

The *Update* WOODREW

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EVOLUTION THROUGH CATACLYSM

A species does not live within its environment; it INTERACTS with it. Over a period of time a species can interact so violently that the changes it catalyzes can cause it to change dramatically--even to die out. Scientists estimate that 80% of the life forms that have inhabited our planet are now extinct. From the earliest single-cell life form to the human animal, all have interacted with the environment. All have created problems for themselves. All have been the agents of evolutionary change. And all have experienced evolution through cataclysm.

The changes that we talk about in ON A SLIDE OF LIGHT and in the Update are, in part, brought on by this interaction. Since the dawning of the 'scientific age', man has been altering the environment to suit his own needs. One of the leaders of the scientific revolution, Rene Descartes, helped develop a 'world view' based on such a manipulation of the environment. Capra says in The Turning Point, "The Cartesian view of the universe as a mechanical system provided a scientific sanction for the manipulation and exploitation of nature that has become typical of Western culture. Descartes shared Sir Francis Bacon's view that the aim of science was the domination and control of nature."

When single-celled life appeared out of the 'soup' three-and-one-half billion years ago, life was very simple. Single cells divided to reproduce. Death as we know it did not exist. But these life forms overpopulated and polluted their environment. Scientists conclude that they reached their "limits to growth". Modification came with the first molecules of chlorophyll. Chlorophyll taught the energy-starved, single-celled world to capture sunlight for food. Photosynthesis was born. But, photosynthesis produced a

pollutant...oxygen...deadly to the single cells. This cataclysm to the existing species was a major evolutionary event that led to the emergence of multicellular organisms able to handle the poisonous oxygen. And, of course, the arrival of oxygen triggered the building of the environment able to support life as we know it.

Charles Darwin published his monumental work on evolution, On the Origin of Species, in 1859. But only in the last several years has a workable interpretation surfaced. The brilliant Harvard paleontologist, Dr. Stephen Gould, has shown in his research that species proceed for millions and millions of years without any sign of evolutionary advancement. Then something occurs within their environment that either forces a colossal evolutionary leap within a fifty to one hundred year period...or causes the species to disappear. In other words, evolution through cataclysm.

Many signs suggest that our current interaction with the environment will force cataclysmic changes in these two decades. Hamaker, in his book The Survival of Civilization, (Hamaker-Weaver Publishers, Box 1961, Burlingame, CA. 94010 for \$8) says that if we fail to control the CO₂ curve (the greenhouse effect) by 1990, we will unleash a glacial age of climatic fury. Paul Solomon says, "We are changing the relationship between nature's phenomena and our planet and its life support systems. So, in this 20-30 year period we are going to see things that would happen usually in a cycle of maybe 200 to 2,000 years. It's not just the natural acceleration of the conditions of life; it's our own interference with the balance of nature."

Cataclysm. Evolution. Think about it.

A FEELING about HEALING

Healing is a positive statement from one human being to another. Of the paranormal occurrences, therefore, healing has the greatest appeal. Both healer and patient benefit. What greater joy is there to experience a result as described by Hans Keller in the last Update. Much study has gone into trying to understand and explain healing so that it can be practised on a world-wide scale.

Dr. Harold Burr, professor of neuroanatomy at Yale University Medical School in the 1930's said, "All living things...from the human body to the lowest forms of life...are shaped and controlled by ELECTRO-DYNAMIC FIELDS." He called them "L fields" (for fields of life). "This energy envelope around the body is a kind of electronic mold. As the body renews itself, this force field insures that the new tissue takes the proper shape." His student, Dr. Leonard Ravitz, a Yale neurophysiologist, later found that "the mind can influence this force field around the body".

British theologian, scientist, and spiritual healer, the late Canon Andrew Glazewski, wrote an article entitled "The Human Field in Medical Problems" in which he said, "The human body emits an infrared radiation, of electromagnetic nature, moving with the speed of light and having a unique pattern for each person." The Ogatta group confirmed this when they told us that "...every human on Planet Earth has his own electromagnetic print". Glazewski went to say that "any radiation carries with it all the information about its source. It is clear that such a radiating FIELD round the body will bring with it all the required information about the metabolic exchange going on in the body at the time. The Field shows any disfunction long before the patient feels it. We have in our Field a sort of radar arrangement, which being partly reflected from the the Field of the patient, brings us most detailed and accurate information as to the state of the person's being healed. The human hand is a sensitive enough 'instrument' to detect such human fields in the vicinity of the body". The development of high-voltage or Kirlian photography has brought these infrared emissions into view for all to see. In their book, "The New Soviet Psychic

Discoveries", Gris and Dick describe a program to use the electrodynamic field as a medical diagnostic tool.

"A hospital in Rostov-on-Don has started a unique program so ambitious in scope that it will have to attract world attention--if they succeed. The hospital recruited the help of one hundred mothers who gave birth to children at this hospital in 1973 and 1974. The children's auras were photographed at birth, and the program calls for the children to visit monthly so they may be photographed. So far the children are small and their files are slim, but as time wears on the progression of monthly photographs of the children's aura will yield case histories that should prove staggering as future guidelines. This program has been given a 50 year span, ending the subjects up as middle aged men and women."

It seems to us that healing acts to correct energy imbalances in the electrodynamic field. This in turn prevents or heals unfavorable conditions in the physical body, removing the body and dis-ease...making the body whole and well again.

Is Seeing Believing?

"The sense that dominates people's perception of their physical surroundings is vision. How one sees an object depends on the way it interacts with light. Suppose you could "see" sound? The world would look very different. Most solid materials...wood, metal, stone...are transparent to sound waves. So, instead of seeing surfaces, you could literally look through them."

That sounds like Greta "seeing the music and hearing the colors". Actually, it's the lead paragraph of an article in the Science & Technology section of The Economist (July 16, 1983) describing acoustic imaging systems. The article talks about advances being made in laboratories to "image" conditions inside solid objects for commercial purposes. Our developing technology is crossing into areas previously reserved for extrasensory individuals like Greta. One trouble with such systems, however, is that they require complex arrays of transducers to translate the acoustic information into television images.

It's a complicated process to change sound into pictures which we can SEE. The recently departed New Age thinker and philosopher, Buckminster Fuller, wrote: "There are no solids; just molecules. There are no surfaces; just meshes. Things make themselves known through patterns of recurrence...patterned solicitations of our five senses." To 'see' inside a recurring pattern of molecules that is solid to us requires a set of frequencies that can then be projected onto our visual band. The Ultra-sonic waves used to penetrate the solid have to be converted to our visual frequencies. The Science Digest of August, 1983 states: "Technology often repeats what life has already successfully accomplished in its struggle to adapt and survive." If we humans had the ability to receive and understand the echoes of ultrasound (as do bats or dolphins) then this new technology would not be necessary.



HE'S A NICE ENOUGH FELLER BUT
I WOULDN'T WANT HIM MARRYING MY SISTER.

"Someday after we have mastered the wind, the waves, the tide and gravity, we shall harness the energies of love--and then for the second time in the history of the world man will have discovered fire." Teilhard de Chardin

S E E - S A W

I am often asked how I matriculate without confusion while walking a fine line 'between two worlds'. The answer is in trying to maintain the balance. When I approach my Executive Search firm's work load or household chores, there is no question in my mind about where my conscious efforts are firmly directed. When I engage in matters of a psi nature, be it in healing, experimentation, or studies, all thoughts of the mundane are shelved.

W

This has carried over into my new life-style here in the mountains of N.C. On the one hand, the homestead is large, gracious, with tables set with linen, crystal, china, sterling. On the other hand, a survival posture is underway as we berm into the hills for underground storage of necessary things. We buy a horse for pleasure riding...and we stock a catfish pond for protein. We plant flowers for the pleasure of the senses...and we consider hydroponics for the time when the earth may fail us. We take pleasure books from the library...and we store documents and data. Balance. Two worlds, each in its place without conflict.

Many of you have experienced the 'magic of Reisha Way' and marveled at the natural beauty of the surroundings. The steady flow of company also requires a balance. There has been a fascinating blend of people: those who are engrossed in the scientific aspects...those who are working to accommodate the changes all around us...those who cling to the status quo...those who are curious. Each one requires time and effort...and balance.

A PSI Experiment



So from this seesaw between two worlds I send you Updaters two things: my appreciation for your understanding (we are still computerless!) AND another telepathic exercise which so many of you have requested. I shall be ready to 'tune in' with you on SUNDAY, SEPTEMBER 11 for ten minutes as I send you a SHAPE. The time zones are as follows: 2 PM Pacific, 3 PM Mountain, 4 PM Central, 5 PM Eastern, 6 PM Atlantic, 11 PM for our European subscribers. Again, we try to avoid interference with meals, church, social commitments. Remember, you should sit quietly, breathing slowly, with legs and arms unfolded, ready to pick up the impression. (See Vol. 1, #6, p. 3). Please be sure to mail your answers to us within 24 hours! Pacific and Eastern had the highest ratio of success in our past experimentation and men and women were almost equal. Let's chart what happens with a new challenge to this balance!

Mark your calendars...good luck...and see you on the 11th on the o'clock for 10 minutes past the hour.



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

MORE ON WATER

Our nation's (USA) water use has more than doubled in 30 years, according to the Interior Department. An average of 2,000 gallons per person, or 450 billion gallons of water per day, is withdrawn from the nation's surface and groundwater supplies.

It becomes clearer every day that water heads the list of problems in Nature's Plan. Two articles. . . one sent by a Pennsylvania Updater, and another written by a favorite Newsweek International editor/writer. . . stress the urgency of the water problems globally. From the Philadelphia Inquirer: South India is suffering its worst drought in living memory. Two weeks of weak monsoon rains, a decade of exploding population, and nearly a century of poor planning all have caught up at once with the more than 60 million people living in India's two worst-affected southern states. For the first time ever, black marketeers have begun selling water by the tanker truck, by the pot, and even by the glass to desperate consumers willing to pay almost anything for it.



(Newsweek International): Once again Africa is caught in a lethal drought. Nearly every country in Africa is affected...For a continent already losing the battle to feed itself, the result is nothing short of catastrophic. Unfortunately, the suffering is likely to get worse.

Updating Western Economics

According to business analyst Donald Hoppe, the present system of "Welfare-Warfare" capitalism is now facing its major crises. The economies supporting this system in the western nations can no longer support the ever increasing capital drain required to maintain elaborate welfare programs and bloated and inefficient military establishments. Too much capital is being diverted from productive to non-productive purposes. Hoppe states that the welfare and warfare systems have been institutionalized and are now an integral part of our political systems. Nothing short of a revolution could dislodge them or alter them significantly.

ON INFLATION

When a government spends more than it taxes it can only obtain the difference through borrowing or inflating. Inflation is caused by state intervention in the economy, primarily through its fiscal (spending and taxing) and monetary policies. Inflation is a function of government debt. . . whether they print the money themselves, or they sell debt to the Federal Reserve who in turn prints the \$\$\$. The inflation of the past several years is the result of relatively small deficits --\$20 to \$50 billion per year. The deficits which the government is now running (\$200+ billion) are way off the chart. Simply stated: the currency and the economy are facing an unparalleled catastrophe. (Paraphrasing Douglas Casey)



WELL, YOU CAN'T SAY SHE DIDN'T TRY TO WARN THEM.

On Change

The only constant in the universe is CHANGE. The changes that we talk about in the coming two decades have all happened before. What makes them different now is that you and I will be on the scene as they unfold. CHANGE has been the basis for the evolution of humanity and all other species to have inhabited the earth. CHANGE powers the cosmos. Fifteen to twenty billion years ago the universe came into being. As stars were born and died they produced the heavier elements that went into creating our own sun and solar system four and one-half billion years ago. Our sun is middle aged, with a life expectancy of nine billion years. We now record the birth and death of stars with our orbiting Infrared Astronomy Satellite. We have witnessed the birth of a star in the Large Magellanic Cloud, and the death of the star, NGC6302. We are "new kids on the block" and we don't understand CHANGE. What we do understand, however, is that CHANGE will push MAN into a higher consciousness by necessity. CHANGE will usher in the NEW AGE.

The Trauma of NATURAL Disaster

The National Institute of Mental Health has opened a new department: the Center for Mental Health Studies of Emergencies. This center is designed to study and treat the emotional effects of natural disasters. Apparently the government in Washington is beginning to share our concern about the step-up in natural-disaster activity, i.e. Nature's Plan.

Dr. Mary Lystad, the director of the new center, told the New York Times: "There are six typical initial responses (to natural disaster): fear, numbness and shock, confusion and difficulty in making decisions, desire for information, seeking help for oneself and family, and helpfulness to others." Then initial shock typically gives way to a short period of euphoria of having survived the disaster. Then depression, ranging from the mild to the extreme, sets in. This emotional upset may manifest in any number of ways: insomnia, headaches, changed eating patterns, anger, suspicion, withdrawal, apathy. Mental health experts say that the duration of these sad feelings vary considerably. Generally, however, they settle down after six months. (Children, the elderly, the ill, the poor and victims of previous disasters tend to be hardest hit.)

The losses from a natural disaster can be devastating. At the top of the list are loved ones who may not have survived. Then come the more material considerations. If you have paid off 18 years worth of a 20-year mortgage on a home, which is destroyed, there is no calculating the frustration you may feel. Red Cross workers cite another item that commonly provokes a keen sense of loss: photographs. (Being avid keepers of family scrapbooks, we well understand this one.)

Health workers warn that in the aftermath of a natural disaster, children may regress to previous levels of development. Strains in marriages may intensify; then again, the sense of mutual rediscovery may strengthen a shaky partnership. Each anniversary of the disaster is likely to be attended by strong feelings. And, of course, once a disaster strikes, nothing is ever again quite the way it was.

Gone but not forgotten

The entire bird population of Christmas Island in the Pacific has disappeared from the face of the earth. A group of concerned scientists and ornithologists are trying to find out what has happened. We join newsletter Viewpoint Aquarius in wondering if the connection is to the earlier open air nuclear testing on this world's largest coral atoll? Remember, once started, radioactivity cannot be contained or stopped.

POOR PLANNING

On June 28, a 100-foot section of a bridge on the Connecticut Turnpike collapsed. Three people were killed; three others were critically injured. It was an eery incident--particularly for those of us who for 30 years commuted over that bridge to get from Connecticut to New York City. The tragedy calls attention to a sad fact: America's infrastructure is crumbling.

This is hardly a new story. A year ago Newsweek magazine reported that a "vision of urban apocalyptic isn't farfetched". Roads, bridges, sewers, rails and mass-transit systems are collapsing. The Connecticut Turnpike is less a freak incident than we would like to think. ABC television reported that the planned life-span of a bridge is only 50 years. Think about all those bridges you drive over everyday; not the big tollbooth bridges, but the little ones that span local rivers in your area. Then think about the last time you saw a crew of engineers inspecting the bridge. It gives one pause. Connecticut Governor William O'Neill said after the tragedy on June 28: "The infrastructure in the United States is in trouble--not just Connecticut."

That is the truth. Proper repairs in this country would run a tab of \$3 trillion. But given America's mounting deficit and shrinking Federal commitment to infrastructure repair, it is unlikely those repairs will happen. Repairs get mired in political battles, citizen battles and local battles of competing demands. The end result is cataclysm. This is another piece of our scenario, only this does not fit into the category of "Nature's Plan". This falls under another heading: "Man's Poor Planning".

The Balance Sheet

"ROOTING"

Imagine that the earth is a giant living ball of energy with a pulse and a heart-beat (7.83 Hz. or cps). A tree sinks its roots into the earth and draws up this energy and life-giving nutrients. We humans don't have roots like a tree but nevertheless we are "rooted" in the earth's gravitational and electromagnetic energy field. We are capable of "rooting" or tuning in to the earth's energy. We can harmonize with it and use it to deal with negativities brought to bear against us.

When we condition the body and it is in perfect tone, it can do many wonderful things it couldn't do before. As we have access to more radio and TV channels--depending on our tuner--so too do we have access to other mental processes and levels of awareness as we improve the tuner of our minds to travel on different wavelengths. ROOTING is an exercise to help improve the capabilities of that tuner. When we talk about ROOTING we refer to a system of mental control. This goes back to the Chinese art of Chi Gung which means "energy discipline". The rooting process can be used in a variety of ways:

- * Use it to "ground stress" by making your body a lightening rod that allows threatening and stressful energy to pass through without harming your body or your EM field. (This short-circuits the Fight-or-Flight response at the first line of defense.)
- * Use it to get to sleep by extending the rooting energy out to your fingers and toes.
- * Use it to achieve a quiet mental state that will free up your creativity and problem-solving abilities. This will allow you to reprogram your mental computer so that you can radiate an effective presence in personal and business encounters.

* Finally, rooting provides a philosophical basis for dealing with stress.

TECHNIQUE: Sit in a comfortable position that you can hold for a few minutes without straining. Silence the mind/body and be still, passive, ready. Let random thoughts pass and keep the body quiet.



The best rhythm for your breath is a slow four-count IN (expanding the lower abdomen outward) and a slow four-count OUT (contracting the abdomen as you exhale). See Vol. 2, No. 1.

The trick is to connect your center with the earth center. Focus again on the body's center of balance, which lies about 3" below the naval. Get a visual of yourself sending "roots" like laser beams down from your solar plexus deep into the center of the earth. Let your roots surround and envelop a ball of light. When you feel the earthly connection, close the index and middle fingers to your thumb to provide a physical cue to your subconscious mind. Inhale and allow the energy to seep through your body. Exhale and visualize stressful energy flowing out of your body. Feel the energy-flow circulating through your body and then flowing back into the earth. When you open the fingers, the energy-flow will return to its normal pace. It is a complete "energy massage".

WHOLISM & HEADACHES

A team of researchers at the Bowman Gray School of Medicine are conducting a study entitled "A Drugless Approach to the Headache Problem". Two of the researchers have been studying Reflex-Balance (RB) with Michael Andron (a regular contributor to the Update) for the past two years. According to Dr. Ralph Barnes, "The significance of this research is that patients with chronic headaches are taught a drugless approach to the relief of symptoms and an awareness that they can do something constructive for themselves about the pain. There are no risks to the subjects."

Subjects for the study are selected from a pool of patients with functional headaches--no apparent organic disorder. They are divided into two groups: A control group who receives the routine therapy, and the RB group who have their hand and foot points identified and are taught to stimulate them.

It is encouraging that alternatives, such as RB, are being taken seriously at an "establishment" medical facility. We will keep you posted on the outcome of this study.

MEMORIES OF BUCKY

"Spaceship Earth" was Buckminster Fuller's term for the planet. It summed up his thinking that earth was but a speck in the universe, capable of survival only if "...it organized itself with the rigor and discipline of a space capsule". His belief in "rational planning" guided him for more than half a century as he spoke of salvation in the patterns of the universe. He devoted his life to explaining those 'patterns' to the world.

Bucky: our friend and teacher. Bucky: inventor, scientist, engineer, mathematician, architect, cartographer... cosmogonist. Bucky: seeker of truth and absolutes, believer in change and miracles. A continuing sense of pride is in sharing with such a man a special acknowledgement of thanks from the scientists in The Iceland Papers, a book on the experimental and theoretical research on the Physics of Consciousness. A continuing sense of joy is in the countless pictures taken together which dot the rooms at Reisha Way.

Dick and I heard Bucky lecture many times in different parts of the world in the 1960's. He was fascinating to watch and hear as he spoke of his geodesic domes and dymaxion houses and maps. At that time I rarely understood his thoughts on energy, however. "Materials are really patterns; things are insubstantial". What to make of his comment, "99% of the transactions of the universe are ultra or infra to man's sensory tuning" when you first hear it? What to think of his definition of SYNERGY: "The behavior of the whole system, unpredicted by knowledge of the component parts or of any sub-assembly of components"? How does one relate to a man who tells you that "There are no straight lines" and that "nothing except the triangle has stability"? Well, we studied. We learned. And at Valle de Bravo in the late 1970's, I jumped up and ran out of the room where Bucky was holding forth nonstop for close to four hours. Dick followed me and asked why I was crying. "I understand him!" It unraveled me...touched a hot button deep in my core. Beautiful Bucky. Octahedrons and tetrahedrons made sense, and his "...don't fight forces, use them" fell into place. We enjoyed a corre-

spondence as we tried to unlock the mysteries of materialization and dematerialization. It was a pleasure to be asked to do a healing for him. Bucky: one of a kind.

R. Buckminster Fuller 'graduated' as he lived, with a great sense of timing. Anne, his bride of 67 years, followed him within 36 hours. Marvelous! We wish them Godspeed in their cosmic travels beyond the outreaches of Spaceship Planet Earth.

Recommended reading BY Fuller: "Tetra-scroll: A Cosmic Fairy Tale"; his enchanting and revealing latest book subtitled "Coldilocks and the Three Bears". Recommended reading ABOUT Fuller: "Bucky: A Guided Tour of Buckminster Fuller" by Hugh Kenner.

The Limited Waking State

Millions of sensory signals bombard us each second. Yet we receive only a small fraction of these signals because we rely primarily on our five senses--very limited bands, indeed. Moreover, because our conscious mind works in a step-by-step fashion, our perception of time is confined to linear thinking.

Aldous Huxley once called the brain a "reducing valve shutting out the universe so that the individual can do what is in front of him." But...let intuition and imagination forge an opening to the unconscious and we can open wide the door to that universe. Once opened, information too vast for integration in a linear time frame will suddenly be available.

We must seek to move beyond our "reducing valves" and lengthen and widen our bands of perception. When the door is open, we will have access to vast new quantities of information. Of course, much of it will be confusing since it will seem all out of proper time sequence. But once we have tapped into the universal bank of knowledge, we will be on the road to achieving cosmic consciousness.

"A new scientific truth does not triumph by convincing its opponents and making them see the light, but rather because its opponents die and a new generation grows up that is familiar with it." Max Planck

The Cosmic Watergate

Earlier this summer a group called Citizens Against UFO Secrecy filed an unusual request in U.S. District Court in Virginia: A petition for a writ of habeus corpus, extraterrestrial: Its claim was that the American government is holding one or more "occupants of crash-landed UFO's of apparent extraterrestrial origin". And the group's demand was simple: Let those extraterrestrials go! The group did not get far in its effort to blow open this alleged "cosmic Watergate". A federal judge dismissed the case and that seems to be that.

But we are intrigued by the charges. The group's petition included a 1950 letter from a member of the Strategic Air Command to the Director of the FBI mentioning three recovered flying saucers. Inside the saucers, the letter says, were three-foot-tall, humanlike creatures dressed in metallic cloth of a fine texture. The Air Force denies custody of any such bodies. Maybe yes, maybe no. But you must admit, it's fascinating.

VISITORS from OTHER SPACE



Our home has been the site for many get-togethers of old friends and connected subscribers from around the globe. Notable among them were author Harold and Martha Sherman (AR), engineer/writer Joe and Mary Myers, engineer/author George and Jeanette Meek, and author/parapsychologist Dr. William G. Rolls (all NC), Apollo II engineer Marcus Goodkind (LA), reporter Ole Dick (Denmark), Updaters from Switzerland (Kellers), Holland (Matser and McKinney), and the USA: Lotmans, Sonnabends, Rosens, Greenwalds, Androns, Gladstones, Levinsons, Mizranys, Livingston, Ames, Rosenberg, Upcraft, Conklin, Ackerman, Addarios, Henderson, Rindge, et al. Dr. and Mrs. Mitsuo Aoki (Hawaii) spent a memorable week with us and Mits writes back, "I think the deepest impression and experience I received is that my sense of Reality is wider/deeper/more

personal than it has ever been. After meeting Tauri, I find myself more and more knocking on Silence, and now more and more there comes an answering music to my knocking." We moved clouds rather than mountains together, and time and space took on new dimensions. Wrote the octogenarian Shermans after their 5 days with us, "The unexpected experience of greetings from Mennon and Tchauvi left us wordless and suddenly grasping for newly awakened memories." Such is the comradery and 'the magic of Reisha Way'. We love it!

"If I limit myself to knowledge that I consider true beyond doubt, I minimize the risk of error, but at the same time I maximize the risk of missing out on what may be the subtlest, most important, and most rewarding things in life." E.F. Schumacher

S.T.A.R. ACTIVITIES

Greta's lecture tour resumes now that the move to North Carolina is behind us. She will appear in Kansas City, MO. under the aegis of the Psychic Studies Institute on Friday evening, October 21st. We don't have the location at this time. Those interested in attending can contact us, or The Psychic Studies Institute, P.O. Box 6109, Kansas City, MO. 64110, or our host, Dr. Fowler Jones: (913) 831-2074. We have also set aside Sunday, October 23rd and Monday, October 24th for Greta's presentation in St. Louis. This is being arranged by Dr. Peter Phillips of the Department of Physics at Washington University and director of the Parapsychology Lab in St. Louis, MO. We plan to advise Updaters in the immediate areas as soon as the details are firmed up and available. The public will be welcome at both lectures. It would be wonderful to see some of you in the "Show me!" state.

Many thanks for the letters, drawings, books, calls, and responses to our queries about solar energy and water independence for the projected S.T.A.R. House. More about the results of the input in the next Update. At this time we can only say that if change is to be the norm, we are certainly in step!

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"What the caterpillar calls the end of the world, the master calls a butterfly".

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COINCIDENCE--or KISMET?

With over 4 billion human beings on this planet doing something different at any given moment, coincidences are inevitable. But when the "coincidences" mount up--you often know who's calling before you answer the phone, you know of an earthquake in Tokyo before it hits the news--you begin to wonder. Traditionally, scientists have written off as coincidence any event with possible extrasensory components. Such events, they argue, are occurrences of "pure chance" in a universe where anything can happen.

But there have been some formidable doubters of this theory. Psychiatrist Carl Jung felt that there must be some undefined force ordering and synchronizing "chance" events. He willingly conceded that only wild illogic could make one believe that some cosmic force unified seemingly trivial events. Therefore, he reasoned, the problem might lie with our conception of "logic". For certainly the universe is riddled with incongruities, and if one clings too tenaciously to logic, then we must abandon some of humankind's greatest advances. (Einstein's theory of relativity, for example, defies all laws of logic.) From this base, Jung developed his own theory of synchronicity. Some, such as Arthur Koestler, have embraced the theory, but for the most part, scientists have dismissed Jung's work as being too mystical.

Now there is new evidence, courtesy of the department of physics at the University of London, that all coincidences are not entirely random. David Bohm, a leading physicist, spent 20 years on complex experiments involving bursts of protons and other subatomic particles. His findings prove a seemingly absurd notion. "Physical objects," he concludes, "can have an effect on one another even though there is no apparent exchange of energy between them--and form the basis for a possible explanation of what causes not only coincidences but

also telepathy, precognition, and many other phenomena that heretofore have strained most people's credulity."

When one can no longer chalk up all of their "chance" experiences to "coincidence", one starts to think. As Nobel Laureate Wolfgang Di Pauli has stated: "Coincidences are the visible traces of untraceable principles."

The WHOLE Person

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." So states the World Health Organization. The more we learn the more we realize that the body is a vast network of checks and balances presided over by the mind. Whatever the ailment or bodily complication may be, both our state of mind and our environment play critical roles. To restore the patient to a proper state of health, these two vital factors should not be overlooked.

How does this tie in with the current medical model? NOT VERY WELL. The direction of medicine with its increasing technical skills is moving further away from the WHOLE PERSON. Medicine has been pushed increasingly into specialized fields. Healing has moved from the sheltered office of the general practitioner to the compartmentalized environment of the hospital where technology receives greater attention than individuals. The WHOLE person is forgotten in this environment and the important doctor/patient relationship is sacrificed. The problem area is addressed as though the human were a machine in which a single malfunction has caused the breakdown.

While we hear alot today about holistic medicine, the sad truth is that hospital care is fragmented. The healing power of the family doctor's "bedside manner"

UFOria

For many years I have talked about Project Bluebook as "The Cosmic Watergate"...a cover-up of government findings on unidentified flying objects. In the 1970s we learned that in 1947, President Truman had been taken to see "Space" beings at the Air Technical Intelligence Center of the U.S. Air Force. We also learned that in 1954 five "flying saucers" landed--by previous arrangement--at Edwards Air Force Base, and stayed on the ground for two whole days for inspection by then-President Eisenhower and his top staff.

Presidents Johnson and Ford both publicly expressed their belief in UFOs before they took office. And most of us remember President Carter's description of his own sighting which happened in front of many prominent visitors. Do you also recall his statement that if elected, he would "do something about it"? All he did was release a few NASA photographs of gigantic machines "mining the far side of the moon taken by the first astronauts who landed there."

And what about President Nixon? Well, there is a new book coming out by Jackie Gleason's ex-wife, Beverly, in which she tells about a night in 1973 when Gleason and Nixon went to see four "aliens" who had crash-landed and were being kept at Homestead Air Force Base. "Tiny..embalmed ..I'll never forget it!"

Presidents are not the only ones fascinated by UFOs. Many of our astronauts have seen, photographed, and/or filmed UFOs. Again, I say it is time that the American public know what is going on. Other countries give out information, yet we continue to deny and cover up. Why? If "...the gattae will come" then let's be prepared and welcoming instead of afraid and uninformed.

"There is a reality prior
to heaven and earth"
Lao Tsu



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Widowhood & ESP

In a recent survey of widows, University of Arizona researchers found that nearly 50% reported paranormal experiences in which they "sensed the presence of a deceased spouse. Of these, 65% had two to five repeated instances. These people have often not spoken of their experience for fear of being ridiculed. However, the consensus is that it is "...an integral part of the grief process for many individuals."

"No atom of matter in the whole vastness of the universe is lost. How then can man's soul, which comprises the whole world in one idea, be lost?" Talmud

Who's Here?

How lovely to have welcomed to our home Updaters McElroys(Ma), Uphoffs(Wi), Forsythes(Hi), Waltons(So.Afr), Powers(Co), and solo travelers Turbeville(Io), Alpert(Tx), Deck(Ks), Perlman, Addario(Ct), and Harris(Ca). Repeat visits from Updaters Matser, Keller, Sonnabends, Conklin, and four Smolowes, were appreciated for the warmth they brought. We were delighted so many of you came from far and wide to share the magic of Reisha Way!

S.T.A.R. ACTIVITIES

Autographed copies of ON A SLIDE OF LIGHT and subscriptions and/or past issues of THE WOODREW UPDATE make splendid (tax deductible) gifts to friends, family, and business associates. As the holiday season draws near again, we are reminded that while we never advertise these S.T.A.R. publications, we have swelled our ranks to cover 11 countries abroad and to appear all over the USA and Canada. This has been accomplished through word of mouth...and you wonderful subscribers who create the meaningful 'echo'. Royalties, subscription fees, honoraria, and donations all flow into S.T.A.R. Foundation. All \$\$ is earmarked for the building of the S.T.A.R. House under whose roof vital research will ensue. Please help? While we do not fund-raise, we do ask that you participate during the holidays where you can.

"Holidays should be like this: Free from over emphasis!"

The *Update* WOODREW

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THE HUNDREDTH MONKEY

In 1952 sweet potatoes were fed to a band of monkeys on a Japanese Island. They all enjoyed the raw, sweet taste, but some found the sandy dirt that clung to the tubers objectionable. IMO, an 18-month-old female monkey, started to wash her sweet potatoes in a nearby stream to remove the dirt...and showed several playmates and her mother the exercise. This cultural innovation was gradually picked up by various onlooking monkeys before the eyes of the scientists. By 1958, observers counted 99 monkeys who washed their potatoes before eating them.

In 1958 when the hundredth monkey learned to wash the potato, lo and behold, a strange phenomenon was observed. All of the remaining monkeys on the island began washing their potatoes...and, monkeys on nearby islands developed the same habit! **WHY?** What triggered this new habit in the species at distant locations?

Rupert Sheldrake, a Cambridge University biologist and author of the book, "A New Science of Life," offers an answer to the riddle: MORPHOGENETIC FIELDS. Dr. Sheldrake postulates the existence of previously undetected fields which may provide a key to some of nature's most knotty mysteries. He believes that most of what we think goes on in our heads actually goes on somewhere "out there" in the universe. In this context one major function of the brain is to tune into a "morphic resonance channel" which contains the memory or collective history of a species or a group. Through this memory all members of the species draw on the experiences of previous members of the species. In turn, the newer members contribute to the memory pool. This formative causation involves a new kind of connection through...or across...time and space. It suggests that all members of a species are linked up with all past members of the species.

At a Frontiers of Physics Seminar in Ottawa, Sheldrake explained to us that in the most

general terms the laws of nature are more like habits than like timeless laws (the view commonly held by scientists). They are a kind of memory that form the base of organization in the universe. A cumulative buildup of past history results.

This interconnectedness of the universe and knowledge has long fascinated man. For centuries it was solely the province of the metaphysical and the mystical. The Akashic records (Update, Vol.3, No.2) offered an entrance to the heavens and beyond. Dr. Carl Jung introduced the term "collective unconscious" in the 1920s. He strongly implied a link between the individual and the whole of mankind.

What about the hundredth human? Jung speculated that sooner or later nuclear physics and the psychology of the unconscious would draw closer together as both, independently, pushed forward into transcendental territory.

Albert Einstein pushed into the transcendental void with his 1930s "thought experiments". Known as the Einstein-Podolsky-Rosen (EPR) effect, these experiments indicated that information between particles could be transmitted instantaneously at speeds exceeding the speed of light. This "EPR Paradox" was--and is--contrary to the accepted ideas of physics. Although Einstein distanced himself from these paradoxical results, the EPR Paradox was in the literature, and sooner or later other physicists would return to try to unravel the mystery of the 'hundredth particle'.

The work of J.S. Bell at the European Org. for Nuclear Research (in the 1960s) produced Bell's Theorem. This Theorem tells us that there is no such thing as separate parts in the universe, but that all parts are intimately and immediately connected. Gary Zukov, in "The Dancing Wu Li Masters," says: "Bell's Theorem not only suggests that the world is quite different than it seems,

it demands it." In the 1970s, physicist Jack Sarfatti proposed that atomic particles transcended space and time and that they mirrored the superluminal information transfer that Jung implied in his "collective unconscious".

From Jung to Sheldrake...and all those in between...the ability to transmit cultural information within a species transcends the normal senses and time and space. We may yet ride out into the Cosmos on the back of the "hundredth monkey".



Color therapy is centuries old. In the golden age of Greece color healing was used with success. The ancient Egyptians knew of the power of color, and researched their healing uses in special 'healing rooms' at the temples of Karnak and Thebes. Pythagoras used color for healing 500 years before the common era. And the Chinese taught that colors activated man's physical, mental and spiritual being. There are also many references to color therapy in the twentieth century clairvoyant readings of Edgar Cayce. We were delighted when stringer Cheryl Ackerman did some research on the subject and came up with:

COLOR ME PINK

Recently there has been a renewed interest in a 19th-century form of hocus-pocus, otherwise known as color healing. The reported results are notable.

In the majority of hospitals in the U.S. instead of blood transfusions, baths of blue light are now standard treatment for the almost 30,000 premature babies born annually with neo-natal jaundice. An estimated 1500 hospitals and correctional institutions are using "bubblegum pink" because of its pacifying qualities. Ultra-violet is used extensively in the treatment of psoriasis. And at St. Albans hospital in London, doctors found that when they painted the surgery recovery room sapphire blue, patients bled less, experienced less pain, were quieter and were able to be transferred back to their own rooms more quickly.

Every part of the human anatomy radiates energy. Each bodily part has a frequency. And ALL vibrations relate directly to a specific color. The body-electric has a magnetic field that interacts and harmonizes

ψ

with a like frequency. Color is one of the most important interlocking devices creating these relationships. In color therapy the body is brought back into harmony and its correct frequency. The same thing can happen in reverse, thus creating a disharmonious atmosphere. You can relate to that easily just by observing the colors that you wear. Some make you feel and look great; others reflect your "down" moods and even lend to them. You might try visualizing royal blue if you are having trouble sleeping, orange if you feel sluggish or depressed and bright pink for a serene mood.

Color healing is the oldest form of healing known to mankind. It was used in most cultures, as is documented in the most sacred and priestly writings of the Ancient Egyptians. Color, music and gem stones ALL have corresponding vibrations compatible to each other; all are harmonious and interlocking, and thus form a strong energy field.

Alexander Schauss, director of the American Institute for Biosocial Research, says that the electromagnetic energy of color interacts in "an unknown way" with the pituitary and pineal glands and with the hypothalamus which regulates the body's endocrine system. It apparently has an affect on the body. Different colors affect the blood pressure, pulse, respiration rate and brain activity. Given what Update readers know about electromagnetic energy and vibrations, this should come as no surprise.

Going Out On A Limb

When I read OUT ON A LIMB by Shirley MacLaine, I was intrigued by her statements about being able to "hear the colors and see the music". Sound familiar?? MacLaine's book is on her quest for self, an inner journey that was influenced by two men: a prominent British politician and a close friend. The writer/actress reports on the experiences that led her to embrace concepts "about the connection between mind, body, and spirit that enabled (her) to get on with the rest of (her) life as an almost transformed human being." She talks about reincarnation, out-of-body, spirit guides, trance channelings, and "extraterrestrial interventions which have helped and are helping people on this planet." (Oh, yes indeed!) While her mixed metaphors, her slang, her cursing, and her "I wonders" may be disturbing, I for one applaud her courage in stepping out on a limb. I wonder if she ever read ON A SLIDE OF LIGHT?





STALKING THE GREENHOUSE EFFECT

To readers of the Update, the "greenhouse effect" is hardly a new concept. Four issues of the Update (May/June 1982, Jan/Feb 1983, Sept/Oct 1983, Nov/Dec 1983) have examined the possible consequences of the global rise in temperature that threatens to result from a build-up of carbon dioxide in the atmosphere. We are glad to see that the mainline media now share our concern.

The media's interest was triggered in October when the Environmental Protection Agency (EPA) released a report warning that substantial warming could occur before the end of this century. EPA scientists predicted "catastrophic consequences" if contingency plans were not made rapidly; some even felt that alarm "too conservative." A few days later, the National Academy of Sciences jumped on the bandwagon, claiming the greenhouse effect was real. But, they soothed the public, "caution, not panic" was the proper response. Both reports, though differing in tone, made it plain that the greenhouse effect would mean more than hotter summers and milder winters. A CO₂ build-up could also alter rainfall, affect crop yields, and potentially even melt glaciers--thus causing a rise in the level of the sea. One editorial in the Boston Globe went so far as to quip: "It looks as though there will be a big comeback in the popularity of the name Noah."

Our concern about the greenhouse effect--the CO₂ build-up which traps the heat producing infra-red radiation in the atmosphere--was heightened several years ago by John D. Hamaker's book "The Survival of Civilization". Hamaker states that the CO₂ build-up will trigger an ice-age, a conclusion FAR different from that drawn by either the EPA or the NAS. According to Hamaker, the build-up of heat at the equator causes large-scale evaporation of ocean-waters in the tropics. This warmed air moves to the higher latitudes of the temperate zones and forms a dense cloud cover. When more moist, warm air from the equator mixes with this cloud, the resulting precipitation is snow...not rain. Glaciers form and spread to cover large temperate zone land masses. Hamaker asserts: "Ice-ages and regular glaciations of continental areas are a normal part of the life processes on our planet."

Glaciers, by their movement, remineralize

the soil. This stimulates renewed plant growth. The plants draw the excess CO₂ out of the atmosphere, ameliorating the greenhouse effect and returning the planet to a more favorable and balanced climate.

Hamaker's purpose in writing the book is to warn of the immediate dangers we face due to the CO₂ build-up, and to say that by a concerted, world-wide effort, we can do the remineralization, encourage the plant growth, and thwart the impending ice-age. As if to affirm Hamaker's scenario, climatologist Iban Browning warns that ice is advancing over the northern hemisphere. He cites this as the reason that the Soviet Union has lost the ability to feed itself.

Hamaker's CO₂ scenario of oceanic absorption of CO₂ also received a boost from research conducted by Michael McElroy at Harvard University. Atmospheric CO₂ has fluctuated greatly during earth history, diminishing during ice ages. McElroy says the changes occur because oceans are more biologically productive during the ice ages when more nitrogen, an important nutrient, reaches the oceans. (During warm periods when nitrogen is trapped in coastal sediments, relatively little reaches the deep oceans.) The nitrogen nourishes marine plants that extract CO₂ from the atmosphere.

Shortly after the EPA and NAS reports were released the Soviets reported an unexpected drop in temperature in north-eastern Siberia. The sudden cooling forced shipping lanes to close unusually early and trapped 90 ships in the early September ice. The Economist, 10/22/83, reported that "Soviet officials are now worried that they may be facing a major change in weather patterns in the eastern Arctic." Hamaker's interpretation??



Is there a Doctor in the house?

Good luck in '84 to our Updater doctors who are making great strides in their research: Dr. Puharich in his ozone studies for cancer...Dr. Grad in his work on the effect of magnetism on the precipitation of salt...and the small group of midwestern M.D.s who are learning to read the aura as a diagnostic tool in preventative medicine.



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

Whither the Weather

Our favorite climatologist, Dr. Iben Browning, is credited by the newsletter, CHANGES, for the following statements. "We are going to have an incredible shortfall of crops. Last year India lost her grain reserve and this year, because of a prolonged monsoon, they have already lost well over 20% of their crops. China has floods in the south and droughts in the north. Russia has lost one-third of its grain. Canada has lost 90% of the wheat north of Calgary for a total loss of 28%. Mexico has large drought losses. In Australia, 51% of the crop has been lost and sheep are being sold for \$5 a truckload. South Africa, which normally exports food, this year must import significant amounts. Argentina has lost 55% of its crops, and drought in the U.S. cut corn production by 50% in 1983."

Meanwhile, small farmers around the world are being driven into bankruptcy at a greater rate than ever before. High interest rates, rising costs, falling prices, and the inability to compete against large industrial farming methods make it almost impossible for the small farmer to survive. This is not a favorable situation as we go into the middle 1980s.



"Africa's food crisis constitutes one of the greatest development problems in the world today. At present, 25 to 30 per cent of its population is hungry and malnourished during the greater part of the year," states Edourd Saouma, Director General of the UN Food and Agricultural Org. Since 1960 per capita food production has dropped 20%, while the African population has continued to increase annually by more than 3%. Today, more than 150 million Africans face the threat of malnourishment.

EARTHQUAKE REPORT

In late October a violent earthquake struck 44 villages in eastern Turkey. The death toll exceeded 1,200 people. More than 500 others were injured, 2,500 houses were destroyed and almost 25,000 citizens were left homeless. As relief workers struggled to rescue people from the rubble, warnings of an epidemic--especially in villages where dead animals remained covered in the deb-

ris--spread. Italy and Britain assisted by sending in large amounts of relief supplies. But that was scant comfort for the displaced Turks who must now create new lives from the devastation. Turkey has experienced three major earthquakes in the last 50 years. It is Turkey's location on the tectonic plates of the planet that make it such a frequent participant in "nature's plan". Turkey rests on the relatively small Aegean plate, wedged between the larger African, Arabian and Eurasian plates. The suspicion is that the driving force behind the Turkish earthquakes is the northerly thrust of the Arabian plate.



IT'S SOMETHING HUMANS CALL
AN 'ACT OF GOD'!

"The Day After"

ABC's chilling portrait of a thermonuclear apocalypse, "The Day After", according to a group of eminent scientists, was child's play compared to the real horror that awaits us should this globe ever erupt in nuclear warfare. If even half the power of the world's current nuclear arsenal is ever released, a cloud of soot and dust will clog the planet's atmosphere. These scientists estimate that this layer of grime will block as much as 95 percent of the sunlight from reaching the ground. Temperatures will plummet, forcing us to contend with sub-zero chills even in the summer. The ecological disruption from this "nuclear winter" would be irreparable. Even a 'limited' nuclear war, these scientists say, would be ecologically disastrous. To take a lesson from James Thurber, "Let us not look back in anger, nor forward in fear, but around in awareness."

*You are standing on Earth...
Spinning in a Solar System...
Perched on the rim of a small galaxy...
Swimming in the energies of a Universe.
Is your consciousness a passport to that Universe?*

THE ULTIMATE MONEY IN PRIMITIVE SOCIETIES IS FOOD



MOUNTAIN MUSINGS

Many people would rather put their 'head in the sand' than confront that which is staring them in the face. At times, such an approach can prove effective, wisely giving a problem time to resolve itself with the passage of time. The changes that will occur in the coming two decades, however, will not benefit from an "ostrich approach." Some of the very leaders who should be seeking alternative approaches and solutions are buried neck-deep in sand.

Forbes magazine of Oct. 24 published a statement by the about-to-retire chairman of Chemical Bank, Donald Platten, that bears repeating if only for his reactionary refusal to see today and tomorrow in the light of current changes. Asked whether banks endangered themselves by lending hundreds of billions to slow or no-pay countries, Platten replied: "I have never worried that the international banking system would collapse as a result of the current problems. It's too unacceptable to allow that to happen. Everybody has too much at stake, and all will have a role to play, including Congress, foreign governments, the IMF and commercial banks. In some manner, shape or form, it will be worked out. I don't consider that to be Pollyanna."

Tell us, Mr. Platten, is such a collapse "too unacceptable" to the masses in Brazil who are expected to repay \$100 billion in loans—plus interest—over the next 20 years? One prominent Brazilian politician already describes Brazilians as having "descended from anguish to despair" over the initial IMF attempts to impose austerity rules. Is there "too much at stake" when billions of aid dollars lent to LDCs to strengthen their economies and pay their foreign debts wind up instead as choice real-estate investments in major U.S. cities by the very leaders who are supposed to administer the return to prosperity of these LDCs? Do they see something that you don't?

There is no doubt that revisions will be worked out after the international debt moratorium...really a permanent repudiation...has been declared, to allow the international financial community to operate. But, Mr. Platten, it will be a far different international financial community than the one in which Chemical Bank now participates and which contributes mightily to this upcoming all-time financial disaster. Perhaps it is time to get your head out of the sand.



More on Meditation

Meditation is a directed consciousness or conscious awareness. It is not, as some would think, a state of reverie. To be conscious means to be aware of something. Meditation goes beyond thinking in words or concepts; it must encompass the entire human being: not only his intellect but also his feeling, his vision, his emotional and intuitive capacity. Only where the heart and mind are united can genuine intuition spring up. Consciousness is a dynamic force, in constant motion. One can no more stop it than you could stop a river. We can, however, control a river by diverting its flow in the desired direction. In the same way, although we cannot stop the mind, we can give it direction. That means that meditation is directed consciousness. Meditation is the overcoming of outer perception in favor of inner awareness." (Special Meditation Issue/Human Dimensions)



SUBSCRIBER Scribings

Updater Jeanne Rindge, president and Executive director of The Human Dimensions Institute, shares this with us: "...indeed, a new body is taking shape, the planetary body of humanity. And its body is being formed more rapidly than its soul, so it seems. Will it get a soul? A heart and a mind? We surely can hope so; or rather we can be sure of it, because evolution teaches us that the without of things (the body) and the within (the soul) are linked together by the law of complexity (cerebralization)—consciousness.

The brain of planetary humanity is surely taking shape. Will this brain become a mind, and with the consciousness of a mind inspire the love of the heart? Is there such a thing as a mind and a love of humanity? In other words, is there a center into which humanity converges and from which it shall receive a new planetary mind and heart? And will the final convergence of humankind into this center, into the Omega Point, bring about the advent of a new earth, a new Jerusalem?

The answer is YES, on condition that we are able to recognize the essential features of the Point Omega as the attracting and propulsive center of the universe, as well as of the earth and of the human race."

The Balance Sheet

In our fast-paced, high-tech society, adequate nutrition is a growing concern. Cookbooks outsell all others in most bookstores. Yet eating right still remains a mystery to most of us. There is so much conflicting literature on the subject (protein, caffeine, cholesterol, megavitamins, fiber) that we still don't know how to stoke our bodies for maximum nutrition. In his book *DIET & NUTRITION: A HOLISTIC APPROACH*, Dr. Rudolph Ballentine (a respected young leader of "new medicine" in the U.S. today) takes an interesting and helpful approach to nutrition. Ballentine studied the diets of the healthiest cultures in the world to determine if, in fact, nutrition is a factor and, if so, how. Perhaps not surprisingly, he found that healthy peoples around the world basically eat the same way, if not specifically the same foods.

The five basic food groups prominent in these healthy societies turned out to be (in descending order of quantity of consumption): grains, vegetables, legumes, raw foods and B12. Grains include rice, bread, pasta and cereals. The second largest group is vegetables that have been cooked, stir-fried, baked or stewed. In some cases, the vegetables are cooked for hours (something Americans believe unsound), but the cooking juices are always eaten in some form. Group three, the legumes, include beans, pods, and herbs, and are an excellent source of protein. (There are eight essential amino acids that the body cannot synthesize and must get from foods. When taken together, grains and legumes supply these nutrients and can actually replace more common sources of protein.) The raw foods group include fruits and vegetable salads. The final and smallest group is what Dr. Ballentine calls the B12 group. This includes meat, fish, eggs and dairy products. This group also includes fermented foods, such as soy sauce, yogurt, beer and wine. Eating right it seems doesn't have to be boring.

While a sudden, drastic change in your eating habits may be difficult--and even UNhealthy--a gradual addition of these foods to your diet is easier than you might think. Moreover, with moderate exercise, this high-complex-carbohydrate diet can lead to gradual and permanent weight loss while supplying 3 times the oxygen uptake (useful energy available to our bodies) of a high protein diet.

THE THIRD EYE

Pictured on the U.S. one dollar bill is the Great Pyramid. At its center is an eye. "The Third Eye?" What IS the Third Eye? It is a symbol of all-seeing wisdom and of the disciplined mind that makes clear judgments. It is the symbol which suggests that people can see clairvoyantly. It is a symbol that has emblazoned more than 5000 years of recorded history. The Third Eye is that physical--and spiritual--area in the center of the forehead which, when 'opened', allows one to see people as they are and not as they pretend to be. It can be opened and shut, much like the physical eyes.

In the early 1900's when the Dalai Lama ruled in Lhasa (before the Communist invasion of Tibet), reports traveled West of a painful ceremony performed on spiritually gifted, carefully selected young men at the Temple of Tibetan Medicine. A U-shaped instrument was pressed and rotated in the center of the forehead until it penetrated the bone. A clean sliver of treated wood was inserted into the U of the instrument and then slid into the hole in the forehead. Until the sliver was removed approximately three weeks later, only the high lamas would attend the subjects. This ancient ceremony was the prelude to learning to see auras clearly. The objective was to enable the initiate to help others, not to enrich self. The human aura which surrounds the body, and which anyone can be trained to see, is merely "a reflection of the Life force burning within." This force is a measurable electrical wave.

For thousands of years human minds have tried to understand the living universe and its relationship to human consciousness. Ancient wisdom provided a blend of strong practical observations and philosophical insights. It probed the universe to discover universal principles. The opening of the Third Eye was one pathway toward that goal. It is a clairvoyant ability given to some and developed by many. Its opening requires that we escape the limitations of our other five senses. The opening of the Third Eye involves the real consciousness which extends far beyond our physical bodies. We have it within ourselves to open the Third Eye without surgery. But we must also be prepared to handle what we 'see'.



FOUL BALL

Californian Updater Bob Hughes, Regional Manager of the American Golf Corp., has been temporarily transferred to New York to redesign six golf courses. He writes: "At a course in Brooklyn, it is a daily occurrence for people to watch while cars are stolen, gas tanks emptied, bumpers, tires, radios, etc. removed. They just shrug and do nothing. It is becoming almost a weekly event for one or more of these stolen cars, after a 'joy ride', to be driven through the course fence onto a fairway, and torched. Golfers just play around the burning car!"

While we find this a horrifying tale, we couldn't believe our eyes when the letter continued: "Not too long ago a man suffered a heart attack on the course. While lying on the fairway waiting for the ambulance to arrive, he was stripped of his clubs, bag, wallet, shoes. Play did not cease for his fellow golfers; they played around the stricken man, their language often obscene." Man's inhumanity to man. Is this "par for the course"?



Changing Direction

Why does it take so long to change current theories when there are facts that refute them? It's not facts that topple theories.. but other theories. A puzzlement? No! You don't abandon a boat in a stormy sea just because it has a leak. You wait for another boat to come along. Theories are never lightly abandoned. They do, after all, explain the world. Facts merely describe it. Some theories even determine the facts that can be observed. When enough facts appear outside of the current theory, only then will come the next Newton or Einstein to advance us to the next plateau.

UFOria

Let's bottom-line this one: Every year more than 2000 Americans report their sightings on UFO's. Worldwide, there are an estimated 200,000 sightings PER WEEK. And since 1947, there have been a total of 1-3/4 million landed-contacts reported worldwide. Reality or lunacy??

Herbal Tips

There is a time for sowing and a time for reaping. Then there is winter...and a time to think about what can be grown on the windowsill that is beneficial to the household. Herbs are easy to grow on windows with a southern exposure. All that is required is good drainage and a good soil mixture (1 part garden loam, 1 part sand, 1 part organic matter - humus). Do you believe in very old, tried and true remedies? Then try the following:

Bitter aloe (Aloe vera): Pulp used for a poultice for skin rashes, burns, cuts. This one can be started from cuttings. Hens-&-Chickens (Sempervivum tectorum): Also start from cuttings. The juice is used to give quick relief from scalds and burns, and to stop blood flow. Sweet marjoram (Marjorana hortensis): Grow from seeds or cuttings. Oil from plant tips used medicinally; mulled with wine to comfort the stomach. Use the fresh leaves as flavoring for vegetables, beef, lamb, poultry stuffings, sausage, stews. Rosemary (Rosmarinus officinales): Grow from seed or cuttings in large pot filled with well-drained alkaline soil - adding lime to potting soil. An old herbal remedy states, "Place leaves under thy beds' head and thou shalt be delivered of all evil dreams". (If that doesn't work, use the leaves for flavoring fish sauces, meat, dressings, biscuit dough.)

Updater Elmira Conklin, who is currently working on her PH.D. in biology, advises a spray of nicotine insecticide on all herbs to ward off aphids and other insects. She stresses that plants should then be rinsed with clear water. As for yours truly, I wouldn't be without my pots of parsley which provide vitamin C, garnishes, and sweet breath after a cigarette. Petroselinum crispum to you too!



The 4.4 billion people alive today represent 9 percent of all the humans who have ever lived. Put another way, more people are alive today than have lived and died during 86 percent of man's tenure on earth. The Dean of Natural Sciences at Hampshire College, Arthur Westing, estimates that 50 billion human beings have been born since Homo sapiens first appeared. Planet Earth's inability to sustain this rate of growth may be the trigger for the changes ahead in the next two decades.

IN RETROSPECT: 1983

1983 was a major year for Dick and me as we moved from our home of almost 30 years in Connecticut. It is difficult to believe that we have now been settled in North Carolina for almost a full year. In some ways it seems like just a few weeks ago that we relocated, and in other ways it feels as if we have always been right here. Many of you are responsible for our easy transition; your visits have been a sheer delight. Our wonderful children also made sure that one of the five was here every month or so to keep the 'rents happy. Thanksgiving was a wonderful time with all but Jill at Reisha Way. (Newsweek has no heart!) Many times I have been asked what the most memorable event has been in this transition. I guess the answer is 'the end of October'. Yes, October's end was the unexpected bonus of the move. Such beauty! The reds and lavenders of the dogwood and black gum, the yellows of the hickory, birch and locust, the greens of the firs and the hues of the oak and tulip trees, were so splendid as to make one want to weep. Sensitive neighbors took us on horseback into the Great Smokey National Park for afternoons of sheer wonderment. We took many a ride along the Blue Ridge Parkway and hiked many a mile on the Appalachian Trail. Mountain glory!

We made friends with some of the Cherokee Indians and admired their beadwork, basketry, pottery, and splendid gardens in their Oconoluftee Village. We felt fortunate to picnic with new friends under waterfalls and atop mountains. We watched children go down natural water slides, and we poked amongst the wildflowers in the forests with fawns and one black bear standing by. Trout fishing in local streams...and whitewater rafting on the Nantahala afforded us delicious memories. On another level, we spent hours at Ghost Town and Frontierland, losing ourselves in simple fun (cotton candy, apples on sticks, fudge).

Our own gardens yielded enough for us to share and also can and preserve for winter. And our beautiful, friendly animals became domesticated, from the goats and sheep to the horses, dog, cats, and our Anniversary llama named Dalai (naturally!) What a year for this city-slicker-turned-country-girl

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who doesn't yet know what she wants to be when she grows up! That's why she's trying out so many new experiences.

1983 A vintage year of the homestead.
1984? The year of THE S.T.A.R. HOUSE.

The Purpose of Life

..An Uncommon View

In an esoteric sense the purpose of life is to advance our present consciousness to ever higher degrees of awareness. Of course, to relate to raising the consciousness of the 'life force' you must have faith in the 'life continuum'(Vol.1 #3); to recognize unequivocally that this life you are now living is one of many, both in a body and out of one. Harold Percival in "Thinking and Destiny" says, "You are the immortal doer in a human body. But, in your body and out of your body your identity and your feeling of identity persist. The long sleep of death will not affect the continuity of your identity any more than your nightly sleep affects it." Identity, or the real self, has always been a mystery to thinking human beings in every civilization.

Many philosophies concern themselves with the mystery of the conscious self in the human body. Oriental philosophy tries to deal with the mystery of the relation between the self..its body..its nature..and the universe as a whole; and concludes that by your thinking you make your destiny. The life force and the human body are connected by a **silver cord**, pulsating very rapidly on the electromagnetic scale, from which the life force can travel astrally without disrupting the living body. When the silver cord is severed, the body dies.

In her book, 2150 A.D., Thea Alexander sees man "as a great mind unlimited by time and space...sometimes called an immortal soul...which periodically elects to temporarily inhabit various types of vehicles (called bodies) in order to experience and learn greater awareness in its striving toward ever greater perfection."

Without the larger view of a life eternal, you have to experience this physical life you are living as the final stage...rather than just a preparation for experiencing the next dimension.

"Inner reform must precede social reform"

The *Update* WOODREW

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DOORS OF PERCEPTION

In his novel "Lord Jim", Joseph Conrad wrote: "Each culture shapes reality for the individuals born into it, and they can only survive unscathed by staying within this definition of reality." Such is the foundation upon which a culture rests. Yet, history has shown repeatedly that the "reality" is short lived; the myths of a given culture are often disproven by subsequent generations. And as historian Arnold Toynbee has shown, when societies cling to aging myths, the outdated reality can bring about the downfall of the culture.

Many of the sacred cows of our own pioneering society are losing their relevance as the march of mankind leans toward a 'one world' view. The current reality has been shaped by the mechanical models of Issac Newton and the Industrial Revolution. But unfortunately many of the common-sense rules born of this worldview prohibit necessary advances. (It can't happen, and therefore it doesn't.) Einstein wisely cautioned that common sense is "that collection of prejudices accumulated by the age of eighteen."

Alternative realities are being born to better handle new information emerging from laboratories. Our daily life has no place in the micro world of atomic physics where there are no absolutes, only probabilities. (There can be little patience for returning home to a probability.) The "reality" of the macro world makes time and space inseparable---equally confusing to grasp in our day-to-day existence.

We all would do well to entertain the possibility of new alternative realities; since it is our definition of reality that decides for each of us what is possible, and what is not possible. Today, for instance, we might say that it is "impossible" for man to move clouds or to seed them for rain purposes. Yet, only a few centuries ago when Indians were the sole settlers on the American land, not only was the moving and

seeding of clouds "possible" -- it was an integral part of the Indian culture. (Those Updaters who have seen Greta move clouds know that it is, indeed, quite possible.)

Similarly, today few citizens believe in the existence of devas (also known as wee people, leprachauns and brownies). In ancient Ireland, devas were an active part of the culture, with people regularly leaving out pots of milk for these wee entities to ensure good luck. However, those who lived at the Findhorn community in Scotland in the 1960s and 1970s claim to have established an active working relationship with the local devas. Together they produced extraordinary results in their vegetable and flower gardens, despite adverse soil and weather conditions.

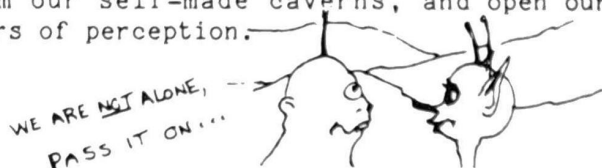
Our personal "reality" is shaped by our thoughts. They determine how we perceive our future, our accomplishments, our relationships. Our emotions are our reactions to these thoughts and perceptions, and mirror our inner consciousness. They play a crucial role in our happiness and physical wellbeing.

Mankind has spent most of history fretting about deeds, which he calls either good or bad, productive or destructive. But he has spent almost no time on his inner thoughts, without which there would be no deeds. Yet the future of our civilization, our objective reality, is being shaped and developed by our inner thoughts. Consciousness is the creator of our 'real world'. It programs us for what we believe is achievable...and what is not. As new "realities" are being developed to accommodate the data arising from scientific experimentation, so must we open wide the gates and allow the evolution of the inner person. The more we expand our minds the more we can enlarge our "reality" and create new worlds.

An ancient tale is told of a monk who went out one fine spring day to listen to a meadow

lark sing. When he returned home, all his friends were gone; three hundred years had passed. Such things as time and space, you see, can disappear in the presence of greater (alternative) realities.

The effort to enlarge your own reality begins with mind energy--your thoughts. We must try to get beyond those self-censoring thoughts that say "This can not be" and "That simply is not possible". We should heed the wise words of William Blake: "If the doors of perception were cleansed every thing would appear to man as it is, infinite. [But] man has closed himself up, till he sees all things thro' narrow chinks of his cavern." It is time that we emerge from our self-made caverns, and open our doors of perception.



AN ALTERNATIVE REALITY

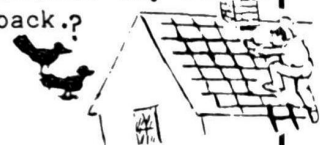
I have long been a Loren Eiseley fan. Eiseley was one of the finest stylists of our time when it came to pure prose. A scientist-poet-anthropologist whose language and themes are timeless, Eiseley provides great solace for me through his magnificent writings. Last night I was reading his "STAR THROWER" and I came across an essay in which the author described wandering home through a terrible fog when he heard a "frantic outcry of hideous terror." Apparently a crow was flying very low but thought he was much, much higher in the sky, and so was terrified when he unexpectedly came nose to nose with a human. To the crow, who thought he was flying among the rooftops, he was suddenly confronted with "...a man walking on air, desecrating the very heart of the crow kingdom--an air-walking man." Says Eiseley: "The crow had seen a marvel in his heights of air and is no longer as other crows. He has experienced the human world from an unlikely perspective. Our worlds have interpenetrated."

I got to thinking about seeing things from an inverted angle (obviously not a gift just reserved for a crow!) When I am on the border between two worlds--whether by intent or by chance--the borders may shift or interpenetrate for me too. When this happens, my outcry is not one of 'cawing' terror, but of wonderment and awe. But then again, to a crow there is no past or future, just the present; to a human there

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is memory. What can one remember when one suddenly interpenetrates a world and hears the colors, sees the music, and experiences the extra-dimensional world "from an unlikely perspective"? I am inarticulate when I try to explain. It is as if Alice has indeed fallen through the looking glass. Somehow, some way, we all know that there is a way through that tunnel but we can't always find the opening. For many who find it, the scratches received going through that glass are overwhelming enough to send them scurrying back to the known, never to return. But for me, the passageway is clear and inviting. Despite some bruising, I return again and again with joy and excitement. Santayana once wrote that "life is a movement from the forgotten into the unexpected"--and he was right.

It is a while since I went "out there". The humdrum and mundane keep me happily earthbound: settling into Reisha Way...planning for the S.T.A.R. House...entertaining guests...playing with the animals...puttering in my gardens...writing...and reading. But always at the edge of my consciousness is the Ogatta group beckoning me closer. When the worlds interpenetrate 'out there', I am not a channel. I am my own being who experiences a "marvel" unlike any other. So--very soon--I must go back.?



E.T. Vocabulary

I have answered more than 5500 letters since ON A SLIDE OF LIGHT was published, and about one third of the mail involved attempts at defining the words at the back of the book. A few came close on one or two words, and one man was right on target with the whole list, which was terribly exciting. Ken Lawless, however, gives us "The Real Extra Terrestrial's Lexicon" which we pass along to you:

Alpha Centauri = Martian dog food
Alien Life Form = Herpes virus
Flying Saucer = An item that cost Nancy Reagan \$500
Take Me To Your Leader = I want to audition for Steven Spielberg
Apogee, Perigee, Azimuth & Zenith = A Real Extra-Terrestrial Law Firm
Double Nova = PBS reruns back to back

Who says we don't do "think and relate" pieces?



A NEW EXPERIMENT

Yes, I talk to plants. I can talk them to a premature death (I don't) and I can talk them into longevity (I do). From the time I learned about Cleve Backster's work with lie detectors on plants, I have been a believer in communication with flowers. Updater Chris Bird's splendid book, *THE SECRET LIFE OF PLANTS*, made an impact on my thinking and experimentation. The conscious thought that sentience doesn't stop at the cellular level gave me pause for reflection. Recently, I worked with a fragile orchid from a corsage and kept it going for 18 days, although the florist told me that it would die "in a day or so". (I left for an overnight trip and came back to find it very dead.)

Research chemist Marcel Vogel, of IBM background and fame, is convinced that there is a psychic energy involved when one interacts with plants or flowers. This is demonstratable. And so...instead of another telepathic experiment, I am suggesting the following alternative to each and every Updater while the March winds do blow: Take two cut flowers and/or two leaves from the same tree, and set them in water a few feet apart on an indoor table or windowsill. Every morning and every evening, talk pleasantly and vivaciously to **one** of them for a full minute. Ignore the other one! Water them equally, but only talk to one. After three days note the result. Don't be mechanistic in your approach to the flower or leaf. Be gentle and encouraging in tone of voice (yes, talk out loud!) and remember not to look at or talk to the second flower or leaf. For those of you who cannot bring yourself to talk to a flower, hook up two tape recorders, one on either side of your flowers; play hard Rock to one and Mozart to the other. Guaranteed, the Mozart-ed flower will thrive and the Rock flower will wither. Believe it.

If your success is as staggering as I'm certain it will be, take a photograph of the results, and share them with us. In any case, let us hear from you so that we can publish the results. Come on...try it!...men and women alike. As for me, I shall be working with two mums and two philodendron leaves. Good luck!

The human brain is so intricate, vast, and complex that a computer looks primitive in comparison.



R. J. V. P.

In the last Update I pondered whether or not Shirley MacLaine "...ever read ON A SLIDE OF LIGHT." A gracious note from her confirms that indeed she had, and found it "excellent". We mutually hope to connect at Reisha Way in '84.

SUBSCRIBER Scriblings

Dear Greta and Dick:

Back in 1956 our Centric Fdn. Inc. decided on an experiment to determine the percentage of a group that would have to understand a concept before that concept would metastasize through the group. (As you are aware, the "broadcast system" between members of a group is fairly strong; so that almost any group creates an electromagnetic network that is in effect a computer/brain on which the entire group draws.) I was, at the time, Managing Editor of a weekly newspaper in Fort Pierce, Fla., an agricultural & shipping town of not very high intellectual capacity.

We decided to use the word **ecology** and its concept as our test measure...a word and concept that had certainly not entered the town "computer/brain" at that time...nor had the concept made itself a part of the mass subconscious except in intellectual centers, anywhere in the nation. I used the word "ecology" in the newspaper three different times in each issue, each time in a different context in which the meaning would be clear.

It took 3 months; and we estimated that 10% of the population had received the concept in three different contexts (the rule of I Tell You Three Times) when the word and concept metastasized through the town so abruptly that it quite startled us. Every Tom, Dick and Harry began talking in ecological terms.

It was 15 years almost to the day when "Earth Day" was celebrated throughout the nation. As president of Centric, I felt it was a most rewarding and exciting piece of research for the foundation. Three decades later I 'think and relate' to your Hundredth Monkey piece (Vol. 3, #3). Best wishes to you both, Leigh Donahue



[A special vote of thanks to our conscientious editor, Jill Smolowe, who gives unstintingly of her time and her talent for each Update.]



MOUNTAIN MUSINGS

Are you really John? I call you John... and have called you John since we were boys together. I would know you as John even if events conspired to keep us apart for many years. Yet, I have recently learned that all parts of our body die and are reborn. In fact, birth and death appear to fuel the human body. If we were not to meet for six months, John, there would not be one molecule in your face that was there when last we met. Yet we would take up our conversation as though we were the same two people. John, how come we are so oblivious to the life cycles that go on within our bodies?

Dr. Lewis Thomas wrote, "We are not made up, as we have always supposed, of successively enriched packets of our own parts. We are shared...rented...occupied." The living entities he referred to within our body, John, are cells. They are the building blocks of our 'parts and parcels' and are what make each of us unique within our species. I always knew there was only one of you, John, but I wasn't thinking biologically. Cells live and cells die, but we go on...as John or Dick or Harry. All of the hundreds of millions of cells in our bodies are replaced at least every six months, most at shorter intervals. I've come to look upon cells as independent friends belonging to the larger organization familiarly known as a human being. And when these cells die, John, they supply much of the material needed to replace themselves...a real life cycle. I guess the reason for writing, John, is that I can no longer view death as the opposite of life. The cells die so that the larger body may renew. Death seems to be the central organizer and essential ingredient in ongoing life. The life sciences are making great strides in understanding the biology, and chemistry, and physiology of life. But, with all that's so new since last we met, is that really you, John?

Sincerely,

Predictions! Predictions!

What will happen? When will it happen? What can I do? Where should I go? Sound familiar? These are the requests for specifics that bombard psychics...and the S.T.A.R. headquarters. Most psychics who try to give specifics about future events are usu-

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ally wrong or off in their timing. It's too much of a burden for any sensitive to be asked to bear. And, it abridges the free will of those who ask for specifics. (Reread A TAURI STORY in your second Update.)

"Let me know before a major quake hits Tokyo because my mother lives there." "Tell me when Mt. Shasta (or Mt. Helens) will erupt again because we are planning to build a summer home in that area." "Is it safe for me to take a trip to the east (or west) coast in the month of April? June? November?" "Where is the safest place to build a retreat?" No, no, it's impossible to answer these questions.

Bettyann Kevles, writing in the L.A. Times, says of earthquake predictions: "...it is more than a problem of geophysics. It is a social question too. If the (earthquake) warning proved a false alarm, as happened five times in a region of China before a large quake did occur, how many of these false alarms could an American population take before individuals decided to ignore ALL warning as mere cries of wolf"

It is one thing to nudge a complacent audience to consider dynamic changes occurring before their very eyes. It's another to pinpoint the date, place and moment of calamity. "Tell us where and when", Dick used to ask the Ogatta group when we were speaking of earth changes. "We know people all over the world...we can warn them." The almost-sad answer was, inevitably: "Ah, but who would listen and really act upon the warning? Who would actually leave business and home, community and state..or country..based on a 'futurism'?" The answer is no one...or maybe a rare few. So knowing the specifics of where the earthquake will strike or where the next comet will land serves little positive purpose.

If you think that your homebase is in a threatened locale, then you should devise alternate plans. Think of a second area as "an insurance policy". If you are in a town ripe for strikes, riots, nuclear waste leaks, water and/or food shortages, then prepare, as we are preparing, for those possibilities. No, I can't tell you when, where, why, or how. I can only tell you that between 1984 and the turn of the century, major changes will occur on this planet that will alter your way of life. Depend on it.



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

The Scenario Rolls On

So you ask, "When will it happen, this man's inhumanity to man"? Well, look around you. It is happening every day and, we are sad to report, in every grisly way. Update editor Jill Smolowe writes about it almost weekly for Newsweek (International). She sends us this report of two recent assignments:

Those who follow the news undoubtedly know that Brazil is a country in great turmoil. Its deficits are enormous, its inflation gallops along at 200 percent annually and its chronic unemployment keeps 5 million jobless laborers in perpetual search of work. But there is more to the Brazilian nightmare. Today, as a Brazilian priest notes, "there is just no safe place anymore." There is a robbery every 20 minutes in Rio and more than 99,000 assaults annually in Sao Paulo. Even Brazil's beaches are no longer safe. Late last year 8 men staged a 20-minute shootout on a sandy strip at Ipanema. So much for the carefree girl from Ipanema "who goes a-walking."

Brazil's unprecedented wave of violent crime has citizens panicked. Now, most homes are surrounded with high walls topped with jagged shards of glass. And most householders own a gun for protection. Brazil is becoming a country of guarded fortresses where fear and distrust reign supreme.

The picture in Zimbabwe is hardly prettier. Africa's newest independent nation is now grappling with a rash of baby killings and dumpings that has left newspapers fuming: "Have our women become possessed by the devil?" The phenomenon owes much to archaic tribal attitudes that value young girls solely for their bride-price, a fee highly dependent on virginity. When unwed girls become pregnant, fathers see only the sinking market price and often react violently. So many young girls hide their pregnancies—and then get rid of the baby as quickly as possible. But it is not only youngsters who resort to such desperate measures. An unwed woman who knows she will receive no financial or emotional support from the man responsible for the pregnancy will often dispose of her baby, saying she can not "afford" to keep the child. The situations in Brazil and Zimbabwe are sick and they

are sad. And they are only a tiny piece of the inhumanity that afflicts the world today.



EXCERPTING Feb's. "WORLD PRESS REVIEW—European commentators see only faint hopes that Moslem and IRA terrorists can be curbed by political means. —Financial Times of London

Indochinese boat people are still afloat in the South China Sea, with fewer and fewer ships rescuing them. Three years ago 20% of all Indochinese refugees were picked up at sea. This year it will be merely 10%. —Frankfurter Allgemeine of Frankfurt

The International Press Institute (IPI) 1983 survey shows that today only a small part of the globe respects free speech. The rest of the world is "gagged". Most of the Eastern European countries continue to jail journalists, as do most in Africa, the Middle East, Latin America and Asia. —"IPI Report" of London

Bangladesh has become the world's poorest and most overpopulated nation. Only a fourth of the people can read; a fourth of all children die before age five; and three quarters of the people are chronically undernourished. —NCR Handelsblad of Rotterdam

SEEKING AN Rx FOR RF

We humans are being exposed to greater and greater amounts of radio-frequency radiation (RF). We discussed this ("Microwaves & their Macro Effects") in the Jan/Feb 1982 Update. Now the Environmental Protection Agency (EPA) has completed a review of more than 5,000 health-effects studies involving RF radiation. The conclusion reached by the agency is that the data presented is strong enough to justify federally enforced protection from the hazards of RF radiation. We're glad that the American government is finally acknowledging these health hazards, especially since so many other countries including Britain, Canada, the Soviet Union and China, have already set RF exposure standards far more stringent than our own.

You Updaters know that each frequency, apart from representing a given number of pulses, also represents a measurable amount of energy capable of interacting with the bodily energies and enhancing—or unbalancing—them.



A HOLISTIC APPROACH TO PAIN

Updater Dr. C. Norman Shealy, M.D., Ph.D., Director of the renowned Shealy Pain & Health Rehabilitation Institute, is a leader in exploring/incorporating holistic methods for the control of chronic pain. He writes to us: "As a neurosurgeon, I have long recognized that our understanding of brain function and activity falls far short of comprehending the vast capabilities and dimensions of the mind. In order to minister most effectively to patients, we need to understand the role of the mind, both the patient's and the health practitioner's. A small number of physicians, including myself, have explored innovative ways of treating patients using behavioral modification techniques, extrasensory perception, hypnosis and other mind-related methods. At the first national meeting sponsored by our clinic in 1972, I invited a faith healer and a trance medium musical therapist to appear on the program. Today, I consult with three different clairvoyants to assist me in understanding difficult patient-related situations.

My practise is involved largely with patients who have chronic pain, pain that has lasted over six months and has resisted traditional methods of treatment. Often these people present frustrating problems, frustrating to themselves, their families and their physicians. While the pain is real, the mind often plays tricks on the patient by persistently sending out messages of pain long after the cause for the pain has ceased. Some patients who express a desire to get well are psychologically resistant to attempts made to improve their circumstances, even if it involves only some simple changes in lifestyle. These are what I call problems of the brain/mind interface, that mysterious but powerful boundary where the intellect collides with emotions and values.

Most of the time during the intensive evaluation session our patients undergo, we pick up these conflicts; occasionally we seek the input of a skillful clairvoyant if only to reassure us that we have not overlooked an important component of the patient's problem. Most of the time the diagnosis and treatment are obvious because of our experience in pain and stress management. Determining the patient's total life stress (physical, chemical and emotional)

assists us in deciding on a course of treatment. For instance, we know that for optimal health, everyone should avoid nicotine. We have some reliable guidelines on minimizing the intake of alcohol, sugar, caffeine and white flour. Studies indicate the value of regular exercise for optimal health.

Attitude, of course, has a great deal to do with health. Excellent mental techniques have been developed for improving attitude and achieving a state of mind/body harmony. In addition, there are a number of physical and chemical approaches that enhance the rate of return to optimal health in certain patients. These include acupuncture, nerve blocks (with novacaine type drugs), electrical stimulation of the skin, osteopathic manipulation, massage, ice, heat, biofeedback training, counseling and a variety of stress-reducing food supplements.

People often ask if I practise my own recommendations. Yes, indeed. In fact, considering the pressures and responsibilities that I live with daily, I must follow these recommendations to stay healthy. My family and I live on a farm, raise most of our food, and are concerned with water quality and energy conservation and production. We are eager to learn, and happy to pass along what we have found useful."

[We finally met Dr. Shealy when he flew to Kansas City to hear my lecture. We can vouch for the fact that he practises what he preaches...and looks fantastic!]

Holism Is Not New!

Holism has a glorious history. For decades, exciting advances in science and medicine have taken center stage, pushing more comprehensive approaches into the wings. But the rebirth of holism is fast approaching. When the Prince of Wales dedicated the Bristol Cancer Help Centre in July 1983, he stated, "I now declare the Grove House open in the hope that by doing so I can, in some small way, encourage doctors and healers to work together towards their mutual goal of healing the sick."

Hippocrates, the father of modern medicine, preached a holistic approach to curing the sick. He noted the causative relation of food, climate and social occupation to dis-

ease. (His 4th century B.C. work, "Air, Waters, and Places", would be regarded today as a treatise on human ecology.) "Hippocrates viewed disease with the eye of a naturalist and studied the entire patient in his environment," states the Encyclopaedia Britannica. The role of the physician, according to Hippocrates, was to assist the natural forces in healing the patient. The emphasis was to be on a holistic balance between body, mind and environment.

Paracelsus, the controversial 16th century alchemist, was a vigorous advocate of 'folk medicine'. He stressed old home remedies along with new chemical remedies. In a most unorthodox manner for his day, he also pushed social reform as a positive thrust for health. Prince Charles championed this approach before the British Medical Association last June when he said, "...when it comes to healing people it seems to be that account has to be taken of those sometimes long-neglected complementary methods of medicine which in the right hands, can bring considerable relief, if not hope, to an increasing number of people."

The body cannot remain healthy when the mind puts it under continuing stress. Undue stress causes immune systems to break down and allows imbalances, called disease, to creep in. The mind cannot escape from prolonged periods of stress when an individual feels alien to his surroundings or social structure. We all must recognize that drastic changes in that environment will militate against the health of everyone. Mind and body, society and environment, ecology and positive thought; they are all important parts of the health system called HOLISTIC medicine....and have been since the birth of MAN. Some sage once said that there is nothing new under the sun. History repeats itself. Holism...we welcome you back!



I'D SAY YOU WERE 'OTHER'...

S.T.A.R.

ACTIVITIES

The newly formed Geneva Chapter of the Young Presidents Org. is bringing Greta to Switzerland to lecture on Mar. 10th. The Benelux Chapter will then fly her and Dick to Holland for a repeat presentation on Mar. 16th. S.T.A.R. applauds all new YPO chapters who invariably opt to put Greta at the top of the list of resources...and



the established chapters who request a return engagement for a reinforcement of the Scenario and an update on what's new "From ESP to ETI". (YPO'ers: Have your Education Chairmen contact Dick for scheduling of dates in either '84 or '85.) On Friday, April thirteenth, the University of Hawaii brings Greta back to the Center Campus Ballroom at the University for a lecture open to the public. It was gratifying to learn that the student body voted to have Greta return after a three year absence. (Everyone send good vibes; Friday the 13th?!) Please remember...ALL HONORARIA GO TO S.T.A.R.

All roads lead to Reisha Way, and the stream of welcome Updaters continues into the new year. First timers included the Breeds (Md.), Hughes (Ca.), Borowik, Richman, Stein (N.Y.), Donahues and Tannehills (N.C.). The "Good Doctor", Andrija Puharich, finally experienced the magic of Reisha Way during his February visit. It was a joy to be able to talk privately with one of our favorite human beings. Keeping his visit hush-hush was not easy! And returning to be helpful in the many plans for S.T.A.R. and for the projected S.T.A.R. House were the Sonnabends (Fla.), Keller (Switz.), S.Lotman (Pa.), & Bob Andron (our selfless architect and Updater from Raleigh, N.C.) who brought along the almost-finalized blueprints for the facility. A very heartfelt thank you to the three American and two European Updater/benefactors who are contributing mightily to help make the S.T.A.R. House a reality. All donations, gifts, pledges, and funding which come to the Foundation in such an unsolicited manner are deeply, deeply appreciated. So, too, is your sharing of news clippings, ideas, articles, letters, books, and phone calls. We're delighted to be publishing much of your material.

The "Good Doctor"

In response to your many requests to know what Dr. Puharich is doing, Andrija wrote the following for the Update during his visit to Reisha Way: "I have been working for the past 2 years with colleagues M. Arnan, L.de Vries, and R. Mayer on a new treatment for cancer. The treatment consists of injecting a cheap, common gas called ozone (O_3) into malignant tumors. The animal tests were completed in March 1983, and announced at the Sixth World Congress of the Int'l Ozone Association, followed by publication. Human testing was initiated in the American Biologic Hospital in Mexico.

Typically, the patient is viewed under a CAT SCAN, the tumor located, and ozone gas injected into the tumor. The tumor dissolves into a liquid and the destroyed cancer cells are aspirated. The ozone selectively destroys only the malignant cells, and does not affect the normal cells. This inexpensive, revolutionary new treatment is easier to take than going to a dentist. Results to date on humans are very encouraging! Plans are being made to have the new treatment submitted for testing leading to FDA approval.

I plan to ask Greta and Dick to take an active role in this testing program which may last for several years."

SPEAKING OUT...To my Update Family

I'm angry. Psychic phenomena are finally receiving recognition by the national media, but their spokesmen are inept. Very. They are also skeptical, and it shows. The anchormen are willing enough to present the subject, thus appearing "open-minded", but they are reporters of news and claim to have no bias in presenting their reports. Not so. Quite the contrary, in fact. I remember a Walter Cronkite Special dealing with psychic phenomena a few years ago. It was well done. It was documented. It was fairly treated. And in the closing seconds of this splendid presentation, Cronkite looked straight into the camera and with a lift of the eyebrow and what amounted to a smirk, signed off with "And THAT'S the way it is." Sad.

"Can it be replicated?" is the big question that scientists ask regarding any feat in parapsychology. Yesterday, metal bent in an accredited lab, adhering to 'scientific conditions' under strain gauges, but will it bend on command today? If the answer is no, then yesterday's achievement is in question. Last week a man was cured of XYZ disease by a healer but next week can another man demand the same result if he has a mirror illness? If the answer is only maybe, then last week's healing becomes suspect. Science, you see, demands empirical data, and that data is compiled through repetitive testing. The world of psi cannot always deliver on command. It is, by definition, **paranormal: beyond 'normal'**.

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What to do? Many submit to the rigors of lab testings only to find that on a given day "it isn't working"; all of their efforts with past phenomena then become instantly questionable. They try again...and they eventually leave in despair, inevitably under a cloud of disrepute. Such is the problem which every psychic who becomes a guinea pig to Science faces.

It would appear that the U.S. Government is lifting--somewhat--the ban on talking about its own involvement with psi matters. Russell Targ of Stanford Research Institute (SRI) has been loosed to talk about remote viewing. On Nova. On Good Morning, America. On Nightline. He is a weak spokesman, which is unfortunate. For example, of his 5 years of successful testing with Uri Geller, he has nothing positive to say for the record. Of his Remote Viewing experiences dating back to the '70s (and about which he reported in Iceland in '77), he is inarticulate. When asked what the greatest feat to come out of his many studies was, he cited the successful tracking of silver trends by psychics. Not a word about telepathy. PK effects. Precognition. Channeling. Metal bending. Things which this physicist has been researching for years at the labs of SRI. Nothing new emerges. I am not knocking Russ. If I had wanted to do that, I would have named him as the researcher on p.161 of ON A SLIDE OF LIGHT. I didn't.

No, I can't help wondering what this flurry is all about. Sub rosa talk about the lettered agencies' connections to research in the USA has abounded for a long time. The government appears to be coming out of the closet...but always safely shrouded and definitely skeptical. The drum seems to beat out a message of their "keeping up with the Russians" as the primo facto. The equation is "Mind over Matter = Psychic Warfare". Consistently debunking everything from telepathy and precognition to healing and psychokinesis, the government's public posture is one of incredulity and low tolerance. But the lettered agencies ARE involved and have been for some time. Why this trend of late? Why Russ Targ? Is it deliberate? Is it effective? It is misleading...and it is dishonest.

"Life is a movement from the Forgotten into the Unexpected"