

If you are advanced you will understand

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

We are on the verge of understanding this. OBE, NDE, consciousness
Moloch, realizing materialists dogma is dead.

How could the intelligence a thousand million years not utilize

The *Update* WOODREW

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DREAMS . . . & PSI PHENOMENA

In his essay "Psychoanalysis & Telepathy", Freud observed an apparent intimate connection between telepathy and dreams, and the "incontestable fact that sleep creates favorable conditions for telepathy." Dr. Rhine at Duke University concluded that "Dreams are the most prominent form of spontaneous para-psychological events such as precognition."

Dreaming is universal. Everyone does it. It's as normal as breathing and. . . whether we actively remember or not. . . most of us dream every night. Dreams share a few basic experiences and recurrent themes, including the belief that the physical world is only one plane of reality. During what is defined as rapid-eye movement (or REM) sleep, the Lakoti Indians of South Dakota believe they can pierce the barrier to another level, a sacred realm. In Malaysia the Senoi people who believe that one is more than a physical being, pursue interaction with other dimensions during the dream experience.

Modern researchers restate these ideas in 20th century idiom. Dr. James Hall writes in Clinical Uses of Dreams, "Dreams in which the dream ego realizes that it is dreaming have been called lucid dreams. Once the ego realizes this fact it has control over the course of the dream." Dr. Keith Hearne in Signals From Another World says, "In lucid dreams consciousness arises within the dream. . . it is like being awake, having a free will and possessing 'critical faculties' but being in a totally artificial 'other' world. . . and knowing so."

Lucid dreaming occurs only when a dreamer attempts to cross the physical barrier. It is a spontaneous occurrence and a trainable reaction. There are many therapists who now teach the technique of "lucid dreaming". Analysts agree that dreams affect the future of the dreamer, and feel that the recollection of a dream

can be a learning experience. Because we dissociate from the conscious self during sleep, we can work on problems in this state. The insights and solutions which manifest are evidence of a dream-state intelligence.

In 1964 Dr. Montague Ullman at Brooklyn's Maimonides Hospital began the now famous Dream Research Lab. One objective was to induce "telepathic dreams," dreams prompted by another's thoughts. Ullman concluded that ESP does occur in the dream state. He recorded information about events outside of the conscious knowledge of the dreamer. His studies recorded information picked up telepathically (from another's mind), clairvoyantly (events not in anyone's mind), and precognitively (futurisms). While asleep the dreamer is able to span linear time and space, going backward and forward in time and travelling great distances.

Others involved in the research suggest that telepathy is masked by consciousness; they say that it takes place only when one's guard is down. During REM dreaming the human mind is more susceptible to PSI impressions. These are then incorporated into the dream. Ullman concludes that man's psyche possesses a latent ESP capacity that is most likely to manifest during REM sleep. PSI is not an exclusive gift of some, he argues, but a normal part of human existence. Dreams are a way of releasing telepathic messages that get trapped in the unconscious. This might explain the "deja vu" phenomenon.

When we sleep, we endure physical changes in our pulse rate, blood pressure and respiratory processes. Our brainwaves shift from low amplitude/fast activity toward the "alpha rhythms", or an increase in high amplitude/slower brainwave activity. Research suggests that there is a direct relationship between shifts toward the alpha frequency and ESP phenomena.

On New Ideas . . .

PSI & SCIENCE

New ideas often elicit incredulity from informed members of a given scientific field. Caution is advised and required; not all new ideas bear the test of time. Here are a few ideas that have proven lasting, with some thoughts by scientists at the time these notions were first raised:

1-- The father of modern chemistry, A. L. Lavoisier, discovered that air was actually a mixture of gases. He was bitterly attacked by his colleagues. They had been taught that air was one of the four basic elements and couldn't possibly be subdivided. The other three basic elements were fire, earth and water.

2-- Dr. William Harvey, the English anatomist, demonstrated the circulation of blood in warm-blooded animals in 1616. He was derided by every physician over the age of forty. They were convinced that Harvey had given leave of his senses.

3-- The demonstration of the Edison phonograph before the members of the prestigious French Academy in the year 1878 was met with outraged disbelief. One of the academicians accused the demonstrator of being a ventriloquist. It was obviously "impossible" for a "pile of metal" to reproduce the human voice.

4-- Closer to home, the great physicist of the 20th century, Dr. Albert Einstein, was dissatisfied with a theory proposed by Drs. Max Planck and Neils Bohr. The theory stipulated that the movements of subatomic particles exposed to radiation are random. Einstein spent the remainder of his life trying--unsuccessfully--to find an alternate explanation for Planck's discovery. Today, the theory stands. Even one so great as Einstein had problems opening his mind to new ideas. The history of "SCIENCE" is filled with advances made by those who dared to take an unpopular position. They were ridiculed in their time as "PSI-entists".

CURRENT SYSTEMS

Many leaders around the world are speaking out as they begin to recognize the impoverished condition of current systems. Michel Poniatoski, a member of the European Parliament and a former Minister

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of the Interior of France writes: "All the certainties of the industrial society in which we live are disintegrating. We are witnessing an erosion of ideologies, economic theories, and traditional culture. That is because all our assumptions, all our theories and religions come from the 19th century, from an industrial period that is approaching its end. Marxism and capitalism, for example, are 19th-century doctrines, each intended as the driving force of a system that no longer corresponds to the prevailing economy or to the scientific age now being ushered in."

A DREAM SEQUENCE

Dreams are reported in mankind's oldest existing records. The Babylonian epic of Gilgamesh, circa 600 B.C., is the first known recorded dream analysis. Dreams are recorded in almost every part of the Bible from Genesis to Revelations. From the sixth century B.C. until the third century A.D., the cult of Aesculapis, the Greek god of healing, provided temples where sick people could go for the customary rites of purification and for slumber until a significant dream informed the ailing traveler of a possible cure. Hesiods, Homer, Plutarch--even Abraham Lincoln who kept a dream log--all believed in the art of dream interpretation. Plutarch wrote: "Dreams are not without meaning. . . wherever they may come from. Dreams must be heeded and accepted, for a great many of them come true."



"...perchance to dream"

"Once upon a time I . . . dreamt I was a butterfly, fluttering hither and thither. I was conscious only of following my fancies as a butterfly, and was unconscious of my individuality as a man. Suddenly I awakened, and there I lay, myself again. Now I do not know whether I was then a man dreaming I was a butterfly, or whether I am now a butterfly dreaming I am a man." Chuang Tzu

SUBSCRIBER Scribings

Sharing ideas, concepts, opinions and experiences is what the Update is all about. When we receive your articles and comments we are warmed that you take the time to participate. This month there are two cartoons and an article by participating subscribers, and. . . this very special letter from YPOer Tim Day of Arizona:

"Last week a young lady and I attended a Greek festival and consumed a wide variety of food and drink. After a long night of dancing, I took Gloria home around 2 A.M. and she suddenly became violently ill. She lay down on the bed in pain and became very nauseous. She said the room was spinning. I feared food poisoning. When she whispered, 'I think I'm dying', I went for the phone to call a doctor and suddenly, for some reason, instead I turned around and went over and knelt next to her. I remembered what you said about everyone being a healer. I moved my hands to about 1" above her body over her head and stomach and felt what can only be described as a white light energy flowing from my hands into her. My breathing became heavy and that white light just flowed through my hands which became very hot. . . physically hot. . . and this lasted for maybe 3-4 minutes. Gloria kept her eyes closed but the moment I took my hands away her eyes flew open and she sat up and said, 'Who are you?' She explained that she actually felt 'a white healing energy' flow into her body and that she instantly felt completely well. She calls constantly to ask me what I did and how I did it. And. . . 'Who are you?'

Well, Greta, that is my experience and I do not know if any of it will ever happen again. I do intend to try and master that healing power. I always believed this type of healing was possible but I never suspected that I might be a vehicle myself. Another wonderful surprise in life! There are very few people I know who would understand this and not think I've blown a screw, but I had to tell someone. Thanks for being there. Love to you and Dick, TIM"

Dear Tim: Hundreds of Updaters around the world will think as we do, that you are

wonderful! Thank you for sharing this beautiful experience. (Tim participated with me in a remote-viewing healing a week after this episode and reported that he could indeed summon up the "heat" for about 2 minutes.)

From a Nobel SCIENTIST: A POSITIVE PSIGN

Dr. Brian Josephson, a 41-year-old British scientist at Cambridge University in England who was awarded the Nobel physics prize in 1973, has turned his research interests toward parapsychology during the last decade. In a telephone interview with a New York Times reporter, Dr. Josephson said he was ". . . 99% convinced of the reality of the paranormal effects, notably "remote viewing" and "metal bending".

Dr. Josephson's mastery of quantum mechanics and other hard physical principles led him to the discovery of THE JOSEPHSON EFFECT, by which electrical conductivity in an ultra-cold environment can be switched on or off with a magnetic field. The construction of super computers in the coming decade are expected to be based on this theory. Scientists are now asking if the rigorous technique of thought that discovered the Josephson Effect is compatible with parapsychology.

We were delighted with Dr. Josephson's positive reply to the negative question: "You ask whether parapsychology lies within the bounds of physical law. My feeling is that to some extent it does, but physical law itself may have to be redefined in terms of some new principles. It may be that some effects in parapsychology are ordered-state effects of a kind not yet encompassed by physical theory. My interest is not only in parapsychology, but in the nature of intelligence and consciousness. These are also ordered processes which are not yet understood. It may be that an understanding of intelligence and consciousness lies outside the paradigm of physics. It may be that more can be learned about the nature of reality through meditative processes. It is clear that you can never satisfy a skeptic except by enrolling him directly in an experiment and you can't do that with every skeptic."

Our Electronic Corset ... THE L-FIELD

Dr. Harold S. Burr, for many years the Professor of Neuroanatomy at Yale University Medical School, said, "All living things. . . from the human body down to the lowest forms of life. . . are shaped and controlled by ELECTRO-DYNAMIC FIELDS." This term Burr shortened to "L" FIELDS, short for Fields of Life. To get a handle on this statement let's review some biology. The billions and billions of cells in the human body are constantly dying and being renewed. There is a complete turnover every six months. It is suggested that at any given time, the body functions with only 50% of its cells in peak working condition; one-fourth are in the process of development and growth, and the other fourth are in the process of dying and replacement. Some hardworked parts of the body, such as the liver, are replaced cellularly about every ten days. Even bones, once thought to be permanent, are now known to go through a process of constant renewal. When we meet and recognize a friend we have not seen for six months, we know that the components that make up our friend's face were not there at the time of last meeting. Yet, recognizing him presents no difficulty because his face has been renewed in the "same and old recognizable" shape. The L-FIELD is the electronic mold that keeps us literally "in shape". It is an electronic corset. . . or straight jacket . . . in which we live and without which we would disintegrate.

Dr. Burr and his colleagues demonstrated beyond doubt that L-FIELDS control the growth, development and repair of all living things. Burr was able to detect and measure the L-FIELDS in things as small as frog's eggs or flower seeds. Burr built an instrument that showed the fluctuations in the L-FIELD before and during ovulation. His instruments, essentially very sensitive voltmeters, detected many fluctuations in the L-FIELDS before they manifested in the body. Burr's theory can be summarized as follows: The human body is more unstable than many of us realize. The molecules of the body are constantly breaking down and being replaced. During these ongoing changes, the body is reorganized, maintained and repaired by an electromagnetic field or L-FIELD. Our physical existence, there-

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fore, depends on an electrical "corset" which is invisible and intangible. Today, through high voltage or Kirlian photography, this L-FIELD is photographable. Just before death, the L-FIELD disappears. As the body cannot live without its electronic corset, death and decomposition follow rapidly. The research of Dr. Burr done at Yale University back in the 1930's may eventually be recognized as some of the most important work ever done, for through it may come an enhanced understanding of physical life.



The other half of the set: THE T-FIELD

In his writings, the late Edward W. Russell was concerned with proving the "life continuum" and debunking the "death" myth. He used the work of Dr. Harold Burr on L-Fields as his point of departure. He defined "field" simply as a distortion in space used by nature to build and maintain living things; and he described the human body as "a temporary and perishable construction of some permanent and indestructible builder." But WHO was the builder?

Russell said that the "mind" was the builder. . . and categorized "mind" as a field. He called it a "field of thought", and named it the T-FIELD. It was not electromagnetic in nature, and it had two other important differences from Burr's L-FIELD: it was not weakened by distance and it manifested instantaneously in space, exceeding the speed of light. Unconstrained by linear time, T-FIELDS could project themselves into the future.

Dr. Burr and his colleagues knew that the "mind" could interact and somehow affect the L-FIELD. They wrote that "a continuously recorded voltmeter showed marked changes in voltage gradient during the hypnotic process." Russell used these experiments to show that the T-FIELD was not only independent of the physical organization, but was independent of the

electromagnetic organizer, or "corset", as well. Why? Because memories of the T-FIELD had to survive the constant changes of brain-cell regeneration. Russell reasoned that if "memory" survived the continuing dissolutions of the brain cells, then it also survived the dissolution of the entire body. . . death. If the T-FIELD of the human was quite independent of the ongoing rebuilding of the cellular body, then Mind-Memory, the essence of the human, was indestructible. Dr. Wilder Penfield, a Canadian neurosurgeon, added validity to Russell's work when he said, "It is hard to realize that the brain is merely a marvelous mechanism which is used by our thoughts. . . and thought can exist apart from it." He noted, "The mind is independent of the brain. . . and the brain is only something that is conditioned. . . and carried about as you would a computer. It is programmed by something that is outside itself: the MIND."

Early in our relationship with the Ogatta group we were told that "thought energy" manifests instantaneously--and that distance has no bearing in the universal sense. "We receive your thoughts in a blink." So, apparently, do those being treated through remote-viewing psychic healing. Distance is not a factor (as those who have successfully worked cross-continentially with Greta can attest). Interestingly, it is the mind-energy in the T-FIELD that a healer employs to overcome others' imbalances (illnesses) in their L-FIELDS.

[We plan a get-together with Mrs. Edward Russell (Barbara) once we have moved. She tells Greta she will provide an intimate picture of "Eddie's work and dreams". One shared insight was that Russell was the writer/researcher who turned Burr's notes into Burr's book, asking neither for credit nor acclaim. "My husband gave name to both the L-FIELD and the T-FIELD, you know."]

CRUNNCH

The World Press Review, in a recent issue, presented a kaleidoscopic view of world thinking on the global economic crunch. Here were some of those thoughts. The business weekly "Wirtschaftswoche" of Dusseldorf: The stagnation of the

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European economies will not change before the end of this decade. In the 24 nations that make up the Organization for Economic Cooperation and Development more than 30 million are unemployed. Few countries in Eastern Europe, Africa, or Latin America are now credit-worthy.

The independent "Times" of London: Bankers must also accept the shocking possibility that governments may be unable to honor their debts.

The independent "Times" of India: The world economy is moving inexorably toward a crash. If present trends continue the crash may come as early as 1984, and when it does the poor of the world will be crushed in the ensuing scramble.

OUR BODY & MIND . . . ON BALANCE

Our bodies react to a variety of stimuli in greater or lesser degrees throughout our waking hours. When I face an audience, it is easy for me to spot the skeptics, not so much by their folded body language as by the weakening affect they literally have on my legs. It is easily demonstrable. Ask someone to make a fist and stiffen an arm so that you cannot bend it when you press down. Then, have the person drop the arm and, without saying a single word, glare at him while thinking negative thoughts about him. Again, have him make a fist and 'resist' your pressure on his arm, and lo! Down goes the arm. Conversely, smile at the person, send him a bright thought of encouragement, then try again. The muscles will strengthen back to normal, and once again the arm will not bend.

In this way it is possible to test the strength of your muscles before and after exposure to all manner of stimuli. Some of the things that weaken the body's muscles: eating refined white sugar, listening to hard rock music, putting a plastic bag or cover on top of your head, carrying a pack of cigarettes against the chest, too much exposure to normal fluorescent light, receiving a dirty look, being told or thinking a frightening or unpleasant thought. The body's energy is positively affected, on the other hand, by a cheery smile. . . so we pass this along to you with love:
Have a wonderful day!



'Nature's Plan' A Saga of Water

BRIDGE OVER TROUBLED WATERS

If you look at a map, you will notice running parallel to Israel's northern border Lebanon's Litani River. That thin band of water holds the potential to almost double Israel's current water supply. We throw this out as another possible explanation for Israel's incursion into Lebanon.

Many have speculated that Israel hopes and needs to claim this freshwater source to meet the demands generated by a growing population. As early as the mid-1950's, the Israeli cabinet debated ways to acquire the waters of the Litani River. More recently, Dr. Yuval Ne'eman, Israel's top nuclear scientist, told The Jerusalem Post: "The Litani River could be exploited by both (Lebanon and Israel). It is, perhaps, also possible that Israel could integrate the strip south of the Litani, with its friendly citizens, into Israel's development plans." In July, Prime Minister Begin tapped Ne'eman to serve as the new Minister of Science and Development.

The connection between man's needs and man's behavior is inextricably linked. Water is the number one prerequisite for continued life on this planet. As we have noted (Vol. 1, No. 2) fresh water supplies are slowly being drained in this country; the issue is no less critical elsewhere. It is quite possible that future international confrontations will not be over borders and territorial imperatives, but over limited resources.

Water Problems Closer to Home

"If you think the oil crisis changed things in this country, wait til the real water crisis hits later this decade," says Washington water policy analyst David Weiman. A recent study by the Council of Environmental Quality states: "In total, about 225 million acres of land in the United States are undergoing severe desertification. . . an area roughly the size of the original 13 states." Americans used approximately 300 billion gallons of water on an average day in 1965. By 1980 that figure had reached 400 billion gallons per day. Current

projections show a daily consumption of 900 billion gallons per day by the year 2000.

The water problems of southern California have been well publicized since this area houses the most productive farmland in the world. Consider that Wyoming, Nebraska, Colorado, New Mexico, Kansas, Oklahoma, Texas and Arizona face potentially worse water problems than California. The Colorado River has been dammed and drained to a trickle by the time it passes through Arizona. In 1985 the Central Arizona Project will divert greater amounts of the Colorado River water to Tucson and Phoenix to keep them from withering. These desert cities cannot exist without imported water, and demand--even with the increased 1985 allotment--is still expected to exceed supply. Underlying the seven-state High Plains region is the Ogallala Aquifer which has been drilled with so many wells that in some areas it is virtually depleted. When this aquifer runs dry, sections of the High Plains states that depend totally on these waters may become desert wastelands.



Glaciers . . . A mountain of H₂O

To most of us glaciers are part of a period in our pre-history when the land masses upon which we now live were shaped and when granite and limestone rock formations were ground to powder to create rich farmlands. The huge ice sheets that once blanketed much of North America and Europe are 8,000 years behind us. Yet, glaciers could play a significant role in our future.

Seventy-five percent of the earth's fresh water. . . ninety percent of the fresh water above ground. . . is locked in the glacial ice at the polar regions. With water looming as the major problem in the foreseeable future these glaciers may be a most valuable resource. One Arab businessman developed a plan several years ago to haul an iceberg (part of a glacier that has broken off from the main shelf) to the Middle East to alleviate that area's chronic water shortage. Engineering problems halted progress on the project.

Glaciers still cover almost 11% of the world's land, and the weight of the ice . . . estimated at 30 trillion tons. . . literally dents the earth where it is concentrated. If the ice were to disappear from Greenland, the island would eventually rebound some 2000 feet.

John Mercer of the Institute of Polar Studies at Ohio State offers another perspective on glacier ice. He notes that with the onset of the "greenhouse effect" (caused by the increasing amounts of carbon dioxide being released in the atmosphere) the entire West Antarctica ice sheet has potential to vanish in less than a century. If this were to occur the following events would take place: The sea level would rise at least 70 feet, submerging perhaps 20% of the earth's current land mass. Low-lying areas like Florida, Louisiana and Delaware would practically disappear. In New York harbor, water would crest at the nose of the Statue of Liberty, inundating all the buildings in the city that are less than 45 feet tall. The Atlantic would flow inland as far as central Pennsylvania, and the Pacific surf would crash against the Rocky Mountains. Tokyo, London, Amsterdam and other great coastal cities would suffer much the same fate as New York.



In The Search for Solutions, Nobel laureate in Physics, William Lipscomb, shares this thought: "Life first 'assembled itself in the primeval sea. We are born from a water-filled womb. Our bodies are 90 percent water; 70 percent of the world's surface is covered with water. Water carries all our nutriment from gut into bloodstream, dissolves the toxic by-products of our metabolism, and transports them through the kidneys and away. Water regulates our body's temperature and moderates the world's climate."

SURVIVAL PDATE

Lewis Thomas seems to have his finger on the pulse of the changes about which Greta has been speaking and writing. IN 1979 the President of the Sloan-Kettering Cancer Research Institute wrote: "We are at our beginning. Human beings are, after all, a spectacularly juvenile species. As evolutionary time is measured, we have



only just turned up and have hardly had time to catch breath, still marveling at our thumbs, still learning to use the brand-new gift of language. Being so young we can be excused all sorts of folly and can permit ourselves the hope that some day, as a species, we will begin to grow up. What it takes is SURVIVAL, the hard assignment just ahead in this century. Past that hump, if we can pass it, there is wide-open country ahead."

ON TOOLS

As Thomas Huxley says, "Perhaps the most valuable of all education is the ability to make yourself do the thing you have to do, when it ought to be done, whether you like it or not." Critical survival problems cannot solve themselves if we ignore them or designate the responsibility of their solutions to others. We have listed clothing tips and priorities. Now, let's look at basic tools.

Tools should be stored for the time if/when things "stop working". Never buy and store any tool unless you have full understanding of how to use it. As Thoreau asked, "Shall we forever resign the pleasure of construction to the carpenter?" Tools are extensions of our hands, guided by our minds. Most problems can be solved with the simple application of logic plus the proper tools.

We have surveyed many lists and come up with the following, all in the basic category: A multi-bit screwdriver set, small sledge and wood-use hammers, hand saw, shears, 5" locking pliers, needlenose pliers, chisel, adjustable 1/2" and 1-1/4" wrenches, socket wrench, nuts, bolts, nails, woodscrews, glue. A steel square and a top quality sharpening stone, flint and striking stone. Stainless steel single and double-edge knives plus a basic hunting-style knife. Set of wood and metal files. Electrical and masking tape, retractable tape measure. A magnesium fire-starter (a solid block of magnesium with a sparking insert) which can be used in time and need of fire for warmth, cooking, purifying water, etc.

Awareness is seeing the forest while others are counting the trees. The Boy Scouts say, Be Prepared. If we have left out essentials according to your lists, let us add them to our Update list for everyone to share.

COSMIC TELEPATHY

Our visit with Harold and Martha Sherman over Labor Day produced telepathic wonderment that has to be shared. It was in the form of a futurism. At the time, we were still in search of a facility and home, and brokers were combing the Blue Ridge mountains from Virginia to North Carolina. We knew that our place was "out there" but time was beginning to play against us if we were to make an orderly move.

During our visit to the Shermans at their home in Arkansas, we discussed our search and the progress. . . or lack of progress. . . that we had made. We then asked Harold if he could "see" when we would find our place. He closed his eyes, rested his hands on the kitchen table, and remained totally still for about three minutes. Opening his eyes he looked at us and said, ". . . between October 5th and 10th you will buy your property." We asked him to describe the house. He responded with a perfect description of the Waynesville, N.C. place on which we had placed a bid during July. Our offer had been firmly rejected with no hope of further negotiation. We thanked him and went on to other topics. "He looked backward instead of forward. . . there's no way we'll get that property. . . we're too many dollars apart," we concluded later.

On October 5th we received a call from a broker re-opening the possibilities of the Waynesville real estate. We flew to North Carolina on the 7th; on October 10th we bought the house! The first thing we did was call Harold to confirm the accuracy of his prediction. Hours later, as we were in the car headed for the airport, Tauri assumed the channel. We pulled over to the side of the road. "So you found Reisha Way, did you? Are you happy now?" (REISHA: Ogattan for "high energy"). With tears in our eyes we nodded affirmatively. She continued: "Sometimes you don't listen to all of the clues." We thought that we had worked them to death! "Well, we needed a little more direction but we knew better than to ask for it." Her reply staggered us. "We telepathized not only the date but the description

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of the house for you when you were in Arkansas with a master of telepathy. Thoughts can be sent from any place in the cosmos, you know." We know now, and so does Harold.

Dear *U*pdater:

When members of the Ogatta group used to come and talk to our family back in the '70's, they would cry, "I got here!" In that same high energy spirit of wonderment I can now exclaim, "I got there!" Yes, we found our place in the Blue Ridge mountains of North Carolina (please make note of the new address and phone number on the masthead). We look out to the splendid Great Smokies and are surrounded by the Pisgah National Forest. The first neighbors we met were a doe with her fawn. There is quartz in the mountains and water emanating from our 45 acres: our cup runneth over.

As for the dream of a S.T.A.R. facility, we hope to make it a reality before 1984. On our land is a brand new 5000-square foot, three-story barn which shall be converted to our/your S.T.A.R. House. A lake will be built at its feet and a telescope placed at its summit. It will be a place for many people to "come and go" . . . "learn, and send out an echo". . . "refresh tired bodies and souls". So say the Ogatta group, and so say we.

Dick and I are relieved to have the search for the right place behind us and the awesome transition ahead of us. We will be moving on January 23rd with great confidence in our selection of property and location. Our children are supportive and thrilled with the new homestead. We are only 35 minutes from the Ashville airport. By car we can get to Atlanta or Winston-Salem in under three hours. . . to Knoxville and Charlotte in two hours. . . to Greenville and Spartenburg in 1-1/2 hours. In other words, we are beautifully located. Specifically, we are only 1.2 miles off major Interstate 40; so while we are atop our mountain, we are still close by to civilization. It is now possible to say to you, our special friends, in true Southern style: "Y'all come and see us, hear?"

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"Many of Winter's frozen tears do thaw into Summer's smiles"

The *Update* WOODREW

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ON HEARING DEPRIVATION . . . AN ENERGY EVENT

The human's inability to handle certain levels of energy goes beyond exposure to intense radiations that surpass normal tolerance. Problems can also result when everyday frequencies within normal range are amplified or excited to abnormally high levels. "Excessive noise" is an example of one energy that is potentially deleterious to your health.

In a major article on November 16, 1982, the New York Times headline read, "Noise Poses a Growing Threat, Affecting Hearing and Behavior." It stressed that excessively loud sounds damage the inner ear; that it triggers a wide variety of stress-related reactions, among them raised heart rate and blood pressure, constricted blood vessels, contracted muscles; that it produces psychological side effects such as tension and anxiety.

The Swedish navy, when trying to track a suspected Soviet submarine in October 1982, had difficulty finding sailors who could hear well enough to operate the listening devices. (Hearing loss from abrasive noises has become a matter of pressing concern in this country, too. Hearing losses have been noted among American high school and college students.)

The Straits Times of Singapore reports that cities in Taiwan, Japan, and India are exceptionally noisy. Asians have discovered that the blare of discotheques has become a danger to patrons. Says the report, "Disco music is played at about 110 decibels and can harm anyone exposed to it for an hour." Dr. Masaru Koyasu, counselor of the Acoustical Society of Japan, says, "Ten years ago water and air pollution was a major problem. Today solving the noise problem is getting top priority."

How do amplified sound waves cause hearing damage? Sound waves enter the ear and reach the eardrum, causing it to vibrate. A set of three bones amplifies the vibra-

tions and passes the sound on to the inner ear. There, inside this spiral-shaped, fluid-filled part of the ear, cells fringed with fine hairs convert the vibrations into electrical signals. These signals activate auditory nerve cells which send the electrical message to the brain. Exposure to loud noises can cause damage to these hair cells. . . producing irreparable damage to our hearing. It was the "Good Doctor", Andrija Puharich, who did the pioneering work that exposed the "electrical life" of our auditory sense to the world.

RELATE loud noise to destructive levels of energy. It will give you cause to THINK about controlling your sound environment and limiting your own noise pollution.

HARD CORE vs. Soft Core

Moving to North Carolina took precedence over all activities in the months of December, January, and February. Somehow we happily managed to get the Updates out on schedule (even if they were more soft core than usual!). Subscriber participation was deeply appreciated and we hope it continues. At this point, our reference library is almost in place, our files are in order, the mail is finally being forwarded, interviews and meetings are once again underway, and things have almost reached normalcy. We still do not have a computer installed, but we are back into a daily routine of work. Greta's next lecture is tentatively being scheduled at the University of Virginia on April 29th. A few Updaters have already visited with us at "Reisha Way" and became as excited as we are at the prospects of the S.T.A.R. House being built in the not-too-distant future. March winds do blow. . . April showers are around the corner. . . and we hope you weathered the winter months in good health and high spirits. 1983: an exciting time to be alive!



THE NUMBERS GAME

Editor's Note: We acknowledge Updater "Stringer Ackerman" for her numerology contribution. We are learning about it along with you.

We live in a world of numbers. . . phone #s, zip codes, credit cards, \$ & £. . . all numbers. A world without numbers would be a world without organization, communication, or progress. Numbers are involved in every aspect of our real world. A "number" of people believe that they also play a role in another dimension of our reality. Numerologists depend on the calculations of numbers for insight into future events. They say that where recurrent conditions or circumstances exist, they are reflected in recurrent numbers. A particular rate of vibration attracts a similar vibration and expresses itself in a symbol, a numerical digit.

An example: In 1944 someone discovered a remarkable "coincidence" based on the careers of the main national leaders:

NAME	YEAR BORN	AGE (1944)	WHEN TOOK OFFICE	YEARS IN OFFICE	TOTAL
Churchill	1874	+ 70	+ 1940	+ 4	= 3888
Hitler	1889	+ 55	+ 1933	+ 11	= 3888
Mussolini	1883	+ 61	+ 1921	+ 23	= 3888
Stalin	1879	+ 65	+ 1924	+ 20	= 3888
Roosevelt	1882	+ 62	+ 1933	+ 11	= 3888

He reasoned that because 3888 was twice 1944, that this would be the year the war would end and by dividing 1944 in half, he presumed that he would have the month, day and hour (972) and he concluded that the end would come at 2 A.M. on 7 September 1944. It did not.

First rule of numerology, all numbers above 9 are reduced to a single digit: Example: 23; 2 + 3 = 5. To most people the method of synthesizing numbers seems to lead absolutely nowhere; but for a person who understands the unity and harmony in everything that exists this addition has profound meaning. It resolves all diversity and expresses it in #s. Keeping this in mind let's take another look at that wonderful group of numbers.

The number 3888 is the "glue" rather than being the answer. It is the first piece

of cohesiveness in this group of numbers and it is only the beginning of the calculations. Now, adding the individual columns of #s up and down, we have as follows: 9407 + 313 + 9651 + 69 = 19440. Then 1 + 9 + 4 + 4 + 0 = 18. 1 + 8 = 9. First number is 9. The significance of #9 in numerology could fill a book. It is the numerical symbol representing mankind and the active power of evolution. All the numbers added ACROSS in all cases = 3888: 3 + 8 + 8 + 8 = 18. 1 + 8 = 9. There are five sets of the number 3888 which gives us a column of 5 9's which = 45. The second number is 45. 9/45 = September 1945, the war will be over. IT WAS. On Sept. 2, 1945, Japan signed a formal surrender aboard a U.S. battleship in Tokyo Bay. Second rule of numerology: work with ALL the numbers.

There are hundreds of systems and thousands of numerical combinations and multitudes of symbol meanings and values. The list is endless and varies greatly from writer to writer. The essential

essence is intuitive; when all the information is used the vibes move and everything "computes". Numerology, like a computer, is only as good as the operator is proficient.

Numbers are a universal language with no man-made barriers. Everyone's conception of 100 or 1000 is the same. It is the perfect means of communication between worlds.



The above article is interesting. . . but is there a legitimate basis for numerology? Consider this line of reasoning:



Physicists have learned that all concepts and theories describing nature are limited. Each theory is valid for a prescribed range of phenomena, beyond which it no longer gives satisfactory answers. Such is the search for answers to PSI phenomena . . . new theories beyond current limits. In the study of sub-atomic particles, physicists have discovered that they cannot isolate and define the material basis of the universe. In this infinitesimal realm there is NO MATTER. Sub-atomic particles are dynamic patterns of energy with a space aspect and a time aspect. . . a probability. . . not an actuality. They can be expressed only through the relationship of NUMBERS. What are your thoughts?

Catching On!

More and more is being written about the changes that are in process on our planet. The hard part is recognizing that these changes will effect you. U.S. News & World Report recently ran a story headlined "IS MOTHER NATURE GOING BERSERK?"

*"Geologists believe that powerful earthquakes, causing vast damage and loss of life, will shatter large areas of California within the lifetimes of people now living there."

*"Scientists also are certain that several Western volcanoes, now slumbering, eventually will awaken and explode with great force."

*"Many scholars believe that civilization will be drastically altered by these shifts. Deserts may replace forests in some areas. Whole populations may have to move to find warmth and arable lands. The kinds and quantities of food grown in America and elsewhere may be vastly different in a few decades. One scientist is quoted as saying, 'It's easy to say these things will happen. The hardest part is saying when.'"

*Scientists studying weather history have found dozens of examples where civilizations have collapsed because of a reshaped climate. Cities once prospered in what is now an African desert. Trees grew where now there is only arctic tundra."

*The earth, too, is undergoing dramatic changes. Forces not fully understood are slowly resculpting the world as we know it. There are fears that earthquakes and volcanoes in the decades just ahead may create unprecedented destruction and tragedy."

A DIFFERENT VIEW

When Greta speaks she aims NOT to convince anyone of anything, but rather to open up additional channels of thought with which to process information. Dr. Edward de Bono of Oxford University calls this "lateral thinking", the ability to change the way we look at things and events.

Dr. de Bono says, "The brilliance of the human mind lies in its ability to take in a mass of data and put it together to give it a pattern. The mind uses this pattern to enable us to make quick decisions. . . and abolish the need for creative thinking on each occasion. Being so excellent at pattern-making and pattern-using, the human brain has rather few methods for escaping from old patterns to reach new ones. We look for the information that the old patterns tell us to look for, and we tend to see new information through the old pattern. The lateral thinking attitude treats concepts and perceptions as real but temporary organizations of experience which can be changed."

Lateral thinking is like a thought experiment. If it works, we end up with a new way of looking at something. We need to think laterally if we are not to be trapped for too long within old patterns of perception. Greta's message is "Be a lateral thinker as you view the events unfolding before you on planet Earth."



Forbes magazine of December 20, 1982 quoted Edward de Bono as follows: "American managers tend to think in idioms that were developed in the '50s and '60s, when the economy was still growing. Nowadays, these idioms don't work--at least not the way they used to." Although de Bono was directing his remarks to a business audience, it holds for everyone's thinking in all walks of life.



". . . thus, finding myself to exist in the world, I believe I shall, in some form or other, always exist; and, with all the inconveniences human life is liable to, I shall not object to a new edition of mine, hoping, however, that the errata of the last may be corrected." Benjamin Franklin

A psychiatrist views Natural Science

All natural science can say about values is that they do not come within its domain of investigative competence. A few of the other modes of existence outside their investigative competence are love and hate, joy and sorrow, misery and happiness, pleasure and pain, purpose, meaning, hope, courage, despair, enlightenment, wisdom, compassion, malice, generosity, and everything--in fact--that makes life worth living.

The natural scientist finds none of these things, and comes back to pronounce the most obviously banal foregone conclusions, of which he has the impertinence to try to drag us into believing is the essential message of science: you cannot buy a camel in a donkey market. (R. D. Laing: The Schumacher Lectures, 1980)

THE SKY'S THE LIMIT

Our mountaintop view is so clear and bright that we are considering acquiring a telescope to better investigate the heavens. In preparation for this purchase, we have started to study the rudiments of star-gazing. There is a whole new vocabulary to absorb as we look at the basics (compliments of Timothy Ferris whose definitions we share.) "TWINKLE, twinkle, little star" we recited/sang to our children. Wrong! Twinkling of stars occurs not within the stars but as a result of starlight passing through Earth's atmosphere. DOUBLE STARS consist of two stars orbiting a common center of gravity. STAR CLUSTERS are associations of stars bound together by mutual gravitation. NEBULAE are clouds of dust and gas in the spaces between stars. A GALAXY is a gigantic aggregation of stars, star clusters, and nebulae. SUPERNOVAE are stars that explode with exceptional violence. (The energy output of a supernova may surpass that of the entire galaxy to which it belongs.) The COLORS of stars result from their heat, blue stars being the hottest and red being the coolest. (The sun is a yellow star.) METEORS are bits of interplanetary debris that strike the Earth's atmosphere where friction sets them ablaze. METEOR SHOWERS occur when the Earth passes through the debris-laden trail of an old comet, peaking when the Earth encounters the richest part of the comet's trail.

U
W

We will be privy to meteor showers from April 15-25. One does not need a telescope to see these fireworks. And remember: meteors tend to become more numerous after midnight. The last time we stayed up to watch some meteor showers, we had to "move clouds" in order to see the stars. (Two of our Pennsylvania Updaters were with us and participated in that little maneuver.)

An order to "NATURE'S PLAN"

When we talk about "Nature's Plan," we usually get hazy acknowledgement. . . and questionable understanding. While many recognize earthquakes, volcanoes and weather phenomena as continuous processes, most fail to recognize the vital importance of these events. They recycle the elements and minerals critical to the continuation of life as we know it. Most of the sun's energy that reaches Planet Earth warms the surface, evaporates water and creates climatic conditions. (A smaller part of the sun's energy is used in photosynthesis, the process which allows green plants to store energy for later use by Earth's creatures.) Constant weathering of our land mass drives necessary trace elements and dissolved minerals into the rivers and oceans, and away from areas where life-sustaining nutrients are vital. Rocks, insoluble minerals and nondegradable residue from dead organisms, after sinking to the ocean floor, form oceanic sediment. If there were no countering influence, too large a portion of the needed vital elements would accumulate out of reach of the animal kingdom.

The geological forces that cause earthquakes and volcanoes balance this erosion. Continental plates slide over the ocean floor, grinding the sediment and driving it below the earth's crust. Here it becomes part of the molten magma mix, a nutrient rich, highly energized stew. Earthquakes and volcanoes then return this magma mix to the planet's surface during the course of mountain building and volcanic eruptions. The vital trace elements and minerals--lost during the weathering and erosion of the planet--are recycled as gases, rocks and lava; the rocks and lava become soil, once again making them available to living organisms. It would appear that the environment and living organisms are inseparable parts of a "unity" of planetary processes, some of which manifest cataclysmically.

“Man’s Inhumanity to Man and Nature’s Plan”

A 1982 RECAP

Many business writers are beginning to recognize the craziness of the conditions that exist. Donald J. Hoppe, in summing up 1982 in his business analysis, says: "This has been the year that some kind of terminal departure from reality occurred. The New York stock market is reflecting this growing irrationality with wild and erratic daily swings on unprecedented volume. Almost everything is now becoming irrationally excessive, including stock trading, the federal budget, international banking and the arms race. If history has any meaning at all, this is a world that is headed for a colossal bankruptcy."



The NYT on May 4, 1982 stated: "The Mesozoic Era was a tough 165 million years, no doubt about it. With great upheavals of the earth's crust, dramatic changes of climate, mountains forming, volcanoes erupting, flora and fauna coming and going, your swamp draining one day and going under 50 feet of water the next, you could become extinct." There is no doubt about it: whatever might happen to us in the future relative to "Nature's Plan" has all happened before.

A Primer on Volcanoes

Since the eruption of Mt. St. Helens, greater attention has been focused on a prominent piece of our scenario. . . volcanic activity. In the Cascade Range alone, there are 15 major volcanoes of which Mt. St. Helens is one. They stretch about 700 miles, from Mt. Garibaldi in British Columbia to Lassen Peak in northern California. This is North America's slice of the volcanic circle called the "Ring of Fire" which rims the Pacific Ocean through South America and the Aleutian Islands to the Japanese Islands. All "Ring of Fire" volcanoes stem from the same geological origin, the sliding of one of the continental plates beneath another. The diving plate lifts the other, forming mountain ranges and volcanoes. During this 'subduction' process the descending plate reaches regions of the earth's interior of much higher temperatures and pressures. Because of this, part of the submerging plate melts. This melt is

called MAGMA. At the depth that this takes place compressed gases, water, and silica dissolve into the magma, and give the magma a violent nature.



In Update 3 we reported on satellite photos showing a comet's collision with the Sun. Apparently this is NOT an isolated cosmic occurrence. A Sun-watching instrument aboard a military satellite has recorded the paths of two more comets set on collision courses with the Sun, which either hit the surface or disintegrated before impact. These events were recognized from analysis of photos and data returned on January 26 and July 20, 1981. The elliptical orbits of comets in their travels through the solar system make them prime perpetrators of "cosmic catastrophes". It makes the prediction of a comet striking the earth before the turn of the century more easily understandable. It is awesome to contemplate.

MORK, HE'S NOT!



On sensing other ENERGY EVENTS

The Chinese geologists and seismologists lead the world in using animal observation successfully in predicting earthquakes. In Vol. 1, No. 1 we discussed certain animals' instinctive knowledge of approaching earthquakes. We explained that the electromagnetic signals preceding the quakes are within range of normal sensory tuning to these animals but not to Man. Since certain animal behavior is strangely predictable prior to a quake, we pass along some more demonstratable clues which our animal friends share: Dogs bark incessantly. . . chickens refuse to roost. . . cattle and sheep will not enter corrals. . . seagulls flock inland. . . rabbits raise their ears and jump aimlessly. . . horses refuse to eat. As for the most dangerous species, Homo Sapiens, he just plays ostrich.

Electrified . . . and . . . RE-FUSED

A recent scientific conference in Ottawa stressed that built within each of our cells is the world's most sensitive receiving apparatus. That's not surprising. Back in the early days of life on Earth the cell developed the ability to communicate with other cells. The means was "electrical". It allowed for the storage and response to signals. It created our genetic library. It also allowed organisms to grow larger and more complex. The process led from the amoeba to Man.

We rarely think of man as an 'electrical being', but consider the following. Our "normal reality" is the result of the processing of electrical impulses in the central nervous system, sent from our five senses and interpreted in our giant computer, the brain. The brain functions electrically; its fluctuations can be recorded. We emit a measurable burst of EM radiation when we move any of our muscles. Our emotions seem tied to electrical bursts that impress themselves on objects around us. These emotional bursts can be picked up by telepathy in the short run and by psychometry over a longer period. As an overview, man is an 'electrical being'.

Western medicine has not yet located the "fuse box" that regulates the electrical energies that pass through man. A 1950's study on the use of electrical measurements for diagnosis and treatment of the mentally ill, however, may prove a good place to start. Dr. Leonard Ravitz, a Pennsylvania psychiatrist, found that schizophrenics tend to have unusually high millivoltmeter readings at the time of syzygy (the full and new moons). These are times of heightened tidal activity . . . times of higher than normal electromagnetic radiations. Ravitz termed this problem the mental equivalent of a "faulty electrical power fuse". The result, he said, was too much electromagnetic radiation from external sources passing into the brain. Police have similarly noted that agitation and violence levels rise during times of syzygy, suggesting further statistical evidence of humans with "faulty fuse systems".

For New Age thinkers, the "find-the-fuse-box" approach may be the ticket to tomorrow. The literature for the future points to heightened vibrations. . . increased energy. . . hitting Planet Earth. In Cycles of Heaven, authors Hill and Playfair state: "Man, like all living creatures, is an electromagnetic system in an EM environment, from which he cannot isolate himself. He responds to the tides and currents of this environment in many more ways than he can consciously identify. An event originating from a distant quasar can be connected to an event in our brains. Ours is not a universe of isolated parts; we are made of the same forces that drive and shape it all."

As we look toward an environment of heightened energies, we will have to do more than adapt--we will have to re-fuse.

ON GRADUATION

A number of our Updaters have suffered losses in the past few months as a father, a sister, a mother, a spouse has died: graduated. Each time I send condolences to the survivors, I feel equally strong about sending good thoughts to the "deceased" for the progress of that soul or spirit. I want to share with you the fact that I have great difficulty in finding evidence for death, you see. I've spoken with dozens of people who have had near-death and clinical-death experiences and they all talk about a tunnel, a light, a feeling of peace, well-being and harmony "out there". I know this to be accurate from my own o/b experiences and travels. It would be helpful to grieving families to contemplate a whole new concept and imagery for death, and in choosing a symbol, along with Dr. Kenneth Ring of U-Conn., I opt for light. The reality is that there is no death, there is only life. Different forms of life, but nevertheless. . . life. And the lives of those who have crossed over--graduated--appear to be more loving than those left behind experiencing earthbound human love. My heart goes out to our mourners for their very real physical losses. But my prayers go out to those who have shuffled off the mortal coil. . . shed the body . . . left the vehicle. . . and who "exist" on an equally real plane far more beautiful than the one we call planet Earth.

The Balance Sheet

"IT WILL BE THE DEATH OF ME"

For every 50 hospitalizations at the first-class Boston University Medical Center, there is one death due to "complications". Complications developed during the patient's stay are usually a result of diagnostic or therapeutic procedures. On a nationwide scale, this could translate to as many as half a million fatalities last year. Public health officials estimate that such adverse patient-care costs Americans more than a billion Americans who entered a hospital with one ailment may have acquired something additional simply as a result of "being there". Will hospitals be the death of us? Says Dr. Robert Mendelsohn, former Chairman of the Illinois Medical Committee, in Confessions of a Medical Heretic, "A hospital is like a war. You should try your best to stay out of it."

It is staggering to contemplate that of the 20,000 medical malpractice suits filed in the U.S. courts each year, 80% involve injuries that allegedly occurred in the hospital. Illnesses and complications due to diagnostic procedures or a form of therapy are known as iatrogenic illnesses, from the Greek meaning inadvertently produced by the physicians. The most common hospital-acquired or nosocomial illness is an adverse reaction to a drug (which accounts for about half of all iatrogenic complications). The most treacherous medical hazard a patient may encounter in a hospital is infection. If the infection rate were cut in half, 150,000 fewer people would lose their lives each year. Add to infections the probabilities of being victimized by falls from hospital equipment, surgical errors, inaccurate lab testing, and anesthetic explosions, and it would appear that the hospital could be injurious to your health.

While we are very excited about the advances being made in modern medicine, we are simultaneously horrified by much of the nursing home and hospital care. If you are scheduled for hospitalization, alert a member of the family to play watchdog. Someone other than yourself should be on hand to ask questions, query any medication that looks "different", and establish a rapport with the head nurse on the floor. AND GET WELL QUICKLY!

The Right To Die

I have moved from Connecticut which defeated the passage of a state "death with dignity" law, to North Carolina which passed it into law in 1978. Thirteen other states have also passed legislation on the status of Right-To-Die. I am happy to be here for many reasons, but this is an added plus. I try to live my life with dignity and I hope to reserve the right to die in the same way. I would choose to 'graduate' without benefit of heroic measures. I have made out a "living will" to this effect, and have discussed it with my immediate family. It will be top priority in my medical file when I choose a new doctor. I have determined that it is my human right to say "NO" to prolonged suffering and indignity prior to going through it.

What is a "living will"? It is a directive to physicians, a Natural Death Act document. It stands as an expression of one's desires and directions if terminally ill. It is a pronouncement made when one is of sound mind and body. It is a paper to be signed, dated, and witnessed by two people for one's medical file and vault. Most of us cannot determine the circumstances of our death but we ought to be able to decide in advance against the sorts of extraordinary means that can make vegetables of human beings. 100% of the doctors to whom I have spoken privately agree. Unfortunately, the possibility of prosecution or suit filed by relatives can be a severe deterrent. I believe that I have a right to medical self-determination should I become terminally ill, and in a May 1981 Harris poll, 78% of all Americans support the concept of "death with dignity". I do not consider this a religious issue, nor did Pope Paul VI who expounded his support of the cause. "Concern for Dying" has a card for the wallet which reads, "If there is no reasonable expectation of my recovery from extreme physical or mental disability. . . I direct that I be allowed to die and not be kept alive by artificial means and heroic measures.

As in matters psychic and cosmic, I never seek to convince anyone of anything, but rather look to opening minds to possibilities. In this spirit, I share with you my own courses of action in the living/dying process during this time of Man's inhumanity to Man and Nature's plan.



Our change of life . . . A MALE VIEW

Our physical move is over and we now start the process of placing a personal stamp on the house we purchased. Within short order we hope to impart the 'vibrations' that say, "This is the HOME of Greta and Dick." There is a major difference between a house and a home. And, there is a difference in the life-style that we now undertake.

All of my life I've played the game within the established rules that society has framed. The structure pretty much dictated the move. To avoid raising a family in the environment of New York City, I commuted from Westport, Ct., requiring one-and-a-half to two hours each way/each day. Corporate life has its structures, from the formats of finance. . . design . . . marketing. . . sales. . . engineering. . . production. . . to the mating dance employed to attract the ultimate consumer to our products. This corporate structure organizes my day. We leave this behind to take full responsibility for all of our time. We are looking to the future . . . to other methods we feel will be required within these two decades. We are unable to clearly pinpoint and define all of what we seek, however, and this makes our change of life-style somewhat uncertain. . . adventurous. . . exciting . . . (scary).

We do have some goals in mind. We seek to head off some of the problems that could plague society if our interpretation of the news events being played out daily is correct. We seek water independence: a clean, clear supply of water that cannot be polluted from an outside source. We seek isolation from deprived and therefore angry mobs of people--should cities fail to be adequately supplied with food, electricity, and other energy needs. We plan a facility where people may gather to seek answers, and where certain skills for "tomorrow" may be learned. We hope to accommodate those whose ideas fall "outside" the current paradigm, and who wish to meet without jeopardy to their status or career. And, above all, we hope to enlarge our activities with the Ogatta group in helping those in the coming transition period as we point to our "brighter tomorrow". *Dick*

Our Justification

"The people who succeed and do not push on to a greater failure are the spiritual middle classers. Their stopping at success is the proof of their compromising insignificance. How pretty their dreams must have been! The man who pursues the mere attainable should be sentenced to get it--and keep it. Let him rest on his laurels and enthrone him in a Morris chair, in which laurels and hero may wither away together. Only through the unattainable does man achieve a hope worth living and dying for. . . and so attain himself. He with the spiritual guerdon of a hope in hopelessness, is nearest to the stars and the rainbow's foot." (Eugene O'Neill)



Just "Singin' In The Rain"



I've got the sun in the morning and the moon at night but where are Dick's socks? I've got sunrise/sunset but where are my scissors? MOVING!! Ah, well. . . we are finally ensconced at 448 Rabbit Skin Road (love that name) and although ordered-chaos reigns, we are getting into the Waynesville swing of things daily. Carpenters, electricians and plumbers notwithstanding, we're settling into our new house and getting to know it as home. We like what we see very much, from the goats on our hill to the raccoons in our garbage. No computer, word processor, file cabinet or television set is in place yet. . . but the cookie jar is filled and the phone is ringing. (But where are Dick's socks?) And who said to be ruthless in the throwing-out process prior to leaving Connecticut? I want my old torn bathrobe back. It's true that nothing could be finer than to be in Carolina in the morning, but I wonder what tomorrow shall bring, a thought which haunts me in the still of the night. Yet, when each tomorrow does come, I am filled with an enormous excitement of our changes and transitions. We are as we began three decades ago: just Dick and me--sans children--starting out in a new life together. It's wonderful to be a honeymooner at my age, but. . . A. and J., PHONE HOME! *Greta*

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The *Update* WOODREW

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"THE LEAVES OF LIFE"

Replacing the Rhododendron

We're replanting the rhododendron family of plants that is native to the Blue Ridge mountains. At Reisha Way there are pockets of large rhododendrons on the high hills and steep north faces which have not been cleared for pasture land. For the most part though, they have given way to grazing animals. To the mountain people the wild rhododendron is not revered as the ultimate landscape shrub as it is elsewhere.

There are other reasons for surrounding Reisha Way with the rhododendron. In the few instances where the Ogatta group has shared their technology of leaf/or plant healings, the rhododendron leaf has been used. With the channel, they select a leaf from the rhododendron plant; place it on the injured part or organ. . . position the hands of the participants over the leaf, one-over-one with the hand of the sick person at the bottom. . . lift the hands off, one by one, in the reverse order in which they were placed on. When the last hand is removed, the rhododendron leaf which was placed on the injured area is revealed as just a "skeleton". All of the leafy green interiors disappear, leaving just the structural stem and supporting veins in the skeleton form. In each case the patient reported an instant relief from the injury or malady. In the cases in which we have maintained contact with the individuals, the cures have been lasting. Many have witnessed this type of "leaf healing" including the good doctor, Andrija Puharich. Unfortunately, the technology is currently beyond us, with Greta being used only as a channel and not as the healer.

We have conjectured and discussed the manner in which the rhododendron leaf participates in the healing process. Our unscientific and non-technical conclusion is that the selected leaf emits a fre-

quency and vibration that is used to entrain the discordant part of the body to its natural and healthy frequency. It is in the proper selection of the leaf with the "right" frequency that the secret to the leaf healings lie. This is the answer given to herbal remedies to explain their effectiveness.

Healing has been defined as the restoring of harmony or proper vibration to an ailing section of the body. We know that every part of the human frame, from an organ down to its cellular components, pulses its own message at its own frequency. It is when these messages are not properly received and acted upon that disease occurs. And so--by replacing the rhododendron plants to their rightful places at Reisha Way--we hope to be preparing in yet another way for what tomorrow may bring. And, as transplanted Northerners, we also find these beautiful shrubs to be "food for the soul".

A SPECIAL PERSON

Dr. Elisabeth Kübler-Ross, the world-renowned authority on death and dying whose books have sold in the millions, stole a day and a night to stay with us at Reisha Way. Elisabeth is a medical doctor, psychiatrist, and internationally recognized thanatologist. Her books On Death and Dying and Living with Death and Dying (to mention but two) have given us much food for thought; and her books with photography, To Live Until We Say Goodbye and Working It Through have touched us very deeply. But being with this dynamic little Swiss gremlin added yet another dimension to our existence--and gave added pause for reflection on why we are here.

Hers is a philosophy for living. . . a 'way' to maximize our current existence. She calls her non-profit organization with the big universal dream "Shanti Nilaya":



Home for Peace. In Dr. Ross's own words "Shanti Nilaya is beauty, not buildings; grace, not ground; courage, not corporations; compassion, not companies; love, not legalities. It is people loving people. People caring for others. People growing to know and understand themselves, and their unique place in the universe." She goes on to state that there is within each of us a potential for goodness beyond our imagination; for giving which seeks no reward; for listening without judgement; for loving unconditionally. Dr. Ross puts her philosophy to work in easing the transition of the dying for the patient and for the patient's family. Our Western closed minds have almost precluded the discussion of the impending death of a loved one within the family unit, thereby limiting the dying person's ability to live fully in his final days. Dr. Ross teaches the family unit to make it possible for the patient to "live fully" until he dies. She gives the parents of dying children the courage and relativity to make it possible for the child to cross over with peace and equanimity, without fear, agony, and pain.

Elisabeth Kübler-Ross embodies the warmth, love, caring, and sharing that will be needed in the transition period that we will be going through in the coming two decades. She totally resonates to our message and scenario, and it gives us great heart in going forward with our own work to know what she is out there "touching" as many people as she does with her New Age philosophy. We urge you to get involved in one of her workshops on Life, Death, and Transition. Your life--and your death--will be enriched for the experience. I am planning to attend her workshop in Florida in late November. The Update applauds the marvelous, selfless work of one tiny ball of energy known as Elisabeth Kübler-Ross.

THE NEAR-DEATH EXPERIENCE

Dr. Kenneth Ring, a psychologist at the University of Connecticut, has documented several stages of the near-death experience that show it is more universal and liberating than one might expect. This parallels Greta's statement that she "prefers to think of death as graduation".

Nearly all of Dr. Ring's subjects reported a dream-like sensation of moving through a darkened tunnel, then emerging into light.

At the close of this visionary experience they recounted overwhelming feelings of warmth and physical security. People who have had near-death experiences frequently relate such experiences with a calm and equanimity that has a powerful effect on listeners. Dr. Ring thinks that ". . . to the extent that this information can be effectively conveyed to the public at large, the impact would be considerable on mental health." He also feels that this information can also have an effect on world peace:

"It may seem far fetched that the near-death studies can make a direct contribution to world peace, but many researchers and scholars have been deeply impressed by the consistent pattern of value changes that near-death survivors express and manifest. Recurrently and reliably, they speak of the values of unconditional love and acceptance, human brotherhood, compassion and tolerance and tend to endorse a spiritual or religious point of view that ignores racial, national and cultural distinctions. Asked about such sentiments, near-death survivors typically say, in effect, that this is what death (or nearly dying) instilled in them."

Would those of you Updaters who have gone through a near-death experience care to comment on Dr. Ring's assertions?



"The soul circumscribes all things. It contradicts all experiences. In like manner it abolishes time and space. The influence of the senses has in most men overpowered the mind to that degree that the walls of time and space have come to look real and insurmountable." Ralph Waldo Emerson

A Personal Note
 It is with indescribable happiness that we announce the forthcoming wedding of our son, Jonathan, to Candace Pedicord on August 7th. (And he proposed here at "Reisha Way"!)

HEALING . . . AN ON-GOING UNIVERSAL PHENOMENON AROUND THE WORLD

It seems that healing--not of the mainline hospital variety--is getting mixed reviews these days. In Zambia, the popular Archbishop of Lusaka was recalled to Rome a few months back for his ability to deal with mashawe, or spirit-possession. It seemed that the Archbishop dealt with "evil spirits" in a manner not quite prescribed by the church, and the Vatican balked. His 1.5 million supporters in Zambia, however, are demanding that their Archbishop be returned. We don't know the nature of Monsignor Emmanuel Milingo's healing techniques, but The Economist reports his sessions have proved popular in Zambia for ten years.

In the refugee camps of Thailand, healers are enjoying a different reception. Traditional healers, known as krus, now work side by side with Western doctors to deal with the many physical and psychological ailments common among Cambodian, Vietnamese and Laotian refugees. The unusual reception of "mystical" healing techniques followed the spectacular healing by krus of a French doctor who been suffering a painful hernia. As reported in Newsweek International, the Frenchman admitted: "I was astonished I could stand up, I could move, I could bend without pain--I was cured."

Closer to Home

We at the Update have seen some pretty unusual healings, not with sutures, scalpels and sponges, but with the laying on of hands and leaves, and the passing of energy. Western doctors do not have all the answers. Perhaps if they opened their minds and observed some healings they could unlock the medical answers that make these healings work.

BEING SPECIFIC

Updater Hans Keller of Switzerland sends us this report:

On April 7th I had a sleighing accident while on the slopes of Verbier in Switzerland. I had to be helped off the mountain because of severe pain in my right knee. Ice packs did not relieve the pain and I visited a specialist in Geneva.

After a special arthogram X-ray he diagnosed a fractured cartilage (miniscus) and recommended immediate surgery. The operation would involve cutting open the entire knee, removing the cartilage--and leaving me to face the inconvenience of a year's recovery.

Because Sports-surgeons in the United States have developed new techniques for operating on knees, I secured an appointment with Dr. Zarine of the Massachusetts Hospital in Boston. After carefully studying my X-rays, this leading arthroscopic surgeon scheduled me for surgery. Enroute, I stopped to visit Greta and Dick. During that weekend, Greta, Dick, and three of their children focused their energies on my knee on three different occasions. During the sessions, I felt nothing--but after the first treatment, I was able to walk up stairs without pain. When I visited Dr. Zarine a few days later, prior to checking into the hospital, he concluded that although the X-rays called for immediate surgery, the current condition of my knee did not. The manipulations and examination showed "no symptoms left"; he did not even suggest another set of X-rays. Because he "couldn't understand it", I told him about Greta. It was my luck that Dr. Zarine had studied the phenomenon of healing during a tour of the Philippines with some U.S. Congressmen. He was willing to acknowledge that there were means of healing that went beyond the standard practice of doctors.

Since that visit to Dick and Greta, I have had no symptoms of pain--except for a slight pressure when I bend my knee 100% with lots of twist and pressure. I now sleigh, ski, waterski, and walk normally again. Miracles, miracles. . . (signed) Hans Keller



"If we stop being afraid of one another, harrying one another, and if we together accept, welcome and prepare for the changes which must inevitably take place . . . If that means a change in human nature. . . Well, it is high time to work at it." U. Thant

A GLIMPSE INTO HOSPICE

The Updater response on "The Right to Die" article in our last issue triggered our investigation of the Hospice programs. The word "hospice" dates from medieval Europe and originally meant "an inn or place of refuge" for travelers from the crusades. Today the word has come to mean a way to help people with terminal illness live actively until they die. In essence a Hospice program allows victims of advanced terminal illness to reside at home in dignity and serenity, neither attached to machines nor manipulated by tubes and mind-clouding drugs. Referrals to Hospice programs are usually made by the patient's physician who retains primary medical control. Hospices are usually non-profit corporations run by professionals and volunteers who make it possible for people of all ages to die at home attended by family and friends.

Recognizing the severe emotional and physical strains that caring for the dying places on family members, Hospices also seek to ease these problems. Some hospices provide temporary living facilities when patient and family both want a rest, and all provide warm support. We applaud these efforts to lend dignity to the natural process of dying and we plan to lend a hand to one such program in the county to which we have recently moved. The right to "graduate" with loved ones close at hand has enormous appeal.

"The Great Within"

People are always asking me about "meditation". I respond that they must first learn how to still the mind and concentrate. . . and then--and only then--can they talk about meditating. To find "the great within", one must develop the power of concentration and eliminate the mechanical tendency of mental action.

I think, therefore I am. Cogito, ergo sum. Je pense donc je suis. No matter how one says it, it refers to "the great within". Christian Larson wrote a little book under that title which, alas, is no longer in print. He spoke of the mind of man as conscious and subconscious, objective and subjective, external and internal. "The conscious mind acts, the subconscious reacts; the conscious mind



produces an impression, the subconscious produces an expression; the conscious mind determines what is to be done, the subconscious supplies the mental material and the necessary power." If the conscious mind is the mind of action, then the subconscious mind is the mind of reaction and every subconscious reaction is invariably the direct response to a corresponding conscious action. Every conscious action produces an impression upon the subconscious and every subconscious reaction produces an expression in the personality.

The subconscious mind is a rich, mental field. Every conscious impression is a seed sown in this field and will bear fruit after its kind, be the seed good or otherwise. All thoughts of conviction will impress themselves upon the subconscious and will reproduce their kind, to be later expressed in the personal being of man. As Larson noted: "Every desire for power, ability, wisdom, harmony, life, greatness will impress itself upon the subconscious and will cause the thing desired to be produced in the great within. What is produced in the within will come forth into expression in the personality; therefore, by knowing how to impress the subconscious, man may give his personal self any quality desired, in any quantity desired. What man may desire to become, that he can become, and the art of directing and impressing the subconscious is the secret. The perpetual awakening of the great within will produce a greatness, because to the powers and the possibilities of the great within there is no limit, neither is there any end."



Calmness is the rarest quality in human life. It is the moral atmosphere of a life self-reliant and self-controlled. Calmness is absolute confidence and conscious power, ready to be focused in an instant to meet any crisis. As William Jordan points out, "The Sphinx is not a true type of calmness--petrification is not calmness, it is death, the silencing of all energies; while no one lives his life more fully, more intensely and more consciously than the man who is calm. His calmness is but a Holy of Holies into which he can retire from the world to get strength to live in the world." We salute the majesty of calmness as we enter the frantic season ahead.



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

NATURE'S PLAN?

The step-up in geological and climatological activity is becoming more noticeable. Fortunately most of the energy release is occurring in sparsely populated areas, causing only limited destruction to life and property. Early in the year, however, there were four major earthquakes in the 6-7.5 Richter-scale range. In 1976 one such energy outburst flattened the Chinese city of Tangshen and killed more than one million people.

Weather patterns are becoming more and more inconsistent. What has been considered normal heretofore is having less and less meaning. From the intense droughts that have ravaged the Australian and African sub-continent, to the raging storms of heavy rains and winds battering Brazil and Ecuador in South America and Arizona and California in the United States, changing weather patterns are wreaking havoc around the world. In Brazil, the southern region is experiencing the worst flooding in 50 years (displacing some 17,000 people) while the northeast is suffering a major drought in an area that represents perhaps the single largest concentration of poverty in all Latin America. The lives of 21 million people have been affected by these climatological aberrations.

"Nature's Plan" is making its presence felt in all corners of the globe. Nature's only consistency these days is its inconsistency. Subscribers, take note.



Over the last few years, some 30,000 people have been killed by earthquakes in the Arab World. The "Middle East", a monthly based out of London, notes that an earthquake in North Yemen last December caused damage that amounted to more than one-fifth of the country's national income. It's not surprising that Arabs have grown more aware of the risks such seismic eruptions present. Unfortunately, the art of earthquake-prediction is virtually nil in that part of the world. "Apart from Israel, Iran and Turkey," the magazine notes, "the Middle East has few seismological stations." A UNESCO consultant says that his organization is

"designing a seismological network for the Arab region, following up its installation, and drawing up and enforcing building codes and regulations." **NEXT!**



An Acid Rain Update

The world is finally awakening to the dangers of acid rain. A commission of the European Economic Community (EEC) is taking its first step toward introducing rules to cap the sulphur-dioxide emissions throughout the Common Market. The Scandinavian countries seek to cut such emissions by 30 percent. Some EEC officials are looking to limit pollution caused by nitrogen oxides as well as sulphur dioxide.

Time is running out however, and the West Germans worry about their own acid-rain problems. If it is not tamed shortly, the country's forests could become sad skeletons of their lush selves. Chancellor Helmut Kohl has announced new legislation that should reduce sulphur dioxide emissions by up to 25 percent over the next decade. Power plants that fail to meet the new standards by 1993 will be shut down.

Closer to our new home, scientists have found that the preservation of a natural ecosystem, like the Great Smokey Mountains National Park, has not eliminated environmental threats associated with acid precipitation. The annual Great Smokey park-wide average measure of acidity has increased 19 times in 24 years, and more dramatically, the pH has worsened nine times in the last 14 years, and increased two-fold in the last six years. Air mass trajectories carrying the weather to the Smokies comes mainly from the Southwest quarter of the U.S., which includes the refineries of the Gulf Coast and the steel mills of Birmingham, Alabama.

IT'S ALL HAPPENED BEFORE

An event of global significance is recorded world-wide. Stringer Ackerman does a masterful job in researching and relating information from diverse peoples with no knowledge of each other.

All over the world there is geological evidence of an upheaval between 12,000 B.C.--10,000 B.C. during the closing stages of the Pleistocene Age--the ending of the Ice Age, which caused major flooding all over the globe. We know that ancients kept calendars, as we do, to calculate and record their civilizations. All of the calendars of the ancients significantly preserve a date of global destruction and the "beginning" of a new world or age.

Egyptian calendar is based on a solar cycle of 1460 years;

8th and last cycle ended in 139 A.D.

Assyrian calendar is based on lunar cycle of 1805 years;

6th and last cycle ended in 712 B.C.

Hindu had a combined lunar/solar cycle of 2850 years;

4th and last cycle in 152 B.C.

Mayans counted in "baktuns" or a cycle of 2760 years;

4th and last cycle in 613 B.C.

Using a base of zero: 0 B.C. - 0 A.D.:
Egyptian cycle

$1460 \times 8 \text{ cycles} = 11,680 - 139 = 11,541$

Assyrian cycle

$1805 \times 6 \text{ cycles} = 10,830 + 712 = 11,542$

Hindu's cycle

$2850 \times 4 \text{ cycles} = 11,400 + 152 = 11,652$

Mayan's cycle

$2760 \times 4 \text{ cycles} = 11,040 + 613 = 11,653$

The fact that these ancient calendral cycles come within 110 years of each other is above mere chance and demonstrates that 12,500 years ago something significant happened, and was indeed recorded by civilizations all over the globe.

A living ball of matter

The earth as "a living ball of matter" is being confirmed by scientists on a continuing basis. Some new information from the U.S. Geological Survey in Menlo Park, CA. adds to the total. The gravitational pull changes when the ground levels shift even minutely. Using leveling instruments

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with laser detectors to measure elevation changes, and gravimeters to detect differences in gravity, they found the following to be consistent over a five year period: A- When a point on the earth is raised even a few centimeters, its gravity decreases. This is the result of being farther from the earth's center. B- When the earth subsides or lowers its elevation, gravity increases as the surface moves slightly closer to the core of the earth. It's almost as though the earth were breathing.

PSI & PSience

Progress is particularly exhilarating when it falls into your area of interest. "The Society for Scientific Exploration" fits in this category. It is a forum established recently for scientists to publish papers on the study of "anomalous phenomena", subjects that are outside the realm of the current scientific structure. When Peter Sturrock, an astrophysicist and director of the Institute for Plasma Research at Stanford University, found that nearly 20% of the American Astronomical Society's members acknowledged sighting objects that could not be explained he started the Society. SSE is not a group for everyone, however. To qualify for membership the person must hold a PhD degree, have a university appointment, and be the possessor of a proven research record. There are currently about 150 members.

Dr. Fritjof Capra (The Tao of Physics) who researches in particle physics, says that although physics and mysticism are very different, they both aim for a deeper understanding of the world. "The fundamental things that physicists and mystics are telling us about reality are the same." Dr. Capra believes a world view of mystical traditions is the best and most appropriate philosophical background for the theories of modern science. Many of the greatest scientists like Einstein went quite far in becoming mystics, although most of the time this is not the case. Dr. Capra thinks that scientific theories will change in the future in such a way that "parallels to mystical thinking will be enforced". Man's future will certainly be enhanced if and when scientists reach upward and inward (with knowledge and insight hand-in-hand) as they ponder the imponderables.

SUBSCRIBER Scribings. . .

Last December 22nd on our way home, my husband and I saw a most unusual moon. It was very large, extremely bright and quite low in the sky for 10 P.M., but only the lower half was showing. . . almost as if it had been a full moon that was cut horizontally in half. When we arrived home, however, we discovered that the moon was high in the sky as it usually is. Needless to say we were very puzzled. The next night, we saw the bright half moon again. When I phoned my cousin on Dec. 24th, she said she had seen the same strange phenomenon. She lives about 10 miles away. We all looked for some mention in the media to explain the beautiful but unusual moon. Nothing!

I called the astronomy department of the University of Southern California and was told that the moon on those nights in December was a quarter moon and that we couldn't have seen a half moon, particularly the lower half. Several calls to the Griffith Park Observatory and several astronomers later the same answer was given.

We know what we saw--it was really beautiful, the lower half of the moon, unusual, yes, but true. Can any of your readers give us an explanation? We cannot shake the memory from our minds. Did anyone else see it too?--Dott Hughes, Update subscriber--

OFFSPRING Scribings. . .

In our last Update there was a message from Greta: "A and J, phone home." Here is the word we received from our eldest J:

Dear Mom and Dad,

I envy you the Update subscribers who have a more "cosmic" sense of what's really happening in the world. You can talk about "confluences of water" and "mountains that don't hold the snow" and it all makes perfect sense to them. They know what you're doing on your mountaintop at Reisha Way, but it's a little tougher explaining such matters to the uninitiated--such as my colleagues at Newsweek. Here's a typical conversation: "So what's new?"

"My folks recently moved to North Carolina."

"Oh, did they retire?"

"No, they decided they needed a change of scenery."

"What are they going to do down there?"

"They're involved in some research of their own."

"What kind of research?"

Now here's the problem. I can't just blurt out, "Oh, they deal with matters outside the current paradigms," or "They're conducting psychic experiments." And I can't launch into a three-hour discourse on the Ogatta group. So I say something precise like, "Gee, I think I hear my phone ringing and I'm expecting a call from our correspondent in South Africa." I hope Tauri and our other friends don't feel slighted, but what's the daughter/reporter of a psychic to do?

As we say in the news biz, cheers.
Jill

Recently we did an editorial on hearing deprivation (Vol. 2, No. 4). Many Updaters sent us articles and comments relating to this front page piece. Having subscribers in 12 countries, the range of data was fascinating. For example, a flood of news clips bore out our own theory that there is much benefit of music in the healing process. Brain Mind, Frontiers of Research, reports that in Switzerland, a music therapist teaches patients how to create "a kind of lullaby of the mind". In France, research supports the claim that many hearing deficits occur because individuals tune out their own hearing during traumatic events during critical stages of physical development. Sonic therapy recapitulates the ear's developmental stages. And in London's Charing Cross hospital, patients undergoing major surgery below the neck can choose localized anesthesia and headphones tuned to classical music. New Scientist reported that the anesthetic, dripped into the epidural space around the spine, blocks nerves to the surgical area. The patients appear to be less prone to complications and recover more quickly. "Some of them are in a world of their own with the headphones on. They hardly notice all the (sawing and drilling) noise we make doing hip replacements."

Over a year ago, Vol. 1, No. 4, we talked about the music of Mozart. It would now appear that Mozart's music is most beneficial in therapy because it is both vitalizing and calming. A Toronto psychologist, Paul Madaule, and a French physician, Alfred Tomatis, are looking toward the benefits of Mozart's "physiological rhythms".



The S.T.A.R. House

The development of the S.T.A.R. facility to support the work that we are all doing is "in motion". We use the word "facility" because of its dual meaning: a structure, and the freedom from difficulty. We envision a facility which will make any project flow smoothly and effortlessly. Certainly the setting is ideal with a beautiful view of the mountains on all sides which foster a congenial and harmonious work environment.

How do we best utilize the 5000+ square feet of the existing two-year-old barn? What will groups who use the S.T.A.R. House need? We turn to you, the Updaters, to help us answer these questions. We want to have the facility ready for use in 1984. Two of the absolutes we seek are:

1 - Water independence. A major consideration in purchasing this property is the availability of pure water sources. We have five spring heads which start in our mountain. With proper engineering we hope to tap one of these spring heads above the S.T.A.R. House and bring the necessary water to the building through "gravity flow". A sensibly placed reservoir could eliminate the need for a mechanical pumping system. Preliminary talks give us some hope that this is attainable.

2 - Energy independence. Ideally, active and passive solar systems will allow us energy independence. The first study we had done utilized "the evacuated tube method". It neither proved cost effective (it just cost us!) nor did it promise to deliver the desired end result. We're continuing our search for the most effective means to achieve energy independence. Perhaps one of you can offer some suggestions. (A wood-burning stove will serve as the back-up system since the area has a ready supply of wood.)

The key word for the interior is FLEXIBILITY. We anticipate accommodating groups numbering up to forty for activities ranging from lectures, colloquiums and seminars, to research and healing sessions. The space should allow for light eating, occasional sleeping, study and

discussion, a media center, and food/furniture storage. Under extreme conditions, it should be able to house those passing through in transition. . . but we emphatically do NOT plan to run a hotel.

Development of the S.T.A.R. House is stalled by an unusual paradox. We do have a "new age" architect, subscriber, cartoonist, and all-around good guy. . . Bob . . . who has graciously volunteered to draw the plans for the facility. But we do not have a precise vision of how the facility will be used and how to accommodate these activities most comfortably. We turn to you, our dear friends and Update participants, to help us answer all/most/some of these questions so that Bob can start drawing the blueprints. What utilitarian suggestions do you have for the S.T.A.R. House?

S.T.A.R. ACTIVITIES

The Family University of the Young President's Organization will bring Greta to Durango, Colorado from August 14-19th as a resource. We are especially happy to have the young people in the audience attend her double session. Some of the most memorable YPO chapter meetings included the teenagers to hear Greta speak. As "architects of the future", their 'echo' is significant, as is that of their parents. S.T.A.R., as always, is the beneficiary of the honorarium, which will be applied to the Foundation's exciting project of building a S.T.A.R. House facility.

We have finally reacquired rights and possession of remaining copies of ON A SLIDE OF LIGHT from Macmillan. For as long as the supply lasts, we will continue to offer Updaters the opportunity to buy books at \$8 in the United States and \$10 overseas (in U.S. currency). Checks made payable to S.T.A.R. are tax deductible and autographed books can be mailed to you or to the recipients in your name. Our objective has not changed: we want to reach as large an audience as possible. Our readership would be greatly enlarged if we could get to paperback. Can anyone help us in that goal in the United States or around the world?

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

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