



Louise Hay.

Healing within

by EAnn Hinds

Louise L. Hay: "My philosophy about life is really very simple — what we give out, we get back. And what we believe about ourselves becomes true for us, that we are each 100% responsible for everything in our lives."

"I work with a lot of people with AIDS, and to me it's the same as working with somebody with cancer. Cancer is a disease of resentment that eats away at the body until it becomes a disease."


"I find that people with AIDS have a lot of resentment, a lot of self-hatred, and usually a lot of sexual guilt. It isn't as though you say 'I want to have AIDS.' But because of the beliefs we have about ourselves, it contributes to the disease."

"Everybody on this planet that I'm aware of is suffering from self-hatred and guilt to one degree or another. The more of it we have, the less our life works; and the less of it we have, the better our life works."

"[Until we can take responsibility [for our own health] it is very hard to have any power in our healing. When we can take responsibility for our beliefs then we can step beyond this being a crisis and it becomes a process of love healing the planet."

The above quotes from Louise L. Hay, can give insight into the nature of the teachings of the woman whose methods are fast becoming the most popular adjunct to self-health care among people with AIDS and ARC in this country.

LIFE LINK, a non-profit support and service group dedicated solely to people living with AIDS, ARC and any other life threatening condition, will present Louise L. Hay, in a lecture and workshop series in Portland on November 13, 15 and 16. For more details see page 15.



Real women don't torch xenomorphs

by E. Jane Westlake

It seems that this was the summer for gutsy women to appear in many different types of films. We anxiously awaited the return of *Desert Hearts* to watch Cay fall for Vivian again. We couldn't wait for *Aliens* to be released so that we could see Sigourney Weaver in her underwear a couple more times. We were curious about the relationship in the film *Mona Lisa*. Many of us were disappointed with what the movie industry thought were real women.

The film that most of us are happiest with is *Desert Hearts*, based on Jane Rule's novel *Desert of the Heart*. Directed by Donna Deitch, the film deals directly with the development of a lesbian relationship and the self-discovery that comes with it. The characters, although larger than life because

of the romantic style of the movie, develop realistically and their growth is pretty clear to the audience.

The only complaint I heard concerning *Desert Hearts* was that Cay was unrealistically macho. How many women do you know who just peel off their clothing and sneak into people's beds without any fair warning? Could you possibly introduce me to them?

A woman's role that has had much publicity this summer is that of Ripley, played by Sigourney Weaver, roasting beastie after beastie in *Aliens*. The character, fortunately, has other talents aside from turning out enough Fried Alien Surprise to feed the entire movie-going public. She is smart, beautiful, and deeply maternal. She also finds time to wink at the NCO in charge of the marine unit. Unlike its prequel, this film gave us reasons to believe that Ripley could display feelings other than extreme terror and fear.

What bothers me about Weaver's role in *Aliens* is that it had to have so much publicity. It's not news to me that there are women who are clever, brave, and concerned. The fact that it seems to be news to a good portion of the movie-going public is almost as scary as the movie is.

The Disturbing Film of the Year Award goes to *Mona Lisa*. Granted, the film is about a man, and a man's perception, and a man's way of dealing with his environment which is occasionally his estranged family but more often the world of prostitution and pornography. But, did they have to produce a film in which 98% of the women are prostitutes and in which none of them are terribly bright? Even the heroine, who seems pretty tough and is possibly a real live lesbian, relies on men and being used by men for her employment and for finding her lover. The only character I could really relate to and sympathize with was the rabbit, Arthur.

It has been an interesting summer. I'm curious to see where the filmmaking industry takes us from here.




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