

Our bi-
monthly news
letter.

The

WOODREW

Update

THE WOODREW GROUP
1982

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THE "AURA" ABOUT YOU

As far back as human history can be traced, invisible emanations from the human body have been reported. The aura has been used by artists to reveal the character of the individual, and by healers to determine the health of the body. In darker periods the reporting of auras by sensitives was cause for discrimination, imprisonment and even death. But a lack of knowledge and understanding of the phenomenon did NOT stop people from discussing, drawing, and writing about the aura. Archeologists have found drawings of auras on the walls of ruins in India, Egypt, Peru and Mexico. Petroglyphs (carvings in a cliff or cave) in the Cave of Ellers depict Buddah as having emanations from his body and head. Hippocrates referred to the aura as the "enomron. Pythagoras called it the "luminous body", and the Cabalists named it the "astral light". Throughout history the aura has been beyond the knowledge of man: para-normal. . . esoteric . . . occult. But now man is catching up.

The development of high-voltage, or Kirlian, photography has brought these infra-red emissions into human view. Kirlian photos depict the energy field--the aura--that surrounds the object as well as the object itself. The life sciences tell us that all organisms are designed to be "collectors and transformers of energy". Energy continuously flows through every living organism, entering the system at a high level and leaving the system in a lower state.

Semyon Kirlian hoped that his work could be maximally used in the health maintenance field. He said, "Our work showed that self electron and self ion emission is characteristic of all bodies of nature." And, "The electrical structure of a living organism is not constant; it depends on its condition at any given moment." About his work with leaves, Kirlian said, "During pathological changes (e.g. disease, dehydration, aging) a leaf gives a distinctive image, characteristic of the biological condition." He showed that healthy leaves have an infra-red image that is 20 to 35 percent greater than sick or dead leaves, even if their apparent colors as seen by the naked eye were almost identical. He hoped that his work would allow diagnosis of a disease before it actually manifested in the body. Toward this end, a hospital in Russia has recruited the help of 100 mothers who gave birth at the hospital between 1973 and 1974. The children's auras were photographed at birth, and once a month thereafter. This catalogue of auras may provide a key to disease prevention in the future.

In the United States, Dr. Thelma Moss, working at U.C.L.A., learned that just as no two fingerprints are alike, no two fingers have the same aura. This confirms the extra-terrestrial information given to Daniel W. Fry, PhD. in 1950 when he was told, "Your location makes very little difference in our ability to contact you since we have recorded your exact frequency pattern." Similarly, the Ogatta group tells us that "Every human on Planet Earth has his own electromagnetic print."

Moss believes that the photography revealed the interaction of persons on a non-verbal, invisible, possibly electrical plane. The size and brightness of the aura or 'corona' was influenced by the people who worked together, i.e. close friends produced a brighter corona than strangers; an authoritative figure as the experimenter produced a smaller corona than a friendly research assistant. In her work with four subjects who claimed to be "healers", Moss found that a patient's aura increased sharply after a healing . . . as if an actual transfer of energy were occurring between healer and patient. She also concluded very early in her work with Kirlian photography that the emanations from human subjects change dramatically, and that these changes could



AN UPDATE EXPERIMENT

"How can we prepare for the changes?" is a familiar refrain. One of the answers is to sharpen your telepathic skills which will be essential in the days when there is no electricity or telephones. Sending and receiving messages are not complex matters and almost anyone can become adept at one or the other or both. All it takes is utter concentration. In the spirit of helpfulness, I propose to run a series of experiments in which you can participate, initially, as 'receivers'. I have picked a time which best accommodates all of the time zones globally. So please mark your calendars for a ten-minute period on SUNDAY, JULY 18th: 2 PM Pacific, 3 PM Mountain, 4 PM Eastern, 5 PM Atlantic, 11 PM for our European subscribers. This time hopefully will not interfere with anyone's church, meals, or social commitments.

I shall be 'sending' one color and a single-digit number. Prior to the experiment, take phones off hooks and choose a quiet place to be. I will be lying on a couch with my eyes closed in a state of total concentration. You should be sitting on a comfortable chair with your arms and legs unfolded, eyes closed, ready to pick up the impressions sent to you. Distance means nothing.

Concentrate on me: start a few minutes BEFORE the allotted hour, seeing me in your mind's eye and imagining that you are I and I am you. In other words, achieve complete identity with me. Relax. Breathe slowly. Make yourself receptive and 'empty'. If a thought creeps in, push it away. All you want to receive is a color and a single number. When one or the other 'occurs' to you during the ten minute period of the experiment, jot them down on your enclosed card (and mail them Monday morning, July 19th.) Accept your first impression as gospel. . . it is usually right! Those psychic flashes are quite reliable. Do not try to be analytical or use thought processes.

We will tally the results and publish them in our next newsletter. If your ratio of success is as positive as we anticipate, we can move along to more difficult messages and eventually on to some "remote viewing". Here is a situation where you may participate as a family unit or by yourself. Either way, do not depend on anyone else's reactions or answers. Do it as a solo action, tuning in to my telepathic wavelength and communication. Be open and receptive.

The true picture can be obtained only if you remember to stamp and mail your results to us, so please do so. GOOD LUCK. . . and see you on the 18th!



Earth is NOT the only body in the Solar system to keep liquids on its surface. Voyager 1 showed us that TITAN, the largest and brightest of Saturn's moons, also has its surface partially covered by a liquid--METHANE. An article in Scientific American states that Titan's dense atmosphere has retained conditions much like those that probably existed on all the planets soon after they were formed. Larger than the planet Mercury, Titan's atmosphere has carbon, nitrogen and hydrogen, but lacks molecular oxygen. The article states that under these conditions the chemical reactions going on in Titan's atmosphere may well be the same ones that created the organic molecules that preceded life on Planet Earth. No



mention was made of any other form of life. But then, the authors probably haven't seen our friend and subscriber Joe Harris's rendering of life on Titan.



perhaps be linked to physiological, psychological, or psychical conditions.

With Moss's corroboration of the aura in mind, we now turn to the work of sensitive Elisabeth Haich. She says that "each individual emits a different kind of current. . . a radiation of will." She categorizes people by saying that "self-disciplined people emit higher and purer forms of vibrations than egotistical, coarse people living only for the satisfaction of their instincts. Being with some people can be tiring. . . very refreshing. . . stimulating. These radiations cannot be hidden and reveal immediately the kind of person one is dealing with." All of us can relate to this in our own experiences. We have all known people who tire us very quickly, and we have worked at break-neck speed for extended periods of time with others and ended up feeling exhilarated.

If any more proof is needed to establish the absolute existence of the aura, we can turn to the sensing apparatus of the rattlesnake. The evolution of the rattler has given him infra-red sensors to accurately strike his prey, even in total darkness. He can 'see' a region of the infra-red electromagnetic spectrum where animals emit their own radiant energy. . . their aura. The snake has a unique view of Planet Earth, a view that compares and contrasts visual and infra-red images.

By extending our visual sensory band slightly, we can all see the aura. This would add a new dimension to the process of human interaction. And it would be a positive step toward breaking out of the somewhat rigid Western mindset.

From the MOUTHS OF BABES

We have been told by pediatricians as well as parapsychologists that youngsters born in the last two decades have an extremely acute sense of awareness which manifests from the time of infancy. They appear more tuned in to the heightened energies that are affecting this planet. This makes good sense since they will be "the architects of the future" responsible for our changing Spaceship Planet Earth.

One of our favorite books is the enchanting Mister God, This Is Anna. In it,

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four-year-old Anna seems to understand with uncanny certainty the purpose of being. . . the essence of feeling. . . the meaning of love. She finds God "in her middle". We felt enriched by a recent conversation with a five-year-old "little person" who reminded us of Anna. Luckily we taped the conversation; only her name has been changed to protect her identity:

- SUZY: I can talk to flowers, you know. Can you?
- GRETA: Sometimes. Not all the time. Can you talk to this rose?
- SUZY: You can talk to any flower. It isn't just the rose you can talk to. The flowers that don't have one flap over the other, like. . . like the pansies. . . they don't . . . they don't. . .
- GRETA: COMMUNICATE? Talk back?
- SUZY: Yes, they don't 'communicate' very well because they are flat. They don't have a (points to her navel).
- GRETA: A center?
- SUZY: A center. So when you have a flower like a rose or a tulip or flowers that have alot of flaps (petals) and they hold the wet (moisture). . . then it's easy to talk to them. It's harder to talk to the flowers that are flat. Also, they don't have the pretty smell. They can't hold it IN THEIR MIDDLE. . . and in their middle is where all their life and ENERGY is. That's right! I know that. But not many big people know that.
- GRETA: How do you talk wth them? Do you use words, or do you just think words?
- SUZY: Sometimes both. I'll tell you a secret. If you put your hands under your belly-button and you close your eyes and then you push out all your thoughts into them . . . they'll open right up and answer if you listen.
- GRETA: Yes! And with a very sweet musical voice!
- SUZY: Uh huh. Because almost everything that you can see. . . and that you can touch. . . YOU CAN HEAR. But most big people just don't listen to hear it at all. And that's very sad.

Suzy touched us "in our middles".

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

IT'S A SMALL WORLD

The Scenario that the Ogatta group gave to Greta is making its appearance in many areas. Warner Publications published a book by Frank Don, Earth Changes Ahead, from which we quote: "Seers and scientists have both confirmed, in their separate ways, that man and the earth are partners in one life-sustaining whole. They are also in agreement that the future will confront us with radical transformations in an earth we have grown accustomed to. The higher incidence of earthquakes and volcanoes will shake us to the core. Changing weather patterns and climate conditions will make our survival a constant struggle. We must disregard our concept of "normalcy" and "stability" which make us rigid in our belief that all change is revolutionary and transient rather than an integral factor of life's evolution on this planet. We must re-evaluate our priorities. We are all citizens of a politically divided but ecologically interwoven world."

Volcanic Fallout

The EL CHICHON volcano in Mexico erupted on March 28th for the first time in recorded history, and continued to spew magma through April 3rd. On April 4th it erupted with such force that it emitted what scientists suggest was the largest volcanic cloud to spread over the Northern Hemisphere in this century. Brian Toon of the N.A.S.A. Ames Research Center estimates that the cloud carried as much as 10 million tons of sulphuric acid. . . 10 times the amount contained in the emissions from Mt. St. Helens in 1980. This part of nature's plan comes to you in living color because for the next three to six months, as the cloud of dust and gases diffuses through the stratosphere, Northern Hemisphere residents should be treated to twilights tinged with brilliant orange and purple hues. Spectacular sunsets are likely. While the estimates of the cloud's size and effects are still listed as tentative, if they prove accurate, the cloud will undoubtedly produce measurable effects on the weather. Make room for another of Mother Nature's DOTs.

ANOTHER SIDE OF THE COIN

Our preoccupation with the San Andreas fault--and the imminent possibilities that it presents seismologically--is due to our being Americans and having good friends on the West coast. But other parts of the planet are as earthquake suspect as California. . . maybe even more so. Recent quakes that caused loss of life and property in Italy and China are still in the news.

Consider the geological probabilities in Japan. The Japanese islands are located near the boundaries of three tectonic or lithospheric plates, the outer land 'skin' of our planet. Two of these plates, the Pacific and the Philippine, push against each other as they slide beneath the third, the Eurasian plate. That's a lot of motion. As a result, the east coast of the island of Honshu, on which Tokyo rests, is being pulled downward. Just as our geologists watch, wait, and try to anticipate the gyrations of the San Andreas, the Japanese scientists try to gauge the Pacific, Philippine, Eurasian plate activity. At their Japanese National Research Center for Disaster Prevention they are seeking to develop an adequate earthquake warning system to minimize the death toll when the major earthquake they are anticipating strikes the Tokai region about 100 miles from Tokyo, or metropolitan Tokyo itself.

Statistics show that a major earthquake strikes the Tokyo area about every 69 years. The last big disaster occurred in 1923. Since almost two-thirds of the recorded quakes occurred during the last 13 years of the cycle, scientists are concerned that a major earthquake will strike the Tokyo area sometime between 1979 and 1992.

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"The money required to provide adequate food, water, education, health and housing for everyone in the world has been estimated at \$17 billion a year. It is a huge sum of money. . . about as much as the world spends on arms every two weeks." Spirals

SURVIVAL UPDATE

People best suited to survival are those who are open to new ideas and new ways of doing things. If humanity is to survive, every human must participate in the search for solutions. Whether one lives in an urban or suburban community, the worst threat to survival is the breakdown of the nationwide food distribution system. Fear of a breakdown in the existing processing and transportation network prompts survivalists to recommend the storing of foods and the growing of fresh vegetables to supplement the stored foods.

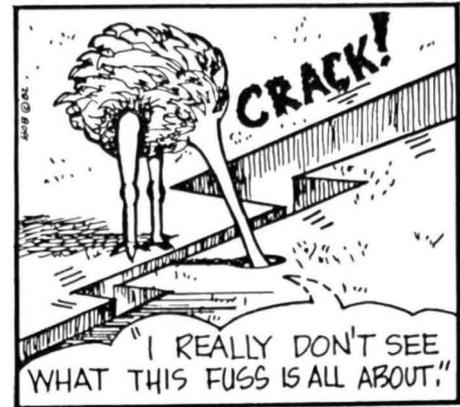
In 1981 nearly 50% of all American families planted vegetable gardens. We encourage you to join the tide, and offer some hints. Use locally-grown seeds since they develop immunities to local pests and blight, and are the survivors of the rigors of local conditions. Also, surround your plot with a hedge since this increases the resistance of the crops to disease and pests.

We urge you to communicate any ideas or actions on survival so that they might be shared with other Updaters. One subscriber, for instance, confided that he has laid in three pairs of eyeglasses in progressive prescriptions. Another told us that she is taking a First Aid course. All of us have taken the CPR course. Involve your children in survival techniques and learning procedures. Two of our children are CPR and EMT instructors. One of our children is an Outward Bound instructor.

A final word: What is viewed as "storing" today may be seen as "hoarding" tomorrow. We have touched on this before. Whether you assume a simple or complex posture toward survival, take a stance and be prepared for a time when communications undergo a breakdown. Eliminate fear and embrace positive thought and action. We are all in this together, but each one must prepare as he or she sees fit. Factor in the possibilities of climatic changes in your area.

We hope that more of you will share with all Updaters any survival tips which you have put into practice or which you consider to be worthy of contemplation.

And finally. . . if you build your house over a crack in the earth, it's your own fault!



"What lies behind us and what lies before us are tiny matters compared to what lies within us." Emerson

Some Like It HOT

When Voyager 2 was travelling toward Saturn the temperature of the space nearly a billion miles from the Sun was expected to be very cold. However, some 250,000 miles from Saturn, sensors aboard Voyager 2 picked up a cloud of material 50,000 times hotter than the surface of the Sun--approximately 300 million degrees Fahrenheit. Nothing man-made could survive temperature at this range. Yet, Voyager 2 did--with no damage.

Seeking an explanation, a physicist at the U. of Maryland studied the density of the Saturnian cloud, i.e. the number of atomic particles per cubic centimeter. A cloud of this type in the Earth's atmosphere would contain trillions and trillions of atoms per cubic cm. The estimated number of atomic particles in this cloud in the Saturn magnetosphere dropped unbelievably to between one and ten particles per cubic cm. At this almost non-existent number, there were so few particles to transfer their heat that the Voyager passed through the cloud unscathed. In fact, it took extremely sensitive instrumentation to detect the heat cloud at all.

As with the body of an "Eldil", (see Update Vol. 1, No. 4) this super-heated Saturn cloud is to the Voyager 2 space probe "the blank nothing in the sky at night".

Modern Medicine Awakens to "THE SLEEPING PROPHET"

The trail-blazing remedies brought forth by Edgar Cayce while in a "trance state" point to the possibility that a more advanced civilization in the Cosmos shared some of their knowledge with us. How else could Cayce--a farm boy with a ninth-grade education--have been able to prescribe treatments so much more advanced than the medical practices of his day?

Cayce, the "sleeping prophet", prescribed thousands of cures for people all over the world over a period of three decades. He connected the person's state of mind to the well-being of the body in an era when Western medicine considered it "quackish". Now that doctors and scientists are beginning to understand the mind/body connection, Cayce's theories are gaining greater legitimacy. Paraphrasing Cayce, he said that with our mind, with our thoughts, with the thought of resentment or joy or compassion, there is an immediate response which goes through the autonomic and then through the endocrine system. This, the Cayce readings say, is the physiological basis of balance and healing.

Today the term PSYCHOSOMATIC is used to convey the fundamental interaction between mind and body which medicine now acknowledges is involved in almost all processes affecting our health. The mind causes stress. . . and stress is an integral element in the overall well-being of all living creatures. Stress is a mental tension that alters the delicate balance within the body. Dr. Kenneth Pelletier, in his book Mind as Healer. . . Mind as Slayer, states: "Stress-related psychological and physiological disorders have become the number one social and health problem in the last decade. Most standard medical textbooks attribute anywhere from 50-80% of all disease to psychosomatic or stress-related origins." Pelletier points out that there is evidence that "internalized anger induces prolonged stress activity" and, "The failure of an over-stressed immune system to maintain surveillance over viruses and mutant cells is seen as a primary factor in cancer onset and treatment."

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Cayce said many similar things before his time: "Just as hate and animosity and hard sayings create poisons in the body, so do they weaken and wreck the mind of those who indulge in them. Then we begin to wonder why this or that has befallen us. As you may well remember, the Psalmist of old said, 'That which I feared has come upon me'." Cayce noted that the mental state of the individual determined his physical well-being, and that the "most unimaginably minute secretions moving throughout the whole body can affect every cell in the body."

Dr. George F. Solomon of the Stanford School of Medicine corroborates Cayce's message. He says that "stress-induced change in the immune system is generally small, and determines the course of the disease chiefly by shifting the balance between toxic factors and defense mechanisms in the disease process. These relatively small changes in immunological balance can shift the entire system and predispose an individual toward the development of a severe disorder."

Cayce also shared many insights into the conduct of daily life. "Anger causes poisons to be secreted. Joy has the opposite effect. The adrenals are involved principally, but all the glands play a part. For example, a nursing mother would find that anger affects the mammary glands, and would also find that the digestive glands are affected." He further stated: "Keep the healthy mental attitude, never resentment, for this naturally creates in the system forces that are hard on the circulation."

It all comes down to the NEW AGE philosophy of positive thought and sending out "good vibrations". Most of you are probably familia with Cayce's work and his foundation in Virginia Beach, Va. where his remarkable work is catalogued, studied and tested. If you have missed the opportunity to learn of this man, we suggest two avenues. First, there are several excellent biographies about Cayce and his work, our favorite one being THERE IS A RIVER by Thomas Sugrue. There is also a sensitive play currently playing off Broadway called "The Freak" which explores Cayce's life and the inner turmoil he sustained while trying to come to grips with his unusual talent.

The Balance Sheet

A BODY OVERVIEW

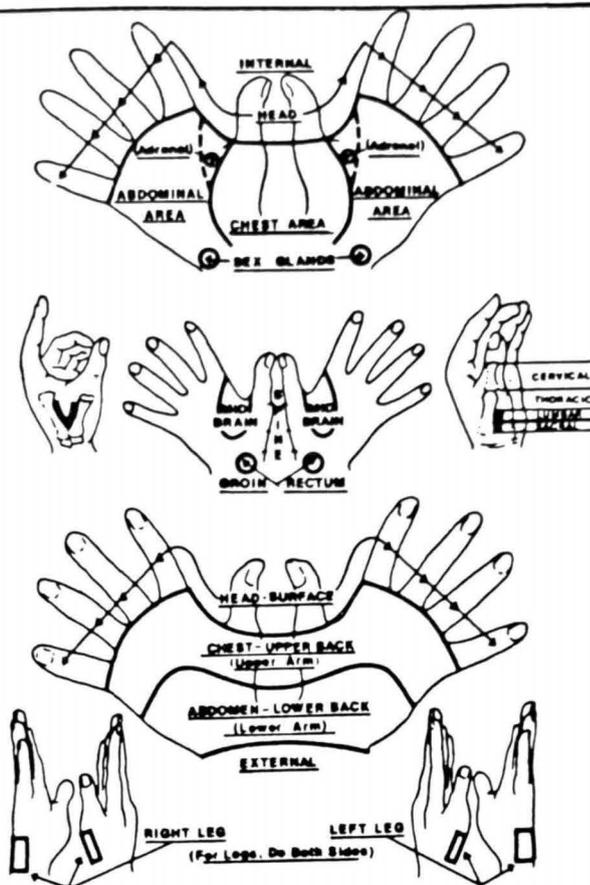
In the last five issues, we have covered Reflex Balance points relating to stress management, neck-shoulder-back pains, gastrointestinal and respiratory problems, etc. In this edition, we offer a review of the areas on the hands, a simplified "map" to help locate energy imbalances, and a brief explanation of how we believe it works.

RB is developed on the hypothesis that the body is an electromagnetic hologram. Every part of the energy field of the body is interconnected with and is in continuous communication with every other part. The brain, hands, feet, or any cell for that matter have connections to each part of the body. Some twenty known micro-acupuncture systems are in clinical use around the world. Over the last ten years they have been compiled by a leading researcher in this field, Dr. Ralph Alan Dale.

This theory of "the body as an electromagnetic hologram" lends itself to repeatable testing of the lay-out of the reflex connections. Testing has been carried out using sensitive electronic equipment (scale: 0-200 microamps), heat sensitivity tests and applied kinesiology. In each case, the results have been most encouraging. Numerous Update subscribers and YPOers have used RB to encourage the body's own healing capacities, thereby reducing the need for invasive and/or drug therapy.

Here then is the RB Hand System "at a glance" (see diagram). By massaging the palm, ball and web (front and back), along with the fingers and "spinal edge" each day, a thorough balancing of the body's energy field is possible. Remember to use a press-and-roll drilling motion with the tip of the thumb. Results will not be as effective when using a broad sweeping motion with the flat of the thumb. When a reflex point hurts, massage it firmly for about 10 seconds and move on. Do this once or twice daily.

Your body is your closest friend. . . and next of skin. You will certainly survive without it.



For more specific information, contact S.T.A.R. Foundation at 10 East 34th Street, New York, N.Y. 10016. They have copies of Michael Andron's REFLEX BALANCE: A FOOT AND HANDBOOK FOR HEALTH available (\$10).

A Matter of GRAVITY

Galileo assumed a very risky posture when he announced that Earth is not the center of the universe. So sure was Galileo that he courted death rather than recant his beliefs. Galileo is also credited with being "the father of experimental physics" and the inventor of the concept of inertia. You would think that a gentleman so creative and forward-thinking would have been able to recognize or at least be tolerant of other ideas that had surfaced "before their time". Yet, when told that the German astronomer Johannes Kepler attributed 'ocean tides' to the "influence and pull" of the moon, Galileo concluded that Kepler had "given his ear and assent of the moon's predominance over the waters to occult properties and such-like trifles." The occult property to which Galileo referred turned out to be GRAVITY.

“UFOría”

The House of Lords in London held a debate on January 18, 1979. The subject: UFOs. The Earl of Kimberley stated that three United States balloonists who had crossed the Atlantic recently were followed for up to 12 hours by UFOs. The balloonists, the Earl said, had been ordered by U.S. government agents not to discuss what they had seen. Lord Kimberley then asked Lord Strabolgi, a government spokesman, whether he would "tell your Lordships why the Ministry of Defense has not informed the public of 18 contacts from May 23, 1977 to February 22, 1978, numbered K5634 to K5651 inclusive. Also, does the noble Lord realize that 13 out of these 18 contacts were seen during the daylight hours?" Lord Strabolgi did not answer the question.

As a follow-up to this discussion, the House of Lords formed an All-Party UFO group, chaired by the Rt. Hon. Earl of Clancarty. The membership is currently 30 Peers whose main objective is to become better informed. To date, 21 UFO experts have addressed the group. The Lords no longer appear willing to participate in the (worldwide) cover-up of UFO facts. On March 4, 1982, the All-Party UFO Group got a government spokesman to list the number of sightings that had been reported to the government. The reported totals 750 sightings in 1978, 550 sightings in 1979, 350 sightings in 1980 and 600 sightings in 1981. The spokesman further stated that all of the UFO reports were passed to the defense operations staff who examined them solely for possible defense implications. What a colossal waste.

PSI-Science FRONTIERS

On June 3-4-5-6 we attended The Frontiers of Physics Conference sponsored by the Learned Societies of Canada in the national capital, Ottawa. We had the pleasure of renewing friendships with many distinguished scientists and researchers we have known since the Iceland Conference of 1977, as well as making new and exciting friends. Both the United States and Canada had a surprising number of representatives from the Armed Forces and

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the Executive Branches liberally sprinkled throughout the participants and observers. As always, "the good doctor", Dr. Andrija Puharich, presented a creative and controversial paper and made his presence felt in many ways.

There were international forums on the Biological Effects of Electromagnetic Radiation, the Effects of Low-Level Radiation (ELF), and the studying of trends in the Physics of Consciousness Through the 1980s. It always amazes us to see how complicated the scientists can make our favorite subjects! What was the non-scientific summary of four days of technical papers? Reinforced for us in many ways was that "man is a BIO-COSMIC RESONATOR". . . and that "built within each of our cells is the most sensitive receiving apparatus anywhere." As laymen it was obvious to us, with or without the 'replicated technical data' so dear to the hearts of the scientists, that man reacts to all electromagnetic radiations that reach our planet or that we create.

S.T.A.R. ACTIVITIES

THE WOODREW UPDATE is now a S.T.A.R. project! Henceforth, all checks for subscriptions will be made out to S.T.A.R. Foundation, thus allowing the subscriber to take a tax deduction for the "donation" to our non profit organization. While the minimum fee is \$25, it is anticipated that those who can afford \$100 OR MORE will push to the maximum amount in the interest of psi research. Please alert your friends and associates to this opportunity to participate in the advancement and dissemination of all aspects of parasensory phenomena. We hope that you will consider subscriptions to the Update as ideal Christmas gifts, knowing that your philanthropic dollars will be spent on vital research with an eye to a most important future: YOURS.

Greta's lecture tour is concluded for the summer. She is setting up her Fall calendar at this time, her first commitment in October being at the University of Minnesota. If any of you wish to have her address a large group or college in your area, please make contact as soon as possible. All honorariums come to S.T.A.R.

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“Be an opener of doors to those who come after.”