


The *Update* WOODREW

GRETA WOODREW/DICK SMOLOWE • 448 RABBIT SKIN ROAD • WAYNESVILLE, N.C. 28786 • U.S.A.
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SPECULATIONS ABOUT STRESS



It is our observation that the human species is under greater stress today than at any other time in history. This applies to all people, regardless of geographical location or economic status. Tensions are causing problems that result in wars, violence, marital breakups, immunological breakdowns and a general feeling of frustration.

Historically, there is palpable stress and nervous tension at times of syzygy: the time when the full or new moon is aligned with the sun and the earth. At these times, the sun and moon pull together, causing heightened tidal and electromagnetic oscillations on the earth. When there is a coincidence of cosmic cycles like those that cause extreme tides, the human organism is bombarded suddenly by a massive disturbance of gravity and the surrounding EM field. The disturbance dramatically shifts the equilibrium between our inner and outer worlds.

Interestingly, statistical data draws a correlation between periods when there is a full moon and increased stress. Some of the reactions, as documented by psychiatric institutions, hospitals and police, include:

- *Outbreaks of violence.
- *Emotional disturbances among the mentally ill.
- *Increased birthrate.
- *Excessive post-operative bleeding.
- *Increases in individual metabolism rates, tension, anxiety, turmoil.

The medical sciences are prone to ignore such coincidences. In the absence of any absolute scientific proof, let's conjecture together about this phenomenon. The human body is more than 3/4 water and, like any body of water, it responds to the influence of celestial bodies. Anthropologist Lyall Watson says in "Lifetides": "Each of us is like a mobile museum. The fluid in our bodies is a perfect replica of the ancient

sea. We still carry that ocean around inside of us, trapped there like a living fossil, and in each miniature internal sea, the same struggles go on much as they did 3 billion years ago."

At the time of a full moon the same tidal effects that pull at the oceans also disturb the water within us. They heighten the blood flow and rhythms within our bodies, requiring us to be solidly grounded to function normally. Those whose neurological systems cannot handle the increased energies often respond with the sort of behavior described above.

We can scientifically measure the EM changes within the atmosphere. Yet we can't (or won't) relate them to changes in our attitudes, dispositions and biological well-being. We are unable to detect and measure gravitational waves so we are completely in the dark about how they affect us.

The effects of EM waves on the human are just beginning to be explored and understood. A new age scientist suggested recently that with the morning weather report we be given the changing levels of EM waves so that we can factor them into our understanding of our feelings that day. (All of us have had the experience of going to bed feeling great...getting a good night's sleep...and waking up in the morning feeling depressed and low. A change in the EM waves during the night??)

It is our bold hypothesis that among the causes for the increased stress we all feel are increased radiations, both gravitational and electromagnetic, that bombard us daily. The solar system's travels through the Milky Way that will bring us a "New Age" are also bringing us radiation changes. It is these changes in the 'energies' that will propel us into the very bright golden age of tomorrow, but first we must adjust to them.

MARRIAGE and the SINGLES SCENE

The morality of the '70s and '80s is a far cry from what it was back in the Dinosaur Age when I was a girl. That is not to say that one was right and one wrong, but rather that it is very different. Males and females, for example, did not openly live together unless they were married. They did not openly share room, bed and board without benefit of clergy. They didn't openly travel and vacation together unless they were sporting wedding bands. And when two people joined in holy matrimony, the woman took on the husband's last name with pride and joy. One or both wore wedding rings, to proclaim their status.

Times have changed. Today, many young people are prone to living together and "working things out" before exchanging vows. It seems to me that not too much has been accomplished since the divorce rates have risen rather than fallen, and those who lived together before marriage have a divorce rate on a par with those who have not.

What gives me pause for reflection is not the fact that men and women live together, but what they take from the situation into marriage when they finally tie the knot. There appears to be a "his" or "hers" syndrome rather than an "our" mentality that comes of just living together. Each party has his or her own possessions and bank account. Sometimes they will share a credit card for things that involve them both. They might split the rent and food bills and carefully divide the telephone bill. It is really not a couple's mentality but roommate's. Well and good. But what happens when these same people go into marriage?


Many newlyweds..of all ages..have passed through Reisha Way these last two years. Some seek cosmic connections, some seek advice, and many are downright curious about two people who have lived and loved together for over 32 years. Shared dialogues reveal that they have a "singles" mentality in many cases. Each jealously guards his own checkbook, his own collections, his very identity. Where is the "our" in all of this? If getting married means pulling in harness together, where is the togetherness if each partner has such an individualistic point of reference? It worries me. Will it change overnight to an "ours" mentality just because "I do!" was said? This

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has not been our observation. To the contrary. (Where my own children are concerned, I have little doubt that their parents' antediluvian approaches will serve them well. But then again, we count our blessings on that score; our off-spring appear to want no less than we have enjoyed, old-fashioned though we may be!) Where is all of this leading? It is one more sign of the times that requires us to think and relate.

"To Have Been or Not To Have Been"

A 1982 Gallop Poll showed that 23% of Americans believe in reincarnation. A particularly healthy contingent of believers live in California. If our Hollywood stars and celebrities are more visible than equally firm believers from other fields, it is because the media has turned the spotlight on them. Reincarnation is alive and well with the movie set, and some of the previous lives revealed are quite startling. Sylvester Stallone feels he was guillotined by the Jacobins. Glenn Ford says that at one time he was a Christian martyr named Flavius and a British sailor at another. Loretta Lynn claims to have been a Cherokee princess in one of her six prior lives, and Shirley MaLaine was a court jester in one life and a prostitute in another: "It is no accident I played all those hookers!"

Many have had past lives unfurled though either hypnosis, regression, trances or through simple deja vu experiences. Actors make good hypnotic subjects, and actress Anne Francis, author of the mystical book, Voices From Home, writes: "Anyone who is artistically inclined can tune into vibrations of a certain period." 

Prediction

The Mayan study of the sun resulted in the formulation of a 5,124-year cycle of civilization. According to the Maya, 1987 begins "the hell period" of our civilization, when earthquakes will literally rip the earth apart. The MAYAN work was based upon planetary studies.

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There is an international interest in music in medicine. In Norway, scientists are bombarding mentally retarded and spastic children with audible low-frequency sound waves. These "music baths" successfully induce sleep and relaxation.



MOUNTAIN MUSINGS

It's fun to give the unusual a try, particularly when it meets with outstanding success. Greta and I recently participated in a water dowsing experiment—and we struck a gusher! The well-diggers stopped counting the flow at 45 gallons per minute. That's enough to supply a small town. We wrote about dowsing in the Nov/Dec 1982 Update, and recounted an experience in which we dowsed for a map location. But in that case we didn't do it ourselves. We only observed, and cheered the positive result. This time, Greta handled the dowsing rods and confirmed the location that the two experts were inclined to tap. But that's getting ahead of the story.

It began a while back with a European friend, Updater and S.T.A.R. supporter who purchased a 12-acre tract of land near Reisha Way. On the land sits a small cottage, supplied by a well that has a confirmed flow of one gallon per minute. The couple who live in that cottage were constantly running out of water. They despaired that nothing could be done to increase the water flow from the well to the cottage. Our friend, who plans to erect his own house on the beautiful land, decided to sink another well that could supply both houses. We talked it over and decided jointly to dowse for the proper location.

We called upon the Appalachian Chapter of the American Society of Dowsers, Inc. for help. Two wonderful men and great dowsers, Dr. John Shisler and Vern Peterson, answered the call. And on the big day Greta and I were on hand, as well as the couple from the cottage. (Alas, our European friend was abroad, and had to miss all of the fun.)

John and Vern had a number of different dowsing devices with them, from forked rods to 'L' rods and pendulums. The nicest part of the experience was that they were anxious for us to participate. Greta felt most comfortable with the 'L' rod. The men presented her with a pair they had fashioned from metal with handles in a sleeve that allowed the rods to swing freely. The dowsers traversed the 12 acres separately. Greta likewise scouted the site with her 'L' rods. All three arrived in agreement on a spot atop a small rise. Once consensus was reached, John took a pendulum to dowse for depth and flow. He stated that a 4-5 gallon per minute flow would be found at approximately 300 feet. Vern confirmed,

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and we marked the spot with a stake. Greta was beaming like a Cheshire cat.

Several weeks passed before the well-digger came. His first comment to the cottage-dwelling couple was, "That's not the best spot to drill." We had all agreed to stand firm on the dowsed site. The couple now stated this intention loud and clear. Accordingly, the well-diggers' bit entered the ground at the spot marked by the stake.

I received a call the night they struck water. At 502 feet they had hit a gusher, over 45 gallons per minute. When I asked what they had found at 300 feet the answer was between 4-5 gallons. The well-digger, however, hadn't thought the flow was sufficient and had burrowed deeper.

Greta and I attended the next meeting of the Appalachian Chapter of Dowsers. Everyone was asked to introduce themselves and tell why they were in attendance. I recounted our experience with Vern and John. We were there, I said, "to worship at the feet of the masters."

Terrestrial Extras

They live on the energy of hydrogen sulfide, never see the light of day, and photosynthesis plays no part in their lives. Extra terrestrials? No! They are newly discovered terrestrial inhabitants, exotic creatures such as white crabs, giant clams, and blood-red worms nearly six feet long that protrude from white plastic-like tubes. They inhabit the area around the deep-sea thermal vents at a depth of 7,500 feet or more where no light penetrates. The first of these deep thermal vents (places where the earth's crust is spreading and creating new ocean floor through volcanic activity) was discovered by the research submersible Alvin in 1976 near Ecuador's Galapagos Islands. Since then, other thermal vents have been found off the coasts of Mexico, Washington, Oregon and in the northwest Pacific.

These ocean springs consist of chimney-like "smokers" spewing out superheated water (350 degree Centigrade). The great pressures at 7,500 feet below sea level prevent boiling and the mineral-saturated water turns smokey as it mixes with the surrounding cold, alkaline water. Marine biologists tell us that the chemosynthetic bacteria convert the hydrogen sulfide and carbon dioxide into organic matter, forming the base of the thermal spring food chain.

SUBSCRIBER Scribings

A most familiar and respected name to all researchers and interested seekers in 'healing' is Dr. Bernard Grad, our friend and fellow Updater. At our request for a Subscriber Scribing, he has written A Scientific Experience with Bioenergy which we are delighted to share:

"At the end of August 1985, I will have completed 36 years of research studies at McGill University in Montreal, Canada, and will be leaving to take up further studies elsewhere. I also hope to spend a large proportion of time writing about my experiences and experiments. From the moment I began my graduate studies 40 years ago, I became passionately interested in research and I continue to feel the same to this day. I still believe that the world is a marvelous place full of secrets which surprise and enrich us when uncovered.

Immediately after receiving my Ph.D. in 1949, I was hired to work in the Gerontologic Unit of the Allan Memorial Institute of Psychiatry, McGill University. From the very first day, I had a problem: on the one hand, my position in the Gerontologic Unit required me to study problems of aging. Funds were available for these studies and an active program was pursued. On the other hand, I also had a keen interest in bioenergy and its various manifestations. This interest had both its personal and intellectual roots: personal, because for many years I had had perceptions of the presence of an energy inside the body and outside in our surroundings.

The intellectual roots of my interest were stimulated in 1948 when I came in contact with the work of Wilhelm Reich who described an energy, which he called the orgone, which had both organismic and cosmic components. He was working in Rangeley, Maine at that time, within easy reach of Montreal where I lived. Consequently, within a week of receiving my doctorate, I went to visit him.

I stayed a week looking at various phenomena which served as part of the evidence of the existence of this energy and I came away sufficiently impressed to decide to continue research in this field on my own. From 1949 to 1954, I spent my vacations and other convenient times in Rangeley, Maine attending conferences and other present-

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tations by Reich. However, funds were not available for this kind of research at that time and this situation remained essentially the same over the years. Improvisation became a way of life for me as I continued to work in the bioenergetic field and I quickly learned to conduct experiments with what was at hand. Despite the difficulties, I learned a considerable amount about life energy.

The upshot was that I had two main interests: my studies on aging on which I worked using the conventional paradigm and my studies on bioenergy which had a different theoretical basis. This meant long hours in the laboratory: regular hours for the conventional studies and evenings, weekends and holidays for the life energy work. As stimulating as those times were, it was also a time fraught with anxiety and foreboding. After 1954 I had no further contact with Reich, except for one letter which he sent me. This was because the Food and Drug Administration of the USA had enjoined Reich from doing any further research with life energy, and not only with humans but even with animals. Later, he was arrested for disobeying the injunction and died in prison on Nov. 3, 1957. About 175 years earlier, Mesmer, a predecessor of animal magnetism associated with cosmic energy, which he called the Fluid, was so harassed by the medical and scientific bodies that he retired from public life.

In October 1957, I met a man who claimed to have a decade's experience of healing by the laying-on-of-hands (LH) in Hungary. His explanation reminded me of the mechanism Reich proposed for the operation of his device for accumulating orgone energy, the orgone accumulator (ORACC). By 1957 I had had considerable laboratory experience with the ORACC and so working with this man, who seemed to me to be a living ORACC, was a natural extension of my earlier experiments. Accordingly, on Nov. 2, 1957, the day before Reich died, we began a working association in the lab which lasted 7 years.

Although in the FDA treatment of Reich, I observed how some powerful institutions could deal with those who did not conform with the conventional scientific paradigm, I nevertheless proceeded with the studies on healing. When I began, there were two main trends of opinion regarding healing by LH: one was that LH was an ineffective procedure which, if it did appear to have

any effect, was due to suggestion or hypnosis. This was the official position of medical bodies since the time of Mesmer. The other attitude towards LH was several thousand years older. Although healings by LH were reported even before the rise of Christianity, such healings were considered miraculous because the Bible wrote that Jesus healed by this means along with other methods. However, Jesus did not consider healing by LH as miraculous; but this did not prevent Christians down to our time from believing so.

These then were the two attitudes which existed when I began my studies on LH. Between 1784 when Mesmer opted out from any further investigation of healing by LH and 1957 when I began my own, there were no reports on this phenomenon in the scientific literature. By 1957 I had the benefit of my contact with Reich's thinking and of my experiments with the ORACC. However, Reich himself did no experiments on LH and therefore, my studies followed directly on those of Mesmer, but with the advantage of almost 2 centuries of developments in experimental design and statistical evaluation of data. Most significantly, I avoided experiments with humans and concentrated on experiments with animals, plants and even non-living materials. In this way, I was able to eliminate the major objection to Mesmer's studies, viz., that their effects were due to suggestion or hypnosis.

After 7 years work with the healer (and by this time I had also had some experience with another), I came away with the conviction that healing by LH was not a chimera, but an objective reality, rigorously testable in the laboratory at many levels in animals, plants, water and other substances. I also came to believe that there was an energy or energy field associated with the healer's hands which was the origin of the effects seen.

In the years that followed I learned that the number of individuals with the ability to heal by LH and by other related means was far larger than I first imagined. I also learned that there were serious socio-economic and psychological obstacles in the way of a rational approach to the study of this phenomenon, a study which I believe would yield much to our understanding of how the living organism maintains and heals itself. Such knowledge would be of great

benefit to all humanity, including medicine which has to cope with an ever growing mountain of information, badly requiring synthesis. Without significant leaps in understanding, health care delivery will reach such a level of complexity and cost as to seriously undermine its efficiency.

These then have been some of my experiences of the last 35 years and my opinions stemming from them. Space does not allow me to elaborate further (for the Update). Looking back, I can hardly see what I could have done differently. And no matter what the problems encountered on the way, the joys of discovery and understanding more than made up for the lack of lesser rewards."



The wish for healing is half the health, the Roman philosopher Seneca observed in the 1st century. Today, modern medicine recognizes that the mind has the capability to depress the immunological system, thereby reducing and blocking the effectiveness of our disease-fighting soldiers, the lymphocytes. More and more of our major diseases are recognized as being psychosomatic, or caused by the mind unbalancing our disease-fighters through stress. At the Mount Sinai School of Medicine, Dr. Steven Schleifer ran experiments that showed that the protective lymphocytes proliferate "significantly less" in severely depressed patients and the immune system is altered in patients with depressive disorders.

Health Foods Hazard



Not everything sold in health-food stores belongs there. The Center for Science in the Public Interest is particularly outraged by five products. Here is how the Center describes these products: 1-Joan's Natural Honey Bran Carob Bar: "The greasiest bar on the counter...no better than a normal candy bar." 2-Sea Salt: "Identical with regular salt and equally unhealthy when taken to excess." 3-Health Valley Spinach-Mushroom Casserole: "Light as a McDonald's Quarter Pounder. More fat than a TV dinner." 4-Hain Wild Cherry Gel Dessert Mix: "Sanitized Jell-o with no nutrients." 5-Hain Pure Coconut Oil: "Eighty-six percent of its fat is saturated...the kind that clogs arteries."

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

Climatologists attribute the cold wave that paralyzed the East Coast in January to high atmospheric pressures in northern Europe and Siberia that pushed cold weather south, encouraging storms to form in the Mediterranean and southern Europe. Snow fell on the Spanish and French Riviera for the first time in this century. Fred Ostby, director of the National Severe Storm Center in Kansas City, Mo. said, "One of the things we are seeing is more and more variability as time goes by. The longer we keep records, you would think it would get harder and harder to break them, but one of the things that seems a little odd is we seems to be breaking more records. There are wider swings between heat and cold. I'm not sure what it all means. It's wild."

Our favorite climatologist, Iben Browning, confirms these major shifts. In the last winter issue of Wealth magazine he wrote, "The Toronto 1940 climate will be found in northern Mississippi by 2010. Toledo, Ohio, had an 11-year running average 195-day growing season in 1930; now they have a 120-day season. In 1956 the southern portion of Russia, where most of the Soviet grain is grown, had a 100-day growing season. Now, our satellites show snow as late as the middle of June and as early as the middle of August in that area, meaning that they have a 60-day growing season for 95-day wheat. Although we won't have an ice age, increased volcanic activity will mean that it will get cooler. In fact, from the end of the 1930's (the warmest decade) to the year 2010, the temperature will drop about 2.3 degrees Centigrade, which doesn't sound like much until you realize the crop-growing areas move south about 300 miles per degree Centigrade-drop. It is getting cold again, very fast."

A Shortsighted View

Bucking the evidence of the broadening specter of scarcity that is appearing in more and more areas is an article in Boardroom Reports titled "Count on Plenty...not Scarcity." It states, "Water doesn't pose a problem." "No climatic catastrophes are in sight." "World forests are NOT declining at an alarming rate, though deforestation is troubling in some spots." The article certainly contradicts most information we have seen about our dwindling resources.

Take, for instance, a recent cover story in the newsmagazine MACLEAN'S of Toronto. "Each year Canadian forests are reduced by almost 2.5 million acres," the story reports. Further, "In a good year almost 250 million Canadian trees are cut to supply ...everything from houses to hairbrushes..." A serious, coast-to-coast shortage of mature, marketable timber has developed. "The possible liquidation of the dwindling stands of mature timber could destroy Canada's forest industry and create a wave of economic and social damage across the country. Experts say that the shortage of commercial timber is a direct result of waste, mismanagement, and a shortsighted attitude within the industry."

What is possible and what is probable are very different. Canada is a developed, industrialized first world nation that recognizes the consequences of resource mismanagement. Yet, it is set on a destructive course. With sensible management, catastrophes and shortages could be postponed or averted. But that is not likely if too many people adopt the Boardroom Report's no-catastrophes-in-sight attitude...and don't act now.

Chile's worst earthquake in fifteen years occurred in March. The latest count includes more than 150 dead, 2000 injured and 160,000 families homeless.

A FARM Ψ UPDATE

Bank regulators have not forced foreclosure on Third World loans held by the big banks, but they have on the American farmer. Since 1981 about 20,000 farms have been auctioned off. Close to 60,000 mid-size American farms are technically bankrupt. A recent survey found that over 200,000 of the nation's farms may be in serious financial trouble, with another 140,000 already acknowledging extreme trouble. As reported in Business Week, many of these debt-laden farmers will be forced to sell this spring because they have exhausted their credit and will be unable to borrow enough to plant their crops. The Farmers Home Administration reports that 30% of the \$22 billion in loans extended to farmers are delinquent. It's not a pretty picture to contemplate.



Another Response

At the time we were recording our horror at Claude Pepper's bills, HR 6050, HR 6049 and HR 6051 (Mar/Apr '85), Dr. Norman Shealy, M.D., PH.D. of the Shealy Pain and Health Rehabilitation Institute in Springfield, Mo., a friend and fellow Updater, was also recording his disbelief. He expanded on the ludicrousness of the bills and we excerpt from his excellent article:

"The idea of abolishing quakery is indeed admirable. However, can any physician be certain that he or she will not be struck by this gestapo team for 'offering--unsafe, ineffective or unproven' therapy. The very language of these bills is terrifying in its implications. What is known? Who determines the definition of safe and effective? In my brief time as a physician, 'accepted' procedures have included such bizarre treatment as injecting lupus patients intramuscularly with their own blood or freezing the lining of the stomach of ulcer patients, both techniques done at major medical school hospitals.

These bills raise some very serious questions about medical and surgical therapy. Is there any procedure accepted by 100% of physicians as known and the treatment of choice? Even aspirin is reported to cause 10,000 deaths per year. If HR 6051 and HR 6050 become law, the Strike Force will surely abolish all over the counter drugs, all prescription pharmaceuticals and all treatments as none can be proven 'known' to be totally safe and totally effective.

The current fad for evaluating, judging, and condemning quakery needs to be put in perspective. Who is to play God? In 1978 I surveyed the deans of every medical school in this country with a brief questionnaire-- "Just what is scientific medicine? Who decides? If 51% of the physicians agree, does that make it right or scientific? etc." The answers were startling. There was no consensus even on such basic questions. Who is to cast the first stone? How many treatments do you know to be The One and Only, plus perfectly safe?

Science is a constantly evolving field. Today's facts often become tomorrow's quakery. Bleeding and purging were the rule in George Washington's time. Simmelweis was virtually rejected for his rational suggestion that physicians should wash their

UWhands before a delivery. Harvey's concept of circulation of blood was rejected by his academic colleagues. Osteopathy was vigorously fought by organized medicine for 70 years. Hypnosis was considered quakery until a few years ago. Less than 50 years ago, masturbation was denounced by physicians as causing, among other illnesses, epilepsy and insanity. The pendulum swings."

We recently spoke with Mr. Pepper's office on the status of these bills. The bills, we were told, were NOT acted upon by the 98th Congress (whose term expired at the end of 1984). They have to be re-introduced and given new numbers before the current Congress could act upon them. Perhaps enough of you have let your congressmen know your feelings on these bills and have helped propel them to a well-deserved death-in-Committee.

WHAT IS DEATH?

Three years ago we ran a front page titled ON A LIFE CONTINUUM (Jan/Feb 1982). It drew an extraordinary amount of comment. "You are not your body," we wrote, extrapolating on the theme that the vehicle (body) and the life force (soul) are two separate units: one with a very finite existence, and one with unlimited horizons. It was a 'think and relate' article concerned with a continuous existence on the one hand and this short lifespan on the other.

Recently, a piece by the Canon of St. Paul's Cathedral, Herry Scott Holland, (1847-1918), was sent to us. His words on death resonated strongly, and we share them with you:

"Death is nothing at all. I have only slipped away into the next room. I am I and you are you. Whatever we were to each other, that we are still. Call me by my old familiar name. Speak to me in the easy way which you always used. Put no difference in your tone. Wear no forced air of solemnity or sorrow. Laugh as we always laughed at the little jokes we enjoyed together. Play, smile, think of me, pray for me. Let my name be ever the household word that it always was. Let it be spoken without effect, without the trace of a shadow on it. Life means all that it ever meant. It is the same as it ever was. There is absolutely unbroken continuity. Why should I be out of mind because I am out of sight? I am waiting for you, for an interval, somewhere very near, just around the corner. All is well."

“Heuristic Thinking” : The Sixth Sense

Man's knowledge is more than the product of his five normal senses. No one recognizes this more than I, walking as I do between two worlds of equal reality. But even in the 'real world' in which most of us live on a daily basis, the most productive sense is the intuitive one, sometimes referred to as the "gut reaction". It is the key to the executive's successes. He is more receptive to the NON-verbal communication that goes on all around him. At a negotiating table, he tunes in to what is NOT being said...and allows his lawyers and accountants to interpret the words. Each person is constantly broadcasting the real facts about himself and his thinking, his feelings and his emotions. Intuitive executives fill the American businessman's Hall of Fame: J.P. Morgan, Cornelius Vanderbilt, Ray Kroc (whose lawyer told him it was a "bad deal": \$2 million for the MacDonald name!)

We know from studies done in Canada at McGill University by the Faculty of Management that the CEO has tested out to be a holistic rather than an analytical thinker. The results of a 5-year study showed a close link between the chief executive's intuitive and profit-making abilities. (80% of the CEOs who had doubled their company's profits proved to have above-normal precognitive powers.) Who has not used that gut feeling on many an occasion? The mother uses it all the time where her children are concerned and so does the teacher with students or the president with staff members.

We have been led to expect that men tend to operate naturally in the logical left half of the brain, and that women operate more naturally in the intuitive right half. What transpires, however, when you link up left AND right brain is a harmony between deductive reasoning (general to specific) and inductive (specific to general). Recently, a group of cognitive scientists took a giant step in debunking the myth of logical thinking as being superior to intuitive thinking. Heuristic thinking is intuitive, highly automated thinking and the predominant way that the brain actually operates. In other words, people do not review all of

the options and logically discard them, but very quickly zero in on the most likely solution by using their personal heuristics. They "jump to conclusions" successfully. Forecasters' and analysts' "hunches" can fall into this category. R.E. McMaster, Jr., the successful commodity trader and newsletter writer, admits that the best forecasts he ever made "...swelled up from subconscious distillation of all the material (he) had been analyzing which then burst forth in a rainbow of certainty."

Jasmina Wellinghoff, in an article called "Are You A Master Thinker?" for Northwest Orient magazine, says: "Ever since Aristotle, scientists and philosophers have extolled logic and deductive thinking as the only path to valid decisions and problem solving. Intuition was good enough for artists, perhaps, but when faced with a serious decision, you had better not jump to conclusions. Intuitive thinking was decidedly suspect."

Wellinghoff went on to comment that experts organize their knowledge into a hierarchy which is grouped into specific categories according to higher-order and lower-order. The higher-order categories are more broad and abstract while the lower-ones are specific and concrete. "With experience, the experts develop a network of associations and analogies that act as shortcuts between the levels of the hierarchy as well as within each level. When presented with a problem, they use the shortcuts to quickly zero in on the mental category most likely to match the new data. There is no need to systematically scan the whole hierarchy."

Where does all of this lead? Well, after all information-gathering and data researching, it may turn out that the "hunch" is still your best bet. I'd bet on it!

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"We act in faith, and miracles occur. In consequence, we are tempted to make the miracles the ground for our faith. The cost of such weakness is that we lose the confidence of faith. Faith is not derived from nor carried by anything except its own reality."

Dag Hammarskjöld

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"When the world wearies and ceases to satisfy, there is always the garden."

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ON AN ALIEN ENVIRONMENT

Looking out at our mountains today brings thoughts of Shangri La, the fabled valley in the Himalayas. The cloud formations are below eye level and the green mountain peaks are etched in a haunting shadow of sunlight. So foreign is this magnificent setting to our earlier life that we feel almost alien to its beauty...an alien environment!

Thoughts of alien environments take us into the cosmos, to other planets, to other star systems, to other galaxies. It's hard to consider an Earth environment as alien. Yet, the man-made environment we started less than 100 years ago must be classified as alien to all the species that evolved within the natural energies of the sun. We've added radiations of energy that change the environment, upset the balance of life, and probably contribute to the stress that is awash on the planet.

Our use of electricity, for instance, spawned giant grid systems that transport high voltages of electricity great distances. High tension lines that carry 250,000 volts of power create negative or stressful effects several miles from the line. We transmit radio waves and lesser frequencies in the extremely low frequency (ELF) range. We chemicalize our soils and reduce the life forms within the ground that keep the soil healthy and productive. These chemicals leach into the water systems that supply our cities, towns and villages, making 65-70 percent of these water systems suspect and in need of processing. We've done all of these things in the name of 'progress', but the consequences make it look more like 'regress'.

In the Jan/Feb '82 Update we wrote about microwaves and their macro effects. We talked about the bioeffects of overexposure to these microwaves, the controversy surrounding them, and the varying standards being

applied by nations around the world. That controversy still rages. In the U.S.A. we produce microwave ovens that emit radiations ten times the standard allowed in the Soviet Union where microwave radiation is limited to 1,000 microwatts per square centimeter. Is this conjecture on their part...or negligence on ours?

We hold conferences to pin down the effects.. if any..from the radiation fallout of computer terminals and television sets. We recognize that 3-4 million radiations pass through the very room we currently occupy. Do any have an effect upon us? Positive? Negative? Many species are seeing their reproductive cycles disrupted and threatened by our man-made environmental changes. Without a normal reproduction cycle, a species can become extinct within 50 years. It's not only the exotic species in the diminishing wilderness areas that are affected. Man appears to have joined the crowd. The average sperm count of a young healthy male is reported to be 50% lower than it was 20 years ago. Blame it on the toxic environment. But attribute it to an alien environment!

On our mountain, on a wonderous day like today, it's easy to lose sight of the changes in process. Everything appears tranquil and idyllic. But, like Shangri La, when you leave the shelter of the mountain, you must face the consequences of man's 'contribution' to the pending changes.

And yet, it's all happened before. 90 percent of the species that we know once inhabited the earth have gone to extinction. And how many, we wonder, don't we know about? The scientific community is beginning to recognize definite cycles and patterns to these periods of extinction. History repeats itself...monotonously. And, at the end of these cycles, the earth and its species have always advanced another notch on the scale of evolution. We are ready to 'advance' again....



On "Nature's Plan" MOUNTAIN MUSINGS



It's June and the final frost of winter seems to be behind us. I've returned from a few days in central Florida where the temperature dip to sub-zero levels killed most of the orange and grapefruit trees. The journey south along I-4 from Orlando is a drive through the graveyard of the citrus industry. Both sides of the road are lined with orchards of dead trees. It's eerie to see. The assets of many hardworking citrus growers have evaporated with 'Nature's plan'.

The three counties around our home, 'Reisha Way', have not been spared either. Everyone is assessing the damage caused by the 36-hour January chill that saw readings dip into the minus 20s. Many species of plants that have survived 'happily' in the area for more than a century were devastated. All of the boxwoods, all species of holly except those in the wild, many of the hybrid azaleas and many, many more were wiped out. Some life appears to be breaking from the roots of some of the 'dead' plants, but it will take years and years for the plants to regenerate and grow...and then only if we don't have a repeat of this year's deep freeze. We have many dead shrubs to dig out and replace. Because we believe the weather extremes will increase and deepen in the years ahead, we will limit our selection to native-grown stock in species that have their genesis in the immediate area. We're fortunate to live in mountains that spawn many of our favorite shrubs.

I spoke with the wholesale nurseryman from whom we have been getting material. He reports that the calls from retail nurseries for merchandise are frantic. Many suppliers are unable to fill the retailers' needs, as they too were hit. I'm sorry to say our nurseryman has changed his policy from full replacement of stock purchased within the year to one of explaining his own plight. In November we planted seven Canadian Redbud trees and a Weeping Cherry tree among 18 trees used to landscape the hill we reshaped for the storage cellar. Only two of the Redbuds survived. It is our loss. I can't blame the man. The first rule of business is survival. The signs of 'Nature's plan' are to be seen everywhere. Look around your own area for telltale signs.

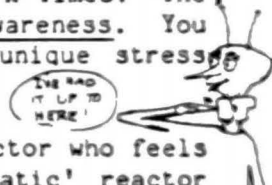
The Big "IT"

Remember Clara Bow of the silver screen? She was called "The IT Girl." She had "it"! "It" was not anything you could hold in your hand. "It" was a feeling, an aura, a combination of circumstances, a certain something that made Miss Bow unique. But in actuality, there was no "it".

"It really gets to me." "I can't take it any more." "It's rough...it's tough." How often do we say or hear these things? And what, exactly, is this ubiquitous "it" which is such a stressor? There is no "it". There is you..and me..coping or not coping with life's complexities. We either take hold or we do not. No, there isn't any "it". An Updater recently wrote and asked what one thing most concerns me these days. I didn't have to think long and hard to answer stress! As science probes more deeply into the mind/body connection, it is discovering how the pain of stress occurs and, even more important, how you can deal with it. Stress is not what happens to you, but how you handle events in your daily life. Research shows that those who handle stress best "have a commitment to work, a sense of control over their lives, and the ability to see change as a challenge." Continuing to quote Daniel Goleman who reports on behavioral science for the New York Times: "The key to long term relief is awareness. You need to identify your own unique stress style."

You're either a cognitive reactor who feels stress mentally, or a 'somatic' reactor who responds to meditation, doing a crossword puzzle, or reading a good book. Physical stress is helped more by jogging, massage, deep-muscle relaxation, or a hot bath. A physical activity that demands focused attention gets at both tension sources."

Our lives take on new dimensions when we sadly contemplate the Scenario as given to us by the Ogatta group: "Due to Man's inhumanity to Man...and Nature's Plan...there will be changes on the face of the planet." These changes are coming clear in too many ways. It is my opinion that they will deepen, not lessen, in the foreseeable future. We cannot handle these changes unless we stay balanced, rooted, stable. This is what is meant by survival. So yes, I am concerned about this thing called stress. If my writings appear repetitive, it is deliberate. How are you handling "it"?



Healing Hands

Today they call it therapeutic touch. Yesterday they dubbed it touch for health. Long ago they referred to it as the laying on of hands. I just call it "healing." Healing comes from the Anglo-Saxon word 'haelan' meaning to be whole or to make whole, and 'wholeness' can facilitate healing since it is an integration of body and mind.

Many remain skeptical of a healing's benefits but among its effects have been the relief of pain, reduced anxiety, increases in the amount of oxygen-carrying hemoglobin in the blood, adjustments and alignments of bones, and changes in brain waves as well as at cellular levels. Most of the people with whom I have shared a healing session acknowledge a warm sensation during the "energy transfer" which is involved.

In our last Update we had a beautiful article from Dr. Bernard Grad whose support of healing is paramount. While a biochemist at McGill University, he indicated that "...some physical agent, an energy, was responsible for the apparent effects." What were they? On March 26th, The New York Times science section had a banner front page headline proclaiming, "Laying On of Hands Gains New Respect." It revealed portions of an interview between Dr. Grad and writer Jane Brody: "Dr. Grad's controlled (lab) studies indicated that laying on of hands, without actual physical contact, could increase the rate of healing in mice and the rate of growth in plants. In the plant studies, the healer applied the treatment to the flask of salted water used to water the seedlings. In the mouse studies, the treatment was applied to the container that housed the animals."

The article also described the work of Dr. Janet Quinn, assistant director of Nursing research at the University of South Carolina and of Dr. Dolores Krieger, professor of nursing at New York University. Two resident doctors from NYU came here a few weeks ago with a Californian colleague to learn something about healing and energy-transfer. The latter writes, "One of my patients right now is a 14-year old girl in a coma. I spoke with her parents about passing energy to her - as you taught me to do - and they are doing it now! It will be interesting to see how this works out."

What do we actually do in a healing session? It all begins with 'centering' or 'rooting'

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or just focussing oneself on the intent to heal. The healer becomes at one with the patient. It is almost like an altered state of consciousness, an intense concentration. All extraneous thoughts are suppressed and the focus is total. That's the key...and it is not easy to do at first. The ego wants to intrude. It is, however, only a state of total detachment that allows the healer to (A) act as a channel for the energies to flow evenly and without distraction and (B) thereby not take on any aspect of the illness of the patient. The healer is merely the conduit through which the energies flow.

Can anyone be a healer? I believe so. Most mothers are healers to their children without even recognizing it as such. Many a fever has gone down through the medium of the mother sitting and rocking with the child, stroking his hair, murmuring loving words, humming softly. She may not be consciously aware of the pure energy-flow she is sharing. The recipient of such an energy exchange many times will verbalize his or her feeling of the 'heat' from the healer's hands. Or the love.

I devote many hours each week to the healing arts. I am not a doctor. I am one (of many) who is able to concentrate fully and without distraction on an ailing person, and send to them (either in hands-on or by remote viewing) a potent energy exchange. If some choose to call the results 'cures' or 'miracles,' that is their view. I call it healing through the ability of bringing a DIS-eased body back into ease..into synchronization..into proper frequency and harmony with its discordant parts. We can all be healers and we should all harness our energies that we might share them with our fellowmen in the troublesome times ahead. It takes practise. It takes caring. It takes time. And it's worth it all. The times when there are successful healings, no one is more fulfilled than the healer. Maybe that is why I have always made it a point to say "thank you" to the patient. After all, we have shared precious time and energy, and that is a two-way street worth trodding.

On the Lamm

Colorado Governor Richard Lamm is a politician who 'calls them as he sees them,' even though that's not always the politic thing to do. (It was his splendid "2005 A.D." address that we sent to you for the Holidays.) In an article for Playboy, he wrote,

"I believe we are now heading toward a gloomy future filled with major economic, political and social traumas. It's not that we can't alter that trend, but we won't. Thus we are careening toward disasters of our own making...there are no easy solutions. Our country's problems can be solved only by a series of very hard choices. In the U.S., politicians have traditionally been able to spend entire careers distributing a growing pie; thus, they're good at distributing pleasure but not at allocating pain."

He was no less blunt about the Social Security system and the multi-trillion dollar imbalances it faces in the next 75 years: "We have made promises and raised expectations beyond our ability and that of society to deliver."

What Is HOMEOPATHY?

Homeopathy is a medical science that uses extremely small non-toxic doses of plant, mineral, animal or chemical substances to treat conditions caused by overdoses of these same substances. The medicines are prescribed specifically for their ability to create symptoms similar to those experienced by the patient. It works with, not against, the self-healing effort.

Homeopathy is based on two principles: Like cures like, and less is more. More specifically, homeopathic remedies always create in healthy bodies the very symptoms they are intended to cure, and the effect of the medicine is inversely proportional to the quantity. Homeopaths interview patients at length to identify the unique symptoms, then look for the substance in nature that has the matching toxicology.

Homeopathy has been around for a very long time. Hippocrates wrote in 4 B.C.: "Through the like, disease is produced, and through the application of the like it is cured." Samuel Hahnemann, an 18th-century physician and chemist, formalized that formula and discovered what he called the "Law of Potentization." Potentization is what is done to the substance prescribed for treating the illness. To make a medicine, a grain of a particular substance is added to ten parts of a neutral substance such as water, alcohol or sugar, then shaken and mixed so that it releases the substance's active energy. The resulting mixture is called 'potency.' Each time the process is repeated, the potency increases by one and can go up to 100,000. The lower the quantity of the substance

W in the dose, the stronger and more potent its effect.

The explanation for this inverse effect is that the power is not in the substance, but in its pattern. The further diluted the material, the greater the power of the pattern, the pattern being its genetic code. Hahnemann believed that there was a field of energy surrounding each living or inanimate body. In each case this essence generates a 'pattern' which can be captured by diluting the original substance. Mark Gellert, a homeopathic practitioner, says, "By spreading the substance apart, we are releasing essential energy, the energy of its essence, and making that energy available to the human body." When the remedy is extremely weak (highly potentized), it meets no bodily resistance. In short, the more the substance is diluted, the stronger it becomes.

Despite the sound principles underlying homeopathy, it is a discipline unfamiliar to most Americans. This was not always the case. About 150 years ago, Homeopathic medicine was a popular and thriving alternative to conventional medicine. At the turn of the century, 25% of urban U.S. physicians (over 15,000) practiced homeopathic medicine. There were 22 homeopathic medical schools, 100 homeopathic hospitals and at least 1000 pharmacies dispensing homeopathic medicines. Homeopathy attracted people like William James, John D. Rockefeller, Samuel Morse, Henry Wadsworth Longfellow, Harriet Beecher Stowe.

In 1884 homeopathic practitioners formed the first national medical association in the United States, the American Institute of Homeopathy. As a direct response to this action, the American Medical Association was founded in 1846 with its primary goal being the elimination of all unorthodox healing practices, homeopathy in particular. For the physicians found guilty by his peers of consulting or practicing homeopathy, it could mean expulsion from the AMA. By 1900 the AMA had effectually eliminated all homeopathic competition.

The American disdain for homeopathy has not traveled across the Atlantic. In Great Britain, its popularity is growing, in large part because the Royal Family has been treated by homeopathic physicians since the early 1930s. Queen Elizabeth has a Resident Homeopath to treat her and the Royal Family.

A recent survey by the Dutch government states that at least 20% of the country's population uses alternative methods including homeopathy and acupuncture. France reports that 20% of all prescriptions and drugs are homeopathic. Homeopathy is also popular in Mexico, Brazil, Argentina, Germany, India and the Soviet Union. Perhaps it is time for American doctors to reconsider.

(Researched & written by our Updater stringer-Cheryl Ackerman)

GENETIC UNIQUENESS



In our very first Update, Sept./Oct. '81, in an article entitled "Psi & ETI", we recounted the experience of Daniel W. Fry, PH.D., with an extraterrestrial group that told him, "Your location makes very little difference in our ability to contact you since we have recorded your exact frequency pattern." The Ogatta group confirmed this by telling us, "Every human on Planet Earth has his own electromagnetic print."

Science shows each human to be unique in the amounts and types of proteins he manufactures. Now, advances at Leicester University and the John Radcliffe Hospital, Oxford, England, show the absolute uniqueness of each individual. From the Manchester Guardian: "Scientists have discovered a method of identifying people by their genes - a genetic "fingerprint" so precise it can even tell you who your father is.

For the police, it could mark the biggest crime advance in detection of crime since the discovery of fingerprints in 1901. Thieves could be identified from the genes in a drop of blood, rapists from the DNA in a single sperm. But the most important benefit could be in the detection of inherited diseases like cystic fibrosis. The method should accelerate the process of finding the genes responsible for diseases, and enable scientists to track carriers and sufferers through the generations."

Sounds of an Ψ Updater

In the Nov/Dec. '83 Update, Steve Halpern shared with us his great lesson from the Ogatta group which changed his music. He now has some new music, THRESHOLD, which is 'music born out of deep silence.' He writes: "In the recording studio, which is an anechoic chamber (and thus produces the deepest silence outside of caves and

audiology labs) I was exploring sounds on my new synthesizer. All at once I tapped into one particular combination of timbre and echo that spiralled me into an altered state, in which I 'heard' the rest of the orchestration, which includes angelic choirs, ancient and futuristic instruments, and more. It was a profound experience for me as a musician/composer, and one that seems to trigger the same inter-dimensional translation any time I listen carefully to it with headphones." New Halpern sounds, and how they come into being, are always of great interest to us.

Speaking of Updaters, we had the pleasure of introducing Chris Bird at a Dowders Conference a few weeks ago. He told us he is now collaborating on "TOP Secret Life of Plants". That news gladdened our hearts since it will pick up where "The Secret Life of Plants" left off in research; a **must** for any library.

On POWER and FREE WILL

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

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

THE HOLLOW EARTH



"The Hollow Earth" is a book loaned to us by a fellow Updater, written by Raymond Bernard, Ph.D., and published by Bell Publishing Co., a division of Crown Publishers. Its thesis is that the Earth is hollow, not a solid sphere as commonly supposed, and that its hollow interior communicates with the surface by two polar openings. {Reference the May/June Update where we spoke of underground cities and passages.}

The theory of a hollow earth was worked out by American writer William Reed in 1906 and extended 14 years later by another American, Marchall Gardner. These theories found confirmation in the Arctic and Antarctic expeditions of Rear Admiral Richard E. Byrd in 1947 and 1956, which penetrated for 1,700 miles beyond the North Pole and 2,300 miles beyond the South Pole. The treks extended into previously unrecorded iceless territory, extending inside the polar depressions and openings that lead to the hollow interior of the Earth. Bernard contends that Byrd's discovery is today an international top secret.

Much of Bernard's proof revolves around the animals and birds who migrate north instead of south. When explorers followed these migrations they found a great wealth of animal and vegetable life, and a **warming trend** in the surrounding waters. Some of the examples cited were: Sverdup found so many hares around 81 degrees north latitude that one inlet was called Hare Fiord; Franklin saw large numbers of geese migrating to the north, at a high latitude, indicating land there; no matter how far north the explorer goes, he always finds polar bears ahead of him, and they are always on their way north; at latitude 82, Kane found butterflies, bees and flies, as well as wolves, foxes, bears, geese, ducks, water-fowls and partridges.

Bernard concluded that there is a large population inhabiting the inner concave surface of the Earth's crust, composing a civilization far in advance of our own in its scientific achievements! He also said that the existence of a polar opening and land beyond the Poles is probably known to and kept quiet by the U.S. Navy, which financed Admiral Byrd's two historic flights. More fuel for belief in the hollow earth theory comes from NASA and the U.S. Space

program. "Incredible as it may seem, a number of satellite photos of the Earth released to the public as early as 1967 show evidence of what appears to be a deep depression into the Earth in the North Pole region." says William L. Brian II in his book, MOONGATE; SUPPRESSED FINDINGS OF THE U.S. SPACE PROGRAM. "A photograph of the Earth taken by the Dept. of Defense Gravity Experiment (DODGE) satellite showed a flat spot in the Earth's outline about 1,600 miles across in the North Pole region. It looks as if a large part of the Earth had been sliced off and thrown away. Another picture, taken in 1967 by the Applications Technology Satellite III from its stationary position over the equator above Brazil from 22,300 miles out, shows what appears to be the outline of a large depression or hole in the North Pole region. It is important to stress that the DODGE photo and the ATS III photo were taken from slightly different angles, at different distances above the Earth, and at different times."

The author states that NASA is involved in a giant cover-up. "It is not surprising that photographs of the Earth released to the public after 1967 do not show evidence of this entrance or depression, nor does it seem to be a coincidence that satellite pictures taken over the poles are not readily available to the public. One response to the author's request from the NASA Technology Application Center was, "We do not have any satellite images taken over the poles." It is common knowledge that satellites exist which are in orbits near the poles, and photographs should be readily available."

The Hollow Earth....fact or fiction?

A Better View of the Cosmos



Our view of the cosmos will broaden greatly late next year when the Hubble Space Telescope rides into orbit aboard the space shuttle. It should revolutionize optical astronomy. Three hundred miles up, free of the constant shimmering of the Earth's atmosphere, its 2.7 meter mirror will be able to see objects 50 times less luminous and resolve objects 10 times smaller than any optical telescope has been able to do. One of the priority jobs of this Space Telescope will be the search for extrasolar planets, to this point only conjectured on by the scientific community. And who knows what other wonderment this broader view of our universe will provide..!

The Breath of Life

"Listen!" I tell my audience. "Ssh, listen to the bird." And then after a pause, I quietly ask, "How many of you are holding your breath?" 90% of all the hands go up. We don't even know how to listen to a bird sing while breathing properly. My teacher, Blanche DeVries, impressed the importance of breath..prana..on all of her students. "Breath is life! Learn to breathe properly and you will live longer, more healthfully and more happily," she would repeat. Yogis have long known that it is possible to alter one's emotional state by breathing smoothly--something most of us do not do.

We breathe through one dominant nostril at a time with resulting changes in thought patterns. (Breathing through the left or right side of the nose triggers activity in a corresponding hemisphere of the brain.) In March, The Tarrytown Letter quoted the following: "Dr. Pierre Flor-Henry of the University of Alberta, Canada says the right hemisphere of the brain processes negative emotions while the left processes positive ones. Further, David Shannahoff-Khalsa of the Salk Institute has found that the left hemisphere prepares the body for exertion and the right for relaxation. Adds Shannahoff-Khalsa, because of our breathing patterns, each side of the brain is dominant in 90 minute cycles with corresponding oscillations in our coping style.

If you are feeling mentally bogged down, just determine which nostril is dominant at the moment, then close it with your index finger and breathe through the clogged side. This forces the hypothalamus to open new switches in the brain and presto! you've reached a more harmonious mental state."

There is one three-minute Yogic breathing exercise which I learned from my teacher, practised, and eventually taught to my own students at the start of each class for clarity of mind. New studies indicate that it "stimulates both sides of the brain at once." It is very simple to do: Close off the left nostril with your left thumb, lifting the arm so that the elbow is horizontal to the thumb. Inhale through the right nostril to the count of 8. Hold the breath for 8 counts. Shift the middle finger over to the right nostril, releasing the thumb from the left one, and exhale through the left nostril to the count of 8. Now, reverse. Inhale through the left nostril

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(while middle finger pinches off the right one.) After count of 8, shift thumb over to close off the left nostril...and exhale through the right one. Repeat for 3 minutes. You might do this for the first few days with a count of 4/6 or 6/8 instead of 8/8 if you have difficulty with even breath control.



This is a wonderful way to start and end any day. And according to new research, it would appear you will "...keep abreath of both hemispheres and their creative functions." Ah, DeVries, you would have loved this 'new' hypothesis!

The DEMOGRAPH TRANSITION

A major problem facing the planet is the population explosion. Many of the other problems stem from trying to provide for this swelling mass of humanity. The World-watch Institute has defined three stages that appear to govern the numbers game.

In the first stage of traditional societies, both birth and death rates are high but essentially in balance. Societies have existed this way for the thousands of years that history has been recorded.

In the second stage, death rates fall as public health improves, vaccines become available and food production expands. Birth rates stay high, and such a population expands typically at three percent a year. That doesn't sound so bad until you discover it means that after a single century such a population will be 20 times what it was at the start.

In the third stage, birth rates decline until they come into balance with death rates. A society can stay in this stage indefinitely. What it can not do is stay in the second stage for too many years. Many developing countries have been in the middle stage since roughly 1950, which means they are now in their fourth decade of three percent growth. Mounting population pressures are destroying forests, grasslands and croplands, and inevitably the death rate begins to climb again.

- On a higher dimension - we learned that the five planets of the Ogatta group have accomplished a balance with their planetary resources and have achieved a zero population growth.

On Gravity Waves & Space Travel

Albert Einstein viewed gravity not as a mysterious force, but rather as a curvature in space-time, and predicted the existence of gravity waves almost 70 years ago. While electromagnetic waves travel through space, gravity waves actually disturb the fabric of space-time and generate ripples. Now, Stanford University's particle physicists have developed a 'glacial mass of instrumentation', cooled to a chilly minus 456 degrees Fahrenheit, to try to detect these gravity waves. Ronald Drever, head of Caltech's gravitational physics group, suggests that "simultaneous signals from several detectors could herald in a new era in physics and astronomy."

Let's conjecture some of the possibilities that may open up to us once we understand and can detect gravity waves. It will allow the completion of the work that Einstein began in mathematically describing the "UNIFIED FIELD," and will open up the field of 'universal geometry.' With this information we propose that the restrictions of travelling in space will fall away and we will be able to develop a **true** spaceship. Gravity research presents tremendous and challenging information undreamt of in present day science and physics.

To quote Elizabeth Klarer's spaceman, Akon: "Gravity sweeps outwards from the nucleus of the spinning disk of our Galaxy exerting a pressure on all nebulae, stars and planets.

Light gives the illusion of velocity, when in reality it is a pulse resonating in the frequencies of time and GRAVITY. Light is a universal geometric. The mathematical formula for all transportation lies in the vibratory frequencies of the light harmonic. Anti-gravity waves and time waves are simply the frequency rate between each pulse of the spiral of light. A spaceship achieves a shift in space-time by stepping up the frequencies of light and time between each pulse of physical matter.

A spaceship, moving beyond the velocity of light as understood on earth, annihilates the unfathomed seas of space in her swift passage through time. It goes with the

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pressure force of the Universe...GRAVITY, attaining the higher octaves of resonance by the absorption of light itself and thereby annihilating the light barrier.

A UNIFIED FIELD EQUATION OF 7-FIGURE HARMONICS is the key to space travel."

S.T.A.R. Activities



This edition of the Update finds us at the close of our fourth year of publication. Starting with the Sept/Oct issue of the newsletter, minimum subscription rates will be set at \$30 a year in the U.S. (\$35 abroad). Your donations are - as always - tax deductible. We trust that this small increase will not impose a hardship on any S.T.A.R. supporter. (If there is a problem, please let us know, and an adjustment will be made in confidentiality.) We thank you for your understanding and continued support in these times of rising costs. S.T.A.R. is a non profit organization. It must stay self-sustaining that it may continue its research and assist those who seek help in so many ways. The S.T.A.R. House facility will soon be operative and will house these projects...and visitors...and must become self-sustaining as well.

Dick and I want to thank the many of you who sent donations to S.T.A.R. in memory of my Mother. I was deeply touched by your heartfulness. Her passing was very peaceful and her oft expressed pride in what we are doing sustains us through this mourning period.



For those who would like to hear Greta's lecture, the next one is scheduled on Thursday, August 8th, in Columbia, Maryland. Greta will give her presentation at a special Unique Energies Seminar preceding the American Association of Electronic Voice Phenomena Conference, from 2:30 til 5:30 PM at the Hilton Inn in Columbia, Md. If interested in attending, contact Sarah Estep at (301) 647-8742 and identify yourself as a fellow Updater. She will be happy to give directions from the Baltimore/Washington area -and elsewhere - and reserve a place for you. Hope to see you!

"Neither your PAST nor your PRESENT are your POTENTIAL."

The WOODREW Update

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THE EXCITEMENT OF TOMORROW'S SCIENCE

"THE EXCITEMENT OF TOMORROW'S SCIENCE WILL BE IN THE DISCOVERY OF THE AMINO ACIDS' MEMORY STORAGE CAPACITIES." With this statement and a twinkle in her eye, Tauri, our very dear extraterrestrial friend, exited the channel. It's exciting for us when a communication foretells a path which humanity will follow, even if it's in a field with which we are only marginally familiar. Biology, with its expanding excursions into bioengineering, is a 'hot' field, both scientifically and commercially. For those without background to understand the prediction we offer this abbreviated and simplistic overview.

The basic building blocks of cellular life on the planet, and perhaps elsewhere as well, are four nucleotides and twenty amino acids. The nucleotides make up the DNA or GENE, the long thread-like molecules that are responsible for storing the genetic code within each cell. The DNA is literally the substance of heredity, and carries the essence or character of the organism from generation to generation. Every organism uses the same genetic code. The instructions that a bacterium carries in its genes are written in the same language that is used in hemlocks and hamsters and human beings. Evolution is based on the modification of these genetic instructions.

The twenty amino acids take their instructions from the genes and form the required proteins, the substances that allow the organism to live and function. There are between three and four million genes in every cell, giving each cell the ability to make that many different proteins. However, only one specific gene is turned on to make its unique protein, and it is NOT a random choice. Even though every cell within our body is identical, the protein called for causes the cell to specialize in its function. It is this sequence that differentiates brain cells and red blood cells and all of the other specialty cells

in the body. At this point in our learning curve science has not uncovered the mechanism that turns on that one specific DNA sequence out of the millions there are to choose from. (In the Jan./Feb. '85 Update, we talked about the mechanisms that created life on earth, the nucleotides and amino acids. We described how they are ready to adapt to the changing environment and create life forms to live in the stepped-up vibrational theater of tomorrow.)

Our current scientific understanding has all of the genetic memory and protein creating recipes within the DNA strands. The "central dogma" of molecular genetics says that there is no storage information in the protein molecules, the product of the amino acids. With this in mind, now review Tauri's statement: "THE EXCITEMENT OF TOMORROW'S SCIENCE WILL BE IN THE DISCOVERY OF THE AMINO ACIDS' MEMORY STORAGE CAPABILITIES." It opens up infinite possibilities for biological advancement!

Evolution & Communication

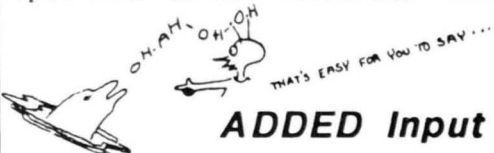
In the May/June '84 Update we wrote on Non-Verbal Communication and the lesson the Ogatta group gave us. Tauri had slapped our wrists gently when we asked about the evolutionary level of a particular animal group. "You humans like to think of yourselves as the highest life form on the planet. Yet you cannot communicate with any other species, all of whom you consider lower on the scale of evolution. We don't think 'higher' or 'lower', but point out that within a species their evolution is sufficient for them to communicate fully and totally with the other members. The only specie that is perhaps incapable of total communication with its own...at least by performance to date...is MAN. You humans should evolve to the level that you can recognize and communicate with other earth species."

YOU SHOULD SEE
THE UNABRIDGED
VERSION.

DOLPHIN IN
PARTNERSHIP

To add fuel to the discussion Tauri asked us, "How many words do you think the average human has in his vocabulary?" After some thought, and trying to weigh the worldly averages we replied, "About 3000." "And how many words do you think the average Dolphin has in his vocabulary?" Now that was a loaded question. After some hesitation we answered the question with a question, "How many?" The answer was staggering. "They have about 10,000 which they build syllabically." It was mind boggling!

Now studies by anthropologists at UCLA begin to shed light on this valued lesson. At the annual meeting of the American Association for the Advancement of Science (AAAS), it was reported that wild vervet monkeys have "vocal repertoires that are far larger than originally believed." Moreover, computer analysis of the monkey's specific 'conversational' sounds reveals them to be surprisingly similar in some ways to human speech. "It's like watching humans in conversation," said UCLA's Robert Seyfarth. He adds that his research opens up the possibility that other animals may have natural communication systems in the wild that are far more developed than is now believed. Believe it!



After reading the Hollow Earth article in our last newsletter an Updater sent us a copy of Ruth Montgomery's Aliens Among Us. There, on pages 26 & 27, Montgomery's guides give us their thoughts: "The extraterrestrials do not have a base in your oceans, and we have previously told you that there is nothing to the 'hollow earth' theory, of a civilization operating beneath the surface of the earth. The extraterrestrials come and go at will because of their ability to disintegrate solids and reassemble them wherever they wish. This is a law of the universe that is not yet fully understood on planet earth, but it does not defy natural laws. They travel from other planetary systems to the earth plane by thought...they can 'think' the apparatus that they have previously dissolved into being in the earth's atmosphere, and this ability will one day be understood and used by earthlings in the New Age to come...extraterrestrials from more advanced realms are constantly visiting earth, and can go and come at will due to their understanding of the Law of Thought."

The Ogatta group has not commented on the 'hollow earth' theory, nor have we asked. The technology involving the Law of Thought as recounted by R.M.'s guides, however, allowing advanced civilizations to travel the cosmos by traversing space, time and dimensions does dovetail and agree with what the Ogatta group has told us about their mode of travel.

Additionally, as we comment of the changes to come and the heightened vibrational aspects of the tomorrow in which we must be prepared to live, so too do the Montgomery guides speak of these changes: "The Aquarian constellation represents the powerful, spiritually charged waves of electromagnetic and spiritual energies bombarding the earth and transforming the vibrations of all things moving, living, breathing, or merely sitting upon her. All energy is being transmuted to a higher frequency. Therefore, only souls who are able to stand these new energies will be able to remain on the planet as we pass the year 2000."

We did speak with the Ogatta group about vibrational changes. It troubled us, within the context of a 'life eternal', that there may be many humans who will be unable to handle the stepped-up vibrations of the Aquarian Age. What would become of them? Where will they go? How will they evolve? On this matter the Ogatta group assured us that a planet was being readied onto which these souls will be born. The planet will be of the same vibrational rate and energies that planet earth was before the changes started. In this more suitable environment those souls who need more time will evolve. The conversation was gentle and reassuring.

It's WILD!



Most of us have heard about either the Abominable Snowman...North America's Bigfoot...or the Himalayan Yeti. Lately, however, there is something new stalking the backwoods and mountains of China and these creatures have been named Yeren ("wildmen"). Asiaweek Magazine in Hong Kong recounted a few of the more than 300 reported Chinese sightings of the ape-like creatures. World Press Review wrote its 'Global Focus' on these "wild men, wilder women." The latter, it seems, have been kidnapping peasant men in Tibet! Travelers, take note...



Toward a Higher Evolution

What would your value structure be if you KNEW without a shadow of a doubt that you live forever; that this 'lifetime' is but a 'day in the classroom' of eternity? Where would you place your emphasis? How would you change your ways?

In the Jan/Feb 1982 Update we wrote of the Life Continuum. Now, much is being written about out-of-the-body-experiences (OBEs), and near-death-experiences (NDEs). A Gallup Poll reported that about eight million adult Americans have experienced an OBE or NDE, where a person pronounced clinically dead survives and reports a total 'living' experience while physically dead. Moreover, in a study published in The Journal of Nervous and Mental Disease, Updater Dr. Fowler Jones, together with Drs. G.O. Gabbard and S.W. Twemlow, stated, "One of the most significant findings of our study was that the vast majority of out-of-the-body-experiences, 90 percent in our sample, do NOT occur during a NDE. Only 10 percent of our subjects reporting OBEs described them as occurring near death state." Instead, they noted, "...altered states of consciousness in which one perceives that his mind or awareness is separated from his physical body are quite prevalent among persons whose survival is not threatened."

If this study and the Gallup Poll are correct, then the eight million NDEs are only a small percentage of all OBEs, and we can conclude that humanity is well on the path to a higher evolutionary phase. As Dr. Kenneth Ring noted in HEADING TOWARD OMEGA, "I believe that a significant number of persons have already evolved or are evolving toward a new and higher mode of consciousness and that the near-death-experience can be viewed as an evolutionary force to bring about this transformation, over a period of years, in millions of persons."

Corroboration of the Ogatta group's "scenario" comes from case studies of NDEs in Dr. Ring's book. Under the heading "The General Scenario recounted in Prophetic Visions" he writes: "The individuals report that in this decade there will be an increasing incidence of earthquakes, volcanic activity, and generally massive geophysical changes. There will be a resultant disturbance in weather patterns and food supplies. The world economic system will collapse,

and the possibility of nuclear war or accident is very great. All of these events are transitional rather than ultimate, however, and they will be followed by a new era in human history marked by human brotherhood, universal love, and world peace. Though many will die, the earth will live..."

All of them, he said, had essentially the same vision: one of widespread and cataclysmic destruction. Furthermore, they all appeared to agree on the year in which these events were to take place: 1988. That date strikes home. Ever since Greta was a little girl, she has been talking about 1988 as being a cataclysmic year of great changes. ("I have been consumed with curiosity about the year 1988 for close to half a century.") We shy away from specifics, but when one strikes so closely, we must note it.

"WHAT IFs"

It's over two years since Dick and I moved to the mountains. "Survivalists at your age?" and "You have the courage of your convictions!" are the two repetitive phrases we hear. Well, there are all kinds of courage and many ways to survive. The real courage was in pulling up three decades of roots, leaving our children (albeit grown children), friends and community, to become strangers in a strange land." Grok!

WHAT IF nothing happens? Photographer Carl Krupp who moved from downtown Chicago to the woods of southern Oregon at about the same time we made our own transition writes, "As we find more answers to the 'what ifs,' we become more secure, making us even more optimistic about our (move) and our future." We feel the same way. We have made new friends and learned new skills. After all, we did not come here to retire but rather to live! We are busier than ever, and we would like to feel that we have given a new lease on life to some of our S.T.A.R. supporters. We "think and relate" every day on different levels of consciousness. Like the Krupps, we have interwoven survivalist ideas into our daily existence.

We have redone the house to meet our present and future needs. We told you all about the changes, remember? Insured pure water through gravity-feed. Remineralized the soil. Built underground storage rooms. Put in a generator. Installed a wood stove. Prepared gardens. Worked out flaws for lighting/cooking/heating. Thought out future



food and clothing storage plans. Built the S.T.A.R. House facility. Should Man's inhumanity to Man or Nature's Plan move in on us quickly and catastrophically, we can switch gears. If the strikes occur. If the earth tremors. If the power fails. And what if NONE of this is necessary?

Well, Reisha Way will continue to wrap its arms around our family and friends as it does now, creating its own magic: dinners by candlelight..silver, crystal, china, linen..fine wines. Why not! We have worked hard over the years and earned the right to entertain ourselves and others in a gracious manner. While peach-tones and treasures gathered during global travels give great pleasure, simultaneously preparations are always in progress for the WHAT IFS. I see no incongruities in priming the generator's pump...and 'flowering' my radishes.

We hope to handle changes with equanimity if and when they occur. We believe they will. We are being ringed within a 25 mile radius by like-minded people who agree with us. Back in the '70s when we talked about changing weather patterns ahead, the common response was one of "Oh, there have always been erratic weather patterns." In these '80s, the changes are now the norm. All-time weather records were set this very year all around the world. Crops, land and people suffered and died untimely deaths. If we are wrong about all the rest of it, no harm done. The house and land stand ready to serve. If we are right, we are putting ourselves into position to help ourselves and to help others to do the same.

WELL, IT CERTAINLY IS
A "BIG" IF.



When the Indians became sick, one of the first things they did was to enter the forest, rich in negative ions, where they would breathe deeply and sit with their back against the trunk of a tree. This way they grounded themselves, 'sitting in the lap of the Mother' as they put it, to receive healing.

On our all-important WATER SUPPLY

Fresh water is a newable resource and, if properly managed, can adequately supply man's needs in the future. Such vast quantities are needed, however, that it has not proven to be practical to move it or trade it like other vital resources.

The Worldwatch Institute in its "State of the World 1985" report states: "Each year, the sun's energy lifts some 500,000 cubic kilometers of water from the earth's surface-- 86 percent from the oceans and 14 percent from land. (One cubic kilometer is the equivalent of about 264 billion gallons.) An equal amount falls back to earth as rain, sleet or snow, but fortunately not in the same proportions. This solar-powered cycle annually distills and transfers 38,800 cubic kilometers of water from the oceans to the continents. To complete the natural cycle, the water then makes its way back to the sea as 'runoff'. Under the planet's existing climatic conditions, approximately the same volume is made available each year. For each human inhabitant there is now an annual renewable supply of 8,300 cubic meters, several times the amount needed to sustain a moderate standard of living."

Then why should we have an impending water crisis? Through most of our history, water use expanded at a moderate pace. In this century, however, use has soared to keep pace with the demands of rapid industrialization and an exploding world population. Given existing climatic conditions and current population projections, the per capita global water supply at the end of the century will have declined by 24 percent. (We have little faith in extrapolations that use existing climatic conditions. The weather is becoming more extreme and more unreliable.)

The consequences of current mismanagement of the world's water supply are: 1) Depleting aquifers, those underground storage areas that are essentially nonrenewable. 2) Groundwater overdrafts that exceed the sustainable supply and cause drastic drops in the water tables. 3) Overpumping of coastal wells that allow intrusion of saltwater. 4) Diversion of water supplies that cause lakes and rivers to shrink and dry up. 5) Deforestation and overgrazing that disrupt the water flow and absorption of the terrain causing soil erosion, rapid runoff, flooding, declining crop production and, in the extreme, drought.

The Worldwatch Institute writes that some governments are recognizing the water problem and are reorganizing their water management. They are insuring an adequate supply of water for their future by instituting sensible measures today. More countries must do the same.

A "FAMILY" Newsletter?

The range of reactions to some of our pieces is broad. If I had to pick the one piece that drew the most comment this year, it would be "Mother of the Brides." But last month, we had a stirring based on one sentence concerning the sperm cell count of males being down by 50%. What else interests people and keeps us 'updated'? A letter from one of our Mississippians questioned why we didn't give more cosmic connections... hard-core data...why we presented personal matters. It was an interesting letter with well-taken points, but it also is a double-edged problem because we really consider all of you 'extended family.' Also, we write many editorials in a "think and relate" way, using personal material as a springboard for considering ideas that extend beyond the obvious.

For example: In the last few months, there have been a rash of major events in our lives which jogged my destiny. Within **one** nine-week period we saw our elder daughter get married...closed a business of 35 years duration...buried a parent...saw our younger daughter get married...completed the building and furnishing of the S.T.A.R. House facility and got news that we were (finally) going to become grandparents! Clustered together, it was alternately a time in which to rejoice..agonize..contemplate. Life...death...transition. Growth...change...evolution. Perhaps the particulars are not your own, but the frame of reference must be familiar? My personal reflections are meant to trigger a theme upon which perhaps you can resonate.

What else do we try to share with our 'extended family?' We are investigating many things outside today's paradigms. Even scientists...true scientists...do not ever know exactly where their investigations will lead them. They are 'exploring' possibilities. When one's today's are concerned with futurisms, the bottom line can be 'if-fy.' "Hope lies in the ill-defined and unexplored margins of knowledge and existence," writes Update/author Chris Bird, "including such arcana as radionics, psychotronics, dowsing and parapsychology" (all of which we have written about.)

Much of what we put into the Update has already been reported. We use a great deal of this data to emphasize trends that are often overlooked. There is no question that there have been geological and seismological events throughout history as well

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as sociological and economic upheavals on an on-going basis. If you view these events as simply the 'normal state of affairs,' then you may not be prepared for the major crescendo of change that these events are orchestrating. We also give you this data so that you have a context within which to place the information we receive paranormally. Without such a context, we believe, the paranormal information is very difficult to assess and understand.

We always appreciate your critiques, comments and input. We are all in this together, and we can learn from one another. So, together, let's explore the awesome possibilities and hopefully, in the process, continue to make this a viable, interesting, 'family' newsletter for S.T.A.R. supporters all over the U.S.A., Canada and 14 other countries.

On Relativity

The energy from the sun powers the earth and all life forms residing thereon. Sometimes we think of the sun as our own private power plant, and in one sense, indeed it is. In another sense, however, we are the recipients of such a minute part of its radiated energy that we must wonder if 'King Sol' recognizes the existence of planet earth at all. The current scientific reading of our sun...one of more than 100 billion stars in the Milky Way galaxy...goes something like this:

Scientists calculate that every second of its life the sun converts 657 million tons of hydrogen into 653 million tons of helium. The 4 million tons of mass that are missing are radiated into space as energy. The earth receives approximately two-billionths of this radiant energy. The balance of the sun's radiated energy diffuses throughout the solar system and the universe, irretrievable but persisting forever. Perhaps part of its beneficial frequencies are visited upon "other worlds?"

It's "TIME"

Hello, America! Our editor, Jill Smolowe, joined TIME magazine from Newsweek International where she was an Associate Editor for the last four years. At TIME, Jill is writing in World division, and her by-line is rightly prominent. In the past year, Jill was the recipient of the Page One Award for Crusading Journalism, the Overseas Press Club Citation and the Odyssey Institute Media Award for Excellence. We are duly proud of our editor!

ON A BALANCED BUDGET

David Stockman has left the Washington scene, but the message that remains becomes clearer and clearer. There is NO way within our present political structure that the federal budget can or will be balanced. Federal budgets must continue to grow until the current deficit is so large that it brings about the downfall of the "business as usual" approach of our government...and forces a massive restructuring of our system.

Mr. Stockman, called by supporters and adversaries alike the "best budget director since the office was established by Mr. Nixon in 1971," was relentless in his pursuit of a balanced budget. His ability to work long hours and to understand the line-by-line detail was legendary. Despite his budget cutting zeal, he watched the deficit zoom from \$58 million when the Reagan administration took office to an estimated deficit exceeding \$200 million in this current year. Was Stockman a success or a failure? Is it possible to rein in these increasing deficits?

Charles Schultze, a former budget director, said, "David Stockman drove federal spending as a share of GNP (Gross National Product) back to where it was before 1940, if you take out military spending, interest, Social Security and Medicare. It really was a revolution."

We propose that the increasing budget deficit is one of the major signs heralding massive change in our political system before the year 2000. For the last four years the United States has had a conservative president dedicated to a balanced budget. It also had an extraordinarily competent and driven budget director devoting his skills and efforts to accomplish the balance. Their combined efforts have resulted in a deficit 2-1/2 times the fiscal 1981 level. There can be no hidden meaning in the results.

\$ On Debt \$

On the government's debt, Donald Hoppe points out that "Government debt is the equivalent of money. Only economists can be so dense as not to recognize this. To the ordinary citizen, businessman or investor, however, truth is not defined by academic hairsplitters but by obvious realities. And anyone holding a Treasury bill, shares in a money fund or even a government bond, regards these holdings as the equivalent of cash, because they can be converted to cash with

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W little delay or inconvenience." Mr. Hoppe also points out that "America's consumption boom of the past four years has been financed by an unprecedented accumulation of debt and the continued liquidation of assets. We have gone from being the world's largest international creditor, to being the largest international debtor in these same four years.

Squandering a Valuable Resource

The health, fertility and productivity of our soil are of key importance to our future. Yet we are squandering our soil with both hands. North America's virgin soil of 150 years ago may have had 25 tons-per-acre of micro-organisms; today's soils generally have less than 5 tons per acre. Moreover, wind and erosion, spread over 100 million acres of U.S. farmland, cost the country about 5 billion tons of prime topsoil every year.

Some of the problem may lie with government subsidies that make it highly profitable for farmers to plough up grassland ill-suited for crops. Subsidies provide a great temptation to overplant--if only to collect money later for not planting. Petrochemical farming further adds to the 'decline and fall' of the soil. Conjecture: Maybe it's time to take some lessons from an Eastern culture, which may not be as technologically advanced as we are, but which, after a 6000-year history of living on the same land, has maintained the fertility and health of its soils...China.

The AGRICULTURAL decade

In the May issue of Acres, USA, Garry Bales started his editorial comments, "Toward a New Farm Bill," by summing up the farm results of the period just completed. "Economic experimentation with agriculture for the past decade or so can be correlated with: 1. Unprecedented indebtedness and loss of capital. 2. Record-setting losses of topsoil. 3. The rapid depletion of unreplenishable water. 4. A 90% decline in wildlife in the farm belt. 5. And the degradation of the farmer and his family by stress, severe depression, financial ruin, alcoholism and suicide rates twice as high as the national average. The economic, environmental and human degradation visible in the farming areas of America are every bit as much a threat to our national security as any ideological enemy abroad." These results certainly point to dramatic changes to come in our critical agriculture sector.

MANNED SPACE: Now and Then

[Updater Mark Goodkind was in the Manned Space Program at the Kennedy Space Center from 1961-1980. He held positions as Launch/Test Conductor for Gemini 6 & 7; Lunar Module Manager, Apollo 11 (Eagle); and Operations Manager, Skylab and Shuttle Programs]

"We will land a man on the moon by the end of this decade." With those words, in 1961, John F. Kennedy launched the U.S.A. into its largest peacetime undertaking. It was truly a national goal, and for those of us in the space business, it became all-consuming. "The race" was on, but we didn't realize until much later that our opponent, the Soviet Union, was never in it! A huge government agency (NASA) was born to 'manage' the expenditure of the billions (25 of them to be exact) required to reach the moon. What NASA 'managed' to do was to stifle the creativity of private enterprise, ask for changes upon changes, and generally tie up the program with bureaucratic red tape. Typically, "Big Brother" received much of the credit for success while private industry took it on the chin for failures. And those failures were many and sometimes spectacular. Three astronauts died as a direct result of the program--but ironically those deaths resulted from an accident that occurred on the ground during testing procedures. I was there. Gus Grissom was a special friend of mine. Gus called me at the end of the Gemini Program and asked that I come work on Apollo. He said the Moon program was really "screwed up" and needed help desperately. Three weeks later he died in a fiery accident, but ironically on the ground, not in space as many had predicted. I took that occurrence as a mandate and joined Apollo shortly afterward. There were many other fatalities among the workers, but they certainly didn't make headlines.

The Mercury, Gemini and Apollo Programs stumbled along riddled with huge cost overruns and frustrating schedule delays--as so often happens with government contracts. The name of the game was "work-around" (a term meaning find a different way..this aint working..we can't build the part you designed..it broke..it's late..or, it can't be done!) Rarely were we told that it costs too much!

The minor events hardly made a ripple outside the industry, but to us there were no insignificant happenings. Everything was critical

because of the building block approach upon which the whole program was structured. The major milestones, however, made history: John Glenn's first orbital flight in 1962, the first manned rendezvous in 1965 and finally, on July 20, 1969, Neil Armstrong's now famous words sent 250,000 miles back to a waiting world--"That's one small step for a man,... one giant leap for Mankind."

After the "Eagle" landed, the space program crashed--suddenly became an orphan (a bastard at that!) The public and Congress wondered why we had spent such an enormous amount "just to bring back a few rocks". "Wouldn't we have been better off funding social welfare?" This shortsighted attitude completely overlooked the spin-offs such as microprocessor and medical technology and the literally thousands of other applications to home and industry. Those of us who had given so many years of our lives to this project were faced with the 'what now' syndrome.

The Skylab Program in 1973 was a low budget attempt to refire public enthusiasm for space. The program was technically successful, but apathy remained. The Apollo-Soyez venture in 1975 was a political breakthrough but added little to our technology while probably advancing Russian technology considerably. The Space Transportation System (STS), also known as Shuttle, was born of necessity. NASA desperately wanted to make Space accessible and profitable, while the Air Force, under great budget pressure, needed a reliable, inexpensive way to place and retrieve super-secret spy satellites. Shuttle was fraught with cost and schedule problems, especially in the engine and heat tile areas, but it finally managed to get off the ground in 1981--two years behind schedule!

So, "what now?" Some nine or ten flights later, STS has proven itself as a reliable reusable system; however, the Air Force has yet to use it and recently cancelled its July flight without explanation. Shuttle is still far from cost-effective and probably will remain that way until the government gets out of the business, and private industry takes over and does what it does best. make a profit!

As for me, having been placed on the MX missile...and after 19 years with the Manned Space Program...I made a decision to leave outer space. I now pursue the qualitative aspects of life in a rural setting near Dick and Greta...and expand my horizons in inner space.





MOUNTAIN MUSINGS



This year is our building year, and build we did. Next year is our growing and storage year, and do we ever have lot to learn! We've been collecting literature and data on organic farming methods and the natural approach to enriching the soil. Certainly the short-sighted chemical approach to gardening is not for us. Most issues of the *Update* include some negative results of the "better living through chemistry" method of farming. Thank you for the articles and data on organic and natural gardening that many of you are sending. Keep the information coming!

As a product of city life, I've had difficulty understanding the true meaning of the soil being 'alive.' None of my sensory inputs respond to a 'living soil.' I can't see, touch or even count life forms in the earth, other than some worms. I know that the darker the texture of the soil, the richer it is. What a thrill it was for Greta and me to drive through Iowa and see really black soil. But the statement of the number of tons of living micro-organisms in the soil, and the decline in this number since the advent of chemical farming, required some study. Here is what I found out about the "average life" that exists one level below my shoe:

A progression from the largest to the smallest life form starts with the earthworm. In old grassland, worms live in a density of two to three million per acre. Charles Darwin estimated that the earthworm shifts ten tons of soil and vegetable matter through its intestinal canal every year, extracting from it the decaying matter on which they feed. And recently, "Acres, USA" noted that the worm population is insignificant to those of some of the micro-organisms engaged in the same work. "Of acarinae, or mites, there are some 950 million per acre; of nematodes or eelworms, more than 81,000 million per acre; of insects, chiefly springtails, about 380 million per acre. But when we come to bacteria, algae, and other minute fry, we are forced to reckon the population per gram of soil. For bacteria it is, on a rough average, 1,000 million per gram."

Since becoming aware of these numbers, we've been walking more lightly as we wander around Reisha Way and the S.T.A.R. House!

The Woodrew *Update*: A S.T.A.R. Foundation publication. 1 year subscription with donation of \$30 or more to S.T.A.R. Back issues: \$4 each.

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S.T.A.R. House *Update*

Last month you received the original artist's rendering of the S.T.A.R. House. The facility is now in the final stages of completion. The rest of the mountain is being graded and the water, electricity and heating connected. An excitingly conceived open room behind the facility, a "tunnel of light," has been added. To hold the very steep grade 15 feet behind the house we built a retaining wall six-and-a-half feet high. Our creative architect, Bob Andron, suggested that we make use of this space by covering it with a clear double-skinned acrylic sheet used for window walls, skylights and roofs. The result is 68 feet of indoor/outdoor space, totally dry, but open at both ends. To this we have built an outdoor kitchen, consisting of a wood-burning cookstove, a charcoal grill and a woodburning & charcoal grill, all vented through a roofed replica of the S.T.A.R. House. The effect is wonderful! We have added the ability to cook for and feed large numbers of people with the natural resources that abound in these mountains...no electricity or gas needed.

The S.T.A.R. House, with its 6000 square feet of ash, redwood, Cherokee stone and solar wonderment, will soon be open to do the job it was conceived to do. There are four bedrooms for those who prefer staying there to a motel. Within its walls we shall learn more about the paranormal events occurring with greater frequency, share any knowledge gained with as many seekers as possible, and greet many of you who are interested in the work. Most of all, it is there for those who come in search of help that is not available elsewhere. We hope to be able to provide that help...and teach you what we have done...so that you, in turn, can help others in the troubled times ahead. It's coming along, our S.T.A.R. House. **Your S.T.A.R. House!** The "Give or Get" program will help it be self-sustaining. Also, **ON A SLIDE OF LIGHT is now out in trade-size soft cover** (New Age Press, \$7.95) and autographed copies can be obtained from S.T.A.R. (\$7, tax exempt) for your own libraries and for gifts to friends. The new covers..and added Epilogue..have given it a new look. We're pleased with the edition.

"Mind and Body are always Co-Conspirators for Health or Disease."