

TO PREPARE FOR THE COMING OF THE GATTAE

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

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

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

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

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

The WOODREW Update

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ON BEING A "SENSITIVE"

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

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

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

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

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

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



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

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

POPULATION UPDATE

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

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

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

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

OLD WIVES TALES:

Fact or Fiction?

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

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

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



ACUPUNCTURE



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

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

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

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

ANESTHESIA

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

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

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

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

We observed several patients who had come

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

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



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

SUBSCRIBER Scribings: Extrasensory Perception



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

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

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



modulated signal over an electromagnetic network.

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

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

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

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



MOUNTAIN MUSINGS

Trapping a spring

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

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

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

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



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

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

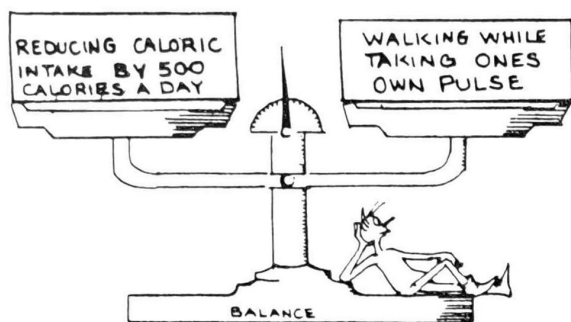
As a fringe benefit we created a bass fish pond from the overflow of the reservoir and spring. The pond will be an added source of protein in the days ahead, as well as a thing of beauty and a recreational sport-fishing spot. It's wonderful being a 'new age' mountaineer!

On MULTIPLE STAR Systems

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

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

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



The Balance Sheet

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

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

W

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

Insuring that you are pronounced fit by your physician and have a sound EKG readout, the exercise part works as follows: You must find your personal "Target Heart Zone" and know what your resting pulse is. These differ from one person to another, but let's use the example of a 45-year-old person in good health. The rule of thumb is to subtract age from the magic number 220. $220 - 45 = 175$. The result is multiplied by .90% and .85%, retaining **only the first three numbers** of the answer: $175 \times .90 = 122$ and $175 \times .85 = 148$. These first three numbers, 122 and 148, represent your "Target Heart Zone (THZ)": the 70% to 85% of your maximal heart rate zone. When reached, it not only provides a significant conditioning effect on the cardiovascular system and promotes fitness, it is an absolute aid to major weight reduction when combined with properly reduced caloric intake daily.

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

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

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

Approaching World Bankruptcy

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

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

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

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

in 1984 mighty unpleasant and the man himself very unpopular.

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

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

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

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

Geology Update

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



PSI PHENOMENA

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

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

"Birth" Control

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

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



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

-The Ultimate Frontier

S.T.A.R. Activities

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

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

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

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

...and then...

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

HAPPY THIRD BIRTHDAY TO THE WOODREW UPDATE!

The WOODREW Update

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

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

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

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

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

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

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

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

And...have a wonderful New Year!

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

A Star Is Born

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

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

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

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

FOR YOUR GOOD!

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



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

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

In a MOTH'S EYE

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

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



A HOLOGRAM (not a HOLOGREMLIN!)

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

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

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

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

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

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

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

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

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

The Many Facets of CRYSTALS



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

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

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

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

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

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

*A Second Glance*

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

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

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

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



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

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

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

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SCRIBINGS**

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



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

"Man's Inhumanity to Man..."

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

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

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

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

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

More on FOOD IRRADIATION

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



Humming Along!

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

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

From Jefferson to Carter

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

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



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

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

ADDENDUM to your CPR sheet

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



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

The Dawning of THE AGE OF AQUARIUS



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

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

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

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

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

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

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

Happy thought! Happy 1987!

S.T.A.R. Activities



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

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

"Against All Odds"

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

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

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

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

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

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

bilabials. One and I have tried this and it works! So, bilabials... and so on!

Self-Treatment for the Eyes

When this and I were in China, we were struck by the few people who glasses. From the elderly gentlemen who carried spectacles on long poles attached to their dress of Chinese made of egg shells. Then, we were taken to a private hospital to see the old, blind men and boys, and we noticed that every morning, the children were subjected to the most extraordinary eye exercises. American children played tag and ran in the P.E. and Chinese children do eye exercises. One of these exercises is to repeat the old Chinese song is the evening for a total of ten minutes each day. And it works! The simple stimulation of ancient acupuncture points for the eyes is done with a stimulating action of the fingers... and this stimulation of the points helps to enhance the eyes and at the same time functioning as therapy for eye disorders. Here are some exercises as illustrated on the eye charts in the schools we visited:



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



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



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



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

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

MENTAL RADIO

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

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

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

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

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

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

The CHICKEN or the EGG?

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

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

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

The *Update* WOODREW

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ANOTHER DIMENSION . . . ANOTHER TIME

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

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

On the Moon

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

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

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

ANOTHER Civilization

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



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

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

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



UNDERWATER

and UNDERGROUND

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

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

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

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

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

By Jupiter!

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

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

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

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

Futurisms

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

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

MOUNTAIN MUSINGS

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

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



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

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

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

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

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

\$5000 FINE or 5 YEARS IN PRISON

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

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

The Bills are:

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

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

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

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

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



HOMO-SAPIEMS

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

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

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

"Where am I going?"



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

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

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

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

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

Leave it to

INDIVIDUAL ENTERPRISE



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

Quoting

"THE SIX O'CLOCK BUS"

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



THE CORAL CASTLE

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

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

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

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

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

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

Gases to Acids

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

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

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

The Balance Sheet

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

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

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

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

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

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

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

SEEKING CHANGE



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

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

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

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

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

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



Mother Of The Brides



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

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

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

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

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

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

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

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