

TO PREPARE FOR THE COMING OF THE GATTAE

In 1946 and 1947, Harold Sherman wrote two science fiction novels, "The Green Man" and "The Green Man Returns" in which he put in story form a vision he had received of the coming of Space People from another planet, to save the inhabitants of earth from self-destruction through a possible Third World War and other cataclysmic happenings.

After the first novel was published by Amazing Stories magazine, Kenneth Arnold, a private pilot, reported the sighting in western skies of nine unidentified objects which he called "flying saucers". This caused many readers of "The Green Man" to write Editor Ray Palmer, urging him to have author Sherman write a sequel telling about the extra-terrestrial being, Numar's promised return if the human race should be in peril, bringing with him a host of fellow Green Men to help install a New Plan of Living for the peoples of earth.

"The Green Man Returns" proved a sensation in its day and ever afterward, newspapers in reporting on the sightings of aliens from space, referred to them as "little green men."

Since that time, there have been thousands of reported sightings of U.F.O.'s, a percentage of which have been found to be nothing more than excited, even hallucinatory imaginings, or out-and-out hoaxes. However, enough inexplorable, well-documented close encounters with strange objects and lights in the sky as well as claimed abduction cases, to have caused widespread belief in the genuine existence of extra planetary visitors. In addition, the enormous success of the motion picture "E.T." attests to the universal popular acceptance of the possible advent of beings from Outer Space.

And now, as though following some higher planned program of preparing mass consciousness for welcoming some alien visitations, a book has appeared on the scene with the unusual title, "On A Slide of Light", authored by Greta Woodrew, a remarkably credible, educated and psychically endowed woman. She has deeply impressed scientists and others with her amazing demonstrations of Psychic Phenomena and her claim that she is serving as a communicative channel for extra-terrestrial intelligences from the Ogatta civilization, a distant planet of superior beings who, much as reported in Harold Sherman's "Green Man" stories, are concerned over our planet's destiny, and may come to earth in force in the foreseeable future, to be of aid in a time of great crucial world need.

The WOODREW Update

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ON BEING A "SENSITIVE"

People call me "a sensitive". Does this mean that I am subject in an unusual degree to the influences of psychic forces? Well, yes. It also means that I am more sensitive than most to the frequencies and vibrations that bombard us every minute of the day and night. Sensitive above the 'normal' range. Sensitive to a degree that I cannot doubt the extra ordinary things into which I tune but which my five "normal" senses cannot report.

People come from far and wide to visit us at Reisha Way. Many confide after the fact that they worried about my "reading their minds." This is a needless concern. I do not read minds; I am sensitive to their pressing concerns. I pick up the auras and electromagnetic waves that surround folks, and extrapolate information from their human imprints. There is a difference. If, however, I find myself an (unwelcome) guest in the mind of another, I leave quietly and without poking around nosily. I stand strongly behind the rights of privacy.

Then, too, I am a channel--a vehicle--who provides the facility through which other beings from other parts of the universe can communicate. It is difficult - but not occult - to come to grips with the concept that one has a life-force or mind or soul separate and apart from the physical body, and that one is capable of lending or sharing the body with another life-force. Yet, this is something that I do as regularly as brushing my hair. I do not view it as extra-ordinary since it is a part and parcel of my almost-daily existence and experienced reality.

Funny. Folks have no problem accepting this aspect of my life when it comes to healing. Let one of the Ogatta group become involved in a leaf healing or a music healing

or a manipulation of an ailing part of their body, and the recipient goes into rhapsodies and positive reinforcement of the intervention. It is more difficult -occult?- when they are detached and not involved in a subjective reality. Ah, well...

Yet one must put into perspective the communications with life forms from other spaces and time slots. The interplay between dimensions is not too "far out" to understand when you realize that life in the universe is just a series of mirror images. In a cosmic sense, the life of a star generates the energy upon which life on its planets depends. And...the death of a star produces the elements for the continued development of life in other parts of the galaxy. Our sun was born about 4-1/2 billion years ago. Ours is a second or third generation system. The material we stand on..the iron in our blood..the calcium in our teeth..the carbon in our genes..was produced billions of years ago, in the collapsing interior of a red giant star!



We are what we are because of what has preceded us. We will be what we will be when we open our minds to the awesome possibilities of our potential. Each of us is a 'sensitive' to a higher or lesser degree. Store this fact in the bank of your memory and let it gather interest.

As our friend Buckminster Fuller said, "99% of all transactions in the universe are either infra or ultra to man's sensory tuning." What is being a 'sensitive'? Tuning in to that 99% of what is all around you--and outside the reach of "normal". How many of us want to settle for being aware of only 1% of what is happening? So..if your psychic radio band is only set on AM..or FM..I once again suggest that you try fine-tuning it to UHF. You may be enchanted by the new music you hear!

POPULATION UPDATE

In 1979 the U.N. projected that the population of the planet would reach 11 billion before leveling off in a century or so. The demographers based their studies on existing projections of population on a country-by-country basis, assuming that the energy, food and other natural resources required to support human life would be available in the future. They did not face the incompatibility between increasing population and progressive deterioration of life-support systems. Nor did they factor in the changes of our "Scenario" in their end-of-the-century projection. The most common estimate shows a population of 6 to 6 1/2 billion by the year 2000. We, however, think a prediction of 2 1/2 to 3 billion is more accurate. Many of our learned colleagues think the population will be far lower.

The work to halt world population growth has produced extraordinarily uneven results. Where many developed countries have been highly successful, many underdeveloped nations have been failures. Of the 12 countries with zero population growth in 1983, all were in Europe. Ironically, population stabilization was not a national goal in any of these countries. It followed that as incomes rose and employment opportunities for women expanded, couples chose to have fewer children. The three largest industrial countries, Japan, the Soviet Union, and the U.S.A. appear to be following the lead of the European 12. With annual population growth rates of 0.7, 0.8, and 0.7 percent, respectively, the time is close when their births & deaths will also come into balance.

The countries with annual birth rates raging out-of-control (primarily in the Third World) are Nigeria-(3.3%), Bangladesh-(3.1%), Pakistan-(2.8%), Brazil-(2.3%), & India-(2.1%). In actual numbers India leads the list with current annual additions of 15 million more births than deaths. China adds 13.3 million annually despite its ban on more than one child per family. Together, India and China account for over one-third of the world-wide annual increase. Nigeria has 84 million people (less than one-third the Soviet population) yet each year there are 2.8 million more Nigerians, compared with 2.2 million additional Soviets. The U.S. population is four times that of Mexico's, yet the latter grows by nearly 2 million compared

As world population moves toward five billion, the per capita production of many basic commodities is falling. Where the population is growing most rapidly the efforts to provide jobs and raise living standards is failing most miserably. The failure of many African, Asian and Latin American nations to bring their populations under control is turning the hopes of the people to despair. Our scenario of change projects a much smaller population than the demographers would think going forward into the 21st century.

OLD WIVES TALES:

Fact or Fiction?

Swapping old wives' tales with correspondent Anne Marie DeLantey determined that we share with you some of the tried-and-true remedies from all over the world. To prevent colds, or ease them, people from Northern Europe use a sandwich made from butter and finely chopped red onion every day. Polish people boil onions with butter in milk or water and drink as a soup. In the Philippines, some use one whole lemon boiled in water, and cut-up lemon placed on the chest. Also, a deep gargle with plain lemon juice, which you swallow, eases sore throats. (On the other hand, my housekeeper of 19 years always ate a raw onion with vanilla icecream whenever she felt a cold coming on, and she never missed a day's work!)

For burns, plain lemon juice, put on immediately, will prevent blisters, according to the Swiss. Aloe vera juice was often used in the U.S., and raw eggwhite was used in Northern Europe. In earlier times, a burn victim was often placed in a tub of raw eggs; sometimes over 100 were used. Eggwhite, even what little is left in a shell, will seal the burn from air, and prevent pain. (Don't laugh: try it!)

If you have stinging nettle growing, you might try to experiment with it. It is well known in Sweden as an excellent blood-purifier and food. The fibers were used for textiles in weaving long before flax was used for linens. It's one of the best things to use to heat up a compost pile. In Sweden the juice is added to other juices in health food stores. When they are very tender, after a rain or when very young, they can be eaten raw. Cooked, it has a high content of vitamins and minerals, especially iron.



ACUPUNCTURE



A headlined article on acupuncture in August's Discover magazine says, "Now that scientists are learning how this fabled therapy of the East works, Western doctors are finding it a useful weapon against pain." It goes on to say, "It is now clear from studies of people and animals treated with acupuncture that stimulating nerve endings with needles releases pain-killing endorphins; these powerful chemicals are produced in the brain, spinal cord, and pituitary gland, and block pain signals to the brain. Finally, there is new evidence that the needles release other substances...mood-altering chemicals and infection-fighting cells...that may justify the use of acupuncture for a wide variety of ailments."

We're delighted with this open-minded evaluation of the ancient Chinese practice of acupuncture, which has been used in the East for more than 4,000 years. During our trip to China in 1978 we spent a good deal of time observing its practice and learning its modern-day applications—particularly as an anesthetic.

Since 1958 the Chinese have experimented on more than 2 million volunteers with acupuncture for anesthetic purposes to be used in conjunction with modern surgery. This procedure is restricted to the relief of pain and the establishment of a degree of analgesia sufficient for surgical intervention without use of general anesthetics. The Chinese explained to us that "acupuncture works through a neural pathway and exerts its effects on both central and autonomic nervous systems. The pain-relieving mechanism of acupuncture probably results from 'stimulation inhibition'. During acupuncture 'stimulation' impulses are transmitted to the brain causing a blockage or inhibition of the cerebral cortex which then does not respond to the painful stimulation." After the acupuncture needles are inserted they have to be manipulated constantly to maintain persistent stimulation & sustained analgesia.

We were then privileged to be among the first non-medical group to observe an operation at the Hung-Hua Hospital in Shanghai using acupuncture anesthesia. Through an interpreter the surgeon explained: "This morning we invite our friends to observe a thyroidectomy. We are using acupuncture as anesthesia for the operation. Two needles

ANESTHESIA

will be inserted in the right hand. An electrical stimulator will be used to stimulate the needles. The tumor has been found to be benign; however, we will take a piece of the tissue for another pathological examination. The advantage of acupuncture anesthesia is that the patient knows everything. She will be awake during the entire operation and there will be no pain."

The acupuncturist also said some interesting things: 1) "The recovery time is better when we use acup. anesth. than when we use Western anesthesia." 2) "The choice is the patients' as to which form of anesthesia they take." 3) "If the tumor is malignant, acup. anesth. is NOT used." 4) "If the patient is without full feelings we do not use acup. anesth. We use it currently for about 40% of our operations." 5) "Acup. anesth. can be used on more than 100 different kinds of operations at the present time."

We then observed the entire operation. The woman was laid open ear-to-ear and to the waist! The surgery lasted for roughly 90 minutes, after which time we returned to the briefing room. Twenty minutes later the patient was wheeled in. She was awake and totally alert, and answered some translated questions. "The part where they took out the thyroid tumor is somewhat sore," she told us. "But, there is no pain from the operation." She was wheeled out smiling. (Updater Dr. Lloyd Williams visited us last month and talked about the horrors of anesthesia. He is taking a year away from cardiovascular surgery to study anesthesia since he feels that this is the area which causes more problems to the patient than the surgery itself.)

After the briefing we toured the hospital and observed acupuncture being used for curing and healing many different kinds of ailments. There were hundreds of patients crowding the halls and waiting rooms of the hospital with acupuncture needles sticking out of them. While only two needles were used for anesthesia during the operation we witnessed, there were people with as many as 30 needles in the head area sitting quietly in the halls. No one appeared in any discomfort. It was a sight unparalleled in our experience.

We observed several patients who had come

in to have kidney stones surgically removed, but were passing them as a result of acupuncture stimulation. The explanation was that the needles rebalanced the kidneys (the cause) and so the stones (the effect) were dissolving. The estimate was that this worked in 60% of the cases.

Certainly acupuncture isn't a magic cure-all, but used in conjunction with other medical techniques it can make its contributions. Two conclusions that the ancient Chinese arrived at over four centuries ago are being recognized today the world over and are being incorporated into the healing arts: Disease is rarely localized, but generally affects the entire human being; and disease is often associated with general behavior and emotional states.



"When a person acts without knowledge of what he thinks, feels, needs or wants, he does not yet have the option of choosing to act differently. The option comes into existence with self-awareness. That is why self-awareness is basis of change ... self-awareness is the first step toward genuine, enduring learning."

SUBSCRIBER Scribings: Extrasensory Perception



Updaters Leigh and Dick Donahue, Dick, and I sat over dessert and coffee trying to bring to a bottom line a simplification on extrasensory perception. Leigh committed it to paper, and here is the splendid result for all of you to ponder and share:

That T.V. sitting in your living room. It's just a piece of furniture. An object that you can see, touch or even move from spot to spot. Very much a part of the physical universe. Then you switch it on, and electricity (energy) courses through its system. It is no longer just a physical object. It is a receiver. However, if it is not tuned to a channel, it is just picking up noise. Nonsense -- or rather, no sense.

Now you tune to a channel, and you have a clear view, sight, and sound, of a happening miles or half a world away. It can be an instantaneous view of something happening, or it can be a recorded view, a memory. That, in essence, is extrasensory perception. Extrasensory perception is the broadcasting and/or receiving by a physical body of a



modulated signal over an electromagnetic network.

It's not your extrasensory perception; it is that of the T.V. set itself, the physical object responding to the energy coursing through its circuits, and translating the modulations of an electromagnetic signal to create intelligence in picture and sound.

Do you "believe" that you can tune your television to a specific channel and receive specific information or entertainment from a distant source? Do you "believe" in extrasensory perception? In telepathy? And does it matter whether you "believe" or not? Energy is coursing through your circuits, or you wouldn't be alive. You are surrounded by an electromagnetic network, and bathed in modulated frequencies which quite often dictate your emotions, your thoughts and your actions whether you recognize them or not.

The question then becomes how to use your broadcasting and receiving abilities intelligently. The telephone slogan, "Reach out--reach out and touch someone" is very apt. But don't just reach out. When you reach out, visualize the person you are looking for, yes. But when you find him (using "him" generically) don't try to communicate from that viewpoint. He won't hear you. You are, at that point, nothing more than another modulated frequency, and he is as unconscious of you as he is of the vast number of modulated and unmodulated frequencies that constantly impinge on him. It is his receptors that must translate your modulations into sound and/or sight. When he does, it will seem to him not that he is receiving from without, but that he is thinking and visualizing for himself.

Go inside him. Be him. WARNING: Go in gently. The tendency, even if he is expecting your message, is to throw the intrusion out. So slip in gently, being him, not yourself. Find his receptors and activate them to the concept or message that you want to get across. Use a little emotion--it translates best--preferably confidence and happiness over even such a mundane message as "The sky is blue where (your name) is." (Not "..where I am.") He's getting the message as though it were he doing the thinking...and he knows what the sky is like there. Simple. But it takes practice and patience. Try it. It's going to be important.



MOUNTAIN MUSINGS

Trapping a spring

The mountains at Reisha Way and the site of the S.T.A.R. House contain many natural springs that gush from eight locations on the property. This wealth of fresh water is a priceless asset and was a major attraction during our real-estate hunt. From the time of purchase we committed to use the water from one of these natural springs to achieve water independence for the S.T.A.R. facility.

WATER...WATER...WATER...the most important component of cellular life as it is constituted on planet Earth, and potentially the biggest problem mankind faces in the two decades ahead. We have completed trapping the spring that will supply the water to the S.T.A.R. House by force of gravity. We accomplished this despite the heavy rainfall that prevented site work from being done in June. (The steep grade of the location must be sufficiently dry to allow the bulldozers to maneuver without sliding.) It was a most interesting process and a real learning experience for Greta and me.

The Soil Conservation experts in our area were most helpful and cooperative. They came, surveyed the spring, estimated the flow and drew up a working plan. To determine the pressure the flow would generate we gauged the number of feet the water would drop from its source to the S.T.A.R. site. (A rule of thumb is to generate one pound of pressure for every two feet the terrain drops.) We estimated the facility would need 30 to 50 pounds of pressure. Then, with a hands-on approach that included using shovels, they supervised and directed the backhoe operator in the delicate task of exposing the spring without diverting or burying it.

The big steps involved in the project were: 1) Cut a "V" shaped basin with a backhoe to catch the moving spring. 2) Run the open spring through a 5-inch black slitted plastic field drain into a 2-foot by 2-foot distribution box. 3) Cover the field drain and surrounding area with 1"-3" of 3/4" stone, thus making a sieve into the slitted pipe. 4) Cover the stone with thick polyplastic, preventing dirt or foreign matter from getting into the spring. Cover with dirt and seed. 5) Dig a diversion above the spring to run the ground water away from the spring. 6) Connect a 2" PVC pipe



from the distribution box into a 1000 gallon steel, glass-lined reservoir. We brought the water in at the bottom and had the overflow at the top, thus insuring a turnover of water within the reservoir several times per day. 7) Pipe the water from the reservoir to the S.T.A.R. site through a 2" PVC without a break in the flow. A break in the flow at any point would bring the gravity flow pressure back to zero.

Well, we did it all. The heavy equipment operator cut a 1200 foot road from the reservoir to the S.T.A.R. site in which to bury the 2" PVC pipe. We currently have a stand-pipe rising out of the ground at the site which, when you open the two valves, shoots a stream of cool, fresh spring water a distance of 20 feet. It's a sight to behold... and taste...and enjoy.

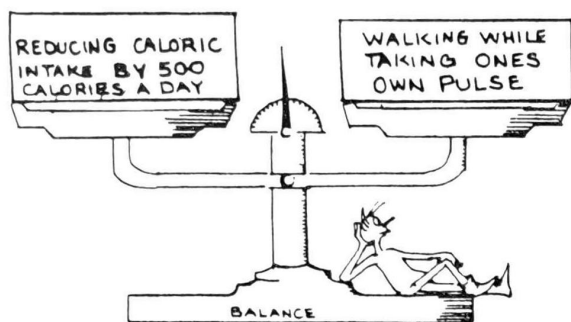
As a fringe benefit we created a bass fish pond from the overflow of the reservoir and spring. The pond will be an added source of protein in the days ahead, as well as a thing of beauty and a recreational sport-fishing spot. It's wonderful being a 'new age' mountaineer!

On MULTIPLE STAR Systems

The first time we ever gave any thought to stars being multiple systems rather than independent cosmic bodies was when the Ogatta group told us that theirs was a binary, or twin-star system. Both stars follow an orbit that produces a total eclipse once every 400 years for the inhabitants of the Ogatta jorpah. The eclipse lasts for one year, during which time many normal activities are curtailed because the energies reaching the planets change dramatically. (It is the energy from the sun that provides all of the life-giving resources to planet Earth.) Further study revealed that more than 50 percent of the stars catalogued astronomically are part of multiple-star systems. The sun's closest neighbor, Alpha Centauri, is a triple-star system.

Now astronomers at both the Lawrence Berkeley Laboratory in California and at the University of Southwestern Louisiana believe that our solar system could be a two-star system. It is conjectured that the sun has a smaller companion star with an elliptical orbit that brings it catastrophically close to the sun every 26 to 30 million years. Scientists hasten to point out that this is purely conjecture, but they are searching the star

catalogues and the heavens for a nearby "red dwarf" or "black dwarf". Lending some support to this theory is the recent statistical analysis done by life scientists at the University of Chicago covering fossil records over hundreds of millions of years. They found that many families of marine vertebrates, invertebrates and protozoans appear to have died out suddenly in 12 "extinction events" occurring at intervals of every 26 million years. Since they could find no credible biological explanation for this lethal cycle they reckoned the answer was more likely to be found in space.



The Balance Sheet

As most of you know, I have humanly fought the weight gain of the last cosmic weight-pump unsuccessfully. There are many roads down the mountain to weight-loss. I know. I have tried just about all of them. When following a 'fad' route, I reached my goal and then started right back up the mountain. After much time and effort, however, I've come upon a sane solution which works, and I want to share it with you. I can speak positively of Dr. Gerard Musante's system which finally allowed me to shed 30 pounds in half as many weeks. All you need is will power, good walking shoes and a watch with a sweep-hand.

I always figured that if the good Lord had meant for me to walk, there would have been wheels placed at the bottom of my feet for that purpose. Then I discovered "aerobic walking": 20-30 minutes a day, no less than 3 consecutive days a week, no more than 5 times a week. Not so terrible! (I do it with a delightful Updater at 8:30 A.M. on Reisha Way in-roads and mountain paths.) Combined with simple caloric reduction, it worked and is still working for me. Diet-wise, the formula for estimating the approximate number of calories required to maintain a specific body weight is weight multiplied by 12 for women and by 15 for

W

men. To lose a pound of fat you must eat 3,500 calories LESS than the maintenance number during the week..or 500 calories LESS per day for the 7 days.

Insuring that you are pronounced fit by your physician and have a sound EKG readout, the exercise part works as follows: You must find your personal "Target Heart Zone" and know what your resting pulse is. These differ from one person to another, but let's use the example of a 45-year-old person in good health. The rule of thumb is to subtract age from the magic number 220. $220-45=175$. The result is multiplied by .70% and .85%, retaining **only the first three numbers** of the answer: $175 \times .70 = 122$ and $175 \times .85 = 148$. These first three numbers, 122 and 148, represent your "Target Heart Zone (THZ)": the 70% to 85% of your maximal heart rate zone. When reached, it not only provides a significant conditioning effect on the cardiovascular system and promotes fitness, it is an absolute aid to major weight reduction when combined with properly reduced caloric intake daily.

Know your "resting pulse"? Take your pulse (at wrist or neck) and let's say that it's at 15 beats at the end of 10 seconds. (I prefer to take a pulse for 10 seconds and then multiply by 6 for the minute-pulse which in this case would be 90.) Following our 45-year-old with a THZ of 122-148, this person with a regular pulse of 90 would have to walk at a crisp speed to bring his resting pulse of 90 up to a pulse of no less than 122 and no more than 148. (After walking 10 minutes, stop and check the pulse for 10 seconds). Walking less than 20 minutes or more than 30 minutes within your THZ doesn't do you any good. So it is easy, it is quick, and it is effective. (For a 10-second check, the 122 is divided by 6 to equal 20 and 148 is divided by 6 to equal 24. I.e., bring that normal pulse-rate of 15 up to between 20 and 24 in your walk. You only have to figure it out once to know what the #'s are for your 10-second check.)

The bottom line is this: Know your normal pulse at 10 seconds. Find your THZ and reduce it to a 10-second set of numbers. Remember to warm up before and warm down after your minimal-20 to maximal-30 minute aerobic walk. Check your pulse midway. Reduce your food intake by 500 calories per day, eliminating sweets and as much salt as possible and shed a pound a week. Oh, and enjoy the new you!

"Man's Inhumanity to Man and Nature's Plan"

Approaching World Bankruptcy

The debt structure, both in the U.S. and around the world, could be the trigger that provokes a massive revision of the international monetary system. The world's present total of between \$600 and \$700 trillion in dollar-denominated debt requires \$600 to \$700 billion in new money (at a 10% annual rate of interest) just to pay the interest. The \$1.5 trillion in U.S. funded debt alone will require \$150 billion or more in new money for interest payments.

This is not the first time in this century that the world has found itself under enormous financial strain. The burden of the debt required to finance WWI was overwhelming. It led to the market crash in 1929 and to a permanent moratorium of ALL international debts prior to 1931. In the terms of business, the whole world declared bankruptcy in the early 1930's and went into liquidation. Today's circumstances are almost identical to those of 1929 except that another dimension has been added to the problem: the massive, persistent and escalating deficit financing of the welfare-warfare state.

We have reached the point in our national life when our numbers are becoming totally skewed. There are only 71 million Americans paying taxes while 81 million people live off the government. Approximately 56% get a government check, with 25% more indirectly dependent. At the federal level there are currently 5,500 unelected bureaucrats for every elected official. The compounding interest on the federal debt is so wildly out of control that its growth exceeds even the most ambitious of federal budget cutting plans. Interest on the federal debt will eventually consume everything as it moves from being the third largest item in the federal budget to being second or first. It is, as New York's Governor Mario Cuomo stated recently, "A mortgage on our children's future."

If we open our eyes to reality we will find the banking system is completely illiquid and loaded with bad loans, the international debt situation is in shambles, corporate mergers and takeovers are running wild, and the financial markets have degenerated into glorified gambling casinos. The consequences of these situations will make the job of the man elected to the U.S. presidency

in 1984 mighty unpleasant and the man himself very unpopular.

On the FINANCIAL POSITION of the U.S.A.

Budget Director David Stockman recently told a Congressional committee, "I don't think there is anybody on this committee who could think of enough taxes to raise or enough spending to cut or even offset this explosion of debt service cost. We are in the same position that many companies are in when they are on the eve of Chapter Eleven (bankruptcy)."

Meanwhile, the banking industry insists that default on loans to underdeveloped countries is nothing to worry about. At least that is the industry's public stance. In private, however, three trade groups...the Bankers Association for Foreign Trade, the Association of Reserve City Bankers and the American Bankers Association...have started working together to find a way to head off an avalanche of LDC (Least Developed Country) defaults.

We can't run our lives in anticipation of an imminent U.S., and therefore worldwide, financial debacle. There must be an assumption of continuity so that we can budget our homes and businesses. However, evidence is piling up to suggest that we are on the brink of a significant change. It is wise to heed the signs and to plan and act accordingly.

Geology Update

As scientists learn to work with Alfred Wegner's theory of 'plate tectonics,' they are discovering much about the earth that may help them predict future changes. A huge submarine valley, as big as the Grand Canyon, was discovered in the so-called Sagami Trough, where the Eurasian Plate on which the Japanese islands sit meets the Philippine Plate. The Sagami Trough is very active geologically and has housed the epicenters of many major earthquakes, including the last great earthquake that shocked Tokyo in 1923. Experts called the discovery unparalleled and said it would contribute greatly to future studies of earthquake prediction. The research that discovered the huge submarine valley was part of an earthquake prediction program conducted by the Japanese.



PSI PHENOMENA

Interest in Washington in parapsychology research has increased, both at the Pentagon and U.S. Intelligence agencies. This 'heightened awareness' is brought on by the recently prepared report by the Congressional Research Service, an arm of the Library of Congress. The Research Service concludes that "psi phenomena" can be applied in fields such as education, medicine, geological exploration and business management. A second reason for the increased interest is that Senator Claiborne, D-R.I., ranking Democrat on the Senate Foreign Relations Committee, held discussions with Soviet researchers in the parapsychology field during a recent visit to the Soviet Union. He found, and had confirmed by the Congressional Research Services report, that the Soviet Union is spending tens of millions of dollars on 'psi research', while expenditures in the United States do not greatly exceed \$500,000 a year, with most of the money coming from private sources.

We're glad that Sen. Claiborne, et al, are coming to recognize precisely the work that S.T.A.R. Foundation, and others dedicated to understanding psi phenomena, are doing.. and have been doing..for many years.

"Birth" Control

"Will it be a boy or a girl?" Well, there is a 50% chance of a right guess...unless you consult Eugen Jonas, the Czechoslovakian psychiatrist. He has made a study of lunar rhythms and makes it possible to predict the sex of a child with over 95% accuracy! The method is based on the moon's position in the sky at the time of conception. His thesis goes back to traditional, classical astrology involving zodiac zones, each of which, apparently, has a polarity, or sex. Jonas has discovered that "...intercourse leading to conception at a time when the moon was in a 'male' star zone produced a male child." Lyall Watson writes: "At a clinic in Bratislava, Jonas made the necessary calculations for 8000 women who wanted to have boys and 95% of them were successful. When tested by a committee of gynecologists, who provided only the time of intercourse, he was able to tell the sex of the child

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with 98% accuracy." Thumbs up for a picture of astrology above and beyond star-gazing and horoscopes!



"New Age thought is concerned with living in greater harmony with the natural environment, finding harmless, more loving relationships with one's fellowmen, working toward inner spiritual completeness, and being responsible for one's own life rather than yielding that responsibility to experts."

-The Ultimate Frontier

S.T.A.R. Activities

Reisha Way opened its arms to welcome the Roots (NC), Majewskis (CA), Williams (TX), Zells (NY), and 9 returnees from all around the globe. They all had a chance to see that - despite the inclement weather - the site and foundation for The S.T.A.R. House are finally bulldozed...and the heavy equipment is humming.

A question: Will you support S.T.A.R. in a painless manner and help us expand our subscribership? An answer: Just **fill out the enclosed card** and mail it right back to us? (Outside USA, please put on your own local stamp.)

Kobunsha Publishing Company is in the process of translating ON A SLIDE OF LIGHT into Japanese. We are delighted that the book will have a whole new audience, and we can only hope that the distribution will be of major proportions. Love and thanks to the "Powers that be" for putting this into motion!

Koinonia Foundation is bringing Greta to The University of Maryland (UMBC) in Catonsville, Md., to deliver her presentation on Friday night, Sept. 28th, at 7 P.M., in Lecture Hall #2 in the Chemistry/Physics Building. An SRO crowd is anticipated, so come early if you or your friends plan to join us. (Call (301)-486-6262 for further information, reservations, or directions.) We look forward to greeting many of our Updaters from the Washington/Maryland areas.

...and then...

After going on safari with the Young Presidents Organization, Greta will lecture in Johannesburg, South Africa, for the Y.P.O. European Area Conference, Oct. 29-31.

HAPPY THIRD BIRTHDAY TO THE WOODREW UPDATE!

The WOODREW Update

GRETA WOODREW/DICK SMOWE • 448 RABBIT SKIN ROAD • WAYNESVILLE, N.C. 28786 • U.S.A.
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"CELEBRATE YOUR SELF"

There appears to be a desperation in the many calls, visits and letters received of late. The stresses of life seem to be mounting..increasing..getting out of hand. It doesn't matter the age bracket or the economic station, the sex or the education, either. Life is becoming more difficult as the energies playing upon our little planet change in preparation for the "New Age." We lose sight of our real self. Let me try to give you a handle:

I have a sense that many are experiencing a dissatisfaction with who they really **are**. Or, more aptly, who they **appear** to be. Why this discordant note from people all over the globe? Feel right about your self and you feel right with the world. There are many books out today which deal with self imaging and how to free the "real You." Most of us rarely face our two selves: the Public Self and the Real Self. Two separate entities, different and apart, one from the other. But a lack of awareness of this schism is not giving yourself a choice. And we all have a choice as to which self we choose to live with most of each day. The truth of the matter is that most of the time we live with the Public Self... even when we are alone. "What will people say?" is a question that bothers all too many. And, we think, most folks will judge us more gently if we present that Public Self rather than the Inner Self. Many go through life never sharing the Inner Self with another human being.

Do you know who you truly are? Why, you are a miracle! You are one-times-one in the Universe. Unique! Special! And you, and you alone, write the scenario to your inner peace. The path requires awareness...courage...decision-making on your own...and action. If you live a life based on the You that was formed by what others saw and described about you, then you are living a life formed

on belief systems not your own. Think about that. You limit all of the options which could be yours if your self-imaging is negative, inadequate, destructive. False. At the dawning of 1987, perhaps the best gift we can give to ourselves is an interior decorating course! A do-it-yourself kit. Enjoying life is a gift only you can give yourself...your Real Self.

I guess what I want to say to you at the start of the year is this: Examine who you really are. Face what you cannot do and what you will not do. Evaluate your realistic self expectations. Nurture your Self on what is right about you rather than what is wrong. Drop the words 'should' and 'must' out of your vocabulary and replace them with 'choose' and 'want.' Be gentle with your Self. (Why shouldn't you treat yourself as you would a cherished friend?) Stay in close touch with your five senses - and the senses beyond. Indulge your curiosity...creativity...spontaneity. Join hands with the Real You and **know** who that is. As Dorothy Briggs said in her book of the same title, CELEBRATE YOUR SELF.

You are a child of the Universe! Distinct and apart from any other living being on the planet. Validate that thought. Be at ease, not at dis-ease. And above all else, be happy. Be healthy. Be glad to be alive in this exciting time of change and transition, of birth and rebirth, of new paradigms and higher consciousness, on Spaceship Planet Earth.

☆
"Look for
Your stars, ☆ ☆ ☆
Not your scars."

And...have a wonderful New Year!

We announce with great joy the engagement of our son, Alan, to beautiful Anne Wulff of Orlando, Florida. Summer wedding bells!

A Star Is Born

In the Universe there is Birth..Life..Death.. and nothing more. Lifespans vary from billions of years for stars and galaxies to a billionth of a second in sub-atomic particles. We humans fall somewhere in between with our three score and ten years. As our view of the Universe increases due to technological advances, we are able to observe cosmic birth-pangs. Here is how Science News reports on the birth of a star:

"Birth is an exciting process, especially when no one has ever seen it happen before. The developing embryo lies wrapped in clouds of gas and dust 500 light-years away, near the bright star Antares. The mother, the constellation Ophiuchus in the Milky Way galaxy, will endure birth-pangs for another 100,000 years before delivering a star about the size of our sun.

First detected in the galactic womb by the Infrared Astronomical Satellite in 1983, the embryo contains about one-fourth the mass of our sun but lies at the center of a cloud of gas and dust 100 times the size of our solar system. For the first time, astronomers can see that the inner cloud is falling into the star, adding to the embryonic star's size and mass and making it glow 20 times brighter than the sun.

Astronomers don't know what mechanisms trigger the collapse of galactic clouds to form stars but they know that this collapse will end in about 100,000 years, when the embryo will have collected most of the matter in the immediate area. The infant star will then emerge from its surrounding clouds, and future astronomers can pass around cigars. According to an astronomer at the University of Arizona, the large, hot infant will begin to cool and contract for 1 million to 2 million years, until its density causes nuclear fusion to replace gravitational pull as the main source of luminous energy. By then a juvenile, the star can look forward to an adult life of about 10 billion years.

FOR YOUR GOOD!

We are always interested in what Dr. Norman Shealy has to say. We had the opportunity to one-on-one with him and his delightful wife, Chardi, at the S.T.A.R. House for a few days last month. From his Holos Practice Reports he commented on irradiation



of foods, confirming much of what we already reported to you. An adjunct in his recent issue quotes Catherine Frumpovitch, Ph.D., legislative advocate for the Coalition for Alternatives in Nutrition and Healthcare, Inc., who cautions: "It is recommended that foods not be cooked in tin, copper or iron pots. Aluminum particularly should be avoided. Do not use aluminum or tin foil for cooking in any manner (i.e., wrapping foods, fish, potatoes or other vegetables, lining pans, or as pre-measured parcel packs for oven baking or cooking.)

The following are suggested types of brand names of cooking pots and pans: 1) White Corning glass for oven or stove top. 2) Pyrex for oven baking. 3) LeCreuset or Copco (true enamel covered iron cookware) for stove top or casseroles. 4) Heavy duty stainless steel (watch for use with acid foods.)" Dr. Frumpovitch also puts thumbs down on microwave cooking: "Foods cooked in microwave ovens are affected by free radicals and these accelerate ageing and causes of serious diseases."

In a MOTH'S EYE

Man has been making technological progress since the modern age began by imitating the biotechnology of nature. The aerodynamics of flight mimic the bird kingdom, and the new field of infrared-imaging takes a page out of the book of the insect kingdom. Now, the moth is making his contribution to the progress of man. The moth's eye, unlike most other types of eyes, reflects no light that could betray its whereabouts. The surface of the moth's cornea, which resembles a carton of microscopic eggs, is perhaps the most anti-reflective structure known, or at least it is so reported in Business Week of November 17th.

The structure piqued the interest of engineers at a consulting company in Princeton, N.J. who were looking for a technique to improve the performance of optical-disk storage systems. They duplicated the moth's cornea structure on the surface of optical disks. Because these disks absorb all of the light from the lasers used to record digital data, a laser of much lower power will do the job. That trims the cost of the disk-drive system. The company is now putting its **moth-eye** technology to work in nonglare films for windshields, automobile instrument panels, and computer screens.



A HOLOGRAM (not a HOLOGREMLIN!)

In our living room hangs a beautiful hologram from the Paris Museum of Holography, a spectacular gift from three wonderful Philadelphia Updaters. People exclaim excitedly that they see one, two, three or four forks jumping out at them, depending on where they stand. Do you know what a hologram is? New paradigms and new paradoxes literally are springing from holograms and holographic thinking, opening a bright window to a better universal understanding.

We were introduced to holograms in the sci-fi movie, STAR WARS. Three dimensional images of absent characters were projected into the plot to give an omni-presence to the antagonists. Holography is a method of **lensless** photography. Conventional photographs record the light scattered from an object and focus it onto a strip of film. The result is a flat plate and a discernable image. Holograms record the interference between the light scattered from the object and some of the same light directly from the source illuminating the object. Holograms are recorded without a focusing lens. The resulting plate appears as a meaningless pattern of swirls. Only when you place the hologram into a beam of light that is the same as the original beam of photographing light (coherent and in phase) will the imaging wave pattern be regenerated; in THREE dimensions; not flat.

The exciting part of the process is that ANY PIECE of the hologram will reconstruct the ENTIRE IMAGE. The hologram of a flower, with all of its inherent beauty, will appear as a tangle of interfering wave fronts until a coherent beam of light strikes the plate. Then, the flower will jump out in 3-D glory and seek to involve your senses of touch and smell. The amazing thing is that the **whole** is in **every part**!

Think about this. The pattern on the holographic plate has no space-time dimension. The image is stored everywhere on the plate. A feature of the hologram is its efficiency. Billions of bits of information can be stored in a tiny space. John Welwood, in The Holographic Paradigm, a series of essays, interviews and thoughts on the impact of holograms, says: "Holograms

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are defined primarily as ways of storing information in terms of a network of interference patterns, which represent the interaction of energy frequencies, such as light waves. These patterns are recorded in the hologram in a way that does not literally resemble the objects they represent. Rather, these interference patterns make up a 'holographic blur' which has no recognizable form, but which contains numerous bits of information about the whole pattern in every part of it."

Stanford neurosurgeon Karl Pribram saw the hologram as an exciting model of how the BRAIN might store memory. In Pribram's studies it appears that in order to see, hear, smell, taste, the brain performs complex calculations on the data it receives. These mathematical processes have little commonsense relationship to the real world as we perceive it. He found that specific memories are incredibly resistant to brain damage. Removing a hunk of brain tissue (or injuring one or another portion of the brain) does not remove a particular set of memories. In some way memory must become "distributed"...the experienced input from the senses spread over a sufficient expanse of brain to make the memory of that experience resistant to brain damage. The holographic supertheory says: "Our brains mathematically construct 'hard' reality by interpreting frequencies from a dimension transcending time and space. The brain is a hologram interpreting a holographic universe."

English physicist David Bohm postulates an intertwining and enfolding universe in which there is an undivided wholeness. The physical universe seems to be a gigantic hologram. This he names the IMPLICATE realm, from the Latin implicare=to enfold, involve. The physical entities that are separate and discrete in space and time he terms the EXPLICATE realm. In Bohm's terminology, under the EXPLICATE realm of separate things and events, is an IMPLICATE realm of undivided wholeness. This implicate (enfolded) whole is simultaneously available to each explicate (separate) part. Bohm concludes that physical entities which seems to be separate and discrete in space and time are actually linked or unified in an implicit or underlying fashion. Physicist Bohm turns philosopher when he says, "What is manifest is the outcome of what is not manifest. Anything that

can be put into thought is limited. The point of the manifest world is to have separate units. In non-manifest reality it's all interpenetrating, interconnected in one. So we say deep down the consciousness of mankind is one." (Not a bad thought for a New Age.)

When we sleep at night - perchance to dream - we travel 'out' to far-away places, unbounded by space and time. If our brain is a hologram, as the brilliant Dr. Karl Pribram postulates...and we live in David Bohm's IMPLICATE realm, also a hologram... then is it not possible that our dream-travels project the 'real us' holographically? Spielberg was able to project his fictional characters to other locations photographically. With the evolution of the human species we should be able to project our image... and our consciousness...limitless distances. The hologram could be the vehicle making cosmic travel a reality. Holography! Is it a golden technology for an evolving mankind?

The Many Facets of CRYSTALS



(Marcel Vogel helped me find a 'perfect crystal' which sits on my table, casting beautiful rainbows. I have not worked with it. Many of you have requested information on crystals. Since it lies outside our sphere of knowledge, we asked our "stringer", Updater Cheryl Ackerman, to research the subject. Her result follows:)

Quartz crystals amplify and transmit energy. When placed on or near our own crystalline structure, they raise the frequency of our energy body. Interest in the use of quartz as a healing agent is steadily increasing. Crystal is also used as a tool to promote awareness and inner growth. The American Indians have a rich tradition of using stones for healing, protection and meditation. In the Apache tradition the smoky quartz represents the feminine energy, the clear quartz stone, the male. Every Apache receives a set of stones at birth, and both stones are used to maintain balance and an attachment to the living earth Mother. The Cherokee believe that all history is recorded within the crystal.

There is a "right" crystal for each individual. You will respond to a crystal naturally. When held in your left hand, it should warm up quickly. Hold the thought in your mind that you are searching for your own crystal. Finally, trust your inner feelings when choosing your stone. (Greta confirmed that a crystal "jumped into her hand from a pile" when she and crystal expert, Marcel Vogel, were seeking one out for her in Colorado.)

Since the stones absorb thoughts and feelings, it is important to cleanse and clear all the stones you acquire. Hold them under cool running water for a few minutes and then place them in strong sunlight for 15-30 minutes. Alternately, you can smoke them in sage and cedar chips, rinse them in sea water, bury them 12" in the earth, dip them in vinegar or bathe them in wine. The point is to "clear the stones" of all previous vibrations. Keep the stones near you, anywhere that you spend long periods of time. It is important for the stone to become familiar with your electromagnetic field and vibrations. Store in natural fibre containers, boxes or pouches. Keep stones with very high energies in wood or pottery containers.

To use the stones, direct your attention into the crystal while concentrating on a desired thought. Program the stone with your intention. Hold this thought, breathe and focus on the thought as clearly as possible. Suggested uses for your stones are as a tool for energizing and cleansing your living and working environment, enhancing dreams, increasing your natural abilities. As a tool for balancing yourself and others, allow the crystal to lie flat in the palm of your hand with the point resting toward the end of the middle finger, then rotate it above the area to be aligned. Focus on the energy coming through the crystal, through the middle finger, and direct that energy to the unbalanced area.

Finally, it is very important to cleanse the stone before and after using. All crystal will attract and radiate energies that are put into them, good or harmful. Clean them often by breathing deeply on them. The energies of the heart and throat clear and cancel cruising and unwanted energies. Crystals can resonate at high and stable vibrations, so handle them with care.

*A Second Glance*

Many times, when introduced to a new subject, we read material that simply passes us by. After our understanding of the field has expanded, the same material opens new doors of understanding. Such was the case with the book "To Men On Earth" by Daniel W. Fry, Ph.D. I read this book early in our relationship with the Ogatta group. Much of what was written seemed very esoteric and beyond my reality. It tells the story of the interaction between Dr. Fry and a spaceship of extra-terrestrial travelers at the White Sand Missile Proving Grounds near Las Cruces, New Mexico from 1950 to 1954. In review, there are some powerful messages:

- "Our ship like all interstellar vehicles, is equipped with a completely enveloping field mechanism. One of the functions of this field is to absorb all forms of electromagnetic radiation, from radiant heat to cosmic rays, and to convert their energy to a stable form suitable for storage and later use. The rate at which the field can absorb and covert energy is almost unlimited so that no amount of heat or other forms or radiation reaching the ship will have any measureable effect upon it or its passengers."

This description of a field to absorb harmful EM radiations was discussed at both S.T.A.R. conferences by Drs. Puharich, Beck, Bearden and Kelly. Several of them are developing devices to capture harmful ELF emissions pulsed into our atmosphere both intentionally and as electrical fallout. The devices neutralize ELF radiations, thereby removing any negative effects to the person. While the magnitude discussed in clearing a spaceship for cosmic travel is far beyond the ELF pulsers, the principle of cleaning an environment of harmful EM radiations coincides. And, it lends great credence to the work that our four friends are doing so selflessly.

In another paragraph, Fry's contacts discuss the infra-red emissions given off by all physical objects. Sensitives see them as auras. Currently, medical technology is making inroads into infra-red imaging (which we wrote about in the Nov/Dec 1985 Update.) While the space travelers' explanation may be more technical than we usually print, the information is very good:



"Most matter is opaque to light because the photons of light are captured and absorbed in the electron orbits of the atoms through which they pass. This capture will occur whenever the frequency of the photon matches one of the frequencies of the atom. The energy thus stored is soon re-emitted, but usually in the infra-red portion of the spectrum, which is below the range of visibility, and so cannot be seen as light."

On another occasion Dr. Fry asked if they would communicate certain information to him telepathically "...if I close my eyes and concentrate." Their response is worth sharing: -"Do not concentrate! Concentration is the attitude of transmission and is almost a complete bar to reception. To receive properly you must achieve a state of complete relaxation." Telepathy isn't extrasensory at all. It is just as much a part of the body's normal perception equipment as any of the others, except that during one phase of the development of the race it falls into disuse because it is a rather public form of communication, and during this phase of development, the individual requires a considerable degree of privacy in his words and thoughts. Most of our animals use the sense to a greater degree than our people, and for some of your insects, it is the only means of communication."

It is always a bonus when we comprehend information previously out of our range of understanding. It gives us some yardstick of our progress...

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SCRIBINGS**

Many of you responded to the article on H202 in the last Update. We appreciate your keeping us informed of any results you get from going onto an H202 regimen so that we may pass it along. In a letter from Canadian Updater nonagenarian C.L. Armstrong one line stood out: "I recall how my father told of his life being saved from blood poisoning by (injection) of H202 about 1890, I think."



A growing Update family compels us to send just one renewal notice in 1987 and henceforth. Complimentary copies will be discontinued, so please resubscribe when your form arrives with your newsletter! Thank you VERY much for your cooperation.

"Man's Inhumanity to Man..."

From CSIS AFRICA NOTES we learned of the twenty-second Assembly of Heads of State of the Organization of African Unity, held in Ethiopia from July 28-30, 1986. Our papers are so full of the condemnation of South Africa that they find little room to touch on some of the barbaric practices going on in Black Africa. "Uganda's new president, Yoweri Museveni, criticized the OAU's membership for doing nothing while some 750,000 Ugandans were killed either directly or indirectly by a succession of regimes during the period since independence in 1962. Tyranny, he said, is color-blind and is no less reprehensible when it is committed by one of our own kind. He warned that African silence in the face of gross abuses undermines Africa's moral authority to condemn the excesses of others, like the Pretoria regime." Amen!

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If any of you wonder about the likelihood of a nuclear holocaust consider the following paragraph from Harrison Rainie's column, Capital Stuff: "Senator John Glenn (D-Ohio), former astronaut and a respected Senate expert on nuclear nonproliferation, has revealed that previously unreported data show that there were **151 significant nuclear safety incidents** in 14 countries between 1971 and 1984--and that does not include the USA or USSR." Unless we learn to control our 'peaceful' nuclear efforts there will be little to choose from between nuclear reactors and nuclear bombs.

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From the NEW SCIENTIST of September 4, 1986: Chernobyl, New Fact: "The searing hot reactor core was NOT damped down by 5000 tons of sand/boron/nuclide absorbents, airlifted by gallant helicopter pilots, as widely has been reported, but: "The reactor core was blasted by the first explosion a kilometer away and it did not melt down - but shattered - due to the speed of the temperature rise." Chernobyl went "prompt critical" to the consternation of the Soviets who had believed this impossible, as only NUCLEAR BOMBS are meant to go "prompt critical." Chernobyl almost emulated Hiroshima. Only the residue of the reactor was subsequently smothered by sand, etc.; the virulent radioactive fragments were scattered in a devastating lethal arc, permanently radiating.

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On Chernobyl repercussions: In early October the Spanish authorities imposed a complete ban on shooting and eating ducks. These migratory water birds, returning from their summer migration to the Ukraine, were tested to be highly radioactive. Spanish TV and other media carried the warnings. On the Soviet Submarine that sank off the eastern coast of the United States on 10/6/86, English publication Viewpoint Aquarius had this to say: "The submarine had just left base and was carrying enough Uranium 235 for 150,000 cruising miles; ordinarily the dangerous fuel would have gradually been dissipated widely during the submarine's operational tour; now it all, plus its 16 nuclear missiles, are concentrated; virulent for hundreds of centuries; radiating constantly.

The 2 pressurized water reactors are strongly protected against pressure rising from **within** the complex; sunk in 18,000 feet, it is now unremittingly subjected to intense water pressure from outside, and has not been designed to withstand such strain. How long before it caves in? Before the heat-generating Uranium causes melt-down/explosion? There have already been 18 major accidents/sinkings of Soviet nuclear submarines."

More on FOOD IRRADIATION

Proponents of food irradiation recently gained important ground. Responding to petitions by food processors and irradiation companies, the FDA expanded the list of foods approved for treatment to include all fruits and vegetables. The maximum permitted dosage of gamma radiation is 100 kilorads, considered to be relatively low. To give you a handle on what they are talking about, radiation received by food is measured in RADS, an acronym for Radiation Absorbed Dose. A thousand RADS equal a kilorad. As a reference point, one kilorad is approximately 100,000 times the amount of energy to which a human is exposed in a typical chest X-ray. We're happy to say that some public interest groups, such as the Health & Energy Institute in Washington, D.C., oppose food irradiation on the grounds that not enough is known about the effects of eating treated food. (The FDA maintains that although some chemical by-products are created, the amounts are too small to be a danger.) Maybe it's time to write to our Congressmen and Senators, strongly expressing our opinions of food irradiation!



Humming Along!

Good things come in small packages. One of the greatest gifts I ever bought for myself was a hummingbird feeder to hang on my office's terrace. It took a **long** time for a pair of tiny green-breasted, ruby-throated hummingbirds to discover the sugary liquid I prepared for them. Once found, they made the feeder 'home.' All summer long they have given me untold joy in their comings and goings as their rapidly beating narrow wings carried them, humming in flight, to the feeder. Then suddenly, they were gone. Four, five days...no birds. I was told that they had migrated 'on schedule.' A week, two weeks...no birds. Sadly, I kept hoping they would return with their daily dances, but it seemed that they had indeed left for the winter.

Dick walked into my office to catch me gazing wistfully out the window and I sheepishly grinned and said, "Ah, I just keep hoping to see them one more time...you know, to say goodbye." As if by magical command, suddenly the two tiny creatures appeared, wings beating. They did not go to the feeder as was always their wont, but rather hung in the air outside my window, humming and beating, five feet from the feeder and directly in front of me. And then they were gone. For good. Today, a month later, I smile each morning as I enter the office, preferring to remember the episode as their farewell, meant especially for me. If you have a better idea, please don't tell me.

From Jefferson to Carter

Not everyone who ridicules a NEW idea falls into the 'closed mind' category. Thomas Jefferson, our third president and primary author of the U.S. Constitution, was certainly no intellectual reactionary. But even he ignored the facts when they stretched his view of reality beyond its broadest limits. From the book, MIND WARS, by Ron McRae, we quote: "I should rather believe the gentlemen lied," President Jefferson reportedly said, "than believe that stones fell from the sky." Thus ended the first government investigation of unidentified flying objects more than 160 years before the air force closed the books on Project Blue Book.

The gentlemen returned to Harvard. The meteorites Jefferson sent them to investigate stayed buried on a Vermont farm. The question of how the government, the public,



and other scientists should react to evidence that challenges the conventional wisdom remains. Scientists and presidents, it seems, are no less troubled than investigative reporters or the police when confronted by the unknown."

McRae also called our attention to the difference between the standards of radiation allowed by the United States and by the Soviet Union. "Just before the Carter inauguration, the KGB abruptly turned off mysterious microwave radiation that the KGB had beamed at the U.S. embassy in Moscow since the mid-sixties. The radiations fell well under the U.S. standard for a health risk, but exceeded the much lower Soviet standard." We agree with the Soviet and Chinese radiation limitations and would lobby our congressmen to reduce the levels of allowed fallout from U.S. electronic devices.

ADDENDUM to your CPR sheet

"DO-IT-YOURSELF CPR" might save your life. For this reason the Red Cross has included "Cough CPR" in its official CPR guidelines. We pass it along (to attach to the Update Emergency Extra enclosed in your July/Aug. '86 issue.) Scenario: You suddenly realize you're having a heart attack. Since cardiac arrest halts the flow of blood and oxygen to the brain, you've got about 10 or 15 seconds before you black out. A few extra moments can make a life-or-death difference. Here's how to **gain a minute and a half or perhaps longer**. If you begin to faint or lose consciousness, **JUST START COUGHING, VIGOROUSLY AND FREQUENTLY** (about once every second.) "The coughing will cause the muscles of the abdomen and chest to contract in such a way as to keep blood moving through the heart and to the brain," says chief cardiologist John Criley at the Harbor UCLA Medical Center. "Our experiments have shown that the technique can maintain blood flow to the brain at levels equal to or greater than a normal heartbeat, and that consciousness can be maintained for a minute and a half, possibly longer."



Congratulations to our stringer Leigh Richmond Donahue on the re-publication of her fascinating sci-fi book about the solar tap, "The Lost Millenium." Copies can be purchased & mailed to Updaters for a special - \$5 - by writing to her at P.O.B. 908, Maggie Valley, N.C. 28751.

The Dawning of THE AGE OF AQUARIUS



Every now and again a song comes along that penetrates the mass consciousness. Such was the case with "Aquarius" from the play, Hair:

"When the Moon is in the Seventh House,
And Jupiter aligns with Mars,
Then Peace will guide the Planets
And Love will steer the Stars.
This is the dawning of the Age of Aquarius.."

The dreams and hopes on Spaceship Planet Earth seem to be embodied in the soulful words and music of this piece. And the choices of humankind during these two decades of the '80s and '90s will determine whether or not the visions of the human race will be realized. We are indeed standing on the dawning of a great New Age as we greet 1987. We look to an age of break-throughs in science and technology; an age of climatic upheaval; an age in which the nature of our own realities go into transition and change. A restructuring is upon us and the time is now.

Historically, entering a New Age means that outmoded forms of culture must be left behind. At the end of an age there should be a summary - a review - of all that has gone before to prepare for that which lies ahead. The very Earth herself goes through a birth/death/rebirth cycle. And Mother Earth is to give birth to a new Humanity. We know that she can endure the pain because of her joy that this new 'child' is about to be born. (Exactly a year ago, in Vol. 5, #3, Leigh Donahue addressed herself to this subject in her Subscriber Scribings.)

Hopefully, the Humanity of tomorrow - "the architects of the future" - will make this old world almost unrecognizable with their heightened consciousness. We all move from cycle to cycle, and that's what the spiral of evolution is all about. Not only an individual, but a **whole race**, can make a quantum leap to a higher cycle. For this leap to occur, we must CHANGE and choose a posture of positivism. Everything is already stepping up in intensity...like a car being rapidly accelerated to enable it to climb up and over a steep hill.

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A "Cliff Hanger" for Planet Earth is at hand. And we are exuberant about it! MAN HAS ALWAYS SURVIVED CATAclysm and come out stronger, more evolved, better for the experience. Other species have gone extinct...but not MAN.

The difference between the present humanity and the humanity of the coming age will be qualitative, not quantitative. Some of our realities will not apply in the New Age. When water is heated up it doesn't gradually change into steam. Rather, it remains the same until it has reached the critical temperature of 212° F. THEN the change is sudden! Radio-active material must reach what is called 'critical mass' before it can become explosive. Today, many on this planet are approaching 'critical mass' in their own evolution. The build-up of gradual evolution as the species is about to take a giant leap forward. How exciting! What a glorious time to be alive! Dick and I consider it a thrilling concept to contemplate that we may well be part of an entire restructuring process on our beautiful, turbulent, transitional planet. Here's to all of you who will be present and willing to help humankind through the transition...and here's to that "Golden Tomorrow" of which the Ogatta group speaks so heartfully.

Happy thought! Happy 1987!

S.T.A.R. Activities



We look forward to seeing many of you Updaters at the L.A. Workshop on January 31st-February 1st at the Viscount Hotel! CALIFORNIANS be sure to tune in to KABC's "Open Mind" on Jan. 24th when Dick and I will be Bill Jenkins' guests from 9-midnite. For those who wanted to be at the S.T.A.R. House in April for the SLIDE OF LIGHT II Conference and are wait-listed, please be of good cheer. We have been conscientious about responding to registrations on a first-come, first-serve basis. Unfortunately, people do have to drop out at the last moment for many unplanned reasons, so don't give up! We'll do our utmost to get you here with bells on. (Ruth Montgomery sends sincere regrets that she will be unable to be on our faculty this year.)

"Enlightenment is not an Attainment: It is a Realization"

"Against All Odds"

In Update Vol. 3, No. 2, we quoted Wolfgang Di Pauli, who won a Nobel Prize for laying the cornerstone-principles in modern physics, and who had this to say about baffling coincidences: "Coincidences are the classic signs of unbreakable principles." In physics, mathematical laws are applied coincidentally by known laws of probability; but when laws of probability deem events to be statistically impossible, these events are still possible. Probability does not explain that much. For, Jung recognized this and illustrated examples of rare "coincidences" all of his life. He privately felt that coincidences were "...the work of an unknown force seeking to impose universal order." Even Albert Einstein's own theory of relativity was a puzzlement to its creator when it came to the subject of coincidences.

Rupert Sheldrake, the British plant physiologist, proposes that "...each human may transmit a field through which we unknowingly communicate acquired knowledge and whole hordes of information to others, present and future, worldwide." His theory comes from research in crystallography. (Remember his from our editorial on morphogenesis?)

And sociologist Jihui de Souza Paul of MIT has demonstrated that any randomly selected American can be linked to any other randomly selected American adults by only two intermediates in 95 in 100 times. I.e.,

If you and John Doe were the two randomly picked people, Doe will know someone who knows someone who knows you. In our own extensive travels, we have come to suspect that there are, indeed, "only four hundred people in the world". We always manage to connect with someone we know (even on a tiny island in the Baltic Sea!)

One of the wildest "coincidences" in American history is the date of death of John Adams and Thomas Jefferson, the 2nd and 3rd U.S. presidents. Why? It was on July 4, 1826, the 50th anniversary of the signing of the Declaration of Independence.

In his book, "Against All Odds", George Bryan suggests that the best time you are with 25 strangers, are each to introduce his or her bilimate. The words are better than 50-50 that among the group of 50 chosen at random, at least 5 will have bilimated

each other. One and I have tried this and it works! So, bilimate them... and beg! in both past tenses.

Self-Treatment for the Eyes

When this and I came to China, we were struck by the few people who glasses. From the elderly gentlemen who carried spectacles on long poles attached to their dark clothing to the young men who wore them on their heads at every occasion. Then, we were taken to a private hospital to see the eye doctor at work and play. And we noticed that every morning, the patients were subjected to the most extraordinary eye exercises. American patients played tag with the eye and Chinese patients did eye exercises. One of these exercises is to repeat the eye exercises while in the evening for a total of ten minutes each day. And it works! The simple stimulation of ancient acupuncture points for the eyes is done with a stimulating action of the fingers...and this stimulation of the points helps to enhance the eyes and at the same time functioning as therapy for eye disorders. Here are some exercises as illustrated on the eye charts in the schools we visited:



Use thumb to massage inside eyebrow corners with other fingers slightly curled against forehead.



Use thumb and index finger to massage nose bridge. Press downward and then upward.



With fingers curled under and thumbs on each side of forehead, use the sides of the index fingers to rub outward following the diagram pattern: inward, with thumb on lower jawbone, place index fingers and middle fingers together against outer sides of nose near nostrils. Then lower middle fingers and massage the cheeks where the index fingers remain.



Each of the above simple exercises are done 5 times for a total of one minute of massage 10... a day. The results are amazing! Try it, and after a while it will become as automatic to your routine as brushing your teeth. It will help you to "see" clearly.

Our eyes are the only ones which are still that whole world in.

MENTAL RADIO

One year ago we ran a front-page article on telepathy (Vol.2, No.1) and conducted the first of three telepathic experiments with Updaters around the globe. I 'sent' a color and a number. Two months later, I attempted to mentally communicate an object and the ratio of success was startling. Last month I sent you a shape. Once again the results are excellent. The shape was that of a **triangle**. (I give a "hit" to all those who got a pyramid.) Those in the eastern time zone did a little better than those in the other zones (which all ran surprisingly close).

The results showed that there was a 44% male and 56% female participation but less than 2% separated the sexes in the ratio of success. You were terrific! For those who got wonderments like "Popeye blowing bubbles like clouds" or "Dick sitting on his goat's back"...try to clear the mind of imagery next time! The secret is to keep trying, and we will have another experiment in 1984 for you.

Telepathy involves information received by a subject (you) from a sender or transmitter (me), through mind-to-mind contact. It is different from "clairvoyance" in which objects, rather than thoughts, are perceived extra-sensorially; however, some parapsychologists suggest that telepathy is basically clairvoyant perception of another person's neural processes.

Interestingly, there is datum which indicates that telepathy functions best on nights when the moon is full. (We were four nights away from a full Harvest Moon during this last experiment.) "Weather conditions, sunspot cycles, atmospheric oxygen levels, and geomagnetic storms are only a few of the other variables that may affect telepathic communications", writes Edgar Mitchell in his book, "Psychic Explorations".

The three Update experiments were designed to help you sharpen your telepathic skills as receivers. Those of you who achieved success are to be congratulated and encouraged to continue sharpening your skills at home with friends and family. Those who did not receive the impressions accurately are urged to try again. And again. Should electricity fail us, we want to be able to use our mental radios in emergencies.

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It IS possible to develop this human potential with a modicum of practice. You can do it! Telepathy is a skill like any other, be it tennis, cooking, or pianoplaying. As the saying goes, "How do you get to Carnegie Hall? Practice, practice, practice."

The CHICKEN or the EGG?

"Look around! Look around! Look around!" It's hard to agree with the complacency that is screening the 'international debt crisis'. The Third World debt problem is a bottomless pit into which the capital of the western world is being tossed. No sooner do we solve a crisis when it springs another leak. If Congress fails to authorize additional funds for the International Monetary Fund (IMF) at any time, the game is over. The creditors must continue to provide funds and extend existing debts...or the debt pyramid will collapse. But even if they do, then what? For the debtor nations to pay their debts they must decrease imports...things most of them desperately need..increase exports, based on non-renewable resources or cheap labor..and tighten their belts to the point of unacceptable austerity. All of this MIGHT provide some of the foreign exchange to start paying some of the \$350 billion they owe. But their debts keep rising as the IMF lends them additional funds to pay the interest on what is already owed! It's a "what comes first" routine...the chicken or the egg. It's a road to nowhere. History shows that this course of action only leads to social and political instability and collapse. This is being demonstrated world-wide by the large number of wars and insurgencies going on.

In an economic sense, there can be no long-term economic recovery of the debtor nations with this debt burden hanging over them. All is NOT well--despite the words of the politicians and the international bankers. Financial analyst Donald Hoppe asks, "Will the debtor nations be willing to have the IMF's austerity imposed on their already appalling poverty for the next 20 years?" He answers, "Anyone who believes that is totally out of touch with reality." This is a think-and-relate piece for you to run through your giant computer, the brain.

"The only road to a fuller grasp of Reality is the exploration of 'super-normal' perception." -Dr. Albert Schweitzer

The WOODREW Update

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ANOTHER DIMENSION . . . ANOTHER TIME

Verification of unusual beliefs and experiences is always welcome, especially when you have gone 'out on a limb' (thank you Shirley MacLaine) to share and disseminate them. In our travels throughout the world we've received many responses to our statements about the existence of extraterrestrial civilizations. Some believe; more would like to believe; others discount entirely the possibility of other life in the cosmos; and most regard the idea as a sci-fi concept whose time will not come until 'hard evidence' is presented to their all-knowing five senses. You Updaters are a unique group of intelligent and accomplished individuals who have given the development of human-life on planet Earth its proper relativity in the Universal and Galactic scheme of things.

We met a remarkable woman, Elizabeth Klarer, in Johannesburg, S.A., whose experiences with an extraterrestrial civilization have been both extensive and intimate. She has documented these experiences in a book published by Howard Timmins titled, BEYOND THE LIGHT BARRIER. In the book, Klarer presents information--received through her space friend, Akon--that is as yet impossible for our scientists to verify. Since the book was first published in Germany in the early 1970s, however, much of the astronomical and meteorological data has been verified, giving the other information an aura of great respectability. Much of the material is specific and requires scientific training to understand, such as the propulsion systems used by extraterrestrial space ships. There are many pieces, however, that blend together with information and conversations we have had with the Ogatta group over the years. In the following paragraphs we will share some of what we have gleaned from Klarer's contact with Akon of the planet Meton.

On the Moon

The Moon is a strange body. On that, at least, all the experts agree. Vasin and

Shcherbakov, senior scientists at the Soviet Academy of Sciences, said in Sputnik magazine, "The Moon is not a natural satellite of Earth...but a huge, hollowed-out planetoid fashioned by some highly advanced, technologically sophisticated civilization into an artificial 'inside out' world which was steered into orbit around the Earth eons ago." Dating of rocks brought back from the Moon and reported at the Lunar Conference of 1973 revealed a moon-rock 5.3 billion years old, or 5 to 7 hundred million years older than the earth. Another report based on the most accurate dating system, the potassium-argon system, claimed some of the rocks gave an "unacceptable age of 7 billion years." At the University of California, scientists Gustaf Arrhenius and H. Alfren put the problem this way: "There is little doubt that the Moon is a captured satellite, but its capture orbit and tidal evolution are still incomprehensible..."

Here are Akon's inputs: "The Moon is alien to this system and came with Jupiter and its retinue of planets. Its scarred and pitted face was the direct result of her star's explosion, cremated beyond recognition from her former splendor. It is dead and lifeless as it orbits around planet Earth. Many such wanderers in space gather as flotsam in a cemetery of the solar system for all eternity."

ANOTHER Civilization

Everyone is curious about other planetary systems in which life flourishes. Limited by the development of our technology, our scientists have NOT been able to verify existence of other solar systems -- let alone civilizations inhabiting unverified planets. Any discussions of other solar systems and civilizations are relegated to the realm of the para-normal. We wrote about the twin-binary system that the five planets of the Ogatta group orbit in "On A Slide of Light" (pp.58-59). Now Akon describes his solar system:



"Mankind is a creature of space, a space race living on a planet in orbit around a star, as others are also doing. Mankind is not unique, as he so fondly imagines, believing in his singular creation. He is merely a part of the vast interstellar family in different solar systems throughout the Galaxy.

Our home system is in the star system of Alpha Centauri. The broader ecosphere, the area surrounding a star where conditions permit development and the existence of life, is intensified by a binary system. Our home planet is well within this radiating ecosphere, which is further added to by a third star similar to the Sun. Thereby the vibratory rate is higher and ideal for the advanced development of our civilization. Our home system is a triplex system, receiving the radiations from three stars similar to the Sun, but four light years away.

The system consists of seven planets, all inhabited by our civilization. The seven planets orbit about the third component known to you as Proxima Centauri. The largest star gives a reddish light about one-third as bright as the Sun's, while the second star's light is similar to sunlight. The third star, Proxima Centauri, is like the Sun, only with a reddish light, and is a very stable star. The entire system is within the tremendous coronas of the three stars.



UNDERWATER

and UNDERGROUND

Man is a surface dweller, not an underground creature. Whenever stories of underground cities circulate, we usually relegate them to fantasyland. Early in our relationship with the Ogatta group we attended a gathering held by Dr. Puharich in Ossining, N.Y. At this 1977 meeting we discussed broad cataclysmic geological change and the need for the development of survival techniques. Being new to the subject, we listened carefully and took notes. There was discussion about an underground city, built by an extra-terrestrial group, that lay submerged at about 30,000 feet in the vicinity of Greenland. This city was being readied to surface at the 'right time' to help mankind survive. One of the very accomplished participants at this meeting, an Honors graduate of the Yale School of Architecture, stated that he was able to leave his body and visit the city. His descriptions were lucid and

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technical, and above all...fascinating. Greta and I were overwhelmed at the possibility of the existence of such a city, and certainly in no position to dispute it. Nor did we discuss it or dwell on it...or give it much thought after we left the conference. It was outside of our 'frame of reference' then; and it is outside of our framework now. We wouldn't bring it up if it weren't for Akon's description of an underground city:

Underground cities and passages are a legacy of the past, left by us to Earth. We retain the underground base at the South Pole, where the warm lakes are. This is the area of the underground city of our ancestors and in that epoch there was no ice-cap. Volcanic activity retains the area of lakes free of ice and snow and we are able to move out of the spaceships in comfort through lack of radiations at that high latitude where there is a hole in the atmosphere through which the circumpolar vortex spirals down with the intensity of the Earth's magnetic field over the poles.

The city is at the center of the Antarctic auroral zone, the southern terminus of the three key meridians. This is the region where magnetic instruments go haywire and the compass needle dips down at the magnetic pole. Radio-communication cut-offs also occur. We are near several of the observational stations maintained by Earth nations. The French have a forward station in the immediate area of the south magnetic pole, while the Russians are also our neighbors with two observational stations in the area of the magnetic pole. The Americans have their Pole Station at the geographical south pole.

These endeavors of Earth scientists are regarded very highly by us. In the hostile environment of the polar regions, they have conducted themselves with great determination and courage.

By Jupiter!

Our space program is young, but we've already learned some interesting facts about our neighbors in the solar system. The last fly-by of Jupiter showed that several of the larger 'moons' surrounding Jupiter have atmospheres that can sustain life as we know it. Earlier scientific measurements showed Jupiter emitting more energy than she receives from the Sun, an anomaly among

the planets. It was interesting, therefore, to read Akon's statements about Jupiter:

"Jupiter is a forming star, a star condensing, and thereby, retaining a high velocity of rotation, a large mass and low density and the usual heat in the core retained by the star. A solar system within a solar system. Seven of Jupiter's planets have retained atmospheres and life as we know it.

Jupiter, as a small star, triggers off sunspots when in a favorable position, by increased magnetism. This in turn affects Earth's atmosphere causing weather changes as low-pressure troughs cross geometric regions of the planet's surface, and vast climatic upheavals can occur. The Sun controls our atmosphere, our weather and our climate, and when Jupiter, the second waxing star of this system, aligns with Mars and the other planets of this solar system, the equilibrium of the Sun will be disturbed and earthquakes will rock our planet."

Futurisms

Many of you ask for futurisms. While we dislike making specific predictions we are not against relaying the prophecies of others. This is an excerpt from one of the many revelations of Johann Friede (1204-1257) an Austrian monk of the order of St. John. He was one of the great seers of his time:

"When the great time will come, in which mankind will face its last, hard trial, it will be foreshadowed by striking changes in nature. The alternation between cold and heat will become more intensive, storms will have more catastrophic effects, earthquakes will destroy greater regions and the seas will overflow many lowlands. Not all of it will be the result of natural causes, but mankind will penetrate into the bowels of the earth and will reach into the clouds, gambling with its own existence. Before the powers of destruction will succeed in their design, the universe will be thrown into disorder, and the age of iron will plunge into nothingness."

MOUNTAIN MUSINGS

Schools are closed. Work has temporarily stopped on the S.T.A.R. House. Record low temperatures are recorded in the Western Carolina mountains.

The thermometer reports that it is 21° F below zero, outside. Our little world at Reisha Way is in a deep-freeze this January



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21, 1985, and we are literally in a mini-survival posture. It doesn't help to know that 72 cities across the USA are reporting record low temperatures for this century, with 20 of these cities tolling the lowest temperatures since the record-keeping game began. The wind chill factor lowers the temperature many more degrees, and all of the radio and t.v. commentators are repeating medical warnings to cover all parts of the body if you have to be outside--and to avoid going out at all if possible.

So far all of our services are working just fine. I started our diesel generator to make sure it would turn-over, even though our electrical service has not been interrupted. (I didn't switch to generating our own electricity, but I can at any time.) President Reagan cancelled all outdoor festivities connected to his second inauguration, and I packed additional hay and straw in the dog and cat houses, the sheep, goat and llama pens, and the horse barn. I found an exposed crawl space, where the temperature was 15 degrees below freezing, and started a space heater going.

I'm particularly pleased with the way our new wood-burning stove is working. It burns the logs very slowly and throws a generous flow of warm air that is circulated by an inside fan vented out on three sides. When we had this stove inserted into the kitchen fireplace, we built an 11" x 25" extended platform to serve as an emergency cooking surface. (We keep a traditional wrought-iron black tea kettle filled with water on it when we burn the stove to restore moisture to the house.) This is a new addition to Reisha Way, built by a local ironsmith after Greta and I realized that our three stoves were all electric.

I went into our food-storage areas, as yet unstocked, and found the temperature at its constant 56 degree level. The Native Americans certainly understood the fickleness of Mother Nature when they placed many of their storage facilities underground. We successfully learned a lesson from them.

Are these dramatic temperature-drops part of the changes more and more people are writing about? I don't know! Surely we have had weather aberrations throughout recorded history. But we derive a modicum of comfort from knowing that many of the projects we have completed or have in the works can help to bridge the trauma if these crazy weather patterns persist.

\$5000 FINE or 5 YEARS IN PRISON

Claude Pepper, a U.S. Representative from Florida, is in his nineties. When he sponsored a reactionary three-part program targeted against natural and holistic health practices, we doubted that his colleagues would support him. In the rush of Congressional business, however, with so many other pressing issues on the docket, these Bills have passed through Committee. We asked Updater, Leigh Donahue, to do some research on the specifics. Her remarks follow:

Big Brother, in the form of the American Medical Association, will have its already great powers expanded into a practical dictatorship by Congressional mandate this year, if three Bills now before Congress pass. The Bills, giving the AMA dictatorial powers with criminal penalties, and backed by a Federal investigation strike force, are already out of Committee and lobbyists predict they will pass this session.

The Bills are:

1. House Bill 6049: Sets up a propaganda machine paid for in tax dollars, to denigrate any form of alternative healing, specifically "drugs, medical devices and procedures...which have not been proven safe and effective."
2. House Bill 6050: Sets up criminal penalties of "imprisonment for not more than five years, and fines of not more than \$5000, for any person who willfully...sells or offers for sale a drug, device or medical treatment...unproven for safety and efficacy..."
3. House Bill 6051: Sets up a "Strike Force on Health Quakery to coordinate the efforts of Federal agencies to curb the sale and promotion of fraudulent health remedies." (I.e., not approved by the AMA.)

Specifically targeted by Congressional mandate under these Bills, according to testimony at hearings, are: Chiropractic, acupuncture, vitamin therapy, holistic medicine, naturopaths, homeopaths, nutritional consultants, any form of healing that might come under the AMA's definition of "faith healing" and any other form of alternative healing deemed unsuitable by the AMA.

Specifically targeted too, according to testimony at hearings on the Bills are: Health food stores, vitamins, minerals,

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herbs, etc., which follows the long-standing Food and Drug Administration attempt to put all vitamins and minerals under prescription except for a limited few with very low potencies.

If you feel that these are freedoms the American people cannot afford to sacrifice, do what you feel best to stop them. If you choose to write to your Representatives and Senators at the U.S. House of Representatives and U.S. Senate, Washington, D.C., the Zip codes are 20515 and 20510 respectively.



HOMO-SAPIEMS

Those of you who have attended my lectures have received take-home packets in which one section is entitled Homo Sapiems or Homo Electromagneticus. It is not a misprint of Homo Sapiens but a deliberate play on words, for Man is indeed an electrical being...an electromagnetic system matriculating in an EM environment. This theory has been developing for over 150 years. In the mid nineteenth century Dubois-Raymond proved that the nerve force is electrical. Hans Berger discovered the electromagnetic nature of brain waves in 1924. And biophysicists found the human cell to be an emitter of EM radiation and have succeeded in identifying their discrete frequencies. At a Frontier of Physics meeting in Ottawa, we listened to orthopedic surgeon, Dr. Robert Becker, describe his work in promoting healing and growth by electrical stimulation. He described the pulsed electromagnetic fields he used in stimulating the healing of fractures, and talked about the re-stimulation of bones and limbs by electrical methods. Certainly logic dictates that healing can be speeded if the proper EM frequencies are pulsed to the affected area to entrain the ailing part to its proper frequency. How can it be put to practical everyday use?

Newsweek, in its New Products and Processes", reported the progress being made in this area. Its disclaimer states, "Doctors have known for more than a century that stimulation from electrical impulses or vibrations could promote healing, but only recently has much serious attention been paid to developing products that take advantage of the phenomenon." The article describes several devices being manufactured by biomedical manufacturers, some placed around the limb to be electrically pulsed and some being implanted directly on the injured bone. The costs

are currently exorbitant, but at least it shows acknowledgement and acceptance of the electrical approach to healing. This is a coming together of the metaphysical and the physical. With these developments it is only a matter of time before some of the methods that healers use in projecting an electromagnetic energy to heal will be recognized, studied and better understood.

"Where am I going?"



Some people live in a house together, yet the house is empty. There are those who talk and say nothing..some who say something and are never heard..and those who do not utter a word, but say everything. "Reflections" by David Frasure speaks of those who try to avoid loneliness by searching; of those who looked but would never find; of those who tried without looking, and of those who did not need to search, nor were they lonely, for their find was in the search.

A sense of loneliness is a theme which resonates across our phone-wires and in our mail almost daily. People surrounded by people who are still alone, call. Those who are not alone but dream of being so, write. Those who would never be alone whether they were with people or by themselves, communicate with us.

I wonder how many of these people dream their lives away and how many live their dreams. Dick and I ponder on how man dreams of immortality, not realizing that he has already achieved it. We marvel at those who live life but never give life a thought. Frasure writes that "...his fellow man could not see that the problem was no more than the answer in disguise: that the problem only presented itself because it was begging for the answer to be discovered. And with all the emotions of the world tumbling and twisting within his heart, mind, and body, he dropped to his knees and shouted quietly within himself, 'Being what I am, what am I supposed to do?'"

What do I do? How do I do it? These are questions the individual can only answer for himself. "Don't rely on the E.T.'s for answers!" I tell them. I can't tell you how to do and what to do...but we can give you "think and relate" pieces to ponder so that you can make your own decisions wisely. If people can not find answers

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(and peace) within themselves, it is foolish to seek it in others. "Each time we have overcome, we have taken a step in growth. Each day presents us with a thousand possibilities, limited only by our choices." We are all looking for paths to tread and proper courses of action to develop. But there are many different paths up the same mountain, and the ultimate decisions are of our own making. It's never easy, but it is worth every effort. There are no rights or wrongs except as we perceive them to be.

Leave it to

INDIVIDUAL ENTERPRISE



When E.F. Schumacher wrote "Small Is Beautiful" he might have been foretelling a method for third world developing countries to find their way from famine and starvation to unprecedented surplus. The Economist's lead story on February 2nd said: "In the 1970s, just when a U.N. conference was intoning 'the worst famine in history has already begun,' extraordinary increases in output by peasants in Punjab, Burma and Sri Lanka were instead creating a hitherto unheard-of surplus of food in the Indian subcontinent. Now, peasants in China have doubled their wheat production, through increasing productivity per square inch on their tiny plots by an annual average of 12% in the past seven years. By retreating from communism, China has almost instantly become the world's biggest wheat producer...The poor countries' new successes explode the old conventional wisdom that big dams, big irrigation systems, big farms, big everything are the way to agricultural growth. The heroes of these farming revolutions in China, Punjab and other parts of the third world are small-holders."

Quoting

"THE SIX O'CLOCK BUS"

The New Age is an era when inner and outer realities may be held as historical concepts only. We are destined to progress from the present cold plateau of division and separateness where people wear the coarse patchwork overcoats of traditional 'I/Thou' relationship and outer awareness. We shall reach heights very soon where only a synthesis exists and overcoats are discarded in the warm atmosphere to reveal the fine seamless garment which is not associated with inner or outer anything, but only oneness with and flow between.



THE CORAL CASTLE

In Homestead, Florida, stands Coral Castle, a monument to a man's lost love. Edward Leedskalnin, an eccentric Latvian, built Coral Castle in tribute to a sixteen year old girl who told him on the eve of their wedding that she didn't want to marry him because he was too old and uneducated! Besides, she said, she loved someone else. That was in 1913. Leedskalnin was 26. Broken-hearted he left Latvia and ended up in South Florida five years later. The lonely romantic paid \$12 for an acre of ground and carved a coral castle in dedication to his ladylove whom he called Sweet Sixteen.

Using only simple hand tools, he single-handedly cut and moved enormous coral blocks, carving them into pieces of furniture. In 1936 he moved his coral chairs and tables and gates and beds and fountains to the site where the castle now stands, and built coral walls around the furniture. He executed in coral a one-of-a-kind sundial which works to the micro-second, and a unique telescope which frames the North Star in the sky.

How he moved more than 100 tons of coral rock pieces defies the knowledge of neighbors and friends. He hired a truck and parked it outside of his Florida City site. As long as anyone watched, he didn't do a thing. The next morning when the truck driver came, the truck was loaded with his multi-ton furniture. He UNloaded the furniture at his new site in the same secretive manner. The amazing part of this is that he had NO mechanical lifting-devices. It has been speculated by many that Leedskalnin possessed the same knowledge that allowed the ancients to construct the pyramids.

This would be a whimsical story if that's all there was to it. But...Leedskalnin was 5 feet tall and weighed 100 pounds. Some of his coral furniture weighs over 5,000 pounds. Some of his tables weighed over 1,000 pounds. And his nine-ton swinging gate in the wall of the castle has boggled the minds of engineers and scientists from all over the world. How did he move them? How did he achieve the exact center of balance on the gate so that it could be moved with the touch of a child's finger? (When Dick and I were there, the gate was not in swinging condition since no one has yet

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been able to find the center of balance to fix it!)

Ed Leedskalnin died in 1951 with his leverage secrets locked in his head. His Coral Castle is now an historical monument. Was there extra-terrestrial intervention? Many staid researchers say 'perhaps' since there is no other 'logical' explanation (!) Seeing is believing. If you ever have the chance, go see the Coral Castle at U.S. 1 & SW 286th St., some 27 miles SW from Miami. Listen to the story told by neighbors, friends and guides, and you be the judge.

Gases to Acids

After reading our article on measuring acid rain, several subscribers asked if we could describe how a 'cool spring shower' can become deadly to plant and fish life. Sure. Rains become excessively 'acidic' when sulphur dioxide and nitrogen oxide gases from natural and man-made sources are emitted into the air and mix with water particles changing the moisture into nitric and sulphuric acid.

About 60% of acid rain is estimated to come from sulphur dioxide created by coal or oil-burning smelters, power plants, mills and factories. Another 35% is nitrogen oxide emitted from cars, trucks and other vehicles. The United States alone annually discharges about 50 million metric tons of sulphuric and nitrogen oxides into the atmosphere. (All nations export their pollution!) These gases return to our environment as acid precipitation: rain, snow, fog and smog. In fact, because of its longer staying power, acid snow can be more devastating than acid rain.

We've all read about the effects of acid rain on the fields and forests. But what about its effects on life in lakes, streams and oceans? A lowered ph factor (which is more acidic) will disrupt the calcium metabolism of fish, virtually guaranteeing spawning failure. Eggs can fail to develop to maturity, egg size and weight can drop and young fry that do hatch may suffer from stunted growth. Here in Western North Carolina, the trout farmers monitor their ponds quickly after a rainfall. When necessary, they add lime to 'sweeten' the water and thus avoid potential destruction to their schools of trout. The failure to reproduce in any animal species, of course, is a prelude to extinction; and, as we all know, 90% of the species that have inhabited the earth are now extinct.

The Balance Sheet

It is gratifying and exciting to see a seed that you planted flower and grow. So I'd like to 'update' some of the new developments that Michael Andron, my student in healing and energy control, has had in the healing arts. Updaters will remember some of the Reflex Balance massage points that we taught in the early editions. By massaging these points, we explained, you balance the energy field of the body which in turn prompts the body to heal itself. The way you know an area is out of balance is that when you apply pressure to it you feel pain. The pain, by the way, is related to a phenomenon in acupuncture called the "teh chi" (or "obtaining the energy", and means you have connected to the energy channels of the body.)

In what he called "Bio-Balance Therapy", Michael has developed a method to stimulate acupuncture points without massage or needle (and therefore, without pain!) Using rooting as a basis, he can now 'sense' the imbalance of a point and correct it with only the lightest touch. It's like going from the old fashioned typewriter on which you really had to hit those keys to make an impression, to today's word processors which require only a minimal amount of pressure.

There are several advantages to this new technique: first, the patient is not in pain and so the energy flow corrects itself more easily. (Michael explains that the pain experienced by the patient can act as a 'tourniquet' to the energy flow since he will likely tighten muscles to cope with the pain.) Second, more subtle imbalances can be detected this way. With Bio-Balance Therapy, he is able to balance local pain and health problems, acupuncture meridians and even "chakra" imbalances caused by illness or excessive and/or incorrect meditation.

I am going to share a recent story: a certain "good Doctor" whom you all know has for several years had intermittent bouts with shingles (herpes zoster virus, varicella type). Each time the lesions broke out, he would take a blood sample and find "rouleaux formations", or severe clumping of the red blood cells. Normally, this would last several months until a few weeks after the lesions cleared. On the day that Michael tried his Bio-Balancing, a blood sample was taken just before the treatment and

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then about a half-hour after. To our amazement, the rouleaux formations were gone and the blood was normal. Dr. Puharich said that he has "never seen anything like it." I own a set of the photographs, and they are amazing in that the good doctor explained to us that the cells were photographed as completely normal following the Bio-Balance treatment.

Michael works part-time in a psychiatrist's office. Why? The Doc's wife had asthma for 20 years and was on 150mg of medication a day - plus inhalers - and within 2 days of Mike's first treatment, the asthma was gone, and she was off all medication! So it goes.

One final thought: finding hard evidence to validate phenomena of these types is very exciting. It is one of the reasons that we established S.T.A.R. in the first place, to help bring about this kind of research and development of new technologies. I think back with fondness to the days I began teaching this special student back in 1969...

SEEKING CHANGE



I do not make success or failure the criteria by which I live. I like to take chances and I am impressed by others who do so with a freedom of spirit. Those who dare to try also dare to fail. This is a wonderful thing! If we limit ourselves to what is risk-free, we may be missing out on the most rewarding adventures in life. I view our YPO friends in this light with great respect; they have many colossal successes - and failures - because they dare to try new things. There are times when in so doing, absolutes take a back seat, and that's just fine with me.

A story in Reader's Digest tells of how, when God made the oyster, he guaranteed his economic and social security: he built the oyster a shell to shelter and protect him from his enemies. When hungry, the oyster just opens his shell and food flows right to him. He has freedom from want. On the other hand, when God made the eagle, He declared, "The blue sky is the limit - build your own house!" So the eagle built on the highest mountain. He is threatened daily by storms and snow and winds as he flies for food. Nevertheless, it is the

eagle, not the oyster, that is the emblem for America.

Living in a world of transition, we have to fly like the eagle. We can each find our "corner in the sky" and be free if we have the heart and guts. I am more and more aware of outmoded sacred cows which governed a part of my life. But what was in tune yesterday is sometimes out of sync today. So, re-examination of actions and reactions is imperative for growth and for survival.

"But I always do this or that" is a refrain I hear when people write or call. The person is invariably seeking change...and then resisting it. He is also begging for freedom from repetition, boredom, irrelevance, outdated structures and stress. "What will people say?" is another common question. The answer is usually: "very little worth mentioning!"

Perhaps it's time to change our own thinking radically, while acknowledging that old habits die hard. If the Scenario comes to pass as the Ogatta group indicates it sadly will, then we must dissolve a great number of the artificial barriers that separate us as a people, be they racial, political, religious, national, or ideological. We are in the advanced stages of our slow progress from the Stone Age to the New Age. We are in a cosmic countdown. In order to survive and be "architects of the future" we must be able to let go of Old Age thinking and anticipate some 21st century cosmic revelations without fear or stress. Some days it is easier than others. I know.



Mother Of The Brides



It is very exciting in today's world of transition to see young people putting down roots. Sending out new shoots. It is doubly touching when these people are your daughters who are converting dreams into realities and concrete long-term, life-time goals. I talk about commitments in my lectures, especially on college campuses. "Get married...have babies," I tell them. And I mean it. "Make commitments to your selves..to your families..to your jobs..and to one special human being with whom you can share

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your ups and downs, your highs and lows, your successes and failures. It is easier walking two by two."

What an inner joy to watch the two young women I love so very much stabilizing their individual commitments. Super-achievers, my girls. Princeton grad. Dartmouth grad. Dynamic careers. Top award winners in their respective fields. Prodigious feats accomplished at young ages. And now, commitments of another and higher dimension: marriage. Each one her own person. One wedding in the electricity of New York City. One in the quiet mountains of New Hampshire. In April. In June. Joy to the world! My daughters have found their soulmates as did one son before them. As did their parents, 32 years ago.

Through memory-bank eyes, Dick and I look back and see two tots: a strawberry blonde and a brownette. "I love my Froggie!" "See my Pooh Bear?" Two little girls running toward the sandbox..the swimming pond..the ski slope..the tennis court..the bus. Sweaters, skirts, loafers. Evening gowns, high heels, earrings. Bras! No bras? "How do I look, Mom?" "Can I have the keys to the car, Dad?" Sunrise. Sunset. My, my... "Is this the little girl I carried.."

Thought pictures of tiny girls in sunsuits and tutus and leotards. Flashbacks of big girls, one day in costumes and the next in business suits. "I got the lead in the Senior class play!" "I was elected Captain of the cheerleaders!" Laughter. Tears.

Straight A report cards. Balance beams. Pajama parties. Braces. Trophies. Camps. Recitals. Plays. Diaries. Proms. Then, in a blink, Newsweek International. The Amex. "I won the Overseas Press Award!" "I made it solo from Georgia to Maine on the Appalachian Trail!" And suddenly, "I'm getting married!" Ah, "...I don't remember growing older; when did they?" I hum on and off(key). Dick pats my shoulder..touches my cheek..my eyes well up..we smile.

Contributors, both, to our Updates, Jill as Editor and Ann with Subscriber Scribings, we feel justified in using these pages to wish them a golden tomorrow. 1985: a vintage year!

The Woodrew Update: A S.T.A.R. Foundation publication. 1 year subscription with donation of \$25 or more to S.T.A.R. (Back issues: \$4 each.)

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Do you know WHO and WHAT you are? "Identity transcends job description!"

Edgar Cayce might be called a contrary man. For thirty-eight years he has responded to every sincere plea that he get some work done by lying down and going to sleep.

To add insult to injury he talks in his sleep.

Under ordinary circumstances this might be considered a reprehensible habit, calculated to bring Mr. Cayce only the dubious fame of a real-life "lightnin'" or Jeeter Lester.

He has been saved from such a fate by the fact that while talking in his sleep he has retained coherence of thought and language and has dictated more than 100,000 typewritten pages of information, opinion, interpretation and judgment on every subject which the human mind has been able to

conceive for his consideration.

He is, then, a psychic—a psychic medium.

Nowadays, it is not necessary to explain the term psychic to the average man. Thanks to the recent interest of science in the subject he knows that it refers to the mysteries of the human mind, to the hidden but very real consciousness that is called the spirit, or the soul—that strange substance which links man with the infinite, with what he calls life-after-death, with what he calls God.

To say that Edgar Cayce is a psychic medium, then, means that he is a means of communication with the hidden world of the spirit. It means that he is a way by which this world of spirit can be entered and explained, to the end that man may understand its importance in his awakening and development.

In a sense this is true. In another sense it is not. All psychic mediums have limitations. Mr. Cayce has his. He has discovered them and has tried to confine himself to the boundaries which they have set.

Briefly, this is what he has found that he can do: by placing himself in a self-imposed unconscious state, which resembles

sleep, he releases a faculty of the higher or super-conscious mind with ability akin to telepathy, which takes orders from a designated conductor and reports verbally on whatever task is assigned.

Thus if this higher faculty of the mind is ordered to seek out a certain person in a certain place and report fully on that person's physical condition, giving an analysis of any ailment discovered and a system of treatment for it, this will be done. Moreover, questions on the subject asked by the conductor will be answered. The only conditions necessary for the fulfillment of this action are that the person, or one responsible for that person, be in a seeking attitude and in the place designated, where the place is does not matter. It can be China, Chicago, or Chillicothe.

Should this higher mind be ordered to report on the mental and spiritual state of the person, this will be done, ignoring the physical except where it directly affects the mental and spiritual. If a system of treatment for an unhappy, thwarted individual is requested it will be given. The personality and individuality of a person, child or adult may be analyzed and the abilities and weaknesses of that person explained. Suggestions

for vocational guidance are clear and helpful.

Beyond the realm of persons and their problems lies the world of thought. While in this apparent deep sleep, Mr. Cayce will, if directed, discourse on any subject put before him and answer questions about it.

What is remarkable about all this? Nothing, except that it works. Over a period of thirty-eight years, these analyses of physical, mental and spiritual life have been uncannily accurate and the courses of treatment, when followed, have been uniformly successful. The lame have walked, the blind have seen, the hopeless have become hopeful, the suicidal have determined to live. Beyond this, those curious for knowledge have been satisfied, those eager for faith have found peace, those looking for enlightenment have become wise.

In cold, practical language, which the scientist and the business man understand, Mr. Cayce has amassed, for the consideration of thinking men and women, the largest and most conclusive record of a psychic's work ever gathered together. In his files are more than 15,000 individual treatises, or "readings," as they are called, covering every subject from the nature and cause and reason for the

existence of man to the remedies for the ills and evils which afflict him.

Each of these readings was given for an individual at that individual's request, or at the request of a person responsible for that individual's welfare, such as a mother or husband. Each is concerned with that individual's problems and requests, whatever they have been.

That is the job which Mr. Cayce has set for himself. He makes no claims about his abilities. He speaks frequently of man's God-given powers, of the Divine Pattern within. He has found that he can give two readings a day. When there are two people who want readings on any given day, he gives two readings. If there is but one seeking help, he gives but one reading. When no one wants a reading he goes fishing, or puts up preserves, or puts with photography. Those who ask for his help receive it. Those who do not ask, remain without it.

He does not advertise. He does not demonstrate. He does not prove.

He has never been on the stage. He uses no paraphernalia. He advocates no system of thought or philosophy. He is a Christian,

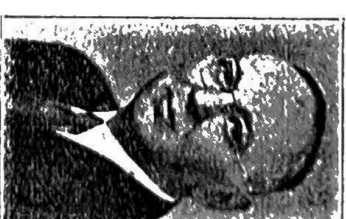
acting on a Christian principle—"ask, and ye shall receive."

If by any chance you think he might be of help to you, ask him, write if you wish for further information about his life and his work.

But do not ask for "scientific" proof of his powers. No such "scientific" proof exists for him or for any other psychic. Mr. Cayce has been investigated off and on since 1900. Each investigation has finally, of its own weight, toppled into the very unscientific statement that, "we don't know why, but it works." The records of more than 15,000 cases say the same thing.

It worked for Edgar Cayce when he was a schoolboy in Kentucky, needing help with his lessons. It worked for his friends and his loved ones, before he felt compelled to offer it to any who might ask. It has worked for thousands of sick and crippled and hopeless persons, in all states of mind and body, in all parts of the world. It may work for you.

A MAN



HIS WORK

The Association for Research and Enlightenment, Incorporated, Virginia Beach, Virginia, is studying and presenting Edgar Cayce's psychic work. Upon receipt of twenty-five cents, two twenty page printed booklets on his life and the study of his work will be mailed to you. A research paper on psychic readings will be included, concerning either vocational guidance or physical case reports. Indicate your interest.

What It May Mean To You

By A Friend

Association For Research and Enlightenment
INCORPORATED
Virginia Beach, Virginia

Dec 28th 1938

Dear Mr Sherman;-

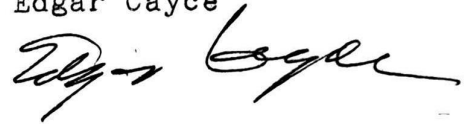
Thank you for yours of recent date-
just hope the sugestion helps-of course as you know it is in the
application that the help comes-be sure and give it a chance. thanks for
the poem-it is beautiful

let me hear from you- we are enjoying having the
boys at home just now.

With all good wishes

Sincerely

Edgar Cayce

A handwritten signature in cursive script, appearing to read 'Edgar Cayce', written in dark ink.

Ross
K-
Ely

Mountain View, Ark. 72560
January 5, 1978.

Dear Elisabeth:

Sending you herewith the Xerox copies of the two fine write-ups in PSYCHIC NEWS on you and your work - an account of materializations....

I have only seen two materialization seances in my life which I felt were genuine. In each case, the spirit forms dematerialized in the center of the room, surrounded by a circle of sitters, in visible red light, seeming to go down through the floor.

If your materializations occurred in daylight and in full view of 75 observers...and have been supported by tape recordings, I can well imagine how convincing such demonstrations have been.

This leads to my wonderment, if your spirit guides, under proper conditions, might be willing to materialize before an entire Workshop audience. Could this type of demonstration be arranged as a first for our accredited ESP Foundation Workshop, it could be one of the greatest spiritual events of all time.

There is naturally enormous public interest in such a phenomenon. My associate, Al Pollard, president of our Foundation, a most unusual person, who has twice been proclaimed Arkansas' Number One Citizen for his work in community betterment, etc. wonders if he might be permitted to accompany me when it is possible for me to sit in on a materialization....He is nationally known for his lectures and seminars on "ESP in Business"...and my association with this outstanding business man has added great credibility to my life-time devotion to a study of the higher powers of mind.

We are going to St. Louis in the next few days to set the dates and the place for our 1978 Workshop and have in mind the week-ends of July 21-23 or July 28-30 (3 days) Hope you can join us either of these times. Your lecture on current developments can mean much.

Martha joins in our love and best!

Ross Medical Associates, S.C.

Emanuel R. Ross, M.D.

Elisabeth K. Ross, M.D.

1825 Sylvan Court

Flossmoor, Illinois 60422

January 16, 1978

Harold Sherman
Mountain View,
Arkansas 72560

Dear Harold:

Thank you for your letter of January 5th. I have to make a correction in your description of my materialization. They do not occur in daylight. They are only either in the dark, or with fluorescent light through painted material or lately, more often than not, with red light, but never in daylight or white artificial light. It is not up to me to say whether you are able to witness these materializations as only two hundred people have been allowed so far to share these very special gifts and they have all been connected in earlier life times in an attempt to fight negativity in the world. Whether you are one of them or not, will not be revealed to me unless they have a special message or personal invitation to you and will communicate this in due time when they feel it is the right time. They would never put a show on any stage and would certainly not do this in an audience to impress the workshop attendees. They are working under very rigid requirements and all people who are able to share this incredible miracle have been very carefully chosen, evaluated and then informed about the special blessing of witnessing our own personal guides or soulmates.

I am looking forward to the day when I can share these things with you in person as it has enriched my life beyond any description. Have a happy 1978 and be assured that I will do everything possible to share as much with you as it is permissible.

Love,

Elisabeth vz

Elisabeth
(Dictated but not signed)

EKR/vz

Mountain View, Ark. 72560
January 20, 1978.

Dear Elisabeth:

Thank you for taking the time out of your always busy life to give me a further explanation of the form that these materializations are taking and the conditions under which they are manifesting.

The only true materializations I have seen during my life have been under a dim red light, and with a cabinet, in which the entranced medium could be seen. The materialized spirits emerged from the cabinet, in full form, but dematerialized in the center of the floor, surrounded by a semi-circle of sitters.

Somehow, I got the impression that you had experienced materializations in daylight and this would have been extraordinary. Do you have to go a certain place, especially set up, where these forms appear?

I hope, when the time is right, I may be privileged to sit with you during one of these demonstrations.

And I also hope that you can arrange to be with us on our Workshop program, July 28-29-30 at the Chase Park Plaza in St. Louis, and that your family vacation period can miss our week-end so you can attend. It will mean much to all concerned. It would be helpful if I can know reasonably soon so that we can complete our programming ready for national advertising. I feel we have a service to render together in reaching the consciousness of mankind and appreciate your promise to share with me.

Marsha joins in our LOVE.

K-Ross

Mountain View, Ark.
February 2, 1978.

Hospice Information:

Was much impressed by the report
on the MacNeil/Lehrer TV program tonight...
and would much appreciate your sending me
information on this new hospital treatment
of dying patients.

I know Dr. Elisabeth Kubler-Ross
and her plans for a similar sanctuary in this
country. This new respect for life and the care
of those facing an end to this physical existence
is a great humanitarian step forward.

It is my hope that this movement
sweeps the world.

All good wishes!

Sincerely

P.S. Stamped addressed envelope enclosed.

Ross Medical Associates, S.C.

Emanuel R. Ross, M.D.

Elisabeth K. Ross, M.D.

1825 Sylvan Court

Flossmoor, Illinois 60422

May 5, 1978

Martha and Harold Sherman
ESP Research Associates Foundation
1630 Union National Plaza
Little Rock, Arkansas 72201

My Dear Martha and Harold:

Thank you for your letter of April 23rd. I will be in Switzerland when you have your Ninth Annual Body/Mind/Spirit ESP Workshop, but you can be sure that I will be with you in spirit, and that I will celebrate your birthday in Switzerland.

I am looking forward to a leisure day sometime during this summer when I will hop on a plane and come and visit you so that we will have some time together, or maybe you would have a chance to come and visit Shanti Nilaya during the summer when I will be taking a few days off and we can show you around and share with you some of our work. In any case, I will contact you before or around your birthday again. I am sure our paths will cross this summer somewhere..somehow.

With A Lot of Love To Both of
You,

Elisabeth

Elisabeth

EKR/vz

Mountain View, Ark. 72560
May 19, 1978

Dear Elisabeth:

So good to hear from you!

It will be grand when we can have that proposed time together and our quiet, secluded Ark Haven is a modest, right place for such a visit, when you can find a "leisure moment" in your always busy schedule.

Jump a plane, as you suggest... we'll meet you at the Little Rock airport, and motor you to our home in north central Arkansas, 100 miles distant.

We will have many unusual experiences to share and we are eager to know more of your work.

Great earth changes are on the way which will have a spiritual as well as material impact...as you know.

Sorry you can be physically with us in July. This brochure will give you a briefing on the nature of our coming program.

Martha joins me in our LOVE and BEST!

Sincerely

Ross Medical Associates, S.C.

Emanuel R. Ross, M.D.

Elisabeth K. Ross, M.D.

1825 Sylvan Court

Flossmoor, Illinois 60422

July 7, 1978

Harold Sherman
ESP Research Associates Foundation
1630 Union National Plaza
Little Rock, Arkansas 72201

Dear Harold:

I am in receipt of your latest book, and I must say that I was very upset about having things published like this without my prior approval. There are so many incorrect statements in that book about my entities, none of whom have a beard for example. I also begin to be bothered when private letters of mine are published in books without my blessings. It would make my life very difficult if I couldn't trust my friends anymore, that they would use my letters to them for publication in their own books. The whole thing bothers me and this is perhaps what is most upsetting about people who are in this research, in that, there is not enough shared communication and requests for prior approval, prior to things being published, and then half-truths are being printed and distributed throughout the world, and we wonder why this whole research has a bad reputation. I have to share these feelings with you since I want to have no negativity between the two of us.

I will be leaving for Europe on July 24th, and send you my best wishes for your St. Louis Conference.

Cordially,

Elisabeth

Elisabeth

EKR/vz

*Happy Birthday to you also,
to day is mine (July 8)*

Mountain View, Ark. 72560
July 13, 1978
My 80th!!

Dear Elisabeth:

I am profoundly sorry. In all the years of reporting, this is the first time anyone has taken me to task for misquoting or an inaccuracy.

You had written me and told me on the phone of the different experiences you had been having...and later I read the same reports of these experiences in the National Enquirer and also in the Psychic News of London. I felt, as a consequence, that I was perfectly safe in repeating these quotes. I phoned you several times, nevertheless, to check with you, but you were not available.

At different times, during my life, I have had wrong statements made about me in the press and have learned to accept them as best I can, since denials or corrections, I have found, are never satisfying. This is the price we all pay for being "public characters".

You are most gracious, under what must have been distressing circumstances. I value your friendship so highly and obviously would never have done anything knowingly to hurt you...or the fine work you are doing.

Martha and I are going west November 11th where I speak in Seattle, then have some free days between the 11th and 18th, when I speak in Redondo Beach and on the 19th in Upland at Astara Foundation. In between we are visiting a remarkable woman, Laura Horst, author of the Condensed Version of OAH SPE, who has tape recordings from purportedly some of the personal ties in this great book, some of whom appeared fully materialized to her and gave astounding messages. Sounds like some of your experiences. She lives in Escondido. Can we see you...and also bring you two together? Great things are happening.
Our love...

Kubler - Ross

Mountain View, Ark. 72560
September 12, 1978.

Dear Elisabeth:

Good to have talked with you and only sorry you are not to be west when Martha and I are, in November, so we could have seen you.

Am sending you a folder describing the unusual book OAHSPPE which should be MUST reading for you. We had it on our bookshelves for 35 years, knowing it contained invaluable knowledge, but thinking we didn't have time to undertake the reading of such a tremendous volume.

Finally, about 6 years ago, I was guided... had the urge, to start reading and told Martha we would have to find the time somehow. We set aside the hours from 10 to 12 midnight and began reading chapters alternately and discussing. It took us 3 and a half months to go through this amazing book ONCE. Now we read segments of OAHSPPE each night before retiring. Had we tried to read it many years earlier, we might have rejected it...but the intervening years brought us experiences and psychic development which caused us to recognize the TRUTH of the contents of Oahspe, dictated to Dr. Newbrough, in the 1880's...after 3 Master spirits had visited him and told him to make himself ready, physically and mentally, to receive this message for humanity...a task which required 10 years, before the book itself came through.

You may wish to dip into some of the later chapters, dealing with our age...before starting from the beginning, although when you get into it and the stupendous panorama begins to unfold, I don't believe you will want to put it down.

There is a woman on the coast, who lives in Escondido, who has written a condensed version of OAHSPPE for people who feel they can not take the time to read the original volume. She feels she has had some of the High Beings who dictated OAPHSE, materialize and speak to her...and has recorded their messages. We are checking on this and will report to you later. Her name is Laura Horst. She is in her seventies. We'll try to visit Shanti Lailya. Our LOVE!

Shanti Nilaya

Board of Directors:

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Second Vice President: Derek Gill

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Secretary: Linda Pitta

January 26, 1979

Martha and Harold Sherman
Mountain View
Arkansas 72560

My dear Martha and Harold,

This is a belated thank you for your lovely Christmas letter. I am sorry to write you so late, but I have moved permanently to California and on this letterhead is the address so you can find me. I am getting unpacked slowly and catch up with thousands of letters. But in a few months, probably by the time I come back from Australia in April, my home and office should be workable and I will be able to breathe again a bit easier than at the present time. Be well, healthy and happy, and keep in touch.

Lots of love,

Elisabeth P.

Elisabeth

EKR/vp (typed 2/1/79)

Mountain View, Ark. 72560
February 14, 1979.

Dear Elisabeth:

Martha and I are coming to California where I am to speak for Dr. Hiroshi Motoyama's International Association for Religion and Para-Psychology in its 3 day convention in San Diego (Holiday Inn), May 25-27.

At that time, we will probably go to Escondido to see a remarkable woman who has had psychic communication with some of the spirit authors of OAHSP, which I hope you have read. We would love to have a good visit with you then and to exchange experiences relative to our survival after death research, which we are undertaking this year, in place of our Workshop.

Your trip to Australia should be immensely interesting. If you have more that can be revealed about your materializing experiences as they may offer further proof of survival, I hope you can share them with us. Is there any way I could be present when one of these materializations is taking place?

Martha joins in our love. We do need to keep in touch!

Sincerely

Shanti Nilaya

Board of Directors:

President: Elisabeth Kubler-Ross, M.D.

First Vice President: Marti Barham

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Secretary: Linda Pitta

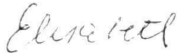
April 13, 1979

Harold Sherman
Mountain View
Arkansas 72560

Dear Harold and Martha,

Thank you for your February letter which I'm only reading today. I have just returned from five weeks of lecturing in Samoa and Australia and I'm constantly on the go so that it is impossible for me to catch up with my correspondence any faster. It is good to hear from you and to know that you are coming to California and hopefully will be able to see Shanti Nilaya. It is very likely that I will be in Escondido during the morning of the 27th. I should be returning by then from a lecture in Puerto Rico. But if you call Shanti Nilaya first, even if I'm not here please come and visit us.

With love and lots of good wishes,



Elisabeth

EKR/vp

Mountain View, Ark. 72560
May 7, 1979

Dear Elisabeth:

Had a fine visit today with Donna Spaulding, told her Martha and I were coming to Escondido on another unusual psychic matter and would very much like to have a private conference with you, having to do with our Foundation plans to undertake extensive, world-wide research on "survival after death".

We have a date, as you will be informed, from 1:30 to 5 P.M. on Tuesday afternoon, May 29th... and someone from Shanti Nilaya is kindly picking us up at the Escondido hotel where we will be staying.

Donna tells me that attempts will be made to discredit you and your work, I have cut my eyeteeth on this kind of treatment during my now more than 60 years of the study and practice of Psychic Phenomena...and have lived long enough to have had scientific acceptance of thought transmission, clairvoyance, clairaudience, psychokinesis, precognition, etc. My ESP Foundation was established in the heart of the Bible Belt and has commanded respect throughout the world, with its Body, Mind and Spirit Healing Workshops, held annually, nine times, until this year when we have cancelled our plans, devote time, energy and resources to Survival Research, in which area you have made such a tremendous contribution.

Martha and I are coming west, to attend the Holistic Health Conference Dr. Hiroshi Motoyama is holding at the Holiday Inn at the Embarcadero, in San Diego, from May 25th through the 27th - A Japanese-American presentation. I am lecturing on the subject: "Exploring the Higher Powers of the Mind."

We will be checking in to the Escondido hotel, Monday afternoon, the 28th, and will be there for at least 3 days. If it so happens that you would be holding a materialization seance shortly afterwards, and we would be permitted to attend, we would be glad to stay over.

Have you ever read what I consider to be the most remarkable psychically written book ever produced, known by the title, OAH SPE, which was dictated to Dr. John Ballou Newbrough in the year 1881? If not, busy as you are, I urge you to get a copy and find time to read it... because it gives an account of what is and has been happening in the so-called "heaven worlds" concurrently with what is and has been happening on the earth plane. It tells about the earthbound conditions, what happens when we die, the plan of ascension, and explains the different forms of psychic phenomena, including materialization. I had it on my bookshelves for 35 years before reading...it seemed to big and formidable...until, about 8 years ago, I had the compulsion to put everything else aside and read it. Martha and I set a time, from 10 to 12 midnight, reading chapters to each other and discussing them. It took us 3 and a half months to go through it once...I found that, had I tried to read OAH SPE earlier in life, it would have seemed too far out and I would have rejected it. In the interim I had proved its contents by my own research and experimentation

Am enclosing a quotation from Oahspe... Jehovah refers to the unthinkably great Creator of this boundless universe. I believe the UPDS, described in OAH SPE, are related. Have some exciting information on them when we see you.

Will be so good to be with you in your Shanti Nilaya Retreat.

Martha joins in our love and best!

Sincerely

P.S. We are coming to see a woman in Escondido whom you might like to meet. She, with two unusual psychic mediums, now dead, has hundreds of tape recordings and transcripts received from materialized forms of some of the highly developed spirits who dictated OAHSP... and I am helping her get a book published, now on the Press: AMAZING PREDICTIONS OF THINGS TO COME - Based on OAHSP - The Wonder Book of the Ages. Fantastic almost beyond belief. Her name is Laura Horst. She has been waiting for us to appear on the scene.

Kubler Ross

Mountain View, Ark. 72560
May 12, 1979

Dear Elisabeth:

My friend, Dr. Ralph Sierra, one of the outstanding authorities on bio-magnetism, who has laboratories in Puerto Rico, has written me requesting that I invite you, for him, to visit his lab and to permit him to acquaint you with the remarkable healings he is accomplishing and what can be done with electro-magnetic treatments.

Dr. Sierra has twice appeared on our Workshop programs and has deeply impressed his audiences. He is a most unusual personality.

He heads the Puerto Rico Scientific Research Laboratory, Inc. 1707 Arkansas St. San Gerardo, Rio Piedras, Puerto Rico. Phone 704-0100.

It is Dr. Sierra's hope that you will have time to contact him during your stay in Puerto Rico, May 20-27.

My warmest regards as always!

Sincerely

Mountain View, Ark. 72560
June 3, 1979.

Dear Elisabeth:

How GRAND of you to play hooky for several hours so you could take us to Shanti Nilaya and let us thrill and rejoice with you over this providentially chosen and spectacularly inspiring place! May the GOSS PROVIDE YOU WITH THE RESOURCES to buy and develop this beautiful Retreat!!

Your latest book TO LIVE UNTIL WE SAY GOODBYE is a poignant masterpiece. As you know we have bought a dozen more to give to friends so desperately in need. What a creative team you and Mal make! We liked him so very much.

Wish we could have managed to stay over and be with you and your group last Thursday night...and witness the burning of the pine cones, etc.

We were so happy that our friend, Laura Horst, was able to be with us for we had been wanting you two to meet, to get to know each other, because Laura has had vast experience with materializations, direct messages (voice as well as psychic mediums) You will find much in common as you get better acquainted.

I am sending you several books of mine, wondering when you will ever find time to read them! HOW TO KNOW WHAT TO BELIEVE tells of a time when I almost died as a result of a health reading given me by Edgar Cayce. His type of past life readings did not impress me. In 6,000 readings these people had been the incarnations of most of the great characters in history. (Cleopatras 8 different times) This subject deserves careful study. It is possible that some individuals may return on missions of service. Would like to have talked to you more about this area...and hopefully we can one of these days. Am concerned about this purported expose the LA Times may be working on. I recall the early years when I faced ridicule and skepticism because I believed in telepathy and various phases of Psychic Phenomena...but I have lived long enough to see many scientists accepting it. Martha joins in LOVE. If we can help in any way, let us know.

Shanti Nilaya

Board of Directors:

*President: Elisabeth Kubler-Ross, M.D.
First Vice President: Marti Barham, Ph.D.
Second Vice President: Susan Thompson
Treasurer: Boots Martensen
Secretary: Linda Pitta*

June 6, 1979

Mr. and Mrs. Harold Sherman
Mountain View
Arkansas 72560

Dear Friends,

This is just a brief note to thank you for coming all the way to Oceanside and then back with me to Shanti Nilaya to see my new healing center and to share with me an afternoon.

I was most delighted to see both of you again, and naturally also to meet your very lovely friends.

I hope you stay healthy for many more years so you are going to see the fruit of our labor and the incredible experiences that we are having in an accelerated rate. There are so many wonderful things happening now in this new field that very few people understand, although we know that the next generation will be more open-minded and more understanding about the real essence and purpose of life.

You have been a great pioneer in this field and you will not only get your rewards in heaven, but I'm sure also on this physical plane by seeing how many things are changing in this next year. And shed more light and understanding into the darkness of this narrow-minded, judgmental world.

Thank you for coming and for caring.

Lots of love,

Elisabeth

Elisabeth

EKR/vp

Mountain View, Ark. 72560
June 17, 1979

Dear Elisabeth:

So good to get your thoughtful letter!

I, too, hope I can remain on earth long enough to see the great changes for human betterment under way - changes that you are helping bring about. At present, it is a pretty sad, sick world....and largely of man's own making. He may need a good shaking up, mentally and physically, before the changes we visualize can come to pass.

Our faith and our concentration needs to be, as you suggest, on the Next Generation.

I feel we are destined to work together in many practical spiritual areas...and I hope we can manage to keep in helpful touch.

Our Next ESP Newsletter will contain a page I have written about you. Will send you copies when off the press.

Just now our Foundation is getting organized to do and to encourage Survival Research... which, hopefully, can give more and more assurance to people about to make transition.

Your book: TO LIVE UNTIL WE SAY GOOD-BYE is magnificent...we have sent copies to friends who are facing terminal situations...and they have been greatly lifted in spirit and courage by it. What a happy marriage you and Mal had between words and picture!

Martha joins in our LOVE!

Mountain View, Ark. 72560
July 28, 1979

Dear Elisabeth:

You warned us when we saw you in your beautiful retreat in Shanti Nilaya that you were expecting to be attacked soon, and that you had been "told" you would be able to weather any storm. However, perhaps even you did not realize how devastating this attack was going to be.

A California friend has just sent us copy of the NEW WEST article by Kate Coleman, titled AFTER DRED of Entities...and I cannot imagine a purported expose from the Los Angeles Times or any other publication, (and ALL will follow), that could be any more devastating or ruinous to the world-wide fine reputation you have earned.

I am appalled that you could have permitted yourself to be "taken in" by such associations and performances. In my report on your work and your beliefs, in my book "How To Picture What You Want", largely quoted from your statements in an article appearing in the Psychic News, and your actual statements to me, I said in part: "Dr. Ross is aware of the price she may have to pay for saying these things. "I can lose everything I've ever worked for my whole life," she said, "But if I had any doubts I would keep them private." In conclusion, I wrote: "I cannot personally testify, as yet, to the validity of these materializations, but I know that such a phenomenon does exist. And I have great respect and regard for Dr. Kubler-Ross and the great contribution she is making to the removal of the fear of death."

In a phone conversation I had with Donna Spaulding before meeting you, I suggested that it might be helpful for me to sit in on a materializing seance, so I could testify to its genuineness, if I found it to be so, as a possible aid to you if and when you should be attacked. But the contents of this article are destined to leave you utterly defenseless....and I fear the worst is yet to come.

You have indeed risked everything...and a press which has been previously kind and laudatory can and will turn against you. I am in position to know what ridicule and skepticism can do, particularly in this field, and when SEX is related to so-called SPIRITUALITY. It is a most unsavory report and I will be surprised if it does not lead to cancellation of speaking engagements, and question and answer periods as embarrassing as they might prove devastating.

In books of mine I have questioned the reality of reincarnation...told about my experiences with Edgar Cayce...and lives that have been ruined by belief in previous incarnations which have destroyed present family relationships. I know, once a person has been committed to such a belief, and complimented by the thought that he or she has been identified with great personalities in the past... it becomes almost an obsession, and they feel they must serve out their present lives as martyrs, if necessary, in support of their convictions.

With a deep feeling of concern for you and the preservation of the great work you have accomplished, I have been trying to visualize how you could possibly UNDO what has been done. I see nothing short of your making the frankest kind of a statement, renouncing your present concepts and associations, as a great and regrettable mistake...something I cannot conceive of your doing. This would take greater courage than trying to stand up under the attacks which are coming. You have received wrong inner guidance or from whatever source, if you have been assured that you could weather such a storm. You have unhappily done a great disservice to the field of Psychic Phenomena, given all materialistic enemies an unparalleled opportunity to tear down what has been increasing public confidence in the higher powers of the mind. I hope you can see yourself in the light that the general public as well as scientists and medical doctors will be viewing you...

I have sent copies of your latest, great book: TO LIVE UNTIL WE SAY GOODBYE, to important friends, all of whom have been impressed. I doubt if many who will write you will have had the background that I have had in my many years of experience in contending against skepticism and deception and self-delusion, and possession...or could sympathize ^{more} with the predicament you now find yourself in. I wish I could be helpful...but much depends upon you and the course you may decide to take in self-evaluation and a most objective examination of what you have considered to be genuine phenomena which may have been less than that...and certainly not spiritual.

Martha joins in our sorrow as well as our love.

P.S. My book HOW TO KNOW WHAT TO BELIEVE might be helpful if you have not read it. Would you like me to send it?

EXPLANATION

This letter to Elisabeth Kubler-Ross had to be written to dissociate ourselves from her unsavory involvement with a fraudulent psychic medium who is charged in this NEW WEST article with having had sexual adventures with some of his followers in dark room seances - and also making clear that we cannot accept Elisabeth's claim that she has been communicating with a materialized "guiding spirit" who has been acting as her guardian "for the last 2,000 years."

It is Martha's and my sad opinion that Elisabeth will have impaired public confidence as well as credibility for any notable future services in this field.

Martha & Harold

Mountain View, Ark. 72560
Private phone -501-269-8711

July 28, 1979

Reference: Devastating article
in July 30th NEW WEST Magazine
attacking seances with sexual
implications...

Dear Dr. Ross:

After much deliberation, I have decided to send you, confidentially, copy of this letter I have just dispatched to Elisabeth.

We visited her several months ago at the Mission and then were taken by her to Shanti Nilaya where we spent the better part of the afternoon. We were apprehensive, from the start, with respect to her association with this psychic group and her embracing of reincarnation...and the public statements she had been making, which we knew were bound to be attacked, sooner or later. It seemed incredible to us that a woman of her intelligence ..., her most warm and even contagious personality, could become so involved with such seemingly obvious self-deluded or actually fraudulent people. There was no talking to her about this...she was so sure she was on the path of great human service.

Apparently you have made every effort to restore her to balance prior to breaking up...and this is just to let you know that we have more than ordinary understanding of what you have been going through. In my long life, we have had many similar experiences wherein fine people have been misguided...with ruinous home and other consequences.

I am very much afraid that the great reputation Elisabeth has gained...the respect and regard of millions of people in need of new courage and faith, will have been generally dissipated. Elisabeth will need all the sustaining help she can be given at this time...she may think she can endure what is to come, but I know human nature...and I know the press...and both can be merciless when the tide turns.

In all my life, I have never encountered a case which has hurt me more...for Elisabeth and for the field of Psychic Phenomena which must suffer as a consequence. How can anybody help now? My BEST!

Elisabeth Kübler-Ross in the Afterworld of Entities

By Kate Coleman

There's something, well, worldly, about her spirit councilors.

SWISS-BORN psychiatrist Elisabeth Kübler-Ross is by now familiar to many Americans for *On Death and Dying* (Macmillan), her revolutionary best seller on the treatment of the terminally ill and their grieving families. Death, she argued, has been taboo too long, the dying ignored by uptight hospital staff, the subject avoided by the dying and their families.

In the late sixties, Kübler-Ross hit upon a groundbreaking method of counseling: The therapist listened and learned from the patient first, hospital technicians second. By recognizing, then charting, the five stages of death—from denial to final acceptance—Kübler-Ross provided guidelines for alleviating the loneliness and pain of dying.

Patients needed more power over the conditions of their own death, she insisted. Partly through her efforts, more

than 50 hospices for the terminally ill have been formed nationwide. Dying at home is now a real choice.

As one who has helped to popularize her own as well as others' newly devised treatments, she is regarded as the death-and-dying movement's prime mover and is in great demand all over the world as a lecturer. "They come out of the bush in Samoa to hear her speak," says an associate who helps Kübler-Ross organize her prodigious speaking schedule.

Lately, however, the 53-year-old thanatologist is causing concern within the movement and dismaying many of her former associates with behavior that smacks of the occult, or simply the bizarre.

There is an afterlife, Kübler-Ross now tells wide audiences—a happy hereafter devoid of hell, pain or retribution. There is nothing to fear from life after life, as she and others in the movement call it. Indeed, death sounds better than a trip to Disneyland. As proof, she cites the many interviews she and other investigators

have conducted with people who have been resuscitated from clinical death. Such talk disconcerts many in the field of counseling for the terminally ill. Kübler-Ross herself admits publicly that many people think she's gone off the deep end. Others in the movement feel she's just too certain about her afterlife conclusions.

More startling, Kübler-Ross argues the existence of an activist pantheon of supernatural beings, all of them benign. She refers to them as "spirit guides" or, more affectionately, "spooks." Her very own spirit guide, she has now told thousands who have come to hear her lecture, is named Salem. She has even played a tape of a spirit singing "You Are My Sunshine."

One possible explanation for Kübler-Ross's views came from a psychologist, who said, "She's tried for so long to help people who are dying. What better way than that of showing the world you can transcend your own death?"

But a few former colleagues have a darker interpretation. They lay the blame

Kate Coleman's last piece of investigative reporting was an article on the Black Panther Party for New Times.

“...Entities have made mad, passionate
(or, according to one source, uninspired) love to humans...”

for her growing interest in spirits on her close association with a mail-order minister, the Reverend Jay Barham, Barham, says one former associate and friend of Kübler-Ross, has wielded a “Svengali-like” influence on her, hoping to use her considerable prestige to attract more converts.

JAY BARHAM incorporated his nonprofit Facet of Divinity Church in 1975. Barham, a high-school dropout who speaks with a southwestern drawl, had already attracted a modest following of more than 100 people. This core group of devotees resided in Escondido, San Diego and Los Angeles. The 50 or so Los Angeles members of the group, many in social work or related fields, would commute south to Escondido several times a month—to share in church-related activities, or to participate in other Barham specialties: either the so-called Barham method of psychodrama or sexual therapy.

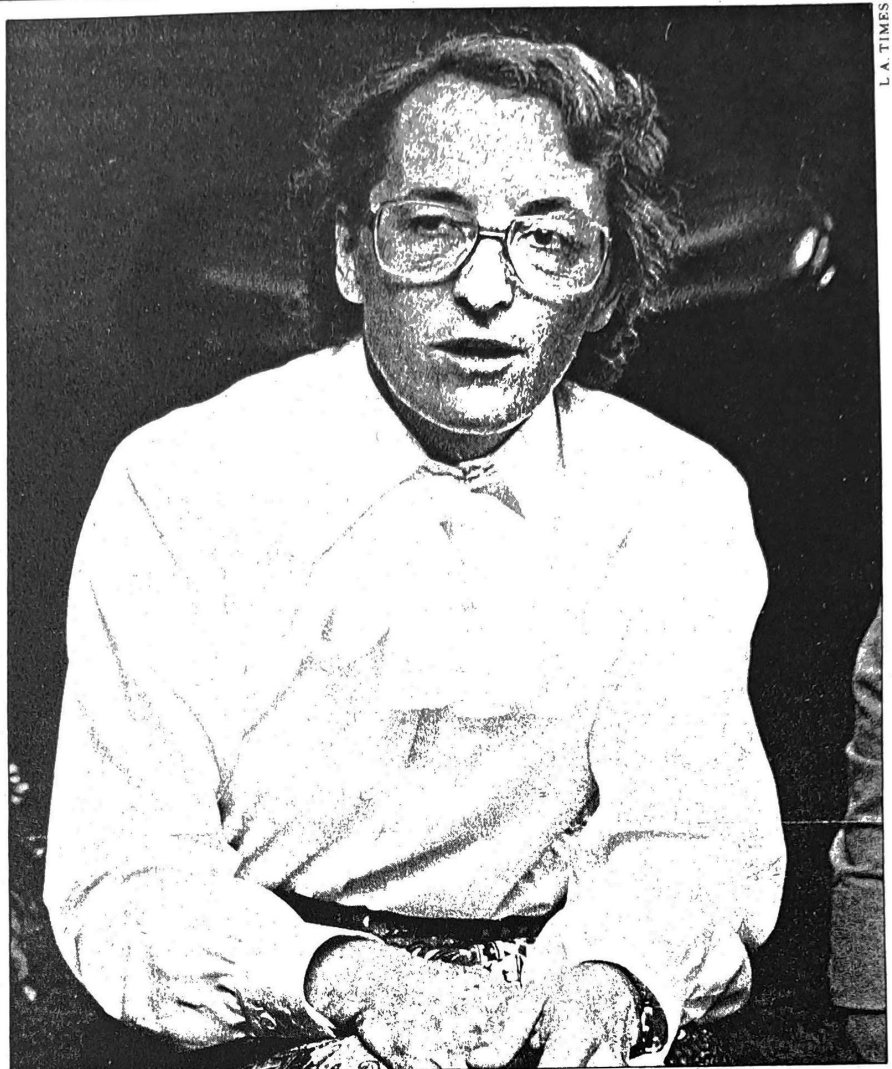
Kübler-Ross met Barham and his wife, Marti, in 1976, and since September of that year has pooled resources with the pair and worked with them doing counseling and therapy.

Kübler-Ross even persuaded her husband, neuropathologist Manny Ross, to purchase for \$250,000 a 42-acre, boulder-strewn site in the Escondido foothills near San Diego for a “healing and growth” center (now called Shanti Nilaya, Sanskrit for “Home of Peace”) she founded with the Barhams.

What was it particularly about Jay Barham that so attracted Kübler-Ross? Friend and foe alike say he’s not much to look at (“Ugly as sin,” was the way one woman put it) but has a certain craggy, rugged presence, accented by the western clothes he affects. Though he sometimes speaks in ungrammatical sentences, he is considered by some shrewd critics to be very sensitive and intuitive. His greatest attraction, however, is the founding of a religion in which he himself starred as a medium during séances to “materialize” so-called entities or spirits.

Barham’s church provided a handy cosmology and godhead belief system of reincarnation and afterlife called the “unobstructed.” In the “unobstructed,” things are reportedly so happy that Barham, Kübler-Ross and many people associated with Shanti Nilaya smoke cigarettes like fiends because in the hereafter their lungs and everything else they will have lost physically in this life will be more or less restored.

Séances take place in the “darkroom,” which consists of one large meeting room and two small “visitation” rooms. The



L.A. TIMES

“I know what I’m doing . . . The entities don’t need proof,” Kübler-Ross told an admirer.

trite props of more pedestrian séances are employed: a voice trumpet, a fluorescent-painted scarf and, of course, darkness. The group sings and chants to raise the energy level of the medium or “channel.” Barham, they say, has the gift of channeling and can “trance” while lying down in one of the little, darkened visitation rooms. Such efforts supposedly pay off in the “materialization” of the so-called spirit guides which, one by one, “clone the cells” of Barham’s body. The spirits part the curtain and move into the main room, sometimes stark naked. Some of the darkroom regulars are named “Anka,” “Willy” and “Mario.” These entities speak or sing to the group at large.

But the real twist, the chef d’oeuvre of the Facet of Divinity Church, is the materialization of personal spirits such as Kübler-Ross’s Salem. In all-night marathon sessions, “private” spirits are con-

jured up singly. Each spirit then escorts its special human charge into the vacant back room for a secluded tête-à-tête. *New West* has learned from a variety of sources, some of them participants, that some of these so-called private entities have made mad, passionate (or, according to one source, uninspired) love to their all-too-human earthly charges.

It is a doctrine of this church that earthlings need to loosen up sexually and that there’s nothing like getting it on with a spirit to help all of us over our repression, guilts and fears. But within limits: Homosexuality, say the entities, as related by a church adherent, “is unnatural.” “It is true, as you have heard, that we enjoy touch,” one entity says in a tape-recorded session, according to a transcript *New West* has received. But another, later transcript makes it clear that “an entity would never indulge in sexual activity for selfish gratification.”

If you are advanced you will understand

- 1) ONENESS principle (everything alive conscious & one)
- 2) Consciousness and who "we actually are"

We are on the verge of understanding this. OBE, WDE, consciousness research, realizing metastasis disease is dead.
How could the intelligence a thousand million years not realize

TO PREPARE FOR THE COMING OF THE GATTAE

In 1946 and 1947, Harold Sherman wrote two science fiction novels, "The Green Man" and "The Green Man Returns" in which he put in story form a vision he had received of the coming of Space People from another planet, to save the inhabitants of earth from self-destruction through a possible Third World War and other cataclysmic happenings.

After the first novel was published by Amazing Stories magazine, Kenneth Arnold, a private pilot, reported the sighting in western skies of nine unidentified objects which he called "flying saucers". This caused many readers of "The Green Man" to write Editor Ray Palmer, urging him to have author Sherman write a sequel telling about the extra-terrestrial being, Numar's promised return if the human race should be in peril, bringing with him a host of fellow Green Men to help install a New Plan of Living for the peoples of earth.

"The Green Man Returns" proved a sensation in its day and ever afterward, newspapers in reporting on the sightings of aliens from space, referred to them as "little green men."

Since that time, there have been thousands of reported sightings of U.F.O.'s, a percentage of which have been found to be nothing more than an excited, even hallucinatory imaginings, or out-and-out hoaxes. However, enough inexplicable, well-documented close encounters with strange objects and lights in the sky as well as claimed abduction cases, to have caused widespread belief in the genuine existence of extra planetary visitors. In addition, the enormous success of the motion picture "E.T." attests to the universal popular acceptance of the possible advent of beings from Outer Space.

And now, as though following some higher planned program of preparing mass consciousness for welcoming some alien visitations, a book has appeared on the scene with the unusual title, "On A Slide of Light", authored by Greta Woodrew, a remarkably credible, educated and psychically endowed woman. She has deeply impressed scientists and others with her amazing demonstrations of Psychic Phenomena and her claim that she is serving as a communicative channel for extra-terrestrial intelligences from the Ogatta civilization, a distant planet of superior beings who, much as reported in Harold Sherman's "Green Man" stories, are concerned over our planet's destiny, and may come to earth in force in the foreseeable future, to be of aid in a time of great crucial world need.

It so happens that Harold Sherman, himself, is a world known sensitive, having gained recognition years ago for his now classic experiments in long distance telepathy with the Arctic Explorer Sir Hubert Wilkins, when Wilkins was in the far north, near the North Pole, searching for the lost Russian fliers. At that time, test arrangements were set up for Harold Sherman to act as Receiver, concentrating his mind on Wilkins from his New York City study and recording impressions he hoped to receive in imagery and feeling form, from the mind of Wilkins at whatever point he might be, some 2 to 3 thousand miles away.

It was Wilkins' assignment to re-live and review, in his mind's eye, the outstanding things that had happened to him and his search expedition that day. The experiments were conducted 3 nights a week - Monday, Tuesday and Thursday, 11:30 to 12, Eastern Standard Time, with Wilkins synchronizing the difference in time at his end.

When the little more than 5 months of the experiments were concluded, during which time Sherman had recorded several hundred impressions, and mailed copies each night to Dr. Gardner Murphy, head of the Psychology Department at Columbia University, as one of the witnesses, to be later checked against Wilkins' diary and log, it was found that some 70% of Sherman's impressions were remarkably accurate. These experiments, reported by Wilkins and Sherman in their book, "Thoughts Through Space", took place during the fall of 1937 and the spring of 1938. Since that time, Sherman has continued his research on the higher powers of the mind and has written many best selling Self Help and ESP books, giving documented case history accounts of many psychic experiences he has had, with explanations as to how these mental powers can be developed.

The meeting of Harold and Martha Sherman with Greta Woodrew and Dick Smolowe appeared destined to happen. Because of their unusual psychic sensitivity they had an immediate communicative and loving relationship, one for the other. It helped for each couple to have had a supremely happy married life - the Shermans for going on 63 years, and the Smolowes for over 28.

All four recognized, at once, the colossal problems which could arise when predicted cataclysms such as a devastating earthquake in Los Angeles or San Francisco areas - or along the eastern coastline, including New York City, should occur. A happening as disastrous as this would ~~be a real~~ probably lead to the coming of the Ogattans, whose different physical appearance alone might, from Greta's description, prove shocking, even frightening, at first sight. Fear of the Unknown always considered the most damaging fear of all.

It would be psychologically and physiologically suicidal for any extra-terrestrial beings to make a visitation in force on this planet without first having had the way established for their friendly acceptance on arrival . Even Harold Sherman's first science fiction story, "The Green Man" had NUMAR, a representative of his alien race, make an individual appearance to acquaint the people of earth with his looks as well as his nature before he would return with a goodly number of his fellow green men, with world confidence and interest in them accomplished.

Great care must be exercised to avoid any religious suggestion that the coming of the Ogattan or any alien civilization to this planet is not to be interpreted in the nature of a "Second Coming of Christ". In all of Harold Sherman's Self-Help and ESP books, he has referred to the Creator of this boundless universe as "God, the Great Intelligence", emphasizing again and again that a part of this Great Intelligence exists as an "I AM" awareness in every human consciousness. Sherman has kept his writings free of any involvement with the dogmas or creeds or isms of any religions, so that his references to the higher powers of mind are not in conflict with the concepts of any faith, carrying as they do, a basic spiritual undertone. Practically all humans are in agreement that they exist as the result of a supreme creative power, which is behind all forms of life, not only on this planet but all others.

"Seeing might be believing" - but seeing could also be frightening.. and especially if the appearance of Ogattan entities, should they appear, could be so entirely different as to be regarded as ugly, even repulsive, by so-called human standards of design or concept.

Greta, in recognition of this and all associated problems, has these comments to make in her closing comments in her most challenging book:

You and I are living through one of the most crucial eras to confront humanity since the dawn of history. We must meet it with a heightened sense of awareness and an inner sense of peace. I look for the American heritage of positive thrust and positive energy to assert itself in the transition. My mission will be a success if you strive to help others and allay their fears of the unknown. To quote Tauri (her Ogatta friend) "Better a little light than no light at all,"

I look for the Ogatta group and similar groups to become a part of your experienced reality. I look to interfacing with those who come from the Cosmos to help Planet Earth. I look to welcoming them and assisting their benevolent efforts on our behalf. I look to the coming of the gattae.

I look to riding on a slide of light with you...or WITHOUT you!

PREDICTIONS OF THINGS TO COME:

"Due to man's inhumanity to man...and Nature's plan...
there will be a change to the face of our planet..."

This is the cryptic message which came through Greta Woodrew,
serving as the channel of communication for the Orgatta Group.

The Prediction cannot be expected to be taken seriously
by the world-at-large until some earth-shaking disaster
takes place. Then people everywhere should be willing to
listen hopefully to authoritatively established messages of
caution and guidance.

Apparently only a short time is seemingly remaining
to our present civilization for such preparatory helpful
knowledge and reassurance as can be given, to be provided.

If it is possible - and only Greta can determine this -
it would be imperative that contact be made with outstanding
Ogattans with whom communication has been established.
A program should then be evolved whereby several of them would
materialize so that they could meet and be seen by a selected
few human witnesses who could testify as to their reality.
This would be in line with Greta's statement that a time would
come when all humans could "experience reality of face-to-face
contact" with the denizens of the Cosmos.

Without some such evidence at the right psychological moment,
it would be most difficult with all psychic manifestations
that Greta might demonstrate, to impress a doubtful,
materialistic world. With such support on the part of her Orgattan
extra terrestrial friends, a great change in mass consciousness
could be achieved. The Ogattan entities would not need to appear
in the beginning except to a private meeting of scientists
and prominent persons whose testimony would be sufficient to
be accepted by the great majority of world peoples.

THE GREEN MAN

A Synopsis by
Douglas Alver Menville
of the Novel by
HAROLD M. SHERMAN

THE GREEN MAN

The year is 1943. Two years before the end of World War II and the dawn of the Atomic Age. Four years before a man named Kenneth Arnold will see over Mt. Rainier the first flight of what will come to be called "flying saucers" and later, "UFOs." Nineteen forty-three: a year destined to change the consciousness of the entire world forever, turning mankind away from thoughts of war and shortages for a while, turning men's minds outward and upward--if only briefly--to the stars.

PROFESSOR WILLIAM ROSCOE BAILEY certainly has no inkling of the role he is soon to play in the cosmic drama that is about to unfold as he and his wife drive home through the warm California night. A world-renowned astronomer who has spent the better part of his 40 years with his feet on the ground and his head in the stars, Professor Bailey has evolved some rather radical theories from time to time, with which he loves to shock his more conservative colleagues. Tonight he has done just that with his paper, "Are Other Planets Inhabited?" delivered at the annual meeting of his astronomical society. The Professor has postulated that "there may be millions of other worlds containing forms of life and intelligent creatures far beyond our present evolution." Today, this is a commonly held belief among scientists --but in 1943, it was strictly out of the pages of AMAZING STORIES to most astronomers, and the debate after the Professor's paper waxed long and hot.

The furious controversy his paper caused is still on the Professor's mind as he drives down the steep, winding road

from Mount Wilson Observatory. His staid, down-to-earth wife, NELL, is somewhat upset. She thinks her husband has probably only succeeded in harming his reputation with such a wild concept. An attractive woman in her mid-30s, Nell is something of a nag at times, fiercely practical, and the exact opposite of her visionary spouse. Although she loves him very much, to her he is not the brilliant theoretician the world knows, but rather a small child to be watched over and kept out of trouble constantly. He is to her the child they never had.

As Professor Bailey attempts to convince his wife of his conviction that life exists on other planets, the car motor suddenly coughs, sputters, and stops. The electrical system is completely dead for no apparent reason, and the car rolls to a stop in a decline between two walls of rock. Outside, the night is pitch dark; only the twinkling stars above and the twinkling lights of Los Angeles below give any light at all.

Unable to cope with any kind of mechanical contrivance outside of an observatory, the Professor sets out on foot to look for a telephone. After he has made his way cautiously down the mountain road for a few hundred feet, he spots a light--a kind of hazy luminosity--but it is off the road quite a distance. As he heads toward it, he finds the terrain steep and rocky and overgrown with brush. Suddenly, a stone turns under his heel and he tumbles down a rocky incline head first.

At the bottom, the Professor lies on his back, his head throbbing painfully and lights dancing before his eyes. He spots the North Star in its accustomed place as he recovers his wits, but this other star--the moving one--what is this?

Can't be a meteorite... As he watches in amazement, the Professor sees the "star" become larger and larger as it descends toward him. Now he can make out its shape--a huge, silver, saucer-shaped object, glowing with a pulsing blue light. It lands quietly a few yards away, and the astonished Professor struggles to his feet, believing it to be some kind of secret aircraft for the war effort.

A few moments later, a hatch in the side of the craft opens noiselessly, and a man steps out--but what a man! Well over six feet tall, the stranger has a long face with strong, handsome features and an abnormally high forehead. His luminous, piercing green eyes are, incredibly, matched by his skin! Except for this bright green skin color, the being appears to be human and is clothed in a flowing white robe and tight-fitting white head-dress.

The stranger introduces himself to the Professor as NUMAR, an inhabitant of the planet Talamaya on the other side of the Milky Way. He has been en route to Earth for three months, a voyage of approximately a trillion miles, and has chosen the Professor to be his host while on Earth. He feels that the Professor will be able to help him get across his message to the people of Earth. He tells the Professor that he stopped the motor of his car with a ray from his ship, but that now it will start again.

When they reach the car, this proves to be true--and Professor Bailey actually begins to believe this incredible happening! Nell, however, is another matter--she is highly suspicious of this tall green stranger and believes him to be a fake, a cultist of some sort. However, she agrees to let him stay with them for a few days until he can find his cult.

At the Bailey home in Glendale, Numar refuses food, saying that on his planet, nutrient is taken directly from the air and water. He also tells the Baileys that he never sleeps and is several million years old! Mrs. Bailey becomes more and more upset at each new marvel, refusing to believe that their house-guest is from another planet, while the Professor becomes more and more convinced.

Once, when the Professor inadvertently touches Numar, he receives a terrific shock, blue sparks spitting, and finds himself thrown across the room! Numar apologizes, saying that it is a natural defense mechanism of his race, something like the electric eel of Earth, and that he can control it if he knows he is to be touched.

Soon, the neighbors get wind of this strange green visitor and line the fences to get a look at him. Word spreads like wildfire. Then the doorbell rings, and in pops the Baileys' vivacious and beautiful young neice, a blonde bombshell, BETTY ANNABEL BRACKEN. She is as star-struck as it is possible for a young girl to be, and this morning the stars are really in her eyes: she has been promised a screen test at Warner Bros. and just flew in from New York to stay with her aunt and uncle for a few days.

When Betty is introduced to Numar, she assumes him to be an actor of some kind, impersonating a spaceman, and admires his makeup. But his obvious sincerity and personal magnetism soon overcome her skepticism and she begins to believe his story.

The doorbell rings again; this time it is the police, who have heard reports of a suspicious-looking character in the

Bailey home. When the Professor tells them his story, they consider him a candidate for the funny farm, but after meeting Numar and attempting to arrest him, they're not so sure! When they try to take him in for questioning, Numar's shock effect knocks them both tail over teakettle, but to avoid trouble, he agrees to go quietly with them. "It will be an interesting opportunity to observe your world," says Numar.

At police headquarters, POLICE CHIEF CHARLTON K. ANDREWS talks to Numar and is almost convinced that he is telling the truth. He decides not to press charges and allows Numar to be interviewed by a host of eager, if skeptical, newspaper reporters. He answers some of their questions, saying that he has come here to deliver a message of great importance to the people of Earth. He intends to broadcast this message over every radio station in the country and to other countries as well from Chicago, which he says will become the future capitol of the U.S.!

After the interview, the photographers take pictures of Numar posing with Betty and the Professor. They even talk Betty into kissing Numar--a custom unknown to him! When she does, she receives a tingling shock like nothing she's ever felt before--not even from her fiancé, of whom, more later.

Before Numar leaves the police station, he performs another marvel: by long-distance clairvoyance and psychokinetic power, he seeks out and stops a car full of fleeing bank robbers, so that the police can capture them.

As Numar, Betty, and the Professor leave the police station, they are accosted by a talent scout from MGM, who wants to put Numar under contract. He politely refuses, but Betty tells the agent to come see her, thinking that two screen tests are better

than one!

As the party prepares to enter a waiting taxi, Numar accidentally touches a man in a wheelchair--and his electrical aura jolts the man so that he suddenly finds that he can walk again, for the first time in 20 years! A miracle!

Back home, they have to fight their way through a huge crowd of curious spectators, some, who have already heard of the miraculous cure, waiting to touch or be touched by this strange green Messiah and healed. Things are getting out of hand rapidly, and the police have to be called in to keep order. The late editions of the papers arrive then, and to their astonishment, Betty and the Baileys discover that Numar cannot be photographed! To the amazement of the press, Betty and the Professor are quite visible on the front page, but something about the Green Man's aura makes him invisible to film!

In order to placate the crowd, Numar agrees to go out and let them touch him, but to their disappointment and anger, no cures occur. The mob's mood turns mean, but Numar is unafraid. Suddenly, a mother with a little crippled girl comes up, still believing in him, asking him to cure her daughter. The Green Man kneels, gently talking to the little girl and stroking her legs until she rises up out of her wheel chair and walks! The crowd is silent, awed; Numar tries to explain that he is not a healer, that sometime his natural electrical forces can cause regeneration of nerve tissue, but they believe only what they want to believe. They think him a miracle worker--perhaps a new Messiah!

Chief Andrews is forced to put the Bailey house under

police protection, and controversy swells all across the country as word of Numar's "miracles" and his baffling photographic invisibility gets out. Editors from the wire services, from TIME, LIFE, NEWSWEEK, LOOK, and other magazines and newspapers, clamor for more information about this mysterious refugee from Buck Rogers.

The President of the University of Chicago calls long distance to offer to let Numar broadcast his address from the stadium during half-time of the Chicago-Notre Dame football game--and Numar accepts. He also accepts an invitation to appear on the world-famous radio quiz show, "Information, Please," and to address a special joint session of Congress in Washington. Here, he will also meet President Roosevelt.

Professor Bailey invites several of his world-renowned colleagues in science to interview Numar, to prove his authenticity once and for all. But the meeting ends in a draw, with only half of the scientists really convinced that Numar's claims are genuine. The Professor apologizes to Numar, but the space-man is not concerned. He says everything is going as planned, and he appreciates the Professor's help and support.

While this is going on, the MGM talent scout manages to corner Betty, but his opposite number from Warner Bros. shows up too. In order to get someone near Numar under contract, they bid against each other, Betty finally signing with MGM. Not to be outdone, the Warner Bros. scout then signs up--Mrs. Bailey!

Meanwhile, across the country, at Kelly Field, Texas, FLIGHT LIEUTENANT HARRY HOPPER is lying propped up in his bunk, enjoying a Lucky Strike before lights out and staring

wistfully at a photograph of a stunning blonde tacked up on the wall. It is not Betty Grable or Betty Hutton--but Betty Bracken! Harry, a good-looking, lanky young man with dark, unruly hair, had met Betty a year ago on Broadway, when they both had bit parts in a shoestring production there. Working together closely, they had fallen in love and had planned to go to California together and take Hollywood by storm. Unfortunately, Uncle Sam had other ideas, and Harry suddenly found himself whisked out of the arms of his sweetheart and into boot camp, leaving Betty to pursue her career alone. Apparently she was awfully busy at it, thought Harry, for she had not written to him now for almost a year.

When Harry's buddy and room-mate calls his attention to the stories about Numar in all the papers, Harry is at first skeptical and amused by the gullibility of the public--but his feelings suddenly change to rage when he spots the picture of Betty kissing "nothing" on the front page! He is horrified, angry, jealous, hurt--and determined! Determined to somehow get to Hollywood and save Betty from making a fool of herself and ruining her career. Through some dangerously negligent flying, Harry manages to convince his C.O. that he needs a furlough and he takes off like a shot for California in an Army plane.

By now Numar is world-wide news, his picture (painted, not photographed) on the covers of such magazines as LIFE, LOOK, TIME, and even AMAZING STORIES! Numar appears on the Sackswell Coffee House radio show, but the script is so puerile that he refuses to read it and walks out in disgust, leaving popular comedian FRANK MORGAN speechless--for once!

Lt. Harry Hopper lands at Los Angeles Municipal Airport just in time to see his beloved board a plane for New York, along with the Baileys and Numar, who is to appear on "Information, Please." Harry misses Betty by minutes only; there's nothing to do but gas up his plane and head for New York.

Harry's plane catches up with Betty's airliner in mid-flight and he waggles his wings at her. She realizes that it must be Harry, whom she had almost forgotten, but she's too excited at approaching New York and being with Numar to pay attention.

A huge welcoming committee, headed by MAYOR FIORELLO LA GUARDIA himself, greets the Green Man and his party at LaGuardia Airport. Other notables, including CLIFTON FADIMAN, host of "Information, Please," WALTER WINCHELL, DOROTHY THOMPSON, and H. V. KALTENBORN, are also on hand with comments and questions. Winchell has an "inside tip" that Numar is a fake--he's really a chemical worker from Brooklyn named Izzy Zwankenstein who fell into a vat of green dye. The Mayor welcomes Numar to New York, and then the reporters swarm in to ask him questions. He answers them calmly and directly, and they are unable to shake his story; they find themselves impressed in spite of themselves. When Winchell confronts him with the "Izzy Zwankenstein" bit, the Green Man laughs aloud--for the first time! Then the science editor of the Herald-Tribune asks for a demonstration of Numar's electrical powers, and the frustrated and skeptical Winchell is pressed into service. He shakes hands with the spaceman and a blue flash hurls him several feet away! When the dazed columnist picks himself up, he angrily threatens to sic J. Edgar Hoover on Numar for carry-

ing concealed weapons!

As the party leaves the airport in the Mayor's limousine, Betty catches a glimpse of Harry struggling through the crowd to get to her--but again he is too late!

The world's first interplanetary visitor and his friends are put up at the swanky Waldorf-Astoria Hotel as guests of "Information, Please," and the following day, after a hectic sight-seeing tour of New York, Numar appears on the program with OSCAR LEVANT, JOHN KIERAN, F. P. ADAMS and CLIFTON FADIMAN, the host. The spaceman amazes the distinguished intellectual panel members with his incredible knowledge of events on Earth and his answers to questions about his origin and his people. He leaves them with their heads swimming with speculation, along with millions of radio listeners.

Outside, Lt. Harry Hopper, frantic by now, is vainly trying to get through the milling crowds outside the NBC building. He vows to kayo Numar when they finally meet, seeing the Green Man as the real source of his troubles. Again the party eludes him, having been hustled out the back way to avoid the crowds.

The next day Numar and his party board a train for Washington, D.C., where they are greeted by SENATOR ALFRED B. HOOLIHAN. He escorts them on a tour of the nation's capitol, after which the Green Man addresses a special joint session of Congress.

"I bring you greetings," he begins, "not only from the beings on my planet but from the various beings on over a thousand inhabited planets between my world, Talamaya, and your own." He goes on to amaze the assemblage by describing the vast multitudes of inhabited planets in our galaxy and how they and the people of Earth are all part of a vast cosmic plan.

He urges mankind to become aware of its part in the Scheme of All Things, and to strive to finish the work it has undertaken here, to end war forever, and to achieve a just and lasting peace among all nations.

A tired and frustrated Harry Hopper has now arrived in Washington, where he manages to trace Betty to the White House. He arrives just in time to see Betty and her party disappear into the Oval Office for their interview with FDR. Harry tries to follow her, but guards restrain him.

PRESIDENT ROOSEVELT is much impressed by Numar's striking appearance and his frank and open manner. The Green Man tells him that his remarks to Congress today were relatively unimportant--his real message will be given in Chicago tomorrow afternoon. The President promises to be listening in.

As Numar and his friends leave the President's office through a private exit, Harry is overjoyed to hear that the President will see him! But it's all a mistake: Harry has been mistaken for another young flyer scheduled to receive a medal, and FDR presents it to the flabbergasted Harry instead! Not wanting to make the President look like a fool, Harry grins and bears it...

When he finally extricates himself, Harry learns that Betty and her party have been taken to FBI headquarters, to be questioned by J. EDGAR HOOVER himself! When the suspicious Director attempts to take Numar's fingerprints, he learns to his astonishment that the spaceman has no prints! Hoover still feels that Numar is a clever fake, but he has no basis to file charges, so the party is released. But when Harry barges in, just a few minutes too late as usual, Hoover detains him and

calls Harry's commanding officer at Kelly Field. The commandant is outraged to learn that Harry has been flying all over the country, using up precious gasoline in an Army plane, and orders him to return to base immediately!

The following day, in Chicago, the Chicago-Notre Dame game is sold out. Thousands jam the stadium at Soldiers' Field, while millions more listen eagerly to the game as half-time approaches. With only two minutes remaining in the first half (and the score Notre Dame, 55, Chicago, 0), a plane suddenly roars over the audience, flying low and circling around as though looking for something--or someone. Betty recognizes Harry and realizing that he must still be searching for her, is touched by his persistence and tries to wave to him. But before he can spot her, a trail of black smoke billows out from the overtaxed engine, and the plane veers out toward the lake, where Harry barely manages to land it on a carrier there.

Finally, it is half-time, and after a brief salute to Numar by the combined bands of the two teams, PRESIDENT ROBERT HUTCHINS of the University of Chicago introduces the man from outer space to a hushed crowd of 130,000.

"People of Earth," says the Green Man, "I, Numar the Awakener, am here! I have been sent here to speak a prophecy to you. A great light is soon to appear in the heavens. Its brilliance will startle all mankind. It will cast an illumination over the entire earth. It will mark the beginning of the great change to take place on this planet. It will awaken all humans to the realization that there is a power far greater than themselves..."

Not a sound, not a cough or a sigh can be heard among the

listeners as Numar's words sink into not only their ears, but their minds as well. Millions of people throughout the world sit transfixed before their radios, as Numar goes on to describe the great change that will come over the world and its inhabitants, as men are forced to think not in global, but in cosmic terms. With the coming of the great light will arrive a host of higher beings who will work with the new spiritual leaders who will arise in each country. The floodgates of revelation in the sciences will be opened, he promises, and man will rise upward out of chaos into harmony with all things. The time of this awakening is not yet foreordained--it is to occur when mankind shows by certain developments on this planet that he is ready. This could be ten years or a hundred years from now. It is up to you, he says. We will keep watch over you from now on--you will begin to see our craft in your skies within a few years. They will monitor your progress and report it to us. The first evidence of the great light will be detected in the East. "When this comes to pass," concludes the Green Man, "you will know that I, Numar the Awakener, have spoken."

As the world catches its breath and tries to assess the message it has just received, Harry Hopper has arrived at the stadium and is once again battling his way through a crowd toward his sweetheart. But he finds himself out on the field as play resumes, and he is promptly knocked cold by a wall of Fighting Irish!

World reaction to Numar's speech varies, but skepticism prevails. The business of war is too much on everyone's mind to spend much time thinking about universal peace. But Numar

is not disturbed. He tells Professor Bailey that he has done what he came to do and now he must leave. The world will forget, he says, until the time appointed arrives. Then it will remember--when the great light appears in the sky.

Back in Los Angeles once more, the Green Man and his party are met at the airport by a furious Harry, who has recovered and managed to repair his plane and fly from Washington to L.A., arriving only minutes before them. This time he makes it through the crowds and takes a swing at his green-skinned nemesis. A flash of blue sparks sends him sprawling, and a now-sympathetic Betty rushes over to him. The lovers are reunited at last!

But the fracas attracts the attention of the less understanding/^{L.A.} police, who order the entire party into the patrol wagon for questioning. On the way to the station, Betty suggests to Numar that he stop the police vehicles, which he does. The cops get out to see what's wrong, and Harry takes immediate advantage of the situation by leaping into the driver's seat and taking off like a bat, as the engine comes back to life!

A hair-raising chase across Los Angeles and up the winding mountain road to Mt. Wilson ensues. After a few narrow escapes, Numar and friends arrive at the secluded spot where the space ship is hidden. Numar thanks the Baileys, Betty--and even Harry--for all they have done for him.

"Won't we ever see you again?" asks Betty sadly.

"There is an eternity of time ahead," replies Numar. "Perhaps we shall all meet again, somewhere." He lifts his hand in farewell, adding: "You will think of me when the great light appears."

And he is gone, into the underbrush. A few minutes later,

just as the howling patrol car rushes up and brakes to a screeching stop, the entire party sees a bluish glow become brighter and brighter, and then a majestic silver saucer lifts into view, hovers briefly, then shoots off into the sky and is gone.

The little party ignores the angry questions of the policemen as they stand staring upward and outward, into the immensity of space. They feel a great emptiness within them, as if something precious has departed, but they also know that something even greater will come to fill them in the days ahead....

THE END

The *Update* WOODREW

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WHAT IS RADIONICS?

"Radionics is a method of healing at a distance through the medium of an instrument using the ESP faculty." This is the definition given by the Radionics Association of England. When Greta keynoted at the recent Colorado Psychotronics Conference we learned about radionics from leaders in the field.

Radionics was originated by a distinguished American physician, Dr. Albert Abrams (1863-1924) of San Francisco, and has been developed by numerous researchers and exponents. Basic to radionic theory and practice is the concept that man and all life forms interact with the earth's electro-magnetic field. In addition each life form has its own electro-magnetic field which, if sufficiently distorted, will ultimately result in disease of the organism. Radionics sees organs, diseases and remedies as having their own particular frequencies. These factors are expressed in numerical values known as 'rates'. Radionic devices have calibrated dials that read these 'rates' during diagnosis and treatment. In this manner, a trained and competent practitioner can discover the cause of disease within any living system.

The medical applications are extraordinary. "Radionic instruments are extensions of the operator's mind", said Dr. Charles Whitehouse, a practitioner of radionic healing and a speaker at the Conference. By placing a photograph of the individual in his radionic instrument, Whitehouse said that photobiological receptivity enables him to work with the individual's energy field without the patient being present.

We didn't understand this until Dr. T. Galen Hieronymus, a leading researcher and developer in the field, gave his lecture. "The energy from a person can be conducted along light rays and printed on a light sensitive film, and again onto a print made from that film," he explained. "The print can be

moved to any distance away from the person, and it acts as a perfect reproduction of the person, changing from moment to moment, as the person changes." The radionic 'rates' can be tracked, adjusted and treated in this manner.

Some of the most exciting work being done in radionics concerns the refertilization of soil (a living system) in a natural, non-chemical way. Updater Jerry Fridenstine and Peter Kelley, who both lectured in Denver, have gotten some amazing results with their radionic approach to agriculture. Jerry chaired a well-attended seminar on this natural farming technique. We had the opportunity to view his radionic device on site at a local farm. The farmer was most pleased with the results to date.

The English Radionic Association says, "The radionic practitioner, in making his analysis, uses the principle of dowsing: he applies his faculty of extra sensory perception to the problem of detecting disease in much the same way that the dowser detects the location of water, oil or mineral deposits. The particular form of ESP used in radionics is often referred to as 'the radiesthetic faculty' through which the executor, by means of a series of mentally posed questions, obtains information about the health of his patient to which the conscious thinking mind has no direct access." The outstanding results which many radionic practitioners are attaining in healing the most difficult medical problems require that more be learned about this mind/matter link-up.

Greta is working with Peter Kelley to get results in areas in which the medical profession is currently stymied. Photographs of two male Updaters have been placed into Pete's radionic instrument, one of a sufferer of Multiple Sclerosis (MS) and the other from Diabetes. Traditional treatments have thus far contained and/or retarded these diseases, but not reversed them. We will keep you updated on this innovative research.

IN MEMORIUM

I lovingly devote this page to the memory of Blanche DeVries, my teacher, my friend and the leading exponent of yoga in the Western civilization. On the occasion of her 'graduation', I share with you a small sampling of her vast wisdom.

* "The teacher must step back and review each day as a student, always feeling that there is more and more to learn, love, appreciate."

* "Your 'balance' is your ammunition; one should not fire it, but rather maintain it."

* "There can be no 'build-up' without a 'clean-up' first. Nobody takes the time and patience to do the clean-up properly today so everything they are building is falling apart."

* "Be in this world - but not of it."

* "Everything comes back on the Universal clock of time...everything...everything."

* "Memorize the aphorism that irrelevancy of circumstance is the highest wisdom of life."

Q.> How do you manage (in her late 80s) to still be on the yoga mats, doing the most complex postures (asanas) with your students? A.> "To live Yoga, one must go through the whole hard routine daily for it leads to wisdom, balance, poise and equilibrium. No honest teacher would just say 'do this or that'. Yoga is a way of living, not a set of exercises." Q.> I am tired tonight; what can I do? A.> "Make time for some poetry..Haiku. You will be less tired if you enrich your philosophy of life."

Q.> Have you a thought for the day for me? A.> "I have a question of the day for you:are you the servant of TIME? Are you aware of time? Time devours us all. How much time are you wasting on little thoughts and personalities? Time can be best understood by meditating on the Solar System...on outer space...and on YOU!" Q.> How do you know all these things? A.> "Well, a real teacher can never run dry because he continually learns from each and every experience, not filled with likes and dislikes, but desire through learning to evolve whatever he touches. A correct teacher of Yoga is not one who discusses it, but who IS it."

Q.> How do you manage to always have a big smile for everyone? A.> "Smiling is good for the facial muscles--and the other fellow. Laughing is good for the liver and

Please talk to me about 'graduation', DeVries. "People who lead long, wonderfully fulfilling lives are not 'gone' when they pass over..graduate, as you say. Every answer is in Nature if we study it to find out what we are up against with human nature. We don't study nature enough to be prepared, so when hurt and losses come of human nature, it is almost unbearable at times." Would you tell me just a little of your personal philosophy? "Let my style of Yoga be sweet and simple, strong and elastic and deep, and let my Yoga flow, knowing its wise course and destination, remembering the beginnings and apparent end of all things; our humble dependence on Nature in this life of the Eternal Now."

My friend and beloved teacher, may your spirit soar...and may we share time together soon at a different level of consciousness.

Understanding Sensitivity

The phenomenon of the interaction of emitted human radiations is one we all experience, but one of which we have little conscious awareness. How many times have we shared the company of another in a supreme burst of work and effort and come away from the experience exhilarated, not at all tired? Conversely, we all know people who exhaust us. Within minutes of getting together we feel our energy drain away. WHY?

In "Initiation", Elisabeth Haich explains that each individual emits a different kind of current, a different radiation of 'will'. The 'human will' flows out of the solar plexus, literally reaching another person and embracing him. Some will emit powerful thought, but the tiny particles of force do not flow in the same direction, giving a chaotic effect. Others emit a piercing sharp flow of current indicative of great aggressiveness. Haich says this helps to explain in a physically discernible manner the real meaning of sympathy and antipathy: emanations that give...and emanations that absorb. The former radiate strength, while the latter cling to a person like the arms of an octopus, draining and absorbing his strength. These radiations cannot be hidden, falsified, counterfeited or 'explained away.' They reveal immediately the kind of person with whom one is dealing.

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Being a 'sensitive' means being sensitive to the frequencies and radiations that bombard us from all directions, from all people and from all things. While some like Greta are more sensitive than others, all of us are impacted by unspoken thoughts to some degree. In that sense we are all sensitives, tuning into the radiations being broadcast by our fellow living creatures.

Our Attitude on SURVIVAL

A great deal of information is available on "survival" and no two sources seem to agree when it comes to how many - or which - supplies one should store. One matter, however, seems to be undisputed: the one trait universal to survival is attitude. The tools for survival are in our head and without the right attitude, no tools can save you. SURVIVE magazine ran a "Psychology of Survival" September article which addressed itself to this subject. Dr. Evan Peelle, a behaviorist scientist, has researched human adaptation to stressful situations, and says that definite traits spell survivorship. They apply to critical do-or-die situations, and are equally valid in everyday situations such as job changes, divorce or changing a flat tire. We quote Peelle who outlines the following 8 ways to rate yourself:

1. SENSE OF PURPOSE - This means having definite, personal, long-range goals, priorities and values. It means being able to ignore discomfort in the short run in order to gain benefit in the long run.
2. RATIONAL THINKING - Survivors are planners. They see a problem to be solved and think about the solutions logically, coolly. Out-of-control people do little to help themselves, but if one can take control even in a small way, he has a psychological advantage.
3. UNCONVENTIONAL THINKING - This means being able to redefine a situation to see it differently. Anything goes when it means your survival.
4. CREATIVITY - Resourceful thinkers can devise ways of using equipment in an unusual fashion to accomplish what they want. A vivid imagination is a helpful trait since visualization is one way of solving a problem.
5. POSITIVE SELF-IMAGE - Feeling confident that you can take care of yourself--and liking yourself--is a key characteristic of survivorship. People who survive may be superstitious but they nevertheless have a sense of responsibility over their own fate and take charge of helping themselves.

6. ADAPTABILITY - Adaptable people can stand the stress of the unpredictable, the unknown. Inflexible people have been known to bring their ordeal to a poor conclusion to end the uncertainty of their fate.
7. POSITIVE WORLD VIEW - Survivors in general expect a positive outcome and look ahead to the future rather than becoming mired in the day-to-day stress of their situations. They are people who can share what they have and know with others, and gain from what others have and know. They are not loners and work for the common good.
8. INNER STRENGTH This trait is the persistence that allows a person to cope with stress, to see the humor in his situation, even if it's 'black humor'.

Dr. Richard Logan, professor of human development at the U. of Wisconsin, says, "Americans today are tending to think of themselves as exceedingly vulnerable. The period of extreme self-consciousness that Americans have passed through, combined with their consumerism, has given them the opinion that the props of their life-styles are what they are made of. Whereas our ancestors were more directly linked to what they actually needed to survive -food, shelter, clothes-we are distanced from our bare-bones, basic needs. We feel out of control, a negative characteristic that can lead to panic. Never before have people with so much been hassled by so little. It's partly because people have little to test themselves against--hence the interest in physical fitness. The danger of thinking of yourself as being very special, in introspection, is that it's only a very short leap to thinking of yourself as being very fragile."

SURVIVE posed the practical question, how can a person help himself learn how to handle a survival situation before he's in one? Can he directly benefit from learning what others have done? According to the experts, one must be able to honestly assess which of his attitudes and behaviors work against him in crises. One needs the belief that you CAN change your behavior. And you need to put yourself in situations where you can practice acting in the new way you have chosen.

Buckminster Fuller said, "Man is meant to survive." We agree. Lest people become preoccupied with preparing for a survival situation, Logan has a word of advice: "I believe that human beings have been destined to survive. In fact, the struggle to survive is what people are good at, or none of us would be here."



SUBSCRIBER Scribings

(Zen states, "When you meet the Buddha, you kill him." In commentary it is interpreted to mean that while you are under any other person's influence you are NOT standing on your own feet. We vigorously agree. One of the requirements for a smooth passage through the changing times ahead is for 'responsibility for self'. It cannot be abdicated to another or to a group. It was with great interest, therefore, that we read the following letter from Updater Dr. Sandy Andron, an expert on exposing the cults.):

As a charter subscriber to The Woodrew Update I am curiously encouraged by the many and varied messages it shares. I say 'curiously' because one might imagine that the scenario it proposes which suggests a transition ahead characterized by turmoil and trauma for many realistically might distress some. Not me. The message is up-beat, and advises that the transition need be neither traumatic nor paralyzing. The recommendations are clear. One need not simply "go along for the ride." We are the masters of our fate and we must take responsibility for ourselves and our actions. Thus we may look ahead with enthusiasm and confidence. The choice is ours.

Yet I have a concern which I must voice. It is over groups who would use our unsettled and unsettling times as a vehicle for creating regressive irresponsibility (and profit at the expense of others). These groups, or cults, offer themselves as a tempting and seemingly acceptable way of opting out of the struggle that faces us as we attempt to bridge to the future. They offer authoritarian leadership, elaborate rules to guide personal behavior and the submergence of self to their own select community. They suggest that escape from this ineluctible fate can be attained or achieved only by a "rebirth" through their group. One can pick up on all the buzz words and catch phrases of today's pop therapy or coping process. They speak of "scientific truths", "inner peace" and "pain engrams", and deal in the ubiquitous 'peer approval' for self-validation. Their occlusive methods of indoctrination manipulate recruits through a very sophisticated acculturation process.

The readers of the Update would do well to beware of any one or any group offering as a passport to tomorrow the abdication of responsibility, today. "Enlightenment"

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bestowed by a "benevolent dictator" will not ensure a brighter tomorrow. Personal growth and preparedness - not membership in a cult - is the investment we must make for a better future. And each of us is charged with the responsibility to do his or her part as we collectively prepare for the future.

A Trauma Update

We have written before about the trauma suffered by those caught in a natural disaster (Sept/Oct. '83 Update). Mt. St. Helens provides an opportunity to take another look. When she blew her top on that fateful May day in 1980, the town of Othello, Washington--population:7000--was bathed in two inches of fallout ash and other materials. This town, 140 miles from the eruption site, literally ground to a halt for several weeks.

Paul R. Adams, a counselor at a mental health clinic in Othello, teamed with a Utah State University colleague and recorded the extensive disaster stress reaction among the residents in and around Othello. The researchers compared community data from June through December for the years before and after the ashfall. They found that after the disaster, calls to a mental health crisis line doubled, police reports of domestic violence increased by two-thirds, and mental health clinic appointments, hospital emergency-room visits and clients served by a community alcohol center all increased by about one-third. The District Court caseload went up 25% and the total number of arrests increased 17%.

Ironically, most of the police officers, alcohol counselors and physicians who participated in the Othello study told Adams they did not see any behavioral changes after the disaster. "But when we looked at the data, we saw significant changes that they hadn't recognized," says Adams.

An interesting aside to the study showed that the residents of Othello were making preparations should another eruption or natural disaster occur. Many reported that they had started a food storage program and were learning how to prepare to withstand a period of disruption. We recognize that the residents of Othello had their attention turned sharply to thoughts of survival by that blast, but you Updaters who have been more fortunate and haven't taken any survival measures should really give the subject some thought.



MOUNTAIN MUSINGS

Well, we lost our dog, Atom. He was dead beside the pool when we returned from the Psychotronic Conference in Denver. We suspect foul play since there were no bruises on him and his collar was gone; but we buried him without further investigation. If our suspicions are correct I hope that the person who felt compelled to punish our beautiful friend for trespassing on his property enjoyed his moment of retaliation. Nobody can view the world through another's eyes, so I can only conjecture at the feelings of anger and animosity that individual felt as Atom frolicked on his land.

Atom was the second animal to whom I became emotionally attached in our 32 years of married life. Emotional involvement with an animal seems to be a matter of circumstance and timing. While I have loved and responded to the many dogs we have had over the years and to the myriad species of four-legged friends who reside at Reisha Way, I only felt strong emotional ties to two: a Boxer named Perry, and our Golden Retriever, Atom.

Both arrived in our lives at transitional moments, and both added strength and support as we adjusted and accommodated to new circumstances. They acted as bridges from normal.. through change..to normal; and as such, occupied a special place in our hearts. Perry arrived as Greta and I started new lives together. We had just gotten married, received a discharge from the U.S. Navy, and had moved to South Carolina to begin a working career. He was named for the USS N.K. Perry, the destroyer on which I served during the Korean situation, and he was paid for with part of our mustering-out pay.

Atom joined us two months after leaving our Westport, Ct. home of 29 years - and moving to Reisha Way. He was my constant companion as I withdrew from the rigors of the New York commute and work schedule, and established the pattern in which Greta and I hope to maximize our contribution in the changing days ahead. He was the only one privy to my moments of anguish and trepidation that accompany all change. He shared my rewards and new experiences as our plans began taking shape, and acted as official 'greeter' to all who found their way to 448 Rabbit Skin Road.

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Most of all he was my friend, ever at my side, and never seemed to notice my human frailties. There are two other beautiful dogs on the grounds, an eight-month-old Golden Retriever named Ufo, and a four-month-old Labrador Retriever named Crystal. Either or both would love to fill Atom's shoes (paw marks?) But the period of transition has ended. The circumstances and timing that allowed our special relationship are past. "Atom", our energy burst..."Atom", named for the planets in the Ogatta jorpah (Archa, Tchauvi, Ogatta & Oshan, Mennen)...I will miss you, Atom.

'Think and Relate'

Thallasophy is a cure with seawater. When successful, the cure eliminates the need for pain relievers in cases of arthritis as well as the need for drugs to relieve the symptoms of arteriosclerosis. Although the medical establishment still shuns such "miracle cures", the sea cure, as written about by Hippocrates (whose oath every physician takes), is slowly gaining a new life. There are many places where thallasophy is now practised as it once was in Ancient Greece and Europe: Germany, Brittany, Spain, the Canary Islands and the East Frisian Islands.

On a related note, one of the suggestions given both then and now is to refrain from eating the meat of farm animals while taking the cure of resting in the warm and salty waters. Curious as to why patients are allowed to eat deer meat and meat of other wild beasts but not the meat of farm animals, I found the ancient answer most interesting: "When farm animals are led to slaughter, they develop anguish, and their systems start producing deadly alkaloids--substances that are a thousand times more poisonous than any of the poisons used by the Borgias." A few weeks ago I went to an animal auction. I watched the cows, calves, hogs, and goats being prodded with electrical devices. I saw the terror in the eyes of the animals as they were herded into bins destined for the slaughterhouse. One ten-minute-old calf was numbered to be turned into "veal for baby food" and was (unnecessarily) electrically prodded away from his mother. I listened to his pitiful, terrified cries and looked into his bulging newborn's eyes. **Baby** food?! It made me wonder about this thing called progress. And at least for that day, I chose grilled cheese over a hamburger for lunch.

The *Update* WOODREW

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THE NEGATIVE ION: A POSITIVE FORCE

Unseen 'things' play important parts in our daily lives. Take the NEGATIVE ION, an oxygen molecule with an extra electron attached. When it abounds in the air we are apt to experience a high energy level, a certain calmness and tranquility, an ability to perform tasks better. We learn more quickly. We are more resistant to disease and infection, to fatigue and hypertension. We heal faster and exhibit a higher sexual drive. When the negative ion count is low and the environment contains an excess of positive ions we are likely to fall prey to depression, anxiety or respiratory ills. We become sluggish and we find our energy levels at a low ebb. What are IONS? Negative or positive?

Air ions were discovered independently at the end of the 19th century by English and German researchers. They are positively and negatively charged particles created largely by natural forces: by wind or cosmic rays, by lightning and falling water; by snow and hail; in short, just about any phenomenon with sufficient force to coax air molecules to dance. The negatively charged electron, an unstable character at best, detaches itself and goes in search of a new home. The original oxygen molecule becomes a positive ion; and the electron merges with another molecule and becomes a negative ion. Current estimates are that up to 75 percent of the population respond dramatically to the influence of positive and negative ions.

In 1960 Dr. Albert Krueger of the University of California at Berkeley discovered the primary reason why ions affect humans: they alter the level of a neuro-hormone called Serotonin, dubbed "the ultimate downer." Positive ions increase the Serotonin level bringing on hyperactivity, anxiety, depression and a greater sensitivity to physical pain. Negative ions lower this level. In 1978 researchers at the University of Surrey in England demonstrated that negative ions

effectively increase a person's ability to perform psychomotor tasks, those non-conscious gestures related to fine control and reaction times.

Plunging waterfalls are mesmerizing, soothing. A great part of this effect is due to the falling water spewing negative ions into the surrounding air. Conversely, the increase in illness, domestic quarrels, suicides, murders and accidents that come on the heels of the "Witches Winds" (Santa Ana in California, Chinook in Canada, Foehn in Europe and the Sharav in Israel) are blamed on the positive ions that are generated by, but move ahead of, the hot winds. There are great concentrations of negative ions in the wilderness areas and along the sea coasts, swept by uninterrupted winds from the ocean. Mountain regions are also rich in these beneficial ions. "The higher you go the higher the concentration you get," says Dr. Krueger. Industrial waste and pollution, however, virtually consume ions, destroying many more negative ions than positive ones. Cigarette smoke, typical modern offices and closed moving vehicles also reduce the ion count to dangerously low levels. (Perhaps this is why some airline pilots are putting negative ion generators in their cockpits. Whenever we fly, we stop and ask the pilots if they have one. The answer is either strongly affirmative or total bewilderment!)

What can we do on a day to day basis to ensure a healthy negative ion count around us? Plants raise the vibration and release their negative ions to help create beauty and healthier indoor spaces. There are negative ion generators on the market for home and office use that clean the air and generate negative ions. WE used several of them when we lived in Westport, Ct., a bedroom community of New York City. Others do the same. There is a growing awareness that unseen emissions and radiations affect our well-being.



MOUNTAIN MUSINGS

The "view from the mountain" can occur in many locations. For two weeks from the end of October through early November my perspective was moved to southern Africa where Greta was a resource for a Young President's conference. As a prelude to the meeting in Johannesburg, we went on a 'camera' safari in the game reserves of neighboring Botswana. It was the experience of a lifetime, to drive among the herds of animals in their natural environments; to observe the delicate balances that have evolved in a particular ecosphere. Species live in symbiosis (together but apart), each taking from the land what it requires and giving back what it must. Each playing its part in the delicate balance that has allowed them to exist and flourish as a species during a period of favorable conditions. It was awesome to move among the lions, elephants, giraffes; the cape buffalo, wildebeests, zebras, impalas; the wart hogs, boks, baboons and many more.

And, it was eye opening to view the changing weather conditions that over the last five years have altered the conditions under which these species spawn. Will the conditions alter so dramatically as to make survival impossible for some? Many? All? Since the formation of our planet, 90 percent of the species that inhabited the earth have fallen prey to changing conditions and have become extinct. We are now in the process of dramatic change.

We wrote of the crisis caused when single-celled life overpopulated and polluted their environment (Sept/Oct. 1983). Multicellular organisms evolved, spawning higher life forms such as the animals we enjoyed in the Chobe and Moremi game parks...the plant life that sustains them...the microorganisms in the soil...and MAN. The mechanism that created that life allows for changing environments.

Science has learned that four nucleotides form DNA strands that tell twenty amino acids what to do. That is what life on this planet is all about. From these specific directions of the DNA spring all living things on earth. Logic tells me that if the conditions that currently balance nature and the environment change, then many of the life forms will also have to change. These changes will come from new directions



given the amino acids by the DNA, developing some new and more highly evolved life forms. The building blocks remain the same. Life appears so complex; we lose sight of how logical and simple it is. It's all happened before. History repeats itself.

With the changes becoming more obvious every day, we look forward with great anticipation to the future. All change has brought progress, and we look to a 'golden age' to succeed these changes. But it will spell the end of some of the exotic species we moved among on our 'camera' safari, and for this I feel a loss and a sadness.

Dick



A BACKWARD GLIMPSE

I have done some "Mountain Musings" of my own since our return from South Africa. In many places I witnessed "Man's inhumanity to man...and Nature's plan..." in full flower. Standing on a plain where eight feet of water had flowed not four years ago gave me pause for reflection on the drought implications for man and beast alike. Seeing the havoc wreaked by deforestation with one's own eyes is not the same as reading (or lecturing) about it.

Hearing the Chief of the Zulu nation state that "Whites have a racist sense of their superiority" and then listening as the leader of the Coloreds suggested that "unless we live together as brothers, we'll perish together as fools," I was touched when State President Botha suggested that "Nothing is more dangerous than a body without balance." If indeed it is true, as one Indian cabinet member remarked, that "the determination to survive in South Africa is incalculable," then the future must bring into South Africa a Commission where all races are represented. This is neither easily nor quickly accomplished.

Futurisms are just futurisms until they come to pass. I do not like giving predictions, as you well know. Nevertheless, I found myself responding to questions on the future economy with an offhand remark that "...the rand will probably fall into the garbage shortly.." and was saddened to see banner headlines 48 hours later announcing that the rand had dropped to an all-time low in its history. Worse, when pushed, because of that futurism coming to pass,

to make a statement about South African politics, I hedged and hawed and finally said, "Hey, let's not talk about the political situation here; let's concentrate on sending good vibes to poor Mrs. Gandhi in India instead." The next morning she was assassinated. Futurisms which become part of history overnight can create quite a furor!

Magic moments on safari: walking to the front door of our timber hut and looking into the eyes of a lioness...watching a herd of zebra stampede within feet of our Rover...observing the antics of the playful baboons within touching distance...seeing elephants cool off in the streams with hippos, crocodiles and rhinos within range. Awesome memories for mountain musings....

COSMIC REVELATIONS



Science and Miracles! Where is the connection? It's in the definition given by the Ogatta group for science and miracles: "COSMIC REVELATIONS." Is it so hard to imagine our greatest scientists and inventors as channels for 'cosmic information'?

Here is what Science 1984 wrote about Albert Einstein, the greatest scientist of the 20th century. "The Einstein who celebrated his 26th birthday on March 14, 1905, was nobody's candidate for distinction. A high-school dropout, he had squeaked through college with a B average, skipping classes and cramming for final examinations with the help of a friend's lecture notes. Five years had passed since his graduation from the Polytechnic Academy in Zurich, and still no university would employ him. He worked as a technical expert, third class, in the Swiss patent office at Bern."

Yet before the year 1905 was out, Einstein had written six epochal papers that transformed the scientific landscape. Two of them created a new branch of physics: relativity. A third helped create quantum physics. The other three altered the course of atomic theory and statistical mechanics. "Not since the 23-year-old Isaac Newton invented calculus and developed his theory of gravity in the plague years of 1665 and 1666 had science witnessed such a burst of creativity."

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And what about Sir Isaac Newton? Lord John Maynard Keynes, speaking at the celebration of the Tercentenary of Newton in 1947 said, "His deepest instincts were occult, esoteric, semantic...with a profound shrinking from the world." Columbia University historian Lynn Thorndyke compared Newton's method of discovery "To that of a medium coming out of a trance." Newton himself was astounded by the 'startling nature of his own theories.'

Three other great scientists and inventors, all recipients of a Nobel Prize for Physics (although one rejected it), spent the final ten to fifteen years of their lives trying to develop an electronic device to communicate with 'the other side.' They were Guglielmo Marconi, Thomas Edison and Nicola Tesla.

If all of the knowledge of the universe is available to those who can tune into the right frequency, then it is probable that when the time is 'right' the information will be channeled through. Joseph Whitfield in The Treasure of El Dorado writes that "Inventing is a form of channeling. Many of Earth's greatest inventions are channeled through the 'inventor' by a technique which we describe as mental imagery projection. In this technique, an actual picture is projected through the subconscious mind, producing a vibration within the consciousness. The conscious mind translates the projected vibration into a picture image in much the same way as a television set translates and reproduces a projected image vibration." This is what Greta refers to as her 'destiny screen.' It gives her knowledge outside of linear time that would be unavailable to her otherwise, and it is one of the favored methods used by the Ogatta group to impart information to her. COSMIC REVELATIONS!

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The Newspaper Guild of New York announced its coveted annual Page One Awards for 1984 and our editor, Jill Smolowe, was named the winner in the "Crusading Journalism" category. An Associate Editor for Newsweek International, Jill's cover story was judged as "...focussing attention on a worldwide situation, well documented with specific and compelling instances of wrongs that need to be set right." The Woodrew Update is very proud of its editor (whose by-line appears weekly in 192 countries abroad.)



"Man's Inhumanity to Man . . .

MERGING THE EFFECTS OF NATURE & MAN

The intertwining of Man's Inhumanity to Man & Nature's Plan is being recognized by the press. Writing in the Washington Post, Boyce Rensberger drew the two together. "The severe drought and famine ravaging Ethiopia and this year's massive flooding in Bangladesh are not 'natural disasters' in the usual sense but are largely the result of human activity. These are the joint conclusions of the Swedish Red Cross and Earthscan (U.N.-funded). In both countries the decades of poverty-driven misuse of the land have made the effects of natural processes far worse than would otherwise have been the case. In Ethiopia the rain that does fall is no longer absorbed by the soil. Deforestation for firewood has allowed rainwater to run off before it can soak in, washing away productive soils in the process."

In Bangladesh the same cause has led to the opposite effect. The annual monsoon-season floods have been getting worse because of deforestation on the flanks of the Himalayas. Only one-fifth of the water that began flooding the country in May fell from the sky. The rest is runoff that used to keep the upland regions green. This type of human activity has been called:

Mining the Soil

'Mining the soil' is an expression of the 80s. It means converting a renewable resource...our fertile earth...into a nonrenewable one. Soil erosion today has increased to the point where it far exceeds the natural formation of new soil. Increasing population pressures are forcing destructive agricultural practices worldwide, shortening rotation cycles, eliminating alternate-year cropping, reducing proper terracing efforts, and destroying border areas that have traditionally served as checks on erosion. Many traditional agricultural systems that were ecologically stable as recently as mid-century, when there were 2.5 billion people in the world, are now breaking down as world population moves toward the 5 billion mark. Yet NOWHERE has the depletion of the topsoil gained the attention paid to the depletion of oil reserves.

There are no cohesive global studies of soil erosion. The data collected depends

on fragments from around the world. A 1982 inventory showed that 44 percent of U.S. cropland was losing topsoil in excess of its soil loss tolerance level. Papers published by the Soil Erosion Laboratory at the University of Moscow indicate a severe and worsening erosion problem in the U.S.S.R. India estimates that 60 percent of its cropland is dangerously eroding. In short, a senior official of the U.S. Dept. of Agriculture concludes, the global soil erosion problem is "epidemic in proportion."

In the Long-Term

The World Bank reported recently that in 24 African countries which have not had enough food in 1984, food production per person is now in long-term decline, drought or no drought. As a result, in 1988, even if there is a good harvest, no more food will be grown per person than in this year's famine period. Governments and voluntary agencies, foreseeing this, try to keep back some resources for agricultural rehabilitation; but they are under great pressure to come up with quick results. The specter of famine will haunt Africa for a long time, whatever outside helpers do.



PREDICTIONS

It has been stated that the last bastion of free expression in the western world is the 'newsletter press.' We subscribe to a cross-section of newsletters and glean many ideas and directions from them. From a commodity newsletter comes the following: "Blocked out in the Western press so far is an alert issued to the world by Soviet scientists: The Russians claim that a giant asteroid tagging along with Haley's comet could hit earth in February 1985. The Soviets have named this asteroid, 'Ivan the Terrible.' Ivan is 75 miles in diameter. So, even a near miss would cause disastrous natural upheavals on earth."

Dr. Michael Grove, a Wisconsin astronomer, has noted that Ivan's collision with earth would cause floods, tidal waves, volcanic eruptions, tornadoes, earthquakes and generally wild weather.

We described Greta's cosmic view of a comet striking the earth (Updates Jan/Feb '82, Pg. 6 and July/Aug '84, Pg. 3). There has been no indication, however, that the event described above is the same.



... and Nature's Plan"

Earthquake Predictions

The U.S. earthquake watch always seems to point to the west coast and the San Andreas fault. Understandable. The San Andreas fault system is under considerable accumulated strain. Recently, however, a grant was given to the Central U.S. Earthquake Consortium to compile an emergency response plan for a major quake along the New Madrid fault which would directly affect the states of Missouri, Arkansas, Illinois, Indiana, Kentucky, Mississippi and Tennessee.

The strongest quakes known in the United States occurred along this fault in 1811 & 1812, and there hasn't been a significant quake there since 1895. Researchers say that with each passing year, strain accumulates on the fault, and the probability of a repeat event increases. They anticipate another major quake, magnitude 7.5 or greater, to be likely before the end of the century. Because the crust in the eastern states is much more rigid than in already fragmented areas such as California, damage would be much more intense, and would extend over a larger area.

The Richter Scale

The Richter scale, which measures the magnitude of earthquakes, ranges from 0 to 8.9. Each whole-number increase in the scale represents a tenfold-increase in a quake's magnitude. Thus, the magnitude of an earthquake measuring 8.0 on the scale is 10,000 times greater than one measuring 4.0 on the scale. Because each whole-number increase also represents roughly 60 times more energy released, a quake with a magnitude of 8.0 releases 10 million times the energy of a tremor measuring 4.0.

PREDICTIONS CORROBORATED

Through his 1970s predictions, Dr. Iben Browning was most instrumental in awakening us to the possibilities of change on the planet. For those of you not familiar with Dr. Browning's work, he is a climatologist of national reputation. We listened with great interest to his words at business meetings where he held forth as the only non-business resource. His 1970s predictions included: The Soviet Union will be unable to feed herself for the next hundred years... The farmers in the USA will find themselves

in grave financial straights in the 1980s and half of them will be forced into bankruptcy...Canada, a major grain exporter, will find that by the mid to late 1980s it will no longer be able to produce for export...Volcanoes, long dormant, will raise their fiery heads. He based his predictions on historical cycles and changing weather patterns. Many of his forecasts have come to pass, and others are now achieving visibility.

A U.S. Farm Update

The USA is oft called the 'breadbasket of the world.' There is probably no place better for growing grain than the American midwest with its rich black top-soil. But all is not rosy in this agricultural Eden. Since 1981, around 20,000 farms have gone bankrupt and been auctioned off. America's farmers owe more money than Brazil and Mexico put together. The farm debt has risen from under \$50 billion in 1970 to \$190 billion in 1984. (When a farmer has debts equal to 40% of the value of his farm, he will owe more in interest than he can earn from the sale of his crops.) Total farm income rose dramatically from \$130 billion in 1971 to \$186 billion in 1979 (exclusive of capital gains) but it has slumped just as spectacularly since 1980 to about \$139 billion. The world's breadbasket appears to be hemorrhaging.

A Canadian Update

The predictions of the crop yields in Canada are now front-page news. The Wall St. Journal of 9/10/84 had this report: "Canada is being forced to reduce its grain exports this year because of low stockpiles and the poorest harvest in four years. The country's spring-wheat crop, down 25% from last year, was hurt by drought and a grasshopper infestation. The low supplies mean Canada will have to restrict its grain sales this year to its traditional customers." Finally, an aside: "Canada estimated that its durum wheat crop would drop 20% from last year's level."



Our interest in Dr. Browning's predictions are more than idle curiosity. We have been troubled by the question, "How will Planet Earth fare as it lapses into a FOOD-DEFICIT condition in the late 1980s, when one-fourth of its population is inadequately fed during huge food surplus periods?"

Thoughts on YOGA

I reread some of my notes which spanned two decades of study with my teacher, Blanche DeVries, the leading exponent of Yoga in the Western civilization. I would like to share with you some of her statements and theories.

The first and last lesson of Yoga is the attitude of mind and heart. The aim of Yoga is to unite mind, body, spirit. The reward of Yoga practise is the conversion of physical energy into mind power. The practises give a definite sense of control and raise the levels of conscious awareness. These practises are not to be done competitively, to exhibit to one's friends, to expand the ego. While each of us, according to our temperament, must find the best mental approach, it should be one of self-surrender. Quiet, but joyful. Concentrated. Never strained. Outer control of the body is a means of regulating the inner functioning.

Energy exists all around us. While energy is the current that drives the motor, unless it is brought under control and wisely directed it is of no practical use and may burn up the motor that produces it. How well I know this as a channel. To be successful we must apply energy intelligently. A way should be found to augment rather than deplete our faculties: emotional, mental, physical. A method **does** exist which develops energy and at the same time enables us to direct the power it produces. DeVries taught her students how to conserve energy through the basics: (1) Correct breathing (pranayama), (2) Correct spinal posture (asana) and (3) Use of abdominal muscles (shakti nadi). Combined with simple limbering-up exercise and relaxation postures, I slowly developed and controlled the muscular system and nervous system (which the Yogis call "the soul of the body").

Psychologists say that it takes a 90-day cycle of intensive work to establish thoroughly a new habit pattern. By doing the same thing at the same time each day, a pattern is set and reactions become automatic. In habit the powerful aid of the subconscious is harnessed for constructive use. Daily practise also builds moral stamina and energy. This has carried over for me in my aerobic walking program.

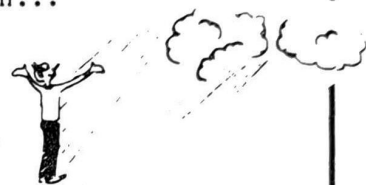
Yoga is not a philosophy though its practise will lead the way to a life that is philo-

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sophical. It is not a religion and it is not confined to any particular creed or dogma. There is no "instant Nirvana"... or instant ANYthing. One works hard for what one gets out of Yogic studies. What I received on the mats of my teacher's classes was rhythm and a feeling of well-earned well-being. I learned that in order to walk, one must first crawl. In order to meditate, one must first learn to concentrate...and have something on which to contemplate. Together we were able to "put the world together now and then into an unbroken piece and to contemplate it Whole."

DeVries was laid to rest on her 93rd birthday. Her lessons go on...

A COSMIC FAIRY TALE



Instrumentation is starting to open the door to activity in the cosmos. An article sent by an Updater starts with the fairy tale opening, "Long ago, in a distant galaxy, a massive star exploded." And like a good fairy tale the time period wasn't given. "It may have been 500 years ago or it may have been 3,000 years ago." But what is this story all about? It's about the remains of an exploded star located 150,000 light years from Earth in the Large Magellanic Cloud galaxy and called a PULSAR. Now, pulsars, like all good fairy tale characters, are never known; they are 'believed to be'. In this instance pulsars are 'believed to be' what's left when a star at least eight times the size of the sun "is blown to smithereens" in a supernova explosion. The core that remains is made up of neutrons...electrically neutral subatomic particles...in an incredibly dense ball about 20 miles in diameter. The fairy tale bulletin board says that "a spoonful of this matter would weigh 250 million tons" and that a pulsar is a type of neutron star.

What makes this tale more exciting than most other pulsar stories is that this is only the third pulsar out of about 500 tracked to date that emits visible light. Pulsars have a magnetic field about a trillion times stronger than Earth's magnetic field. So spake a Los Alamos National Laboratory astrophysicist; and so the Associated Press distributed it. And so much for another cosmic fairy tale. We happen to find such tales thought-provoking and indicative of progress.





TOWARD A FINER CIVILIZATION

A most active Updater is Leigh Donahue of the Centric Foundation. We share with you her following thoughts:

Basic to the causes that have made near-term catastrophies inevitable is the fact that human effectiveness has not kept up with technological progress. Current knowledge states that the pattern the adult will follow (and the physical and mental abilities he will attain) are firmly set between his birth and the age of six. Insights into our problem can be gained by examining this period in life.

Today's adults have been raised under conditions that thwart the instincts and retard the abilities to learn. It starts with birth when we damage his eyes (in the hospital) with the brightest lighting possible, although he has been all his fetal period in complete darkness. We then take him away from his mother on whom instinct tells him to pattern and prevent him from the instinct to suckle the moment the cord is cut. We then wash him, removing the anti-septic in which he arrives; we weigh him, measure him, footprint him, dress him, and then stick him into a sterile crib to make what peace he can with this new and hostile environment.

What abilities and instincts survive this fracturing entrance into the world are quickly destroyed by confinement...cribs and playpens that inhibit his attempts to creep and crawl to ever new and exciting goals; abilities that he must utilize not just sporadically but constantly in order for the nervous system as well as the muscles to develop fully. Sterile toys are provided which he quickly examines..learns..and discards. We "protect" him from exploring and tasting and touching and learning with "no-no's" and hand-slaps. Then, the structured environments of nursery schools and kindergarten are so restrictive that his remaining learning potential is nullified by at least 50%.

It is to this structuring of the early natal period, a structuring that has increased exponentially over the past sixty years, to which we must attribute the characteristics seen in the majority of present-day adults that make catastrophe inevitable.



The Institutes for the Achievement of Human Potential in Philadelphia, Pa. have done revolutionary work in exploring the methods by which our young may be freed from the restrictions this civilization has placed on them. Director of the Institutes, Glenn Doman, has written three books that should be invaluable to our pre-and-post-catastrophe efforts: "How to Teach Your Baby to Read", "How to Teach Your Baby Math!" and "How to Increase Your Baby's Intelligence", put out by Pocket Books. (Thanks to the Donahues, I read the former two with mounting excitement and can only hope that our unborn grandchildren will be privy to the methods described.)

Doman and his cohorts began their work in the '60s with retarded and brain-injured children. Their methods were so dramatically effective (bringing the brain-injured and retarded not only to normal condition, but in many cases to high IQ levels and top physiques) that they decided to try the methods on the average "normal" child. The results have been fantastic. If we are to create a better world for the future.. "a brighter tomorrow"..our preparations should surely include attention to this cause of our present day inadequacy.

Utopia ... On Space Beings

As shown by the Brewster, N.Y. conference, more and more credible people are observing UFOs. More scanning instruments are detecting 'spacecraft' with performance characteristics not familiar to our scientists. Why don't the drivers of these craft come to the foreground and express their technology and guidance? Why must it always be through a 'veil of remoteness'? Here is an answer given by the 'Good Doctor', Andrija Puharich.

"First, they do not want mankind to realize that all he is struggling for is already known. Man has to discover everything for himself anew just like a child does as it enters society. This attitude illustrates the fundamental principle of not violating anyone's free will. Second, they are here in a role intended to be as unobtrusive to our lives as the midwife is to the consciousness of the child she is helping to deliver into earth life. Third, the role of the space beings is very much like that of a catalyst in a chemical reaction where a field effect is exerted to promote the reaction, but the catalyst does not enter into the reaction itself.

I conclude that the purpose of "space beings" influence and presence on earth is to stimulate man, without violating free will, to transcend his emotional and materialistic way of life by the use of his will to bring his mind to overcome matter. They are here to aid man in a difficult birth process, and have zero intention of exploiting man, animals or earth. This in effect is an opportunity and a test for the future viability of the individual and his continuing participation in the higher evolution which leads to union with the Creator."

AN IRAS VIEWPOINT

The Infra-Red Astronomy Satellite (IRAS) turned up a huge, peculiar galaxy which generates more heat than light. Without the IRAS the galaxy called Arp-220 appeared so dim that it was barely visible through ground-based telescopes. The studies, announced at the annual meeting of the American Astronomical Society, described a galaxy in which 99 percent of its radiation is emitted in the infrared portion of the spectrum, a portion that is blocked by the earth's atmosphere. Located 300 million light years away from us, the galaxy is 100 times brighter than the Milky Way and is estimated to emit as much light energy as 2 trillion suns. The Boston Globe reported that astronomers find discovery of this galaxy exciting because it adds "a puzzling new member to the extra-galactic zoo." We wonder what advanced life forms exist and flourish in this environment so totally different from our own.

☎ "Reach Out and Touch Someone"

It is an incredible fact that with 12,000 copies of ON A SLIDE OF LIGHT sold, I have received and personally answered over 6,200 letters from all over the globe. Mail continues to come in on the average of a dozen letters or more each week. The phonecalls are a daily event: long distance calls from people who have read the book and want to know..to ask..to touch..to share. Most of the calls deal with some aspect of healing and a holistic approach to physical problems. (And, of course, whether or not the Ogatta group can/will participate in their specific cases of healing. They become agitated and often belligerent when I explain that I never ask for specifics from the Ogatta group for me or anyone else...and that I cannot conjure them up like genies

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at will!) When there IS a cosmic connection during any session, the energy transfer is beyond human description as those who have had such an experience can testify.

Words limit the ability to portray the moments spent with the E.T.s. How the eyes of the channel grow large, luminous, golden, love-filled. How the body takes on exquisite alien characteristics and performs physical feats of which the human frame is incapable. How heat or cold manifests to the recipient of the energy transfer. How one feels after the experience...and never forgets that sensation of wellness and oneness with the universe. Close encounters...

Thereafter, those who are capable of reconstructing their beliefs suffer a psychological death and yes, the possibility of social ridicule. But they are reborn into a new reality. In so advancing, they become "architects of the future" who can think and relate lucidly to the Scenario breaking open before their very eyes. While there is no mysticism when dealing with the Ogatta group, there IS a mystique, wondrous and awesome. These benevolent and technologically advanced entities bring with each visit a special kindness...awareness...humor...a 'knowing' which leaves a fragrance which lingers on the very soul. They bring lessons for today and hope for a brighter tomorrow. When they speak of Man's inhumanity to Man and Nature's plan, they do so with heartpiercing sadness.

"You are on schedule," they reiterate when we question our meager progress. Fritzof Capra writes about leaders..and limits of belief. Has yours been stretched? Are we on target? Are we creating a meaningful echo? Are we all expanding our awareness and reaching out to help others do the same? Dick and I have questions just as you do. Life goes on. I answer the mail and the calls and devote a great deal of time to healing and other projects. And always, always I trust that our altered lifestyles will catalytically escalate differences for others. For you.

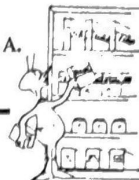
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The philosopher Schopenhaur wrote, "There are three stages in the revelation of any truth: in the first, it is ridiculed; in the second resisted; in the third, it is considered self-evident."

"Nothing should be prized more highly than the value of each day."

The WOODREW Update

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NOW IS THE TIME

"There are no passengers on Spaceship Planet Earth. Everybody is crew." So said Marshall McLuhan in the '60s...and he was right. Now is the time to make important decisions for yourself and your family. The decisions concern "preparing for change." Nobody can make them for you. In our family we say that there are no bad decisions, only bad results; in which case you make another decision. What is the best way to proceed?

STEP 1: Examine the thesis of CHANGE. We have been broadcasting this message for better than a decade. In our opinion, the current news and scientific findings corroborate the scenario of change...and in the very near future. IF you agree, you are ready for step 2. If you conclude that we are wrong, then your decision to continue in your current life-style without making preparations is warranted. But do yourself a favor: examine the evidence carefully. Don't back into inaction because it's the easy way. Make a positive decision that we are mistaken and that all will be well. (Know that we hope you are right.)

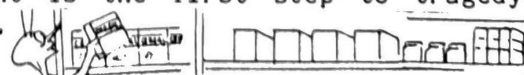
STEP 2: Examine your own situation: location, services that you depend on that could break down. This analysis will help you to decide on the items to store. How long a period should you prepare to ride out? A day? A week? A month? Three months? Or will you be unable to get to safer, more independent ground quickly and therefore must provide for a longer period? A **tough** decision...but the **first decision**. Take a stand. Decide on your "survival period" and implement a carefully thought-out storage plan.

STEP 3: Store items. Heading any list is pure, clean water for drinking. Water is among the most difficult products to preserve, and deserves your study and effort to do it properly. Living rurally and away from any metropolitan area, we have achieved water independence. For most, however, this is impossible. Develop

a food plan based on your preferences and habits. There is no such thing as one best food storage plan. Appetites differ. Storage varies from home to home. If you think that you have NO storage space, check under your beds and behind your couch. Check clothing supplies and medical requirements. Insure they are adequate for the time period you have selected in step 2. Put in a supply of candles and flashlight batteries, should the electricity fail. Store adequate supplies of paper goods for bathrooms and kitchens. Feel good about the decision you have made. View it as a sound insurance plan..."an insurance policy."

To help with your food storage we list the suppliers who worked closely with us at S.T.A.R. We found them cooperative, cost-effective and complete in their items for "one-stop-shopping." Send for their catalogs and compare. If you decide to make your purchase from them, say that you a member of the S.T.A.R. family to receive a 10% discount. (IT does **NOT** benefit S.T.A.R. but it might benefit you.) THE SURVIVAL CENTER, 5555 Newton Falls Road, Ravenna, Ohio 44266. Toll free telephone, 1-800-321-2900. Dick Mankamy, President. Another survival food processor and seller we worked with was ARROWHEAD MILLS, P.O.Box 2059, Hereford, Texas 79045. Telephone: (806) 364-0730. We're sure that there are many other good ones, but of the many we researched, these two were outstanding.

We have completed the massive storage program to provide all food and some medical supplies, clothing and bedding for 100 people for one year. It is S.T.A.R.'s 'insurance policy' to help you, our "extended family," to recoup, regroup, and get underway again...should the Scenario catch you in transit. We have said on many occasions that ignoring the possibility of personal involvement is the first step to tragedy and panic.

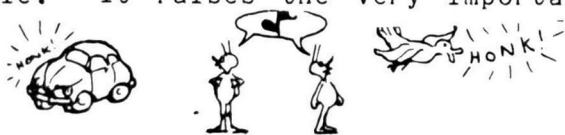


Subjective Sensory Awareness

We all know the story of the seven blind men who touched an elephant and then described what they felt. No one person described the same thing. Back in the '60s, we traveled abroad with our dear friends, the Schwartzes. Several months later we were invited to view the husband's films of the trip. The running commentary that accompanied the movies had little or no resemblance to the trip we thought we had taken. How could that be? Have you ever been in the position of witnessing an event with someone, and, at a later date, having it recounted in terms that barely rang a bell?

Eastern philosophy says that our mind creates most of the structures in which we live and "ordinary awareness is dominated by choice." Now Western science offers some striking corroborating evidence. Science News wrote of a recent discovery that what one person hears can be strikingly different from what another hears. Some aspects of music appear to reside in the mind of the listener. The discovery, made by psychologist Diana Deutsch at San Diego, concerns pairs of tones that are a half octave apart. When one tone of a pair, followed by a second, is played, some listeners hear the second tone as higher in pitch than the first. Other people, hearing the same tones, insist that the second tone appears to be lower in pitch.

Furthermore, when the pattern is recorded on tape and then played back at different speeds, it can be heard as either ascending or descending, depending on the playback speed. A listener who hears the pattern as ascending at one speed may very well hear the pair of tones as descending at another speed. In visual terms, this musical effect is as paradoxical as seeing a square instead of a circle when the shape is shifted to a different location. "It's a very unexpected finding," says Deutsch, "and it's a great surprise to people. It raises the very important



issue of how much commonality there really is among people when listening to music. It's certainly possible that people listening to certain orchestral pieces are going

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to hear them in ways that are different from each other and be unaware of that."

If this information applies to the auditory sense, then why not to the other physical senses? I am reminded of a repetitive dialogue that took place year after year at my great-aunt's house when one particular ethnic dish was brought to the table each holiday. My grandmother would exclaim how delicious it tasted and my grandfather would grumble that it was much too salty and it gave him heartburn. My grandmother would then cook up the **identical** recipe at home and it "tasted perfect" to my grandfather. No heartburn. To Grandma (and my parents and me) both dishes tasted exactly the same.

Think about the multi-differentiation in human smell. It has spawned a multi-billion dollar industry to please the varying olfactory pleasures of the individual. Where one aroma turns one person **on**, the very same aroma turns another **off**.

The famed Indian philosopher and teacher, J. Krishnamurti, says, "We are aware according to what we like and dislike." He then goes on to make a case for what he calls "choiceless awareness," an awareness not identified by what you see, either inwardly or outwardly. This may be a little beyond our current comprehension, but it also may be the ticket for entrance in the heightened sensory awareness for a coming New Age.

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In cooperation with an engineer from Swaziland, we have built a "bomah" in the field in front of the S.T.A.R. House. A bomah is a tribal African Council Ring - a special campfire site built with an underground draft - with the semi-circular tiers of seats made out of trunks of trees. Health permitting, 78 year old Aboriginal Elder, Guboo Ted Thomas of the Yuin tribe of Australia, will initiate this Ring with his consciousness-raising "Hummingbee Meditation" during the Spring Conference. In May, wildflowers will be broadcast over the entire meadow in which the bomah is set. This site with its colossal view of the Great Smokey and Blue Ridge mountains promises to be a favorite place for S.T.A.R. guests to talk...to sing...to teach...to learn...to star-gaze...to meditate...and to sip this-or-that and toast a marshmallow or two!



HOMEOPATHY: A Holographic View

In the last Update we printed the results of our study on HOLOGRAMS. (You all are now experts on the subject!) At this time, we'd like to talk about Homeopathy; it's fascinating how homeopathy ties into holographic thinking. We are aware that the allopathic school of medicine (orthodox medicine) and its vocal organization, the AMA, do not favor homeopathic remedies. They can find no measurable evidence of their effectiveness. Since state-of-the-art instruments cannot measure the subtleness of the remedies, traditional doctors conclude that they are of NO benefit. This perception of homeopathy, however, could be in for a change.

In the December issue of British news magazine, THE ECONOMIST, ran a science article titled Homeopathy..Maybe It's Magic! We quote liberally from the article.

"Evidence can be an awkward thing. What are you to think if an apparently watertight test produces an apparently impossible result? A trial of a homeopathic remedy for hayfever has done just that. The remedy worked better than a placebo tested alongside it. Yet in theory, the remedy was so diluted that it contained nothing at all....The results, published in the LANCET in October, were clear: the group who had (unbeknown to themselves and their doctors) taken the homeopathic remedy got a bit better. The rest did not."

For those of you who are not familiar with the basis of homeopathic cures, Homeopathy believes that LIKE CURES LIKE. The remedies work very much as vaccines for measles and smallpox do. Vaccines use the disease-cause to produce a mild reaction and thereby immunize the individual from further attacks of the disease. Homeopathy carries the principle a step further. Homeopaths believe that their most powerful remedies are their MOST DILUTED ones. Dilutions of one part in 10^{60} are common in homeopathy. The super-diluted cocktail is made by adding one part of a substance to 99 parts of a solution, shaking it violently, removing one part of the resulting mixture and adding it to another 99 parts of the solution.. then repeating the process 30 times. (The basic constant in physics known as Avogadro's Number says that one part of any dilution to less than one part in about 10^{24} probably

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contains no molecules of the original substance at all. The chance of a one-in- 10^{60} dilution containing any of the molecules you started with is therefore incomprehensibly small. At this point, homeopathy parts company not only with orthodox medicine but with physics and chemistry as well.)

Homeopaths believe that shaking a homeopathic mixture during dilution somehow imprints a "message" from the remedy's molecules on to the molecules of the solution. The final mixture is thus somehow affected by the original substance even if all of its molecules are gone. The hayfever test done by the team of scientists and doctors from the University of Glasgow and the Glasgow Homeopathic Hospital seems to verify this belief. (For a more in-depth explanation of Homeopathy, refer to page 4, July/Aug. 1985 Update, Vol. 4, No. 6.)

It is at this point that we return to our discussion of holograms and physicist David Bohm's Implicate Universe. Dr. Bohm says that "the subtle is what is basic and the manifest is its result. The subtler has power to transform the gross but not vice versa." It is in this sense that we suggest that homeopathic remedies, being of the subtler variety because of their extreme dilutions, may be the powerful instruments for healing that many claim them to be!

BACH FLOWER REMEDIES



In the early 1930's, fifty years before any major research on stress-related disorders was done, the renowned British physician and scientist Dr. Edward Bach began to recognize that many of his patient's ills seemed to be directly related to their various negative states of mind. For example, he noted that anxiety and lack of self confidence so depleted the individual's vitality that the body lost its natural resistance and became vulnerable to infection and other illnesses. Merely treating a disease does not deal with the root cause of the problem. Bach, concerned with the suppressive use of drugs and their side effects, became convinced that the answer was not to be found in the laboratory but in nature, among the trees, plants and herbs of the field.



Following intensive research, Bach found that certain species of wildflowers, when picked at a certain time in their blooming cycle and prepared by a simple method, optimized the healing qualities of the plant. Unlike other herbal preparations, this procedure released properties not generally available when picked and prepared in the normal way. Eliminating plants found to be toxic or with side effects, Bach eventually discovered 38 flowering plants and special waters which were later found to positively balance and alleviate a wide range of mental and emotional stresses.

Unlike drugs, these "Bach Flower Remedies" (as they came to be known) work to gently reestablish emotional and psychological equilibrium. Considered a major breakthrough, the remedies have been used for over half a century with great success by a broad spectrum of health-care professionals including doctors, dentists, homeopaths, chiropractors and psychologists. Many use them instead of tranquilizers.

Dr. Bach realized that when a person's fear is alleviated and when confidence is restored, when jealousy, envy, hopelessness, resentment, guilt and uncertainty are overcome, life takes on a new and deeper meaning. He strove to develop a safe system (free of side effects) that could be easily used and understood. All the remedies are totally free of artificial additives, each containing only a designated amount of flower or plant essence in a small percentage of alcohol to prevent spoilage. Today, 38 Bach Flower Remedies are officially recognized by the Homeopathic Pharmacopeia of the United States.

"The greatest value of the Bach Remedies," states John Diamond, M.D., well-known author and psychiatrist, "is in preventing dis-ease before physical symptoms develop, though they are equally valuable as well in relieving the emotional problems that so often accompany an illness. The remedies have a soothing effect on the recipient... assisting in the integration of emotional, psychological, and physiological patterns, permitting the individual to function in a more integrated, less fragmented and less compulsive way." We have stored the entire series of Bach Flower Remedies at S.T.A.R. House.



BRAVO, KAREN! A Lesson Well Learned

Dear Greta:

Very recently it became necessary for me to undergo major surgery. From the work we have done together, I know how the mind can and does affect the body and its responses, so I decided to put some of those ideas to work. During the days prior to surgery I mentally reviewed our work regarding relaxing and focussing the mind to balance and strengthen the body.

I asked my surgeon if there was someone who specialized in auto-suggestion because I would like some pre-surgical relaxation and positive re-enforcement before undergoing anesthesia. I told him that I believe that bleeding, pain and healing can be aided by strong positive suggestion. Happily, the surgeon was in agreement and fulfilled my request.

The day of surgery arrived and so did the 'hypnotist' who met me as I approached the pre-operative arena. We spoke for a few minutes and when I told him the suggestions I wanted, he said, "You must have worked with someone before...you know this stuff better than I do." With that, we began our relaxation exercises and by the time the I.V. squad arrived I was completely relaxed. I heard them saying, "She's already relaxed but we'll put the I.V. in anyway." I dimly felt the stick but it didn't matter to me. I just kept focussed on the doctor's soothing voice.

When they took me to the operating room I heard, "Are you sure she hadn't had anything yet..she's really very deeply relaxed." I felt someone shake my shoulder and ask, "Can you get on the table yourself or do you need help?" With that, I half-opened one eye and caught a quick glimpse of the operating room. Then I felt strong hands lifting me on to the table and I heard the word "amazing."

The next thing I knew I was back in my room, where I was told that all went well. I was equipped with a morphine pump which allows the patient to control her own pain medication. One can just push the button and the morphine is released in an almost endless supply. I asked them to disconnect it the next morning because

I didn't need it. They told me I hold the record for minimum pain medication.

It's less than a week since the surgery. I'm home, healing nicely and feeling fine. I hope to continue to do so; I certainly have my mind set on it! My thanks to you for my well-learned lessons, Greta. (This Philadelphian Updater enjoyed a spectacular recovery with not only a minimum of medication but of emotional trauma. Bravo, Karen. We're so proud of you!)



FLIP-FLOPS

Reversals of the Earth's magnetic field have contributed greatly to the massive extinctions of species on the planet. They are also responsible for the "quantum leaps forward" that other species have taken within a very short time span to survive cataclysmic change. A scientist at NASA's Goddard Space Flight Center, Mario Acuna, says that "while sea floor rocks show Earth's magnetic field reversed at least nine times during the past 3 million years, humans have never witnessed a field reversal on any planet." A stepped-up estimate comes from Frank Hibbard of the University of New Mexico who says that the Earth's magnetic fields have reversed 171 times in the last million years. Regardless of the number of reversals Earth has endured, the surviving species have always come out stronger and **more highly evolved** than they were prior to the event. In that sense evolution is good; but evolution is not kind because it pushes to extinction so many species that cannot adapt.

To put magnetic reversals into a 'new age' framework, Ruth Montgomery's guides predict a polar flip at the very end of the 20th century. Now there is a possibility that technology has allowed our scientists to witness a magnetic field reversal taking place on another planet. The Voyager 2 spacecraft's study of Uranus suggests the planet's magnetic field might be reversing, an astonishing flip-flop in magnetic north and south poles never before witnessed.

"What we may be seeing is a magnetic field in the process of flipping," said Ellis Miner, deputy Voyager project scientist at NASA's Jet Propulsion Laboratory. The possibility of the Uranium magnetic field

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reversal is outlined in the July 4 issue of the journal, *Science*, for those who may be interested in a more in-depth explanation. Understanding Uranus' magnetic field is important because it helps scientists learn about the Earth's magnetic field and the ramifications of a polar reversal.

Geology in Transition



We've begun to hear about earthquakes in the Eastern part of the United States. Quakes recently have been recorded in New York, Connecticut, New Jersey, New Hampshire and Massachusetts. Some models of how these earthquakes occur have begun to emerge, but no one clear theory is accepted by the geological community. Eastern U.S. quakes are much harder to study than their western cousins because they occur less frequently and take place in an intraplate region, which means that they are far from any obvious, surface-breaking plate boundary (like the San Andreas fault in California.) While the theory of plate tectonics accounts satisfactorily for 95% of the earth's seismic energy, it does not explain the other 5% that occur far from the nearest plate boundary.

Intraplate quakes have rocked our country since its beginning. Boston, Mass. was struck in 1727, and again in 1755 when a series of sharp tremors hit Boston and reverberated up and down the Eastern Seaboard from Nova Scotia to South Carolina. A series of tremors that was among the most fearsome ever experienced in North America occurred in the winter of 1811-1812 in southeastern Missouri and Arkansas, virtually in the middle of the North American Plate. The effort to explain the New Madrid quakes continues today. In August 1886, the eastern third of the country was rocked by an earthquake centered near Charleston, S.C., that approached the intensity of the New Madrid quakes.

The difficulty of explaining the intraplate earthquakes constitutes a ragged edge of the theory of plate tectonics. The different models proposed to answer the problem make for interesting science. But, with seismic events increasing dramatically, the diversity of ideas is a nightmare for the regulators trying to assess earthquake hazards.

On E.T. Civilizations

Thoughts of extra-terrestrial civilizations inhabiting a vital universe are not new. The Roman philosopher and poet, Lucretius, wrote: "It is in the highest degree unlikely that this earth and sky is the only one to have been created...Nothing in the Universe is the only one of its kind, unique and solitary in its birth and growth... You are bound therefore to acknowledge that in other regions there are other earths and various tribes of men and breeds of beasts."

Such radical views have not always been welcome. The Dominican monk, Giordano Bruno, advocated a Copernican solar system with the earth revolving about the sun, and he argued for a universe filled with planets on which lived other beings. After an eight year imprisonment, he was burned at the stake.

At one time there was better source material to document extra-terrestrial visits, and to provide a broader history of civilization. A writer in the Ancient Astronaut newsletter said, "If the Alexandrian Library with its over 700,000 papyri had not been destroyed by Bishop Theophilus and his Christian fanatics in 391 A.D., the history of antiquity would then appear before our eyes in a true light."



NO DUMBO, THIS

Envision the following: A herd of 20 or more elephants slowly plowing through the long-grassed savannah. Many are completely hidden by the swaying grass. With no audible sound they suddenly gather together, as if by a magic signal. What is the trigger? Some researchers from Cornell University's Dept. of Ornithology recently turned their attention from bird song to elephant 'song,' and may have found the answer. (And...it's electromagnetic!)

The humans' lowest audible pulse is at 20 Hz, and that's with acute hearing. But the elephant can hear another 10 Hz below that. Normal communication between elephants occurs at the 1000Hz range where experts say they hear best. In their normal habitat of thick shrub and grass, however, these higher frequencies are simply absorbed and muffled. But, the

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low frequency sound is hardly affected at all. So, without seeing each other, a herd of elephants - often spread out over 100 yards or more - can keep in touch via the 10 Hz-to-30 Hz range. Researchers must ask themselves at this point how many other animals have a language too deep for the human to understand.

The Spector of CHERNOBYL Continues to Haunt

Much as we'd like to put the nuclear accident that occurred at Chernobyl behind us, extenuating circumstances refuse to let the incident die. Chernobyl was a great disaster; but it also has become a focus for problems nearer to home. Fallout from Chernobyl has been evident in the U.S. in rainwater and milk tests all over the country with highest levels in high rainfall areas like Vermont. However, there is strong evidence that some of the U.S. fallout was due to venting on April 28th to 30th, 1986, of radioactive gas from tunnels at the Nevada test site. The test, Mighty Oak, went out of control April 10th leaving high levels of radiation in the underground tunnels which was released by controlled venting. The DOE did not acknowledge the problems until May 10th when a journalist found a report showing levels of radioactive gas 50 miles from the test site several times higher than the highest levels from Chernobyl reported in the U.S.

And consider our own CORE MELT DANGER. Five U.S. reactors used to make plutonium for atomic bombs have no containment features at all; 49 nuclear power plants have containment structures less capable than Chernobyl of withstanding the force of a hydrogen explosion. Nuclear Regulatory Commission member, James Asseltine, says an accident at a U.S. reactor could release comparable levels of radiation. "Our reactors were not designed for large-scale core melt accidents." He said unless further steps are taken "we can expect to see a core melt accident in the next 20 years and possibly a radiation release equal to or greater than the one at Chernobyl."

Have all of you Updaters given your **full** consideration to keeping on hand the **potassium iodide tablets** to counter the nuclear danger of radioactive iodine-131? The information appeared on page 7 of your Sept./Oct. 1986 issue.



SUBSCRIBER SCRIBINGS

At a time when the relationship between Man and Nature is growing increasingly unbalanced, Updater Suzanne Tannehill offers us a telling tale:

One summer, my six year old son, Brett, asked me to boost him into the old apple tree that grows in front of our house. He loved to climb in the maze of branches, twisted and tangled from years of not being pruned. "What a perfect place to spend a hot summer afternoon," I thought as I watched him disappear into the dense foliage. I sat on the steps of the porch and was soon lulled by the heat and the melody of insects and birds and a gentle breeze. Brett added his own music with his make-believe chatter. When he called to me, "Look at the bees! Look at the bees!", I lazily answered, "Don't hurt them and they won't hurt you. They are just looking for honey." I was too comfortable to move.

Brett was soon ready to be lifted out of the tree. As I reached up to him I caught a glimpse of gray. After setting him on the ground, I looked more closely and saw a huge hornet's nest hidden in some dense foliage that had embraced my son. As fear of what might have happened surged through me, the sentry hornet charged from the hive to investigate the disturbance they felt.

With Brett, fear was absent, therefore the feeling was one of harmony...and harmony was attracted. But my own fear upset the calm. My fear drew to me precisely that which I feared. After the autumn freezes, the hornets left their nest. I removed it from the gnarled old tree and placed it on my mantle to serve as a lesson from Nature about fear.

...Words that Count...

The 7 most important words in the English language are: "I made a mistake and I'm sorry." The 6 most important words in the English language are: "You did a very good job." The 5 most important words in the English language are: "And what is your opinion?" The 4 most important

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words in the English language are: "How can I help?" The 3 most important words in the English language are: "I appreciate you." The 2 most important words in the English language are: "Thank you." The least important word in the English language is : "I"

GOLDEN MOMENTS



Solzhenitsyn wrote in his Nobel Prize speech, "Not everything has a name. Some things lead us into the realm beyond words...It is like that small mirror in the fairy tales - you glance in it and what you see is not yourself; for an instant you glimpse the Inaccessible, where no horse or magic carpet can take you. And the soul cries out for it." I feel that same kind of transporting magic whenever one of the Ogatta group visits or takes me 'out there.' It is difficult to share with others that Inaccessible. But the experiences certainly enhance my mortal life and my husband's life. And my children's lives.

How can I best describe the look on my son and daughter-in-law's faces when Tauri pops in and calls their little Michael "Button!" What can I say about another son's expression when Czork murmurs to him that his bride-to-be is "like a crystal." Or one daughter's reactions to an Extra Terrestrial smiling into her eyes and approving her profession. Or another daughter and son-in-law's expressions when Zeoker takes them into the moonlight for a lesson on plants. It all defies words. And those golden moments make life worth living. They are few and far between these days. We are told that we are "right on target" in what we are doing. There is no need for the fun and games any more.

The cosmic connection notwithstanding, there are major stresses. We've had to forego much of our precious private time and private lives to satisfy the many requests...and yes, even the demands...made upon us. But you know...I wouldn't trade places with anyone on the planet. We are fortunate, Dick and I, to have been able to choose our roles as we see them...relocating to Reisha Way and building the S.T.A.R. House...seeking change...and not resisting it.

A Visitor from the Cosmos

The specter of an asteroid or comet striking the Earth at some time prior to or around the turn of the century stays with us. In our third Update (Jan/Feb '82) we told of Greta's experience in viewing a comet striking the planet while reviewing Elizabeth Van Buren's description of the same event in her book, "Rainbow Round the Sun." Again in the July/Aug '84 Update we reviewed the article from Discover magazine on the postulation that a comet striking the planet was responsible for the extinction of dinosaurs 65 million years ago. They wrote that scientists in labs from MIT in Boston to the Jet Propulsion Laboratory in Pasadena are seeking ways to divert a comet or asteroid from collision with the Earth. Now the New York Times science writer, Malcolm W. Browne, addressed the same topic in a December column:

"Our own solar system is mined with lethal hazards, and sooner or later one of them is certain to give us a nasty turn. Some 83 baby planets large enough to cause more damage than a nuclear war regularly come close to the Earth. One missed the Earth in 1982 by only 3 million miles - a narrow squeak, in astronomical terms. Another asteroid came within a mere 650,000 miles of us in 1976.

Astronomers argue that world leaders should prepare for the day when an asteroid or comet is discovered to be on a collision course with the Earth. Given time, they say, an approaching planetoid might be diverted by nuclear explosions. But one of the problems is that the calculational methods used to predict the precise path of a celestial object, may leave too little time for effective action. And, when four or more bodies (the Sun, the Earth, the Moon and an asteroid or comet) interact over long periods of time, the uncertainties in calculation become overwhelming."

Our scientists appear to be gaining a picture of the catastrophic events that have shaped our planet over its four and one-half billion year life and which have NOT finished their work.

The Woodrew *W*update: A S.T.A.R. Fdn. publication. 1 year subscription with donation of \$30 or more to S.T.A.R. (\$35 minimum outside USA) Information herein is gathered and condensed from sources believed reliable, but cannot be guaranteed as to accuracy or completeness.

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Perhaps the L.A. Workshop weekend was best summed up by one participant who wrote: "The down-to-earth approach that you, Greta and Dick, took, made us all recognize that in extending our awareness beyond our five gross senses, we also expanded and heightened our consciousness. This Workshop was the best, the most informative and enlightening experience I have had in many years! Because of you, today the world is brighter for me. I can still feel the tingle in my hands from the healing session and the excitement in my very bones from the lectures and panel. Your "rooting techniques" give me the feeling of more power as a humanbeing, a businessman, and now, as you showed me, as a healer. I wouldn't have missed this experience, and my wife and I thank you both." Thank you, Bob. And thanks to the close-to 100 participants who took the time to write and tell us how much the weekend meant to them. It was a joy for us to be there. We **loved** every moment with you perceptive Californians (and Arizonians, Coloradians and East Coasters!) and a thousand thanks to Dott Hughes for her organizational skills and to Bill Jenkins and Dr. Bob Beck for their inspired inputs.

THE SLIDE II Conference is almost here and excitement is rising! (Apologies to the 150-plus whose registrations were returned. We hope to see you in '88.) All attendees are urged to get flight plans to us **ASAP!** **Think sun...and see you soon.**

March 17th will find us in Naples, Florida giving a 4-hour presentation to 50 Missouri presidents & their wives. It is always challenging to address the over-50-year-old crowd and see how they react to our messages of change in the status quo!

If you can put together a group of no less than 75, Dick and I will come to your area for either a 2-day Workshop (like L.A.) or "A Month-In-A-Day" (as we are doing on May 16th in Minnesota, with Cynthia Lurton doing all logistics.) All honoraria to S.T.A.R., as always.

We wish James Roy Moody good luck in his position as Director of the Department of Business at Haywood Technical College. We certainly hate to lose him as our S.T.A.R. House Manager! A search is underway for his (unique) replacement after the Conference.

The *Update* WOODREW

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UNDERSTANDING COSMIC VIBES

"Don't minimize the vibrations that are bombarding this piece of the cosmos," Tauri said. How best for us to understand what these vibrations really are? The younger generation talk about "good vibes/bad vibes." They understand the unspoken energies given off by those who occupy 'the same space.' That's a piece of it. You can't fool them with words when your 'vibes' reveal what you're really thinking.

Each of us has experienced going off to bed feeling great, getting a full night's sleep, and awakening completely out of sorts. WHY? Vibrations! Other energy emissions! Electromagnetic vibrations! (EM) The weather reports give temperature and barometer readings, but they do not give changes in EM emissions that occurred during the night, vibrations that affect us all.

The BIG piece of the vibration story comes from other cosmic bodies doing the same mating dance as we do around the center of the Milky Way. (That's we the solar system, not we Planet Earth.) It's like a giant tug-of-war. There are two teams, **gravity** and **electromagnetism**, one at each end of the cosmic rope. The bigger the cosmic body (stars or planets) the stronger the pull of gravity. There are two options in this tug-of-war: to be pulled into the star exerting the force; or, to exert an equal (but opposite) force and build a relationship of equality at both ends of the mythical rope. The late Buckminster Fuller said that "gravity is centering." It goes directly to the core, the center of the system, the solar plexus, like a laser beam. And, as in a tug-of-war, the energy received at the center must be redistributed equally to all parts or the body will be pulled from its position (orbit). This centering pull "at the end of the rope" is returned as an equal-but-opposite EM force, keeping the cosmic bodies in equilibrium, holding their positions.

They are not static with a pool of mud or water between them, but are orbiting around the center of the Milky Way Galaxy.

From time to time, the influence of one star gradually gives way to the influence of another. It's like handing the end of the rope to another person, one who can exert a greater pull on the rope. When this happens the same two choices exist: to fall in, or to handle the greater pull with an equal-but-opposite force. In the cosmos an equalizing force is exerted. But, it changes the energies in the game, the vibrations. When the earth takes a stronger pull in its center it must distribute the energies throughout its body. This can change the geological makeup of the planet by causing mountains to rise and land to shift and possibly disappear. The greater gravitational energy requires a greater EM equalizer. All the vibrations 'step up,' and the dance around the center of the Milky Way continues.

You can bet that cosmic bodies will handle the changed energies and restore an equilibrium to the tug-of-war in the sky. The question is, will the species inhabiting the cosmic bodies be able to evolve quickly, enough to live and be well in the higher energy environment? While Charles Darwin preached slow, steady evolution with each species, the brilliant paleontologist, Stephen J. Gould, disagrees. He says that species can go for extended periods of time, even millions of years, with no apparent change. Then, within a very short span of a hundred years or less, something happens that requires the species to make a quantum leap in evolution...or go to extinction.

We are in that vibration-changing period now. Species must learn to handle the increasing energies or become footnotes in history. Science tells us that more than ninety percent of the species that

inhabited the earth went to extinction before the newcomer, MAN, made his appearance. With the changes in process, confirmed to us by the Ogatta group, many more of the species that prospered in a lower energy environment will become extinct. A vibration, an EM wave, a gravity wave, are all measureable packets of energy. When the vibes get higher we all have to learn to play the game of life in a more charged arena. And since energy is also knowledge, it will be a more exciting, more highly evolved world in which we live. And Man will be the key player in the stepped-up Golden Age of tomorrow.



The LOVE NOTE

Love is a very profound word. It is also over-used. From my point of view, I would define love as a positive energy. If we can direct our thinking to be positive and our thoughts to be constructive, then we can put out very positive vibes. (If everyone would just examine his normal thinking, he would find - amazingly - that most of it starts with a negative connotation. This puts negative vibes out into the environment which have to be overcome before the job can be done.) Positive thoughts...love...energy...allow us to proceed directly with whatever the job at hand is, or the relationship should be.

The great teacher-philosopher J. Krishnamurti defined love as "freedom from conflict." Stop to think about that definition and you will find it deeply profound. Just imagine if you were free from conflict how beautiful your life would be, and how much progress could be made. We often spend more time being annoyed at what others do **not** do or say than at marveling at what they actually accomplish.

Troubles also ensue when **we** have expectations that are not met in a relationship. Someone does not live up to our expectations. Scenario: I love John. John says/does something of which I disapprove. I confront John. John becomes defensive of his words or action, and he flares. The love relationship is threatened with negativity. Why the confrontation in the first place? Love is allowing a dear one to follow his dream and path and heart without condemnation. That is not to say that opinions

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may not differ. But opinions are not always sought when we give them! Parent to child. Child to parent. Husband to wife. Friend to friend. Teacher to pupil.

Tauri recently added to our understanding of love. She wanted to expand our framework of reference. She agreed that freedom from conflict was essential. Then she asked about freedom from fear. Freedom from tensions. Freedom from stresses. "If a human could shake his fears..his tensions..his conflicts..his stresses..then perhaps he would find it easier to get onto the same frequency with another human being and converse with that human being from the heart. True love requires an openness from the heart."

On Power and Free Will

The over-riding rule of the cosmos, as explained to us by the Ogatta group and confirmed on many occasions, is the exercise of FREE WILL. Don't abdicate responsibility for yourself! Don't look to others to give you answers where your life is concerned! High on the problem list today are the areas in which the individual's free will is abridged. We cannot progress if we do not make our **own** decisions. Harry Schultz, in his last International Letter, rails against the bureaucrat who exercises his power to abridge our freedom of action: "Most bureaucrats have absolute authority in some little area. In their 3 square feet of office space into which you come, they are monarchs. You are a serf. They dictate if you shall have a building permit, if you get a driver's license, passport, visa, admission to a country, your baggage cleared, etc. In the taxation arena, they flex their muscles and terrorize."

Eisenhower warned against 'the potential for a disastrous rise of misplaced power.' Back in 1907 Lord Acton wrote: "We must not abandon our fate to an authority we cannot control." Yet, bureaucrats have taken over. While mankind worried about an evil man coming to power at the top, thousands have come to power at the bottom, and now have control of our lives. President James Madison gave us the ultimate guideline: "The truth is that all men having power ought to be mistrusted."

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"Some men see things as they are and say WHY. I dream of things that never were and say WHY NOT!" - Robert F. Kennedy





THE MIND/BODY CONNECTION

Understanding of the mind/body connection is entering the scientific realm and leaving the occult. There are many more rough roads to travel before the 'connection' is fully understood and accepted by all who practice medicine, but progress is being made. In a lecture on the new medical specialty, psychoneuroimmunology, the lecturer, Leonard Wisenski, M.D. said, "When I went to medical school, medicine was taught as though the head were put on the shelf and the body walked around by itself." Tapes of the conference were sent to us by a Florida M.D. Updater and the information we present comes mainly from these tapes. The point we want to get across is the importance of right thinking for good health.

The mind/body connection has been acknowledged by many famous physicians and thinkers. Dr. Albert Schweitzer, when asked about the effectiveness that the local "witch doctors" have in curing diseases, said: "All people have what I call a 'doctor within' which actually does all the healing. The witch doctor is very effective in activating this 'doctor within.' The ritual works on the mind of the patient."

Plato chided the physicians of his day in his DIALOGUES: "If the head and body are to be well, you must begin by curing the **soul**. The great error in our day in the treatment of the human body is that the physicians separate the soul from the body."

The 1977 Nobel Prize in Medicine was awarded to Guilemin, Schally and Yalow for proving that the HUMAN BRAIN is the MASTER GLAND. It is the brain that controls the hormonal activity of the entire body. It gives its messages electrically. Thoughts trigger responses, and the resulting impulses are measureable. The electrical thought energy is converted into chemical energy at the base of the brain and the appropriate hormones are activated. Depending on the message, the hormones activated can be the 'worry' hormones of the endocrine system or the 'joy' hormones of the immune system, so named by the eminent stress researcher, Dr. Hans Selye. Here is the new and startling information. Researchers in psychoneuroimmunology have been able

to measure interreactions between the brain and the endocrine and immune systems. There is feedback between the two systems. During stress, the body will prime the endocrine system for survival, fight-or-flight, and depress the immune system. The endocrine system responds to stress rapidly and strongly. The immune system is the slower system and gets out of the way of the faster acting endocrine system. By injecting hope into a situation, there is a measureable response from the immune system! Until now, doctors and researchers had not been aware of this interacting relationship between the two systems.

In today's world we all live under constant stress, both of our own making and of society's. The result is that we inadvertently but constantly depress our immune system. This allows many disease entities, normally controlled by our immune system's defensive soldiers, to gain the upper hand and manifest as dread diseases. Cancer, arthritis, and MS are some diseases that are considered to be caused by immunological failures. One speaker on the tapes said, "Germs do not cause disease, they trigger it. The AIDS scare is telling us of people who are crawling with AIDS viruses but are only carriers and transmitters; they do not manifest AIDS. This was the case in the early days of treating gonorrhea."

Our thoughts cause the brain to direct the kind of hormones to make. In this context our emotions affect our bodily status. Dr. Hans Selye, the father of stress research, said the brain makes two kinds of hormones: CATATOXIC HORMONES and SYNTOXIC HORMONES. Catatoxic hormones are the hormones of stress, and are made when you worry, are nervous or frightened, or generally under stress. Dr. Selye called them the "hawks" among hormones, the adrenalin-type compounds. The other juices are cortisone-type compounds which Selye called the "doves" among the hormones. They are the ones that tell the body to calm down, everything is all right, don't be nervous. Catatoxic thoughts (i.e. I'm going to lose my job, get cancer, I can't do it) are instantly transformed into the worry juices of the endocrine system. Syntoxic thoughts (love, hope, success) are transformed into the joy juices, the

interferons and encephalons. Selye said that 'joy juice' is a specific antidote to 'worry juice' and if you find yourself under stress, take time to create the antidote. Norman Cousins did it by laughing himself to health from a terminal situation, and wrote a book about his experience.

When an M.D. tells a cancer patient that he will be dead in five years, there is something wrong with that. It is saying that the DISEASE ENTITY has the power and the patient is totally defenseless. All that the doctor is giving the patient is averages. The individual sitting in front of the doctor has nothing to do with the averages. Dr. William Osler, described as being to medicine what Walter Cronkite was to news commentating, said, "It is much more important to know the patient that has the disease than to know the disease that the patient has."

HOPE is a therapeutic measure. Current medical practice says not to give false hope to patients. Psychoneuroimmunologists say there is no such thing as false hope. HOPE CAN NEVER BE FALSE! When a patient feels hope, it gives him a squirt of syntoxic hormones...joy juice. Thank you psychoneuroimmunologists for getting to the root of the mind/body connection and proving that you ARE what you THINK.

A GOTHIC TALE

I read an article recently in the Journal of the AMA by Jane McAdams which was so parallel to an experience of my own that I feel I want to share it with you, my extended family members. It concerns a dear friend of my childhood with whom I maintained contact over a half a century. She was told that she had a deteriorating arthritic condition which would only get worse with time. Her hands were severely gnarled and painful, and she became adept at hiding them in folds of clothing.

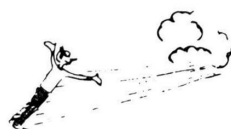
The episode to which I refer involved the Christmas present I sent to her right after she got the disheartening diagnosis two years ago, December. I bought a lovely woven shawl - a craft of our area - and mailed it to her, knowing she would love its soft feel and colors. I was therefore surprised and not a little dismayed to hear her voice on the phone right after the holidays asking me if I would mind

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returning it and getting her a couple of IBM typewriter balls instead. "You know, the Italic, the Gothic, some pretty and different-looking types?"

My reaction was one of disbelief when we both knew that her hands were so crippled with arthritis that she can barely use the typewriter now. Why would she want expensive fonts when chances were sadly in favor of her not being able to use the machine at all in a matter of months? I now quote from the AMA Journal's article because it tells MY story better than I can: "Almost immediately, I was ashamed and appalled at my clumsiness, ignorance, insensitivity, call it what you will. She was asking me what I thought about her illness! She was asking me how long it would be (before she couldn't use her hands at all.) And she was telling me that if I showed that I believed she would not be (crippled) then she would try not to be."

I returned the shawl and sent her the fonts for her typewriter. That was over two years ago. Together we have worked out a system of massaging her hands with plain old peanut oil (a la the Edgar Cayce method.) She types wonderful letters to me interspersing the face-types in a fun way. Her arthritis? Her hands are more flexible now than they were at the time she was diagnosed. This year I bought her a series of piano lessons. Play on, Renee!



King Hussein
and the
Grim Reaper



King Hussein of Jordan has a long and intimate relationship with death. In fact, he is the only head of state we know who believes -and has stated publicly- that he died and came back to his life after an out-of-body experience. Jack Anderson reported in the Washington Post: "It happened in January 1984. The king, who has a chronic heart condition, began hemorrhaging suddenly and lost consciousness. His heart stopped beating. Hussein believes he 'went into another world,' as he told an interviewer, adding: 'I was a free spirit, floating above my own body. It was rather pleasant, really.' This description jibes with those of less exalted individuals whose stories about dying and returning to life are tabloid stories."



MOUNTAIN MUSINGS

A Real Dilemma

There are many words that run through my mind when I think of the benign visitors from the Ogatta Jorpah. Some are descriptive of their activities and actions with us: participatory...advanced...creative...loving...kindly...evolved. Others reflect the important lessons and information they impart on their all-too-infrequent visits: free will...change...preparation...future. Above all, there is a high morality in their messages and actions; a pattern of non-interference that allows us to **want** to work with them in their efforts to help 'us' through the coming planetary transition. Greta and I, being private, striving and independent spirits, could not involve in the total manner that we do if it were any other way. And, because this has been our experience with these extra terrestrial entities, our reality of the higher evolutions makes us try even harder to contribute to that quantum leap humankind is being called on to make.

Lately, something has been bothering me. I've been looking out over the mountain to try and resolve a dilemma in which I feel caught. Perhaps trapped is a better word. It deals with another person's perceptions of "other-worldly" creatures; creatures described as 'bug-like' and referred to as 'aliens.' Creatures that abduct humans against their free will; and inflict physical pain in examination. Aliens with the technology to reach the Earth's physical plane but without the mental evolution to access the plentiful information available on the human species. And, I guess the biggest problem I have is that a book has been written, a best seller, which gives many people their first view of non-terrestrial life; a view of fear, bodily terror and mental anguish. In fact, the book was supposed to be titled BODY TERROR. But the entities, perhaps more sensitive than the author, Whitley Strieber, suggested the title COMMUNION. (A rose by any other name....) The disturbing thing is that man, with his proclivity for looking at the dark side, is likely to use this role model of extra terrestrials as the only correct view for any and all ET civilizations. What a step backward for true understanding!

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When Greta signed on to work with the Ogatta group, the big message she was told to trumpet was one of "change." The corollary was to "allay the fears" of those fortunate enough to see the space craft (UFOs) and their occupants coming to help mankind. How does that dovetail with the message given out by Streiber of fear and terror? It doesn't. His is one of increasing the fear, not allaying it. And yet, without being in another person's shoes, how can you know what he sees or feels; what his true reality is? The author describes himself as having led a troubled life, going from place to place and job to job...running, running, running. Not our view of life at all, nor one we'd recommend.

Streiber falls into that group of people classified as abductees: humans taken aboard space craft without their consent for the purpose of physical examination and biological probing. Blocks of time are always missing for these people. Only through skilled regression at the hands of trained professionals does the true story come out. Not pretty but one that has been told by more than a handful of victims. Abductees meet to compare notes. By the numbers involved you'd think that if the civilization were evolved at all they would have all the information they would need by this time. There's something wrong.

I suppose it's my overwhelming need to shout the praises of the more highly evolved Ogatta-like civilizations that causes my dilemma. While I should reflect on the pain and anguish caused the abductees, I can only see the block it puts to recognition of those who will be so helpful in our upcoming trials. "Technological advancement does not necessarily bring with it enlightenment and evolvment," the Ogatta group has told us on more than one occasion. I should accept that by now. One thing is for sure: if I have an opportunity to ask Tauri about these abductors, I certainly plan to do so. And I'll let you know.



Since very exciting periods historically do not leave time for looking inward, it is intriguing to note the Chinese curse: "May you be born in an interesting time."

Right-To-Die

Right-to-die legislation addresses a deeply felt public concern arising from the ability of modern medical technology to prolong the dying process. This legislation has been introduced in almost every state in the USA and laws have already been enacted in 14 of them: Alabama, Arkansas, California, District of Columbia, Delaware, Idaho, Kansas, Nevada, New Mexico, North Carolina, Oregon, Texas, Vermont & Washington. (Others may have been added to the list since Dick and I became interested in the subject - and in a "Living Will" - four years ago.)

If you wish to control decisions relating to your own medical care, you can execute a binding document directing that in the event of a terminal condition, medical procedures which prolong the dying process be withheld or withdrawn. This document belongs in the front of your medical file at your doctor's office.

The "Death With Dignity" Legislative Manual, published annually, spans almost 20 years of legislation and is available from The Society for the Right to Die at 250 West 57th St., New York, N.Y. 10019.



A recent survey by the University of Chicago's National Opinion Research Center has found that 42 percent of Americans say they have been in contact with someone who has died. That's up from 27 percent eleven years ago. Writes the Rev. Andrew Greeley, a Center research associate and author: "It's even happening to elite scientists who insist that such things cannot possibly happen. Indeed, the nation is living with a split between scientific belief and personal reality."



A new data base has been established for those who seek holistic health care. Price-Pottenger Nutrition Foundation has available a registry of health care professionals who are nutritionally oriented. To receive the Referral List, drop a note specifying the geographical area in which you live, or where you are able to go to receive holistic health care. Send to P.O.Box 2614, La Mesa, CA.92041 and include a long self-addressed stamped envelope.

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March 9, 1987: Snow fell on the Greek island of RHODES for the first time in memory as blizzards swept across Greece. The snow was the heaviest in central and southern areas, which usually have some of the mildest weather in the Mediterranean at this time of the year. Changing patterns!

KGB BEAMS

Columnists Rowland Evans & Robert Novak wrote an article on the untimely death of former Ambassador to Moscow, Walter Stoessel, and titled it "BLAME SOVIET RAYS ON ENVOY'S DEATH." They went on to say: "The death in Washington of senior diplomat Walter Stoessel from leukemia at age 66 is blamed inside the U.S. government on illegal Soviet bombardment of the American Embassy in Moscow by microwave beams designed to intercept secret communications.

Absolute proof cannot be obtained that Soviet beams saturating the Embassy were responsible for cancer cells that killed ex-deputy secretary of state Stoessel. But inexplicable health problems among Embassy personnel have convinced American diplomats that (Stoessel's) cancer was induced by the radiation. In the words of one top-level insider, 'Walt was killed, pure and simple.'

During his ambassadorship, the U.S. government sent furious protests to the Kremlin. After months of dispute, the Soviets finally ordered the KGB and other intelligence operations to tone down the microwave beams. By then it was too late for Stoessel." Most Updaters have been aware of the mysterious microwave radiations that the KGB had beamed at the U.S. Embassy in Moscow in the sixties and seventies.

Potassium Iodide Update

The Tennessee Department of Public Health distributed 10,000 bottles of potassium iodide pills to about 7,000 families living within a five mile radius of the Sequoyah nuclear plant some 18 miles north of downtown Chattanooga. It's heartening to see a public agency recognizing the need for an 'insurance policy' against the possibility of a nuclear accident. Have you taken preventive action to protect your family? (See Update Vol.6, No.1, p.7) Telephone orders only from Anbex, Inc.: (212) 505-6212.



TOUCH Power

Dr. Norman and Chardy Shealy of the Pain and Rehabilitation Institute in Missouri spent a wonderful time with us at S.T.A.R. House recently and the conversation turned to healing and 'touching.' Chardy quoted a poem and summed it up with the following remarks: "Touch me. In love and caring, the soul-fire surges to renew its passion for life.
Touch me. Touched forever."

While we tend to think of touch as a tactile or physical experience, the poet alludes to touching that may occur with or without physical contact. Massage and other body therapies involving touch have for thousands of years been recognized for their healing, comforting, and energizing effects. An excellent review of the history and means of the touching therapies from ancient times to the present is contained in Roger Jahnke's, *THE BODY THERAPIES*. He points out that every culture has a body therapy tradition. He identifies 25 of them currently practiced in the United States.

Currently one of the body therapies being used and closely studied is Therapeutic Touch (TT). A nurse in New York, Dee Krieger, has contributed much to the literature on TT which in fact does not need to involve actual touching of the body to be effectively practiced. (Update July/Aug. 1985) Practitioners channel **energy** through their hands into the body of the person needing healing. Where the energy comes from has not yet been determined, but the effectiveness of TT has been scientifically documented.

Touching another, physically or another way, infers significant ethical responsibility for the practitioner. Krieger's studies have shown that a patient can be harmed if the healer's efforts are accompanied by anger, fatigue, anxiety, or a selfish motive. Extrapolating from these studies, we can assume that all touching from the physical such as massage to the other ways in which we affect each other requires sense of self-responsibility regarding our intentions. "Touch me. Touched forever." Touch is powerful. (Thanks for sharing, Chardy!)

Sociologists calculate that Western man receives 65,000 more stimuli per day than his forebears did 100 years ago!



NOT TO BE SNIFFED AT

We employed a housekeeper for almost twenty years who never had a cold. If she felt "something coming on" she would eat a raw onion with vanilla ice cream to ward it off. We would back away, howling with laughter, but we didn't faze her. Her Grandmother had eaten it. Her Mother had eaten in. And she was keeping the faith. She never had a cold.

Now, we learn that garlic medicines have existed in Europe for most of this century, and that manufacturers of garlic-oil capsules claim that small doses are "a safe internal antiseptic, and of value in treating the symptoms of colds." According to *The Economist*, garlic has two main medicinal uses. First, it's an antibiotic, antiseptic and antifungal agent. (Back in 1858, Louis Pasteur demonstrated garlic's prowess as an antibiotic by using garlic juice to kill bacteria in culture dishes.) Second, it's a counter to blood clotting. (A half a raw clove a day seems to have a thinning effect on the blood, hence the interest of the pharmaceutical industry in garlic's ability to prevent internal blood clotting or embolisms.)

The effective components of garlic are the smelly ones, and Americans are loathe to have bad breath. It is not surprising then to read that two groups of American scientists are "racing to produce a chemical drug based on garlic constituents." The Europeans think they are wasting their 'breath' since no evidence has ever been produced for medicinal effects of deodorized garlic! Natural remedies may require natural smells! Garlic clove and ice cream, anyone?

Mountain Wisdom

The best time to plant flowers and vegetables that bear crops above the ground is during the LIGHT of the moon; that is, between the day the moon is new to the day it is full. Flowering bulbs and vegetables that bear crops below the ground should be planted during the DARK of the moon; that is, from the day it is full to the day before it is new again. Old wive's tale? Perhaps. . . but it works! (And if you do your fishing while the moon is between new and full, your catch will be more impressive.)





As science progresses and new technology is used in more speculative areas, information that was regarded as PARA-NORMAL enters the main stream. We have no choice but to 'know' that many civilizations inhabit the Universe. This is because of our relationship with the Ogatta group. Astronomers, however, have been unable to confirm the existence of other solar systems on which this life might exist, let alone other life forms. Our culture has shaped a reality that life is unduplicated anywhere in the Universe. All of this is about to change, and it's about time.

At the recent American Astronomical Society meeting in Pasadena, California, a paper was presented that begins to dispel the singularity of mankind. Cornell and Cal-Tech astronomers found what may be the early stages in the formation of a new solar system. The event they are studying is in the Milky Way galaxy and shows, for the first time, a dust disk surrounding a Sun-size star orbiting the star in an orderly fashion. Such disks, initially found in the early 1980s, have been touted as the precursors of planetary systems and suggests that stars with planets may be quite common.

Let us add to this information, premature though it may be in a scientific sense. Planets are most common as appendages to star systems, be they single star systems as our Sun; twin star systems as the Ogatta system; or triple star systems as the closest star to our sun, Alpha Centauri. Life on these planetary systems is widespread, with many life forms in various stages of evolution. Since we are a second or third generation star existing for less than 25% of the life of the Universe, it is safe to assume that we are at the lower end of the evolutionary scale. (This was confirmed for us by the Ogatta group.)

To give some perspective to life on other planets we wrote about our meeting with meteorologist Elizabeth Klarer in the Mar/Apr 1985 Update. She told us about her ongoing relationship with an astrophysicist from Planet Meton in a system orbiting Proximus Centauri, the third star in the

Alpha Centauri group. When we were with her in May 1986, she brought us up to date on her astrophysicist's activities. He is currently part of a team that is cataloging and investigating the 150,000 civilizations Meton believes to exist in the closest galaxies, called by our astronomers the NEAR Universe. While these numbers appear overwhelming when our own scientists cannot verify the existence of even a single other planetary system, it is more logical than assuming that we are alone in this vast Universe. (It is heartening to see the lack of disbelief and the support that Elizabeth Klarer receives from higher-ups in South Africa, East Africa, Canada, Australia, New Zealand, Germany and the U.K.)

S.T.A.R. Activities

We wind down our seminars and lectures until Fall on May 16th in Long Lake: our "Month-In-A-Day" in Minnesota. Call Cynthia Lurton (612)473-8787 if you can come.

The four-hour presentation for OPO in Naples, Fla., really became a two day and night on-going experience. It was best summed up by one of the participating presidents who wrote: "We may be the 'over-the-hill gang' (all over 50) but you gave us more to think about in roles we might assume in the coming years of change than any other resource has ever suggested. Thank you for your insights, your gentle humor, the food for thought, and for your love." Thank **you**. And we welcome many of you on board the Update train of thought.

The SLIDE OF LIGHT II Conference at S.T.A.R. House is about to take place as we go to press, and we are very excited. The program will be extraordinary and the faculty (as well as the Updaters) are rarin' to go! Will tell you all about it in the next issue (unless it rained, in which case I may have committed hara kiri!) Apologies to the 163 on the waiting list! Hope to see some of you in '88....

Anyone wanting to set up a "Month-In-A-Day," a Two-Day Workshop, or a Lecture in your area in 1988, please contact us ASAP for available dates and details. (Honoraria always to S.T.A.R.)

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The *Update* WOODREW

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ARCHITECTS OF THE FUTURE *Our Space Kids*

August 31, 1977, the Mind Link at which I was the channel and Tauri spoke: "Architects of the future, we call you young ones, because you are architects of what is to come. You young who will build new buildings, harnessing sun's energy. Architects you will be, growing foods that do not need refrigeration. And healers, you will be to the masses for what they consider 'miracles.' But they are not miracles; they will be **cosmic revelations**. Architects, you young ones, building for your planet at the turn of the century. Teachers and communicators, you elders, finding more and more young ones...and merging them in. Architects of the future are being brought on to your planet from their home civilizations. They asked to come, and come they will. They each have a mission. Eventually they will forge together their minds and souls into a unified consciousness. You are part of this process."

Many of today's young people write, call and come to see us with the feeling that they live between two worlds, but do not know why they feel that way. It has become a haunting refrain. They have a sense of urgency surrounding tasks they do not comprehend but feel compelled to do. They suffer human frustration and ridicule. The ones in their teens and twenties invariably ask about the meaning of their existence. They ask about the life of the soul. They are sensitives. They are Space Kids, as the Good Doctor, Andrija Puharich, dubbed them. And they are wonderful! They have "chosen to come."

A month doesn't go by that I don't get word of one of them. Last week a mother called to describe her four year old son's 'strange' actions: "He will run into the yard at the time of the full moon each and every month and point to the exact same place in the sky. He says THEY are talking to him from there." Yesterday,

a distracted father wrote of his concerns about his five year old daughter who told him, after he had suffered a cramp in the pool, "I lost my other daddy that way. He drowned!" A lad was brought to us with great PK abilities. We witnessed his locking all buttons in his dad's car from a distance of 50 feet with a wave of his hand in the direction of the parked car. A teenager shared prognosticative dialogues she has had with garden divas since she was tiny. Who ARE these new entries on the planet? Dr. Ibarra Chavez of Mexico City, a noted pediatrician specializing in premature infants, tells us, "The new crop of babies are coming in more 'aware'...eyes focussed and alert, necks strong, lying in bassinets no bigger than chickens, and with a knowingness I cannot describe. They are very special babies, this new crop."

I gaze into the eyes of my grandson and wonder if he is one such. Maybe. Did he "choose to come?" Did he "pick his parents?" What will his role be on Spaceship Planet Earth in its time of great transitions? Is he, and the ones in my extended family's families, tuned in to higher vibrations? Will these Space Kids hear music from the spheres that we can not? Hopefully! I only know that we must encourage them; spark their 'imagination'; help them to develop their sensory tuners to a higher capacity; be what they are meant to be: architects of the future.

I often wonder why certain children 'choose' parents who are afraid of parasensory manifestations instead of picking those who would cherish and encourage a parasensitive offspring. I talk to too many parents who are more worried about "what people will say" than about what the child is seeing, hearing, feeling, experiencing. I have no answer to the question. Perhaps it is part of the evolutionary process.

A majority of the world's people - Hindus, Buddhists and many others - believe in multiple lives and reincarnation. In the United States such beliefs have a rapidly growing group of adherents (as often as not in a trivialized form.) It is not unusual to realize, therefore, that the great majority of reincarnation-type case studies are being recorded in places like Sri Lanka, Burma, India. (The question arises whether the cases occur because of the religion or indeed, the other way around.) Dr. Ian Stevenson of the University of Virginia's Medical School, put in three decades of research on experience with reincarnation-types and he states: "There is nothing intrinsically more illogical in a theory of multiple rebirths than in the notion of a single birth and death. In fact, given the extraordinary handicaps under which many people live their lives, there is a good deal to be said for second, third, and fourth chances. But as to how it might be done, whether everyone is reincarnated, what the discarnate substance might be, and how it might be transmitted, all these questions remain unanswered, and I must say that I do not expect them to be answered in my lifetime."

Belief in the reincarnation theory notwithstanding, many of the Space Kids exhibit similar traits, and one of them is a certainty that they have been here before. Parents have great difficulty with this aspect. (What mother wants to be told by her child that "my REAL mommy says...") Personally, my heart goes out to both parent and child. I listen very carefully to each story that is brought before me. I do my best to convince each parent to allow his child's stream of consciousness to flourish. And I hug to my heart each youngster as I hear out his or her experiences. I listen with respect and genuine fascination. After all, these are the "architects of the future" about whom the Ogatta group spoke. It may well be that the Golden Tomorrow of which they also speak will fall into these very children's hands.

*"What About the
PEANUT?"*



Our food storage plan is now 90% complete

and in the underground root cellars built for this purpose. But an offhand question from Tauri has triggered a six-month search for an answer: "What about the peanut? There is so much you do not know about its properties." It is amazing how little anyone knows about its shelf-life and properties. Not a true nut but rather a pod or legume, it is a concentrated food. Pound for pound, peanuts have more protein, minerals and vitamins than beef liver, more fat than heavy cream, and more food energy (calories) than sugar. It is grown today mainly for its edible oil (except in the United States where it is produced for grinding into peanut butter, for roasted, salted nuts, and for its use in candy and bakery products.)

George Washington Carver took the peanut, until then used as hog food, and the exotic and neglected sweet potato, and turned them into hundreds of products. His list included cosmetics, grease, printer's ink, coffee and, of course, peanut butter. Carver said he got his answers by walking in the woods at 4 A.M. "Nature is the greatest teacher and I learn from her best when others are asleep," he said. "In the still hours before sunrise, God tells me of the plans I am to fulfill." Thomas Edison unsuccessfully tried to hire Carver, confiding to his associates, "Carver is worth a fortune." Henry Ford also tried (and failed) to hire him, calling Carver "the greatest living scientist." When Carver's plans were fulfilled - and his dreams translated into realities - he refused to take out any patents, believing that all inventions and discoveries belonged to mankind, not to one man. The result is that much of what he learned is lost in the annals of history.

Dick and I attempted to find out the details of storing peanuts in any form from dozens of sources. Just last month, our perseverance paid off when an ex-vice president of Mars Candy Company visited the S.T.A.R. House. He researched and confirmed that there is a 12-15 year shelf life - and a 7 year nutrient life - to the powdered form which can easily be reconstituted. Good news! And we pass this information along to you because Tauri never asks questions lightly. We will be storing this product along with the 24 tons of food already in place. It will probably be labeled "Ogatta Butter!"



THE STATE OF THE WORLD: WORLDWATCH REPORT

Awareness of how things are and whether they are getting better or worse is the task the Worldwatch Institute sets for itself. Their objectives are (A)-to report the environmental issues that now confront the entire world; and (B)-to make as many people as possible aware of the changing resource base on the planet and the economic use - or misuse -to which it is being put. It's wonderful to see the impact their work has had in a few short years. In 1984 they published their first STATE OF THE WORLD report with a modest printing of 16,000. So great was the interest that by year's end it had gone through five printings and a total of 27,000 copies. In Beijing, the Institute of Scientific and Technical Information of China had a team of six translators at work on the book within weeks of its U.S. publication. Their efforts were followed in Japan by the Defense of the Green Earth Foundation. Today, STATE OF THE WORLD is published in Spanish, Arabic, Indonesian, Polish, Romanian and Thai as well as English, Chinese and Japanese. The estimate on the worldwide market is now in excess of 200,000 copies. In addition, it is used as a textbook in nearly 200 U.S. colleges and universities. Becoming aware of the problem is the first step toward finding its solution. We acknowledge and salute the efforts of Worldwide Institute in trying to make us aware of our own follies.

Following are a few of the issues addressed in STATE OF THE WORLD 1987. If you've read of some of these problems in earlier Updates then it shows that both S.T.A.R. Foundation and Worldwatch Society are doing their jobs.

Under the heading THRESHOLDS OF CHANGE are mirrored parts of the Scenario. "Scientists warned of a forthcoming wave of mass extinctions that would approach the magnitude of that which wiped out the dinosaurs and half of all other extant species some 65 million years ago. The earlier cataclysm was of natural origin, the one now unfolding is driven by human activities. Changes in atmospheric chemistry and global temperature reflect the crossing of key thresholds in natural systems." They printed a most important statement: **A sustainable society satisfies its needs without diminishing the prospects of the next generation.** "Between 1950 and 1986, human numbers doubled to 5 billion, expanding

as much during these 36 years as during the preceding few million. During this period, world fossil fuel consumption increased fourfold."

"The earth's forest cover is diminishing as a result of land clearing, firewood gathering and logging, air pollution and acid deposition. Serious environmental consequences are emerging including increased rainfall runoff, accelerated soil erosion, and diminished water quality." We can be reasonably certain that deforestation will disrupt hydrologic cycles and that ozone depletion will induce more skin cancer. In agriculture, an important threshold is crossed when the rate of soil erosion exceeds that of new soil formation. Recently the intensification of farming practices has pushed the rate of topsoil loss beyond that of new soil formation on an estimated one third of the world's croplands. ANY SYSTEM PUSHED OUT OF EQUILIBRIUM BEHAVES IN UNPREDICTABLE WAYS."

What are we doing to the prospects of our childrens' and grandchildren's generation? The chapters go into much detail: "Once populations expand to the point where their demands begin to exceed the sustainable yield of local forests, grasslands, croplands, or aquifers, they begin directly or indirectly to consume the resource base itself."

Moreover, "widespread urbanization is largely a 20th century phenomenon. As recently as 1900, fewer than 14 percent of the world's people lived in cities. By 1987, some 43 percent of the world's people were living in cities." Cities require concentrations of food, water and fuel on a scale not found in nature. Moving large quantities of these items in large cities and moving garbage and sewage out is logistically complex and energy-intensive. (Consider the plight of the barge filled with Long Island garbage that could find no place for dumping. The "Gar-Barge Saga" was comical, but on a larger scale, it will not seem so laughable.) Water pollution in Third World cities may be even worse than air pollution.

The report also focusses on electrifying the Third World, recycling waste materials, sustaining world agriculture, raising agricultural productivity, stabilizing

chemical cycles and designing sustainable economies. This 268 page report hones in sharply on the problems we must address if we are to have a sustainable society.



MOUNTAIN MUSINGS An Abductee Statement

The Ogatta group made Greta's corollary assignment "allaying the fears" of those fortunate enough to see the gattae and their occupants. Now I know the reason. Reports of extra terrestrials abducting earthly specimens for clinical probes and scientific experimentation are getting coverage in books and the news media. For most people it is their first exposure to E.T. life. The impression with which they are left is one of fear, doubt, terror and despair.

I wrote of my frustrations regarding this first impression of E.T.s in the last Update. Since that time we have spoken with Tauri. This is a summary of the rather brief conversation, most of which was done in analogy.

TAURI: When your scientists seek laboratory confirmation of theories and ideas, they use specimens, mice, rats and other guinea pigs in their work. They seek to conduct their experiments in the most humane way they can, but also the most productive and efficient. They attempt to remain totally detached and objective in their approach and remove themselves from emotional involvement. Their end goal is to enrich the store of knowledge in the area in which they are working. Do you understand this, Dick?

DICK: Yes.

TAURI: If you understand this then you will have no trouble understanding a civilization that sends its best scientists to study areas in which their knowledge is sparse.

DICK: But knowledge of Man is available in the Cosmos in far greater detail than their cursory probes can provide.

TAURI: Yes, it is, but only for those who can tap into it.

DICK: Can't they?

TAURI: Dick! We have spoken many times about technological advancement not being spiritual or moral advancement. These

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civilizations can travel in the Cosmos, but they are no further advanced in their other development than mankind. Need I give you examples of these civilizations?

DICK: No. I am fully aware of what you say.

TAURI: Now let me tell you some things about these civilizations. They send their very best scientists to learn the ways on a planet they probe. On Earth they study plants, insects, animals and Man. They go to great lengths NOT to harm or frighten any human with whom they work. They view Man as they would other specimens they study and try to respect the 'free will' aspects within this context. While there are a few legitimate abductees, there are not nearly as many as you would think. Most who report such experiences suffer from 'head noises!' Now that you see the public-airing this activity is receiving, you will better understand Greta's assignment of "allaying the fears." While you may think that the study of Man violates free will, they are much gentler than your own kind when they use Man as an object of study. You are aware of human studies that use Man as guinea pigs without their knowledge and against their free will?

DICK: Yes, unfortunately I am, Tauri. (A brief summary of some of this activity follows in this issue.)

Tauri then shifted the conversation to another topic and the subject of abductees was closed. Our understanding of the abductee phenomenon was greatly expanded. These clinical beings operate their knowledge-collecting probes (as do our scientists) from a totally objective approach. They do not seek to be controversial figures or "negative forces" on our planet. They're just not advanced enough to tap into the available cosmic knowledge. Well! Neither are we. Some time in the future, when we become able to explore distant worlds, we too may fall into the category of abductors seeking to learn about life on a distant planet. I hope that we remember the experiences being written about by our human abductees and seek the assistance of the many on the planet who would deem it an honor to be examined by an extra terrestrial civilization.

THE GOOD NEWS IS THEY WILL BE
SHOWING YOUR OPERATION ON T.V.'S
BLOOPERS AND BLUNDERS...





Human Guinea Pigs

Quoting Congressman Edward Markey, The New York Times writes that "the kind of demented human experiments conducted by the Nazis" was in fact conducted by the U.S. government on hundreds of unsuspecting citizens, as well as on the helpless and aged, over a 30 year period. Markey's House Energy & Commerce subcommittee recently reported that experiments were done to determine the effects of radiation. They included: 1) Injecting people with radioactive substances and feeding them radioactively contaminated foods with doses 96 times higher than federal limits on internal radiation for nuclear workers; 2) Exposing the testicles of Oregon prisoners to radiation and then forcing them to have vasectomies; 3) Giving radioactive strontium to ingest; and 4) Treating some unsuspecting lab assistants with plutonium.

According to the report, the experiments took place all over the United States from 1947 to the early 1970s and involved several hundred subjects. The subcommittee even documented cases in which people were given radioactive materials just to calibrate instruments. These experiments were sponsored by three federal agencies--the WW2 Manhattan Project and DOE's predecessors, the Atomic Energy Commission and the Energy Research & Development Administration. Most of the experiments were conducted by University scientists and physicians under contract to the U.S. government.

Markey is calling for a follow-up and compensation for hundreds of these "nuclear guinea pigs." If interested, his subcommittee report is entitled American Nuclear Guinea Pigs: Three Decades of Radiation Experiments on U.S. Citizens. Who wears the blackhats?

Taking Responsibility for our Health

People are beginning to recognize that they, and only they, are responsible for their health. The efforts of the many around the country who preach 'right thinking' and 'self determination' where wholeness is concerned, are paying off. We are happy to report that several establishment publications have printed articles and sections devoted to holistic medicine. We were particularly pleased to find information in Business Week and The Wall Street Journal.



HOLISTIC MEDICINE: NO LONGER HOCUS-POCUS was the headline in the full-page spread in Business Week of May 4, 1987. "...more and more doctors backed by a growing body of scientific evidence are deciding that so-called 'alternative' or 'holistic' medicine is more than hocus-pocus. Among the once-controversial therapies gaining credibility: acupuncture, hypnosis, biofeedback, homeopathy, and creative visualization." And then: "Holistic medicine is still far from the medical mainstream. But patients with complaints from depression to diabetes to back pain are turning to alternative techniques."

MEDICINE & HEALTH: A SPECIAL REPORT was the heading of a full section in The Wall Street Journal of April 24, 1987. In the 40-plus pages were headings such as "When the Patient Takes Charge", and "Where Patients Are Partners". An article, LINKING MIND WITH BODY, tells of Norman Cousins describing the "healing powers of laughter and emotional well-being and the killing potential of panic and depression." The daily calls Mr. Cousins "a guru of the patient-rights movement" and describes his activities as a faculty member at the UCLA Medical School where he serves as chairman of UCLA's Task Force on Psychoneuro-immunology, the connection between the mind and the body's healing powers.

The first article opens with a quote from Sir William Osler, the great physician and wit: "The desire to take medicine is perhaps the greatest feature which distinguishes man from the animals. It's also true that no animal would, in the name of therapy, allow another to do what man meekly allowed his physicians to do to him over centuries. They've bled him by the gallon, purged him senseless, roasted him in ovens (a measure against syphilis), stuffed him with poisons and tormented him with various ghastly appliances. Sometimes he lived despite all this assistance, and sometimes he died. Either way, the doctors learned from him, and in time their ever-increasing store of special knowledge made them almost a priestly class, their word unquestioned by patients and their authority supreme. NOT ANY MORE!"

It's a sign of our changing times that patient self-determination is entering the 'healing' professions. All of us must take responsibility for our health.



An ON-GOING Process

Survival on Earth is an ongoing process. And, because it goes by many names, it is not always recognized for what it is. Some of the more familiar terms are EVOLUTION, RESISTANCE, SELECTION, ADAPTATION. But a rose by any name points the name of the game to SURVIVAL. Going forward into the New Age requires all the species to adapt to higher energies or suffer the consequences, perhaps even extinction. Those who have been preaching this line for a while are familiar with the standard rebuffs. So...let's use some examples of 'survival' that the 'establishment-only' types will understand.

The versatility of evolution is stomping on the ingenuity of chemistry with hobnailed boots. Bacteria are evolving resistance to antibiotics and insects are evolving resistance to pesticides faster than new chemicals are being invented. Darwin may have called this process "natural selection" but it's more 'the name of the game' than it is the exception. As soon as penicillin is injected into your body, an advantage accrues to any bacteria that happen to possess a way of disarming the chemical. It survives while the others perish. But then what happens? The resistance (or adaptation or selection) spreads from bug to bug because most of the resistance genes lodge themselves in small loops of DNA that bacteria swap with each other. And, we are told, that resistance is usually irreversible.

Bacteria get stronger at adapting as they get more practice. Five generations of pesticides have passed since DDT was introduced in the 1940s. The time it takes bacteria to double its resistance to new chemical pesticides has fallen from 6.3 years for DDT to ONE year for the newest generation introduced, pyrethroids. More than 450 species of insect are now resistant to DDT. And the chemical geniuses who invented DDT are currently banning its use as being too dangerous. In the Sept/Oct 1986 Update we wrote of the bacteria that have adapted to the radioactive wastes of nuclear reactors and thrive at radiation levels deadly enough to kill humans. These examples point to evolution as being an ongoing process. Life on this planet will survive as long as the earth sustains any environment supported by the sun's energy. But what

that life will look like may eventually bear little resemblance to what we now know.

FUN, PLAY . . . or GAMES

One of the enchanting take-home memories for participants at the SLIDE II Conference was the "game-playing" under the gentle direction of Ann and Karl of Project Adventure. Southern California University Professor Leo Buscaglia points out: "In play we don't keep score. No one wins or loses. Anyone can play, alone or in a group. There are no sides -- we're all on the same side." Many of us think we are about to play when we head for the golf course, the tennis court, the bridge table, etc. But these, in truth, are not play activities, they are games with strict rules. There are winners, losers and sides. There is often tension, competition, expectations and criticisms.

As children, remember how we pleaded to "go out and play"? As adults, we have the same need and feel the void when we are denied the same prerogative. Leisure time should not be accompanied by stress. I believe that good old-fashioned play is often missing in our adult lives. And we all need fun in our lives. Now more than ever.

Summer is here. I simply want to say to you to make time for play. It doesn't cost a thing and the benefits are myriad. Back to Dr. Buscaglia: "Play has all sorts of educational, physical and psychological benefits. A happy, fulfilling adult life may even depend upon the intensity and variety of our play experiences. Of course, we will run the risk of being accused of going through our second childhood or of having lost our minds. (Where's Leo? Oh, he's out in the backyard jumping on a pile of leaves.)"

Dick and I remind each other of the time for fun and play. He takes most of his with the animals on the property: our llamas & sheep, cats & dogs, horses & chicks. As for me, I build snowmen...redress old dolls...and make disastrous taffy. None of this is in the game-playing category of our nightly gin-rummy and backgammon bouts. ("I won!" is quite a different bottom line.) There is much on this subject I'd like to share, but I bought a soap bubble pipe and....

S.T.A.R./UPDATE Playback

The comments that people make upon joining, renewing or leaving the Update train of thought are always informative and often amusing. One woman dropped off our mailing list because "this appears to be a family newsletter and I don't know the family." In the very same mail a man renewed because "I feel so much a part of a special family (of Updaters) and that's a marvelous thing." Some want more cosmic articles and input from the Ogatta group (so do we!) and others like the "non-esoteric stance that is taken in this New Age letter." Two pieces of mail are opened one right after the other, and one states, "Bless you both, you make complex matters simplistic," while the other reads, "Really, it's sophomoric, and I already know all about the things you write about." But the majority call, write and come to say that they enjoy the personal touch and "think and relate" bottom line.

As for me, I am most moved by those who consider themselves "S.T.A.R. supporters who happen to receive a newsletter." As one septuagenarian put it, "I want to feel that I help you to help others to help themselves. If in the process I get an Update, why that is my bi-monthly bonus. At my age I take all the bonuses I can get!" A college student hopes he is "an architect of the future" and sends new data in quantum physics for us to share. A lady on welfare sends a postage stamp each month "to help defray mailing costs for S.T.A.R."

To all of you, our thanks for whatever your reason for becoming and remaining under the S.T.A.R. umbrella as Updaters. Your 'echo,' your mail, your financial tithes and boosts, your moral support, are deeply appreciated. Dick and I will continue to try to reach as many of you as possible at the S.T.A.R. House, through the Updates, and in filling the myriad of requests from this unique "extended family."

We do not advertise or proselytize. We do view each and every S.T.A.R. supporter as part of our extended family, and perhaps we are best able to show our gratitude

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at the April SLIDE Conferences at the S.T.A.R. House. SO: if you are simply a newsletter subscriber, so be it, and we hope you enjoy our efforts. But know that in so being, you are also very much a supporter of the Foundation, and we love you for it!

Our Inner Clock by Lucas McFadden

If you threw away your alarm clock and tried to wake up at a particular time on your own, chances are with a little practice you'd be able to do it because the human body actually has its own built-in clock. We are affected by three main rhythmic cycles: the daily revolving of the earth, the monthly orbit of the moon around the earth and the earth's yearly trip around the sun.

Human time sense often dictates our habits. For instance, three meals a day is a common eating pattern because people feel hungry every three to four hours. Temperature, blood pressure, pulse, breathing and hormonal activity all rise and fall in conjunction with the earth's slow spin. We become sleepy at the end of the day, coinciding with the setting of the Sun and ensuing darkness. Brain cells show two-to-three hour cycles of activity. We even dream in cycles of about 90 minutes.

A Japanese professor named Takata discovered relationships between human blood and the sun — the blood changed when a group of sunspots passed across the center of the Sun. He also noticed that his test results showed the blood underwent sudden change a few minutes before sunrise each day, "Man," declared Takata, "is a living sundial."

There is, however, a discrepancy between your body clock and your kitchen clock — as far as your own biological clock is concerned there are twentyfive hours in a day! In laboratory experiments conducted both in West Germany and in New York City, subjects were isolated from the outside world in a windowless, clockless environment. They were allowed to sleep and wake according to their own inner clock. Invariably, subjects fell into a twenty five hour cycle, instead of keeping pace with the twenty-four hour solar day.

"MINI S.T.A.R. WEST"

The aftermath of our L.A. Workshop is warm and wonderful. Attendees including Updaters and newcomers met at the home of Dott Hughes on the last Saturday of the month for a "Brown Bag Lunch and Day" of getting acquainted and sharing. "What a super fun-time we had! We all shared ideas, books, crystals, tapes, channeling, love and energy. One of the group was hospitalized and we sent healing energy to her as Greta had taught us. It was a diversified group that became as one with open minds and a great variety of knowledge. We could really talk to eachother!"

The group voted to call themselves "Mini S.T.A.R. West," and they invite all Updaters and friends who find themselves in the Los Angeles area to join them on the last Saturday of **every month** at 10 A.M. — with a Brown Bag lunch — from this time forward. (Call Dott Hughes, 213-935-0891 for information.) Hurray for California! It's lovely to know that this networking will be ongoing, with its roots in S.T.A.R. Keep us posted.

"Oh, God, help us not to despise what we do not understand." - William Penn

The *Update* WOODREW

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AIDS: "A MAN-MADE PHENOMENON?"

How do you feel when lightening strikes twice? Bewildered! That's how we felt after phone calls from two Updaters, one on the East coast and one on the West. The subject of both calls was the AIDS virus, "a man-made phenomenon." The first call from our stringer, Cheryl Ackerman, told of overhearing a conversation of a group of scientists who appeared on a WORS-TV AIDS program. They were eating after the program, bemoaning the fact that the AIDS virus was the result of a chemical warfare development and, as such, defied all 'normal' medical approaches to containment. Cheryl wanted someone to talk with about what she heard, and I'm glad she chose us.

The second conversation, several nights later, continued the subject of man's creation of the AIDS virus. The Updater, a prominent public figure on the West coast, is very knowledgeable in the way information is made available to the public or suppressed. He, too, asserted that the AIDS virus was man-made, and he added two new claims: 1- The East-West bloc confrontation triggered the AIDS virus development; and 2- The virus had now reached the point that it was "being carried and dispersed by the air we breathe." His very dire conclusion was that because of the genesis of the AIDS virus and the way it has already dispersed itself, a large part of the population would be decimated before it would/could be brought under control. Was it fact or fiction? Both Updaters are dear friends and very reliable reporters. This was not a figment of their imaginations. But were their sources accurate? Did Man actually create the AIDS virus? What would the 'downside' be before a man-made AIDS virus could be brought under control?

Every situation has its black humor, if you dig deeply enough. We had just completed the final touches on THUNDER ON A CLEAR

DAY for Doubleday. Greta had said, "We took the 'plagues' out of the Scenario when we wrote ON A SLIDE OF LIGHT because it sounded so biblical, so archaic; but in light of the AIDS virus I think we ought to put the word back in. It was part of the Scenario as given to me but I just couldn't relate it to modern times." We talked some about it and went with her instincts to put it back in. After all, the media started using the word 'plague' when describing the possibilities of the AIDS calamity. The word itself was no longer so out-of-date as to be a total turn-off. Within the week of our decision, both phone calls came in.

We sat in our den in a stunned daze, trying to make sense from the pieces of the two conversations. What could we believe? My thought waves must have carried a sense of urgency...confusion...despair...because Tauri joined us.

Dick: We were talking about...

Tauri: No need, my dear Dick. I know of what you were speaking. Let me bring you to what you both write about in your letter: Man's Inhumanity to Man...and Nature's Plan. You both speak it and write it with pauses or funny little dots between the two. As separate subjects. Are they really separate, Dick? Or is it one thought? Take the Love Canal. Take the results of Chernobyl. Were they Man's Inhumanity to Man or Nature's Plan?

Dick: When you put it that way the initial problem was man-made but it was nature that picked up the harmful radiations and moved them around.

Tauri: Yes. I think you can remove those little dots and pauses between the two. You put them there! The problems are not one or the other, but both. The changes that are occurring on your little planet combine Man's Inhumanity to Man and Nature's Plan. And now I say goodnight to you both.

Tauri never spelled out the specifics of the AIDS virus as a man-made biological

aberration or as a natural virus. But she did point the way for some perceptive thinking. It is this thrust requiring constant appraisal on our part that keeps the relationship so exciting. It sets the tone for our approach when we point out the awesome possibilities to others. The Ogatta group won't do our thinking for us, and we can't do it for others. How do we appraise the two phone calls? We just don't know! What's your reaction? It's as valid as ours.

Here's another person's published opinion:

"AIDS: A LINKAGE TO SMALLPOX VACCINE"

This was the headline which opened Dr. Robert Mendelsohn's medical newsletter, The People's Doctor, in September. While he doesn't relate the AIDS epidemic to chemical warfare or the East-West confrontation, he does relate it to a program sponsored and implemented by the World Health Organization (WHO). In light of our two phone calls, we will quote liberally from this newsletter:

"Government scientists have been quick to point the finger at peoples' lifestyles, but nowhere on the front pages of the U.S. newspapers has there been a hint that the doctors may have played at least as important a role in spreading AIDS as have the people. Dr. Robert Gallo, the U.S. expert who first identified the AIDS virus, told the London Times (5/11/87): 'The link between the WHO programme effort to eradicate smallpox in Third World countries and the AIDS epidemic in Africa is an interesting and important hypothesis. I have been saying for some years that the use of live vaccine such as that used for smallpox can activate a dormant infection such as HIV (AIDS virus).'

In the recent WHO smallpox vaccination campaign, needles were re-used 40 to 60 times. The main method of sterilization was waving the needle across a flame. Doctors are quick to play the game of 'blame the victim,' but what if it turns out to be our plight? WHO information indicates that the AIDS table of Central Africa matches the concentration of smallpox vaccinations, i.e., the greatest spread of HIV infection coincides with the most intense immunization programs. Thus, Zaire, at the top of the AIDS list, had 36 million people immunized with the smallpox vaccine. Next is Zambia, with 19 million, followed by Tanzania with 15 million,

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Uganda with 11 million, Malawai with 8 million, Ruanda with 3.3 million and Burundi with 3.2 million. Brazil, the only South American country covered by the smallpox eradication campaign, has the highest incidence of AIDS in that part of the world."

Here's what the unnamed WHO advisor who disclosed the problem to the London Times had to say: "I thought it was just a coincidence until we studied the latest findings about the reactions which can be caused by vaccinia. Now I believe the smallpox vaccine theory is the explanation of the explosion of AIDS." An urgent call for evidence to support the idea has been demanded by the World Health Organization.

Dr. Mendelsohn concluded this portion of his newsletter this way: "While in no way dimishing the role certain lifestyles play in AIDS causation, isn't it high time that we turn the spotlight on the possibility that the modern medical miracles... immunizations included...can help cause modern medical plagues?"

In the *SANDBOX*



The Rev. Robert Fulghum in Edmonds, Washington writes: "Most of what I really need to know about how to live and what to do, and how to be, I learned in kindergarten. Wisdom was not at the top of the graduate school mountain, but in the sandbox at nursery school.

These are the things I learned: Share everything. Play fair. Don't hit people. Clean up your own mess. Don't take things that aren't yours. Say you're sorry when you hurt somebody. Wash your hands before you eat. Warm cookies and cold milk are good for you. Learn some and think some, and draw and paint and sing and dance and play and work some every day. Take a nap every afternoon. When you go out into the world, watch out for traffic, hold hands and stick together. Be aware of wonder.

Think of what a better world it would be, if we all - the whole world - had cookies and milk about three o'clock every afternoon, and then lay down with our blankets for a nap. Or if we had a basic policy in our nation...and other nations... to always put things back where we found them, and cleaned up our own messes. And it is still true, no matter how old you are, when you go out into the world, it is best to hold hands and stick together."



MOUNTAIN MUSINGS

The mountain has many lessons to teach, some easy and joyful, others traumatic and heartwrenching. I recently learned that fear is not the exclusive realm of the human species. All species participate in and are shaped by their fears. The physical event doesn't cause the end result; it is the interpretation of the physical event that produces the bottom line.

The day started like most Autumn Saturdays, crisp and sunny. A neighbor arrived to see the S.T.A.R. House and he and I, followed by our Golden Retrievers and Labrador, drove to the barn. A stray dog - unkempt, thin and collarless - romped over. He charged the chickens in our "Chicken Hilton Coop" and I shooed him away. I gave our guest the grand tour of the root cellars and facility and when we got back to Reisha Way, the stray dog (Malumet? Husky?) was lying under the truck. I again chased him, rejoined Greta in the house, and an hour passed. During that hour, our own dogs created a commotion, barking and racing up and down the mountain path. Greta said they were "trying to tell us something," but I couldn't see anyone outside. MY mistake was to ignore them.

After our guest left, Greta and I started for the mailbox and on the way we noticed that our littlest sheep, Blessing, wasn't with the llamas and the other sheep. Greta went on for the mail, urging me to cut back to investigate. It's not like sheep to separate one from the other. Blessing wasn't in the upper pasture and I walked through the gate and down the hill to the lower pasture. There, lying in the bed of a dry pond, bleeding profusely and guarded by the stray dog, was Blessing. I charged the dog, intent on driving him off. Now I realized what our own dogs had been barking about. Why hadn't they attacked the stray and protected Blessing? I turned on the three friendly creatures in a questioning manner as they licked the sheep. They seemed embarrassed...or was it just my imagination?

I turned Blessing over to examine her wounds. The stray had ripped large chunks of meat away from her front legs and had exposed her tendons and muscles. Blood flowed freely and the sheep was in shock. I knew I had to use an antiseptic and anesthetic spray on the wounds to relieve

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her pain, discourage infection, and remove the possibility of flies and wasps gathering and laying eggs in the wound. I was unable to determine if her front leg or legs were broken. So, after going up to the house for the sprays and making sure the stray was gone, I asked a farmer neighbor to come. He examined her and assured me that the legs were not broken, and together we carried the sheep to the truck, drove her back up the hill, and put her out into the animal shed. With the other sheep and llamas nearby, she seemed to perk up. I checked her two more times that day, sprayed her with the antiseptic, gave her water, comforted her. She appeared to be headed for a speedy recovery.

The next morning I rushed out to check her and she had moved herself from inside the shed into the open pasture. Her wounds looked 100% better than the night before. I sprayed them and went in to tell Greta of her progress. "You're my Dr. Doolittle!" she joked. We were both delighted. When we went back two hours later, Blessing was dead. We were unprepared for this turn of events. She had weathered the physical attack. She had built up enough strength to move herself from shed to pasture. Her wounds had begun to heal. It was not the physical attack that had caused her death. I believe it was the fear engendered by the attack.

Greta tells the story of an Arab Chieftan meeting Pestilence on his way to Baghdad "to claim 5,000 lives." Two weeks later their paths cross again and the Chieftan angrily says, "You lied! You said you would claim 5,000 lives and 50,000 died!" Pestilence responds, "Nay, not so. I took not one more and not one less than 5,000. It was fear that claimed the rest."

Blessing's heart gave out from her own interpretation of the physical event. Fear of the dog so tortured her that the ensuing stress carried her to her death. Greta and I will not soon forget this gentle little creature, nor the lesson she taught us.

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Yes, Doubleday is bringing our book out in the Spring and no, it will **not** be called "Thunder On A Clear Day." The new and now-definite title will be MEMORIES OF TOMORROW. I am very happy with it since it does 'tell it like it is,' and sharing my memories of tomorrow is really my life.



"It will be a Great Moment!"

It is an impossibility and contradiction in terms to write an obituary for our special friend, Harold Sherman. During his 89 years he authored over 100 books, and his keen mind, fabulous sense of humor and extra sensory insights are to be found between their covers in many languages.

I quote from his wife Martha's letter to us: "Harold and I shared 67 years together, but we also shared a great faith in the continuity and purpose of life, here and hereafter; so I have tried to let him go freely -as much as is humanly possible- and feel that he is no doubt busy in that mysterious next dimension for which we are all destined, sooner or later. I have made no effort what-so-ever to make contact as I want him to be free and not hold him back in any way to this earth. I have confidence that when the time is right, we will again be together.

Harold dictated a little message to be sent to very special friends (like you). The message reads, 'I EXPECT IT WILL BE A GREAT MOMENT WHEN I GREET YOU IN THE NEXT DIMENSION!' Can't you hear him saying it? I feel he may be looking over my shoulder as I write, and sending you his love and appreciation along with mine!"

God bless you, Harold. Taking the wise lead and counsel from darling Martha, I will not attempt to pull you back in any way and I will hold you to "greeting me in the next dimension" when my time comes. May your soul soar to the furthest reaches of the Cosmos of which we spoke so many times. And may you watch the Earth's changes which so concerned you from 'the other side' with the benign wisdom and compassion for which you were so dearly loved and for which you will long be remembered.



Reminder: The Six Year Special on Updates ends on Jan. 1st. If you want the entire series for your files at the supersaver price, (\$115, tax deductible), this is the time to order them. Please remember to give autographed books and newsletters as Christmas gifts which are lasting and appreciated by both the recipients & S.T.A.R.



Dick and I had a wonderful night with a very special human being, Dr. Elisabeth Kubler-Ross. World reknown authority on death and dying - mother of the worldwide Hospice movement - firmest voice on the treatment of AIDS babies - psychiatrist, author, lecturer. Our friend.

We toured her astounding Healing Waters Farm near the West Virginia border, admired her herd of sheep, watched her spin their wool, saw her tend her cattle and feed her ducks and chickens. We bowed in admiration of the vast job of canning her own fruits and vegetables. For a leader on the subject of the dying, she showed us how to be survivors in the troubled times ahead. (She shares our Scenario and its timetable.)

We spoke of her work: "Don't let the families of the dying have any unfinished business!" "Allow the patients to give vent to their feelings of anger, frustration, fear, and above all - love." "How dare hospitals keep AIDS babies locked away so that they never see a butterfly?"

We told her what we had been doing at S.T.A.R. since her last visit, and then we got down to the private business of sharing our cosmic connections. Elisabeth has been in contact with "her spooks" for many decades. A closet psychic!! A new dimension has opened up to her recently. She called us late one night last spring to tell us of an extraordinary nocturnal experience with a spacecraft. "Who else can I tell it to?" Now the time was right to talk the night away about her ongoing contact with the Pleiades. In high spirits we wined and dined, communicated with the contacts from the Ogatta group and the Pleiades, laughed about ourselves, cried for humanity, and finally hugged our goodbyes.

An Updater herself, she agreed to my sharing our mutual experience and her broadening horizons. Wonderful Elisabeth. Selfless. Dedicated to helping humanity on so many levels. A resource for our SLIDE OF LIGHT CONFERENCE, 1989.



A big 1987-thank you goes to our editor, Jill Smolowe...our cartoonist, Rich McGuire... our computer-labeler, Jonathan Andron...and our top two stringers, Donahue and Ackerman!



WHAT'S IT ALL ABOUT?

Folks always smile when we try to explain to them that we really are very private people. We have turned down all television offers from "60 Minutes" in the past to "Geraldo" in the present. Our objective is to send out a consistent message on change...and what we all can do to prepare for it. We do not concern ourselves with groups or communities, although we are sympathetic and encouraging to those who are.

"Why aren't you interested in becoming a member of our UFO group?" asked a man rather testily. Well, most UFO groups are concerned with proving that UFOs actually exist. We know they exist. Why spin wheels? "Don't you want to affiliate with our village when we are so close by?" phoned another. "There is safety in numbers and we have a large group of people moving here from all over the country." Well, you see, we are doing our own 'thing' at S.T.A.R. and preparing others to help themselves with our help if and when needed. We have no need to join with others whose aim is equally important, but different.

We live here. We have a home and a facility, two separate entities. We share both with all who the Ogatta group assured us will "come and go...but not stay." Just this morning, "You could benefit from advertising in our magazine!" We don't advertise, proselytize, or try to convince anyone of anything. In short, we are here for you, and through our research and writings we hope to send out an echo which will reverberate through you. We are "trumpeting the voice and scribing the pen" as promised. It may have put us into a more public posture than we would have elected, but we are content that our private lives are still our own. We shun media exposure and are 'doing' rather than 'proving.' We know that you Updaters and S.T.A.R. supporters understand. And that's what we are about.

Inhumanity & Nature's Plan:

NO DOTS



How does Tauri's 'no-pause, no-dot' combination work? Let's view the story of a milk shipment that fallout from Chernobyl contaminated. It contains all the elements to run Man's Inhumanity and Nature's Plan



without a pause. The Chernobyl disaster provided the radiations that Nature carried through Europe. Man's Inhumanity took back over in Bavaria, West Germany.

The story involves 252 railcar-loads of dry milk given by Bavarian cows in May, June and July of last year. The Bavarian government sold the milk, 18 times above the legal maximum radioactive levels, to a West German company which has gone bankrupt and disappeared. The milk was on its way to unsuspecting customers in Nigeria and Egypt when it was intercepted by officers at the ports of Bremen and Cologne. It now sits behind barbed wire on a West German military base. Incinerating companies say it is too dangerous to burn. The Bavarian Green Party estimates about 8,000 tons of 1986 milk remain unaccounted for and presumably has been consumed in foreign markets.

Acres, USA provided some other examples: A Brazilian court found imported food contaminated up to 10 times the European limits. But Brazil, protecting its own nuclear power industry and planning to develop its own weapons capability with the help of West German technology, quietly **raised** its food radiation limits from 1,300 to 3,700 Bq/kg.

In France officials refused to admit high radiation levels for a week after the Chernobyl accident. Remy Clarle, director of French Electrical, commented, "You don't tell the frogs when you are draining the marsh."



Are we ready to welcome in a New Age? Bishop E.A. Fitzgerald of the United Methodist Church quoted some statistics that show it can't get here fast enough: "In the last 5,600 years there have been only 292 years of general peace in the world. Since 3600 BC, 14,513 wars of major or minor importance have been fought. During these wars one billion, two hundred and forty million people have died. In the past 3,200 years, 4,700 treaties have been made. Of these, 4,687 have been broken. The accuracy of these figures may be open to debate. If, however, they are reasonably correct, one thing is clear: our search for world peace has not been an outstanding success. The fact is, we have known astonishingly little of it."



"Man's Inhumanity to Man and Nature's Plan"

MONSOON FAILURE

You've read the name Iben Browning in the Update many times because we respect him as a knowledgeable and courageous climatologist. He is not afraid to make predictions based on historical records which he studies. In May, 1977, in Sydney, Australia, we recorded a Browning prediction about India: "The monsoon failures should not start until around 1983; loss of one-third of the crops predicted; may lose 25% of 700 million population in one year."

Browning missed the loosely pinpointed year, 1983, but consider substituting the year 1987. After weeks of false hopes that the summer monsoon rains would come, India faces the prospect of devastation in the national economy and the need for a huge relief effort to distribute drinking water and prevent starvation. The drought, which Government officials say is unprecedented in intensity, has already spread through most of the country, hitting hardest in the northern grain belts where wells, reservoirs and water tanks are running at dangerously low levels (or are already dry.) Less than a third of India has received normal rainfall this year.

Though monsoon floods cause many deaths, the rains are one of the great life-giving forces in India. They are central to its culture and to the expectations of its people. The monsoon failure is a severe blow to morale and to the survival of its people. The actual reason for the failure of the monsoon is unclear, although meteorologists say it appears to be part of odd global weather patterns this year. The weather anomalies include unusually hot weather in Europe and the United States.



We read ACRES USA, the excellent monthly farm journal dedicated to growing foods the natural way. From its pages we became aware of some of the farming horrors we are perpetrating on ourselves: Farming, once a healthy occupation, is now inherently suspect as a health reducer. Farm wives handle contaminated laundry, and often pay the hardest price. Lymphatic cancer is a risk farmers face each time they handle toxic chemicals. According to

a study by National Cancer Institute and University of Kansas, farmers exposed to herbicides 20 days a year are 600% more likely to contract lymphatic cancer than people who do not expose themselves to such chemicals. Protective equipment cuts the risk about 40%, but those who do their own mixing and application work can expect the risk to be eight times higher than the general population.



In the last Update we touched on the economic incentives many nations have for selling weapons. On the underdeveloped continent of Africa alone between 1975 and 1985 total arms imports exceeded \$52 billion, money that would have been better spent containing famine and fostering education. Now let's talk about the insidious economic hold that **drugs** can have on a nation.

In Bolivia, cocaine is a part of the economy with solid bases in agriculture, commerce, and finance. The newsmagazine VEJA of Sao Paulo, Brazil, reports that the industry employs about 300,000 people, or 15% of the nation's work force. In 1964 Bolivia had 9800 acres planted in coca. Today the figure is 325,000 acres, almost as many as Brazil devotes to tomatoes, onions, and pineapples combined. At La Paz, the capital of the country, tourists are offered "coca tea."

Spectacular raids on plantations and coke labs are good for show but do very little good. According to government officials, corruption is so pervasive that young officers and civil servants pay their superiors as much as \$3000 to be assigned to regions where coca is grown: "A lieutenant can earn as much as \$100,000 a month just by pretending not to see what is happening right under his nose." The arms and drug industries offer prima facie evidence of MAN'S INHUMANITY TO MAN.



The United States has 50 potentially active volcanoes located in the states of Hawaii, Alaska, Washington, Oregon and California. This makes the U.S.A. the third most active country in the world from the point of view of potential volcanism.

Reflections on Indian Summer

The mountains are ablaze with color and people come from far and wide to wile away happy hours and play in the Maggie Valley during Indian Summer. They buy all of the area's local crafts: quilts, dolls, carvings, ceramics, stained glass, weaving, and of course, the sourwood honey. We 'natives' know that it probably contains corn nectar since both are clear and golden and impossible to distinguish, but that's okay. Sourwood has the dominant flavor and the corn nectar may be absorbed as a filler. Only the bees know for sure, and they're not talking. And the tourists aren't really defrauded because the flavor is delicious.

Our views are spectacular and ever changing. As Updater-octogenarian Beatrice Stubbs wrote in her VIEWS FROM VALLEY FRONT, "The view's the thing, and rightly so because a panorama of thousands of acres upon which one pays no taxes is unearned wealth indeed!" From the windows and decks of Reisha Way and S.T.A.R. House the mountains are awesome to behold. Our precious hummingbirds have migrated, but other birds are profuse and their chatter is deliciously endless.

Our steady stream of S.T.A.R. visitors have enjoyed it all, from visiting nearby Okonoluftee Cherokee Village and the Vanderbilt Biltmore House to Ghost Town and the Folkmoot Festival. Some saw Baryshnikov dance and others heard Tony Bennett sing. But what they **really** took home with them wasn't packed into their luggage. It was the memory of the mountains with their cloud cover in all manner of weather. It was the sight of star-studded unpolluted skies. It was the sound of clogging and the aroma of freshly baked pies and breads. It was the petting of a llama or a lamb. It was the toasting of marshmallows at the Boma.

Now the smell of Fall is in the air, and we are privy to the spectacular beauty of the turning of the leaves, '87. What will Indian Summer '88 be, I wonder? Childhood memories of a fearsome 1988 haunt me. I am conscious of enjoying each day to the fullest as never before. I talk to the mountains...but they are silent in their colorful majesty.

Those who have read ON A SLIDE OF LIGHT, been to our Conferences or seminars, come to Reisha Way, are usually struck with the closeness of our family unit. Our children and their mates are supportive of our message and research, and we consider ourselves extremely fortunate.

That said, I want to bounce an idea around with you on the subject of grown children. I do not "know where my children are"...what they are thinking...what makes up their entanglements in the sturm and drang of daily living. I consider it a sign of my own growth that I don't even want to know! Our family ties now rest on loving exchanges -not dependencies- and I am daring to be free. The precious part of my life that spelled day-by-day, step-by-step interactions with my kids is over.

Rarely does a day pass that we do not speak to one or more of them on the phone. We engage in the predictable dialogues of one adult to another; but we do not pry. We do not offer advice. In fact, we "keep it light," as Tauri would say. Generalities, pleasantries, hi-there conversations that warm the heart but don't have to say much. If and when there are problems, if they choose to share them with us, we are there for them. We are happy to listen, to offer opinions if not solutions. But we don't ask about the moment-to-moment minutia. Maybe that's why they call us as often as they do. They are not threatened by their parents. They are each his or her own person. And they know we love them and will help them, **but only if asked.**

We have many, many friends who live through their children and grandchildren. So doing, they are happy and self gratified, and that is fine. But that is not our style or desire. We expect our children to "be there" for us as we are for them if and when the occasion arises. But in the normal course of living, we are observers, not participants, in their lives. So no, we don't know where our children are. But we know that they are very safe, very productive, very happy (or unhappy on a given day) and very much a part of their own special family units.



"I did not arrive at my understanding of the fundamental laws of the universe through my rational mind." -Albert Einstein

Good Vibes on Iffy Topics

We are very much in synch with the power of positive thinking and the rejection of negative thoughts. The conscious mind unfortunately will rarely accept all suggestions that come into it, so being able to rid oneself of negative thoughts is vital for a happy life. There is a difference, however, between never allowing yourself to dwell on negative things and preparing for possibilities which are not positive.

Now and then someone will write and rather righteously proclaim that by even writing about the need for food storage (or medical supplies or clothing or a safe location) we "make it come to pass." We disagree. As with any knotty problem, we look at it, evaluate it, make a decision to do - or not do - something about it, then move along to the next problem. We believe that to take action today (storing) is to avoid panic tomorrow (hoarding). But we do not swell on negatives. We take action against their probability and/or possibility. This is positive thinking followed by positive action.

When someone tells us that they "meditate for peace because of all the harm others are doing to the planet in sending out negative thoughts," we smile. We are all for meditating for peace or any other worthy cause. But let it be a good action in and of itself, and not a counter to what is subjectively viewed as 'wrong.'



We will be in the Galapagos Islands off Ecuador for Christmas and our 35th Anniversary. We take this opportunity to wish for you a balanced, safe, healthy, happy 1988. **Be on the lookout** for the "Happy Holidays" greetings from S.T.A.R. and remember that your SLIDE OF LIGHT CONFERENCE III forms will be enclosed in that mailing. Please respond immediately and avoid the Christmas-mailing crunch. Everyone's chances to attend in April are **equal** this time, and Conference plans are shaping up beautifully with a fabulous faculty on board to stimulate and titillate you. The Lottery will take place on January 3rd.

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S.T.A.R. Activities

Mea culpa, RVers! Computers drop lines, printers reverse numbers, and proofreaders goof! Sorry for the omission of the Central time zone and for the incorrect hours listed for Eastern in the experiment in Remote Viewing. Not to worry: once a thought is put into the cosmos, it is there for all to grasp. You did beautifully!

So . . . Where was I?

Blue skies, fluffy clouds, sun shining, I SAT UNDER A CHAIR LIFT AT "GHOST TOWN" FOR THE RV SESSION, looking up the mountain at the moving yellow chairs with red bars. Behind me was a huge parking lot filled with cars, and 51 flags flying from tall posts. To my right was a stone & wood ticket booth. To my left was a billboard with a picture of a Cherokee Indian, arms spread, and another of Ghost Town. My concentration was on the chairlifts moving up and down the steep mountainside. Congratulations to the hundreds who participated! An amazing number of you did extremely well! The final tally shows that although we had a 65-35% split of female/male participants, the **men** came closer in describing the site. One Floridian wrote: "Chains... wooden bench seats...flags" (Wonderful, Harry!) An accurate drawing from Virginia depicted 10 parked cars behind which was a cluster of tall flagpoles. (Terrific, Margaret!) You can judge your own results: Hit, Miss, Near-Hit, Near-Miss. But the important thing is that such an incredible number of you zeroed in on something accurate. The secret is to put down what you SEE, not what you SENSE. The perfect example came from Mark in Colorado who wrote, "I got lots of skiers on a mountain." When asked, he admitted to only seeing the mountain and lifts, but he INTERPRETED and hence had a miss instead of a hit. Laura McW. in Texas, however, wrote "SKI LIFT" and drew the definitive lines of the mountain and trees. Way to go! But... the A-#1 prize was Brad's in Iowa who wrote "chairlift," drew flags, and described what I was wearing to a T: "Jeans and teddy bears, Greta?" Yes, my shirt had an overall teddy-bear print. Love RVs!

Happy Holidays from S.T.A.R.! May 1988 be very gentle with you . . .

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COSMIC TELEPATHY

Our visit with Harold and Martha Sherman over Labor Day produced telepathic wonderment that has to be shared. It was in the form of a futurism. At the time, we were still in search of a facility and home, and brokers were combing the Blue Ridge mountains from Virginia to North Carolina. We knew that our place was "out there" but time was beginning to play against us if we were to make an orderly move.

During our visit to the Shermans at their home in Arkansas, we discussed our search and the progress. . . or lack of progress. . . that we had made. We then asked Harold if he could "see" when we would find our place. He closed his eyes, rested his hands on the kitchen table, and remained totally still for about three minutes. Opening his eyes he looked at us and said, ". . . between October 5th and 10th you will buy your property." We asked him to describe the house. He responded with a perfect description of the Waynesville, N.C. place on which we had placed a bid during July. Our offer had been firmly rejected with no hope of further negotiation. We thanked him and went on to other topics. "He looked backward instead of forward. . . there's no way we'll get that property. . . we're too many dollars apart," we concluded later.

On October 5th we received a call from a broker re-opening the possibilities of the Waynesville real estate. We flew to North Carolina on the 7th; on October 10th we bought the house! The first thing we did was call Harold to confirm the accuracy of his prediction. Hours later, as we were in the car headed for the airport, Tauri assumed the channel. We pulled over to the side of the road. "So you found Reisha Way, did you? Are you happy now?" (REISHA: Ogattan for "high energy"). With tears in our eyes we nodded affirmatively. She continued: "Sometimes you don't listen to all of the clues." We thought that we had worked them to death! "Well, we needed a little more direction but we knew better than to ask for it." Her reply staggered us. "We telepathized not only the date but the description

of the house for you when you were in Arkansas with a master of telepathy. Thoughts can be sent from any place in the cosmos, you know." We know now, and so does Harold.

Dear ψpdater:

When members of the Ogatta group used to come and talk to our family back in the '70's, they would cry, "I got here!" In that same high energy spirit of wonderment I can now exclaim, "I got there!" Yes, we found our place in the Blue Ridge mountains of North Carolina (please make note of the new address and phone number on the masthead). We look out to the splendid Great Smokies and are surrounded by the Pisgah National Forest. The first neighbors we met were a doe with her fawn. There is quartz in the mountains and water emanating from our 45 acres: our cup runneth over.

As for the dream of a S.T.A.R. facility, we hope to make it a reality before 1984. On our land is a brand new 5000-square foot, three-story barn which shall be converted to our/your S.T.A.R. House. A lake will be built at its feet and a telescope placed at its summit. It will be a place for many people to "come and go" . . . "learn, and send out an echo". . . "refresh tired bodies and souls". So say the Ogatta group, and so say we.

Dick and I are relieved to have the search for the right place behind us and the awesome transition ahead of us. We will be moving on January 23rd with great confidence in our selection of property and location. Our children are supportive and thrilled with the new homestead. We are only 35 minutes from the Ashville airport. By car we can get to Atlanta or Winston-Salem in under three hours. . . to Knoxville and Charlotte in two hours. . . to Greenville and Spartanburg in 1-1/2 hours. In other words, we are beautifully located. Specifically, we are only 1.2 miles off major Interstate 40; so while we are atop our mountain, we are still close by to civilization. It is now possible to say to you, our special friends, in true Southern style: "Y'all come and see us, hear?"

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"Many of Winter's frozen tears do thaw into Summer's smiles"

"Man's Inhumanity to Man and Nature's Plan"

The increase in the number of natural disasters (Nature's plan) and the part that man is playing in these sagas (Man's inhumanity to man) is being recognized across the planet. In an article titled "Fatal Disasters on the Rise," the N.Y. Times started to chronicle the progression that will lead to the changes we foresee by the year 2000. "The death toll caused by the world's natural disasters--floods, droughts, earthquakes, hurricanes and volcanic eruptions--is on the rise" writes Erik Eckholm. "Experts attribute the increase in casualties, which is occurring in the less developed countries to several factors: deforestation, erosion and other ecological stresses that are reducing the land's resilience in the face of climatic extremes." And in counting the latest years' figures he reports: "The rise in death and destruction from disasters appears to be continuing. Numerous floods and droughts made 1983 a banner year for disasters."

Crediting man's contribution to the natural disasters, ecologists point out that "the degradation of forests, pastures and soils has led to increases in the frequency of floods and drought-like conditions. The deforestation of hillsides means that rain-water rushed off slopes rather than being absorbed for later percolation. The result is an increase in flash floods in the rainy season and water shortages in later months as springs and streams dry up." Andrew Wijkman, Secretary General of the Swedish Red Cross, stated his concern about the level of help being given disaster victims. He said that emergency assistance today is "...like trying to bandage a wound that is constantly growing." Our view of tomorrow becomes increasingly easy to recognize.

An Investment Banker's View

Financier Felix Rohatyn made the following remarks in a speech before the American Society of Newspaper Editors: "Every kind of financial instrument is being created to lure individuals into believing they are investing when they are really speculating. Variable rate mortgages give the home buyer the illusion he has a cheap mortgage. There are options, straddles, commodity futures, foreign exchange contracts, venture capital funds, and junk bonds. We are turning the financial markets into a huge casino."

Individuals are not the only speculators. A transaction called a leveraged buy-out has swept corporate America. This essentially turns public companies into private companies mostly by borrowing against their own assets and shrinking their equity dramatically. Thus, a public company with say \$100 million in debt and \$900 million of equity is turned into a private company with \$900 million of debt and \$100 million of capital. This has two consequences, both highly speculative. First, it bets the company on a combination of continued growth and lower interest rates, with no margin for error. Second, it substitutes debt for capital (equity), which is exactly the opposite of what our national investment objective should be.

If, in the next year or two we run into another inflationary recession with higher interest rates and lower economic activity, there are going to be major casualties in this field...and the banks will have another major loan restructuring problem. This is speculation on a major scale...."

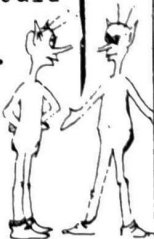
It may surprise some to learn that the U.S. debt is the single largest component of the world debt total. And, it is currently increasing at the rate of \$7 billion per week. The federal deficit is growing about twice as fast as the GNP (Gross National Product). Officially, the total federal debt is \$1.5 trillion, but that tells only part of the story. The Joint Economic Committee of Congress recently estimated that when "off budget" debts and all other outstanding federal obligations such as farm, housing and corporate loan guarantees are included, the actual total is around \$7 trillion. But, the JEC does not expect the federal government to have to pay many of these loan guarantees, and therefore estimates that the burden on present and future taxpayers will be about \$3.5 trillion.



Linus: "I guess it's wrong to always be worrying about tomorrow. Maybe we should think only about today."

Charlie Brown: "No, that's giving up. I'm still hoping that yesterday will get better."

WELL, MAYBE YOU DO HAVE A CHANCE IF FERRARO DOESN'T WORK OUT.





"UFOria"

Over the last two years, thousands of people in southeastern New York and western Connecticut have reported seeing unidentifiable objects in the night sky. A recent acceleration of UFO sightings led hundreds of people to attend an August conference in Brewster, N.Y. to discuss the phenomena. Stringer Cheryl Ackerman attended the conference for the Update, and filed this report:

The one thousand seat auditorium was filled to capacity, with people standing against the walls and sitting in the aisles. 80% of the audience were local people. The rest were from various UFO organizations and the local and national media. CBS, NBC and ABC were all there, with reports of the conference on the 6 and the 11 o'clock news. (Dr. Allen Hynek was charming. When I mentioned I was covering the conference for The Woodrow Update, I was invited to sit in the first two rows reserved for the press.) I was impressed at the number of local people that were there primarily to find out what it was they have been seeing for the past TWO YEARS and to find some answers to a lot of questions.

While no one had had an encounter of the third kind, many had sightings, some very close. They all described and drew the same vehicle: a "V", a boomerang, a triangle. (No one saw a "saucer.") All described the vehicles with colored lights outlining its shape (red, blue, green, white and a particular amber). The amber color seemed to make the strongest impression. The lights were described as brighter than anything imaginable, similar to strobes or disco lights, only much brighter.

People said they had gotten out of their cars on the Taconic Parkway to watch the vehicles. Trailer trucks had to pull over to the side of I-84 as they (it) hovered about 10-15 feet overhead. One woman said it was so close she could have hit it with a baseball. Even state and local police said they saw it. The local explanation was planes flying in formation or advertising planes with colored lights on their wings playing tricks on the locals. None of the still photos that were taken of the lights produced anything. However, someone used a video cassette and they have pictures of the "lights" moving; they are definitely not planes flying in formation at night.

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These sightings began in March, 1983 and continued to the present time with 60 sightings reported on August 27th alone. It also seems that the Westchester Airport had the vehicle on radar for a very brief time; it was faster than anything they are used to tracking. Significantly, everyone who saw the vehicle said there was no noise, only a humming sound. They said it hovered, almost standing still for up to 45 minutes on many occasions.

Pulitzer Prize winning journalist Sydney Schanberg of the New York Times recently wrote: "Maybe there is something unusual up there in the blue. What is there to lose in exploring that idea? People want 'normal' explanations for the abnormal. The Air Force won't even investigate these sightings any more and the F.A.A. is downright smart-alecky about it. All I want is to be allowed, as a recipient in our system of freedom of belief, to hold to the notion that maybe there are events or sights or objects that cannot be explained or solved through our existing knowledge. I would like to believe in the unexplainable."



On Measuring ACID RAIN

Updaters becoming increasingly aware of the problems caused by acid rain have requested information on how acidity is measured. Acid rain is measured on the pH scale and expresses the hydrogen-ion concentration in a solution. For those without science backgrounds...a little explanation. The pH scale runs from 0 to 14 with water being neutral at 7. Over 7 the scale is alkaline; below 7 it is acidic. Hydrogen ions are positively charged hydrogen atoms, or hydrogen atoms with their electrons 'knocked off.'

The pH scale is logarithmic, and each number represents a 10-fold increase or decrease in the hydrogen-ion concentration. (This is analogous to the logarithmic Richter scale which measures earthquakes; an increase of one on the scale indicates a 10-fold increase in seismic wave amplitude or energy.) Thus, pH 4.0 is 10 times more acidic than pH 5.0, and pH 3.0 is 100 times more acidic than pH 5.0; pH 9.0 is 10 times more alkaline than pH 8.0. Normal rainfall which is slightly acidic because it contains dissolved carbonic acid, has traditionally been assigned a value of pH 5.6.



INNERCISE

In his book, Growth Games, Dr. Harold Streitfeld comments: "To divide human functioning into the mental and physical is to make an artificial distinction. You are, in fact, one integrated being, functioning as a whole. Every physical state has emotional components."

I was struck by this statement when thinking back to some of the lessons of my teacher, Blanche DeVries, who was the leading exponent of yoga in the Western civilization. Yoga is not a religious dogma, nor is it a fad. As a science, it dates back 7000 years and offers an integrated approach for tapping the human perfection which lies dormant within us. Its philosophy is logical and rational. The philosophy is based on subjective approach through objective adjustment...a blending of spirituality and materialism.

A balance between mind and body -and consciousness- spells integration and inner peace. Yoga is one route toward that attainment. Its very basic practices offer a mental and physical housecleaning which produce a myriad of physiological benefits. For example, during an ordinary rest period, the normal breathing rate is 16 times per minute. During a yogic meditation, the rate slows down to 4-6 times, avoiding overtaxing the heart. Skin resistance is doubled which protects the body from bacteria. Blood pressure is reduced by 20%, and consumption of oxygen is decreased by 20% so that the breathing mechanism slows down and the lungs can operate at maximum efficiency, thus conserving energy.

With so much emphasis these days on fitness and exercise, I am suggesting that time be taken out for some innercise as well. Deep breathing. Concentration. Relaxation. Contemplation. Meditation. Then, perhaps, we won't have to talk so much about the feeling of high and negative emotions in our bodies: "I have a lump in my throat"... "My head is splitting"... "My ears are ringing"... "My blood is boiling"... "I feel weak in the knees"... "My heart sank"... "There are butterflies in my stomach".

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S.T.A.R. Activities

Since our last issue, Updaters Youngs (CT), Ackerman and Treen (NY), Meitins (FL), Kelleys (GA) and 7 returnees have stopped to visit at Reisha Way. All enjoyed perfect weather, interesting dialogues, fond reminiscences and the animals on the land..including our 5 new kittens & Lab puppy, Crystal. (Dalai the llama is the most photographed creature in N.C.!) Helicopter rides were arranged for some of our S.T.A.R. supporters - and our editor, Jill Smolowe - so they could view the S.T.A.R. HOUSE from every possible angle in construction. Exciting!

On Saturday night, November 10th, Greta will speak in Wichita, Kansas at Wichita State University in Hubbard Hall, Yale Avenue & 21st Street (just east of the stadium). An overflow is anticipated so be there before 7 PM when the program will start promptly. We look forward to greeting many of our Updaters from Kansas and nearby Missouri, Oklahoma and Nebraska at this one. (Call Lucy Deck: 316-682-6331.)

We then plan a glorious reunion with Martha and Harold Sherman who will have just celebrated their 64th Anniversary! And we get home in time to welcome Ct. Updaters Addario and Pearlman who return to devote another heartfelt four "working" days of landscaping.

Many thanks to so many of you who returned the post-cards with names of potential subscribers and S.T.A.R. supporters. We appreciate any and all participation from you, our "extended family" members.

And our sincere thanks to the Philadelphia CEOs and presidents who hosted my lecture and gave Dick and me such a warm reception at the Adam's Mark Hotel. It was a 'happening' and we loved seeing so many old friends.

We appreciate the time so many Updaters took to direct us to the inversion of numbers in The Balance Sheet article on page 6 of the last issue. To arrive at that THZ (Target Heart Zone) you multiply by .70% not .07%. For those keeping their Updates, do make that correction in both places in the multiplication.

Look for an "Update Extra"...with our Season's Greetings!