

The *Update* WOODREW

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Subscription information: (203) 227-7010 (Connecticut) • (212) 725-4766 (New York)

NOV./DEC. 1982
VOLUME 2, No. 2

ON DOWSING: OUR MAGNETIC SENSE

We were riding along a dirt road in rural Mexico in August 1978, en route to a conference in Valle de Bravo. Dr. Puharich was driving, and seated next to him was Update subscriber Chris Bird, author of The Secret Life of Plants and the encyclopedic work on dowsing, The Divining Hand. Greta and I were crammed in the rear of a small four passenger car and we were all light-hearted in anticipation of an exciting experience at this second "Frontiers of Physics" gathering. Andrija drove with a gay abandon, at one point in the journey turning to Chris and asking, "Where the X?#! are we and how many kilometers to Valle de Bravo?" Chris picked up the road map from the seat. . . ran his fingers lightly over the area we were traveling. . . and told us how far we were from our destination. Despite some good-natured teasing from Andrija and Greta, we noted the reading on the odometer at the time of Chris's statement. Darned if we didn't arrive at the meeting site in exactly the number of kilometers that Chris had dowsed.

What is dowsing? In The Divining Hand Chris says "to dowse is to search with the aid of a hand-held instrument such as a forked stick or a pendular bob on the end of a string--for anything: subterranean water flowing in a narrow underground fissure, a pool of oil or a vein of mineral ore, a buried sewer pipe or electrical cable, an airplane downed in a mountain wilderness, a disabled ship helplessly adrift in a gale, a lost wallet or dog, perhaps a buried treasure." (Or, as Chris and Greta have demonstrated, one can dowse with just a hand.)

Dowsing is literally a sensitivity to magnetic radiations, and is sometimes called "radiesthesia", meaning sensitivity to radiations. According to Dr. Zaboij Harvalik there is a sixth bodily sense that can detect variations in the earth's magnetic field. He speculates that dowsers may be the world's most sensitive magnetometers, the instruments used to measure differences in magnetism. It has been written that dowsing in the USSR is a legitimate field of scientific study. Major institutes in Moscow and Leningrad have large groups of geologists, geophysicists and physiologists researching dowsing; it is accepted in the Soviet Union as a matter of course that dowsing works.

Dowsers themselves are often indifferent to theories attempting to explain their art, but then again dowsing fails to conform to any known physical principle. The real reasons that dowsing works are in question. Either some combination of the five senses or some other sense or instincts appear to be involved.

Chris writes that "like expertise on the violin. . . and other virtuositities seemingly inaccessible to the average citizen . . . dowsing can be acquired by the open-minded who have not developed a mind-set against the 'obvious impossibility' of so uncanny a searching art." Here is an interesting tale of a successful dowsing experiment. This story was told to us back in 1977 while having dinner at the home of Icelandic scientist Gudmundur Einarsson who had both drilled into the hot geothermal pools that generate energy for the city of Reykjavik, Iceland, and engineered the underground network of pipes supplying the homes and industry of the city. When the idea of utilizing underground volcanic pools to heat the city was first proposed, the question arose of how most efficiently to locate the drilling sites. Einarsson contacted an American psychic named Francis Farrelly--at the suggestion of Dr. Puharich--and asked her to try locating the required hot water supply through the age-old method of dowsing.

When Einarsson invited her to Reykjavik, Farrelly said that coming to the city was not necessary; she could locate the water without leaving her home in Florida. Somewhat skeptical, Mr. Einarsson collected maps of the city and surrounding area and flew with them to Farrelly's home. She spread the maps on her kitchen table and while he drank coffee she dowsed the maps. Within hours Farrelly had pinpointed the spots for him to drill for the geothermal pools. Incredible as it sounded to Greta and me, Einarsson told us that he met with 100% success when he drilled in the spots precisely marked by Farrelly.

We had the pleasure of meeting Francis Farrelly in Madrid, Spain in 1980. She is a delightful lady with a Ph.D., a zest for living, and a sparkling personality. Greta appeared on a panel with her. When we asked her to describe her part in finding the geothermal pools in Reykjavik, Iceland, she smiled and said, "Oh-ho. . . so you heard about that, did you?"

MORE ON THE "SIXTH SENSE"

The "sixth sense" was a term first used in 1905 by Emile Jarvel to describe the mechanism by which blind people found their way around. It has also been used to suggest the manner in which aboriginal peoples navigate their way through uncharted territory. More recently, the sixth sense has been co-opted by the scientific community to indicate the ability of humans to perceive, mostly unconsciously, the magnetic field of the earth. We are now consciously seeking to fine-tune this inherent, direction-finding instinct.

The homing and migratory instincts in birds (Vol. 1, No. 5) have proven the existence of a magnetic sensor. In 1980 Robin Baker published the results of experiments done with humans. The conclusions show that Man, like birds, has a magnetic sense. But because Man is unaware of his ability to sense magnetic fields, he usually allows his other senses to override this aptitude. However, unconscious magnetic signals to muscles in the arms and legs do direct movements affecting the body. When we consider the fact that Homo Sapiens and homing pigeons have a common magnetic sense, it leads to a rethinking of the capability of diverse species to 'know' the world about them.

ON CONSCIOUSNESS: An Analogy

More times than not in our early relationship with the Ogatta group, they would answer our questions about the Cosmos with earthly analogies. Their reason was that we had neither words nor the framework within which to answer us directly. This was initially puzzling to us until we enlarged our frame of reference. Jacques Cousteau, for example, notes that the Greenland Eskimos have twelve words to describe their most important substance: snow. Their descriptive requirements in this area far exceed the needs of most other cultures.

Today we hear the words of new technology cross language barriers to become common in many tongues. When an ancient ritualistic, but non-spoken, language became the official tongue of a new Middle East nation in 1948, Hebrew borrowed spoken terms and phrases to bring it into the modern day. Greta points out that "words can and do limit our abilities to think". And, if the only humans who are reputed to understand the higher dimensions are the "abstract mathematicians" (as we have been repeatedly told); then how else but by analogy can the Ogatta group answer our extra-dimensional questions? We have come to terms with the method and enjoy the cleverness of these analogies.

As an example, when we were disappointed in the progress we were making on a given project, Tauri said, "If you ride the merry-go-round and you reach for the brass ring. . . and you miss it. . . don't let your music stop. The merry-go-round comes around again. . . and you have another shot at the ring."

We cannot define "consciousness" using any of our five senses. This causes the meaning to be fuzzy. To clarify, we offer this "consciousness" analogy: Consciousness is something like a small night-light in a huge dark room. As the wattage of the lightbulb is increased, more of the room can be seen in detail. The room itself never changes, but only the observable reality, according to the intensity of the light.

In UPDATE terms, raising one's consciousness and raising one's receptivity to vibration--increasing the wattage of the bulb--are synonymous.

UPDATE #2 EXPERIMENT =



Better than 40% of all subscribers participated in the September Update telepathic experiment. Some drew pictures and others described their impressions. According to the cards received, I would have been a heroine had I focussed on a pyramid. Actually, the pyramid image is a "near hit" since the extension or overlapping of triangles would have come close to the STAR I envisioned, pictured above.

This time, you be the judge and jury on how you did, rating yourself HIT, MISS, NEAR HIT. 15% in fact got the star, 58% male and 42% female. You are TERRIFIC! The time zone with the highest ratio of success was Eastern. These are some of the HIT/NEAR HIT answers: a five-pointed poinsettia, a "sharp-edged" snowflake (loved that one, Mark), a jagged sort of circle (we had to think about that image, Sue), a geodesic dome, converging mountain peaks. And here are some of the way-out, wonderful MISSES: a hot water bottle, an owl saying WHOOO, a fifth of scotch, Tauri (well, she IS a star, Ken), a coffin, a headache (?), a kitchen sink (have a problem stilling your mind, Helen?).

Let us know which of the two experiments was easier for you, the recipient: having boundaries (number and color) or a wide open range (an object). Hit or miss, all of you Updaters are marvelous to have participated in such large numbers. Apologies to those who had to tune out the NFL football game in its final seconds in order to tune in to me (sorry, Herb and Al). And who's the gifted psychic in my family anyway. . . Dick got the star and the green/6. Sharpen your skills with family and friends during the holiday season and we'll have another go at it in 1983. The one way to improve is by taking the same route you would to get to Carnegie Hall: practice. . . practice . . . Practice.

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Mea culpa! Most of you recognized and adjusted to the errors in time zones and date of the last experiment #2. Just for the record, I "sent" the star-form at both 4 and 5 P.M. Eastern to accommodate Pacific, and I did a pre-run on the 12th in case any of you were confused about the 19th. Shame on all of us in our proof-reading!

Author! Author!

Last month we had the pleasure of hosting Elizabeth Van Buren (Rainbow Round the Sun) for an overnight visit at our home. She was between trips to Bolivia where she is establishing a New Age survival center and a home for deprived, orphaned South American children. We wish her Godspeed in her commitments and in her selfless work at Tula which will serve as a sanctuary and refuge in the troubled days we agree lie ahead. We followed up Elizabeth's visit with one of our own to Arkansas to spend a few days with Harold Sherman, author of dozens of "how-to" and self-help books dealing with E.S.P. (Vol. 2, No. 1). He and Martha, his delightful bride of 62 years, are octogenarians who have been "survivors" and pace-setters in the wonderful world of psi for over half a century. We shared similar views on the Ogatta group's scenario, and along with delicious Ozarks cooking and dialogues, we also shared some healing sessions. We felt as if we were meeting with very dear friends (whom we had known but a short time). We can in good conscience recommend any of Harold Sherman's pioneering books.

Pre-view a BEE-view

A bee's vision includes the basic colors green, blue, and ultraviolet, the last of which is invisible to us. "Anyone who thinks the whole floral splendor of the earth was created to delight the eye of man should study the color sense of the bees and the quality of the flower's blossoms, and he will learn modesty." So says Professor Karl von Frisch, who has made accessible to us the totally different color world of the bee: a world with no red (which bees see as black) and with white roses, pink apple blossoms, morning glories, and bluebells shining in all sorts of different colors. In our world, the poppy radiates pure red, but since it also reflects ultra-violet rays, to the bee it looks ultraviolet. What is "normal" sensory perception when so many species have a completely dissimilar reality of what Planet Earth is all about?

*They say that seeing is believing.
But some things have to be believed
to be seen.*

SURVIVAL UPDATE

For you food storage planners, here are some of the latest tips from the U.S. Department of Agriculture regarding foods stored in metal containers. To be used within six months: evaporated milk, dried fruit, crackers. To be used within a year: nonfat or whole dried milk, meats, poultry, fish, soups, fruits, juices, ready-to-eat or dried cereals, vegetables. Also, vegetable oil, candy, coffee, tea, boullion, soda, instant puddings. All of the above will keep longer if kept in a cool, dry place out of direct sunlight (36-40° is ideal). Hint: Ordinary automobile polish applied to ends of cans will minimize rusting which is the most common form of can failure.

Now a few words about the stockpiling of winter clothing. For warmth, ventilation and freedom of movement, "layering" is the answer to outdoor comfort in cold weather. Layers must be able to deal with the buildup of perspiration, and natural fibers absorb moisture while synthetics tend to wick it away into outer garments. An overview of the basics are:

WOOL: An ideal outdoor fabric. Warm, water-repellent, durable. Water runs off wool, but does have a tendency to itch.

SILK: Excellent insulation without bulk . . . absorbent . . . expensive . . . perfect for underwear (!)

SYNTHETICS: They break down into categories. First, NYLON which is strong, light, non-absorbent but quick-drying. Can be damaged by sparks or sunshine exposure. Gets hot on hot days and feels cool on cold days.

POLYESTERS: More water repellent than nylon but susceptible to sun rays. They "pill" and are hard to clean.

POLYPROPYLENE: The lightest of all fibers and ideal for underwear. Also "pill", which means scaling or flaking.

DOWN: A natural insulator, down is the most thermally efficient. Most expensive but worth it. Warmth is basically trapped dead air, and goose down's puffy plumules enclose a large volume of dead air.

Your list must include a parka (fiber-pile), slacks (wool), shirts (medium

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weight wool), two-piece longies (polypropylene or silk), assorted sweaters, wind/rain shell of any PTFE fabric (which is known as teflon in the kitchen!), wool cap, mitts (down), and, of course, heavy shoes and socks. Preparedness is the key to unpredictable winter weather.

Thomas Edison: A Nobel Scientist

In 1920 the Scientific American reported that Thomas Edison "does not believe in the present theories of life and death. Long ago he turned his back on the various accepted theories because he felt that they were fundamentally wrong. He has searched and reasoned and built up a structure which represents his theories of what is life."

The electrifying news was that Thomas Edison was hard at work on an invention to communicate with the dead. The 73-year-old genius claimed it was possible to construct an apparatus "so delicate that if there are personalities in another existence or sphere who wish to get in touch with us. . . this apparatus will at least give them a better opportunity. . . than the crude methods now purported to be the only means. Why should personalities in another existence waste their time working a little triangular piece of wood over a board with certain lettering on it?" (Edison, of course, was referring to the ouija board.)

Although he was unsuccessful, Edison was intellectually intoxicated by his efforts to broaden man's view of the universe. "I believe that life, like matter, is indestructible," he said. "You cannot create life. . . you cannot destroy life." Thomas Edison exhibited a greater passion and a more expansive view of reality than most of his contemporaries.

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"The political and economic leaders of humanity are not in final examination; it is the integrity of each individual human that is in final examination. On personal integrity hangs humanity's fate. You can deceive others, you can deceive your brainsself, but you can't deceive your mind-self--for mind deals only in the discovery of truth and the interrelationships of all truths. The cosmic laws with which mind deals are uncorruptible." Buckminster Fuller

Today's Dream of Tomorrow

On October 14, 1978, Greta and I rode through Tokyo on our way to mainland China. We marvelled at the Japanese city, a concrete testament to Man's technological prowess. Tokyo was perhaps the greatest city in the world. We were joined in our observation by our E.T. friend, Tauri: "What you are seeing is yesterday's dream of today. What will you see in China is today's dream of tomorrow." When I pressed Tauri for her meaning, she asked if I saw any birds. (We had not). She then asked if the fish and plant life were adversely affected by Man's technology. (We had to say yes). "The human, in his rush to build up technology, sometimes races too quickly, and so destroys more through his 'advancement' than he achieves," she said. "There are great lessons to be learned in the 'great leap forward technologically' at the expense of all else."

Intrigued by Tauri's message we approached our two week trip through China as a learning experience. But alas, our tour shed little light on Tauri's statements. We tucked away her words for a time when we might better be able to interpret them.

In August 1982 an article in Newsweek set us to thinking once more about Tauri's message. The feature, entitled "The Disappearing Land," reported that "erosion is a serious and growing problem on more than a third of the nation's 413 million acres of working farmland." A Purdue University professor noted that "40 acres of good cropland goes past Memphis every hour"--soil washed into the Mississippi River. The director of the Missouri Department of Agriculture added that "we are at the point where we have to act now for the next generation."

Our studies have shown us that soil micro-organisms are essential to the growth and health of all plant life. Biologically they supply the cell protoplasm upon which plants depend. Only 150 years ago the virgin soil of North America supported 25 tons of living micro-organisms per acre. Today our soil generally supports less than 5 tons per acre. Continued use of petrochemical fertilizers pose a significant threat to the remaining micro-organism population.

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The very technology we employ to help the United States increase crop yields is effectively destroying the ability of future generations to support life in this country. Where do Tauri's words fit?

China is well known for utilizing every drop of soil to feed its large population. The methods employed by the Chinese are "primitive" by Western standards; productivity per worker is miniscule compared to our mass production methods. Yet, after 40 centuries of cultivation China's topsoil remains rich and fertile; North American soil, after only two centuries, is in dire shape. Where China's soil remains ALIVE, American soil supports only one-fourth of what it did 60 years ago.

We see, in the coming two decades, a planet increasingly unable to feed its burgeoning population. That problem, we now think, may have much to do with Man's technological zeal. . . and the effluent costs that will have to be borne. Perhaps this was what Tauri was showing us as we surveyed Tokyo, a city without many birds and a much-depleted fish and plant population. We are still looking for clues in her statement, "What you will see in China is today's dream of tomorrow." What is YOUR interpretation?



SPACESHIP EARTH REVISITED

If the world were a global village of 100 people, 70 of them would be unable to read, and only one would have a college education. Over 50 would be suffering from malnutrition, and over 80 would live in what we call sub-standard housing. If the world were a global village of 100 residents, 6 of them would be Americans. These 6 would have half the village's entire income; the other 94 would exist on the other half. How would the wealthy 6 live "in peace" with their neighbors? Surely they would be driven to arm themselves against the other 94--perhaps even to spend, as we do, more per person on military defense than the total per person income of the others. (Such is the perspective from "The Six O'Clock Bus".)



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

A BALANCED BUDGET

It is not possible to share the industrial prosperity of Europe and North America on a worldwide scale. The spiral of consumption and waste on these two continents alone already threatens the earth's fertility and supply of mineral resources. Further exploitation would quickly put an end to both.

Unfortunately, there seems no way to limit or reduce industrial and economic development without destroying the system's very roots. The technological revolution must continuously expand if it is to remain in force; our machine paradigm is bound up in an image of constant growth. Limits are a sign of defeat. The spirit of our age requires constant expansion and conquest, which includes discovering more intensive ways of exploiting the natural environment. . . and draining our energy base of non-renewable resources.

A thought for the future: The ultimate balancing of budgets is not within society, but between society and nature. A truly "balanced budget" requires that society not consume faster than nature can produce. Ecosystems operate as near to a steady state as possible.

REVOLTING conditions

Revolutions spring from "revolting" conditions. Consider these statistics of the past two decades. Since 1960, there have been some 75 military coups in the Third World, plus many more attempts, such as the recent effort in Kenya. The coups have been widespread: 25 in Africa, 15 in Latin America, 12 in the Middle East and 10 in South Asia. In addition, there have been 18 international disputes in Africa, 10 in Asia and the Middle East and 9 in Latin America. The potential for new eruptions exists on almost every continent: between Nicaragua and Honduras, the Soviet Union and Poland, India and Pakistan, South Africa and Namibia. Internal strains are mounting in Peru, Mexico, China, the Philippines, Guatemala. This is a planet much in transition.

California alert: ACID FOG

We worry for our friends on the West coast. The seismic potential in that area

of the country is well known; the smog problem is felt. Now we learn of another health-jeopardizing phenomenon of 20th-century vintage: ACID FOG. Environmental engineers say that California's fog is acidic enough to corrode metal and is often as bitter as lemon juice. According to the California Institute of Technology, the fog is more dangerous than acid rain since it hugs the ground, harming people, plants and property. The Environmental Protection Agency has already been dragging its heels on seeking means to control the acid rain that results from the burning of coal and oil. Ecologists expect that a solution is a decade away. We caution those out West to exercise caution, and refrain from strenuous outdoor activity when the acid fog rolls in. Some scientists believe that the "killer fog" of 1952 in London which took 12,000 lives was an example of acid fog.



UNDERSTANDING OUR CLIMATE

"The present interglacial interval on earth. . . which has now lasted for about 10,000 years. . . represents a climatic regime that is relatively rare during the past million years", states a National Academy of Sciences report entitled "Understanding Climate Change". It goes on to say that only during "about 8% of the past 700,000 years has the earth experienced climates as warm or warmer than the present." The warm periods, called interglacials, that have followed the end of major glacial periods have lasted between 8000 and 12,000 years. The question that scientists must consider is whether we are indeed on the brink of a period of colder climate. The cycles of "nature's plan" have not gone unnoticed. It is a matter of understanding, interpretation and preparation.

The Balance Sheet

ON "HOLISM"

Words and phrases creep into our work-a-day vocabulary that we cannot clearly define. A popular phrase currently making the rounds is "holistic health", a term that tries to convey a mind/matter approach to personal health care. In holistic health the physical and the mental join. The body means not only the muscles and joints, organs and internal systems, but also the complex of electro-chemical actions and reactions that determine our well-being. These processes are affected by what we eat, how we exercise, how soundly we sleep. They are affected by our moods, thoughts and emotions. The mental merges with the physical in the holistic health approach. Our subconscious and intellect exert a strong force on our physical well-being. (Anyone who has been through a crisis and has suffered ulcers, a cessation of the menstrual cycle or migraine headaches can attest to this.)

"Holism" brings physical and mental into balance. Attention is paid to diet, exercise, breathing, relaxation, concentration and positive thinking as well as to the side or long-term effects of any prescribed medicines. The idea of holistic health is to take responsibility for your own well-being, to adopt habits and practices that encourage physical and mental balance. Three fine books examine this comprehensive overview: Health for the Whole Person by Hastings, Fadiman and Gordon, Space, Time and Medicine by Dossey and Electromagnetism of Life by Becker.

The Balance Sheet has suggested some ways for you to take responsibility for your health. None of the suggestions are time consuming or expensive; they simply require a willingness to attend to your own needs before discomfort or disease sets in. Our prescription is: In preparation for the changes ahead, start putting your physical house in order. Good health is the most precious asset a human being can possess. Know that no one has all the answers to diagnosis and treatment--neither the medical doctors nor the holistic healers--so approach health care with an open-minded skepticism; don't go overboard either way. Holistic health

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treatment need not negate conventional medical care. One may complement the other. In a time of transition or emergency you must be capable of maintaining your balance.

A CONSCIOUS EFFORT

Can one "trap" psi events in a lab? Are conventional methods of scientific investigation appropriate in examining paranormal subject matter? Having been a laboratory guinea pig, I can answer that with a definite maybe! Psi matters are not always repeatable upon demand. A "hit" one day can be a "miss" on the next day. Conventional scientists reject psi-lab findings because of inconsistent repeatability. They ignore the fact that if a feat is do-able once, it is. . . DO-able. How to measure unexplained forces at work?

Some scientists believe that psi ability is ordinarily trapped in the UNconscious, "rising to conscious awareness in situations that are emotionally charged". The hidden workings of the unconscious are a focal point for many parapsychologists. They claim that beneath the surface, in the unconscious, "all humans are constantly being bombarded with psi signals". Other serious researchers contend that people may CONsciously experience psi most of the time but simply are not aware of it. Both groups have logic on their side. We can pick up signals being broadcast to us if and when we tune in to them in a conscious state. The same signals are there when we are unaware of their existence in an unconscious state.

Back in 1921 Sigmund Freud noted, "If I had my life to live over again, I should devote myself to psychical research rather than to psychoanalysis." William James and Albert Einstein made very similar statements regarding their own work. Now is our chance to act!

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"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

S.T.A.R. ACTIVITIES

Greta and the S.T.A.R. Foundation are in the process of reacquiring the rights to On A Slide Of Light from Macmillan. The move stems from the publishing house's failure to get the book to paperback. We hope to accomplish this goal in the near future and thereby broaden our readership; we recognize that the hardcover price of \$12.95 plus tax is prohibitive to the masses. In reassuming the rights to the book, we are also purchasing the balance of the Macmillan stock. Therefore, we offer to you, for as long as the supply lasts, hard-cover copies of On A Slide Of Light for \$8 in the United States and \$10 overseas (in U.S. currency). Postage and handling included. Checks, made payable to S.T.A.R., are tax deductible. Auto-graphed copies as gifts for the holidays are available. We will ship to you or to the recipients in your name. If any of you can assist S.T.A.R. in publishing the paperback edition, either in the United States or around the world, we'd welcome your help. Our objective is to reach as large an audience as possible. Royalties, as before, will go to the Foundation for research. With the Update now under the S.T.A.R. umbrella, we also ask you to consider subscriptions for holiday gifts. These 'donations' will be spent on vital research with an eye to a most important future: YOURS. And the dream of a "S.T.A.R. HOUSE", where all of you can come and go, is nearing reality. We envision such a structure once we relocate.



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 Jordon 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."

A POSTSCRIPT to my open letter

In our foyer hangs a mirror given to me by my beautiful teacher, DeVries. Across the top of the frame is inscribed "KNOW THYSELF". These same two words were carved above the entrance to the Pythagorean School at Crotona over 2500 years ago. Perhaps it is time to listen to Pythagoras who gave us more to think on than the square root of the hypotenuse.

The older I get the less positive I am about what I "absolutely know". I empathize with the King of Siam: in my head are also "many facts of which I wish I were more certain I was sure." Every day the "absolutes" of bygone school days are being disproved in laboratories around the world. "'Tis a puzzlement!" There are, however, certain facts which stand the test of time. One is that change comes with predictable regularity. We are in an era of flux and great transitions. The Ogatta group has spelled out what "Nature's plan" will be as well as the Scenario for "Man's inhumanity to Man". I admitted before, change is stressful to me. I am battling my own "fear of the unknown" in strange ways. Where will my new house be? Will "old" friends come and visit? Will my children stay 'close' over geographical distance? Will our new life be as productive as we envision? Can Dick and I "start over" in so many ways at age 52 and field the myriad of challenges the move entails? Fear of the unknown! And. . . in my rational mind, I know we'll find our place. . . our friends will come. . . our children won't drift away. . . we will have an exciting beginning for which the end is made. . . and we can and will rise to most occasions with equanimity and strength. Why, I wonder, am I so often IRrational? How can I be middle-aged when I am such a child? Ah, Pythagoras, I am slowly learning to know myself--and how much easier it is to advise others than to KNOW THYSELF.

Greta
P.S. Thank you, Updaters, for your heartfelt responses to my letter in the last issue. The network of your concern for my concern spanned the continents.

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. . . May the beauty of the Holidays surround you . . .