show you, and we're really looking forward to seeing yours, too. This project is about *us* making *our* scene a safer and more enlightening experience - together. We want to hear what you have to say about the topics we bring up, and anything else you think is important. We need your writings, drawings, photos, letters, etc. C'mon and create with us.

Now that we've talked about "our scene," we want to say a bit about what has been happening with MindBodyLove and how our vision has expanded since we got things started last Fall ('95). We started off with a one-page photocopied pamphlet with flowers on the cover that told a bit about our evolution out of the Toronto Raver Info Project (TRIP), and introduced some harm reduction ideas. You may have also seen the pamphlets, 'Info E - practical information about ecstasy', 'Shopping Tips For E Quality' and 'A Guide To Safer Speedin' that we have been distributing. Whoever originally created the 'Info E' pamphlet didn't credit themselves. The 'E Quality' flyer is from TRIP, and the 'Safer Speedin' information was adapted from a pamphlet from QUIVAA - Queensland Intravenous AIDS Association, in Australia.

Soon there will be some new, snazzy pamphlets produced by us at MBL. VanCity Credit Union has granted us \$5,000 to cover the costs of printing a series of four pamphlets. There will be one describing MindBodyLove and the philosophy of harm reduction as we see it, one about Ecstasy (MDMA), one about acid (LSD), and one about Speed (Crystal Meth). We've budgeted for 5,000 copies each, on recycled paper, and in full colour (using vegetable-based inks). You should see them around sometime this Winter. We're still looking for some more money to help cover the costs of researching, writing and designing the pamphlets.

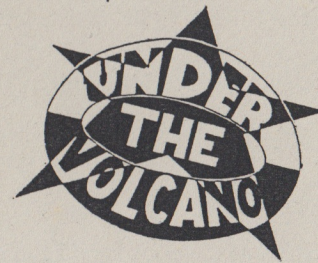


Lack of funding is (surprise, surprise), our biggest obstacle in really doing the work that needs doing, to really get this project flying. So far the costs have all come out of our own pockets. We bought a couple of card tables and folding chairs, a couple of black lights, some poster board and fluorescent paints. We've managed to get access to some free photocopying (we supply the paper). The Provincial STD Centre gave us 1,000 condoms. We've found support among the staff at AIDS Vancouver (thanks Philip and Brent), and among the staff and board at YouthCo (thanks all). We also just bought an old car for \$500.00, so now we won't have to take cabs to get to the parties with our tables and supplies. That makes it possible for us to get to some events that are a little farther from home - like the 'Dynasty' (Oct. 5) party in Victoria. We're very pleased to see MBL on the flyer - a shining example of the sort of support from promoters that we'd love to see more of. As of the publishing of this 'zine, there is now a MindBodyLove logo available for such things.



We depend on volunteers to work at our info table, and we can't afford to pay to get in to every party. If you're going to a party and you want to help out for some of the time you're there, give us a call. If we know there are people willing to help out, hopefully we can make a presence at more parties. If you're putting on an event that you'd like us to be at, give us a call and put us on your guest list. We can (just) manage with two people at the table, but if we're going to be there throughout the night, four people really makes a difference. It can be hard work, and sometimes we need to get up and dance or walk around. It is really helpful to have two people on at a time - we don't just sit there and hand out condoms. People come and hang out at the table to ask questions or share information about experiences. On several occasions we've been in a position to help out when someone is having a hard time being comfortable on their drugs. Sometimes it's a young person on their first 'e' trip who just needs a friendly face they can come back to (we're easy to find when we've got the table set up) every now and then for a smile, a hug or some reassurance that everything's OK. Sometimes we've sat with people over a period of hours talking them through a freaky experience.

Our interactions with the community at large continue to become more diversified. We've been going to some parties, sometimes setting up a table, sometimes walking around talking to people, and enjoying the music and dancing. Maybe you've run into us on the NWraives list on the internet. A while back a couple of us went to a discussion hosted by the B.C. Anti-Prohibition League in Victoria, about Psychedelics as Sacraments. Needless to say, it made for a very interesting evening, and we met some cool new friends, including Ian and the folks at Sacred Herb who are also involved in similar work in the rave scene in Victoria. Over the summer in Vancouver we did a poster presentation about TRIP and MBL at the XI International Conference on AIDS, and we facilitated a discussion/workshop at the Under The Volcano Festival.



Apart from working and doing what we can with MindBodyLove, as individuals we've also been learning some new stuff. We've been studying Conflict Resolution, Reiki, Jin Shin Do acupressure, and Process-Oriented Psychology (also called Dreambody work). Sometimes we've been meditating and chanting. Permaculture and Sustainable Living are other things some of us are involved in, including the exciting new Insight Out project at Virtual High.

One of the things we've been talking about is how to improve this project. In trying to integrate the various parts of ourselves and our community, to become more whole, we realize that a sense of spirit, healing, fun and friendship is absolutely essential to what we're doing. Sure, materials and information for safer sex and safer drug use are important. We're also exploring the reasons why people take risks and do drugs. What might be other ways that we can find to reach non-ordinary states of consciousness? And why are we all doing this anyway? Is drug use necessarily harmful, or can it also be healing? How can our drug experiences be useful to us in our 'ordinary' lives, and what value do they hold for human society? What does initiation mean to us - if anything, and how is it (or the lack of it) related to addiction in our culture?

We've got plans - we want to help make more (free) parties happen that foster the sense of community and love for one another that is sometimes lacking at the larger, more profit-oriented events. Some live drumming, costumes, and a focus on spirituality, ecology, and consciousness expansion could help make ourselves and our celebrations more sacred. And, of course, some kick-ass DJs. Thanks to DJs John M. and Ambiente for spinning at our first house party in July. Watch for the fabulous MindBodyLove tape that Franky Furbo mixed as a fundraiser for us - contact us to get hold of a copy.

And there will be future issues of this 'zine. Let us know if you want to help out or get involved some how.



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MON-WED: 9-10 THURS-FRI: 9-12 SAT-SUN: 10-10



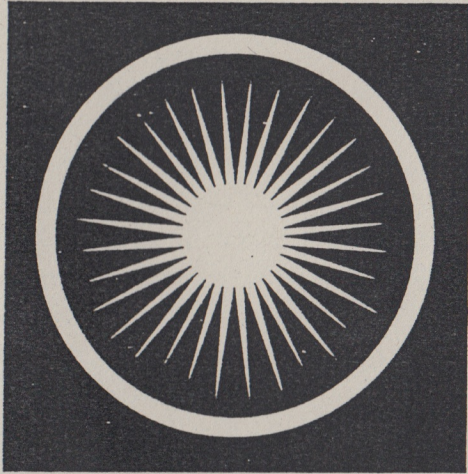
No Stone Unturned - What Motivates Me To Smoke Pot, Or Not

Lately, I've been experiencing a lot of inner conflict around my use of marijuana. Often when I smoke, I very much enjoy my experience; other times a toké can send me spinning through emotions of paranoia and extreme self-doubt. Many of my friends use pot regularly, and of course its odour can be caught wafting through many parks and alleyways all over Vancouver. In spite of my negative experiences, it isn't easy to "just say no" when weed is so present in my world - and I'm not always sure that "saying no" is really what I want to do.

Actually, this is nothing new for me. When I started smoking pot (at age 14), I was very sure of myself - I knew I wanted to use, and it didn't matter a whole lot what other people thought about it. At that time, I was desperately seeking an escape from the banal suburban landscape of parking lots, strip malls and subdivisions that defined most of my physical environment. I craved something more spiritual, more sensual, more expansive. The for-bidden sacraments of the flower power revolution were the only key I knew of to allow me to escape to a state of relative bliss.



After a couple years of pretty much daily use, it began to dawn on me that what I was seeking through drug use, I wasn't finding that way. I knew that many participants in the counterculture of the 1960's were led to meditation and other spiritual practises after their initial experiments with drug-induced altered states. I was fortunate enough to connect with a meditation teacher, and arrange to receive "initiation" into the TM (Transcendental Meditation) technique. Before this happened, I agreed to at least seven days of living "drug free".



Wake up!

After I began practising TM twice a day, morning and evening, for twenty minutes, as recommended, my drug use fell away. Within three months I was "drug free" - even coffee lost its appeal - and I remained that way for nearly three years.

For various reasons I stopped my regular meditation practise after a trip to Europe in the Fall of 1990. Shortly after this change in my routine, regular drug use once again became a part of my life. This time, I was smoking and drinking to fit in with a particular clique that largely revolved around a very sexy and charismatic dealer who I really had the hots for. I wanted to be with him, but I couldn't just be myself, since I had been taught that to be "homo" was quite unacceptable. However, if I was getting high, then I was cool enough for his crowd - so I got high a lot.



Not surprisingly, I wasn't really very happy in this situation. At times the pot seemed to make it worse, so I'd cut down or stop using entirely for awhile. This pattern of alternating periods of indulgence and abstinence has continued in my life since then. However, I have never returned to spiritual practise with the same intensity of commitment I had when I first began meditating seven years ago, except for one six-month period when I was training full-time in deep tissue massage.

Now I am seriously considering a return to a regular meditation practise and a focus on spiritual discipline. I don't believe that marijuana is inherently "bad" and to be avoided by anyone seeking inner peace, enlightenment, or the power to heal. I believe that the role these substances play is unique in the life of every individual. For me, unfortunately, pot is strongly associated with a state of self-denial and repression of my true feelings. This makes me frequently uncertain of where I stand when I am smoking on a regular basis.

However, as in my own life, there are obvious patterns that occur for all of us. If we are honest with ourselves, we can recognize when use is becoming a barrier to truly being who we are. This sort of honesty and insight, while possible for everyone, is a real challenge, as is following through with our realization when our lives are so entwined in a social setting where drug use is the norm - whether the drug(s) of choice may be pot, coffee, Prozac or "whatever".



Remember -

You Can

B

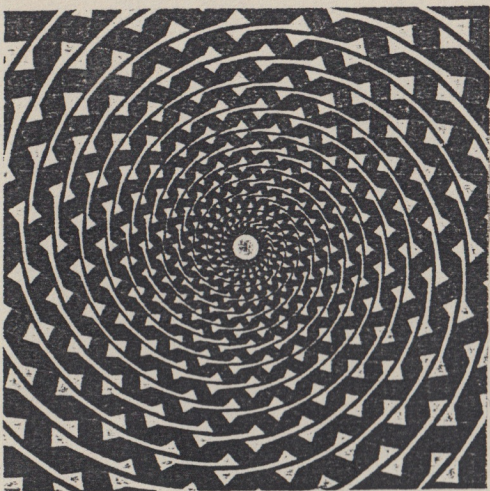
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This Time
Around...





HEMP

Vancouver Medical Marijuana Buyers' Club

THE TIME HAS COME for the senseless ban on this natural medicine to end.

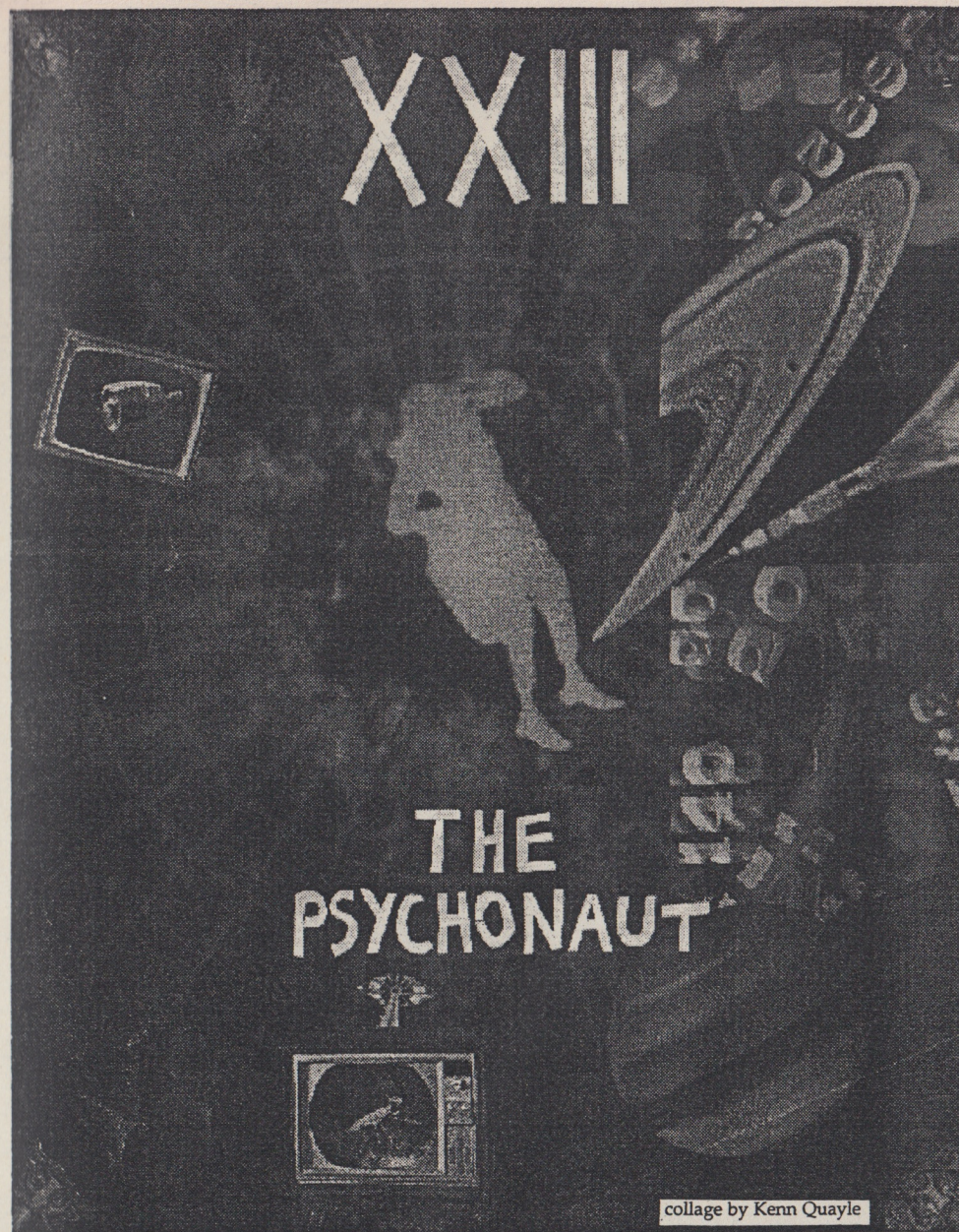
Marijuana has been credited with relieving the symptoms of glaucoma, epilepsy, multiple sclerosis, cancer, AIDS, chronic pain, and paraplegia, as well as other ailments.

If you have one of the ailments listed above then please contact us, whether or not you have ever used marijuana as a medicine.

We offer marijuana ready to eat or smoke, and can also provide oil and tinctures on request.

GROWERS, WE NEED YOUR HELP to get this valuable medicine to the sick people who need it most. Please consider donating some of your herb to the Vancouver Medical Marijuana Buyers' Club. Organic is preferred, free is best. We can also use your leaf, as many patients would prefer to eat the herb than smoke it.

You can leave a voice mail message for Théo at (604) 252-7497.



collage by Kenn Quayle

"The mind has the potential to be awakened, in fact it has an urge to awake, yet it sleeps in ignorance and delusions. When unobstructed by ignorance it experiences peace and bliss. Some, if not most people, have such experiences at least a few rare times in their lives: genuine love, aesthetic experiences, encounters with extraordinary human beings, altered states of consciousness. These are brief, fleeting moments when we have a glimpse of another state of mind, another level of existence, and a recognition that it is within our power to attain it, here and now. We also come to realize that it is not the external environment, but our mind, our own inner world, that adjudicates over our happiness or suffering. This is like finding a wish-fulfilling jewel."

-- Radmila Moacanin, in *Jung's Psychology & Tibetan Buddhism: Western & Eastern Paths to the Heart* (p. 11).

In Search of Ecstatic Experience

[The following is excerpted with permission from the article *Experiences with Ecstasy - In Search of Ecstatic Experience*, which appeared in the Spring '96 issue of MAPS newsletter (see the previous article on MAPS MDMA Analysis Project for more info about MAPS and how to reach them). The author, Katrin Krollpfeiffer, would like to exchange ideas and opinions with readers:

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Phone: (707) 833-6428 Fax: (707) 577-8656.]

Rave parties are an example of how people in our culture try to ritualize ecstatic experience...To integrate an ecstatic experience in your life takes a conscious effort, otherwise it is going to be without lasting effects at best. At worst, it supports addictive behavior, because a person's everyday life might appear grey and unattractive by comparison to such an extraordinary experience...An article in a German newspaper summarizes the Rave culture with great poignancy as "a cult of ecstatic celebration that tries to force the extraordinary to become permanent - the party with no beginning and no end..."

I propose that assisting MDMA users in creating constructive, regulative rituals for their experiences would be more helpful than a restrictive drug policy geared towards criminalization of users and the overall goal of complete abstinence. A restrictive drug policy, like the one we currently have, only feeds into the black market and therefore promotes the uncontrolled distribution of potentially harmful substances that are produced without quality control and are consumed by people who have little guidelines for safe and constructive use. I propose that, aside from other reasons that [MDMA users] give for their Ecstasy use and that I regard as valid, an important reason for using drugs like Ecstasy is the underlying desire (or longing) for ecstatic experience that is partly fulfilled by the ecstatic moments of an Ecstasy experience. I propose that this desire is deeply rooted in the human psyche. This is illustrated by the various methods developed by cultures of all times and places to achieve such states of consciousness. I propose that addictive behavior is in part related to the lack of methods and models for ecstatic experience in our society, including the lack of models and rituals for constructive, ecstatic drug use. I propose that the more fulfillment people find in their "normal" life, the easier it will be for them to incorporate the use of a drug like MDMA in their life without developing an addiction.

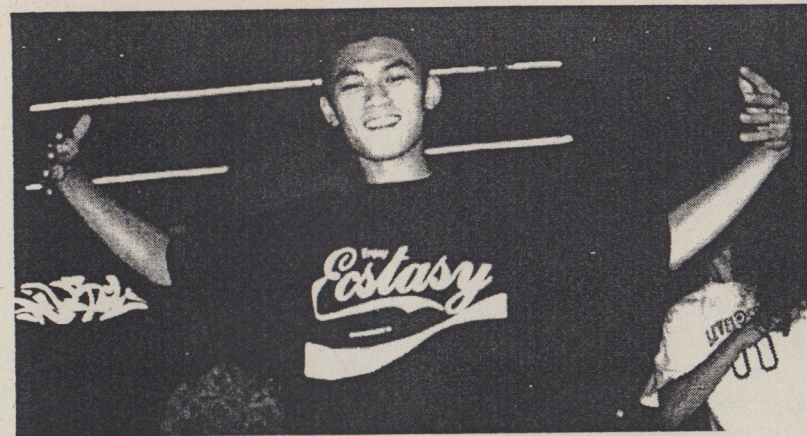


photo: Soul Visuals

"An ecstatic experience is one of forgetting oneself and of being turned on in a full and deep way. Our ecstasy is our getting outside ourselves - if only for a second, a minute, an hour, a day...or a lifetime. Ecstasy is our getting high. For this very reason, because ecstasy is a forgetting, it is also memorable. Ecstasy is a memorable experience of forgetting oneself, of getting outside of oneself. Our ecstatic experiences, then, are the memorable experiences of our lives."

-Matthew Fox

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Sobeyotics by Sobey

MBL dream party chillout room reveries

Dreams of parties are frequent. They're generally massive and are in endless warehouses. A raver girl from halifax was in b.c. at a rave that showed on a screen the image of a dreaming girl and at the end of the night at sunrise she awakened and the whole rave was just a dream.

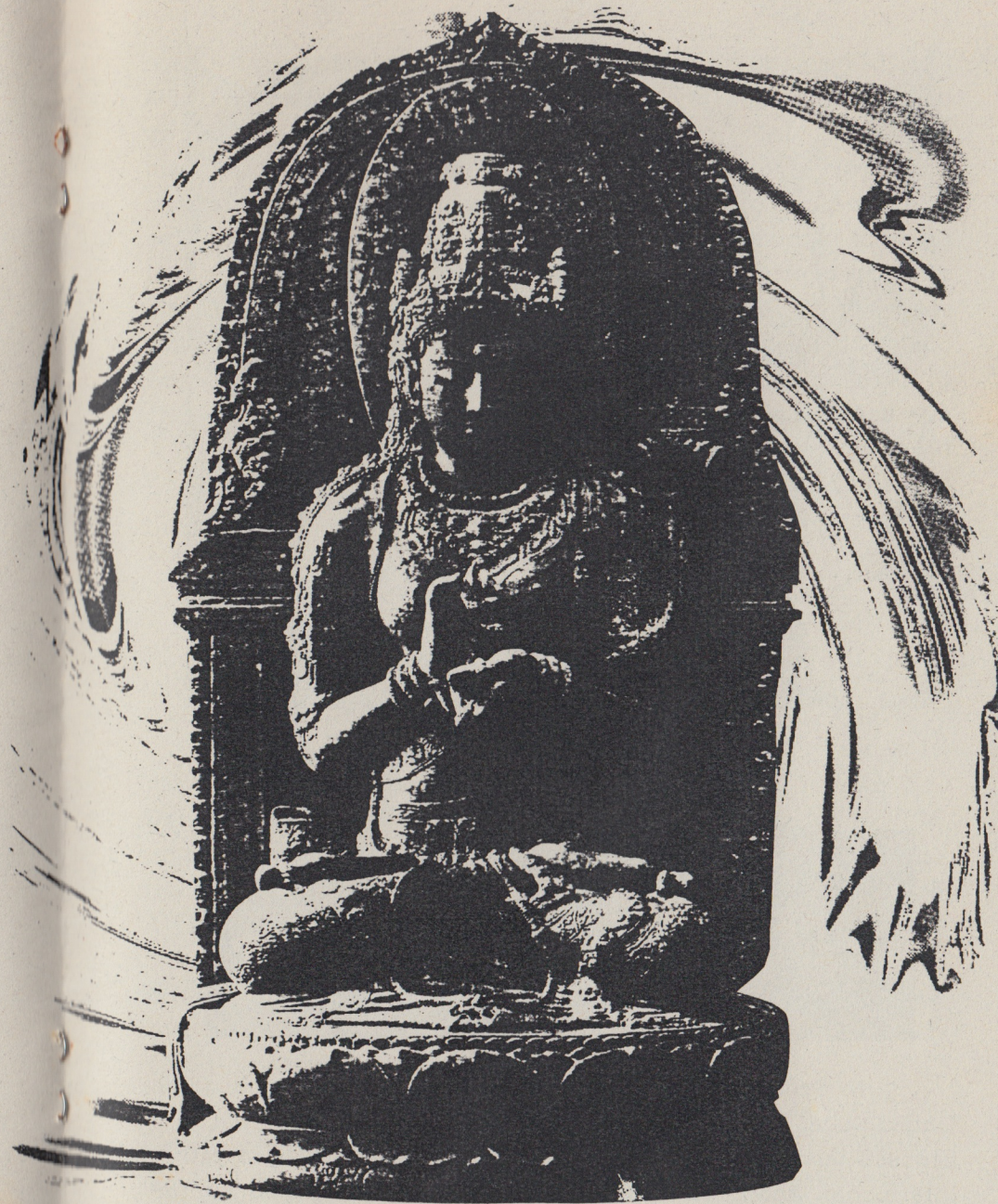
Something i'd love to do as a paid j-o-b:

Archive dreams from around the planet and matrix them for anyone to observe objectively, the dream of the earth as it passes through humans. Correlations could be made with simultaneous dream occurrences. What patterns might piece themselves together?

If schools were places that nurtured the natural connection children have with the invisible world, natural born shamans, society could benefit from their untainted perceptions of things such as auras (avoid reading descriptions) and ghosts. Many fading indigenous cultures in the world regard their children and elders with full out respect and work to integrate their wisdom into the tribal experience that anticipates future generations.

Raves are a coming together of energies. A sense of community is felt as we share a musical journey together. Large parties may contain some of the cultural baggage that has not been fully shed yet, ie. alcohol (or can alcohol be used with impeccability towards evolutionary aims?), fights (aren't raves more conducive towards ego-loss and empathy?), ecologically (when will parties feature recycling for water-bottles?) and sexual unconsciousness (has any segment of society achieved a healthy awareness and response-ability with their sexuality? Not in the pseudo-religious-denial sense but in the spiritual and sensual).

Peace to all party people and may we continue to build strength and consciousness to bring on the revival!



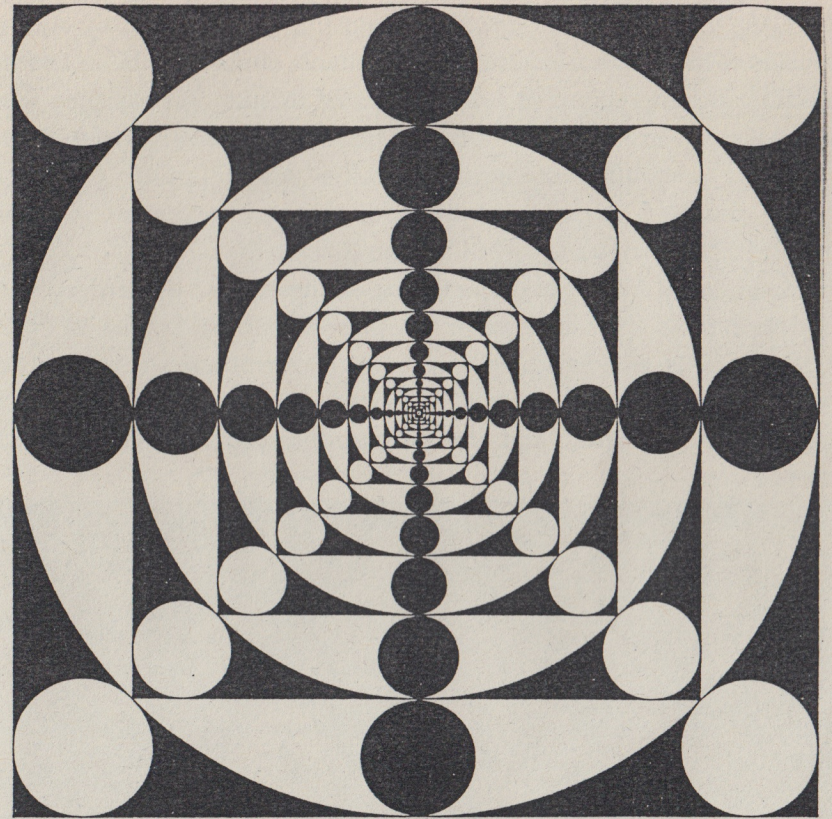
A Summary of the MAPS MDMA Analysis Project (or 'So just what's in that little tab of "E", anyway?')

[The following is excerpted with permission from the spring '96 issue of the Multidisciplinary Association for Psychedelic Studies (MAPS) newsletter. MAPS is a membership-based organization working to assist psychedelic researchers around the world design, obtain government approval, fund, conduct and report on psychedelic research in humans. MAPS is now focused primarily on assisting scientists to conduct human studies to generate essential information about the risks and psychotherapeutic benefits of MDMA ('Ecstasy'), other psychedelics, and marijuana, with the goal of eventually gaining government approval for their medical uses. The MAPS newsletter may be found at Hemp B.C., or obtained directly from MAPS: 1801 Tippah Avenue, Charlotte, NC 28205, USA. Phone: (704) 358-9830. Fax: (704) 358-1650. Internet: maps@vnet.net, and <http://www.maps.org>]



photo: Soul Visuals

In February and March of 1996, people from around the United States and England sent MDMA ['Ecstasy'] for analysis to a licensed testing facility. The purpose of the study was to gather information about the quality of the MDMA being sold on the underground market in the U.S. and England. Information about the quality of MDMA is necessary in order to estimate the dangers faced by users of illicitly manufactured and distributed MDMA and to place reports of adverse effects in some context.



A total of 33 samples were tested, 22 from the United States, 10 from England and 1 from South Africa. All the capsules from the U.S. contained MDMA while only about half the tablets did so. The samples with MDMA were likely to be weak, averaging only 79 mg., well below the standard dose generally considered to be in the range of 100-125 mg. The one capsule from England contained [only] caffeine and only half the tablets contained MDMA, averaging 128 mg. per tablet. It seems that the doses of MDMA in the U.S. are lower than those in England, perhaps a contributing factor in the virtual absence of MDMA-related deaths in the United States.

Four out of 10 samples from England contained MDE [3,4-methylenedi-oxyethylamphetamine, a chemical cousin of MDMA that generates an emotional reaction that is not quite as profound as that of MDMA] while only 2 samples out of 22 in the United States contained MDE. Perhaps there are differential penalties between MDMA and MDE in some countries in Europe, in the U.S. both MDMA and MDE carry the same penalty.

While there were no toxic additives found in any of the samples, there were unidentified ingredients in virtually all the samples. While these unidentified ingredients could have been another psychoactive ingredient or a byproduct of manufacturing, they were **not** cocaine, heroin, barbiturates, benzodiazapines, tranquilizers, hypnotics, ketamine, methamphetamine, amphetamine or any of several hundred other compounds. It is possible that all of these [unidentified] compounds were benign [harmless] fillers or binders of some sort used in the manufacturing of the tablets or benign "cuts" used to expand the amounts of the powder. However, the safety of MDMA tablets and capsules cannot be determined with certainty. Nevertheless, the claims that MDMA is frequently mixed with crushed glass, rat poison, heroin and other dangerous substances has not been substantiated.



Photo: Soul Visuals

The ingredients in the samples that did not contain MDMA raise some degree of concern since the interaction of genuine MDMA and ephedrine/ pseudoephedrine could provoke a significant elevation in blood pressure. Such interactions could occur if someone were to take two different samples at a time, one containing genuine MDMA and the other containing ephedrine/pseudoephedrine. In one case, a person who had taken 20 mg. of pseudoephedrine in the morning and MDMA later in the day reported having transitory severe anginal chest pain.

Location	Form	Markings	MDMA	How much?	% MDMA	What else?
Chicago	Tab	white	Yes	est. 45 mg	19%	unidentified
Chicago	Tab	white, scored, .7 cm	Yes	67 mg	59%	unidentified
Chicago	Tab	bluish, 1 cm	Yes	73 mg	21%	unidentified
New York	Tab	yellow, .8 cm	Yes	46 mg	16%	caf & unidentified
New York City	Cap	blue & clear	Yes	72 mg	79%	unidentified
New York City	Tab	white, scored, .8 cm	No	0 mg	0%	MDE & unidentified
New York City	Tab	white, scored, .8 cm	No	0 mg	0%	MDE & unidentified
New York City	Tab	Rolex crown, .6 cm	Yes	65 mg	25%	unidentified
Sarasota	Cap	clear	Yes	92mg	85%	unidentified
Eunice, LA	Tab	white, scored, 1 cm	No	0 mg	0%	dex and phenyl
Minneapolis	Tab	white, scored, .9 cm	No	0 mg	0%	phenyl, eph, glyc
Charlotte	Tab	white, no markings, 1 cm	No	0 mg	0%	unidentified
San Francisco	Cap	clear	Yes	est. 72 mg	100%	nothing else
San Francisco	Cap	clear	Yes	112 mg	100%	nothing else
San Francisco	Cap	clear	Yes	119 mg	100%	nothing else
Santa Barbara	Cap	clear	Yes	73 mg	59%	unidentified
Santa Barbara	Tab	green, 1cm	Yes	102 mg	29%	unidentified
Santa Barbara	Tab	white, scored, 1 cm	No	0 mg	0%	phenyl, eph, dex, glyc
Santa Barbara	Tab	yellow, speckled, scored, 1.3 cm	No	0 mg	0%	dex, eph,unidentified
Santa Barbara	Tab	solid yellow, 1.3 cm	No	0 mg	0%	dex, eph,unidentified
Santa Barbara	Tab	white, scored, .7 cm	Yes	92 mg	71%	unidentified
Santa Barbara	Tab	yellow, speckled, 1cm	Yes	72 mg	18%	unidentified
England	Tab	pink, scored, .9 cm	No	0 mg	0%	caf, unidentified
England	Tab	white, Dove, 9. cm	Yes	111 mg	38%	unidentified
England	Tab	white, Dove, 9. cm	Yes	134 mg	41%	unidentified
England	Tab	white, Playboy, scored, .9 cm	Yes	159 mg	56%	MDE, unidentified
England	Tab	white, Playboy, scored, .9 cm	Yes	28 mg	11%	MDE, unidentified
England	Tab	white, Playboy, scored, .9 cm	No	0 mg	0%	MDE, unidentified
England	Tab	white, Playboy, scored, .9 cm	Yes	14 mg	5%	MDE, unidentified
England	Tab	yellow, Chicken, .9 cm	Yes	106 mg	35%	unidentified
England	Tab	white, Apple with a bite	Yes	131 mg	44%	caf, unidentified
England	Cap	clear, "Warm Speed"	No	0 mg	0%	caf
South Africa	Tab	yellow, scored, 1.2 cm	Yes	138 mg	23%	unidentified

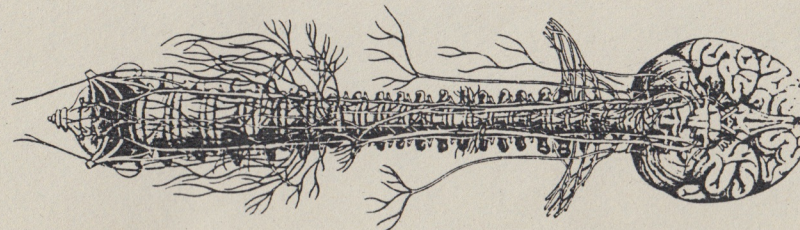
What Else? dex=dextromethorphan, caf=caffeine, MDE=3,4-methylenedioxyethylamphetamine, phenyl=phenylpropranolamine, eph= ephedrine/pseudoephedrine, glyc=glyceryl guaiacolate

dextromethorphan: an ingredient found in cough suppressants that has a ketamine-like psychoactive effect especially in higher doses

ephedrine/pseudoephedrine: a stimulant found in many plants, over-the-counter medicines and Herbal Ecstasy and other similar pseudo-MDMA products)

phenylpropranolamine: a decongestant and mild stimulant found in cold medicines as well as diet aids

glyceryl guaiacolate: a compound that dries sinuses and is an expectorant

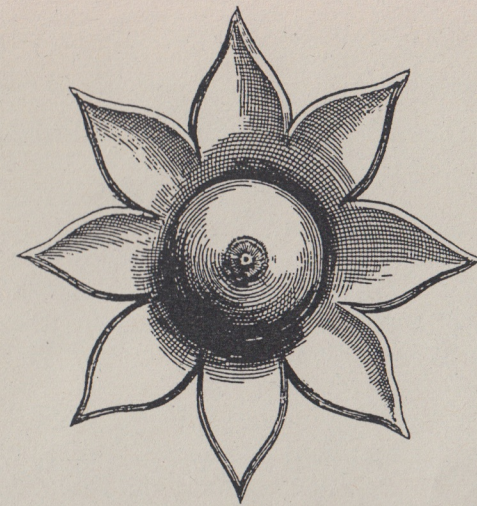
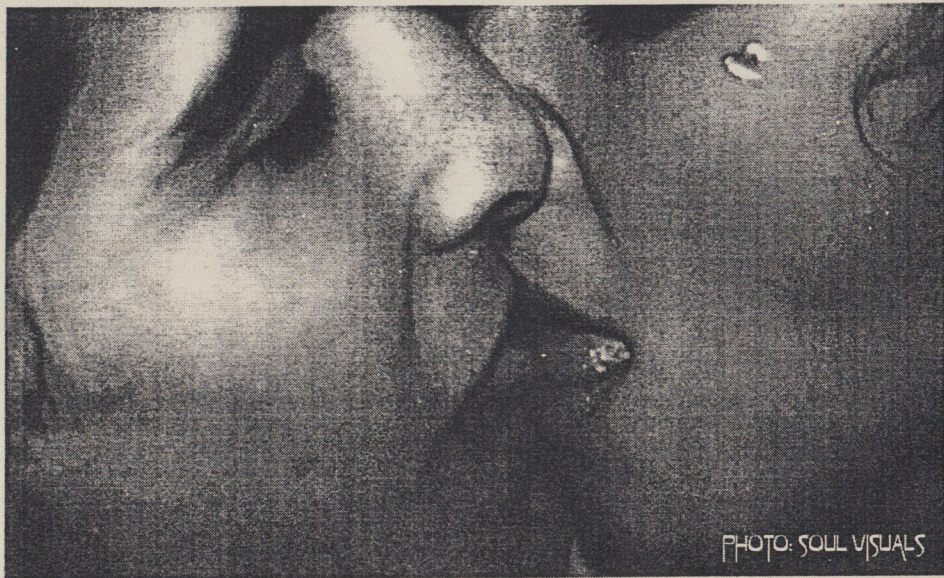


Uncondom Knowledge

by Kenn Quayle

Everybody's supposed to wear a condom, every time, with everyone. Right? It ain't necessarily so. First off, there are those of us who don't have anything to roll one on to - and many people thoroughly enjoy themselves without any involvement with such appendages. For those of us whose sex lives involve penises, however, condoms are something we have at least thought about. Lots of people are tired of hearing the same old safer sex messages. Most of us have heard them, and still, many of us are not using condoms every time we fuck. What does this mean in terms of protecting ourselves and each other from sexually transmitted diseases (STDs)? In the experience of most penis-involved, sexually active humanoids the answer is not as simple as "pinch the tip and roll it on."

There is a certain arrogance in the often-touted, overly simplified public health message warning all of us to use condoms unfailingly. The truth is, we are learning, that STDs are not simple things. Human sexuality is not a simple thing. There is an assumption that most people are just not going to 'get it' if they are confronted with too many details. And that most of our relationships are nowhere near deep enough to be able to really be assured of honesty.



Yes, indeed, we do have a whole lot of work to do on our relationships with each other. In our individual lives, our immediate communities, in human society as a whole, and both globally and universally. And as we do this work, we are learning to develop deeper and more trustworthy relationships. We are taking time to look at the details. And to make choices.

If someone tells you, "Never touch yourself there," and you do anyway when you are alone, are you likely to tell that person what you have done? In the current atmosphere of condom ads on city buses, dispensers in public washrooms, and a regular barrage of safer sex messages, those of us who aren't using condoms every time are made to feel like we have a dirty secret - something to hide. In such a climate of guilt and (self) judgement, or of ignorance (because we just don't talk about that sort of thing), we can be putting ourselves at risk for any number of things, often without even being aware of it. Unplanned teen pregnancies, overdoses, and rates of STD (including HIV) infections are painful proof that a prohibitive, "Just Say No" approach isn't really very effective. The people who are inclined to do such things are going to do them anyway, regardless of what the authorities (Mom and Dad, Teacher, Cop, Judge, etc.) say.

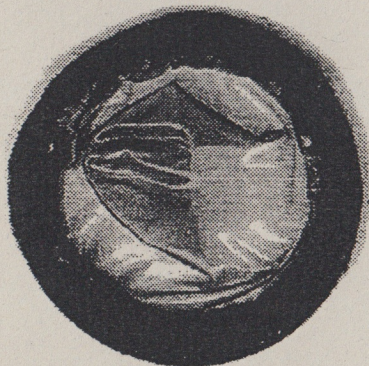
For those of us who know we are HIV+, there are some concerns about sharing any number of potentially immune-compromising infections through unprotected intercourse (including re infection with HIV). One of the main intentions of safer sex education is to prevent the spread of AIDS. Since we've all heard this message a thousand times, we all know that fucking without a condom would be a good way to pass an HIV infection from someone who is HIV+ to someone who is HIV-. Don't do it.

Uncondom Knowledge, cont

But, for those of us who know that we are HIV-, and who are in honest, trusting relationships, there are some (informed) choices that we can make regarding how we're gonna do it. Now I say "honest, trusting relationships" rather than "monogamous" relationships for some very good reasons, which I will get to.

Now put your pants back on for just a minute, OK? There are a few vital conditions to this apparent freedom. The first of which is that we need to know that we are HIV- (meaning HIV Negative, meaning not infected with HIV). Because it can take up to a few months after becoming infected with HIV for a person's blood test to show that they are HIV+ (meaning HIV Positive), it is important to be sure to have only safer sex for six months and then everyone involved needs to get an HIV test. It would be advisable to get tested for other STDs at the same time (Herpes, Syphilis, Gonorrhea, Chlamydia, etc).

sex
+
e



TRIP - Toronto Raver Info Project
(416) 504-8131



The Positive-youth Outreach Program (POP) operates out of the offices of YouthCO, providing outreach, support, education and social activities for young people living with HIV. Reach us through our private and confidential pager 650-2649 or through 688-1441

Youth
AIDS Society

This is where the honesty part comes in. Someone can have unprotected intercourse with their lover(s) and they can still have sex with other people. As long as they are practicing safer sex outside of their primary relationship(s), and they have discussed what are acceptable degrees of risk with their lover(s), and their lover(s) is(are) aware of what else is going on. This stuff is really important. I mean, is it OK to fuck someone else or get fucked with a condom (considering that condoms can break or leak)? What about unprotected oral sex (which most health educators consider to be 'low risk' - not 'no risk') with other people? Some people might be totally comfortable with all of that, while others might decide that only mutual masturbation is acceptable with people outside of the primary relationship(s). Of course, monogamy is a much shorter thing to write in a AIDS prevention pamphlet, but many people have become HIV+ (women in particular) when they thought they were in a monogamous relationship. Honesty, respect (for ourselves and our partners), and being informed are necessary in order for people to make intelligent choices about what risks we are willing to take.

Talk to each other. Talk to your friends. If you want, talk to us. Self-respect, in our evolutionary processes of consciousness, is not just about saying "no". It's also about being clear about what we *do* want - and communicating honestly with each other, from that deep place where we experience our life/love connection with each other.



Left (Top) - Sandra and Sobey at Metamorphosis
photo: Soul Visuals



(Bottom) - Kenn and Brian at the XI International
Conference on AIDS
photo: John Kozachenko

Suggested reading (from BNE1):

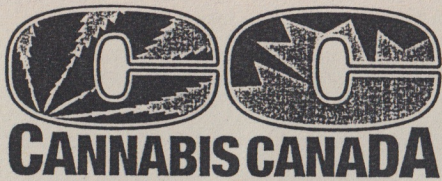
Magazines:

- > MAPS, Bulletin of the Multidisciplinary Association For Psychedelic Studies (see 'A Summary of MAPS MDMA Analysis Project' and 'In Search Of Ecstatic Experience' in this issue of MindBodyLove).
- > Tricycle: The Buddhist Review, Fall 1996. Special Issue on Buddhism & Psychedelics.

Books:

- > Bruce Alexander: Peaceful Measures
- > Antero Ali: Angel Tech: a Modern Shaman's Guide to Reality Selection (and others)
- > Chris Bennett: Green Gold The Tree Of Life: Marihuana In Magic And Religion
- > Thomas Berry: The Dream Of The Earth
- > Hakim Bey: Temporary Autonomous Zone (TAZ); Immediatism
- > Neil Boyd: High Society
- > Stanislav & Christina Grof: The Stormy Search For The Self
- > Michael Harner: The Path Of The Shaman
- > James Hillman & Michael Ventura: We've Had A Hundred Years Of Psychotherapy & The World Is Getting Worse
- > Judith Hooper & Dick Teresi: Would The Buddha Wear A Walkman: A Catalogue Of Revolutionary Tools For Higher Consciousness
- > Robert Masters & Jean Houston: Mind Games: The Guide To Inner Space (and others)
- > Terence McKenna: Food Of The Gods; The Archaic Revival (and others)
- > Terence McKenna, Rupert Sheldrake, Ralph Abraham: Dialogues At The Edge Of The West
- > Arnold Mindell: The Shaman's Body (and others)
- > Claudio Naranjo: The Healing Journey: The One Quest (and others)
- > Joseph Chilton Pearce: Evolution's End (and others)
- > Christian Ratsch (editor): Gateway To Inner Space: Sacred Plants, Mysticism & Psychotherapy
- > Douglas Rushkoff & Patrick Wells: Free Rides: How To Get High Without Drugs
- > Ronald K. Siegel: Intoxication
- > Brian Swimme: The Universe Is A Green Dragon
- > Thomas Szasz: Ceremonial Chemistry: The Ritual Persecution Of Drugs, Addicts & Pushers
- > Andrew Weil: The Natural Mind: An Investigation Of Drugs And The Higher Consciousness (and others)
- > Robert Anton Wilson: Reality Is What You Can Get Away With; Cosmic Trigger: The Final Secret of the Illuminati (and others)
- > Luigi Zola: Drugs, Addiction & Initiation: The Modern Search For Ritual

What books, magazines, videos, movies, poems, images, etc. are you inspired by? Send us a list!



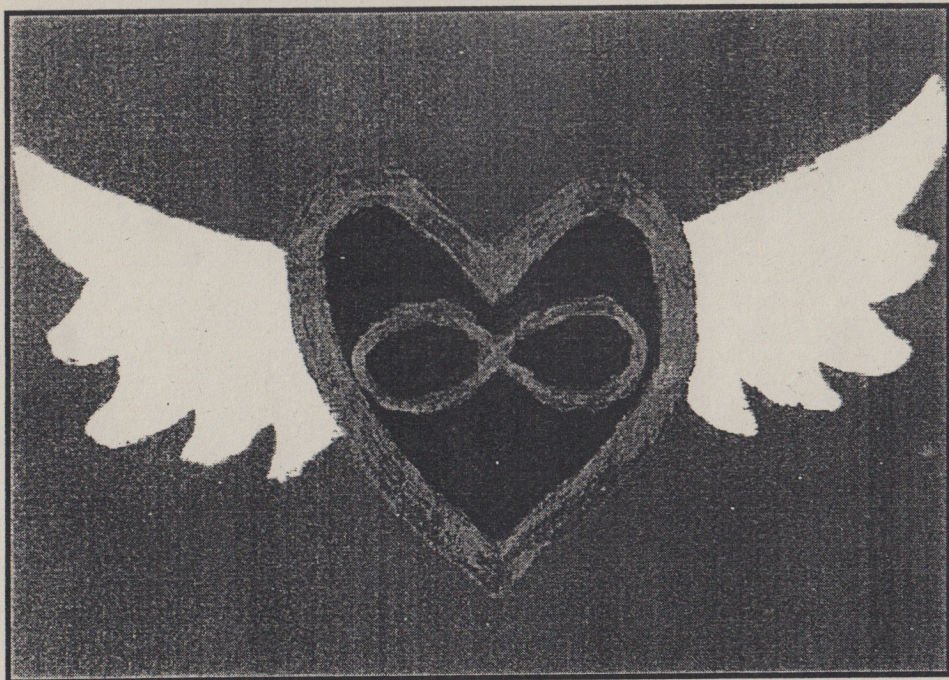
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artwork: Franky Furbo

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group mind, and a host of other goodies...

Is There Anybody Out There...?

The Toronto Raver Info Project (TRIP) provides info about safer sex and safer drug use at raves in Toronto. Citizens On Drugs (C.O.D.) - A Users' Union puts out a 'zine' called Use News (#2 has just come out). C.O.D. and the Ontario Harm Reduction Coalition (OHRC) are both active around issues of drug policy reform.

TRIP, C.O.D. and the OHRC:

64 Augusta Ave.,
Toronto, ON, Canada M5T 2L1
ph: (416) 504-6131
e-mail: kimstan@web.apc.org



IV Feed is an injection drug users' group in Vancouver. Some people involved with IV Feed put out a 'zine' called The Hype.

IV Feed

c/o DEYAS, 223 Main St.
Vancouver, B.C. Canada V6A 2S7
ph: (604) 879-4830

The North American Users' Union (NAUU) and the International Drug Users' Network (IDUN) are active in the International Harm Reduction movement, helping drug users' organizations to network in order to provide information, support and organized advocacy.

NAUU and IDUN

c/o I.C.A.R.E. (International Coalition for
Addicts' Resources and Enlightenment)
39 Ave. C
N.Y., N.Y. USA 10009
(212) 873-6061

The Harm Reduction Coalition (HRC) recently organized the First National Harm Reduction Conference (with some participants from outside the U.S.), and they put out a magazine called Harm Reduction Communication.

Harm Reduction Coalition

3223 Lakeshore Ave.
Oakland, CA. USA 94610
ph: (510) 444-6969

