

The *Update* WOODREW

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WHAT IS RADIONICS?

"Radionics is a method of healing at a distance through the medium of an instrument using the ESP faculty." This is the definition given by the Radionics Association of England. When Greta keynoted at the recent Colorado Psychotronics Conference we learned about radionics from leaders in the field.

Radionics was originated by a distinguished American physician, Dr. Albert Abrams (1863-1924) of San Francisco, and has been developed by numerous researchers and exponents. Basic to radionic theory and practice is the concept that man and all life forms interact with the earth's electro-magnetic field. In addition each life form has its own electro-magnetic field which, if sufficiently distorted, will ultimately result in disease of the organism. Radionics sees organs, diseases and remedies as having their own particular frequencies. These factors are expressed in numerical values known as 'rates'. Radionic devices have calibrated dials that read these 'rates' during diagnosis and treatment. In this manner, a trained and competent practitioner can discover the cause of disease within any living system.

The medical applications are extraordinary. "Radionic instruments are extensions of the operator's mind", said Dr. Charles Whitehouse, a practitioner of radionic healing and a speaker at the Conference. By placing a photograph of the individual in his radionic instrument, Whitehouse said that photobiological receptivity enables him to work with the individual's energy field without the patient being present.

We didn't understand this until Dr. T. Galen Hieronymus, a leading researcher and developer in the field, gave his lecture. "The energy from a person can be conducted along light rays and printed on a light sensitive film, and again onto a print made from that film," he explained. "The print can be

moved to any distance away from the person, and it acts as a perfect reproduction of the person, changing from moment to moment, as the person changes." The radionic 'rates' can be tracked, adjusted and treated in this manner.

Some of the most exciting work being done in radionics concerns the refertilization of soil (a living system) in a natural, non-chemical way. Updater Jerry Fridenstine and Peter Kelley, who both lectured in Denver, have gotten some amazing results with their radionic approach to agriculture. Jerry chaired a well-attended seminar on this natural farming technique. We had the opportunity to view his radionic device on site at a local farm. The farmer was most pleased with the results to date.

The English Radionic Association says, "The radionic practitioner, in making his analysis, uses the principle of dowsing: he applies his faculty of extra sensory perception to the problem of detecting disease in much the same way that the dowser detects the location of water, oil or mineral deposits. The particular form of ESP used in radionics is often referred to as 'the radiesthetic faculty' through which the executor, by means of a series of mentally posed questions, obtains information about the health of his patient to which the conscious thinking mind has no direct access." The outstanding results which many radionic practitioners are attaining in healing the most difficult medical problems require that more be learned about this mind/matter link-up.

Greta is working with Peter Kelley to get results in areas in which the medical profession is currently stymied. Photographs of two male Updaters have been placed into Pete's radionic instrument, one of a sufferer of Multiple Sclerosis (MS) and the other from Diabetes. Traditional treatments have thus far contained and/or retarded these diseases, but not reversed them. We will keep you updated on this innovative research.



breathing. Be sure you do your share of laughing and smiling!"

IN MEMORIUM

I lovingly devote this page to the memory of Blanche DeVries, my teacher, my friend and the leading exponent of yoga in the Western civilization. On the occasion of her 'graduation', I share with you a small sampling of her vast wisdom.

* "The teacher must step back and review each day as a student, always feeling that there is more and more to learn, love, appreciate."

* "Your 'balance' is your ammunition; one should not fire it, but rather maintain it."

* "There can be no 'build-up' without a 'clean-up' first. Nobody takes the time and patience to do the clean-up properly today so everything they are building is falling apart."

* "Be in this world - but not of it."

* "Everything comes back on the Universal clock of time...everything...everything."

* "Memorize the aphorism that irrelevancy of circumstance is the highest wisdom of life."

Q.> How do you manage (in her late 80s) to still be on the yoga mats, doing the most complex postures (asanas) with your students? A.> "To live Yoga, one must go through the whole hard routine daily for it leads to wisdom, balance, poise and equilibrium. No honest teacher would just say 'do this or that'. Yoga is a way of living, not a set of exercises." Q.> I am tired tonight; what can I do? A.> "Make time for some poetry..Haiku. You will be less tired if you enrich your philosophy of life."

Q.> Have you a thought for the day for me? A.> "I have a question of the day for you:are you the servant of TIME? Are you aware of time? Time devours us all. How much time are you wasting on little thoughts and personalities? Time can be best understood by meditating on the Solar System...on outer space...and on YOU!" Q.> How do you know all these things? A.> "Well, a real teacher can never run dry because he continually learns from each and every experience, not filled with likes and dislikes, but desire through learning to evolve whatever he touches. A correct teacher of Yoga is not one who discusses it, but who IS it."

Q.> How do you manage to always have a big smile for everyone? A.> "Smiling is good for the facial muscles--and the other fellow. Laughing is good for the liver and

Please talk to me about 'graduation', DeVries. "People who lead long, wonderfully fulfilling lives are not 'gone' when they pass over..graduate, as you say. Every answer is in Nature if we study it to find out what we are up against with human nature. We don't study nature enough to be prepared, so when hurt and losses come of human nature, it is almost unbearable at times." Would you tell me just a little of your personal philosophy? "Let my style of Yoga be sweet and simple, strong and elastic and deep, and let my Yoga flow, knowing its wise course and destination, remembering the beginnings and apparent end of all things; our humble dependence on Nature in this life of the Eternal Now."

My friend and beloved teacher, may your spirit soar...and may we share time together soon at a different level of consciousness.

Understanding Sensitivity

The phenomenon of the interaction of emitted human radiations is one we all experience, but one of which we have little conscious awareness. How many times have we shared the company of another in a supreme burst of work and effort and come away from the experience exhilarated, not at all tired? Conversely, we all know people who exhaust us. Within minutes of getting together we feel our energy drain away. WHY?

In "Initiation", Elisabeth Haich explains that each individual emits a different kind of current, a different radiation of 'will'. The 'human will' flows out of the solar plexus, literally reaching another person and embracing him. Some will emit powerful thought, but the tiny particles of force do not flow in the same direction, giving a chaotic effect. Others emit a piercing sharp flow of current indicative of great aggressiveness. Haich says this helps to explain in a physically discernible manner the real meaning of sympathy and antipathy: emanations that give...and emanations that absorb. The former radiate strength, while the latter cling to a person like the arms of an octopus, draining and absorbing his strength. These radiations cannot be hidden, falsified, counterfeited or 'explained away.' They reveal immediately the kind of person with whom one is dealing.

Being a 'sensitive' means being sensitive to the frequencies and radiations that bombard us from all directions, from all people and from all things. While some like Greta are more sensitive than others, all of us are impacted by unspoken thoughts to some degree. In that sense we are all sensitives, tuning into the radiations being broadcast by our fellow living creatures.

Our Attitude on SURVIVAL

A great deal of information is available on "survival" and no two sources seem to agree when it comes to how many - or which - supplies one should store. One matter, however, seems to be undisputed: the one trait universal to survival is attitude. The tools for survival are in our head and without the right attitude, no tools can save you. SURVIVE magazine ran a "Psychology of Survival" September article which addressed itself to this subject. Dr. Evan Peelle, a behaviorist scientist, has researched human adaptation to stressful situations, and says that definite traits spell survivorship. They apply to critical do-or-die situations, and are equally valid in everyday situations such as job changes, divorce or changing a flat tire. We quote Peelle who outlines the following 8 ways to rate yourself:

1. SENSE OF PURPOSE - This means having definite, personal, long-range goals, priorities and values. It means being able to ignore discomfort in the short run in order to gain benefit in the long run.
2. RATIONAL THINKING - Survivors are planners. They see a problem to be solved and think about the solutions logically, coolly. Out-of-control people do little to help themselves, but if one can take control even in a small way, he has a psychological advantage.
3. UNCONVENTIONAL THINKING - This means being able to redefine a situation to see it differently. Anything goes when it means your survival.
4. CREATIVITY - Resourceful thinkers can devise ways of using equipment in an unusual fashion to accomplish what they want. A vivid imagination is a helpful trait since visualization is one way of solving a problem.
5. POSITIVE SELF-IMAGE - Feeling confident that you can take care of yourself--and liking yourself--is a key characteristic of survivorship. People who survive may be superstitious but they nevertheless have a sense of responsibility over their own fate and take charge of helping themselves.

6. ADAPTABILITY - Adaptable people can stand the stress of the unpredictable, the unknown. Inflexible people have been known to bring their ordeal to a poor conclusion to end the uncertainty of their fate.

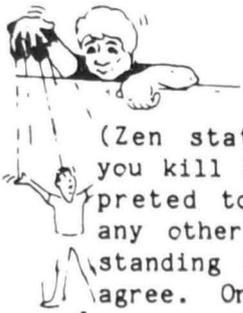
7. POSITIVE WORLD VIEW - Survivors in general expect a positive outcome and look ahead to the future rather than becoming mired in the day-to-day stress of their situations. They are people who can share what they have and know with others, and gain from what others have and know. They are not loners and work for the common good.

8. INNER STRENGTH This trait is the persistence that allows a person to cope with stress, to see the humor in his situation, even if it's 'black humor'.

Dr. Richard Logan, professor of human development at the U. of Wisconsin, says, "Americans today are tending to think of themselves as exceedingly vulnerable. The period of extreme self-consciousness that Americans have passed through, combined with their consumerism, has given them the opinion that the props of their life-styles are what they are made of. Whereas our ancestors were more directly linked to what they actually needed to survive -food, shelter, clothes-we are distanced from our bare-bones, basic needs. We feel out of control, a negative characteristic that can lead to panic. Never before have people with so much been hassled by so little. It's partly because people have little to test themselves against--hence the interest in physical fitness. The danger of thinking of yourself as being very special, in introspection, is that it's only a very short leap to thinking of yourself as being very fragile."

SURVIVE posed the practical question, how can a person help himself learn how to handle a survival situation before he's in one? Can he directly benefit from learning what others have done? According to the experts, one must be able to honestly assess which of his attitudes and behaviors work against him in crises. One needs the belief that you CAN change your behavior. And you need to put yourself in situations where you can practice acting in the new way you have chosen.

Buckminster Fuller said, "Man is meant to survive." We agree. Lest people become preoccupied with preparing for a survival situation, Logan has a word of advice: "I believe that human beings have been destined to survive. In fact, the struggle to survive is what people are good at, or none of us would be here."



SUBSCRIBER Scribings

(Zen states, "When you meet the Buddha, you kill him." In commentary it is interpreted to mean that while you are under any other person's influence you are NOT standing on your own feet. We vigorously agree. One of the requirements for a smooth passage through the changing times ahead is for 'responsibility for self'. It cannot be abdicated to another or to a group. It was with great interest, therefore, that we read the following letter from Updater Dr. Sandy Andron, an expert on exposing the cults.):

As a charter subscriber to The Woodrew Update I am curiously encouraged by the many and varied messages it shares. I say 'curiously' because one might imagine that the scenario it proposes which suggests a transition ahead characterized by turmoil and trauma for many realistically might distress some. Not me. The message is up-beat, and advises that the transition need be neither traumatic nor paralyzing. The recommendations are clear. One need not simply "go along for the ride." We are the masters of our fate and we must take responsibility for ourselves and our actions. Thus we may look ahead with enthusiasm and confidence. The choice is ours.

Yet I have a concern which I must voice. It is over groups who would use our unsettled and unsettling times as a vehicle for creating regressive irresponsibility (and profit at the expense of others). These groups, or cults, offer themselves as a tempting and seemingly acceptable way of opting out of the struggle that faces us as we attempt to bridge to the future. They offer authoritarian leadership, elaborate rules to guide personal behavior and the submergence of self to their own select community. They suggest that escape from this ineluctable fate can be attained or achieved only by a "rebirth" through their group. One can pick up on all the buzz words and catch phrases of today's pop therapy or coping process. They speak of "scientific truths", "inner peace" and "pain engrams", and deal in the ubiquitous 'peer approval' for self-validation. Their occlusive methods of indoctrination manipulate recruits through a very sophisticated acculturation process.

The readers of the Update would do well to beware of any one or any group offering as a passport to tomorrow the abdication of responsibility, today. "Enlightenment"



bestowed by a "benevolent dictator" will not ensure a brighter tomorrow. Personal growth and preparedness - not membership in a cult - is the investment we must make for a better future. And each of us is charged with the responsibility to do his or her part as we collectively prepare for the future.

A Trauma Update

We have written before about the trauma suffered by those caught in a natural disaster (Sept/Oct. '83 Update). Mt. St. Helens provides an opportunity to take another look. When she blew her top on that fateful May day in 1980, the town of Othello, Washington--population:7000--was bathed in two inches of fallout ash and other materials. This town, 140 miles from the eruption site, literally ground to a halt for several weeks.

Paul R. Adams, a counselor at a mental health clinic in Othello, teamed with a Utah State University colleague and recorded the extensive disaster stress reaction among the residents in and around Othello. The researchers compared community data from June through December for the years before and after the ashfall. They found that after the disaster, calls to a mental health crisis line doubled, police reports of domestic violence increased by two-thirds, and mental health clinic appointments, hospital emergency-room visits and clients served by a community alcohol center all increased by about one-third. The District Court caseload went up 25% and the total number of arrests increased 17%.

Ironically, most of the police officers, alcohol counselors and physicians who participated in the Othello study told Adams they did not see any behavioral changes after the disaster. "But when we looked at the data, we saw significant changes that they hadn't recognized," says Adams.

An interesting aside to the study showed that the residents of Othello were making preparations should another eruption or natural disaster occur. Many reported that they had started a food storage program and were learning how to prepare to withstand a period of disruption. We recognize that the residents of Othello had their attention turned sharply to thoughts of survival by that blast, but you Updaters who have been more fortunate and haven't taken any survival measures should really give the subject some thought.



MOUNTAIN MUSINGS

Well, we lost our dog, Atom. He was dead beside the pool when we returned from the Psychotronic Conference in Denver. We suspect foul play since there were no bruises on him and his collar was gone; but we buried him without further investigation. If our suspicions are correct I hope that the person who felt compelled to punish our beautiful friend for trespassing on his property enjoyed his moment of retaliation. Nobody can view the world through another's eyes, so I can only conjecture at the feelings of anger and animosity that individual felt as Atom frolicked on his land.

Atom was the second animal to whom I became emotionally attached in our 32 years of married life. Emotional involvement with an animal seems to be a matter of circumstance and timing. While I have loved and responded to the many dogs we have had over the years and to the myriad species of four-legged friends who reside at Reisha Way, I only felt strong emotional ties to two: a Boxer named Perry, and our Golden Retriever, Atom.

Both arrived in our lives at transitional moments, and both added strength and support as we adjusted and accommodated to new circumstances. They acted as bridges from normal.. through change..to normal; and as such, occupied a special place in our hearts. Perry arrived as Greta and I started new lives together. We had just gotten married, received a discharge from the U.S. Navy, and had moved to South Carolina to begin a working career. He was named for the USS N.K. Perry, the destroyer on which I served during the Korean situation, and he was paid for with part of our mustering-out pay.

Atom joined us two months after leaving our Westport, Ct. home of 29 years - and moving to Reisha Way. He was my constant companion as I withdrew from the rigors of the New York commute and work schedule, and established the pattern in which Greta and I hope to maximize our contribution in the changing days ahead. He was the only one privy to my moments of anguish and trepidation that accompany all change. He shared my rewards and new experiences as our plans began taking shape, and acted as official 'greeter' to all who found their way to 448 Rabbit Skin Road.

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Most of all he was my friend, ever at my side, and never seemed to notice my human frailties. There are two other beautiful dogs on the grounds, an eight-month-old Golden Retriever named Ufo, and a four-month-old Labrador Retriever named Crystal. Either or both would love to fill Atom's shoes (paw marks?) But the period of transition has ended. The circumstances and timing that allowed our special relationship are past. "Atom", our energy burst..."Atom", named for the planets in the Ogatta jorpah (Archa, Tchauvi, Ogatta & Oshan, Mennen)...I will miss you, Atom.

"Think and Relate"

Thallasophy is a cure with seawater. When successful, the cure eliminates the need for pain relievers in cases of arthritis as well as the need for drugs to relieve the symptoms of arteriosclerosis. Although the medical establishment still shuns such "miracle cures", the sea cure, as written about by Hippocrates (whose oath every physician takes), is slowly gaining a new life. There are many places where thallasophy is now practised as it once was in Ancient Greece and Europe: Germany, Brittany, Spain, the Canary Islands and the East Frisian Islands.

On a related note, one of the suggestions given both then and now is to refrain from eating the meat of farm animals while taking the cure of resting in the warm and salty waters. Curious as to why patients are allowed to eat deer meat and meat of other wild beasts but not the meat of farm animals, I found the ancient answer most interesting: "When farm animals are led to slaughter, they develop anguish, and their systems start producing deadly alkaloids--substances that are a thousand times more poisonous than any of the poisons used by the Borgias." A few weeks ago I went to an animal auction. I watched the cows, calves, hogs, and goats being prodded with electrical devices. I saw the terror in the eyes of the animals as they were herded into bins destined for the slaughterhouse. One ten-minute-old calf was numbered to be turned into "veal for baby food" and was (unnecessarily) electrically prodded away from his mother. I listened to his pitiful, terrified cries and looked into his bulging newborn's eyes. **Baby** food?! It made me wonder about this thing called progress. And at least for that day, I chose grilled cheese over a hamburger for lunch.