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## SUMMARY KEYWORDS

homosexual, gay, moveable feast, good, self healing, pill, experiences, call, girl, understand, pink, coming, queers, responsibility, taught, exercise, program, michelle, body, love

## SPEAKERS

Jimmy Carper

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00:04

In the National Conference of Christians



00:24

imagine a world in which millions of people are at the mercy of a small band of extremists in which works of art are subjected to government censorship, and freedom of expression is a crime. Now stop imagining Welcome to America 1990. This is calling you Hearst. As an actress I am terrified by what is happening in our country today. extremists like Jerry Falwell, Pat Robertson and Senator Jesse Helms are trying to destroy freedom of expression for their own political and personal needs. And since this freedom is so powerful demonstrated in the arts, they especially want to silence the artist that's why they're determined to restrict the National Endowment for the Arts an organization that supports artists all across America we must fight back please call or write to your member of Congress today because silence for the arts is silence for America



01:20

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01:45

glad to be here



02:00

after hours every Saturday night at midnight right here on KPFT Houston Moni point one FM.



02:20

The following program contains language or images of a frank or sensitive nature that may be considered objectionable by some listener discretion is advised



02:30

the good homosexual by James Carroll picket the good homosexual accommodates himself checks fantasies behaves properly purchases good taste practices impeccable hygiene begs respect from oppressors the good homosexual reads only what is recommended attends all the Westwood cinema attains season tickets to the music center votes the straight GOP slate retires from controversy amasses financial security no matter the social toll finds aids embarrassing, but donates 50 bucks a year anyway. Anonymously. The good homosexual subscribes to GQ laughs The loudest at fact jokes. Lemons the demise of after dark prefers porno in brown paper bags broses grown books where he purchased after the ball displays National Geographic Mrs. dynasty. The good homosexual restrains impulse sustains racism objects to gay as to frivolous refers to himself as a bachelor contains passion remains invisible. Maintains there is nothing amiss. The good homosexual swallows bigotry, suppresses ecstasy drives a family sedan just like old dad did. Kisses with a dry mouth and closed lips. Wears a condom on his tongue just in case. The good homosexual nurtures propriety derives morality from TV shrinks, believes there might be something to inanity shushes all profanity, insists on anonymity, despises sodomy fails to see why dikes have to be so pushy. The good homosexual drinks Coors beer, as advertised in good homosexual publications. keeps up appearances, longs for the cops to crack down engaged as a female for social occasions. relishes assimilation irons, crisp creases in casual jeans. The good homosexual quells excess attacks radical fags experiences madness in discrete little doses. waters down intensity, embraces mediocrity, reaps his own self righteous vanity. Does not grasp why silence necessarily equals death the good homosexual kills queers.



05:26

That's right man. You had it easy. A husband and a nice clean hospital you know, I lost mine. I lost mine on that street. That's right. They killed him on this day. 27 years old they had dead straight killed by a bunch of kids by baseball bats. That's my mom killed by children dropped by people like you because everybody knows that quiz don't matter those that don't ya



06:25

going



06:31

to Tyler on the stage for love alive we're not going back



07:14

that the official count lesbian and gay rights march



07:31

come on out. Join us bring a friend. What do you think about the turnouts? Well, it's never never done



07:48

Strong?



08:42

Already have a few words for KPFA. Come on out. Join us. Bring your friends. What do you think about the turnout? Well, it's never enough. Never enough. We must destroy the myth Swanson brought shatter them. We must continue to speak out. And most importantly, most importantly, every gay person must come out



09:13

minute. What? Enough of that?



09:17

What do you mean?



09:19

I don't want to play that now. Oh, because I don't think anybody's listening. Oh, there's a lot going on.



09:27

But we play Harvey every week.



09:29

Well, we're not going to do it this week.



09:30

Okay.



09:32

You know, Judson Robinson died. Yes. He he was a bit we need to close that door. Okay, because we can hear all those people in the lobby. He was a bit of a pioneer because he was the first black man ever elected to public office in Houston to our city council. And he didn't really come out and say I support gay rights but he did things that gave the indication that he would have if things would be different. Well, he wasn't exactly a rabble rouser. But he kind of did things quietly. And we're going to be talking about Judson Robinson. Later on in the program, we're also going to be talking about the holidays. There's just a lot going on, we're also going to be talking about the possibility of us going away. And maybe never coming back. I don't know there's there's just a lot going on. Because it seems like that we're caught in this trap. And it doesn't look like there's any way out. But maybe there is. When we were kids, we weren't told any better. So we have to grow up, trying to do the best we can. And as gay men, that's really hard. Because it seems like we get stuck in these ruts of the baths and the bookstores and the bars and the hours of loneliness, and there's no place to go. And once you get to 30, and your body goes crazy, and you gain weight, and then you don't ever go out and lose it and you don't eat right. You don't take care of yourself. There's just no hope.



11:10

Well, I



11:13

I can't agree wholeheartedly, that there's no hope I can't either. And we've got somebody here tonight, who's going to tell us that there is hope. And there is a better way. And there's a way to get rid of all that negative programming that we've had all of our lives as kids, right. Yeah. I mean, I I remember growing up in Arkansas, and there was nobody around to tell me the truth.



11:39

I think that was kind of epidemic.



11:41

My no I read a letter, there's a big, big tiff now is that the word going on in the twit about the good, Christian homosexual. And these queens are writing back and forth trying to defend each other. Well, who am I though, I'm just a faggot that works for the police department openly gay and there's a gay radio show. I mean, that's nothing special. So my opinion doesn't really count. But I remember growing up as a kid, and nobody ever told me that it was okay to be

gay. And if they had have, maybe things wouldn't have been different. The Supreme Court in our country just said that the army can't discriminate against Perry Watkins. Why? Because he was openly gay and out and he didn't care who knew it? He didn't hide it. That's the clue there. If you're not hiding something, they can't use it against you. So Perry wasn't hiding the fact that he was homosexual. He didn't care if people knew. Was there a message here? So I don't I seriously doubt that wherever he grew up, somebody told him so we're just not going to play Harvey Milk and act like we see. We can want to bounce around now. And and I don't know, the music's playing like, everything's fine. And it's really not. Does that make any sense? Yeah. Because sometimes

 J Jimmy Carper 12:58

you just have to sit back and say, Whoa, wait a minute here.

 13:02

I just wish that when I was a kid, someone had would have sat me down at the end of the day and said something like this.

 13:10

We have cleared off the table the leftovers saved, washed the dishes and put them away.

 13:33

I turn the game up into that. After I got elected, I got the phone call. I knew I'd ventually get quite a few of them. One was from a 17 year old child in a small town in Minnesota. And the boy is handicapped and the boy's parents found out he's gay. And they want to put him in the center. That boy needs help. In the gay Moon is about the letter I got from Southwest Africa when he read about a gay person getting elected here and that person has hope and at 17 year old kid in Minnesota has hope and we have gay meters not understanding that and are more worried about their own personal power they're not Elite is offensive

 14:33

you believe that? I do always have you don't believe that. Look at what happened in North Carolina. Have a hateful bastard just say no. Can I say that? Yeah. was reelected by those bigots. I guess all the good Christians and bigots that want to see us go to jail. Hell or whatever. Could I go to North Carolina? Because there seems to be an abundance of hateful filled people there?

 15:06

It would seem to us and just in a real weird



15:09

mood, can you tell? Yeah, because the holidays are coming up. And it's gonna be the first Christmas I spent without my dad. So even though we weren't close, I'm trying to figure out how that's gonna feel.



J Jimmy Carper 15:22

Well, not only that Thanksgiving is coming up,



15:25

and then, ya know. And I've got a union meeting in the morning. 1030. Girl, you're kidding. Oh, four in the morning. Well, we have one every month. We haven't had it though, this month until today. And then today is Ronnie's birthday. He's like, how old? I don't know, baby because he's working every day. He works for this little place and they won't let him out. So there's nobody at the end. So he's there. And I guess he's gonna be there till he drops? I don't know. I'm hoping he gets the hell out of there. But anyway. Plus, I saw the Golden Girls. Did



16:06

you see that tonight? No,



16:07

I was it made me cry before I came over here. No kidding. Yeah, it was really weird Blanche and who Blanche. Blanche had this dream that Dorothy was having an affair. And she couldn't pick between two men who were chasing her. The two men were Lau Wagner. Oh, and Sonny Bono. Oh, she couldn't pick she picked the Italian. Of course. It wasn't like a wagon. I know. It was really funny. It was good. But in the end, this episode, Blanche was always chasing men. her dead husband was not really dead. He was alive. So he came and told her that he had faked his death. Because the business was falling apart. And he wanted to to get away from all that without hurting her. And it was his southern pride that you know what I mean? So he had faked his death. And he sent her all these flowers. And he met her in a restaurant where she found out that after nine years he really wasn't really wasn't dead. He was being faked everything. Wait a minute, this was a dream. Well, we didn't know that in the beginning. But at the end of it, she woke up at right after she hugged him. And she, the girls heard her rustling about and came in. And she said that she had dreamed that dream before. But she had never been able to, to hug him to touch him. So she got to hug him and it meant it made her feel kind of funny. And I don't know, for some reason that made me cry, I guess because I'm exhausted. And there are a lot of things going on. Something that's going on that I want to talk about is Michelle, our little friend that's got the lawsuit against Metro. Yeah, yeah. has been in not a court again. Oh, what happened this time? Well, she's in an out of court again. And you know how those things are? Did you also Roger and I had to go to excuse me just a minute. That was rude, wasn't it?



18:09

Not from their point of view,



18:11

they didn't hear anything. We just turned this off and I burped really. At 150,000 Watts a full stereo wouldn't have been wouldn't have been attractive. Well, we certainly broke the mood there this way. I've been trying to find a way to do. It's live.



18:31

Yeah, it is.



18:32

We're here and work where we certainly are. But Roger and I two weeks ago, were going to the convention center to the antique show. It had been raining and we were pulling into Kroger. And this lady tried to pass us on the right side. Like illegally. She was between us and the curb. There's only one lane there. Girl there were two lanes and we were in the right one. And she just like missed and hit the curb. And we got out and they exchanged the obscenities with us. When I found out I worked for the police department. Obviously these two queers in Montrose. He doesn't really work for the police department. Well anyway, that's again, girl. They didn't want to fill out an accident report because she said there was no damage. No property damage. I hear a buck coming. And she didn't want the police officer to call the police. And then last week we got a an attractive letter from my boss chief Watson. Yeah, so my assault went Thursday. She's very the baby's almost here. But we got this wonderful letter from the hit and run division with Chief Watson's name on it. We had hit and run this woman. girl she had us having this wreck on the north side of the heights. Why? Katie and the South Loop are somewhere around I'll meet him all. This girl is so twisted. But anyway, they took pictures of the Jeep and found out there's no damage. So we got all that cleared up. But it kind of reminded me isn't just for hit and run. It kind of reminded me of Michelle and I know what you're going through. Michelle, you got to hang in there. You know what I mean?



20:08

Hey, she's a tough lady.



20:09

She is. Yeah, she is. But they called and said, are she called they call? Well, maybe she's got somebody there with her. I don't know. Michelle called up and said, Would you play a song for me? I said, Yeah, I'll play this for both of us. Maybe because it's been one of those kinds of days

Okay.



20:36

Michelle, call us back because give Roger your address or something. I've got this tape Mary that I made for Rodney. Well, actually, I made it for us. And I made you a copy of it. Because it kind of tells a story. Yeah. And you're always listening to tape. So you're gonna have to listen to that. Okay, you'll understand I hope and Michelle, I want to send you a copy of it because it's got a lot of what I don't say in music does that make any sense? It's got all of what I say in music. You'll like the way it's put together. I hope hang on



21:08

that I know what you mean. I do the same thing. Okay,



21:10

hang on. We'll be back in a second



21:19

here it is become butcher Nelly in less than a day simply by taking the little pink pill. There's no need to recruit, seduce or rely on environmental conditions anymore. The little pink pill does it all. Just one tablet before breakfast breaks the cycle of heterosexuality for a full 24 hours. For years. heteros have been asking gays if they would take a pill if it would make them straight. Well, last queers Bell Labs have responded to this dilemma by giving heteros a taste of their own medicine. Yes, the little pink pill does it all the boring cliched life of a heterosexual can vanish in one gulp. Mrs. Betty Morgan of Gresham, Oregon talks about the little pink pill.



21:53

My life was a mess, bridge clubs, gross husband, alcoholism, you name it. Then one morning, I got my act together and took the little pink pill. In an instant my sexual orientation changed, as did my desire to be married. Well, within a week, I ditched my old man met a terrific woman and got joint custody of my children. All this without why retention headaches, or loss of appetite. Thanks, little pink pill, you made a new woman out of me.



22:23

Results may vary but don't consult a physician, the little pink pill it does it all.



22:28

And I'm sure it's available only at the Montrose pharmacies.



22:46

Eight Great, okay. I'm just giving you a hard time because I'm trying to figure out a way to get out of this show. You should just go away. Yeah, I'm not doing anymore.



23:01

I know. That's wrong. Girl. We



23:02

spent too many Saturday nights here,



Jimmy Carper 23:04

hey, I'm married. It doesn't matter.



23:08

Anyway, we've got somebody that's special to the show, because he's been here a couple of times. And we like to have Mike come back and tell us some good things going on. And we're going to talk about what



23:22

we're going to talk about self healing and positive thinking. And we're going to talk a little bit about what you were talking about in the beginning of the program about we weren't told that it was okay to be gay. And I think we need to focus inward and tell ourselves it's okay. And I think that's the message tonight.



23:42

Mike, you you work with a Moveable Feast, right? And how



23:44

work are Moveable Feast, health, food store and restaurant.



23:48

So why is it so important to have good thoughts in the back of your head? Can you tell us how that works? The bad thoughts at least because



23:56

we well, you don't really want to get into too bad thoughts or anything like that, that just creates guilt, what you really want to do is you just want to look at what you think and what you feel, because to a great extent that's going to control the experiences that you're going to have. And, well, let's just be realistic. If you don't have a very good attitude and a very good outlook. It doesn't take a rocket scientist to figure out what kind of experiences you're gonna have.



24:23

Okay, so how do we get out of that rut? I mean, I'm 36 years old. I want to go to the gym and take care of myself and I don't do it. I don't eat right. I don't get enough rafts. So how do I how do you get out of that rut to get to where we're going to start feeling better?



24:40

Well, you begin by taking responsibility. That's the first start. So how



24:45

do you do that? If you've never been taught that, as gay people, we were never taught how to be responsible with our sex lives. Our emotions, do you see what I mean?



24:55

Yeah, I understand where do we start? Well, where we start is you know, like, Going back to what I said earlier is, is, you know, we're taught many different things. You know, we're taught to hate people through prejudiced. You know, most people were not taught how to love their self, doesn't matter whether you're gay or whether you're straight, you know, the average person was never taught how to love yourself. This is something that we have to develop within ourselves as individuals. And we have to be patient and we have to be loving and gentle to ourselves, and, and allow that process to start, but we do have to start somewhere. So by taking responsibility, with your health or exercise program are a nutritional program are, are just looking into different areas of your life, that you can improve on that and get the process started. That's



25:47

really important, I think, for people to understand it's not just gay people that feel this way. I

have so many friends who are straight in the same boat. Yeah, you go to work your nine to five, you go home, you gotta go to work, you know? And the days just pass we were talking about today, it's almost Christmas. Can you can you tell us what's going on? That you're involved in? I know you're? Well, especially for you.



26:11

Yeah, we have a lot going on. We stay busy all the time. I started a Class A self healing class. For gay men at Parkway Athletic Club, it was actually for gay men who were dealing with HIV. And it was one of the first in the city at that time. And there was an exercise program and a meditation class. And that program is has grown expanded over the last three and a half years now. And we're down the street here at the spectrum center in Oregon. And we're there every Wednesday night. And this December, we'll be celebrating three and a half years. That's great. Yeah, and we have lots of straight people that are in our program. And we tell people that, you know, we're not a religious group. We're not a political group. We're not a social group. While we are as a group of individuals who come together to focus on our own individual self healing abilities, and we use a variety of tools, we work with nutrition, exercise, positive thinking, herbs, food, combining hygiene, you name it, we tap into many different avenues of self help people. So they'll have choices. And one of the things that I learned a long time ago, was that everybody's at their own level of awareness and understanding. So if you give people a variety of tools and choices to pick from, then everybody will find something that they can use and work with.



Jimmy Carper 27:45

I think he has something there because I've not really known Mike a long time, but I've seen him a long time. And I've always been impressed. And how healthy Mike looks. Pink Pink Cheeks, and I mean, he just radiates this healthy glow. And I always wondered,



28:06

it's all that cure injuries is that it's all the beta carotene. No, actually it is, too. I think that. You know, I tell people people ask me about self healing all the time. And a lot of people are under the impression that self healing is, you know what kind of food you're on what kind of exercise program you're on how much you meditate how much you visualize, if you're a vegetarian Do you jog.



Jimmy Carper 28:32

That's kind of my point. When when you hear of people that are into health foods, you think of skinny people who are out of sallow looking, and you're really the first healthy looking person.



28:45

Well, I'm not skinny, 245 pounds and 662 and a half, it's all



28:50

in the right place.



28:54

But you know, getting back to that, you know, I think it's really important for people to understand that self healing is a concept of, of your consciousness, it's a state of mind or attitude, a perception a state of being, it's not what you do in your life, but it's how you feel about yourself. And the exercise and the vitamins and the food or whatever, are only tools of self empowerment that you pull to you to help you empower yourself mentally physically and spiritually on all levels. So it's really your attitude and your perception and your self image and we deal a great deal in the class teaching people about their their self image and their concept of their self and that it is okay to be gay. It's okay to be straight. So okay to love yourself and it's okay to say yes to live. You don't have to defend yourself. You don't have to take up for yourself. And you can love yourself just the way you are.



J Jimmy Carper 29:50

I like your concept of the first thing to do is take responsibility because on the show, we talk about coming out all the time. And by coming out, I think what we mean is take responsibility thrive. Yeah, that's right. You can't go screaming, you're gay to the world, if you don't feel it within yourself.



30:16

That's right. And you know, we in the community with the crisis that we all are experiencing with AIDS, I think we're now beginning to understand how important it is to take responsibility, and to ask questions, and to be skeptical, and to look for all the options and all the attorney alternatives that are available to us to help us understand this disease and cope with it and get through it.



J Jimmy Carper 30:45

Yeah, we were talking about this earlier. There are so many medicines around that. I don't know that I could just sit back and take anything that a doctor gave



31:01

me. Some people do that my grandfather did to medicine without likely to ask it. Yeah, questioning the doctrine.

J

Jimmy Carper 31:07

That's, that's not happening anymore. Because you have the option of knowing what the side effects are, and making a decision for yourself. Do I want to take this risk? Or do I want to use other methods?

♂

31:23

Well, I think the whole thing was in our ability to choose and to make choices, and hopefully to make the right choices for ourself as individuals. And, you know, I work a lot with nutrition and with exercise, and people come to me all the time and ask advice on different things. And I tell people, you know that if you're going to get into a some sort of pharmaceutical, drug therapy with your doctor, it's very important to ask questions, be skeptical, if there are side effects, what are the side effects? What can I do to protect myself against those side effects? What nutrients vitamins, herbs, foods or whatever can I do to keep my system strong, so I can use the drug but yet also not experienced severe side effects? I think it's good common sense. And I think that people are starting to ask questions, and they're starting to be skeptical, and more and more people are taking responsibility. And the rewards have been great for those who are, are moving into that area of self awareness and responsibility. That's called be responsible. You know, I was talking to both of you earlier, I remember when, whenever we first started our program over Parkway Athletic Club, I was a little controversial, because I was the only one at the time talking about remission manageability self healing recovery very controversial, that the government doesn't want you to know they want to sell drugs. That's right. It's big business,

♂

32:59

we don't want anybody getting well. You're trying to screw up this whole thing.

♂

33:03

Yeah, but you have to also understand too, that it's not just limited to, to AIDS. You know, the pharmaceutical, pharmaceutical industry is a big, powerful industry. And they're not really into prevention and into education, they're into treating disease, with pharmaceutical therapies. And a lot of those therapies are very toxic. And it just, I don't know, I do believe in the intelligence within the body. And I believe if we use our mind and nutrition and other tools that are available to us, we can tap into the intelligence within our body, and have that assist us and support us in our own healing, and manageability of our health. And I believe that, that that's where I like to have people focused and directed towards what they can do to help their self. You know, we can't treat the symptoms of our illnesses with drugs forever, there comes a time when we have to look for other options and other tools to incorporate and to help us move forward.

♂

34:08

Little by little, though we as a society are beginning to understand that. emotions play so much into what happens to us. The chief I was in a meeting a couple of months ago in chief Watson's

office, and she said in the past as a police department, all we said when we dealt with the with the public was we just the facts. That's all we want. It's just the facts. And now we're being asked to consider people's feelings and their emotions, and their situations and things are changing. So little by little it's that idea is spread out.



34:42

I saw something in the paper actually, somebody brought it to my attention. About three or four months ago, there was an article in the US day where they had did a scientific survey, and they had proof that the mind did affect the body. And then, and that just tickles me because you know, when are we going to realize that the mind and body have never been separated. And that what we think and what we feel inside our head is what controls and directs our experiences we put on our own shoes, we shave our own face, we comb our own hair, we make our own decisions. And our body and our mind are connected. And when we can get in sync with that, and have a positive attitude, and learn to love ourselves and learn a little bit you don't have to, to know a great deal. But to learn just a little bit about nutrition, a little bit about exercise, a little bit about how the mind works, and a little bit about hygiene. Those are very, very powerful tools. And they can take away a lot of fear, and a lot of doubt, and can move you into a great understanding of what you can do for yourself.



35:55

You have special guests come in and speak at the



35:58

classes. We have. We have a program every Wednesday at eight o'clock. But we have lots of different guest speakers. And I want to make it real clear to all the viewers out there that I don't heal anybody, the class doesn't heal anybody. We don't change anybody, I don't change anybody. People change their self and people heal their own lives. But people have to have the tools and they have to have the knowledge. So that's why we have a variety of guest speakers on a variety of different topics so we can reach more people with our message. And we have coming up on November the 28th. We have John Thain who is the owner of a Moveable Feast, health store, health food store and restaurant. And John is going to discuss the need for supplementation due to the pollution and the changing environment. Then we have on December the fifth, we have the director of the yoga center, John Kuhn. And John Kuhn is going to be teaching us the benefits and importance of deep breathing, exercise and nutrition. And John has been my, my guest two or three times before, and then on December the 19th, we're going to have an herbalist by the name of Wilma lamb, and when was going to be sharing her knowledge about the power of nature, through the use of herbs in relation to the immune system. So we have a variety of different things. And that's just a little bit of what we have to in the rest of the year out. And then we have a lot of people coming up. But we we do so many different things. You know, each Wednesday is different. And we've got three little things. We don't have any rules or any regulations, because we're there to get away from rules and regulations and dogma, and prejudice and all that we dump all that outside. But we don't plan to do we don't play ain't it awful, our poor pitiful me or sit on the pity pod. We learn what we can do for ourselves. We get excited about who we are, and how beautiful we are. And we love

ourselves and appreciate ourselves. And we tap into that. And we accelerate that. And then we visualize we affirm that we meditate we do exercises, just a variety of different things to complement what we're there to do.



38:10

It's really pretty easy, though. I mean, everybody's thinking, Oh, wow, this is something that it's really you were talking about?



38:17

The Yoga, what was the sorry, John Kuhn, the



38:21

jug breathing? Do we take such shallow breaths? I mean, you know what I mean? People don't take deep, rich, full breaths of oxygen, he's read the just enough to get by. It's like everything else we do you just just enough to get behind. So I'm sure there's a lot of things that are taught to you that are well not aware of.



38:43

Well, one of the things too is, you know, when we look at these different things that we're not focusing on, you know, we can automatically find areas that we lack love for ourselves, you know, when we do things excessively, or we have addictions, or we have compulsions that we're not seeking help for. Or when we beat ourselves up, or we have negative attitudes, or live off junk food, then those that shows us what's going on in our head, and the lack of love that is expressed in those different experiences. And also the same is reversed, you know, when we do things that support us physically and mentally and nutritionally, it also shows us what we're thinking and what's going on. And so we really work on self love and focus on that. And, you know, teach people that they've always been beautiful, and they've always been powerful. And when you come into the world, you come in, you know, basically a clean slate, and all the prejudice and all the dogma and all the crap is stuff that's been learned, right? You know, and you have to unlearn it and let it go and you no longer a little girl or a little boy, and it's okay to grow up. It's okay to take responsibility.



39:58

Or these classes.



39:59

Is there a fee? He or no, there's never been a fee, because we have so many people that really can't afford to pay. And we just have a love offering basis. And it always pays for our rent. And

he always covers everything. And so we never have any problem at all. We've

 Jimmy Carper 40:17

it passes Great. Sounds awesome. Not been to your classes, but I've been exposed to a little bit of what you've been talking about. And it brought me back to that exposure. And I remember the feeling of, of self worth and such a good overall feeling that I had from it. And I wonder why I strayed?

 40:40

Well, I think that, you know, we live in a society, that we're constantly being bombarded with habitual negative thinking, the TV, the radio, the Jesse Helms thing you were talking about earlier, that whole campaign was on fear, you know. And, you know, he literally scared everybody, and use that and used homosexuals and blacks and everything to intimidate and scare people to vote for him. But we see that all the time, we're always told that we have to look this way, act that way, and be this way, respond this way. And so we're constantly having images projected at us that this is how we're posed to be. So, so we, we get pulled into it quite easily. So it takes a while. And that's why I encourage people to be patient and do what you can, with the knowledge and understanding and awareness that you have. And take it a day at a time and work on your positive aspects of your life. Don't focus on your negatives and don't focus on on the stuff that you feel you can't change with focus on the things that you feel you can change and can make a difference in

 41:57

Is there a number of Michael that people can call if they're interested,

 42:00

the number is five to four, out by excuse me, 5234241. And there's a recorder there. So if you call, you can just leave your name and number we'll call you back and the classes are every Wednesday classes are every Wednesday from from eight till 10pm.

 Jimmy Carper 42:18

Okay, sounds good. If you didn't get that this information will be at the gay and lesbian switchboard. We all know that number.

 42:26

Listen. And also I did want to share something later. Before I leave, is I wanted to share an affirmation that we use quite a bit in the class for your listeners tonight. Do that. Okay, I'm gonna do it now. Yeah. Okay. For those listeners that are home, wherever you're at at home,

just just, you know, stay right where you're at. And close your eyes, those that are in the car. Don't Don't try it. Yeah, just listen. But anyway. Just Just focus on your breathing. And tap into your breathing. And focus your awareness on the energy that's in your breath. And no one understand that this energy is your lifeforce. And that this breath of the life that you're now breathing into your body is the breath of life that all of us are sharing together on this planet. And now and understand that you are beautiful and powerful. And that with each breath that you take, you breathe into your body and into your life and into all of your experiences. The breadth of unconditional self love, self approval, and self acceptance. And now that this affirmation will be working for you, whether you're asleep, or whether you're awake, or whether you even remember it or not. With each breath, you take the breath of self love, self acceptance, and self approval.



44:08

Report winner film and we're talking to Michael Wilson from Moveable Feast. Can you come back sometime in the first part of the year? And let's talk about that.



44:20

About the new book out. Yeah, there's a new book out by John Lauritsen, who's a writer for the native New Yorker. And the title of the book is poisoned by prescription, the AC T story. And the book came out and one of the things I do is I help facilitate information. Like I said, people make their own choices. People take responsibility for their self, but there's a lot of information out about the drug called AZT, and about some of the side effects and about all the political ramifications of the drug and everything. And I think people need to read the book, especially people who may be considering tech In this drug, and you know, as gay men and women, we've had to question the religious establishment that use their religion in the form of prejudice to discriminate against gay men and women. We've had to question the United States government for the tactics that that they pull and get away with. And I think it's time for us to be very skeptical and turn that attention to the medical establishment also. Gotcha.



45:24

Can you help us and we'll put that together and do it Sure. I'd be glad to glad to him for our I know we've got to that class girl.



45:32

Yes. Kind of our class. Yeah, working.



45:35

Listen, thanks for coming by.



45:37

Okay, thank you for having me. Appreciate very much.



45:41

See me down at the Moveable Feast when I come to pick up those vitamins.



46:12

You got to be



46:31

if we don't teach our children hatred and prejudice, they just might not learn them at all. A message from this station in the National Conference of Christians.



47:04

Looking at me like that. You're winning