

The *Update* WOODREW

GRETA WOODREW/DICK SMOLOWE • 448 RABBIT SKIN ROAD • WAYNESVILLE, N.C. 28786 • U.S.A.
A.S.T.A.R. FOUNDATION publication: Donations Tax Exempt • (704) 926-3440

SEPT. / OCT. 1983
VOLUME 3, NO. 1

EVOLUTION THROUGH CATAclysm

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

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

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

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

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

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

Cataclysm. Evolution. Think about it.

A FEELING about HEALING

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

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

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

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

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

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

Is Seeing Believing?

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

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

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



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

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

S E E . S A W

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

W

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

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

A PSI Experiment



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

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



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

MORE ON WATER

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

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



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

Updating Western Economics

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

ON INFLATION

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



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

On Change

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

The Trauma of NATURAL Disaster

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

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

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

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

Gone but not forgotten

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

POOR PLANNING

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

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

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

The Balance Sheet

"ROOTING"

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

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

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

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

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



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

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

WHOLISM & HEADACHES

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

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

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

MEMORIES OF BUCKY

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

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

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

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

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

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

The Limited Waking State

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

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

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

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

The Cosmic Watergate

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

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

VISITORS from OTHER SPACE



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

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

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

S.T.A.R. ACTIVITIES

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

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

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

Information herein is gathered and condensed from sources believed reliable, but cannot be guaranteed as to accuracy or completeness.

Reproduction or copying of WOODREW UPDATE is not permitted without written consent of the editors.

Copyright 1983: The Woodrew Update.

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

The WOODREW *Update*

GRETA WOODREW/DICK SMOLOWE • 448 RABBIT SKIN ROAD • WAYNESVILLE, N.C. 28786 • U.S.A.
A S.T.A.R. FOUNDATION publication: Donations Tax Exempt • (704) 926-3440

NOV/DEC. 1983
VOL. 3, NO. 2

COINCIDENCE--or KISMET?

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

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

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

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

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

The WHOLE Person

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

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

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

UFOria

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

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

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

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

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



The Woodrew Update: A S.T.A.R. Foundation publication. 1 year subscription with donation of \$25 or more to S.T.A.R. Back issues: \$4 each.
Information herein is gathered and condensed from sources believed reliable, but cannot be guaranteed as to accuracy or completeness.

Reproduction or copying of WOODREW UPDATE is not permitted without written consent of the editors.

Copyright 1983: The Woodrew Update.

Widowhood & ESP

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

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

Who's Here?

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

S.T.A.R. ACTIVITIES

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

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

The *Update* WOODREW

GRETA WOODREW/DICK SMOLOWE • 448 RABBIT SKIN ROAD • WAYNESVILLE, N.C. 28786 • U.S.A.
A S.T.A.R. FOUNDATION publication: Donations Tax Exempt • (704) 926-3440

JAN/FEB. 1984
VOL. 3, NO. 3

THE HUNDREDTH MONKEY

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

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

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

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

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

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

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

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

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

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

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



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

COLOR ME PINK

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

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

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

ψ

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

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

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

Going Out On A Limb

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





STALKING THE GREENHOUSE EFFECT

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

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

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

Glaciers, by their movement, remineralize

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

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

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

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



Is there a Doctor in the house?

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



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

Whither the Weather

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

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



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

EARTHQUAKE REPORT

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

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



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

"The Day After"

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

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

THE ULTIMATE MONEY IN PRIMITIVE SOCIETIES IS FOOD



MOUNTAIN MUSINGS

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

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

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

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



More on Meditation

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



SUBSCRIBER Scribings

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

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

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

The Balance Sheet

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

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

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

THE THIRD EYE

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

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

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



FOUL BALL

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

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



Changing Direction

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

UFOria

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

Herbal Tips

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

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

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



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

IN RETROSPECT: 1983

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

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

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

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

Information herein is gathered and condensed from sources believed reliable, but cannot be guaranteed as to accuracy or completeness.

Reproduction or copying of WOODREW Update is not permitted without written consent of the editors.

Copyright 1984: The Woodrew Update.

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

1983 A vintage year of the homestead.

1984? The year of THE S.T.A.R. HOUSE.

The Purpose of Life

..An Uncommon View

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

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

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

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

"Inner reform must precede social reform"

The *Update* WOODREW

GRETA WOODREW/DICK SMOLWE • 448 RABBIT SKIN ROAD • WAYNESVILLE, N.C. 28786 • U.S.A.
A S.T.A.R. FOUNDATION publication: Donations Tax Exempt • (704) 926-3440

MAR./APR. 1984
VOL. 3, NO. 4

DOORS OF PERCEPTION

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

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

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

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

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

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

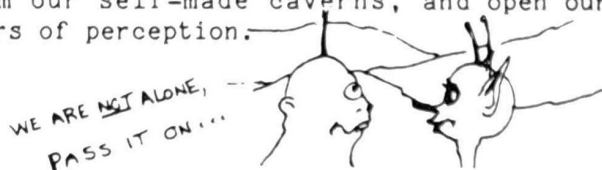
Our personal "reality" is shaped by our thoughts. They determine how we perceive our future, our accomplishments, our relationships. Our emotions are our reactions to these thoughts and perceptions, and mirror our inner consciousness. They play a crucial role in our happiness and physical wellbeing.

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

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

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

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



AN ALTERNATIVE REALITY

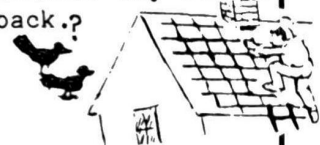
I have long been a Loren Eiseley fan. Eiseley was one of the finest stylists of our time when it came to pure prose. A scientist-poet-anthropologist whose language and themes are timeless, Eiseley provides great solace for me through his magnificent writings. Last night I was reading his "STAR THROWER"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

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

ψ

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

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



E.T. Vocabulary

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

Alpha Centauri = Martian dog food

Alien Life Form = Herpes virus

Flying Saucer = An item that cost Nancy Reagan \$500

Take Me To Your Leader = I want to audition for Steven Spielberg

Apogee, Perigee, Azimuth & Zenith = A Real Extra-Terrestrial Law Firm

Double Nova = PBS reruns back to back

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



A NEW EXPERIMENT

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

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

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

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



R. J. V. P.

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

SUBSCRIBER Scriblings

Dear Greta and Dick:

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

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

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

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



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



MOUNTAIN MUSINGS

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

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

Sincerely,

Predictions! Predictions!

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

W

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

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

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

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

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



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

The Scenario Rolls On

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

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

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

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

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



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

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

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

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

SEEKING AN Rx FOR RF

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

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



A HOLISTIC APPROACH TO PAIN

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

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

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

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

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

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

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

Holism Is Not New!

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

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

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

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

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



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

S.T.A.R.

ACTIVITIES

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



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

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

The "Good Doctor"

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

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

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

SPEAKING OUT...To my Update Family

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

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

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

Information herein is gathered and condensed from sources believed reliable, but cannot be guaranteed as to accuracy or completeness.

Reproduction or copying of WOODREW UPDATE is not permitted without written consent of the editors.

Copyright 1984: The Woodrew Update.

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

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

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

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

"COMPLIMENTARY
COPY"

The *Update* WOODREW

GRETA WOODREW/DICK SMOLOWE • 448 RABBIT SKIN ROAD • WAYNESVILLE, N.C. 28786 • U.S.A.
A S.T.A.R. FOUNDATION publication: Donations Tax Exempt • (704) 926-3440

MAY/JUNE 1984
VOL. 3, NO. 5

PYRAMIDS

On Oct. 23, 1983 at John Hopkins School of Advanced Int'l Studies two leading Egyptologists involved in excavating the Giza Plateau announced news of a secret chamber beneath the Sphinx and the "discovery" of "the fantastic astral alignment of the entire plateau." This came as no surprise to anyone who has done reading in this area, specifically on the pyramids themselves.

It was, however, confirmation of some very interesting 'facts'. The pyramid structure is of such durability, it appears that it was deliberately built to withstand all forces of nature. It is the most perfectly built structure on this earth's surface. It is the world's most accurately aligned building to true north and it is composed of 2,300,000 blocks of stone, each stone averaging out at 50x50x28 inches and weighing between 2 1/2 and 3 1/2 tons apiece. This building is placed uniquely in the center of the earth's land mass at latitude 30 degrees/longitude 30 degrees-- exactly where these two lines cross within 1 degree. We can conclude that the builders must have had highly accurate information of the geography of the entire world. Built into this structure are precise mathematical, geometric, astronomical and geodetic information.

Three basic measurements of the pyramid, all on the same scale, match the three key geodetic values of our planet so precisely that it is illogical to suppose they are the result of haphazard design. They are: THE POLAR CIRCUMFERENCE OF THE EARTH, THE EQUATORIAL CIRCUMFERENCE OF THE EARTH and THE DISTANCE FROM THE EARTH'S CENTER TO THE NORTH POLE. All measurements are within millimeters of accuracy.

Elmer D. Robinson, a John Hopkins mathematician who is the leading expert today in golden number calculations, concludes: "The analysis and mathematical

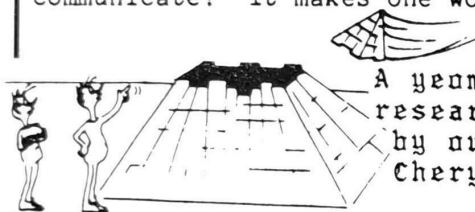
modeling of the Great Pyramid indicates that the ancients (Egyptians?) had a knowledge of geometry and mathematics for which few historians and archeologists will give them credit. The evidence is strong that...(they possessed) a level of mathematics on par with our own abilities reached only within the last century and a half."

But did they? Knowledge based upon an understanding of fundamental cosmic principles is evident in every aspect of the ancient Egyptian system. It is unlikely the Egyptians developed this system; more likely, they inherited it. The ancient Egyptians themselves say they received knowledge relating to the use of EM fields from another source much more advanced than they. They referred to this source as their ancient ancestors from before history as we know it; those who knew how to control the forces and energies of the atmosphere of the universe. After millenia of centuries, the Egyptians had a corrupt, grossly altered assortment of information. Except for some basic fundamental knowledge, most of the information was lost forever with the steady decline of this once great civilization.

The pyramids stand as testimony to that lost body of information. Enclosed spaces create vibrational patterns. Researchers agree that the pyramid form is an accumulator of cosmic forces and concentrates these energies at specific locations within its structure, where they can influence animate and inanimate objects. The pyramid is a unique 3-dimensional energy pattern that amplifies universal energy. There is no doubt that magnetism is intimately involved with the pyramid's function.

Today we know that right-angled walls and ceilings inhibit the easy flow of energy fields and so, in effect, we are bombarded by distorted forces. The geometric forms in which we spend most of our lives influence

our health. It is known that spheres, domes, cones and pyramids, all being examples of dynamic geometry, definitely have a harmonious effect on our bio-energetic systems. In the last issue of the Update we became acquainted with a web of earth energy called "ley lines" and we read about the technique of "rooting" into these energy lines. Many power centers where energy lines converged were often marked by a large stone structure or mound or tower structure. If a world-wide energy web of lines did indeed exist, then a world center may have also existed. It also appears feasible that the major world center of energy would probably be found at the center of the planet's land mass--in other words, at the site of the pyramids. Was there once an entire earth energy system which collapsed ages ago when its builders were no longer around and the remaining society no longer had the capacity to cooperate or communicate? It makes one wonder.



ON NON-VERBAL

COMMUNICATION

While visiting Sea World in San Diego a while back, we had an unforgettable experience: we received a lesson from an extra-terrestrial. An entity named Aisell assumed the channel and asked if we would like to communicate with the sea mammals and other species we were about to see. He proceeded to call each of the species as we came to their pools, and, using words with us, had these sea mammals and fish specimen silently respond to what he had just verbalized (i.e. flip over, turn right, swim left, dive, etc.)

At the dolphin exhibit I asked if the dolphin was of a higher or lower level of evolution than mankind. Aisell said that he didn't like to use comparative terms when discussing any species. The point he made was that regardless of where we pegged the evolution of any species on the human scale, all species are highly evolved when communicating with their own. And, as if to throw a curve at mankind, he asked if we thought that the human species was the most evolved on the planet. "Yes! Of course!", I replied. Aisell then said that for the most advanced species on the planet wasn't it odd that

we couldn't communicate with any other species (all of whom we consider less evolved). He even questioned our ability to communicate with all of mankind, in light of events taking place on the planet. This was certainly a lesson in humility, considering that we manipulate the environment and dominate all other species.

During the three hours that followed, Aisell showed us how he was able to carry on two-way communications with every species at Sea World. Yet, never did he use the channel to make any vocal sounds (other than to talk to us). Since that awesome experience we have tried to gain an understanding of the method used by Aisell on that wonderful day. In Initiation, Elizabeth Haitch describes non-verbal communication: "For the most part we meet through uniting our consciousnesses...and in this union we see each other's thoughts."

Recently a fellow Updater loaned us the lovely book Kinship With All Life. In it, author J. Allen Boone describes a relationship that he established with the movie dog, Strongheart, in which there were no barriers to communication and understanding. Boone credited his four-legged trainer in establishing this non-verbal communication. "With the dog's patient and guiding help, we were able to communicate our individual states of mind to each other and to exchange points of view. His innate wisdom had topped my intellectual reasoning at every point." In describing the method used in opening the channel of communication, Boone said, "I relaxed into a pleasing feeling of suspended animation. When I went into that blank state of mind, without knowing what I was doing I had become mentally open and receptive. I had at last made contact with that seemingly lost universal 'silent language'. As the ancients pointed out long ago, all life is innately equipped to speak with all life whenever minds and hearts are properly attuned."

The Ogatta group has pointed out that telepathic communication is common to most civilizations in the cosmos. There can be no secrets and deviousness when your thoughts are available for all to receive. To add emphasis to this point, Strongheart gave this lesson to Allen Boone: "Each visitor to your house is constantly broadcasting the real facts about himself, his thinking, his feelings and his emotions. Nothing that any of them do on the outside can possibly hide these facts from any alert animal or human."



Playing Glacier at Reisha Way

We are remineralizing the soil at Reisha Way. Nature's method requires both glaciers to grind the rocks in the top layers of the earth's crust and winds to carry the rock dust to other points around the world. Here on our mountain top, we're playing 'glacier' by spreading ground rock from a local glacial gravel pit on our land. It has the same effect as natural remineralization (we think) and can be done with far less trauma than an 'ice age'.

The thesis of soil remineralization came to our attention in John Hamaker's important book, "The Survival of Civilization". He says that glaciation occurs whenever soil minerals left by the last glacial period are used up and plant life can no longer regulate the air's rising level of carbon dioxide (CO₂). Since plants are the prime removers of CO₂ from the atmosphere, the degeneration of our forests and green areas allows for an ever-increasing atmospheric CO₂ build-up. The Environmental Protection Agency and the National Academy of Sciences have both reported on the CO₂ build-up. (Although we believe their conclusions are erroneous--see Update Jan/Feb '84--we share the Agencies' concerns about a CO₂ explosion.)

All of the trace elements and minerals needed for life to exist as we know it are contained in glacial gravel. It is part of what we call the "seven step chain" to life that allows [1]-soil micro-organisms to get the trace elements to [2]-produce the enzymes needed to [3]-make the protoplasm compounds required by the plant roots. Then [4]-plants convert the energy of the sun and [5]-release oxygen while withdrawing CO₂ from the atmosphere to [6]-maintain the proper CO₂ balance while [7]-providing all of the nourishment that is needed by all species on the planet to survive. (Whew!!)

If this seems complicated, know that the legendary Hunzacuts of the Hunza Valley, healthiest and longest-living people, add to their soils each year a mixture of finely ground stones from the local Ultar glacier. Closer to home, but ten thousand years ago, the Mississippi Valley was fed and built up by a runoff from the glaciers. Corroboration came from the U.S. Dept. of Agriculture in 1959 and again in 1963 when the fertilizer laboratory in Beltsville, Maryland

released articles stating that nature's gravel dust methods do indeed work.

At Reisha Way we are adding about one ton of gravel dust per acre in our pastures, and spreading it much more thickly in our vegetable gardens. Hamaker reports adding 40 to 80 tons of river gravel screenings to his organic garden with outstanding results. Alan LePage of Barre, Vermont added about 6 inches of gravel screenings to an infertile, waterlogged section of his farm and reported "the development in the soil must have been awesome because the plants showed no interest in terminating growth." We will report our own results as the year progresses. Meanwhile, it certainly is fun being able to apply some of the things we read and think about to our own fields.



An additional note on a related matter: Scientists are now concluding that the May 1980 eruption of Mt. St. Helens in Vancouver, Washington, far from being a disaster, may in fact have been something of a Godsend. Not only are the trees and wildlife in the area recovering far more rapidly than expected, but wheat and other crops have actually improved. Why? Because the scattered volcanic ash "...worked like a mulch--it held the soil moisture in the ground," Scott Hanson of the State Wheat Commission told the AP wire service. This conclusion should hardly come as a surprise to Update regulars. As reported (Update Mar/Apr '83), geological forces such as earthquakes, volcanoes and glaciers balance erosion by rescuing vital sediment from the ocean floor. At Reisha Way, we're playing glacier--but we're not quite ready yet for a game of volcanoes!



"If you reveal secrets to the wind, you should not blame the wind for revealing them to the trees." -Kahil Gibran



MOUNTAIN MUSINGS

Living on the mountain is like re-entering the classroom. There are so many skills to learn, so many activities to observe, so many things to do. Take the schedule I have substituted for my daily commute to New York. I wake up at 6 A.M. and start a routine. To those from rural America it's known as 'chores'. To me, it's seeing my four-legged friends. The group divides into three categories: house friends, goat pen dwellers, and the barnyard/pasture group. The behavior of each group is very consistent and I know what to expect each day. (This is NOT a statement I could make when I entered the business world in New York.)

The 'house friends' are four in number and dwell just outside our house at Reisha Way. There is Atom, a Golden Retriever over a year old, and his side-kick, Ufo, a Golden Retriever puppy. They have separate dog-houses, but prefer to bunk together. Atom acts as Ufo's friend, teacher, mentor, and surrogate father when needed. Those of you who have had this smiling breed know that the puppy stage is the longest continuing comedy routine in town. Complementing the dogs are Thomas the Cat, and Yoda, Tom's daughter, born into Greta's hands. While the former is a grey, travelling Tom, and the mother is a black and white alley cat, Yoda has crossed blue eyes and all of the other markings of a full blooded Siamese. (How would you explain that?) They have their own "cat house", separated from the dogs by a closed gate which they can get through but the dogs cannot. Tom raised Yoda after she was taken from her mother, and now acts as second surrogate for Ufo when Atom isn't on the job. It's a cozy setup and a great learning experience for us to see how animals of different species get along and care for each other, while simultaneously maintaining separate traits and exercising their own territoriality. Mankind could learn a myriad of survival techniques by observing this selfless but self-sufficient foursome.

The goat-pen dwellers currently number five. There are Mignon and Heidi, two pregnant nanny goats who could explode the population momentarily, and Banjo, an emasculated Billie, the father of the unborn kids. (We got to him too late.) Greta's Father's Day gift to me was Lambchop, a beautiful blackfaced white sheep, followed on our

anniversary by Dalai the llama. After the 'house friends' have been brushed and have eaten, my routine takes me to the pasture of the goat-pen dwellers. This constitutes an outing, and I'm chaperoned by most of the 'house friends' who like to feel part of the process. The five goat-pen dwellers live in total harmony, but differ aggressively in their eating habits. Because of this, a separate technique is required to feed Dalai or he would lose his food to the goats. I put a leash on Dalai's muzzle and walk him like a big dog. During the walk I groom him, and feed him out of my "magic pocket" which contains a mixture of horse grain and rabbit pellets. Shortly after I started this, an old bromide came to life: "She follows like a sheep". It's very true. Lambchop followed me to the gate when I leashed Dalai and took him up the road. One day I let Lambchop come along and now she is part of the entourage. If you happen to drive into Reisha Way around 7:30 any morning, please watch for a weird person walking his pet llama and sheep, alfalfa hay dripping from his pockets, accompanied by his dogs & cats. (Any of you 'stress counselors' add to your list of stress-release activities, walking your llama and sheep. It is guaranteed to succeed!) Our walk takes us to the front door where one of us rings the door chimes, and Greta joins the group for a few moments of togetherness.

The final phase of my 'commute substitute' takes me to the barn and pasture group. We have plenty of good grazing pastureland for our horses, Star and Sam, but during the winter months they require supplementary help from bailed hay and horse feed. They understand these early morning visits and head directly to their feeding stalls. (Later in the day a visit from us would mean "it's time to carry those dead-weights around on our backs!") By the time this routine has been completed, an hour or so has passed, and I'm back at the house and ready for the day's work projects.

The only comment that I'd like to add to this 'living on the mountain' is that in the year-and-a-half that Greta and I have been at Reisha Way, the beauty of our planet has become more focussed for me. The sunsets seem brighter, the twilights duskier. In short, I feel fifteen years younger than when I first arrived. And let's face it... that's not all bad.



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

Quoting THE REAPER, 3/8/84: "The harsh and variable weather and climatic changes which are clearly the trend now, have, with 100% historic reliability, destroyed centralized federal governments. It will destroy ours within the next 8 years. The trend is toward fragmentation and decentralization - local government and individual responsibility. The movement toward a One World Order will fail. It is precisely the wrong thing at the wrong time in history climatically speaking. And we are headed for some of the worst earth changes we have seen in 5,000 years of human history. What we have experienced so far climatologically over the past three to four years is simply a return to what has been historically a normal climate." Mother Nature must have agreed with McMasters at the Reaper. At the end of March she put on an awesome display of her power: Mauna Loa and Kilauea, sister volcanoes on the big island of Hawaii, erupted simultaneously for the first time in 116 years, endangering Hilo, the island's largest city. A freak storm battered the Eastern U.S. and 45 tornadoes struck No. & So. Carolina. Thousands had to be evacuated from coastal regions in New Jersey because of flooding. Wind-whipped waves chewed up part of the famous boardwalk in Atlantic City, and a 166 year old 60-foot stone lighthouse was swept away on Nantucket Island off Cape Cod. Across the globe a powerful earthquake rocked broad areas in Soviet Central Asia. The Russians, while not quick to report internal disasters, described the quake as "devastating"...with extensive damage.



Mexico City has turned into the noise capital of Latin America. Noise levels have quadrupled in 15 years to a deafening average of 80 decibels in many neighborhoods, according to the Mexican newsmagazine, Punto, which warns, "Drastic measures to control noise must be applied...or Mexico City will become unhinged." Some of you will remember the lead article in Update Vol.2, No.4 titled "On Hearing Deprivation...AN ENERGY EVENT". In it we said that problems can result when everyday frequencies within normal range are amplified or excited to abnormally high levels. Excessive noise is an example of one energy that can be deleterious to your health.

"Desertification", the deterioration of productive land into deserts, continues without letup at the rate of 14.8 million acres a year. According to the chief of the desertification branch of the U.N. Environmental Program in Kenya, Gaafar Karrar, we could lose one-third of the world's existing farmable area by the year 2000. The spread of deserts threatens 35% of the Earth's land surface, or about 45 million square miles, directly affecting approximately 850 million people.



The journal, Foreign Affairs, is an intellectual quarterly publication detailing the foreign policy record of the United States and many of the political crises occurring around the world. It is written by academics for academics and other foreign policy intellectuals. We were therefore very interested when we read a piece of "Nature's Plan" in the winter issue in an article entitled Africa Beset. We quote from J.S. Whitaker's article: "Nature smote Africa with particular fury in 1983. Drought struck parts of Sahel, West and Central Africa, the Horn, and the southern African breadbasket, killing crops and heightening the vulnerability of livestock to the epidemic rinderpest disease...From the Atlantic to the Indian Ocean, the second year of poor rains has devastated crops in South Africa and its neighbors. Zimbabwe, which exported food to 15 African countries in 1981-82 (and in 1982 sold the U.N. a third of the food aid provided under its World Food program in Africa), incurred a 1983 drought bill of almost \$500 million...South Africa weathered what was in some areas the worst recorded drought in two centuries. This season of arid weather may permanently reduce the fertile areas...The nations of Africa are less and less able to feed themselves. According to a World Bank estimate, more than 60 percent of Africa's population eat fewer calories a day than the United Nations has estimated are necessary for survival."



Tom Blair in San Diego explains the difference between involvement and commitment: "When you look at a plate of ham and eggs, you know that the chicken was involved. But the pig was committed."

Much is being written about George Orwell's epic book, "1984", because the year is here. The significance, however, isn't the date. 1984 is an anagram of 1948, the year the book was written. The impact of the book lies in its message of the government's interference in our daily lives. Many believe the book was directed at the Russian totalitarian form of government. Indeed, "1984" is banned in the USSR with very heavy penalties imposed on anyone caught with the book. Most of you have read the book and have formed your own opinions. But we want to share with you the analysis of Harry Schultz published in his International Letter.

"Not only do I now fear internal controls more than external war, but I want to define the internal threat. My worry is not so much toward a single Big Brother dictator or even a Politburo group of dictators. Rather it is the nature of man I fear. Why? Because power corrupts. As we have moved & are moving toward bigger govt, we get more bureaucrats, which means giving nearly absolute power, in every nation, to hundreds of thousands of civil servants, who have total control over specific areas of your life. Man is too weak, by & large, to resist the surge of power, to rule over others, arbitrarily. Whether it's a driving license clerk/inspector/tester, or a postal-counter person, or a city planning commissioner/clerk/aide, or a passport/customs official, a govt tax auditor, etc. Each is a little tin god for his little department & you have no power against them. Put all these little tin gods together & they are a collective Big Brother! BB already exists. He grows as govt personnel numbers grow. To kill BB, you must cut off govt payrolls. There is no better way."

The Cosmic Watergate

Given the extravagant amounts of publicity that attended Watergate, Billygate, and Debategate, we feel that the Cosmic Watergate deserves a bit more attention. Our favorite UFO watcher, Dr. J. Allen Hynek, who was the chief debunker for the U.S. Air Force's Project Blue Book for two decades, makes some interesting points in his newsletter. Hynek notes that the U.S. government's efforts to cover up UFO information has a decidedly schizophrenic complexion. On the one hand, officials "completely and publicly (disavow) any serious concern with UFO reports...on the grounds that UFOs do

not in any way affect national security." On the other hand, the "Government and its military branches were, and still are, deeply concerned with UFOs precisely on the grounds that the do affect national security." The net result is a refusal on the government's part to release sensitive UFO-related documents.

Hynek's information comes in large part from a dedicated group called Citizens Against UFO Secrecy. This group has gone to great lengths to obtain CIA and NSA documents through the Freedom of Information Act (FOIA). After wending through the court system, the group finally reached a Federal Appeals Court which ruled that release of such documents "would seriously jeopardize the work of the (NSA) and the security of the United States." Now, it does not take a Sherlock Holmes to see that the government has UFO data it does not want to share with the public. So persistent government proclamations about official disregard for UFO reports must be met with firm suspicion.

We realize that this is 1984, the year of Newspeak, but really the contradictory statements coming out of Washington can not fool even a child.



BROTHER IS



Our thoughts go out to Ann Smolowe who is fulfilling a dream by walking the entire Appalachian Trail from mid April to mid October, a total of 2100 miles. Past Southeast Regional Manager and Manager of Corporate Services for the American Stock Exchange, she has the blessing and backing of many of her companies who are donating "a dollar a mile" to their favorite charities in Ann's honor. Few women have made this trek solo, and none have done so in quite the method which Ann is planning. When she returns from having accomplished this prodigious feat on the "A.T.", having walked from Georgia to Maine, we know that she will share her experiences in many survival aspects with other Updaters. We wish her Godspeed.

"Against All Odds"

In Update Vol.3, No.2, we quoted Wolfgang Di Pauli, who won a Nobel Prize for laying the cornerstone-principle in modern physics, and who had this to say when defining coincidences: "Coincidences are the visible traces of untraceable principles." Of course, mathematicians can explain coincidences by known laws of statistical probability; but when laws of probability deem events to be statistically improbable, those events are still possible. Probability does not explain that much. Carl Jung recognized this and collected 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 bodies of information to others, present and future, worldwide." His theory comes from research in crystallography. (Remember him from our editorial on morphogenesis?)

And sociologist Ithiel de Sola Pool of MIT has demonstrated that any randomly selected American can be linked to any other randomly selected American adults by only two intermediates in 99 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 Bryson suggests that the next time you are with 22 strangers, ask each to disclose his or her birthdate. The odds are better than 50-50 that among the group of 23 chosen at random, at least 2 will have identical

W

birthdays. Dick and I have tried this and it works! Ah, coincidences...a mind boggling subject indeed.

Self-Treatment for the Eyes

When Dick and I went to China, we were struck by how few people wore glasses. Even the elderly artisans who stitched intricately delicate embroidery did their work without benefit of eyeglasses. Then, we were taken to various schools to see the children at work and play, and we noticed that every morning, the children were expected to do their one-minute eye exercises. American children pledge allegiance to the flag and Chinese children do eye exercises! Part of their homework is to repeat the eye exercises once in the evening for a total of two minutes each day. And it works! The simple stimulation of ancient acupuncture points for the eyes is done with a massaging motion of the fingers...and this stimulation of the points helps to maintain healthy eyes and at the same time functions as therapy for eye disorders. Here are those 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: 1-2-3-5-4. With thumb on lower jawbone, place index fingers and middle fingers together against both 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 8 times for a total of one minute of massage twice a day. The results are amazing! Try it, and after a while it will become as automatic to your routine as brushing your teeth. It will help you to "see clearly".

Our eyes are the only area outside our skulls that contain brain cells.

A 'DIRTY BLOW'

Well, the furnace cut off and the oil backed up. And down. The smoke alarm went off at 2:20 in the A.M. revealing that almost every inch of Reisha Way was covered in oily soot from ceilings to floors. So what else is new? We were determined to keep it all in perspective throughout the ten 16-hour days of cleaning crews and insurance inspectors. It could have been worse. It could have been a fire. An experience such as this one certainly tells a person what is important and what is not. You find out what you can live with...and without. The company continued to flow through - and put up with the chaos and inconveniences imposed unexpectedly. Life is almost back to normal. What was new..or looked new..certainly now has had wear and tear, but Dick and I have learned quite a bit as a result of the accident. We found that together we could laugh in the face of adversity. We realized that dwelling on the positives certainly minimized the negatives which had a way of fading surprisingly quickly. We discovered that offers of help, and extensions of friendship, were forthcoming from the least expected places. And we reaffirmed what we already knew: that 31 years of married life is a comforting backdrop against which to work things out when life goes amuck and deals you a very 'dirty' blow.

UFOria

Yes, it's official! There ARE such things as UFOs. The Ministry of Defense of Great Britain, at the urging of the UFO group in the House of Lords, has finally come clean. We reported the founding of the All-Party UFO group in the British Upper Chamber in the July/Aug 1982 Update, and are delighted at their ability to hang in there and get a result. Until now the government had always refused to release details of UFO incidents passed to it. For openers, copies of 16 reports of sightings over Wales have been sent by the Ministry of Defense to the British UFO Research Assoc. Bravo!

• • •

When an eighty year young Updater visited Reisha Way recently and was asked the best part of being an octagenarian, he answered, "So little peer pressure!"

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

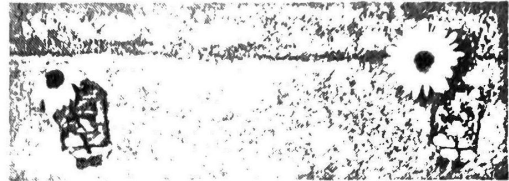
Information herein is gathered and condensed from sources believed reliable, but cannot be guaranteed as to accuracy or completeness.

Reproduction or copying of WOODREW *UPDATE* is not permitted without written consent of the editors.

Copyright 1983: The Woodrew *Update*.

Talking to Plants: Experiment

The flood of mail with positive results on our experiment of talking to plants was a joy to receive. The few of you who opted to use music had marvelous results as well. Here is a picture of the results from a Midwestern Updater--and one look is worth a thousand words. Except for this comment from Bob Schochet: "Yes, I talked to my plants. I talked to my electronic plant in Pennsylvania and my textile plant in New York." Well, we can't win 'em all!



MEMO

Many of you have sent for specific and back issues of the Updates at \$4 each. Should anyone want a complete set for personal record and reference, or as a gift, however, they are now available as a Spring Special of \$50 for the entire package (tax deductible, checks to S.T.A.R.). As one original subscriber wrote: "We keep a full set, in sequence, in a 3-hole binder. It's great to be able to 'think and relate' to daily material through the Update pieces."

S.T.A.R. ACTIVITIES

The working blueprints for the S.T.A.R. House were finalized at a meeting in Winston with architects, builder, electrician, plumber, solar expert, and yours truly. It will all become a reality this week when we actually break ground. Computer sketches are in the making so that you can dream along with us. Very exciting!

All roads lead to...Reisha Way (pronounced REE-sha). Updater visitors included Brown & Reisner (CT), Pecks (IL), McDevitts (CAN), Burns (VA). Repeat and welcome guests were Pearlman & Addario (CT), Lotmans (PA), Sonnabends (FLA). Healing thoughts go to the Majewskis who had to cancel their trip from California. And speaking of subscribers, we are now represented in 13 foreign nations with our latest Updaters in Egypt. Get that 'echo' going!

"If we do not change our direction, we are likely to end up where we are going."

The *Update* WOODREW

GRETA WOODREW/DICK SMOLOWE • 448 RABBIT SKIN ROAD • WAYNESVILLE, N.C. 28786 • U.S.A.
A S.T.A.R. FOUNDATION publication: Donations Tax Exempt • (704) 926-3440

JULY/AUG. 1984
VOL. 3, NO. 6

"CHANGES" . . . A PERSONAL VIEW

Change is often unpredictable. But it is predictable that when change hits, humans will scurry to impose comfortable old habits on new situations. We are no exceptions to the rule. When we uprooted our Connecticut lives and moved to North Carolina a year-and-a-half ago, we promptly slipped into an old habit that we both find reassuring: drawing up schedules--and then getting things done "on time". This quirk of ours is something that a very special lady in our lives described as "planning your work and working your plan". Since the Ogatta group had suggested that we "be in place by 1984", we figured we were ahead of the game by moving in January 1983. Still, we were like two beavers as we set about identifying what needed to be "done".. and then drawing up a schedule.

The first six to eight months were devoted to adapting the rooms in our new house to our tastes. Utility and comfort are subjective, and all owners must put their individual stamp on a house before it fully becomes their "home". We arranged open spaces within the house to handle family and friends comfortably. We built offices and a library to accommodate our work habits and installed sliding glass doors to better see the surrounding mountains. All of this was completed by August of 1983; and again we were happy to be 'way ahead of schedule. During this period we also put together a cooperative group of skilled craftsmen: carpenters, plumbers, electricians, painters, carpet layers, masons. They would eventually be called to work on the big project, the S.T.A.R. HOUSE.

We had promised each other that we wouldn't immerse ourselves in landscaping until the interior was completed. We now turned to the outdoors. To date we have planted over 5000 rhododendron, mountain laurel, locostia and azalea--and we're still not finished. Actually, we can't visualize plantings ever being completed. (We're fortunate to have

two great landscaper friends, Sue and Phil, Updaters both, who come to Reisha Way at six month intervals and thus ensure a landscaping success.)

There were several other outside projects that we wanted to complete before undertaking the S.T.A.R. HOUSE this Spring. They were: 1) Build a road along the ridge above Reisha Way. This would open up seven beautiful acres with a panoramic view that we hope may help entice our children to join us eventually. 2) Build a much longer and steeper road on a nearby 20 acres. We purchased this land jointly with special friends to take it off the market (it directly faces Reisha Way) and to have it available for whatever needs might arise in the future. 3) Bulldoze and reshape an unattractive half-acre hill facing us. 4) While doing this, we aimed to build a work-shop into the hill since we had eliminated another work-shop space while renovating the house.

These were all short-term projects to be handled during December and January when periods of bad weather hamper heavy equipment from tackling larger jobs. Both the master carpenter and 'dozer operator warned us that bad weather might block work on some days, but they assured us that these jobs were not problems and could certainly be completed on schedule.

Now, as Updaters, you all know that we fully expect climatic change to upset normal weather patterns. So you may be amused to learn that through five months of inclement weather (Dec. - Apr.) we both failed to relate the freakish weather behavior to "Nature's Plan". Let's face it. We all have our blind spots--especially when confronted by something we don't want to see. It will also come as no surprise that we did not complete a single one of our scheduled outdoor projects. Freezing and thawing, torrential downpours and rapid drying, all prevented us from making a dent in our

land. We want to stress that none of this weather behavior was unusual; but the rapid shifts were unprecedented. Our Waynesville natives say they have never seen such a fickle weather pattern. (Did you find the same in your own neck of the woods?)

It is now the middle of June, and we are back to work...more than three months behind schedule. But, as we tell each other daily, the schedule is our own, and failure to meet it bears no grave consequences. Our steady stream of visitors ooh and ahh over what we have done. Yet, in our very human way, we find that falling behind a schedule we have planned and set still gives us knots in the gut! Our "Eastern Establishment" stomachs don't always listen to our "New Age" perspectives; they sometimes prefer familiar old ways. What can we say? Habits are tough to break---even when changes hit us right between the eyes.



The response to our HUNDREDTH MONKEY editorial was extraordinary. Many Updaters expressed the hope that they might contribute to the hundredth monkey phenomenon in the area of raising consciousness and stabilizing new behavior patterns. During our fourth appearance on KABC's "Open Mind" talk show with Bill Jenkins in California I told the story of the monkeys over the air to the half-million listening audience. Their response was intensely gratifying. Now, to satisfy Updater's requests for more information on Rupert Sheldrake's new "hypothesis of formative causation"...morphogenetic fields...we paraphrase the following from his book, A NEW LIFE SCIENCE. Living species or systems are more than the sum of their parts. They possess properties which cannot be fully understood by breaking down the pieces. No one part either determines the form or shape of the species, or dictates its evolutionary path. Currently, biology can trace the steps in development from seed or sperm cell and ovum to birth and beyond. However, it only approaches the mechanics of the process. Sheldrake's hypothesis addresses the unanswered (and maybe unasked) question of why the species assumes the characteristics and form it does. The theory states that

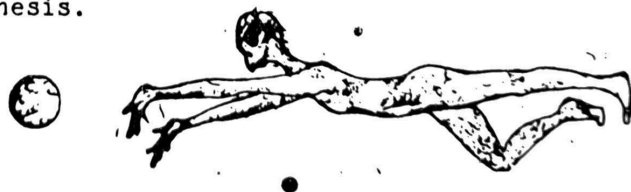
ψ
W

specific morphogenetic fields are responsible for the way the species has evolved to date. The species resembles the composite characteristics of all previous members.

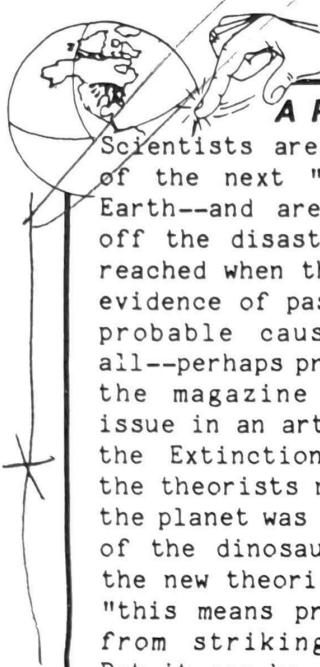
Don't be concerned with the names given in this theory. A seed or a sperm cell and ovum is called a 'morphogenetic germ'. It takes this 'germ' to tie into the influence, or 'morphic resonance', of this shaping force. 'Morphic resonance' is not explainable in terms of transmitted energies. It is non-energetic. But, it is as effective over 10,000 miles as it is over 10 feet, and as influential over a century as over an hour.

One oft-repeated question was whether or not other examples have been tracked, and the answer is yes. The most well known example involves the Parus Caeruleus or Blue Tit of Western Europe. These little birds recently learned how to open foil caps of milk bottles left on doorsteps...and drink the cream off the top. Having started in one small area, by imitation the practise spread. Suddenly, it started happening across the **entire continent**. (Incidentally, the dairies are recognizing the bottom line which will entail coming up with a different kind of sealing process if they wish to stay economically viable.)

An exciting aspect of the theory is that each of us influences the 'field'. The living members continue to contribute to and change the morphogenetic field. The field is constantly influenced by environmental, social and atmospheric changes. By exerting enough influence an evolved consciousness can alter the influencing field (hence, "the hundredth monkey" syndrome). The characteristics of survival and a brighter tomorrow for mankind are therefore integrally tied to Sheldrake's hypothesis of formative causation...morphogenesis.



Kudos for our editor, Jill Smolowe of Newsweek International magazine, who received the Overseas Press Club's Madeleine Dane Ross Citation for International Reporting. Her Child Labor cover story was simultaneously applauded by The Odyssey Institute which awarded her first place in their Media Awards competition, category national magazines, feature article.



A PART OF NATURE'S PLAN

Scientists are now addressing the prospect of the next "extinction" to visit Planet Earth--and are wondering if they can head off the disaster. "The stage has now been reached when the human race can contemplate evidence of past extinctions, discern their probable cause, and--most remarkable of all--perhaps prevent the next one happening," the magazine Discover states in its May issue in an article entitled "How to Prevent the Extinction." The article notes that the theorists now postulate a comet striking the planet was responsible for the extinction of the dinosaurs 65 million years ago. "If the new theories are right," says Discover, "this means preventing comets or asteroids from striking the earth--a tall order. But it can be done."

Today, scientists in labs from the Massachusetts Institute of Technology in Boston to the Jet Propulsion Laboratory in Pasadena are seeking ways to divert a comet or asteroid from collision with the earth. One method, described in Discover, involves firing an explosive warhead into the atmosphere to change the object's trajectory. The closer the asteroid or comet comes to the earth, the greater the amount of explosive needed to change the course. Or so scientists are theorizing.

"The warhead could be detonated either behind the asteroid (comet) or ahead of it, to speed it up or slow it down. In either case, the change in speed would alter the asteroid's orbit, causing it to miss the earth" the article notes. The key problem.. and the most difficult one..in intercepting an asteroid or comet headed for the earth is spotting it in time. Estimates that the minimum warning needed to take effective action against an approaching asteroid would be about five and a half months. This would allow time for a missile to travel to the object while it was still far enough away to be effectively deflected. But even with the most powerful telescopes, infrared satellites, and sophisticated computers, astronomers cannot be sure of sounding a timely warning."

The Update usually avoids specific predictions because they are so often inaccurate. Greta's "scenario" as described by the Ogatta group is devoid of specifics (although it is unfolding before our eyes daily). We did, however, recount an incident in the Jan/Feb 1982 Update in which Greta was shown

(not by the Ogatta group) a comet striking Planet Earth. Greta's decision to reveal this 'futurism' was triggered by her later reading a prediction by Elizabeth Van Buren that "a comet will tear the earth." The Ogatta group was able to block the place and date of the collision--but not the images of destruction. It remains a living horror for Greta.

At the time we wrote "PSI..ETI..and COMETS," there were details and statements from the Ogatta group that were omitted because we didn't feel they were pertinent to the article. With Discover's publication of the work on intercepting comets, however, we feel we should share this information. Several projects are underway to intercept Halley's Comet in 1985-86 to discover the true nature of the nucleus of a comet. It is currently thought to be a 'dirty snowball' and to contain mostly ice. What we will learn, the Ogatta group told us, is that the comet has a nuclear furnace in its center. Were a comet to strike the earth, its impact would equal that of a very major nuclear explosion. What the other extra-terrestrial group showed Greta in trying to dissuade her from speaking out is that all of the efforts of the world powers to detonate the comet and/or divert its collision course with earth will fail. The comet will strike a population dense area somewhere on our planet and many will perish. It is part of "nature's plan".

Tesla Tidbits

Much has been written about Nikola Tesla, the inventor extraordinaire who refused the Nobel Prize for his discovery of alternating current electricity. Every now and again, more facts come to light about Tesla's supra-normal abilities. Here are some random and tantalizing tidbits. Tesla could hear thunderclaps from 550 miles away instead of the normal 150 miles. He could hear a watch tick from three rooms away and a train whistle from a 21-mile distance. His pulse fluctuated wildly from sub-normal to 260 beats per minute, and whenever he passed under a bridge, he experienced a crushing pressure in his skull. He had an innate rapport with birds--and he firmly believed in extraterrestrial life. For our numerologists, note that he favored numbers divisible by three. Tesla, who shunned orthodox medicine, chose his moment to die and then passed away peacefully in his own bed on Jan. 7, 1943.



MOUNTAIN MUSINGS

It's May 22nd, and I've just returned from putting our daughter, Ann, back on the Appalachian Trail (AT) to continue her journey from Georgia to Maine. The AT passes within 20 miles of Reisha Way, and Ann came off the trail after her first 250 miles to re-align her 42-pound backpack and readjust the packages of the supplies she has carefully planned and which we mail to her at designated drop-points. It was a time for reflection as I watched our smiling youngest resume her awesome journey along a 2100 mile route.

Greta and I have long appreciated the importance of what historian Arnold Toynbee has termed the "time honored unit of strength," the family. From the beginning we tried to establish an enclave of support from which each of the family's members can draw needed strengths and give to the unit their very best. Sometimes we're proud of our achievements; other times we are painfully aware of our inadequacies.

The Ogatta group offers some interesting alternatives that help to guard against such inadequacies. (Please realize that family arrangements were described in terms that Greta and I could fully understand and therefore we offer a limited view of the group's exciting family structure.) The family in the air-based Ogatta jorpah (planetary system) includes "two natural, merging parents" (genetic?) plus one additional male figure and two additional female figures. Each provides a strength and support from which the new entity can draw in his development to maturity. Each fills a vital parental role. These five 'parents' can be native to any of the planets in the jorpah, not just the one on which the entity is born. The reasons given are two-fold. It takes five mature entities to surround the youngster adequately with the love, understanding, knowledge, and time they deem necessary. And, it allows each of the parents to be productive in his/her chosen field while still parenting. They ascribe great importance to the role of parent. The future of their system depends on the job being done properly. While this is a most incomplete description of family life on Ogatta it suggests an alternative to a lot of the problems that arise in the two-parent (or lately, one-parent) families on Earth.



The notion of extended family is not totally "out of this world". "The Marriages Between Zones Three, Four, and Five", a novel by Doris Lessing of Britain, was recently sent to us by an Updater. We've always thought that Lessing writes fiction with a New Age flair that suggests input beyond her earthly knowledge. We were not surprised when we ran across this description of family life in Zone Three. "Several men were chosen as beneficial influences for her child. They were Fathers of the children just as much as the Gene-Fathers were. Every child in the zone had such exactly chosen Mind-Fathers, who were as responsible for it as were the Gene-Fathers. These men formed a group who, with the Gene-Mother, and the women who cared for the child, considered themselves joint-parents, forever available to her, or him, any time they were needed, collectively and individually. If she were pregnant, she could not begin too soon to choose her child's good influences."

At a time when "family" is becoming a lower and lower priority in our society, it is interesting to consider these alternative groupings.



ON NETWORKING

Since becoming 'new age' adherents, we've noticed the term networking cropping up again and again. But what networking actually is, we have often wondered. Guessing there are others who share our ignorance, we offer this definition of Networks & Networking from MINDSCAPE, a self-described group of explorers seeking to improve the quality of life through a new awareness of the power of the mind and the nature of reality. "Networks are people talking to each other, sharing ideas, information and resources. The important part is not the network itself, the finished product, but the process of getting there—the communication that creates the links between people and groups of people. In networking, groups of people come together through newsletters, workshops, phone calls, conferences, tapes, etc., to communicate about and attempt to address the concerns and problems that traditional structures have failed to address." Based on this definition we would call our Update family a very special, high quality Network of thinking individuals.



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

On NATIONAL FINANCE

& the SCENARIO

A day doesn't pass that we don't read about budget deficits, major bank problems or some other contributor to a possible financial change. Initially I thought it was unique to the times and changing global requirements. But, reading a passage recently from the 18th century Frenchman, Alexis De Tocqueville, who wrote so brilliantly on the founding of our country (Democracy in America), I realize that the conditions fall in the "it's all happened before" category. De Tocqueville wrote, "A democracy cannot exist as a permanent form of government. It can only exist until the voters discover that they can vote themselves largess from the public treasury. From that moment on, the majority always votes for the candidate promising the most benefits from the public treasury, with the result that a democracy collapses over loose fiscal policy." While this is much too simplistic for our complex financial times it does carry with it a strong political message. And, it speaks to the drain of institutionalizing large welfare systems.

ON FEDERAL SPENDING

The Grace Commission found that 100% of all the money the U.S. government collects in individual and corporate income taxes is spent for only two purposes: interest on the national debt and transfer payments to welfare recipients, etc. NOT a single dime of the enormous federal income tax is available for buying new military hardware, improving or maintaining existing federal facilities or running the federal bureaucracy.

On Federal Budget Growth

"The fastest growing segment of the federal budget is now the Civil Service Retirement System. Currently the fourth largest federal entitlement program, ranking behind only Social Security, Medicare and Unemployment Compensation, it will soon be third if the present rate of growth continues. The Federal Civil Service Retirement System also has a current unfunded liability of \$514.8 billion. Despite the Reagan administration's efforts to roll back taxes and reduce government interference in the economy, the fastest "growth industry" is the federal entitlements system." -The D.J. Hoppe Analysis.



Time Magazine has called our attention to a blight that is ravaging the forests in the eastern United States. Their article entitled "Puzzling Holes in the Forest" describes the damaged area as stretching from Maine to Alabama. It likens the damage in eight Eastern states to the devastation in West Germany's Black Forest, which we have already reported. Arthur Johnson, a soil expert at the U. of Pennsylvania is quoted as saying, "Most people think of remote mountains as ideal vacation spots that are very clean, but they're not. Most isolated areas in the mountains of New England have abnormally high levels of copper, zinc, nickel and cadmium. And the Green Mountains of New Hampshire, seemingly pristine, in fact rival big cities when it comes to lead pollution."

We found the article particularly interesting because it offers an explanation for the problems occurring on Mt. Mitchell, the highest peak in the eastern U.S. (and only an hour from Reisha Way). The mountain is enshrouded for as much as a quarter of the year in clouds loaded with acidic chemicals and toxic heavy metals spewed by industrial factories. This pollution has caused damage to red spruce, balsam firs, and other trees. We have seen the damage and it is heartbreaking. Man has upset the balances of the ecology and nature. It looks like a disaster area.



From the newsmagazine L'Espresso of Rome, we get a scorecard of European air polluters. The Soviet Union is first among Europe's "great polluters," emitting 25 million tons of sulphur dioxide annually and causing forest-destroying acid rain. Britain is second worst, third and fourth are East Germany and Czechoslovakia, with the highest concentration of sulphur dioxide per capita. The data comes from Swedish scientists. The article states that the Soviet Bloc ignores pollution controls because "...the obligations of the economy overrule other considerations." It quotes the exiled Soviet biologist Zhores Medvedev as saying that ecological disasters are frequent in the U.S.S.R., including a dike collapse last September that flooded the Dniester River with chemical fertilizer.

WHERE TO GO?

A familiar question asked of us is why we chose to live in the western mountains of North Carolina. "Did the Ogatta group direct you there?" We moved to this area for many reasons, not the least of which is the beauty and the peacefulness of the place and its surroundings. It has numerous advantages. All water emanates from the county. There are numerous springs right on our property. There is substantial quartz (not limestone) content in the mountains which surround us; this provides a very high energy level. These mountains do not hold the snow, and there are four definite seasons, each of which we have come to love. Our neighbors are survivalists in the purest sense.

"But what shall I look for?" is another matter. I wouldn't presume to tell another how or where to live, but Dick and I can pass along some of our own guidelines which helped us to determine where to relocate. Ask yourself these questions:

- 1) Is it far enough away from a major city to be safe in case of strikes, shortages, rioting?
- 2) Is it within reasonable distance of an airport? (For travel purposes, company, and freight and express mails.)
- 3) What are the cultural resources within a radius of 100 miles?
- 4) How are the shifting weather patterns affecting the area?
- 5) How close is it to a fault line? A nuclear facility? A pollution-producing industry?
- 6) What is the independence level of the average citizen?
- 7) Has the crime rate dropped or risen in recent years?
- 8) Can you grow your own food for year-round storage?
- 9) Are you permanently tied to your lifestyle? Job? Geography? (Think about these honestly and carefully).
- 10) WHAT IS THE WATER SITUATION?

"Surviving" is a term applicable to everyday living, not just during and after catastrophes. People seek change...and then often resist it. We did not. Viva, Reisha Way!

SUBSCRIBER Scribings

From their New Frontiers Center in Wisconsin, Updaters Mary Jo & Walter Uphoff share with us portions of the declassified report - "Controlled Offensive Behavior-USSR"

- by the U.S. Defense Intelligence Agency. It revealed: "The Soviet Union is well aware of the benefits and applications of parapsychology research. The term parapsychology denotes a multi-disciplinary field consisting of the sciences of bionics, biophysics, psychophysics, psychology, physiology and neuro-psychiatry. Many scientists, U.S. and Soviet, feel that parapsychology can be harnessed to create conditions where one can alter or manipulate the minds of others. The major impetus behind the Soviet drive to harness the possible capabilities of telepathic communication, telekinetics and bionics are said to come from the Soviet military and the KGB (Committee of State Security; Secret Police)."

The report further stated that "the potential applications of focusing mental influence on an enemy through hypnotic telepathy has surely occurred to the Soviets...Control and manipulation of the human consciousness must be considered a primary goal." We must never lose sight of the fact that there are U.S. covert government agencies which have also used mind-altering drugs and telepathy to program unsuspecting persons for spying and other purposes. We can tell you from first hand experience that goes back to 1978, that when the Russians beam ELF waves (Extra Low Frequency), there is no stopping or weakening these signals. When they hit their target, all that the recipients of those ELF waves can do is react. Not act. It's spooky! When we were in Iceland with the Frontiers of Physics Conference, Dr. Puharich let us know (after the fact) that he had detected on a special radio band ELF waves beamed at us from Riga, Latvia, at a rate of 6.66 Hertz. There were 42 scientists, Dick and myself, present. Every one of us became extremely nauseous, depressed, and/or highly emotional. The Good Doctor's short-wave radio provided the explanation.

Psychotronics--psychic warfare--is the subject today for many a seminar around the globe. All living systems tune in and react to frequencies beamed at certain wavelengths. Some of these frequencies can be used to weaken or control a species. It is a subject of grave concern to the thinking scientist, chemist, biologist, parapsychologist, government official...and man in the street. Any street. Anywhere. Everywhere.



POWER POINTS

Just as the body has certain centers, chakras, and pressure points where energy concentrates and accumulates, so the earth is dotted with power points where "etheric energy" is grounded. The power points are connected together by ley lines, or extensions of the etheric web. There are those who believe that these power points are the meeting place between two dimensions. They say that if the energies of a power point are properly anchored and stabilized, they can be used to influence life on the planet. THE MAGIC OF FINDHORN puts it this way: "When you convert a home from coal to electricity, you have to change the fittings and devices which are to receive this new energy; similarly, the consciousness of man must change in order to fully receive the New Age energies."

I have no doubt that there are power points and indeed power centers all over the globe. You cannot see them or describe them...you have to experience them. I had such an experience while walking in the mountains of North Carolina with four men. Suddenly, my left leg would not take a next step. It felt 'rooted' to the earth. At first I thought my leg was in an animal hole, but looking down, it was flat on terra firma. And unmoveable! Three of the four men with me were over 6 feet tall and all weighed more than 180 pounds. Collectively and individually they tried to pry my leg loose--and could not. It was bewildering and rather spooky, to tell the truth. One of the men - a gentle scientist - suddenly said, "It's a power point!" He suggested that we all stand still for a few moments, and then, as suddenly as my leg had "stuck to the ground", it suddenly released and I continued walking as if nothing had happened.

One of the four men was Dick. We talked about the episode for quite some time. We theorized that there is a vibrant and very powerful energy which forms a matrix all over the planet and is available to those who would seek and find it. For a few special moments in time, I think I found it.

Food for Thought & Storage

Here are some helpful bits and pieces of information from your fellow Updaters on the subject of indefinite food storage life: Whole kernel wheat (because it is protected from oxidation by Vitamin E without which the wheat germ oil would become rancid). Vinegar (not usually included in storage



programs but helpful in actual food preparations, recipes). Cocoa mix (sugar-filled but great cold-weather drink). Herb teas (make sure they are packed for 'long term' storage). Seeds (the nutritional value of seeds is protected by nature). NOTE: When storing, look for items that contain anti-oxidant food preservatives, e.g. BHT, BHA, Vitamin C, etc. Also, have some freezer-dried foods in foil packages on hand for short-term emergencies.

On ABSOLUTES

Most humans are obsessed by absolutes on which to hang their lives. Early in the relationship with the Ogatta group they cautioned us that we "had better learn to blur the lines...all lines." There are no rights and no wrongs--only our subjective interpretations of specific events. They pointed out certain customs that are interpreted as 'courteous' in one part of the world and 'rude' in another. We have come to expect reinterpretations of the constitution by the nine judges on the Supreme Court and cyclical revisions of history by eminent scholars. In other words, as the King of Siam once noted, the things of which we are absolutely certain, we really do not know.

Take the concept of a SUPERPOWER. The U.S. and the U.S.S.R. are acknowledged military "superpowers". But Harry Schultz, in his International Letter, shows other possible interpretations. The two economic superpowers, he says, are the U.S. and Japan. In terms of raw manpower the only superpower is China. The superpower of guts goes to Poland, the only nation to stand up to communism without weapons. In terms of the misuse of resources, the superpower is India; the best-use-of-resources superpower is HongKong. In Schultz's opinion there are two cultural superpowers, the UK and France, and one financial superpower, the U.S. He concludes by stating that "the U.S.S.R. is a mini-power, a micro-state (except weapon-wise) with a fourth-world standard of living and poor use of its manpower and resources. Only in the violation and suppression of human rights, does the U.S.S.R. rank at the very top--a very subjective view, indeed.

We don't necessarily agree with all of Mr. Schultz's interpretations, but they serve nicely to illustrate the subjective nature of words. There is only our personal notion of 'right and wrong', 'good and bad', that gives them their meaning. Pardon this absolute statement, but there are no absolutes.



The CIA looks at Psi Research

Jack Anderson ran two columns on consecutive days in the Washington Post about psychic studies and the involvement of the U.S. government in them. While Anderson seeks to keep the pot boiling with his column and tends toward the sensational more often than not, he is thorough in checking his information before publishing it. We therefore give you excerpts from the two columns without any further comment:

* "U.S. intelligence agencies won't talk about it, but they are rushing to catch up with the Soviet Union in what one scientist jocularly calls 'the race for inner space'--psychic research."

* "The Army's intelligence chief, Lt. Gen. William Odom is worried about intelligence reports that the Soviets are far ahead in psychic research."

* "The CIA also is taking psychic research seriously. Former CIA director Stansfield Turner told critics that their skepticism about the CIA's psychic projects was healthy but that the research should keep pace with their skepticism."

* "The CIA sent representatives to a parapsychology conference in Virginia last December. There was serious discussion of remote viewing. In fact, the CIA is now seriously pondering the possibility of raising 'psychic shields' to keep Soviet remote viewers away from our secrets."

* "The CIA's latest remote viewing project was code-named "Grill Flame," and carried out by Harold Puthoff and Russell Targ." (A-ha! Targ? With the CIA? See the last paragraph on the last page of the Mar/Apr. '84 issue of the Update: Vol.3, No.4.)

* "Despite some impressive achievements, sources told my associates that the psychics' success rate is only about 70%." (70% does not strike this psychic as too terrible.)

Tilting Toward Change

Edgar Cayce died in 1945, but not before he predicted that we of the late 20th century would experience a violent birth into a "New Age". Fifteen transcribed readings contain events predicted for the period ending with the year 2000. One prediction relating to the United States is: "The waters of the Great Lakes will empty into the Gulf of Mexico."

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

Information herein is gathered and condensed from sources believed reliable, but cannot be guaranteed as to accuracy or completeness.

Reproduction or copying of WOODREW UPDATE is not permitted without written consent of the editors.

Copyright 1984: The Woodrew Update.



It has been known for some time that the Great Lakes sit on top of the subsurface Michigan Basin. Geologists C.R. Longwell, A. Knopf and R.F. Flint, in their standard geological reference work, PHYSICAL GEOLOGY, write: "An excellent example of tilting on a large scale is offered by the Great Lakes. To the northeast the land has risen since the disappearance of the Great Ice Sheet (glacial rebound) and as a result, the lake basins have tilted southwestward. The tilting movement is still in progress..." Cayce's prediction is that the Great Lakes will eventually spill into the Gulf of Mexico via the Illinois Basin and the Mississippi River.

Now an article in the Science section of the New York Times, March 6, 1984 gives further scientific corroboration that such tilting is possible. "Scientists using earthquake waves to chart the earth's interior have indicated a deep-seated, super-heated zone beneath the western region of North America. It is proposed that the western and eastern halves may eventually split apart. The three-dimensional mapping technique also appears to show that the former floor of the Pacific Ocean now lies under the East Coast and western Atlantic."



STRESS is the product of an on-going, changing, troubled relationship between the individual and the environment.

S.T.A.R. Activities

On Thursday evening, Aug. 16th, at 7 P.M., Greta will be the Keynote Speaker for the Colorado Psychotronics Association at their Second Annual Conference in Denver, Colorado at Regis College. Many old and new friends in the scientific community will be present, and the opening presentation is anticipated to get the conference off to roaring start. If you wish to hear Greta "trumpet the voice" and deliver her address, please contact Dean Stonier (303) 457-0662, for any details and/or directions.

Last month we loved welcoming the four Groves (PA.), Dr. Layne Longfellow (AZ.), and returnees Keller (Switzerland), S. Androns (FL.), B. Androns (NC), and Sonnabends (MA.).

"Ah! Sweet anticipation . . . of the Stars . . . and Smells . . . of a Summer night!"

The *Update* WOODREW

GRETA WOODREW/DICK SMOLOWE • 448 RABBIT SKIN ROAD • WAYNESVILLE, N.C. 28786 • U.S.A.
A S.T.A.R. FOUNDATION publication: Donations Tax Exempt • (704) 926-3440

NOV/DEC. 1983
VOL. 3, NO. 2

COINCIDENCE--or KISMET?

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

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

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

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

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

The WHOLE Person

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

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

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

attended to much more than immediate medical problems. It related to what the World Health Org. calls the "complete physical, mental and social well-being" of the patient. And when the family physician laid his hand on the arm of the patient...or the concerned family members...who is to say that this did not constitute a "laying on of hands".

Holism, of course, does not permit the individual to relegate the responsibility for his health solely to the physician. Nor does it permit the physician to adopt a superior air when prescribing cures. Both the doctor and the patient have the responsibility for returning the individual to full health...and that means curing the 'cause', not medicating the 'effect'. The individual must squarely face the problems causing the trauma, no matter how painful this recognition might be. When it comes to our own health, we must each take responsibility for getting well again.



PATIENT, HEAL THYSELF

Anyone who has ever been through peridontial surgery knows, quite literally, what a pain it can be. Updater Ackerman recently had to undergo a mouthful of gum treatment. Her doctor had planned to book her in for a full year of gum surgery which was to include weekly visits and treatments. Cheryl had a better idea: why not take care of the messy business all in one shot? After some searching, she found a doctor willing to do it her way. She files this report about the day of the surgery: "I was terrified on the day of surgery only because of the pain that I anticipated. That is when my mind started talking to my brain and telling it about a capacity that it had: a natural pain killer called endorphines. I informed my brain that it was about to experience a trauma to its nervous system and imaged the surgical procedure. I announced to my brain that there would be great pain but that it would not 'feel' due to sedation; nevertheless, pain was involved in this

procedure and so it should manufacture its chemical endorphine to clear away that pain. It's really biofeedback."

Cheryl now reports that "...the entire procedure was pain free!" And during the five days before the stitches were removed, she used none of the pain killers the doctor had prescribed. She felt no pain. "I would like to believe that I was able to program my brain to make its natural chemical for a particular event," she writes. "I think that is what I did."

We think so too and send hearty congratulations to our stringer. Her experience demonstrates that the body is capable of taking care of itself--when we know how to send ourselves the right message.

Recognition of the "Other Way"

"A growing number of Britons are turning to so-called alternative medicine for treatments," reports Newsweek International. The royal endorsements of Queen Elizabeth and Prince Charles have gone a long way toward giving alternative methods such as acupuncture, osteopathy, herbal remedies and diet regulation a very strong boost. More than 2500 British physicians practice some form of alternative therapy, and a panel of the British Medical Association is now examining the feasibility of incorporating some of these methods into standard medical practices. Common to many alternative methods is the belief that stress and fear are major causes of the problem, and major stumbling blocks to the cure.

The UNIQUENESS of YOU

"You are one times one. You are 'blue roses'," writes Tennessee Williams in "The Glass Menagerie." And so YOU are. Man has been discovering the uniqueness of his physical being for some time now: in his fingerprints, in the proteins in his hair, in the droplets of his saliva and perspiration. We have written of the individual frequency pattern, or the electromagnetic print, that sets you apart from all others in the cosmos. Now, there is some new evidence of your unique composition. Your eye retina, it seems, has a pattern of blood vessels that allows for a positive identification. An inventor in Portland, Oregon has put together an EyeDentifyer that verifies your identity by scanning the back of your eyeball...and, apparently, precludes any mix-up with someone else.

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.

ψ
W

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

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

The scenario of "Man's Inhumanity to Man and Nature's Plan" is unfolding before our very eyes...if we care to look. Erratic changes in weather patterns are turning semi-deserts into swamps, threatening fertile lands with famine, and causing misery and economic devastation around the globe. Meteorologists, monitoring the world's climate, say that weather extremes are the most far-reaching in memory.

In Third World countries unchecked population growth compounds the problems. It lends to the increasing political instability, the malnutrition, poverty, overgrazing, soil erosion and deforestation that are all part of the picture. Demographers say there will be one-third more people by the year 2000. (We suspect, however, that the very problems caused by Nature and Man will hold this exploding population to well below the six billion mark.) Any one of these problems can be viewed as the most recent installment of a hundreds-year-old saga. But taken collectively, they point to the massive CHANGE that Planet Earth and all of its inhabitants are now beginning to experience.

One of the statistics aired at the June Conference on Trade & Development held in Belgrade in which 166 nations participated was that in the month the conference took place 3.5 million people around the world would die of hunger...half of them children. Death by starvation appears to have reached epidemic proportion in this period when the world is experiencing food SURPLUS.

"After the unusually heavy rains of spring, the midsummer dry spell and a heat wave have shriveled crops from Eastern farmlands to the west Texas cattle and cotton country." Newsweek calls it "The Big Drought of '83." We call it the changing weather patterns that are part of Nature's Plan. But we hardly feel smug about our early warnings. These weather dislocations are not only wreaking havoc with our environment, they are gravely affecting food production around the globe. If one-quarter of all humans already fail to obtain enough food to meet daily minimum nutritional requirements, what will be the consequences of the worldwide food deficits that face us in the years ahead?

South Africa has been experiencing the worst drought since the country began keeping weather records in 1840. The increase in malnutrition and starvation has resulted in many of the peasants eating seed grain rather than planting it.

WREAKING HAVOC IN THE WOODLANDS

The evidence keeps mounting that man--and Nature's--worst enemy is man, himself. We have spoken in other Updates about the very real threat of a planet so contaminated with carbon dioxide that global temperatures could drop, triggering an age of glacial fury as icecaps begin to melt and swell the world's oceans. This phenomenon, dubbed the "greenhouse effect", is still only a theory--but there is much hard evidence that it could really happen.

The planetary build up of CO₂ is directly traceable to the ongoing destruction of the world's forests. This has been going on for some time in Third World countries where slash-and-burn economies have devastated vast tracts of woodland. But the industrialized nations are hardly better. Central Europe is now facing "an ecological disaster of unprecedented proportions," according to the Union of German Forestland Owners.

The reason? Acid rain is destroying Central Europe's forests. And what is acid rain? It is a by-product created by man.

Not only trees suffer from acid rain. So do waterways, soil, and surrounding plant life. As Hamaker details the cycle, first the soil is demineralized; then soil micro-organisms die; plants become sick and die; CO₂ builds up in the atmosphere. Then there is ecological havoc.

Czechoslovakia has already lost 1.25 million acres of woodland. One-fourth of all West German trees and 148,000 acres of timber in Poland are beyond repair. Pollutants are now even beginning to take their toll in the Alps. Many countries feel that anti-pollutant devices are too expensive to prove worthwhile. But as Henryk Zimny of Poland's Nature Conservation League told Newsweek International: "We are too poor not to invest in our natural environment." Frankly, we all are too poor not to make that investment.



MOUNTAIN MUSINGS

Atop our mountain at Reisha Way, it is possible to distance myself from the scramblings of everyday life and to assess current world developments without the interference of personal investments and daily static. In this soothing setting, it becomes easier to "Think and Relate"--to try to detect some pattern in the myriad tiny pieces that cumulatively make up life on this planet. The gracious pace of the rural lifestyle affords me time to let my mind wander beyond the news offered in a particular day's news columns and to consider what lies between those lines--and what might lie ahead.

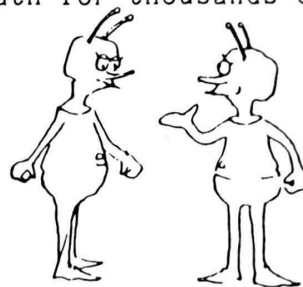
Given the nature of Greta's and my interests, it will come as no surprise that I follow reports of earthquake activity with particular interest. One recent item informed me that the meeting of geologists at the American Geophysical Union (GMU) this year focused on the probability of a major earthquake in the Aleutian Island arc in the North Pacific. Their findings showed the likelihood of a great earthquake, as large as 8.6 on the Richter scale, occurring in the next 20 years. [They pinpointed the Shumagin gap as the 300-kilometer-long stretch where this massive event would occur, and then broke the probability down to a 16% to 90% chance within 10 years, 30% to 99% within 20 years.] Since the North American tectonic plate overrides the Pacific plate in this area and historical records show great quakes occurring at regular intervals, the prediction is hardly daring. Yet the geologists felt compelled to stress that they were not making a "prediction"; rather, they were assessing "statistical probabilities".

Were I a geologist at this meeting, I would have been very "unscientific" indeed. I would have insisted on broadening the discussion to examine the possibilities of the tsunami that such an earthquake might produce. Because the Aleutians are islands, the likelihood of the quake moving a large piece of ocean floor is greater than the possibility of the epicenter concentrating on just one island. In such a case an 8.6 Richter scale quake could displace enough water to start a killer seismic sea-wave that would move out at speeds approximating that of a

ψ
W

jet airplane. Little would be felt until the wave reached a land mass. The decreasing depth of the ocean floor would then exert a braking effect on the bottom of the wave column (but not on the top) causing a 'wall-of-water'. This unstoppable wall would then move inland, toppling everything in its path.

It is to the probability of this tsunami and to the populated areas that could be wiped out in its wake that I would devote my resources and energies. Given the high levels of expertise present at the GMU meeting, geologists could have drawn up contingency plans that would mean the difference between a large material loss--and a major human disaster. There is still time to do this. As more information is added, the plans could be revised and fine-tuned. It might prove time-consuming. But it could mean the difference between life and death for thousands of people.



YOU KNOW GRETA, SHE STILL MAINTAINS
THE HOPE THAT SOMEDAY INTELLIGENT LIFE
WILL BE FOUND ON EARTH.

Intuition's Evangelists

DR. JONAS SALK, discoverer of the polio vaccine, says that "Intuition is something we don't understand the biology of yet. But it is always with excitement that I wake up in the morning wondering what my intuition will toss up to me, like gifts from the sea. I work with it, and rely upon it. It's my partner." (Salk made an intuitive leap to the identity of the correct vaccine). BUCKY FULLER, creator of the geodesic dome, said, "I call intuition cosmic fishing. You feel a nibble, then you've got to hook the fish." EDGAR MITCHELL, 6th man on the moon, believes that "...man's potential knowledge is more than the product of his five senses". (Mitchell founded the Institute of Noetic Sciences: Greek for 'intuitive knowing'). The late HERMAN KAHN, physicist-turned-futurist admitted that "...physics is all hunches and intuition. My research is a combination

of intuition and judgement." (Kahn was the director of the Hudson Institute).

DAVID MAHONEY, former chairman of Norton Simon, gives us this insight: "The chief executive officer is not supposed to say 'I feel'. He's supposed to say 'I know'. So we deify the word instinct by calling it judgement. But any attempt to deny instinct is to deny identity. It's the most current thing. It's me--in everything from picking a wife to picking a company for acquisition". As ROY ROWAN pointed out in his Fortune magazine article (which is freely quoted), "The intuitive boss, of course, is a recurring figure in American business. J.P. MORGAN ...and CORNELIUS VANDERBILT (who consulted clairvoyants and believed in ghosts) took enormous pride in their enormously profitable hunches".

Engineer ROBERT P. JENSEN, chairman of General Cable Corp., mused that mathematical analysis only got him to the point where intuition took over. "Intuition is picking the right moment for your move". (Remember, he was a tight end for the Baltimore Colts!) RAY KROC, CEO of MacDonaldis, talks about respecting that "feel in his funny bone". Just a few "Best of Business" quotes to remind you that some of the most successful of FORTUNE's darlings are in fact students of intuitive decision making. PSI hitters, all. As I suggest to my corporate audiences during lectures, learn to tune in to those "gut reactions", and use those precognitive powers as a managerial tool. That illusive "business hunch" can spell profits for the company.

SUBSCRIBER Scribings

The Ogatta group's participation with visitors to our home has been infrequent. Their activity with us has been directed toward the development of our work with them. One unique exception occurred when musician/composer Dr. Steven Halpern visited us in Connecticut. We asked him to share his experience with you, his fellow Updaters.

"In 1978 I was introduced to Greta and our intergalactic friends. I was invited to receive a 'music lesson' and directed to sit at the piano. With the entity Bilakka I discussed theories of tonality and structure, agreeing on the universality of the five note pentatonic scale, a scale form which allows each tone to be harmoniously

consonant with any other. It also leaves room for a '6th tone' to be perceived in the mind of the listener.

While seated at the piano I was encouraged to demonstrate, but when I attempted to depress the keys, nothing happened! It was as if the ivories were glued in place! Bilakka and Tauri expanded the lesson and broadened the learning experience. (We were not permitted to tape.) I was then beckoned back to the piano. What a transformed instrument! My fingers rippled effortlessly over the keys and I was aware of a powerful and exhilarating connection with the piano emanating from my solar plexus and heart chakra. The music that resulted was uplifting and exquisitely beautiful. I was told to work with this sense of connection and to practice composing 'for the sixth tone'...to be heard with the sixth sense. This I did.

I evolved a number of themes and techniques for fingering and pedaling that felt increasingly like 'home'. Ten months later, while recording an album entitled PRELUDE, I became aware of a presence that felt very much like what I had experienced at Greta's that night. I wordlessly instructed the engineer to switch modes to 'record mode'. The studio filled with light as I began to play the piano. Complete compositions flowed effortlessly through my fingers. In one non-stop sequence the entire first side of EASTERN PEACE was received and recorded. The recording occupies a special place in my heart for its beauty and articulation of the '6th note', but especially for its manifestation as a jewel of inter-species communication."

Steve's music brings the listener quietly into a state of inner calm and balance. Updater Dr. C.Norman Shealy, neurosurgeon, describes it as "...the first music of its kind...perfect for a balancing of mind and body." No wonder some of the many places that use Halpern sounds are Medical, Rehabilitation, Healing, and Research Centers all over the U.S.A. How delicious to have been present when two of the Ogatta group had an influence on Steve's tapping into a very special place from which a different kind of music sprang.

Thanks to educator/Updater Richard McGuire of Florida for his delightful cartoons!