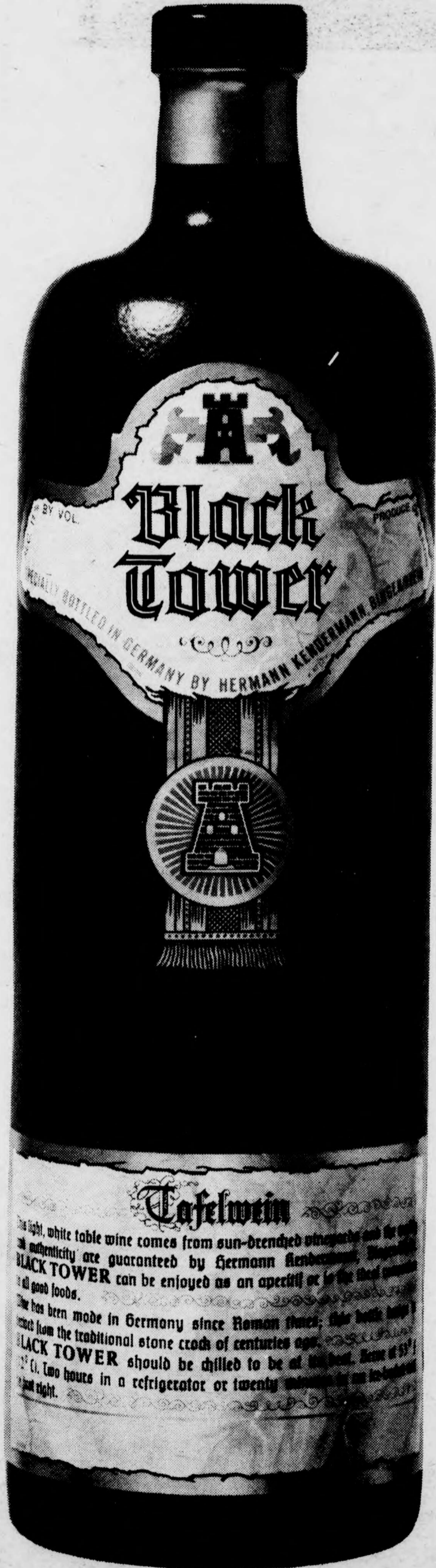


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This light, white table wine comes from sun-drenched vineyards and its authenticity are guaranteed by Hermann Kendermann. BLACK TOWER can be enjoyed as an aperitif or with all good foods. It has been made in Germany since Roman times. The bottle has been made from the traditional stone crock of centuries ago. BLACK TOWER should be chilled to be at its best. Serve at 50° F. Two hours in a refrigerator or twenty minutes in an ice bucket will do the trick.

## Ancient science of Eckankar guides followers to selflessness

By DARA LEVINTER  
"Soul Travel" is not a package deal to Jamaica. It is the path to realization of an ancient science known as Eckankar.

"Not a yoga, religion or philosophy, nor a metaphysical or occult system", Eckankar offers freedom for the soul. This is obtained through the imagination, by which means "one may be taken into the higher realms of consciousness above time and space".

These realms, known as the "Pure Positive Planes", are reached only by an acceptance of reason and order, and a determination of free will. "All universal forces are impelling, not compelling", and belief must be placed not in faith, but in personal experience.

The ultimate goal is selflessness—a dismissal of lust, greed, vanity, hatred and attachment. And no amount of prayer or help from others can achieve this for one.

Soul Travel, as opposed to astro-projection, is relatively easy, according to its proponents, and involves transferring one's awareness away

from the physical world to higher ones of "true beingness". Eckankar also stresses the importance of living "right" in this one. "Everything," say the followers, "is absolutely perfect the way it is."

Optimism, accompanied by actual physical buoyancy (gauged in the solar plexus) is the condition out of which control, and consequently awareness, evolve.

Eck believers suggest that most people poison themselves from childhood, and abuse their bodies through wrong thinking. It is this negative power which keeps them in the lower world.

Other restraining forces include worship of any one particular deity or cause and drug use, which allows immediate yet assisted transference, and so can set back an individual's level of awareness up to seven or eight years due to this dependence.

The student of soul travel is taught by the Eck master, now Darwin Gross, to maintain his existence in the higher spiritual world while directing his activities in the lower ones. Thus he "achieves the state of total liberation, total freedom and

total awareness, and thereafter is said to be in this world but not of it".

For those not quite ready for such a drastic change in lifestyle, Fabian Burbeck, psychologist and area representative for Eckankar (who will again be conducting seminars at York in January) suggests religion is passive enough and ought to keep one happy.

### Fishy increase as food hoarded

OTTAWA (CUP) - Ever wonder why the price of canned seafood is rising so quickly?

We can thank the George Weston Company and their virtual monopoly on the fishing industry, plus the company's self-admitted policy of stockpiling processed supplies until they command a higher price.

Weston owns B.C. Packers, whose subsidiaries control the entire Pacific salmon industry, with a fishing fleet of at least 400 boats. The company also owns net makers, label makers, refrigerated trucking firms and the company that sells coffee to workers in the fishing industry.

That Weston's companies also resort to stockpiling was established by a Vancouver paper that printed a front page photo showing thousands of cases of unlabelled salmon piled to the rafters of a Weston warehouse.

Company officials couldn't estimate the worth of the stockpiled tins until the results of a poor U.S. salmon catch were known in the world market.

On Canada's east coast, things are no better: Weston's owns the entire Atlantic sardine industry.

And it doesn't matter what brand name the consumer picks off the shelf—Clover Leaf, Loblaw, Sovereign, Maple Leaf, or one of 40 other seafood brands: they have all been caught, processed and packed by one of Weston's subsidiaries.

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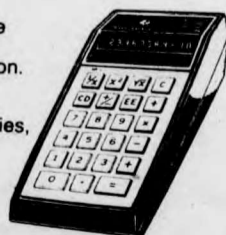
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