

Upside UMOQ

Issue # 2

Summer 1993



Words from The Grand Wazoo

Here we are again, issue #2. Thanks to everyone who was so supportive of our first effort. It came off fairly well, no error so big that I would want to jump off a bridge over it. At the same time I am working on this issue, I am also trying my best to get back to all the people who wrote to Tori via Atlantic Records. Once Atlantic found out where they could send the fan mail to, they certainly did. A big box of fan mail arrived here by UPS. Fortunately for me, a couple of weeks after this arrived, so did a helper. Dawn Visconti left floods in St. Louis Missouri to find a different kind of flood down here... one of paper. A bit drier than St. Louis, but just as deep. The fan club truly appreciates Dawn's generous offer to help out occasionally and welcomes her to sunny Florida. Prior to Dawn's arrival, it was just me blazing away with both fingers on the keyboard.

Tori has also found a helper. Judy Reynolds, a very kind and gracious young woman from London is now Tori's assistant. Judy handles a wide variety of things for Tori, and in her "spare time" tries to keep me sane. I think Judy must work in her sleep because in addition to the things she does for Tori, she also helps with the fan mail and wrote an article for this issue of *Upside Down*. I must say that all of the people working with Tori are truly great beings and a real pleasure to know. It's easy to see why Tori loves them so dearly.

We have some other really great people who help from a distance. In the first issue I referred to them as "Your friends in issue number one." I may joke about all the fan mail, or Judy keeping me sane, but the bottom line is... I love what I do and the best part is getting to know some of you. The "friends" I refer to actually have become my friends, and yours too if you think about it. These kind people take the time to sit down and write some of the articles you read. They did it for all of us. This is not exactly the step just before the best seller list. Being published in *Upside Down* isn't going to get your name up in lights, or a check for a hundred grand. It gets a big and sincere THANK YOU. Not just from me, but from Tori Too. She says it by her own involvement in *Upside Down*, so from Tori and I... Thank You.

Tom Richards

YOUR FRIENDS IN THIS ISSUE...

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Dr. & Mrs. Amos, Leslie Conrad, Lee Ellen & Stephanie at East West, Woody Firm, Peter Golden, Kirk Leimkuehler, Arthur Spivak, Dawn Visconti, and especially Tori Amos and Judy Reynolds

Tori Stories

Then & Now...

When I was five years old, my folks went to this pot luck dinner at a friend's house. They were all church members, maybe ten families total. All of their kids were there, although I don't remember any boys being there. I was really very aware of boys, even in the womb. So I think no boys, because I would have remembered that. For some reason there were loads of daughters with these families, and my sister was friends with many of them. It was just this other girl and I who were very young. All of the other girls were teenagers. Everybody was doing like a little talent show after dinner. The girls had gotten together and worked something up, you know... singing, dancing, what ever their talent was. So this other young girl, 2 years older than I, was always getting some kind of approval. She was kind of a brat, of course this is only my opinion... my side of the story.

She was taking piano lessons too, and played this song. You have to remember that I was already in the Peabody Conservatory by this time, so obviously I was already a good piano player. It is very sad what I did... instead of going out there and playing what I knew, I heard her play, heard the parents clapping and adoring her, and I said to myself "well, maybe that's what they want". I went out and played the same song, a song I had never played before. I was pretty good, but she had practiced this song for weeks and weeks and weeks. I had only heard it behind doors, through a crack in the wall, and gone out cold and tried to play this song.

My parents, I'll never forget... I looked over and their jaws were on the floor, horrified, everybody was horrified. They were so embarrassed for me. They knew why I was doing it. I didn't know why I was doing it, but they did, and I was stumbling. They were just looking at me going...why? Everybody has that in them and it was painful for them that I couldn't recognize my abilities, trust it, and share it. I needed them to like me so badly, as they approved of her, that I was willing to do anything to get it. You know when somebody is like that, how we react to them... We go "oh my god" and we hide our head in our hands and put spaghetti in our mouth. At a restaurant and somebody comes up to your table, and you just go "oh my god, oh my god," and you are so embarrassed because they are so needy. We don't want to deal with needy people...

This song was a very sad moment in my life. My mother was just like... play "Oklahoma," play "West Side Story," play Mozart. What are you doing? Tears started rolling down my face and I ran out of the room. I ran all the way home, because I knew what I had done. I had sold myself out to try to get approval. I did it again and again and again... Until the last time was *Y Kan't Tori Read*. Well, actually, the *Details* magazine photo shoot, but that wasn't music.

It's funny how I choose things in the moment, then start asking myself "why am I doing this?" and you go "am I doing this because it really feels right, or am I convincing myself it feels right" so that I don't have to confront it. Sometimes it's easier, you think, to make excuses. To say this is just what's happening around me, and maybe I'm the one that is seeing it all wrong instead of feeling inside that no matter what people are saying around me, this just doesn't feel right.

Continued next page



I haven't listened to myself a lot of my life. I've heard those voices, I think we all hear those voices going Hello? Hello?, you know, that echo way back in your head going "wait! wait! wait! wait!" like that little guy I love in *Lethal Weapon III*. I can't think of his name, but I hear him in my head all the time, going "wait! wait! wait! wait a minute!, wait a minute!" Sometimes I sit there and go "no, just do it, stop holding up the train," that kind of thing, and yet I do things for the wrong reasons sometimes. Instead of dealing with the issue that's really bugging me, I'll take it out on somebody else. I think we all do that. You know, how sometimes you are in a relationship and you might need to deal with that, but you take it out on a friend instead. A person that has nothing to do with the fact that you are not standing up in your relationship, or drawing boundaries, or whatever. So, you take it out on other people. I think it is the same thing with making choices, or relationship choices. If you don't stand up and say "hey, this doesn't feel right," no matter what the consequences are, I can't do it.

Now there are some things obviously we have to compromise on, like maybe I shouldn't tell the guy that's writing my paycheck what a dick head he is today. Maybe I can phrase it a little differently, maybe I can say "I'm uncomfortable with this, but I would be comfortable with that." What ever it is, if you are not ready to get fired that week. Sometimes there is no way around it. I mean there have been times that I have to go head to head with people, one of those shoot out kinda things. Definitely a high noon situation. Sometimes the relationship has just fallen apart because you have drawn your line. I am getting a bit better at that, drawing my line. I will go this far, but I can not compromise what I really feel. You know how when you do something that goes against honoring yourself, it makes you feel sick in your stomach. You get that heart burn. It's like if you had green chili, sausage, eggs, catsup and Doritos on white Wonder Bread. Yeah, it feels like that.

The other thing is, we've been taught to be afraid of standing up for ourselves. Which is the Inquisition, having your skin ripped from your body. It wasn't fun back then, "we have ways to make you talk," that kind of thing. Well, they exercised it then, they do it with television now. This ties in with what is said in the book Bringers of the Dawn by Barbara Marciniak, how we are taught not to think for ourselves, to be our own sovereign. All of us are a part of this, so how do we shake ourselves out of this? I can only speak for myself, but I am being challenged everyday to have to say, "wait a minute, something feels weird, something's not right". If anybody is trying to control you, something is wrong. That little guy in your head should be shouting "wait a minute! wait! wait! wait a minute!" Put him in your head, because anytime somebody is trying to make you feel bad about yourself, something is wrong.

You know, all of us dump some of our garbage in other people's yards and that is not right. This is not fair, and we need to go and take our trash back, but that's all. We don't have to mow their lawns. That's crossing their boundaries, that is guilt. It's like, okay I did this, let me go make amends and take responsibility for what I've done, but then we can get into this thing of feeling guilty. Feeling really guilty that we made a mistake. We have to work through this guilt, own up to something, and then go "okay, so I yelled at you. I told you that I didn't mean to yell at you." At the same time let's look at what was behind it. I'm not going to crawl to give you blood because I yelled at you. So there is a real balance of owning up to when we know we are trying to take another person's choices away. I just try to be more aware of it. When do I put a vibe out on somebody? When am I not understanding? When am I not loving? And yet, still have boundaries.

When someone isn't respecting me, then it's over, we have no relationship. I used to need them to like me. I had this codependent relationship with every waiter on the planet. You know that one... Here you are in Walmart and you are trying to make friends with strangers. Well hang on a minute, you don't have to make friends with everyone. It's respecting that they have a job to do, and respecting that I have a job to do. Then, if you make friends in the process, that's fine. Now there is all this psycho war going on and it keeps us from being objective and it keeps us from feeling good about ourselves.

I know I'm feeling good about myself because I don't need someone else to feel good about me. It's okay if they don't feel good about me. I've had some painful fallings out with friends over the years, because sometimes I've really been out of line. I wasn't capable of honoring them like I am now, and they were not capable of honoring me either. It worked both ways. When it came down to dealing with it, I've chosen to have joy in my life. It's a choice, you can either be a victim forever or an abuser. We all swing back and forth at times. We kinda choose to hang out on one side of the ship more than the other. The point is I've tried to get out of that pattern and so, very close friends of mine who haven't been able to take responsibility for what has happened in their life, blame people. I got tired of being part of the blame.

You will find once you choose truth and light, love and responsibility, then you are in command and control of your life. You have a polarity when one of you chooses to still be a victim and allow other people to control and blame you. Or, you can choose to take control. To control what is going to happen now as far as if I'm not happy here... I can leave. If I'm not being respected here, I can leave, but I have to respect myself first. Only you can do that for yourself.



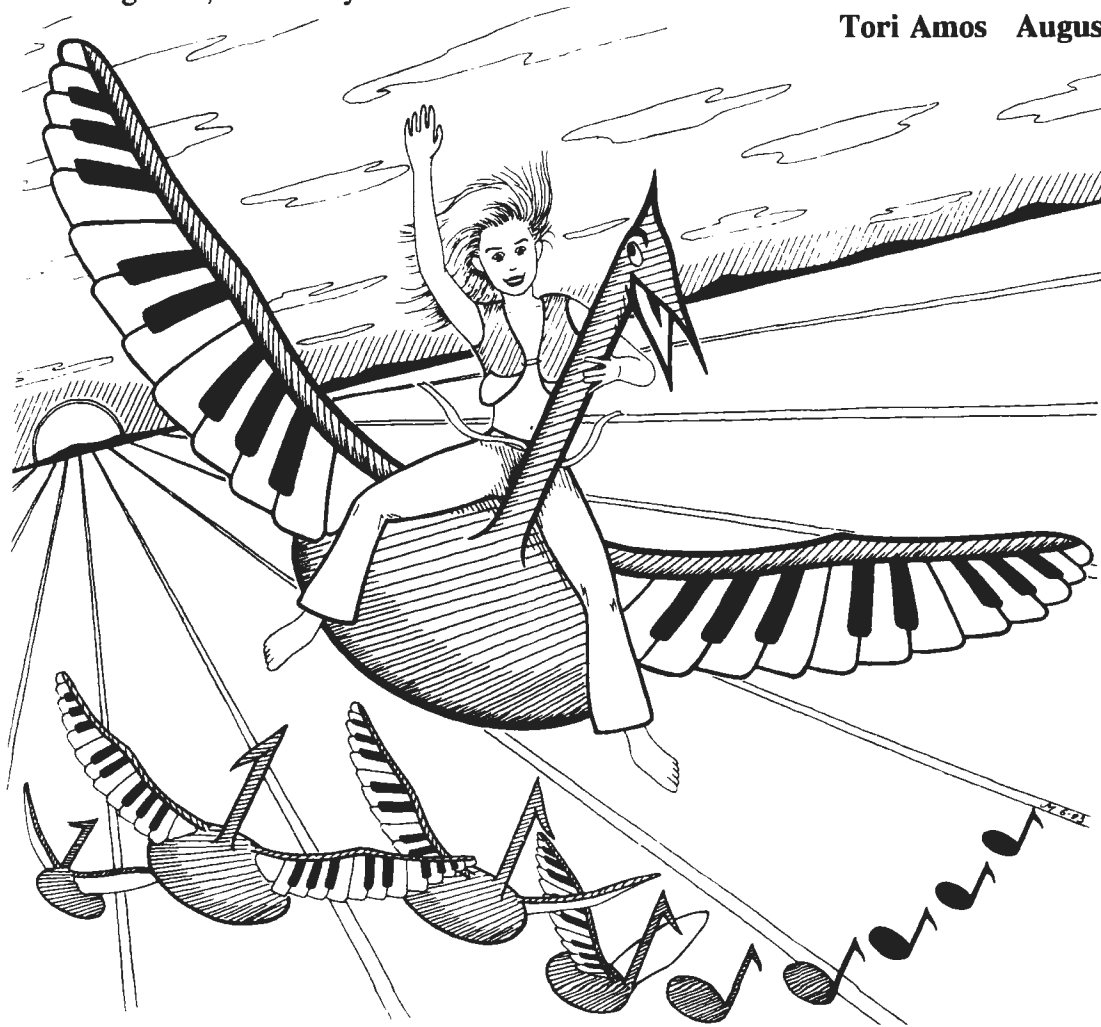
No matter how much you love another person, they are the only one who can respect themselves.

Respecting yourself does not mean disrespecting others. This can be tricky. When we are working through this it can be easy to say "I have always appreciated what everybody else has done, but not what I have done. So now I'm going to just appreciate what I have done and not appreciate what others have done". If that is a phase we have to go through, let's hope it's a short one because we won't have many friends left at the end of it. It's being able to appreciate what we give and what others give to us. It's all about respecting each other.

We are not encouraged by the institutions; religion, government, educational, whatever, to respect each other. They push the competition thing on us. This is where we are really getting brain washed. The real power is in honoring ourselves and each other. Now if someone isn't ready to do that, then you can't have a relationship with them. It's not our job to dictate to them what their choice should be. If somebody doesn't want to respect you, then it's about drawing your boundaries, saying how far you are going to go, and probably move on.

I really believe that there isn't a resolve with everybody on the planet. Not all of us could sit down at the table and work stuff out today, because not everybody wants to honor each other. We can't be hurt by this, we have to accept it. Still it's challenging when relationships don't work out, it can be painful. I mean there is a sense of loss, and I've had to move through that. Still sometimes you love certain people very much, but you just aren't ready to work things through. You have to go away from each other, maybe for a long time, and take your own road.

Tori Amos August 1993



Glass Houses

You've heard the old saying about "People who live in glass houses...". Well here's a story about some real people who live in a very large glass house called Biosphere 2.

To understand the meaning of Biosphere 2 we must first understand the meaning of Biosphere 1. Located in the Milky Way Galaxy, the third planet from a celestial body known as the Sun, Biosphere 1 is what we humans call Earth. Biosphere 2 is an attempt to replicate the original in miniature form.

An experimental ecological system located in Oracle, Arizona (north of Tucson), this airtight, closed structure encompasses over three acres of desert land. It is the largest development of its kind funded by private (not government) agencies. Environmentalist and conservationist Ed Bass helped start Biosphere 2, out of a desire to learn more about the effect humans have on their environment. Currently there are eight human residents, or biospherians, living in the structure which closely resembles a large greenhouse with broad glass windows and metal beams. The biospherians conduct research that assists humans in gaining a better understanding of how to preserve the Earth's environment. Data gathered there may help in creating self-sustaining environments that could someday be used on Earth and in space.

Inside Biosphere 2 biospherians are learning how to create an atmosphere that is breathable, how to grow/harvest/process all their own food, how to recycle all their water and waste, and how to design and operate the technology needed to keep a biosphere functioning properly.

Biosphere 2 has its own man-made ocean, tropical rainforest, desert, swamp and prairie, each housed within separate, connected biomes (zones within a biosphere). The entire structure houses 3,800 species of plants and animals. The animal life that resides within can be grouped into two categories: domestic and wild. All of the animals play a very important role in the project.

The domestic animals, which include goats and chickens, provide biospherians with milk, eggs and meat. They also eat the green parts of plants grown within Biosphere 2 which are not consumed by their human cohabitants. Animal waste is used as compost which is helpful in fertilizing the fields. In addition, the rice paddies are home to fish which occasionally become a meal to the biospherians. Biosphere 2's ocean is home to many types of undersea life including tropical fish, sponges and coral. Animals that live in the wilderness area biomes include frogs, lizards, tortoises, and snakes (non-poisonous).

The largest animal living in the wilderness area is a galago. Galagos are lemur-like animals which love to swing from the tree branches and the structure's frame. Altogether four galagos live within Biosphere 2's greenhouse enclosure. Their diet consists of fruit and insects. A baby galago named Mambo was born October 7, 1992. Famed primate researcher, Dr. Jane Goodall, visited Biosphere 2 last November. She had the opportunity to meet baby Mambo and wrote the article "Pioneers On A Journey" which is featured in the fourth quarter 1992 Bio2 Newsletter. She is an avid supporter of the project and can relate somewhat to the biospherians since she has much experience of her own to draw on.

Glass Houses...

Biosphere 2 has not been without its share of problems and critics. One of the mission's goals was to seal the entire structure for two years. Some incidents have interfered with this plan, and the biosphere has been opened on several occasions, including the time a crew member was injured and required medical attention. These inconsistencies have caused skepticism in some members of the scientific community.

Another problem being dealt with is the steady decline of the oxygen level within Biosphere 2. Near the end of 1992 the level reported was equivalent to conditions found at 12,500 feet altitude. Supposedly, this level does not pose a threat to the inhabitants. There are people in Tibet that live above 16,000 feet. Due to symptoms similar to early altitude sickness, two crew members have been breathing oxygen-enriched air at night. The breathing apparatus had to be sent in to the structure. If the oxygen level continues to drop, human intervention will again be required and oxygen will be injected into Biosphere 2's atmosphere to correct the level. To obtain as much scientific data as possible, the phenomenon will be observed without intervention as long as the health of the crew is not at risk.

Some unwelcome animals have been accidentally introduced into the environment. Troublesome mites have endangered the agriculture system. Mice have been discovered living in the basement. An attempt is being made at controlling the pests without using harmful chemicals. These incidents are viewed as an opportunity to determine whether rodents and pests can be eliminated from closed systems, like Biosphere 2, without the use of pesticides.

The research being conducted is valuable to future biosphere efforts and to the Earth itself, since Biosphere 2 is a reduced-scale model of Earth. Events occur on Earth at a much slower rate than they do inside Biosphere 2. Oxygen depletion is occurring inside Biosphere 2, and the resolution of this problem may lead to an understanding of how to deal with the same phenomenon occurring in the Earth's atmosphere. There are many other lessons that can be learned from Biosphere 2 that can be applied to the way we think and act in relation to our Earth.

Visitors to Biosphere 2 are welcome, and information is available by phoning (602) 825-6200. Tours of the exterior of Biosphere 2 are available, and the crew can be observed through the structure's glass walls carrying on with their daily lives. A walk through a tropical rainforest, marine, desert and agriculture bays gives visitors an idea of what life inside the real Biosphere 2 must be like. The ocean biome can be viewed through the expansive windows which open on to the shallow water lagoon, coral reef and deep water ecosystem. A laboratory exhibit allows visitors to become familiar with how the biosphere crew conduct research.

Those wishing to subscribe to the Biosphere 2 Newsletter can do so for \$9.95 US annually. The newsletter is full of information and is a very good source for keeping abreast of the latest developments at Biosphere 2. Published quarterly, it can be ordered by phoning (800) 992-9450.

Earth Day Week was celebrated at Biosphere 2 this year from April 12-18. The celebration included many booths operated by ecological-minded organizations. World famous environmental artist Wyland painted a sea-life mural during the festivities. Wyland is known for his efforts in preserving our oceans

and their inhabitants, and is responsible for painting the world's largest mural (again, of sea-life) in Long Beach, CA. It is an awesome site to view from the ocean when sailing in to port.

The eight member crew will end their two-year mission when they emerge from Biosphere 2 on September 26th of this year. There will be a major celebration when they exit. Many well-wishers will be on hand to welcome the eight biospherians back to Biosphere 1. It is predicted that Biosphere 2 will house many missions during it's 100-year projected lifetime.

Because of the biospherians' efforts we may find ways to repair the damage that has been inflicted upon our environment, and prevent future devastation. One can only hope that people of our planet will accept the findings of this research and act accordingly. I for one would like to leave this world a better place than I found it. Wouldn't you? The biospherians number among those that can truly say they have boldly gone where no man or woman has gone before.

-Kathryn Warner



The Way of the Peaceful Warrior

There's this little book, and it's difficult to try and reiterate an impression of something wonderful without trivializing it altogether. This is my reason for trying as much as possible to avoid an explanation of how I felt when I read this, rather than to simply say I was feeling everything.

We're all searching for something in this life of ours. With our uncertainty of what that something is, we tend to set our sights on something literal. A goal perhaps, for the future, on which we may focus on as a diversion from the present. But what often happens, which I

know is the case with me, we put too much importance on the future. On where we will be, on how long it will take us to get there, on what we will become. And we wait. We pass through life, have fun, enjoy experiences and people, but always in the back of our minds think of how much better our lives will be when we reach our goal. To an extent, how much better we will be as people. How we will be so much more worthy of respect, love and compassion. And then that thing finally happens. Whatever it is we are waiting for, if we even choose to recognize it as it's happening, comes to present moment. And we can't understand why nothing has changed.

This is one idea of thousands offered in the novel The Way of the Peaceful Warrior by Dan Millman. The book tells the story by the student himself of his journey toward... guided by a man who stands on a gas station roof. Every page of this story is filled with color. Something to be laughed about or cried about, many times the two are experienced together. Most often whilst doing so, the reader is in disbelief as to the insight and at the same time, familiarity, within.

In reading, prepare to be moved, frightened, and even drowned in confusion as to the areas of life thought to be important, the idea of happiness and the definition of a person's worth. The Way of the Peaceful Warrior does not promise to set you on the right path. But it will in all likelihood set you off enough to question the path you may have already chosen, and signal the possibility of a frightening and perhaps very wonderful realization.

-Amanda Gusack

The Way of the Peaceful Warrior by Dan Millman is published by H.J. Kramer Inc. P.O. Box 1082 Tiburon, California 94920. The book is in print in 18 countries, in several languages, and should be available at your local book store. *Tori and I enthusiastically recommend reading this book.* -Tom

T and Biscuits

By Judy Reynolds

Working with Tori has always been a great pleasure. We started way back in December 1991, meeting for the first time over breakfast in London. This was a snatched 'get together' as she was rushing off on one of her many promo trips in Europe. I learned later that however rushed an appointment may be, Tori always makes time for FOOD. It is without doubt, one of her serious passions. Another is shopping, but that's another story, so finding ourselves united in hearty appetites, we tucked into full nosh: scrambled eggs, bacon, toast, jam and managed to cover, albeit briefly, a wide range of topics. Basically, we hit it off together and she asked me if I could organize her schedule, liaise with the record company and generally keep her in assemblance. I had worked in the industry for years and was now free-lance status, so I was able to work where and when I wanted. I didn't know Tori very well, but I was knocked out by her album and in that initial meeting I took an instant like to the lady. A fellow Leo, our birthdays being one day apart was a good omen also, so needless to say, I accepted the challenge.

We started our working relationship in January as "Little Earthquakes" was released in the UK. This period was a whirlwind of activities. Frantic, hectic, insane, are just some of the adjectives that spring to mind covering the following 7 months. But above all, humor, understanding, immense talent and professionalism prevailed.

Tori is a real 'trooper' and has justifiably earned all the accolades bestowed upon her. Every territory in the world has embraced her music and cherish her as a person. Many people do not fully appreciate the enormous workload that is part and parcel of being a recording artist. It truly never stops, the promotion with interviews:

face to face and phone all over the world, personal appearances/signings. Then comes the shows and this is hugely exciting, but it all digests 98% of your life. Well, this is how it is when you are successful. Everybody wants you and I can vouch for the fact that everybody wants Tori.

The fan mail is incredible, so many people have devoted their time and talents to making and buying wonderful things. Painting pictures, composing poems all saying thank you to Tori for giving them so much pleasure. It really is quite wonderful. We have tried to cover everyone and say thank you, if we have missed anyone, then apologies, its just all energy is focussed on recording right now.

On the subject of the new album, it is a really exciting project. The songs unearth a real personal growth and development, continuing to build and address the balance of emotions that Tori's lyrics nail so triumphantly. Many of the songs you will play over and over and still find something new each time. Tori is such a powerful wordsmith, singer and pianist, some songs have left us bowled over. So much talent for such a little person. I love what I have heard, some are more favored than others, but I'm not giving away any song titles. There are many lines that make me laugh - all of them have an emotional punch that really gets to you.

This is being recorded in New Mexico, which is so very beautiful. Surrounded by magnificent mountains there is a spirituality and magic here. This magic has definitely been captured on the songs. To witness an incredible sunset here is a religious experience, you cannot fail to be affected if you embrace it. Well Tori has certainly embraced it, she finds she has drawn incredible strength from being a part of this. Many an evening after recording is spent eating and waxing lyrical about the sunset.

As I said before, Tori has an incredible strength, this is also a physical strength. She has been working out with a personal trainer for sometime now and I decided to join the same gym. It would take me around a year to lift the kind of weights she deals with. Watch out Arnold! This training has been invaluable for the stamina needed to record and also the forthcoming promo/tours. She has also been very strict with her diet, avoiding all dairy products to make her voice strong. Incredible sacrifices have definitely paid off. She may have wavered a couple of times, but these have only been in moments of stress. The cookie shop was a place I was introduced to the first day here. They have become quite addictive. A little coffee (decaff for Tori/full strength for me) and cookie run is part of the routine most days. These moments are used to gather thoughts, reflect and ponder on whether the "toll house" has the edge over the peanut recipe, if the truth be known.

There have been days when I have been astounded as to how much Tori can achieve. Killer recording session, grocery shopping, gym workout, cooking a tasty meal and washing laundry. It has to be seen to be believed.

Anyway, I am honored to be part of this project and to witness these gems, 'Tori's children' as she refers to them, being born. I know they will enrich our musical libraries and bring much joy to the hordes of existing fans and entice many more along the way. I wish her much continued success and I have yet to meet a more dedicated perfectionist and a truly great gal.

May Eric, food, and holidays always enrich your life T. Keep doing what you are doing.

-Judy Reynolds

Speaking of food...

Tori has a request that any members of the fan club who happen to have great Italian and pasta recipes, please send them to her c/o the fan club.

The Latest Word

B.B.C. Interview...

Tori did an interview with the B.B.C. in early August, which is part of a big feature they are doing on Atlantic Records. This special will be broadcast in the United Kingdom September 28th on Radio One.

Silent Video Top 100...

"Silent All The Years" was voted in the top 100 videos of all time by *Rolling Stone Magazine*. Tori has recently done an interview, with *Rolling Stone*, where she talks about the experience of working with Cindy Palmano, the director of the "Silent All These Years" video. The interview will be in an upcoming issue of *Rolling Stone*.

High Cost of Living...

Neil Gaiman of *Sandman* fame, has invited Tori to write the introduction to *The High Cost of Living* which is part of the Death series, which will be issued in a hardback edition. Tori accepted, and has written a piece for Neil. Look for this in your local bookstore this fall.

U.K. Gold...

In the last issue of *Upside Down*, we reported that *Little Earthquakes* was quickly approaching silver status for sales in the United Kingdom. Tori recently informed us that the album has gone gold in the United Kingdom, passing the silver status. USA sales remain very strong.

Westwood One Radio Show airs...

Westwood One Radio Network recorded Tori live in San Juan Capistrano California on September 3rd & 4th, 1992. "Crucify", "Silent All These Years", "Happy Phantom", "Girl", "Whole Lotta Love", "Leather", "Smells Like Teen Spirit" and "China" aired on radio stations carrying the "In Concert" series on August 16, 1993. "Whole Lotta Love" is a Led Zeppelin song frequently performed in medley with "Thank You" at concerts.

A Kiss On The Glass

Some of you may be aware of a cd that has come on the market titled *A Kiss On The Glass*, or as Tori refers to it, "Kiss My Ass." The first thing you need to know about this cd is that it is unofficial, a bootleg. It was not released by, nor approved by Tori Amos or Atlantic Records.

The cd cover is a photo of Tori laying upside down in a chair with white feathers concealing the less sun tanned areas of her body. This is from the November 1992 *Details* magazine interview with Tori. If you would like a copy of the magazine, a limited number of back issues are available for \$3.50 each. Call *Details* at 1-800-627-6367.

The cd was issued by Bullseye Records catalog number cd-eye-22. If they were shooting for poor sound quality, they indeed hit the bulls eye. In an attempt to reduce analog tape hiss, the manufacturer rolled off (removed) all of the high frequencies, in turn removing the ambience of the recording. 73 minutes and 20 seconds of what once was a beautiful live performance, is now reduced to a dull and lifeless reproduction which could hardly be considered worth listening to.

Even the best recordings in rock history fall short of capturing the energy of a live performance. Mobile recording units costing hundreds of thousands of dollars are used by labels to record these type of performances. Guess what kind of recording you are going to get from a \$60.00 walkman?... *A Kiss On The Glass*.

In talking with Tori about the cd, her big concern was for her fans. She knows that times are tough and it bothered her that her fans could be wasting their hard earned money on something so bad. Do yourself a favor, save the \$30-40.00 this cd sells for. If you think you have spare money, that is an illusion because there is no such thing as spare money. Save it for a rainy day, or start saving for the tour coming up in a few months. No cd on earth compares to Tori live, especially this one.

COLLECTORS CORNER

Me and A Gun

The *Me and a Gun* cd single East West YZ618CD, now titled *Silent All These Years* East West A7433CD, was originally issued in the UK and Germany. The UK issue of this cd has a photo of locks of Tori's hair surrounding the title information silk screened on the surface of the cd. The German pressing does not bear the adornment of the picture on the cd surface and has the more familiar East West logo. So, if you have any question of if you have an original, if it says *Me and a Gun* on the cover and spine, it's original.

New French Crucify CD

Carrere Music / East West of France has issued the *Crucify* cd single paired with different tracks. The song line up on this pressing is "Crucify LP version", "Angie", and "Smells Like Teen Spirit". The "LP version" in this pressing is the actual LP version.

The cover of this release is the familiar onion necklace photo of Tori and comes in a slim jewel box. The catalog number of this pressing is CA773 (7567-85787-2).

Tori is on these?

There are a few albums by other artists which Tori sang rather indistinct backing vocals on;

Sandra Bernhard: *Without You, I am Nothing*, - 1989 Enigma # 73369.

Ferron: *Phantom Center*, 1990 Capitol # 74830.

Stan Ridgway: *Mosquitos*, 1989 Geffen # 24216.

Al Stewart: *Last Days of the Century*, 1988- Enigma # 73316.

Tori is not on this

Entertainment Weekly magazine made a brief mention of a new cd called *Hating Brenda*. All of the artists on this cd are anonymous, but *E.W.* stated that Tori Amos was among the un-named recording stars on this satirical jab at 90210 star Shannen Doherty. Tori is not on this cd.

Dan Millman

The Way Of The Peaceful Warrior

In a conversation with the author of The Way of the Peaceful Warrior, Dan Millman, I mentioned that Tori and I had been deeply moved by his book. I felt that the readers of Upside Down would enjoy a sampling of Dan's work. Dan kindly offered the following article for us.

If a person sweeps streets for a living, he should sweep them as Michelangelo painted, as Beethoven composed, as Shakespeare wrote.

-Martin Luther King, Jr.

For those new to my writings, I want to summarize a key incident described in The Way of the Peaceful Warrior.

Late one night, months after meeting Socrates, an unusual old gas station attendant who became my mentor in the peaceful warrior's way, I asked him yet another in an endless string of questions: "Soc, do you think I could ever learn to read other people's minds?"

"First," he said, "you'd better learn to read your own; it's time you looked inside to find your answers."

"I don't *know* the answers; that's why I'm asking you."

"You know far more than you realize, but you don't yet trust your inner knower." Socrates turned and gazed out the window and took a deep breath. He always did this when he was deciding something. "Go out back, Dan - behind the gas station. You'll find a large flat stone. Remain on that stone until you have something of value to tell me."

"What?"

"I think you heard me."

"This is some kind of test, right?"

He said nothing.

"Right?"

No one could clam up like Soc.

With a sigh, I went outside, found the stone, and sat down. "This is silly," I muttered to

myself. To pass the time, I started thinking of all the concepts I'd learned. "Something of value...something of value..."

Hours passed; it was getting cold. The sun would rise in a few hours.

By dawn, I came up with something - not too inspired, but the best I could do. I rose on stiff, sore legs and hobbled into the warm office. Socrates sat at his desk, relaxed and comfortable, preparing to end his shift. "Ah, so soon?" he said, smiling. "Well, what is it?"

What I told him isn't worth repeating and wasn't good enough - so back to the rock.

Socrates soon left and day shift came on. As the sun passed slowly overhead, my classes came and went. I missed gymnastics practice. How long would I have to stay here? Desperate, I racked my brain for something of value to tell him.

Socrates returned before dusk, gave me a quick nod, and entered the office. After dark I came up with something else. I limped inside, rubbing my back, and told him. He shook his head and pointed toward the rock. "Too mental; bring me something from your heart and from your guts - something more *moving*."

As I continued to sit, I muttered to myself, "Something more moving... more moving." *What did he want from me, anyway?* Hungry, sore, and irritable - so stiff I could hardly think anymore - I stood up on the rock and began to practice a few flowing movements of t'ai chi, just to get some energy moving.

I bent my knees and gracefully moved back and forth, my hips turning, my arms floating in the air, and my mind emptied. Suddenly an image came to me: A few days before, I had been out running and came to Provo Square, a little park in the middle of the city. To loosen up and relax, I started practicing a slow-motion t'ai chi routine Socrates had shown me. My mind and body relaxed into a peaceful state of balance and concentration. I became the movements, swaying like seaweed, floating to and fro on gentle ocean currents.

Continued next page

Dan Millman...

A few students from the local high school stopped to watch me. Focused on each movement, I hardly noticed them - until I finished the routine, picked up my sweatpants, and started pulling them over my running shorts. As my ordinary awareness asserted itself, my attention began to drift.

The students who had been watching me caught my attention - especially a pretty teenage girl, who pointed at me, smiled, and said something to her friend. I guess they were impressed, I thought, as I put both legs into one pant leg, lost my balance, and fell on my butt.

The kids laughed. After a moment of embarrassment, I lay back and laughed with them.

Sitting on that rock outside the gas station, I smiled as I remembered the incident. In the next instant, a wave of energy overwhelmed me as I was struck by the realization so profound it was to change the course of my life: I realized that I had given my full attention to the movements of t'ai chi, but not to the "ordinary" movements of putting on my pants. *I had treated one moment as special and the other as ordinary.*

Now I knew I had something of value to tell Socrates. I strode into the office and announced, *"There are no ordinary moments."*

He looked up and smiled. "Welcome back," he said. I collapsed on the couch; he made us tea. As we sipped the steaming brew, Socrates told me: "Athletes practice their athletics; musicians practice their music; artists practice their art. The peaceful warrior *practices everything*. That is a secret of the Way, and it makes all the difference.

I finally understood why, several years before, Socrates had insisted, "Walking, sitting, breathing, or taking out the trash deserve as much attention as a triple somersault."

"That may be true," I had argued, "but when I do a triple somersault, my *life* is on the line."

"Yes," he replied, "but in *every* moment,

the *quality* of your life is on the line. Life is a series of moments. In each, you are either awake or you are asleep - fully alive, or relatively dead." I vowed never again to treat any moment as ordinary.

As the months passed, I would ask myself, at random: In this moment, am I fully alive, or relatively dead? I resolved to practice every action with full attention.

I've learned that the quality of each moment depends not on what we get *from* it, but on what we bring *to* it. I treat no moment as ordinary, no matter how mundane or routine it appears. I practice writing, sitting, eating, and breathing with my full attention. In doing so, I've begun to enjoy daily life as I once enjoyed gymnastics. Life hasn't changed; I have. By treating every action with respect and every moment as sacred, I've found a new relationship with my life, filled with passion and purpose.

All I've described comes naturally, almost effortlessly, once we clear the internal obstructions in our lives. The Way of the Peaceful Warrior helps us to understand ourselves, and how to become at peace with our minds and bodies.

If The Way of the Peaceful Warrior serves, in a small way, to make your daily life more peaceful, happy, and healthy, then my efforts will have been rewarded and my joy multiplied in the mirror of your lives.

-Dan Millman

Other books by Dan Millman in the Peaceful Warrior series; Sacred Journey of the Peaceful Warrior, and No Ordinary Moments. Dan will be touring the United States this fall promoting the release of his latest book in this series, The Life You Were Born to Live. I highly recommend, as does Tori, The Way of the Peaceful Warrior. I found it truly enlightening and a pleasure to read.

Dan has also written books especially for children; Secret of the Peaceful Warrior and Quest for the Crystal Castle. - Tom

The Q T

This is a new column for Upside Down and replaces "We Read Your Mail". These questions were sent in to the fan club by members for Tori to answer. We invite members to send questions in and we will print the answers as space allows.

Q: In the printed lyrics of the songs on *Little Earthquakes*, some words are high lighted in bold capitals. What was the deciding factor?

T: Cindy Palmano and I drinking wine. Yes there is a subtext, but it was in that moment. If you sat us down and said put certain words in bold, and gave us another glass of wine, like a really nice... I personally like white, Cindy likes Red, so give us a nice Chardonnay, it would be totally different than it was a year ago. Maybe some words would be the same, because some words wanted to stand out, but others would have changed. It could be a different subtext. That's just what was going on in our heads at the time.

Q: I heard you were in a Kelloggs Corn Flakes TV commercial in 1988. Is that true?

T: I was younger than that. The only way I can remember things is by which guy I was with. Okay, I was with him, so that makes it 1985. I needed money, I was a starving musician who was always getting fired from regular jobs because I wore leather skirts to work. I was a rock chick and a happy go lucky one. The Kelloggs thing came along and I needed the cash. They made me cut my hair for it. I had a long braid, I said well, it will grow back... take the job. I look like a yuppie in that commercial, but it put money in the bank. That money helped *Little Earthquakes* happen. It gave me confidence to do my own thing and not have to worry about starving or trying to please everybody else.

Q: What is the significance of the artwork on the back cover of the *Little Earthquakes* cd?

T: If you can't figure that out, I'll have to bake you some cookies... ☺

Q: I've heard two different stories on how you decided on the name Tori instead of your birth name Ellen. One said you chose it from the tree Tori pines, the other said you chose it because you were notorious for wearing red leather pants to choir practice. Which is it?

T: Well, I guess all of them have a bit of truth. When you decide to change your name, there are going to be a lot of reasons. There were for me, it wasn't just one thing. Those are two of many reasons. I had this girlfriend, Linda, who came down to see me perform. I was only 17, playing in this club. Linda had a boyfriend on her arm whom I hadn't seen before, and never again. I sat down with them during a break and he said to me "you know, you don't look like an Ellen to me." I replied, "I know, I am changing my name" and he goes "you look like a Tori to me" and I said "I think you're right." I thought about this for the next few days, and decided I really liked the name and that was that.

Q: What is your favorite flavor of ice cream?

T: Haagen Daaz Coffee, love it...

Q: Do you have a cat named Easter?

T: Nope, NEXT... ☺

Q: Who are the seven little men who get up to dance in the song "Happy Phantom"?

T: Well, I guess they are you ever you want them to be. This really applies to any of my lyrics. It's important to me that my songs mean what they need to mean to you. They all mean something to me personally, but they might have a different meaning to you and that is just as valid, and just as important.

Q: I have seen a video for the song "The Big Picture" from *Y Kan't Tori Read*, was one done for "Cool On Your Island"?

T: No, just "Big Picture".

Q: How many pairs of shoes do you own?

T: Less than 100....



Positively Fishy

By Tom Richards

Progress on the new album is going very well, but not without a few problems. One of the early problems was actually "shipped in". Some of the equipment being sent to the studio was transported across the country with crates of fish stacked on top. In the process, the wool packing used to protect the delicate equipment became potently fragrant with "Ode de Fishy".

When the equipment arrived at the new studio, it reeked of fish. So bad that extensive cleaning and airing out had to be done before the equipment could be used or should I say before anyone could stand to use the equipment. Taking things in stride and with a sense of humor, Tori and Eric decided to call the new studio "The Fish House" in honor of the new fragrance in their presence.

The recording studio is located in New Mexico, a very spiritual place in the United States. Tori is convinced that she has some fairly pissed off spirits hanging about the studio. I suggested that a lot of positive thinking energy might help counter act some of this, as we are both reading a positive thinking type book called Bringers of the Dawn. Because of our common interest in the book, I also told Tori how I am working to remove the word "can't" from my vocabulary because it implies failure before you have even started. I think I might have been a little bit more positive than Tori in this conversation, but as Tori put it, "you haven't had spirits peeing in the corners of your studio today". Very true, and point well taken.

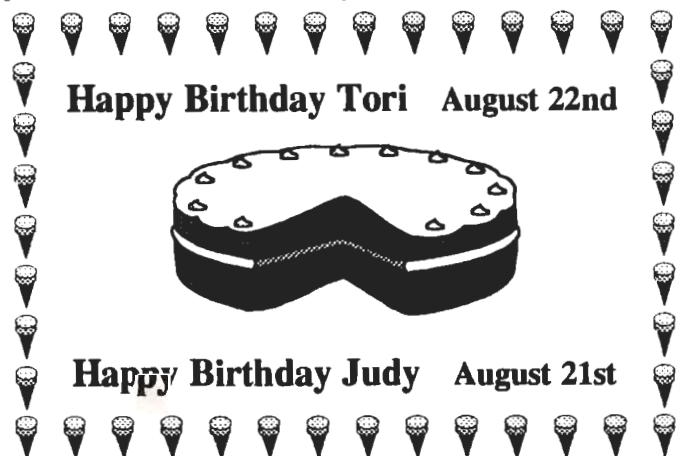
Tori additionally stated; "I agree with you totally. I am trying not to think *can't* in this situation. We need to be aware that we have some machine problems, but a positive attitude is helping us deal with it. We are going to get this album done and we are going to put the creative ideas down that we wanted. We just need to be

aware of what we are up against. I don't believe in walking blind, like going on stage knowing there are 5 keys not working on my piano and just saying yes they are in my head. I won't do that, but I do think what key can I play this song in, so as few bad keys get in my way. You know, what can I do to make this work the best that it can. If there is nothing I can do, you deal with what you have".

"This album has been a real test for us. The problems we have had with the machines are beyond our control. We have to continue to work, with the awareness of the problem. If something were to happen during a recording, deal with that in the best way you can. You can't just stand there with your head in your hands saying this did not happen. So, we are being careful in a positive way". Tori also asked that we all send as much positive energy as we could spare, her way...

Even with the problems, things are still on schedule and Tori is very pleased with the way the album is coming along. Shortly after you read this, Tori and Eric will have left New Mexico to put strings on the album, and will finish mixing in Europe. This also means some relief from the stress the equipment failures and electrical storms have put on them.

We can expect to see the new album released in early 1994, followed by an extensive world tour like last time. On this tour, Tori intends to include Japan and South America which were missed last year because of scheduling conflicts.



Mist and Moon

Seems like everything happens for a reason, at least, that's the way I felt the first time I heard Tori's music. I've only had that feeling a few other times in my life, It's usually connected with music or books. Two books that I wanted to pass along hit me in exactly the same way. I can remember reading them and feeling my soul agreeing with them, like they were true in such an undeniable way.

The first book is The Mists Of Avalon by Marion Zimmer Bradley. It's a retelling of the legend of King Arthur and Camelot, written by Morgan Le Fay. In the "official" version Morgana is evil and sought to destroy Arthur. Mists Of Avalon shows her and the legend in a whole different light. The book is extremely well written and without giving away the story, I will say you will question the stuff legends are made of.

The second book is The Moon Under Her Feet by Clysta Kintsler. What The Mists Of Avalon does for Arthur, this book does for Jesus Christ and Mary Magdalene. I've really wondered about the way history has treated women. They always seem to be man's downfall, there has to be more than that. This book, whether it's true or not, will make you question your beliefs, rethink them and choose anew. Whatever your beliefs, if you enjoy taking a look at different philosophies, you'll love these books.

I wish I could go more into these stories, but I really feel the discovery is the best part. I can only say they've changed my life, and allowed me to hear Tori in a whole other way. Fairies and Goddess seem to inspire her and she inspires me. So it only seems fair, being the Pagan I am, that I should look to open your eyes.

-Shana O'Neil

This article came in from a member. Neither Tori or I have had a chance to read these yet, but they sound interesting. So we decided to pass the information along. Thanks Shana. -Tom

Wit & Wisdom

Journalism is the ability to meet the challenge of filling space. -Rebecca West

There came a time when the risk
to remain tight in a bud
was more painful
than the risk it took to blossom.
-Anais Nin

My songs wreath the people in banners of hope,
of wisdom and some just plain laughing out loud.
-Maya Angelou

When you have loved so much that to tear out
your heart becomes less painful than it's
memories, Ask then why you have loved yourself
so little. -Andrew Parker

The body weeps the tears
that the eyes refuse to shed. -Anonymous

By means of music the very passions enjoy
themselves. -Nietzsche

Good instincts usually tell you what to do
long before your head has figured it out.
-Michael Burke

And let your best be for your friend.
If he must know the ebb of your tide,
let him know its flood also.
For what is your friend that you should seek him
with hours to kill?
Seek him always with hours to live.
-Kahlil Gibran

I am still looking forward
to looking back on all this.
-Sandra Knell

Wait! Wait! Wait!...
-The little guy in your head

Tori Amos : An Appreciation

I owe Tori Amos; I owe her a lot. As a result of her music, Tori was the first musical artist to get me "unstuck" out of the 60's and 70's music. People were saying to me, "sure, the Doors were great and all those other acts from that era, but there's a lot of enjoyable music out there that's being made now". I refused to believe that, until something so startling came along: *Little Earthquakes*. To me, there are two kinds of albums. There are those albums that you like immediately and play them repeatedly until the charm begins to wear off. *Little Earthquakes* didn't grab me at first, but upon each succeeding listen, it grew on me more and more. I became obsessed with Tori's music, I had to have everything, even the often-maligned *Y Kan't Tori Read* album which I still think is a damn good record in its own right.

Why didn't Atlantic drop Tori after the failure of her first album? After all, many artists don't get a second chance. I believe they saw a special inner gift, a most unique talent that cannot be cultivated; you're born with it, and Tori has that. Tori proved herself to Atlantic with *Little Earthquakes*, but the album didn't seem to "fit" anywhere; it wasn't very "radio friendly".

What do Jimi Hendrix and Tori Amos have in common? Something obvious: they both had to leave their native United States to achieve breakthroughs abroad in England. What does that say about how we Americans discover new music? It says that at first, both Jimi and Tori were too innovative and too different to fit within the rigid structure of American radio formats. So we had to get the "buzz" through the back door from the British, whose radio is free-form, with audiences who are not afraid to try something new.

There's another reason I owe a tremendous debt to Tori. On a very personal level, I have developed some very special friendships through

her music, both here in the USA and over in England.

As this is being written, it's the summer of 1993. Tori Amos definitely has our curiosity piqued for her forthcoming follow-up to *Little Earthquakes*. Who can predict what will happen, and how will the album be received? This is certain; after I saw two of her 1992 concerts, I knew Tori Amos had arrived.

-Jack Schwab

New U.K. Fanzine...

There is a new publication about Tori being printed in England. This publication is presently called *Precious Things*, but we understand that a title change may be under consideration. *Precious Things* is of high quality, has a nice format, and is well thought out. Subscription costs to residents of the United States is unknown at present, but we do have an address where you can write for this information:

Steve Jenkins,
25 Rydall Drive
Bexleyheath, Kent
DA7 5EF, United Kingdom

We would recommend enclosing an international reply coupon (available from your post office) with any correspondence. Domestic stamps can not be used in England. Tell them we sent ya...

oops...

Our fearless editor seems to have made a mistake in the first issue of *Upside Down*. Yes me, The Grand Wazoo, The Guy Behind The Curtain, seems to have decided that Steve Barth Dwyer did not care for his birth name. So I changed it for him. Seriously... Steve was very kind to provide *Upside Down* with an article in our first issue. I spelled his name correctly at the end of the article, but on the contents page, I dropped the "r" from his middle name, making him Steve Bath Dwyer. Sorry about that Steve...

-Tom Richards

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Yearly membership dues are \$15.00 USA, \$18.00 Canada & Mexico, \$25.00 Over seas, by air mail. Payable to; Tori Amos Fan Club on domestic check, money order or international money order. Please specify if you wish your membership to begin with issue #1 & autographed photo.