

The *Update* WOODREW

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THE HUNDREDTH MONKEY

In 1952 sweet potatoes were fed to a band of monkeys on a Japanese Island. They all enjoyed the raw, sweet taste, but some found the sandy dirt that clung to the tubers objectionable. IMO, an 18-month-old female monkey, started to wash her sweet potatoes in a nearby stream to remove the dirt...and showed several playmates and her mother the exercise. This cultural innovation was gradually picked up by various onlooking monkeys before the eyes of the scientists. By 1958, observers counted 99 monkeys who washed their potatoes before eating them.

In 1958 when the hundredth monkey learned to wash the potato, lo and behold, a strange phenomenon was observed. All of the remaining monkeys on the island began washing their potatoes...and, monkeys on nearby islands developed the same habit! **WHY?** What triggered this new habit in the species at distant locations?

Rupert Sheldrake, a Cambridge University biologist and author of the book, "A New Science of Life," offers an answer to the riddle: MORPHOGENETIC FIELDS. Dr. Sheldrake postulates the existence of previously undetected fields which may provide a key to some of nature's most knotty mysteries. He believes that most of what we think goes on in our heads actually goes on somewhere "out there" in the universe. In this context one major function of the brain is to tune into a "morphic resonance channel" which contains the memory or collective history of a species or a group. Through this memory all members of the species draw on the experiences of previous members of the species. In turn, the newer members contribute to the memory pool. This formative causation involves a new kind of connection through...or across...time and space. It suggests that all members of a species are linked up with all past members of the species.

At a Frontiers of Physics Seminar in Ottawa, Sheldrake explained to us that in the most

general terms the laws of nature are more like habits than like timeless laws (the view commonly held by scientists). They are a kind of memory that form the base of organization in the universe. A cumulative buildup of past history results.

This interconnectedness of the universe and knowledge has long fascinated man. For centuries it was solely the province of the metaphysical and the mystical. The Akashic records (Update, Vol.3, No.2) offered an entrance to the heavens and beyond. Dr. Carl Jung introduced the term "collective unconscious" in the 1920s. He strongly implied a link between the individual and the whole of mankind.

What about the hundredth human? Jung speculated that sooner or later nuclear physics and the psychology of the unconscious would draw closer together as both, independently, pushed forward into transcendental territory.

Albert Einstein pushed into the transcendental void with his 1930s "thought experiments". Known as the Einstein-Podolsky-Rosen (EPR) effect, these experiments indicated that information between particles could be transmitted instantaneously at speeds exceeding the speed of light. This "EPR Paradox" was--and is--contrary to the accepted ideas of physics. Although Einstein distanced himself from these paradoxical results, the EPR Paradox was in the literature, and sooner or later other physicists would return to try to unravel the mystery of the 'hundredth particle'.

The work of J.S. Bell at the European Org. for Nuclear Research (in the 1960s) produced Bell's Theorem. This Theorem tells us that there is no such thing as separate parts in the universe, but that all parts are intimately and immediately connected. Gary Zukov, in "The Dancing Wu Li Masters," says: "Bell's Theorem not only suggests that the world is quite different than it seems,

it demands it." In the 1970s, physicist Jack Sarfatti proposed that atomic particles transcended space and time and that they mirrored the superluminal information transfer that Jung implied in his "collective unconscious".

From Jung to Sheldrake...and all those in between...the ability to transmit cultural information within a species transcends the normal senses and time and space. We may yet ride out into the Cosmos on the back of the "hundredth monkey".



Color therapy is centuries old. In the golden age of Greece color healing was used with success. The ancient Egyptians knew of the power of color, and researched their healing uses in special 'healing rooms' at the temples of Karnak and Thebes. Pythagoras used color for healing 500 years before the common era. And the Chinese taught that colors activated man's physical, mental and spiritual being. There are also many references to color therapy in the twentieth century clairvoyant readings of Edgar Cayce. We were delighted when stringer Cheryl Ackerman did some research on the subject and came up with:

COLOR ME PINK

Recently there has been a renewed interest in a 19th-century form of hocus-pocus, otherwise known as color healing. The reported results are notable.

In the majority of hospitals in the U.S. instead of blood transfusions, baths of blue light are now standard treatment for the almost 30,000 premature babies born annually with neo-natal jaundice. An estimated 1500 hospitals and correctional institutions are using "bubblegum pink" because of its pacifying qualities. Ultra-violet is used extensively in the treatment of psoriasis. And at St. Albans hospital in London, doctors found that when they painted the surgery recovery room sapphire blue, patients bled less, experienced less pain, were quieter and were able to be transferred back to their own rooms more quickly.

Every part of the human anatomy radiates energy. Each bodily part has a frequency. And ALL vibrations relate directly to a specific color. The body-electric has a magnetic field that interacts and harmonizes

with a like frequency. Color is one of the most important interlocking devices creating these relationships. In color therapy the body is brought back into harmony and its correct frequency. The same thing can happen in reverse, thus creating a disharmonious atmosphere. You can relate to that easily just by observing the colors that you wear. Some make you feel and look great; others reflect your "down" moods and even lend to them. You might try visualizing royal blue if you are having trouble sleeping, orange if you feel sluggish or depressed and bright pink for a serene mood.

Color healing is the oldest form of healing known to mankind. It was used in most cultures, as is documented in the most sacred and priestly writings of the Ancient Egyptians. Color, music and gem stones ALL have corresponding vibrations compatible to each other; all are harmonious and interlocking, and thus form a strong energy field.

Alexander Schauss, director of the American Institute for Biosocial Research, says that the electromagnetic energy of color interacts in "an unknown way" with the pituitary and pineal glands and with the hypothalamus which regulates the body's endocrine system. It apparently has an affect on the body. Different colors affect the blood pressure, pulse, respiration rate and brain activity. Given what Update readers know about electromagnetic energy and vibrations, this should come as no surprise.

Going Out On A Limb

When I read OUT ON A LIMB by Shirley MacLaine, I was intrigued by her statements about being able to "hear the colors and see the music". Sound familiar?? MacLaine's book is on her quest for self, an inner journey that was influenced by two men: a prominent British politician and a close friend. The writer/actress reports on the experiences that led her to embrace concepts "about the connection between mind, body, and spirit that enabled (her) to get on with the rest of (her) life as an almost transformed human being." She talks about reincarnation, out-of-body, spirit guides, trance channelings, and "extraterrestrial interventions which have helped and are helping people on this planet." (Oh, yes indeed!) While her mixed metaphors, her slang, her cursing, and her "I wonders" may be disturbing, I for one applaud her courage in stepping out on a limb. I wonder if she ever read ON A SLIDE OF LIGHT?





STALKING THE GREENHOUSE EFFECT

To readers of the Update, the "greenhouse effect" is hardly a new concept. Four issues of the Update (May/June 1982, Jan/Feb 1983, Sept/Oct 1983, Nov/Dec 1983) have examined the possible consequences of the global rise in temperature that threatens to result from a build-up of carbon dioxide in the atmosphere. We are glad to see that the mainline media now share our concern.

The media's interest was triggered in October when the Environmental Protection Agency (EPA) released a report warning that substantial warming could occur before the end of this century. EPA scientists predicted "catastrophic consequences" if contingency plans were not made rapidly; some even felt that alarm "too conservative." A few days later, the National Academy of Sciences jumped on the bandwagon, claiming the greenhouse effect was real. But, they soothed the public, "caution, not panic" was the proper response. Both reports, though differing in tone, made it plain that the greenhouse effect would mean more than hotter summers and milder winters. A CO₂ build-up could also alter rainfall, affect crop yields, and potentially even melt glaciers--thus causing a rise in the level of the sea. One editorial in the Boston Globe went so far as to quip: "It looks as though there will be a big comeback in the popularity of the name Noah."

Our concern about the greenhouse effect--the CO₂ build-up which traps the heat producing infra-red radiation in the atmosphere--was heightened several years ago by John D. Hamaker's book "The Survival of Civilization". Hamaker states that the CO₂ build-up will trigger an ice-age, a conclusion FAR different from that drawn by either the EPA or the NAS. According to Hamaker, the build-up of heat at the equator causes large-scale evaporation of ocean-waters in the tropics. This warmed air moves to the higher latitudes of the temperate zones and forms a dense cloud cover. When more moist, warm air from the equator mixes with this cloud, the resulting precipitation is snow...not rain. Glaciers form and spread to cover large temperate zone land masses. Hamaker asserts: "Ice-ages and regular glaciations of continental areas are a normal part of the life processes on our planet."

Glaciers, by their movement, remineralize

the soil. This stimulates renewed plant growth. The plants draw the excess CO₂ out of the atmosphere, ameliorating the greenhouse effect and returning the planet to a more favorable and balanced climate.

Hamaker's purpose in writing the book is to warn of the immediate dangers we face due to the CO₂ build-up, and to say that by a concerted, world-wide effort, we can do the remineralization, encourage the plant growth, and thwart the impending ice-age. As if to affirm Hamaker's scenario, climatologist Iban Browning warns that ice is advancing over the northern hemisphere. He cites this as the reason that the Soviet Union has lost the ability to feed itself.

Hamaker's CO₂ scenario of oceanic absorption of CO₂ also received a boost from research conducted by Michael McElroy at Harvard University. Atmospheric CO₂ has fluctuated greatly during earth history, diminishing during ice ages. McElroy says the changes occur because oceans are more biologically productive during the ice ages when more nitrogen, an important nutrient, reaches the oceans. (During warm periods when nitrogen is trapped in coastal sediments, relatively little reaches the deep oceans.) The nitrogen nourishes marine plants that extract CO₂ from the atmosphere.

Shortly after the EPA and NAS reports were released the Soviets reported an unexpected drop in temperature in north-eastern Siberia. The sudden cooling forced shipping lanes to close unusually early and trapped 90 ships in the early September ice. The Economist, 10/22/83, reported that "Soviet officials are now worried that they may be facing a major change in weather patterns in the eastern Arctic." Hamaker's interpretation??



Is there a Doctor in the house?

Good luck in '84 to our Updater doctors who are making great strides in their research: Dr. Puharich in his ozone studies for cancer...Dr. Grad in his work on the effect of magnetism on the precipitation of salt...and the small group of midwestern M.D.s who are learning to read the aura as a diagnostic tool in preventative medicine.



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

Whither the Weather

Our favorite climatologist, Dr. Iben Browning, is credited by the newsletter, CHANGES, for the following statements. "We are going to have an incredible shortfall of crops. Last year India lost her grain reserve and this year, because of a prolonged monsoon, they have already lost well over 20% of their crops. China has floods in the south and droughts in the north. Russia has lost one-third of its grain. Canada has lost 90% of the wheat north of Calgary for a total loss of 28%. Mexico has large drought losses. In Australia, 51% of the crop has been lost and sheep are being sold for \$5 a truckload. South Africa, which normally exports food, this year must import significant amounts. Argentina has lost 55% of its crops, and drought in the U.S. cut corn production by 50% in 1983."

Meanwhile, small farmers around the world are being driven into bankruptcy at a greater rate than ever before. High interest rates, rising costs, falling prices, and the inability to compete against large industrial farming methods make it almost impossible for the small farmer to survive. This is not a favorable situation as we go into the middle 1980s.



"Africa's food crisis constitutes one of the greatest development problems in the world today. At present, 25 to 30 per cent of its population is hungry and malnourished during the greater part of the year," states Edourd Saouma, Director General of the UN Food and Agricultural Org. Since 1960 per capita food production has dropped 20%, while the African population has continued to increase annually by more than 3%. Today, more than 150 million Africans face the threat of malnourishment.

EARTHQUAKE REPORT

In late October a violent earthquake struck 44 villages in eastern Turkey. The death toll exceeded 1,200 people. More than 500 others were injured, 2,500 houses were destroyed and almost 25,000 citizens were left homeless. As relief workers struggled to rescue people from the rubble, warnings of an epidemic--especially in villages where dead animals remained covered in the deb-

ris--spread. Italy and Britain assisted by sending in large amounts of relief supplies. But that was scant comfort for the displaced Turks who must now create new lives from the devastation. Turkey has experienced three major earthquakes in the last 50 years. It is Turkey's location on the tectonic plates of the planet that make it such a frequent participant in "nature's plan". Turkey rests on the relatively small Aegean plate, wedged between the larger African, Arabian and Eurasian plates. The suspicion is that the driving force behind the Turkish earthquakes is the northerly thrust of the Arabian plate.



IT'S SOMETHING HUMANS CALL AN 'ACT OF GOD'!

"The Day After"

ABC's chilling portrait of a thermonuclear apocolypse, "The Day After", according to a group of eminent scientists, was child's play compared to the real horror that awaits us should this globe ever erupt in nuclear warfare. If even half the power of the world's current nuclear arsenal is ever released, a cloud of soot and dust will clog the planet's atmosphere. These scientists estimate that this layer of grime will block as much as 95 percent of the sunlight from reaching the ground. Temperatures will plummet, forcing us to contend with sub-zero chills even in the summer. The ecological disruption from this "nuclear winter" would be irreparable. Even a 'limited' nuclear war, these scientists say, would be ecologically disastrous. To take a lesson from James Thurber, "Let us not look back in anger, nor forward in fear, but around in awareness."

*You are standing on Earth . . .
Spinning in a Solar System . . .
Perched on the rim of a small galaxy . . .
Swimming in the energies of a Universe.
Is your consciousness a passport to that Universe?*

THE ULTIMATE MONEY IN PRIMITIVE SOCIETIES IS FOOD



MOUNTAIN MUSINGS

Many people would rather put their 'head in the sand' than confront that which is staring them in the face. At times, such an approach can prove effective, wisely giving a problem time to resolve itself with the passage of time. The changes that will occur in the coming two decades, however, will not benefit from an "ostrich approach." Some of the very leaders who should be seeking alternative approaches and solutions are buried neck-deep in sand.

Forbes magazine of Oct. 24 published a statement by the about-to-retire chairman of Chemical Bank, Donald Platten, that bears repeating if only for his reactionary refusal to see today and tomorrow in the light of current changes. Asked whether banks endangered themselves by lending hundreds of billions to slow or no-pay countries, Platten replied: "I have never worried that the international banking system would collapse as a result of the current problems. It's too unacceptable to allow that to happen. Everybody has too much at stake, and all will have a role to play, including Congress, foreign governments, the IMF and commercial banks. In some manner, shape or form, it will be worked out. I don't consider that to be Pollyanna."

Tell us, Mr. Platten, is such a collapse "too unacceptable" to the masses in Brazil who are expected to repay \$100 billion in loans—plus interest—over the next 20 years? One prominent Brazilian politician already describes Brazilians as having "descended from anguish to despair" over the initial IMF attempts to impose austerity rules. Is there "too much at stake" when billions of aid dollars lent to LDCs to strengthen their economies and pay their foreign debts wind up instead as choice real-estate investments in major U.S. cities by the very leaders who are supposed to administer the return to prosperity of these LDCs? Do they see something that you don't?

There is no doubt that revisions will be worked out after the international debt moratorium...really a permanent repudiation...has been declared, to allow the international financial community to operate. But, Mr. Platten, it will be a far different international financial community than the one in which Chemical Bank now participates and which contributes mightily to this upcoming all-time financial disaster. Perhaps it is time to get your head out of the sand.



More on Meditation

Meditation is a directed consciousness or conscious awareness. It is not, as some would think, a state of reverie. To be conscious means to be aware of something. Meditation goes beyond thinking in words or concepts; it must encompass the entire human being: not only his intellect but also his feeling, his vision, his emotional and intuitive capacity. Only where the heart and mind are united can genuine intuition spring up. Consciousness is a dynamic force, in constant motion. One can no more stop it than you could stop a river. We can, however, control a river by diverting its flow in the desired direction. In the same way, although we cannot stop the mind, we can give it direction. That means that meditation is directed consciousness. Meditation is the overcoming of outer perception in favor of inner awareness." (Special Meditation Issue/Human Dimensions)



SUBSCRIBER Scribings

Updater Jeanne Rindge, president and Executive director of The Human Dimensions Institute, shares this with us: "...indeed, a new body is taking shape, the planetary body of humanity. And its body is being formed more rapidly than its soul, so it seems. Will it get a soul? A heart and a mind? We surely can hope so; or rather we can be sure of it, because evolution teaches us that the without of things (the body) and the within (the soul) are linked together by the law of complexity (cerebralization)- consciousness.

The brain of planetary humanity is surely taking shape. Will this brain become a mind, and with the consciousness of a mind inspire the love of the heart? Is there such a thing as a mind and a love of humanity? In other words, is there a center into which humanity converges and from which it shall receive a new planetary mind and heart? And will the final convergence of humankind into this center, into the Omega Point, bring about the advent of a new earth, a new Jerusalem?

The answer is YES, on condition that we are able to recognize the essential features of the Point Omega as the attracting and propulsive center of the universe, as well as of the earth and of the human race."



The Balance Sheet

In our fast-paced, high-tech society, adequate nutrition is a growing concern. Cookbooks outsell all others in most bookstores. Yet eating right still remains a mystery to most of us. There is so much conflicting literature on the subject (protein, caffeine, cholesterol, megavitamins, fiber) that we still don't know how to stoke our bodies for maximum nutrition. In his book *DIET & NUTRITION: A HOLISTIC APPROACH*, Dr. Rudolph Ballentine (a respected young leader of "new medicine" in the U.S. today) takes an interesting and helpful approach to nutrition. Ballentine studied the diets of the healthiest cultures in the world to determine if, in fact, nutrition is a factor and, if so, how. Perhaps not surprisingly, he found that healthy peoples around the world basically eat the same way, if not specifically the same foods

The five basic food groups prominent in these healthy societies turned out to be (in descending order of quantity of consumption): grains, vegetables, legumes, raw foods and B12. Grains include rice, bread, pasta and cereals. The second largest group is vegetables that have been cooked, stir-fried, baked or stewed. In some cases, the vegetables are cooked for hours (something Americans believe unsound), but the cooking juices are always eaten in some form. Group three, the legumes, include beans, pods, and herbs, and are an excellent source of protein. (There are eight essential amino acids that the body cannot synthesize and must get from foods. When taken together, grains and legumes supply these nutrients and can actually replace more common sources of protein.) The raw foods group include fruits and vegetable salads. The final and smallest group is what Dr. Ballentine calls the B12 group. This includes meat, fish, eggs and dairy products. This group also includes fermented foods, such as soy sauce, yogurt, beer and wine. Eating right it seems doesn't have to be boring.

While a sudden, drastic change in your eating habits may be difficult--and even UNhealthy--a gradual addition of these foods to your diet is easier than you might think. Moreover, with moderate exercise, this high-complex-carbohydrate diet can lead to gradual and permanent weight loss while supplying 3 times the oxygen uptake (useful energy available to our bodies) of a high protein diet.

THE THIRD EYE

Pictured on the U.S. one dollar bill is the Great Pyramid. At its center is an eye. "The Third Eye?" What IS the Third Eye? It is a symbol of all-seeing wisdom and of the disciplined mind that makes clear judgments. It is the symbol which suggests that people can see clairvoyantly. It is a symbol that has emblazoned more than 5000 years of recorded history. The Third Eye is that physical--and spiritual--area in the center of the forehead which, when 'opened', allows one to see people as they are and not as they pretend to be. It can be opened and shut, much like the physical eyes.

In the early 1900's when the Dalai Lama ruled in Lhasa (before the Communist invasion of Tibet), reports traveled West of a painful ceremony performed on spiritually gifted, carefully selected young men at the Temple of Tibetan Medicine. A U-shaped instrument was pressed and rotated in the center of the forehead until it penetrated the bone. A clean sliver of treated wood was inserted into the U of the instrument and then slid into the hole in the forehead. Until the sliver was removed approximately three weeks later, only the high lamas would attend the subjects. This ancient ceremony was the prelude to learning to see auras clearly. The objective was to enable the initiate to help others, not to enrich self. The human aura which surrounds the body, and which anyone can be trained to see, is merely "a reflection of the Life force burning within." This force is a measurable electrical wave.

For thousands of years human minds have tried to understand the living universe and its relationship to human consciousness. Ancient wisdom provided a blend of strong practical observations and philosophical insights. It probed the universe to discover universal principles. The opening of the Third Eye was one pathway toward that goal. It is a clairvoyant ability given to some and developed by many. Its opening requires that we escape the limitations of our other five senses. The opening of the Third Eye involves the real consciousness which extends far beyond our physical bodies. We have it within ourselves to open the Third Eye without surgery. But we must also be prepared to handle what we 'see'.





FOUL BALL

Californian Updater Bob Hughes, Regional Manager of the American Golf Corp., has been temporarily transferred to New York to redesign six golf courses. He writes: "At a course in Brooklyn, it is a daily occurrence for people to watch while cars are stolen, gas tanks emptied, bumpers, tires, radios, etc. removed. They just shrug and do nothing. It is becoming almost a weekly event for one or more of these stolen cars, after a 'joy ride', to be driven through the course fence onto a fairway, and torched. Golfers just play around the burning car!"

While we find this a horrifying tale, we couldn't believe our eyes when the letter continued: "Not too long ago a man suffered a heart attack on the course. While lying on the fairway waiting for the ambulance to arrive, he was stripped of his clubs, bag, wallet, shoes. Play did not cease for his fellow golfers; they played around the stricken man, their language often obscene." Man's inhumanity to man. Is this "par for the course"?



Changing Direction

Why does it take so long to change current theories when there are facts that refute them? It's not facts that topple theories.. but other theories. A puzzlement? No! You don't abandon a boat in a stormy sea just because it has a leak. You wait for another boat to come along. Theories are never lightly abandoned. They do, after all, explain the world. Facts merely describe it. Some theories even determine the facts that can be observed. When enough facts appear outside of the current theory, only then will come the next Newton or Einstein to advance us to the next plateau.

UFORIA

Let's bottom-line this one: Every year more than 2000 Americans report their sightings on UFO's. Worldwide, there are an estimated 200,000 sightings PER WEEK. And since 1947, there have been a total of 1-3/4 million landed-contacts reported worldwide. Reality or lunacy??

Herbal Tips

There is a time for sowing and a time for reaping. Then there is winter...and a time to think about what can be grown on the windowsill that is beneficial to the household. Herbs are easy to grow on windows with a southern exposure. All that is required is good drainage and a good soil mixture (1 part garden loam, 1 part sand, 1 part organic matter - humus). Do you believe in very old, tried and true remedies? Then try the following:

Bitter aloe (Aloe vera): Pulp used for a poultice for skin rashes, burns, cuts. This one can be started from cuttings.

Hens-&-Chickens (Sempervivum tectorum): Also start from cuttings. The juice is used to give quick relief from scalds and burns, and to stop blood flow.

Sweet marjoram (Marjorana hortensis): Grow from seeds or cuttings. Oil from plant tips used medicinally; mulled with wine to comfort the stomach. Use the fresh leaves as flavoring for vegetables, beef, lamb, poultry stuffings, sausage, stews.

Rosemary (Rosmarinus officinales): Grow from seed or cuttings in large pot filled with well-drained alkaline soil - adding lime to potting soil. An old herbal remedy states, "Place leaves under thy beds' head and thou shalt be delivered of all evil dreams". (If that doesn't work, use the leaves for flavoring fish sauces, meat, dressings, biscuit dough.)

Updater Elmira Conklin, who is currently working on her PH.D. in biology, advises a spray of nicotine insecticide on all herbs to ward off aphids and other insects. She stresses that plants should then be rinsed with clear water. As for yours truly, I wouldn't be without my pots of parsley which provide vitamin C, garnishes, and sweet breath after a cigarette. Petroselinum crispum to you too!



The 4.4 billion people alive today represent 9 percent of all the humans who have ever lived. Put another way, more people are alive today than have lived and died during 86 percent of man's tenure on earth. The Dean of Natural Sciences at Hampshire College, Arthur Westing, estimates that 50 billion human beings have been born since Homo sapiens first appeared. Planet Earth's inability to sustain this rate of growth may be the trigger for the changes ahead in the next two decades.

IN RETROSPECT: 1983

1983 was a major year for Dick and me as we moved from our home of almost 30 years in Connecticut. It is difficult to believe that we have now been settled in North Carolina for almost a full year. In some ways it seems like just a few weeks ago that we relocated, and in other ways it feels as if we have always been right here. Many of you are responsible for our easy transition; your visits have been a sheer delight. Our wonderful children also made sure that one of the five was here every month or so to keep the 'rents happy. Thanksgiving was a wonderful time with all but Jill at Reisha Way. (Newsweek has no heart!) Many times I have been asked what the most memorable event has been in this transition. I guess the answer is 'the end of October'. Yes, October's end was the unexpected bonus of the move. Such beauty! The reds and lavenders of the dogwood and black gum, the yellows of the hickory, birch and locust, the greens of the firs and the hues of the oak and tulip trees, were so splendid as to make one want to weep. Sensitive neighbors took us on horseback into the Great Smokey National Park for afternoons of sheer wonderment. We took many a ride along the Blue Ridge Parkway and hiked many a mile on the Appalachian Trail. Mountain glory!

We made friends with some of the Cherokee Indians and admired their beadwork, basketry, pottery, and splendid gardens in their Oconoluftee Village. We felt fortunate to picnic with new friends under waterfalls and atop mountains. We watched children go down natural water slides, and we poked amongst the wildflowers in the forests with fawns and one black bear standing by. Trout fishing in local streams...and whitewater rafting on the Nantahala afforded us delicious memories. On another level, we spent hours at Ghost Town and Frontierland, losing ourselves in simple fun (cotton candy, apples on sticks, fudge).

Our own gardens yielded enough for us to share and also can and preserve for winter. And our beautiful, friendly animals became domesticated, from the goats and sheep to the horses, dog, cats, and our Anniversary llama named Dalai (naturally!) What a year for this city-slicker-turned-country-girl

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who doesn't yet know what she wants to be when she grows up! That's why she's trying out so many new experiences.

1983 A vintage year of the homestead.
1984? The year of THE S.T.A.R HOUSE.

The Purpose of Life

..An Uncommon View

In an esoteric sense the purpose of life is to advance our present consciousness to ever higher degrees of awareness. Of course, to relate to raising the consciousness of the 'life force' you must have faith in the 'life continuum'(Vol.1 #3); to recognize unequivocally that this life you are now living is one of many, both in a body and out of one. Harold Percival in "Thinking and Destiny" says, "You are the immortal doer in a human body. But, in your body and out of your body your identity and your feeling of identity persist. The long sleep of death will not affect the continuity of your identity any more than your nightly sleep affects it." Identity, or the real self, has always been a mystery to thinking human beings in every civilization.

Many philosophies concern themselves with the mystery of the conscious self in the human body. Oriental philosophy tries to deal with the mystery of the relation between the self..its body..its nature..and the universe as a whole; and concludes that by your thinking you make your destiny. The life force and the human body are connected by a **silver cord**, pulsating very rapidly on the electromagnetic scale, from which the life force can travel astrally without disrupting the living body. When the silver cord is severed, the body dies.

In her book, 2150 A.D., Thea Alexander sees man "as a great mind unlimited by time and space...sometimes called an immortal soul...which periodically elects to temporarily inhabit various types of vehicles (called bodies) in order to experience and learn greater awareness in its striving toward ever greater perfection."

Without the larger view of a life eternal, you have to experience this physical life you are living as the final stage...rather than just a preparation for experiencing the next dimension.

"Inner reform must precede social reform"