

# The WOODREW Update

GRETA WOODREW/DICK SMOLOWE • 448 RABBIT SKIN ROAD • WAYNESVILLE, N.C. 28786 • U.S.A.  
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## ON BEING A "SENSITIVE"

People call me "a sensitive". Does this mean that I am subject in an unusual degree to the influences of psychic forces? Well, yes. It also means that I am more sensitive than most to the frequencies and vibrations that bombard us every minute of the day and night. Sensitive above the 'normal' range. Sensitive to a degree that I cannot doubt the extra ordinary things into which I tune but which my five "normal" senses cannot report.

People come from far and wide to visit us at Reisha Way. Many confide after the fact that they worried about my "reading their minds." This is a needless concern. I do not read minds; I am sensitive to their pressing concerns. I pick up the auras and electromagnetic waves that surround folks, and extrapolate information from their human imprints. There is a difference. If, however, I find myself an (unwelcome) guest in the mind of another, I leave quietly and without poking around nosily. I stand strongly behind the rights of privacy.

Then, too, I am a channel--a vehicle--who provides the facility through which other beings from other parts of the universe can communicate. It is difficult - but not occult - to come to grips with the concept that one has a life-force or mind or soul separate and apart from the physical body, and that one is capable of lending or sharing the body with another life-force. Yet, this is something that I do as regularly as brushing my hair. I do not view it as extra-ordinary since it is a part and parcel of my almost-daily existence and experienced reality.

Funny. Folks have no problem accepting this aspect of my life when it comes to healing. Let one of the Ogatta group become involved in a leaf healing or a music healing

or a manipulation of an ailing part of their body, and the recipient goes into rhapsodies and positive reinforcement of the intervention. It is more difficult -occult?- when they are detached and not involved in a subjective reality. Ah, well...

Yet one must put into perspective the communications with life forms from other spaces and time slots. The interplay between dimensions is not too "far out" to understand when you realize that life in the universe is just a series of mirror images. In a cosmic sense, the life of a star generates the energy upon which life on its planets depends. And...the death of a star produces the elements for the continued development of life in other parts of the galaxy. Our sun was born about 4-1/2 billion years ago. Ours is a second or third generation system. The material we stand on..the iron in our blood..the calcium in our teeth..the carbon in our genes..was produced billions of years ago, in the collapsing interior of a red giant star!



We are what we are because of what has preceded us. We will be what we will be when we open our minds to the awesome possibilities of our potential. Each of us is a 'sensitive' to a higher or lesser degree. Store this fact in the bank of your memory and let it gather interest.

As our friend Buckminster Fuller said, "99% of all transactions in the universe are either infra or ultra to man's sensory tuning." What is being a 'sensitive'? Tuning in to that 99% of what is all around you--and outside the reach of "normal". How many of us want to settle for being aware of only 1% of what is happening? So..if your psychic radio band is only set on AM..or FM..I once again suggest that you try fine-tuning it to UHF. You may be enchanted by the new music you hear!



## POPULATION UPDATE

In 1979 the U.N. projected that the population of the planet would reach 11 billion before leveling off in a century or so. The demographers based their studies on existing projections of population on a country-by-country basis, assuming that the energy, food and other natural resources required to support human life would be available in the future. They did not face the incompatibility between increasing population and progressive deterioration of life-support systems. Nor did they factor in the changes of our "Scenario" in their end-of-the-century projection. The most common estimate shows a population of 6 to 6 1/2 billion by the year 2000. We, however, think a prediction of 2 1/2 to 3 billion is more accurate. Many of our learned colleagues think the population will be far lower.

The work to halt world population growth has produced extraordinarily uneven results. Where many developed countries have been highly successful, many underdeveloped nations have been failures. Of the 12 countries with zero population growth in 1983, all were in Europe. Ironically, population stabilization was not a national goal in any of these countries. It followed that as incomes rose and employment opportunities for women expanded, couples chose to have fewer children. The three largest industrial countries, Japan, the Soviet Union, and the U.S.A. appear to be following the lead of the European 12. With annual population growth rates of 0.7, 0.8, and 0.7 percent, respectively, the time is close when their births & deaths will also come into balance.

The countries with annual birth rates raging out-of-control (primarily in the Third World) are Nigeria-(3.3%), Bangladesh-(3.1%), Pakistan-(2.8%), Brazil-(2.3%), & India-(2.1%). In actual numbers India leads the list with current annual additions of 15 million more births than deaths. China adds 13.3 million annually despite its ban on more than one child per family. Together, India and China account for over one-third of the world-wide annual increase. Nigeria has 84 million people (less than one-third the Soviet population) yet each year there are 2.8 million more Nigerians, compared with 2.2 million additional Soviets. The U.S. population is four times that of Mexico's, yet the latter grows by nearly 2 million compared

As world population moves toward five billion, the per capita production of many basic commodities is falling. Where the population is growing most rapidly the efforts to provide jobs and raise living standards is failing most miserably. The failure of many African, Asian and Latin American nations to bring their populations under control is turning the hopes of the people to despair. Our scenario of change projects a much smaller population than the demographers would think going forward into the 21st century.

## OLD WIVES TALES:

### Fact or Fiction?



Swapping old wives' tales with correspondent Anne Marie DeLantey determined that we share with you some of the tried-and-true remedies from all over the world. To prevent colds, or ease them, people from Northern Europe use a sandwich made from butter and finely chopped red onion every day. Polish people boil onions with butter in milk or water and drink as a soup. In the Philippines, some use one whole lemon boiled in water, and cut-up lemon placed on the chest. Also, a deep gargle with plain lemon juice, which you swallow, eases sore throats. (On the other hand, my housekeeper of 19 years always ate a raw onion with vanilla icecream whenever she felt a cold coming on, and she never missed a day's work!)

For burns, plain lemon juice, put on immediately, will prevent blisters, according to the Swiss. Aloe vera juice was often used in the U.S., and raw eggwhite was used in Northern Europe. In earlier times, a burn victim was often placed in a tub of raw eggs; sometimes over 100 were used. Eggwhite, even what little is left in a shell, will seal the burn from air, and prevent pain. (Don't laugh: try it!)

If you have stinging nettle growing, you might try to experiment with it. It is well known in Sweden as an excellent blood-purifier and food. The fibers were used for textiles in weaving long before flax was used for linens. It's one of the best things to use to heat up a compost pile. In Sweden the juice is added to other juices in health food stores. When they are very tender, after a rain or when very young, they can be eaten raw. Cooked, it has a high content of vitamins and minerals, especially iron.

## ACUPUNCTURE



A headlined article on acupuncture in August's Discover magazine says, "Now that scientists are learning how this fabled therapy of the East works, Western doctors are finding it a useful weapon against pain." It goes on to say, "It is now clear from studies of people and animals treated with acupuncture that stimulating nerve endings with needles releases pain-killing endorphins; these powerful chemicals are produced in the brain, spinal cord, and pituitary gland, and block pain signals to the brain. Finally, there is new evidence that the needles release other substances...mood-altering chemicals and infection-fighting cells...that may justify the use of acupuncture for a wide variety of ailments."

We're delighted with this open-minded evaluation of the ancient Chinese practice of acupuncture, which has been used in the East for more than 4,000 years. During our trip to China in 1978 we spent a good deal of time observing its practice and learning its modern-day applications—particularly as an anesthetic.

Since 1958 the Chinese have experimented on more than 2 million volunteers with acupuncture for anesthetic purposes to be used in conjunction with modern surgery. This procedure is restricted to the relief of pain and the establishment of a degree of analgesia sufficient for surgical intervention without use of general anesthetics. The Chinese explained to us that "acupuncture works through a neural pathway and exerts its effects on both central and autonomic nervous systems. The pain-relieving mechanism of acupuncture probably results from 'stimulation inhibition'. During acupuncture 'stimulation' impulses are transmitted to the brain causing a blockage or inhibition of the cerebral cortex which then does not respond to the painful stimulation." After the acupuncture needles are inserted they have to be manipulated constantly to maintain persistent stimulation & sustained analgesia.

We were then privileged to be among the first non-medical group to observe an operation at the Hung-Hua Hospital in Shanghai using acupuncture anesthesia. Through an interpreter the surgeon explained: "This morning we invite our friends to observe a thyroidectomy. We are using acupuncture as anesthesia for the operation. Two needles

## ANESTHESIA

will be inserted in the right hand. An electrical stimulator will be used to stimulate the needles. The tumor has been found to be benign; however, we will take a piece of the tissue for another pathological examination. The advantage of acupuncture anesthesia is that the patient knows everything. She will be awake during the entire operation and there will be no pain."

The acupuncturist also said some interesting things: 1) "The recovery time is better when we use acup. anesth. than when we use Western anesthesia." 2) "The choice is the patients' as to which form of anesthesia they take." 3) "If the tumor is malignant, acup. anesth. is NOT used." 4) "If the patient is without full feelings we do not use acup. anesth. We use it currently for about 40% of our operations." 5) "Acup. anesth. can be used on more than 100 different kinds of operations at the present time."

We then observed the entire operation. The woman was laid open ear-to-ear and to the waist! The surgery lasted for roughly 90 minutes, after which time we returned to the briefing room. Twenty minutes later the patient was wheeled in. She was awake and totally alert, and answered some translated questions. "The part where they took out the thyroid tumor is somewhat sore," she told us. "But, there is no pain from the operation." She was wheeled out smiling. (Updater Dr. Lloyd Williams visited us last month and talked about the horrors of anesthesia. He is taking a year away from cardiovascular surgery to study anesthesia since he feels that this is the area which causes more problems to the patient than the surgery itself.)

After the briefing we toured the hospital and observed acupuncture being used for curing and healing many different kinds of ailments. There were hundreds of patients crowding the halls and waiting rooms of the hospital with acupuncture needles sticking out of them. While only two needles were used for anesthesia during the operation we witnessed, there were people with as many as 30 needles in the head area sitting quietly in the halls. No one appeared in any discomfort. It was a sight unparalleled in our experience.

We observed several patients who had come

in to have kidney stones surgically removed, but were passing them as a result of acupuncture stimulation. The explanation was that the needles rebalanced the kidneys (the cause) and so the stones (the effect) were dissolving. The estimate was that this worked in 60% of the cases.

Certainly acupuncture isn't a magic cure-all, but used in conjunction with other medical techniques it can make its contributions. Two conclusions that the ancient Chinese arrived at over four centuries ago are being recognized today the world over and are being incorporated into the healing arts: Disease is rarely localized, but generally affects the entire human being; and disease is often associated with general behavior and emotional states.



"When a person acts without knowledge of what he thinks, feels, needs or wants, he does not yet have the option of choosing to act differently. The option comes into existence with self-awareness. That is why self-awareness is basis of change ... self-awareness is the first step toward genuine, enduring learning."

## SUBSCRIBER Scribings: Extrasensory Perception



Updaters Leigh and Dick Donahue, Dick, and I sat over dessert and coffee trying to bring to a bottom line a simplification on extrasensory perception. Leigh committed it to paper, and here is the splendid result for all of you to ponder and share:

That T.V. sitting in your living room. It's just a piece of furniture. An object that you can see, touch or even move from spot to spot. Very much a part of the physical universe. Then you switch it on, and electricity (energy) courses through its system. It is no longer just a physical object. It is a receiver. However, if it is not tuned to a channel, it is just picking up noise. Nonsense -- or rather, no sense.

Now you tune to a channel, and you have a clear view, sight, and sound, of a happening miles or half a world away. It can be an instantaneous view of something happening, or it can be a recorded view, a memory. That, in essence, is extrasensory perception. Extrasensory perception is the broadcasting and/or receiving by a physical body of a



modulated signal over an electromagnetic network.

It's not your extrasensory perception; it is that of the T.V. set itself, the physical object responding to the energy coursing through its circuits, and translating the modulations of an electromagnetic signal to create intelligence in picture and sound.

Do you "believe" that you can tune your television to a specific channel and receive specific information or entertainment from a distant source? Do you "believe" in extrasensory perception? In telepathy? And does it matter whether you "believe" or not? Energy is coursing through your circuits, or you wouldn't be alive. You are surrounded by an electromagnetic network, and bathed in modulated frequencies which quite often dictate your emotions, your thoughts and your actions whether you recognize them or not.

The question then becomes how to use your broadcasting and receiving abilities intelligently. The telephone slogan, "Reach out--reach out and touch someone" is very apt. But don't just reach out. When you reach out, visualize the person you are looking for, yes. But when you find him (using "him" generically) don't try to communicate from that viewpoint. He won't hear you. You are, at that point, nothing more than another modulated frequency, and he is as unconscious of you as he is of the vast number of modulated and unmodulated frequencies that constantly impinge on him. It is his receptors that must translate your modulations into sound and/or sight. When he does, it will seem to him not that he is receiving from without, but that he is thinking and visualizing for himself.

Go inside him. Be him. WARNING: Go in gently. The tendency, even if he is expecting your message, is to throw the intrusion out. So slip in gently, being him, not yourself. Find his receptors and activate them to the concept or message that you want to get across. Use a little emotion--it translates best--preferably confidence and happiness over even such a mundane message as "The sky is blue where (your name) is." (Not "I where I am.") He's getting the message as though it were he doing the thinking...and he knows what the sky is like there. Simple. But it takes practice and patience. Try it. It's going to be important.



## MOUNTAIN MUSINGS

### Trapping a spring

The mountains at Reisha Way and the site of the S.T.A.R. House contain many natural springs that gush from eight locations on the property. This wealth of fresh water is a priceless asset and was a major attraction during our real-estate hunt. From the time of purchase we committed to use the water from one of these natural springs to achieve water independence for the S.T.A.R. facility.

WATER...WATER...WATER...the most important component of cellular life as it is constituted on planet Earth, and potentially the biggest problem mankind faces in the two decades ahead. We have completed trapping the spring that will supply the water to the S.T.A.R. House by force of gravity. We accomplished this despite the heavy rainfall that prevented site work from being done in June. (The steep grade of the location must be sufficiently dry to allow the bulldozers to maneuver without sliding.) It was a most interesting process and a real learning experience for Greta and me.

The Soil Conservation experts in our area were most helpful and cooperative. They came, surveyed the spring, estimated the flow and drew up a working plan. To determine the pressure the flow would generate we gauged the number of feet the water would drop from its source to the S.T.A.R. site. (A rule of thumb is to generate one pound of pressure for every two feet the terrain drops.) We estimated the facility would need 30 to 50 pounds of pressure. Then, with a hands-on approach that included using shovels, they supervised and directed the backhoe operator in the delicate task of exposing the spring without diverting or burying it.

The big steps involved in the project were: 1) Cut a "V" shaped basin with a backhoe to catch the moving spring. 2) Run the open spring through a 5-inch black slitted plastic field drain into a 2-foot by 2-foot distribution box. 3) Cover the field drain and surrounding area with 1"-3" of 3/4" stone, thus making a sieve into the slitted pipe. 4) Cover the stone with thick polyplastic, preventing dirt or foreign matter from getting into the spring. Cover with dirt and seed. 5) Dig a diversion above the spring to run the ground water away from the spring. 6) Connect a 2" PVC pipe



from the distribution box into a 1000 gallon steel, glass-lined reservoir. We brought the water in at the bottom and had the overflow at the top, thus insuring a turnover of water within the reservoir several times per day. 7) Pipe the water from the reservoir to the S.T.A.R. site through a 2" PVC without a break in the flow. A break in the flow at any point would bring the gravity flow pressure back to zero.

Well, we did it all. The heavy equipment operator cut a 1200 foot road from the reservoir to the S.T.A.R. site in which to bury the 2" PVC pipe. We currently have a stand-pipe rising out of the ground at the site which, when you open the two valves, shoots a stream of cool, fresh spring water a distance of 20 feet. It's a sight to behold... and taste...and enjoy.

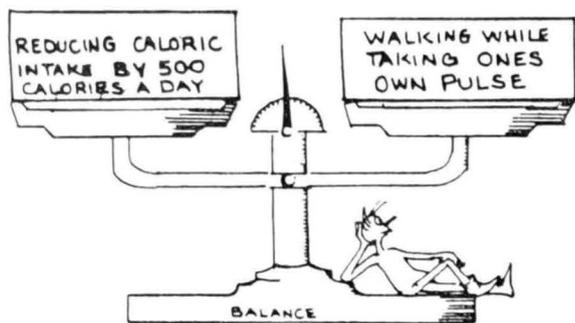
As a fringe benefit we created a bass fish pond from the overflow of the reservoir and spring. The pond will be an added source of protein in the days ahead, as well as a thing of beauty and a recreational sport-fishing spot. It's wonderful being a 'new age' mountaineer!

### On MULTIPLE STAR Systems

The first time we ever gave any thought to stars being multiple systems rather than independent cosmic bodies was when the Ogatta group told us that theirs was a binary, or twin-star system. Both stars follow an orbit that produces a total eclipse once every 400 years for the inhabitants of the Ogatta jorpah. The eclipse lasts for one year, during which time many normal activities are curtailed because the energies reaching the planets change dramatically. (It is the energy from the sun that provides all of the life-giving resources to planet Earth.) Further study revealed that more than 50 percent of the stars catalogued astronomically are part of multiple-star systems. The sun's closest neighbor, Alpha Centauri, is a triple-star system.

Now astronomers at both the Lawrence Berkeley Laboratory in California and at the University of Southwestern Louisiana believe that our solar system could be a two-star system. It is conjectured that the sun has a smaller companion star with an elliptical orbit that brings it catastrophically close to the sun every 26 to 30 million years. Scientists hasten to point out that this is purely conjecture, but they are searching the star

catalogues and the heavens for a nearby "red dwarf" or "black dwarf". Lending some support to this theory is the recent statistical analysis done by life scientists at the University of Chicago covering fossil records over hundreds of millions of years. They found that many families of marine vertebrates, invertebrates and protozoans appear to have died out suddenly in 12 "extinction events" occurring at intervals of every 26 million years. Since they could find no credible biological explanation for this lethal cycle they reckoned the answer was more likely to be found in space.



## The Balance Sheet

As most of you know, I have humanly fought the weight gain of the last cosmic weight-pump unsuccessfully. There are many roads down the mountain to weight-loss. I know. I have tried just about all of them. When following a 'fad' route, I reached my goal and then started right back up the mountain. After much time and effort, however, I've come upon a sane solution which works, and I want to share it with you. I can speak positively of Dr. Gerard Musante's system which finally allowed me to shed 30 pounds in half as many weeks. All you need is will power, good walking shoes and a watch with a sweep-hand.

I always figured that if the good Lord had meant for me to walk, there would have been wheels placed at the bottom of my feet for that purpose. Then I discovered "aerobic walking": 20-30 minutes a day, no less than 3 consecutive days a week, no more than 5 times a week. Not so terrible! (I do it with a delightful Updater at 8:30 A.M. on Reisha Way in-roads and mountain paths.) Combined with simple caloric reduction, it worked and is still working for me. Diet-wise, the formula for estimating the approximate number of calories required to maintain a specific body weight is weight multiplied by 12 for women and by 15 for

men. To lose a pound of fat you must eat 3,500 calories LESS than the maintenance number during the week..or 500 calories LESS per day for the 7 days.

Insuring that you are pronounced fit by your physician and have a sound EKG readout, the exercise part works as follows: You must find your personal "Target Heart Zone" and know what your resting pulse is. These differ from one person to another, but let's use the example of a 45-year-old person in good health. The rule of thumb is to subtract age from the magic number 220.  $220-45=175$ . The result is multiplied by .70% and .85%, retaining **only the first three numbers** of the answer:  $175 \times .70 = 122$  and  $175 \times .85 = 148$ . These first three numbers, 122 and 148, represent your "Target Heart Zone (THZ)": the 70% to 85% of your maximal heart rate zone. When reached, it not only provides a significant conditioning effect on the cardiovascular system and promotes fitness, it is an absolute aid to major weight reduction when combined with properly reduced caloric intake daily.

Know your "resting pulse"? Take your pulse (at wrist or neck) and let's say that it's at 15 beats at the end of 10 seconds. (I prefer to take a pulse for 10 seconds and then multiply by 6 for the minute-pulse which in this case would be 90.) Following our 45-year-old with a THZ of 122-148, this person with a regular pulse of 90 would have to walk at a crisp speed to bring his resting pulse of 90 up to a pulse of no less than 122 and no more than 148. (After walking 10 minutes, stop and check the pulse for 10 seconds). Walking less than 20 minutes or more than 30 minutes within your THZ doesn't do you any good. So it is easy, it is quick, and it is effective. (For a 10-second check, the 122 is divided by 6 to equal 20 and 148 is divided by 6 to equal 24. I.e., bring that normal pulse-rate of 15 up to between 20 and 24 in your walk. You only have to figure it out once to know what the #'s are for your 10-second check.)

The bottom line is this: Know your normal pulse at 10 seconds. Find your THZ and reduce it to a 10-second set of numbers. Remember to warm up before and warm down after your minimal-20 to maximal-30 minute aerobic walk. Check your pulse midway. Reduce your food intake by 500 calories per day, eliminating sweets and as much salt as possible and shed a pound a week. Oh, and enjoy the new you!

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

### Approaching World Bankruptcy

The debt structure, both in the U.S. and around the world, could be the trigger that provokes a massive revision of the international monetary system. The world's present total of between \$600 and \$700 trillion in dollar-denominated debt requires \$600 to \$700 billion in new money (at a 10% annual rate of interest) just to pay the interest. The \$1.5 trillion in U.S. funded debt alone will require \$150 billion or more in new money for interest payments.

This is not the first time in this century that the world has found itself under enormous financial strain. The burden of the debt required to finance WWI was overwhelming. It led to the market crash in 1929 and to a permanent moratorium of ALL international debts prior to 1931. In the terms of business, the whole world declared bankruptcy in the early 1930's and went into liquidation. Today's circumstances are almost identical to those of 1929 except that another dimension has been added to the problem: the massive, persistent and escalating deficit financing of the welfare-warfare state.

We have reached the point in our national life when our numbers are becoming totally skewed. There are only 71 million Americans paying taxes while 81 million people live off the government. Approximately 56% get a government check, with 25% more indirectly dependent. At the federal level there are currently 5,500 unelected bureaucrats for every elected official. The compounding interest on the federal debt is so wildly out of control that its growth exceeds even the most ambitious of federal budget cutting plans. Interest on the federal debt will eventually consume everything as it moves from being the third largest item in the federal budget to being second or first. It is, as New York's Governor Mario Cuomo stated recently, "A mortgage on our children's future."

If we open our eyes to reality we will find the banking system is completely illiquid and loaded with bad loans, the international debt situation is in shambles, corporate mergers and takeovers are running wild, and the financial markets have degenerated into glorified gambling casinos. The consequences of these situations will make the job of the man elected to the U.S. presidency

in 1984 mighty unpleasant and the man himself very unpopular.

### On the FINANCIAL POSITION of the U.S.A.

Budget Director David Stockman recently told a Congressional committee, "I don't think there is anybody on this committee who could think of enough taxes to raise or enough spending to cut or even offset this explosion of debt service cost. We are in the same position that many companies are in when they are on the eve of Chapter Eleven (bankruptcy)."

Meanwhile, the banking industry insists that default on loans to underdeveloped countries is nothing to worry about. At least that is the industry's public stance. In private, however, three trade groups...the Bankers Association for Foreign Trade, the Association of Reserve City Bankers and the American Bankers Association...have started working together to find a way to head off an avalanche of LDC (Least Developed Country) defaults.

We can't run our lives in anticipation of an imminent U.S., and therefore worldwide, financial debacle. There must be an assumption of continuity so that we can budget our homes and businesses. However, evidence is piling up to suggest that we are on the brink of a significant change. It is wise to heed the signs and to plan and act accordingly.

### Geology Update

As scientists learn to work with Alfred Wegner's theory of 'plate tectonics,' they are discovering much about the earth that may help them predict future changes. A huge submarine valley, as big as the Grand Canyon, was discovered in the so-called Sagami Trough, where the Eurasian Plate on which the Japanese islands sit meets the Philippine Plate. The Sagami Trough is very active geologically and has housed the epicenters of many major earthquakes, including the last great earthquake that shocked Tokyo in 1923. Experts called the discovery unparalleled and said it would contribute greatly to future studies of earthquake prediction. The research that discovered the huge submarine valley was part of an earthquake prediction program conducted by the Japanese.



## PSI PHENOMENA

Interest in Washington in parapsychology research has increased, both at the Pentagon and U.S. Intelligence agencies. This 'heightened awareness' is brought on by the recently prepared report by the Congressional Research Service, an arm of the Library of Congress. The Research Service concludes that "psi phenomena" can be applied in fields such as education, medicine, geological exploration and business management. A second reason for the increased interest is that Senator Claiborne, D-R.I., ranking Democrat on the Senate Foreign Relations Committee, held discussions with Soviet researchers in the parapsychology field during a recent visit to the Soviet Union. He found, and had confirmed by the Congressional Research Services report, that the Soviet Union is spending tens of millions of dollars on 'psi research', while expenditures in the United States do not greatly exceed \$500,000 a year, with most of the money coming from private sources.

We're glad that Sen. Claiborne, et al, are coming to recognize precisely the work that S.T.A.R. Foundation, and others dedicated to understanding psi phenomena, are doing.. and have been doing..for many years.

## "Birth" Control

"Will it be a boy or a girl?" Well, there is a 50% chance of a right guess...unless you consult Eugen Jonas, the Czechoslovakian psychiatrist. He has made a study of lunar rhythms and makes it possible to predict the sex of a child with over 95% accuracy! The method is based on the moon's position in the sky at the time of conception. His thesis goes back to traditional, classical astrology involving zodiac zones, each of which, apparently, has a polarity, or sex. Jonas has discovered that "...intercourse leading to conception at a time when the moon was in a 'male' star zone produced a male child." Lyall Watson writes: "At a clinic in Bratislava, Jonas made the necessary calculations for 8000 women who wanted to have boys and 95% of them were successful. When tested by a committee of gynecologists, who provided only the time of intercourse, he was able to tell the sex of the child

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with 98% accuracy." Thumbs up for a picture of astrology above and beyond star-gazing and horoscopes!



"New Age thought is concerned with living in greater harmony with the natural environment, finding harmless, more loving relationships with one's fellowmen, working toward inner spiritual completeness, and being responsible for one's own life rather than yielding that responsibility to experts."

-The Ultimate Frontier

## S.T.A.R. Activities

Reisha Way opened its arms to welcome the Roots (NC), Majewskis (CA), Williams (TX), Zells (NY), and 9 returnees from all around the globe. They all had a chance to see that - despite the inclement weather - the site and foundation for The S.T.A.R. House are finally bulldozed...and the heavy equipment is humming.

A question: Will you support S.T.A.R. in a painless manner and help us expand our subscribership? An answer: Just **fill out the enclosed card** and mail it right back to us? (Outside USA, please put on your own local stamp.)

Kobunsha Publishing Company is in the process of translating ON A SLIDE OF LIGHT into Japanese. We are delighted that the book will have a whole new audience, and we can only hope that the distribution will be of major proportions. Love and thanks to the "Powers that be" for putting this into motion!

Koinonia Foundation is bringing Greta to The University of Maryland (UMBC) in Catonsville, Md., to deliver her presentation on Friday night, Sept. 28th, at 7 P.M., in Lecture Hall #2 in the Chemistry/Physics Building. An SRO crowd is anticipated, so come early if you or your friends plan to join us. (Call (301)-486-6262 for further information, reservations, or directions.) We look forward to greeting many of our Updaters from the Washington/Maryland areas. ...and then...

After going on safari with the Young Presidents Organization, Greta will lecture in Johannesburg, South Africa, for the Y.P.O. European Area Conference, Oct. 29-31.

HAPPY THIRD BIRTHDAY TO THE WOODREW UPDATE!