

# The *Update* WOODREW

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## TELEPATHY: AN EXTRA SENSE

Telepathy is more than the mere sending and receiving of thoughts or brain waves. It is the realization on the part of those communicating that they are not limited by their five senses, physical bodies, or linear time.

"I get your thoughts in a blink." Those were Tauri's words when we started our training with the Ogatta group. It was impossible then for us to conceive of our mind waves reproducing instantaneously throughout space. . . and time. Robert Monroe, in Journeys Out of the Body, says that, "communication is instantaneous" when transcending the body. And Harold Sherman testified that "time or space do not exist in telepathic communication."

The definitive work on TELEPATHY is still the work done by Sherman in the late 1930's and described in his outstanding book, Thoughts Through Space. The book details the telepathic communication established between Sherman in New York and Sir Hubert Wilkins on an air rescue mission in the Arctic. Sherman says, "It is fatal to attempt to modify a feeling or mental-picture impression in keeping with what appears to be reason or logic." He makes a strong pitch for "positive thought". "You will find if you are seriously interested in telepathy that you will need to put aside, by an effort of will, all doubts and skepticism. You will have to accept, for the time being, the belief that telepathy is an established fact." Otherwise your conscious mind--with its preconceived notions--will block your results.

Emotional outbursts create messages for others to read. Wilkins stated that "the intensity of the sender's emotional reaction to what is happening to him or has happened, determines the degree of intensity of the 'thought wave' discharged." Sherman agreed. "Human emo-

tions are the batteries which generate the power, according to their intensity, that is put behind the electrical currents of the brain." Our psychometry piece (Update #5) stated that heightened periods of human emotion produce increased EM outbursts. These energy bursts are soaked up by surrounding objects which record the event, much as a camera visually captures a moment. Things do tie together!

Sherman relates telepathic reception to the subconscious. "When a thought is intensely visualized and projected by a sender, it makes such a vivid impression upon the subconscious mind of the receiver that his impression is relayed to the conscious mind; and the receiver, sensing it, is enabled to express the thought in his own words, or to describe the flashing mental picture that comes to him. Only the average man's own almost complete reliance on the testimony of his physical five senses has kept him from recognizing, developing and using the higher mental powers long ago."

When the telepathic sense is developed . . . as the Ogatta group tells us it will be. . . the game-of-life will change. We will no longer be able to hide behind a false facade or play a role. At a telepathic meeting everyone's thoughts will be bared. Honesty, especially with one's self, will become a requirement. Deception will not be possible, and the structure of material society, so dependent on negotiation, will require a new framework.



"When the level of the knower is not adequate to the level of the object of knowledge, the result is not factual error but something much more serious: an inadequate and impoverished view of reality." E.F. Schumacher

## The Scenario & the Space Shuttle

In their projection of the changes to come on Planet Earth, the Ogatta group has always pointed out that there is nothing new--all has happened before. But many of the changes in our little planet's past are still beyond the grasp of our scientists. We require a more advanced technology to get to their roots.

We were reminded of certain planetary weather changes by some data obtained during the second flight of the space shuttle last November. Aboard the craft was a synthetic-aperture imaging radar system (SIR-A) that filmed the driest part of the driest area on earth, the Sahara desert's "hyper-acid core". This area is so dry that it gets rain only two or three times per century. The SIR-A films 'blew the minds' of the scientists at the U.S. Geological Survey. "Instead of the familiar, near-featureless terrain, broken only by an occasional low hill or rocky outcrop," Science News reported, "the image revealed a vast network of channels, their dendritic (marked by figures resembling shrubs, moss, trees, etc.) patterning reminiscent of riverbeds and tributaries, from little ditches at the radar's limit to huge swaths as wide as the Nile Valley".

The radar acted like an X-ray machine, peeling back the outer layer. Most of the energy of the radar beam passed through the loosely packed sand and reflected what lay beneath the surface. A USG scientist said, "The beam penetrated far enough to reach. . . and reflect. . . the underlying bedrock and possible gravel terraces and riverbanks surrounding an apparent ancient drainage system." Earlier evidence suggested that the "hyper-acid core" of the Sahara might have been a grassy open plain in the geological past. Now there seems to be little doubt. It's all happened before.

### A CLAIRVOYANT'S DIARY

We recently came across the diary of a young English clairvoyant written in the 1880's and published posthumously. Many of his experiences and questions tie in remarkably with the material with which we are dealing. Clairvoyance is the capacity to "see" those higher or subtle vibrations

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of Nature which cannot be perceived by the naked eye. The English boy's ability enabled him to "see" and communicate with discarnate humans (those who had 'died' and left the physical plane) and those still living who experienced "out-of-the-body" events.

In one sequence a discarnate entity told the boy, "Because not everyone has the powers to perceive us it is argued that we do not exist. This is based on ignorance of the fundamental principle which governs the Cosmos. . . VIBRATION. Our spiritual bodies vibrate at a higher rate than do your physical bodies. That is the sole reason why you cannot perceive us. We are the living refutation of the presumptuous denial of immortality."

Another night he received a lesson about space. "You look up into the firmament and you think it consists of empty space dotted with stars. That is an illusion due to the limitations of your five senses. There is no such thing as empty space; it only appears to be empty because of the rarity of its matter and the rapidity of its vibrations. Just as in machinery there are wheels within wheels, so in the Cosmos there are 'worlds within worlds'. I am able to occupy the same space as any material object. Here is a chair. I interpenetrate the chair for the atoms of the chair are sufficiently far apart to permit my doing so. It is similar to your capacity to walk through a fog". . . and for Voyager 2 to pass through a cloud of material 50,000 times hotter than the Sun's surface (Update #6, He received a discourse on evolution: "The scientists are preoccupied with the evolution of Form, and overlook the much more important evolution of Life. They maintain that the form is actually responsible for life or consciousness, simply because the more complex the organism the higher the state of consciousness. Thus they say that a man has more consciousness and more intelligence than a frog, because he has a more complex and refined organism; the form being the cause, the consciousness the effect. The deductions they draw, however, are erroneous. Life can exist entirely independent of form; the question is not one of kind but of degree. Life is eternal and omnipresent; forms are merely concerned with its particular and peculiar degree of manifestation."

"E.T." . . . .

Not just another pretty face

A message whose time has come bursts forth in many directions. The idea that advanced civilizations exist and are monitoring Planet Earth is being broadcast in many ways. The latest blockbuster to hit the world scene is the Steven Spielberg film, "E.T.". The New Age messages in the movie are articulated through his fictional characters and remarkable electronic gadgetry. Echos of Old Age memories include Watergate-like electronic eavesdropping and vivisection. People who have seen this delicious movie have related with laughter and tears to the gentle openmindedness and youthful view-of-the-world of the children--and with horror to some of the narrow adult reactions on the screen. They have been bemused by the subtle non-awareness of the mother figure. For those of you who have not seen "E.T.", you have a real treat in store. A soulful and beguiling little Space Being is waiting to waddle onto the screen and into your heart. Endangered, he brings out the best in human children who protect him, and the worst in faceless men who pursue him. In lovable E.T. there is wisdom and metaphor, and to know him is to love him. It is not surprising that "E.T." has broken all U.S. box office records for new releases. We do not know Mr. Spielberg personally, so we can only speculate as to his 'cosmic connections', but consider some of the concepts he explores:

**LOVE AS AN ENERGY:** When the miracles of modern medicine fail in the effort to save E.T.'s life, little Elliot expresses his love for E.T. with his entire being, and E.T. returns to life. . . and to his ship.

**HEALING:** When Elliot badly cuts his finger, E.T. beams energy toward the finger through his own 'energized' finger and the wound heals instantly.

**TELEPATHIC COMMUNICATION:** E.T. can telepathize (MIND-LINK) with Elliot so totally that their thoughts and actions become mirror-images (e.g. E.T. drinks beer and Elliot gets drunk. E.T. views a TV love scene and Elliot kisses a girl. E.T. tires and Elliot falls asleep). It is evident that 'distance' means nothing in telepathic work.

**HIGH TECHNOLOGY:** This is depicted in many ways, from the ability of a spacecraft to move at a pace faster than the speed of light, to the ability of E.T. to construct a complicated communication device from odds and ends.

**PLANT COMMUNICATION:** A plant wilts or blooms in reaction to positive or negative vibrations. (E.T. was a botanist.)

**LEVITATION:** E.T. explains his own Solar System by levitating fruits. He mentally moves bits and pieces to form his radar equipment with which to contact his ship. He lifts Elliot on a bicycle to return swiftly to his landing site. And in a Disney-like chase scene, when it appears that a group of children can no longer elude pursuing adult groups, E.T. uses the technology of levitation to help the boys escape.

**GRE.T.A**



**MONITORING THE PLANET:** E.T.'s presence on Earth is the result of a spaceship's hurried exit to avoid detection by approaching men.

**THE THIRD EYE:** "I'll be right here," says E.T. as he reaches out and gently touches Elliot in the center of the forehead on a spot known as the "third eye"

. . . and viewers' eyes grow misty.

**FEAR OF THE UNKNOWN:** The children react with positive response to the alien while the adults react in fear or total ignorance.

For putting the term "E.T." into the vocabularies and minds of the public on a grand scale, and for embedding paranormal concepts into the consciousness through the medium of science fiction, we applaud Steven Spielberg. "E.T." is great entertainment for all ages. Our family has seen it twice and so have a large number of Updaters, judging from the mail. Viva, "E.T.".

Updaters are a very special, participatory and talented breed. Along with Joe Harris's wonderful cartoons, we have added the efforts of a North Carolina architect/subscriber who simply signs his work "Bob". Each man's very different approach to the world of pictorial laughter appeared in the last newsletter as well as in this one. Keep them coming! One look at your cartoons, gentlemen, is worth a column of our words.



# UPDATE EXPERIMENT #2

In July I "sent" a color (GREEN) and a number (SIX) in a telepathic exercise. Your participation delighted us--and Ma Bell--judging from the cards and calls from all over the globe. To those seven subscribers (4 women, 3 men) who got BOTH color and number correctly, bravo! Now for the breakdowns: Active participation was 47% male, 53% female. 45.5% of the participants correctly identified the color GREEN and 48% of all participants got the number SIX. The women had a 3% edge over the men in the color category, but the men led by 16% on the number. As for time zones, the percentages were as follows:

<u>ZONE</u>	<u>CORRECT ON COLOR</u>	<u>CORRECT ON NUMBER</u>
EASTERN	32%	53%
CENTRAL	45%	27%
PACIFIC	59%	56%
MOUNTAIN	50%	56%
EUROPE	50%	25%

Special kudos to the Pacific time zone group.

In this first experiment you were limited in that you had choices to make from established boundaries of 10 numbers and about as many colors. In one way, your minds were inhibited by the knowledge that you were expected to pick up an impression of a given color/number. Stilling the mind to receive a chrystal-clear image is quite a trick. ! (This should now be apparent to those who received a kaleidoscope of colors and multiples of numbers.)

Harold Sherman, subscriber and author of Thoughts Through Space, notes that in cases in which the receiver has NO knowledge whatsoever of what is to be sent, he is able to relax more completely and "develop greater confidence in the impressions as they come through." With this concept in mind, we now move to our second experiment which you overwhelmingly indicated you would like to try. I shall send a SIMPLE OBJECT or SHAPE. Not everyone receives messages in the same way. Were I to send a box, you might see a box in your mind's eye. . . hear the word 'box'. . .

conceive of a square. . . see lines forming a box. . . ETC. Whatever your means of receiving, jot it down in either word or picture form on your enclosed card and please mail it back to us on the NEXT DAY after the exercise. The scheduled date is SUNDAY, SEPTEMBER 19th and we shall repeat the same time for each zone: 2 P.M. Pacific, 3 P.M. Mountain, 4 P.M. Eastern, 5 P.M. Atlantic, and 10 P.M. Europe. Be sure to mark your calendars and try to take the ten minutes to join in the fun. Almost 50% of all Updaters got involved in the first experiment. We hope that close to 100% will participate this time (and we urge our Atlantic zone subscribers to be with us). Remember: time and distance mean nothing when telepathizing. Once again, I shall be lying down and you will be sitting in a chair, relaxed, ready to receive, 5 minutes before the hour (see p. 3, Update #6 for refresher on readiness). Let's GO FOR IT. . . and see you on the 12th!



## From our "E.T."

Recently we had occasion to talk to a member of the Ogatta group about sending thought waves out between species without the use of words. Cilekari summed it up this way: "An advanced specie in one place is a lesser advanced specie elsewhere. Remember that what you consider to be the least advanced specie, when it is communicating with its own, is highly evolved. Is it not? You see, you are the only specie that you know of that can think in logical steps. Your short-sighted view--and logic--does not make you the only specie that does so, however." This bottom line has given us pause for reflection.

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

## WHO’S COUNTING?

The State Department is busy these days monitoring the casualty figures from 11 different wars and skirmishes around the world. The body count is a harsh reminder of MAN'S INHUMANITY TO MAN. As of this writing their records include:

The Middle East: Estimates as high as 13,000 deaths are possible between military and civilian populations, with approximately one-half million left homeless. The Falklands: The "ugly little war" claimed 1200 lives. Iran-Iraq: More than 100,000 are counted to have died by mid-July before Iran's current offensive into Iraq. El Salvador: Between 30,000-40,000 deaths are recorded in the military and civilian counts since the late 1970's. Afghanistan: Yes, there is still a war; an estimated 30,000 lives have been lost in the Russian and Afghan armed forces without including guerrilla or civilian losses.

As fighting also persists in Chad, Yemen, the Western Sahara, Namibia, Central America, the horn of Africa and Cambodia, we cannot help but wonder where man will finally grasp the meaning of the aphorism: "Weapons don't kill men; men kill men."

## *Economic Comparisons . . . SIGNIFICANT?*

From the end of 1972 to June of 1982 consumer prices in the United States increased by about 125%. In real terms, the consumer's buying power . . . yours and mine . . . fell 62%. There is an historical significance attached to these figures. Our participation in the Vietnam War ended in 1972. History records that the end of a war usually produces a period of deflation; or, at the least, a return to a very low rate of inflation. This did NOT happen. Why?

The Consumer and Wholesale Price Indexes, used by our government to compute the nation's economic activity, was established in 1913. Since its inception the U.S. dollar has lost 89.43% of its purchasing value. This includes the above 62% from 1972-1982. Historians Gibbon and Momsen note that the currency of the Roman Empire depreciated 89% over a similar span of time. They cite this

erosion, coupled with excessive taxation, as significant factors in the 'decline and fall of the Empire'. Should we be paying more attention to historical precedence?

## *The Jupiter Effect: Discredited?*

Authors Gibbon and Plagemann predicted in their (1974) book, The Jupiter Effect, that a line-up of the planets in March 1982 would trigger major geological activity, particularly along the San Andreas Fault. The prediction was widely repudiated by the scientific community. In time even the authors, both physicists, stepped away from their own work for, in fact, the San Andreas weathered the March period without a whimper. However, consider the events that occurred in the period immediately after mid-March, 1982:

- \* Mt. St. Helens erupted again. . . State of Washington.
- \* El Chicon erupted for the first time in recorded history. . . Mexico.
- \* Mt. Pagan erupted and destroyed its top. . . the Western Pacific.
- \* The Gulungung volcano erupted. . . Java, Indonesia.
- \* A record 12-foot snowfall fell in Squaw Valley, California.
- \* The Northeast U.S. was blanketed by a blizzard in April, 1982. . . first time in recorded history.
- \* Midwest U.S.A. had greatest flooding in 70 years.
- \* California and Florida recorded record-setting rainfalls.
- \* Tornadoes swept the country from California to Indiana to Oklahoma to Texas and throughout the Southeast.
- \* Japan had its worst earthquake in the past ten years.

Did the Jupiter Effect--a very slight changing of gravity caused by the positioning of all of the planets in one quadrant relative to the earth and sun--have anything to do with this crazy series of events? Will the next planetary alignment in early November 1982 trigger a similar series of geological and climatic anomalies?

Ignoring the possibility of personal involvement is the first step to panic and tragedy.

## SURVIVAL UPDATE

When we think of 'quality of life', we usually think of the status quo we have established to serve our particular needs. Survival Update aims to bring you ideas which may help you preserve and protect some of those needs--and to provide some new possibilities for tomorrow. Responding to our last newsletter's request for survival tips, Terry Grove of Pennsylvania graciously stepped forward with the following addenda to a food storage plan:

"Store what you eat, and eat what you store. Organize your thoughts and take the time to research what you really use and what you think you need. For four weeks keep a list of daily menus and all items used in preparing them. You will have a realistic picture of what your family consumes. . . and by multiplying by 12, you can store realistically for a year." (Studies show that people would rather starve than eat things they hate.)

Some prefer freeze-dried foods while others go with dehydrated and canned fare. Remember that dehydrated foods require water for reconstitution, so freeze-dried seems a good alternative. There are "Camper Packs" available for storage which serve 4-6 people and which might be tried before storing freeze-dried in bulk. Last year we mentioned one supplier named Security Foods, Inc. at 1502 N. Quincy St., Box 7116, Arlington, Va. 22207. Our Mormon friend has spotted some other resources in different locations for us to pass along (with the understanding that we have NO personal interest or connections to any firms mentioned.) They are: Marten's Health and Survival Products, Inc. at P.O. Box 51, Moraga, CA. 94556. Rainy Day Foods at P.O. Box 2203, Phoenix, AZ. 85002. Scott's Perma Storage Foods, Ltd., 21 Water St., Aylmer, Ontario, Canada N5H 1G8. For information about all types of foods and survival-related gear, we provide a toll-free number for Grover Company: 800-528-1406 (ask for Operator 6).

Thank you, Terry--and thanks to one of our Canadian Updaters who called to tell us about "the finest wood stove called Jetstream". The wood it apparently burns leaves no ash and the stove's efficiency

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is close to 100%. This stove burns logs in an upright position, up to 70 pounds-worth at a time. Now, how about YOU? Have you any survival tips to share?

## Color Me SENSITIVE!

How often do we say we feel blue. . . see red. . . go green with envy. . . have a black mood. . . are in a brown study? These colorful expressions--or purple patches of speech--tell us a great deal about our moods. They also reveal something about our consciousness. In Update No. 4 we quoted Czork on the matter of harmonics: "We of the Ogatta group can see the music as well as hear the music."

When I write and speak about 'hearing the colors' and 'seeing the music' in the Cosmos, people tend to look bewildered. But science now tells us that those who do see specific colors when hearing specific tones are experiencing something quite real called "chromesthesia". In fact, 5-10% of all people are apparently chromesthesiacs! Prominent composers who have written music that attempts to exploit the phenomenon of crossed perceptions describe "colored hearing". Rimsky-Korsakov, one of the music world's master colorists, claimed to "see sounds in various hues". He introduced Scriabin into his own tone-colored world of music. Kandinsky wrote "THE YELLOW SOUND" which he described as a one-act color opera. Schoenberg composed in an atonal manner where one score called for "shifting colors to accompany the music and mirror the emotions of the characters."

Psychologists explain that chromesthesiacs not only experience sounds as colors, but they feel heat, cold, tastes, odors, and pain as colors as well. The color perception of sound may vary from one individual to another. The music and color of the spheres are an exquisitely complex blend of visual/audial splashes, e.g. YOUR citrus-y orange C# may be MY forget-me-not violet C#. 'Tis a puzzlement. But I can promise you that if you ever join me 'out there' when I ride on a slide of blue--and you perceive it as a shaft of beige--that's all right. Chances are we'll both feel in the pink afterwards.

BREATH CONTROL

There is an old Sanskrit expression, "Consciousness is like a kite, and breath is the string that guides it." The importance this statement gives to breath control becomes easier to understand after you try this experiment: Listen carefully for the most distant sound you can hear. It could be a bird, the wind, or a creaky plank in the floor. Notice that you have stopped breathing entirely! Breath is suspended when you're trying to remember something, when you concentrate on drawing a straight line, or when you are in pain. When the mind is concentrating, the breath is automatically suspended. You can override this command, but the automatic response is to hold the breath.

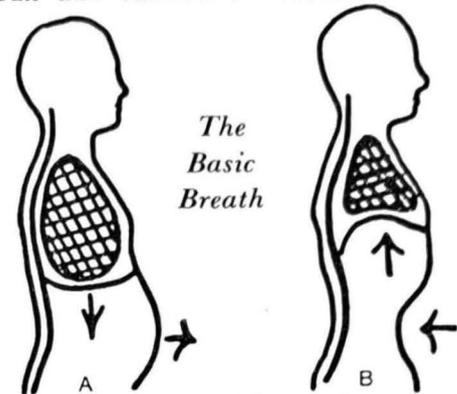
This phenomenon led ancient masters of yoga to theorize that if the breath was controlled by the mind, then by learning to control the breath, we could learn to control the mind. A multitude of techniques were then developed to test this theory and the hypothesis soon proved to be true: The link between body and mind was breath.

Other discoveries were also made. When the diaphragm--the muscle of breath--moves up and down rhythmically, the abdominal organs are given a gentle massage which affects not only the digestion but the emotional states of the person. This is due to the effect that breathing has on the adrenal glands, the thyroid, and the rectal plexus, all of which are associated with stress and how we handle it. The masters also maintained that when air was breathed in, "life energy" itself was breathed in as well. The exact nature of this energy is still open to research.

Keep the following techniques in mind before attempting the Basic Breath:

1. Start gradually and if you get 'light-headed', stop for a while.
2. When inhaling, air should be taken in through the nose; when exhaling, air should be expelled through the mouth.
3. Breathe to the back of the throat, quietly and evenly. Do not "sniff" the air in.
4. Keep the eyes open at all times to prevent dizziness.
5. Try to keep the spine erect and all body movement minimal.

1. Breathe in 4 counts and as you start to inhale, push the stomach out. (Figure A). Breathe from the belly if possible.
2. When the belly is "full", draw the stomach in and expand the ribs outward, completing the inhalation. (Figure B).
3. Relax and exhale 8 counts.



The Basic Breath

4. Repeat 6 times: IN to the count of 4, OUT to the count of 8.

Use this breath when you wish to relax . . . when you need a "breather"!

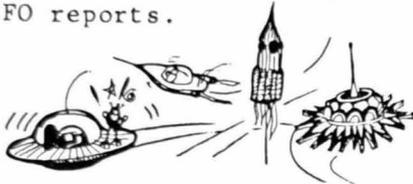
AN ADULT MYTH

A Kansas City Update subscriber gave us a tape by Marilyn Ferguson, author of The Aquarian Conspiracy. In it she makes a point worth sharing. To paraphrase Dr. Ferguson: We all grow toward something, but we never quite get there. In this sense there is no such thing as a "grown-up". It's a myth that's been handed down so that all of us can 'fake' it. There's no evidence that a person becomes "grown-up". Do you know when it happened? We have created this artificial state called "grown-up" and it implies that we aren't going to expand anymore. But that's just not true. It's never too late to have a happy childhood. There's a bit of 'kid' in everybody, and the rest of the 'kids' don't know it. Now there is such a thing as maturity, but maturity is appropriate at any age. I've seen mature three year olds.

It's unfair to push children to be grown-ups. It sounds so final, and it's not. Life is such an adventure. I'm still excited. . . and I'm still scared. Give your children a sense of growing toward something, so they can keep growing all their lives.

## "UFOria"

In February 1974 Robert Galley, the French Minister of Defense, stated during an interview on France-Inter radio, that UFOs exist but that the government did not know where they came from. (Such is the nature of UNidentified flying objects!) Galley said the Ministry of Defense had a unit which since 1954 had been collecting and sending UFO reports to the National Centre for Space Studies in Toulouse (France's equivalent of NASA). The Centre established a unit called GEPAN which, under the direction of Claude Poher, one of the designers of the Concorde, investigated these UFO reports.



The Soviet government's organ, Izvestia, reports an "epidemic" of UFO sightings. Make that alleged sightings. Soviet officials are also not too keen on the "myth of the extra terrestrial origin of 'flying saucers'." They try to write off UFO's as a perennial problem among people who believe in "mysteries, miracles and riddles." Canadian researchers are less skeptical. Two sightings during this summer in Winnipeg have researchers at the Manitoba Centre for UFO Studies excited.

### S.T.A.R. ACTIVITIES

The month of October really has Greta and Dick on the go! On Oct. 15th Greta will be hosted by "Millenium" when she speaks at the University of Minnesota. On Oct. 21st it's off to Zurich to board the Orient Express for a trip from Switzerland to Austria, Bulgaria, Yugoslavia, and finally, Istanbul, Turkey. The presentation will be delivered aboard this fabulous new train for the Pre-European Conference participants of the Young Presidents Organization. On Oct. 28th Greta and Dick return to the West coast for the third time this year to speak before the newly formed California Coast Chapter of YPO. All honorariums go to S.T.A.R.

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## UP, UP AND AWAY!

Dick and I bit the bullet and sold our beautiful home of 28 years. We are looking to the Blue Ridge and Great Smokies mountains for our relocation (as yet undetermined). These are the oldest mountain ranges on earth, having survived everything from "ice ages to dinosaurs to mysterious lights." You will be the first to know what and where we choose. A few things are certain, however: the land will have running water. . . quartz in the mountains. . . and room for you to visit. We hope to put our dream of a S.T.A.R. House into a reality once we are in place in 1983--Where ever that place may be.

### On the HUMAN side . . .

#### An open letter

I am learning the art of accepting myself for what I am. More than that, I recognize the need to change my view of myself --and of change itself. There are no trains to yesterday, so today's ride has to be on board a new train of thought and behavior if I am to cope with tomorrow. The difficult part is taking responsibility for my changes without blocking any progress. The truth of the matter is. . . I am impatient. My life style is enhanced when I can 'plan my work and work my plan' efficiently. In these uncertain days of my relocation, this is not always possible. It's not the 13 rooms filled with accumulated treasures (junk?) that boggle my mind. It's the numerous bundles of memories stacked into every corner and which have been expanding for three decades. Can I move them without damage? What insurance covers their move? I can take the overstuffed albums of pictures of my children, friends, gardens, but. . . they are only reproductions. It is stressful to contemplate. Change is stressful. Humans do not react well to change. So I am learning a great deal about this human "creature of habit" who lives inside this "creature of action". . . and taunts me with "what ifs?". . . but never with doubts.

"Mysticism is tomorrow's science, dreamed today."