

# The *Update* WOODREW

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## THE NEGATIVE ION: A POSITIVE FORCE

Unseen 'things' play important parts in our daily lives. Take the NEGATIVE ION, an oxygen molecule with an extra electron attached. When it abounds in the air we are apt to experience a high energy level, a certain calmness and tranquility, an ability to perform tasks better. We learn more quickly. We are more resistant to disease and infection, to fatigue and hypertension. We heal faster and exhibit a higher sexual drive. When the negative ion count is low and the environment contains an excess of positive ions we are likely to fall prey to depression, anxiety or respiratory ills. We become sluggish and we find our energy levels at a low ebb. What are IONS? Negative or positive?

Air ions were discovered independently at the end of the 19th century by English and German researchers. They are positively and negatively charged particles created largely by natural forces: by wind or cosmic rays, by lightning and falling water; by snow and hail; in short, just about any phenomenon with sufficient force to coax air molecules to dance. The negatively charged electron, an unstable character at best, detaches itself and goes in search of a new home. The original oxygen molecule becomes a positive ion; and the electron merges with another molecule and becomes a negative ion. Current estimates are that up to 75 percent of the population respond dramatically to the influence of positive and negative ions.

In 1960 Dr. Albert Krueger of the University of California at Berkeley discovered the primary reason why ions affect humans: they alter the level of a neuro-hormone called Serotonin, dubbed "the ultimate downer." Positive ions increase the Serotonin level bringing on hyperactivity, anxiety, depression and a greater sensitivity to physical pain. Negative ions lower this level. In 1978 researchers at the University of Surrey in England demonstrated that negative ions

effectively increase a person's ability to perform psychomotor tasks, those non-conscious gestures related to fine control and reaction times.

Plunging waterfalls are mesmerizing, soothing. A great part of this effect is due to the falling water spewing negative ions into the surrounding air. Conversely, the increase in illness, domestic quarrels, suicides, murders and accidents that come on the heels of the "Witches Winds" (Santa Ana in California, Chinook in Canada, Foehn in Europe and the Sharav in Israel) are blamed on the positive ions that are generated by, but move ahead of, the hot winds. There are great concentrations of negative ions in the wilderness areas and along the sea coasts, swept by uninterrupted winds from the ocean. Mountain regions are also rich in these beneficial ions. "The higher you go the higher the concentration you get." says Dr. Krueger. Industrial waste and pollution, however, virtually consume ions, destroying many more negative ions than positive ones. Cigarette smoke, typical modern offices and closed moving vehicles also reduce the ion count to dangerously low levels. (Perhaps this is why some airline pilots are putting negative ion generators in their cockpits. Whenever we fly, we stop and ask the pilots if they have one. The answer is either strongly affirmative or total bewilderment!)

What can we do on a day to day basis to ensure a healthy negative ion count around us? Plants raise the vibration and release their negative ions to help create beauty and healthier indoor spaces. There are negative ion generators on the market for home and office use that clean the air and generate negative ions. WE used several of them when we lived in Westport, Ct., a bedroom community of New York City. Others do the same. There is a growing awareness that unseen emissions and radiations affect our well-being.



## MOUNTAIN MUSINGS

The "view from the mountain" can occur in many locations. For two weeks from the end of October through early November my perspective was moved to southern Africa where Greta was a resource for a Young President's conference. As a prelude to the meeting in Johannesburg, we went on a 'camera' safari in the game reserves of neighboring Botswana. It was the experience of a lifetime, to drive among the herds of animals in their natural environments; to observe the delicate balances that have evolved in a particular ecosphere. Species live in symbiosis (together but apart), each taking from the land what it requires and giving back what it must. Each playing its part in the delicate balance that has allowed them to exist and flourish as a species during a period of favorable conditions. It was awesome to move among the lions, elephants, giraffes; the cape buffalo, wildebeests, zebras, impalas; the wart hogs, boks, baboons and many more.

And, it was eye opening to view the changing weather conditions that over the last five years have altered the conditions under which these species spawn. Will the conditions alter so dramatically as to make survival impossible for some? Many? All? Since the formation of our planet, 90 percent of the species that inhabited the earth have fallen prey to changing conditions and have become extinct. We are now in the process of dramatic change.

We wrote of the crisis caused when single-celled life overpopulated and polluted their environment (Sept/Oct. 1983). Multicellular organisms evolved, spawning higher life forms such as the animals we enjoyed in the Chobe and Moremi game parks...the plant life that sustains them...the microorganisms in the soil...and MAN. The mechanism that created that life allows for changing environments.

Science has learned that four nucleotides form DNA strands that tell twenty amino acids what to do. That is what life on this planet is all about. From these specific directions of the DNA spring all living things on earth. Logic tells me that if the conditions that currently balance nature and the environment change, then many of the life forms will also have to change. These changes will come from new directions



given the amino acids by the DNA, developing some new and more highly evolved life forms. The building blocks remain the same. Life appears so complex; we lose sight of how logical and simple it is. It's all happened before. History repeats itself.

With the changes becoming more obvious every day, we look forward with great anticipation to the future. All change has brought progress, and we look to a 'golden age' to succeed these changes. But it will spell the end of some of the exotic species we moved among on our 'camera' safari, and for this I feel a loss and a sadness.

*Dick*



## A BACKWARD GLIMPSE

I have done some "Mountain Musings" of my own since our return from South Africa. In many places I witnessed "Man's inhumanity to man...and Nature's plan..." in full flower. Standing on a plain where eight feet of water had flowed not four years ago gave me pause for reflection on the drought implications for man and beast alike. Seeing the havoc wreaked by deforestation with one's own eyes is not the same as reading (or lecturing) about it.

Hearing the Chief of the Zulu nation state that "Whites have a racist sense of their superiority" and then listening as the leader of the Coloreds suggested that "unless we live together as brothers, we'll perish together as fools," I was touched when State President Botha suggested that "Nothing is more dangerous than a body without balance." If indeed it is true, as one Indian cabinet member remarked, that "the determination to survive in South Africa is incalculable," then the future must bring into South Africa a Commission where all races are represented. This is neither easily nor quickly accomplished.

Futurisms are just futurisms until they come to pass. I do not like giving predictions, as you well know. Nevertheless, I found myself responding to questions on the future economy with an offhand remark that "...the rand will probably fall into the garbage shortly.." and was saddened to see banner headlines 48 hours later announcing that the rand had dropped to an all-time low in its history. Worse, when pushed, because of that futurism coming to pass,

to make a statement about South African politics, I hedged and hawed and finally said, "Hey, let's not talk about the political situation here; let's concentrate on sending good vibes to poor Mrs. Gandhi in India instead." The next morning she was assassinated. Futurisms which become part of history overnight can create quite a furor!

Magic moments on safari: walking to the front door of our timber hut and looking into the eyes of a lioness...watching a herd of zebra stampede within feet of our Rover...observing the antics of the playful baboons within touching distance...seeing elephants cool off in the streams with hippos, crocodiles and rhinos within range. Awesome memories for mountain musings....



## COSMIC REVELATIONS

Science and Miracles! Where is the connection? It's in the definition given by the Ogatta group for science and miracles: "COSMIC REVELATIONS." Is it so hard to imagine our greatest scientists and inventors as channels for 'cosmic information'?

Here is what Science 1984 wrote about Albert Einstein, the greatest scientist of the 20th century. "The Einstein who celebrated his 26th birthday on March 14, 1905, was nobody's candidate for distinction. A high-school dropout, he had squeaked through college with a B average, skipping classes and cramming for final examinations with the help of a friend's lecture notes. Five years had passed since his graduation from the Polytechnic Academy in Zurich, and still no university would employ him. He worked as a technical expert, third class, in the Swiss patent office at Bern."

Yet before the year 1905 was out, Einstein had written six epochal papers that transformed the scientific landscape. Two of them created a new branch of physics: relativity. A third helped create quantum physics. The other three altered the course of atomic theory and statistical mechanics. "Not since the 23-year-old Isaac Newton invented calculus and developed his theory of gravity in the plague years of 1665 and 1666 had science witnessed such a burst of creativity."

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W And what about Sir Isaac Newton? Lord John Maynard Keynes, speaking at the celebration of the Tercentenary of Newton in 1947 said, "His deepest instincts were occult, esoteric, semantic...with a profound shrinking from the world." Columbia University historian Lynn Thorndyke compared Newton's method of discovery "To that of a medium coming out of a trance." Newton himself was astounded by the 'startling nature of his own theories.'

Three other great scientists and inventors, all recipients of a Nobel Prize for Physics (although one rejected it), spent the final ten to fifteen years of their lives trying to develop an electronic device to communicate with 'the other side.' They were Guglielmo Marconi, Thomas Edison and Nicola Tesla.

If all of the knowledge of the universe is available to those who can tune into the right frequency, then it is probable that when the time is 'right' the information will be channeled through. Joseph Whitfield in *The Treasure of El Dorado* writes that "Inventing is a form of channeling. Many of Earth's greatest inventions are channeled through the 'inventor' by a technique which we describe as mental imagery projection. In this technique, an actual picture is projected through the subconscious mind, producing a vibration within the consciousness. The conscious mind translates the projected vibration into a picture image in much the same way as a television set translates and reproduces a projected image vibration." This is what Greta refers to as her 'destiny screen.' It gives her knowledge outside of linear time that would be unavailable to her otherwise, and it is one of the favored methods used by the Ogatta group to impart information to her. COSMIC REVELATIONS!

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W The Newspaper Guild of New York announced its coveted annual Page One Awards for 1984 and our editor, Jill Smolowe, was named the winner in the "Crusading Journalism" category. An Associate Editor for Newsweek International, Jill's cover story was judged as "...focussing attention on a worldwide situation, well documented with specific and compelling instances of wrongs that need to be set right." The Woodrew Update is very proud of its editor (whose by-line appears weekly in 192 countries abroad.)

## "Man's Inhumanity to Man . . .

### MERGING THE EFFECTS OF NATURE & MAN

The intertwining of Man's Inhumanity to Man & Nature's Plan is being recognized by the press. Writing in the Washington Post, Boyce Rensberger drew the two together. "The severe drought and famine ravaging Ethiopia and this year's massive flooding in Bangladesh are not 'natural disasters' in the usual sense but are largely the result of human activity. These are the joint conclusions of the Swedish Red Cross and Earthscan (U.N.-funded). In both countries the decades of poverty-driven misuse of the land have made the effects of natural processes far worse than would otherwise have been the case. In Ethiopia the rain that does fall is no longer absorbed by the soil. Deforestation for firewood has allowed rainwater to run off before it can soak in, washing away productive soils in the process."

In Bangladesh the same cause has led to the opposite effect. The annual monsoon-season floods have been getting worse because of deforestation on the flanks of the Himalayas. Only one-fifth of the water that began flooding the country in May fell from the sky. The rest is runoff that used to keep the upland regions green. This type of human activity has been called:

### *Mining the Soil*

'Mining the soil' is an expression of the 80s. It means converting a renewable resource...our fertile earth...into a nonrenewable one. Soil erosion today has increased to the point where it far exceeds the natural formation of new soil. Increasing population pressures are forcing destructive agricultural practices worldwide, shortening rotation cycles, eliminating alternate-year cropping, reducing proper terracing efforts, and destroying border areas that have traditionally served as checks on erosion. Many traditional agricultural systems that were ecologically stable as recently as mid-century, when there were 2.5 billion people in the world, are now breaking down as world population moves toward the 5 billion mark. Yet NOWHERE has the depletion of the topsoil gained the attention paid to the depletion of oil reserves.

There are no cohesive global studies of soil erosion. The data collected depends

on fragments from around the world. A 1982 inventory showed that 44 percent of U.S. cropland was losing topsoil in excess of its soil loss tolerance level. Papers published by the Soil Erosion Laboratory at the University of Moscow indicate a severe and worsening erosion problem in the U.S.S.R. India estimates that 60 percent of its cropland is dangerously eroding. In short, a senior official of the U.S. Dept. of Agriculture concludes, the global soil erosion problem is "epidemic in proportion."

### *In the Long-Term*

The World Bank reported recently that in 24 African countries which have not had enough food in 1984, food production per person is now in long-term decline, drought or no drought. As a result, in 1988, even if there is a good harvest, no more food will be grown per person than in this year's famine period. Governments and voluntary agencies, foreseeing this, try to keep back some resources for agricultural rehabilitation; but they are under great pressure to come up with quick results. The specter of famine will haunt Africa for a long time, whatever outside helpers do.



### PREDICTIONS

It has been stated that the last bastion of free expression in the western world is the 'newsletter press.' We subscribe to a cross-section of newsletters and glean many ideas and directions from them. From a commodity newsletter comes the following: "Blocked out in the Western press so far is an alert issued to the world by Soviet scientists: The Russians claim that a giant asteroid tagging along with Haley's comet could hit earth in February 1985. The Soviets have named this asteroid, 'Ivan the Terrible.' Ivan is 75 miles in diameter, So, even a near miss would cause disastrous natural upheavals on earth."

Dr. Michael Grove, a Wisconsin astronomer, has noted that Ivan's collision with earth would cause floods, tidal waves, volcanic eruptions, tornadoes, earthquakes and generally wild weather.

We described Greta's cosmic view of a comet striking the earth (Updates Jan/Feb '82, Pg. 6 and July/Aug '84, Pg. 3). There has been no indication, however, that the event described above is the same.



## ... and Nature's Plan"

### Earthquake Predictions

The U.S. earthquake watch always seems to point to the west coast and the San Andreas fault. Understandable. The San Andreas fault system is under considerable accumulated strain. Recently, however, a grant was given to the Central U.S. Earthquake Consortium to compile an emergency response plan for a major quake along the New Madrid fault which would directly affect the states of Missouri, Arkansas, Illinois, Indiana, Kentucky, Mississippi and Tennessee.

The strongest quakes known in the United States occurred along this fault in 1811 & 1812, and there hasn't been a significant quake there since 1895. Researchers say that with each passing year, strain accumulates on the fault, and the probability of a repeat event increases. They anticipate another major quake, magnitude 7.5 or greater, to be likely before the end of the century. Because the crust in the eastern states is much more rigid than in already fragmented areas such as California, damage would be much more intense, and would extend over a larger area.

#### The Richter Scale

The Richter scale, which measures the magnitude of earthquakes, ranges from 0 to 8.9. Each whole-number increase in the scale represents a tenfold-increase in a quake's magnitude. Thus, the magnitude of an earthquake measuring 8.0 on the scale is 10,000 times greater than one measuring 4.0 on the scale. Because each whole-number increase also represents roughly 60 times more energy released, a quake with a magnitude of 8.0 releases 10 million times the energy of a tremor measuring 4.0.

### PREDICTIONS CORROBORATED

Through his 1970s predictions, Dr. Iben Browning was most instrumental in awakening us to the possibilities of change on the planet. For those of you not familiar with Dr. Browning's work, he is a climatologist of national reputation. We listened with great interest to his words at business meetings where he held forth as the only non-business resource. His 1970s predictions included: The Soviet Union will be unable to feed herself for the next hundred years... The farmers in the USA will find themselves

in grave financial straights in the 1980s and half of them will be forced into bankruptcy...Canada, a major grain exporter, will find that by the mid to late 1980s it will no longer be able to produce for export...Volcanoes, long dormant, will raise their fiery heads. He based his predictions on historical cycles and changing weather patterns. Many of his forecasts have come to pass, and others are now achieving visibility.

### A U.S. Farm Update

The USA is oft called the 'breadbasket of the world.' There is probably no place better for growing grain than the American midwest with its rich black top-soil. But all is not rosy in this agricultural Eden. Since 1981, around 20,000 farms have gone bankrupt and been auctioned off. America's farmers owe more money than Brazil and Mexico put together. The farm debt has risen from under \$50 billion in 1970 to \$190 billion in 1984. (When a farmer has debts equal to 40% of the value of his farm, he will owe more in interest than he can earn from the sale of his crops.) Total farm income rose dramatically from \$130 billion in 1971 to \$186 billion in 1979 (exclusive of capital gains) but it has slumped just as spectacularly since 1980 to about \$139 billion. The world's breadbasket appears to be hemorrhaging.

### A Canadian Update

The predictions of the crop yields in Canada are now front-page news. The Wall St. Journal of 9/10/84 had this report: "Canada is being forced to reduce its grain exports this year because of low stockpiles and the poorest harvest in four years. The country's spring-wheat crop, down 25% from last year, was hurt by drought and a grasshopper infestation. The low supplies mean Canada will have to restrict its grain sales this year to its traditional customers." Finally, an aside: "Canada estimated that its durum wheat crop would drop 20% from last year's level."



Our interest in Dr. Browning's predictions are more than idle curiosity. We have been troubled by the question, "How will Planet Earth fare as it lapses into a FOOD-DEFICIT condition in the late 1980s, when one-fourth of its population is inadequately fed during huge food surplus periods?"

## Thoughts on YOGA

I reread some of my notes which spanned two decades of study with my teacher, Blanche DeVries, the leading exponent of Yoga in the Western civilization. I would like to share with you some of her statements and theories.

The first and last lesson of Yoga is the attitude of mind and heart. The aim of Yoga is to unite mind, body, spirit. The reward of Yoga practise is the conversion of physical energy into mind power. The practises give a definite sense of control and raise the levels of conscious awareness. These practises are not to be done competitively, to exhibit to one's friends, to expand the ego. While each of us, according to our temperament, must find the best mental approach, it should be one of self-surrender. Quiet, but joyful. Concentrated. Never strained. Outer control of the body is a means of regulating the inner functioning.

Energy exists all around us. While energy is the current that drives the motor, unless it is brought under control and wisely directed it is of no practical use and may burn up the motor that produces it. How well I know this as a channel. To be successful we must apply energy intelligently. A way should be found to augment rather than deplete our faculties: emotional, mental, physical. A method **does** exist which develops energy and at the same time enables us to direct the power it produces. DeVries taught her students how to conserve energy through the basics: (1) Correct breathing (pranayama), (2) Correct spinal posture (asana) and (3) Use of abdominal muscles (shakti nadi). Combined with simple limbering-up exercise and relaxation postures, I slowly developed and controlled the muscular system and nervous system (which the Yogis call "the soul of the body").

Psychologists say that it takes a 90-day cycle of intensive work to establish thoroughly a new habit pattern. By doing the same thing at the same time each day, a pattern is set and reactions become automatic. In habit the powerful aid of the subconscious is harnessed for constructive use. Daily practise also builds moral stamina and energy. This has carried over for me in my aerobic walking program.

Yoga is not a philosophy though its practise will lead the way to a life that is philo-

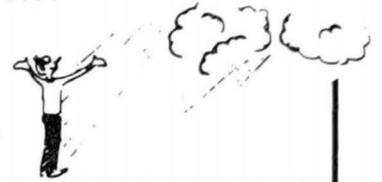


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sophical. It is not a religion and it is not confined to any particular creed or dogma. There is no "instant Nirvana"... or instant ANYthing. One works hard for what one gets out of Yogic studies. What I received on the mats of my teacher's classes was rhythm and a feeling of well-earned well-being. I learned that in order to walk, one must first crawl. In order to meditate, one must first learn to concentrate...and have something on which to contemplate. Together we were able to "put the world together now and then into an unbroken piece and to contemplate it Whole."

DeVries was laid to rest on her 93rd birthday. Her lessons go on...

## A COSMIC FAIRY TALE



Instrumentation is starting to open the door to activity in the cosmos. An article sent by an Updater starts with the fairy tale opening, "Long ago, in a distant galaxy, a massive star exploded." And like a good fairy tale the time period wasn't given. "It may have been 500 years ago or it may have been 3,000 years ago." But what is this story all about? It's about the remains of an exploded star located 150,000 light years from Earth in the Large Magellanic Cloud galaxy and called a PULSAR. Now, pulsars, like all good fairy tale characters, are never known; they are 'believed to be'. In this instance pulsars are 'believed to be' what's left when a star at least eight times the size of the sun "is blown to smithereens" in a supernova explosion. The core that remains is made up of neutrons...electrically neutral subatomic particles...in an incredibly dense ball about 20 miles in diameter. The fairy tale bulletin board says that "a spoonful of this matter would weigh 250 million tons" and that a pulsar is a type of neutron star.

What makes this tale more exciting than most other pulsar stories is that this is only the third pulsar out of about 500 tracked to date that emits visible light. Pulsars have a magnetic field about a trillion times stronger than Earth's magnetic field. So spake a Los Alamos National Laboratory astrophysicist; and so the Associated Press distributed it. And so much for another cosmic fairy tale. We happen to find such tales thought-provoking and indicative of progress.



## TOWARD A FINER CIVILIZATION

A most active Updater is Leigh Donahue of the Centric Foundation. We share with you her following thoughts:

Basic to the causes that have made near-term catastrophies inevitable is the fact that human effectiveness has not kept up with technological progress. Current knowledge states that the pattern the adult will follow (and the physical and mental abilities he will attain) are firmly set between his birth and the age of six. Insights into our problem can be gained by examining this period in life.

Today's adults have been raised under conditions that thwart the instincts and retard the abilities to learn. It starts with birth when we damage his eyes (in the hospital) with the brightest lighting possible, although he has been all his fetal period in complete darkness. We then take him away from his mother on whom instinct tells him to pattern and prevent him from the instinct to suckle the moment the cord is cut. We then wash him, removing the anti-septic in which he arrives; we weigh him, measure him, footprint him, dress him, and then stick him into a sterile crib to make what peace he can with this new and hostile environment.

What abilities and instincts survive this fracturing entrance into the world are quickly destroyed by confinement..cribs and playpens that inhibit his attempts to creep and crawl to ever new and exciting goals; abilities that he must utilize not just sporadically but constantly in order for the nervous system as well as the muscles to develop fully. Sterile toys are provided which he quickly examines..learns..and discards. We "protect" him from exploring and tasting and touching and learning with "no-no's" and hand-slaps. Then, the structured environments of nursery schools and kindergarten are so restrictive that his remaining learning potential is nullified by at least 50%.

It is to this structuring of the early natal period, a structuring that has increased exponentially over the past sixty years, to which we must attribute the characteristics seen in the majority of present-day adults that make catastrophe inevitable.

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The Institutes for the Achievement of Human Potential in Philadelphia, Pa. have done revolutionary work in exploring the methods by which our young may be freed from the restrictions this civilization has placed on them. Director of the Institutes, Glenn Doman, has written three books that should be invaluable to our pre-and-post-catastrophe efforts: "How to Teach Your Baby to Read", "How to Teach Your Baby Math!" and "How to Increase Your Baby's Intelligence", put out by Pocket Books. (Thanks to the Donahues, I read the former two with mounting excitement and can only hope that our unborn grandchildren will be privy to the methods described.)

Doman and his cohorts began their work in the '60s with retarded and brain-injured children. Their methods were so dramatically effective (bringing the brain-injured and retarded not only to normal condition, but in many cases to high IQ levels and top physiques) that they decided to try the methods on the average "normal" child. The results have been fantastic. If we are to create a better world for the future.. "a brighter tomorrow"..our preparations should surely include attention to this cause of our present day inadequacy.

### UFOs ... On Space Beings

As shown by the Brewster, N.Y. conference, more and more credible people are observing UFOs. More scanning instruments are detecting 'spacecraft' with performance characteristics not familiar to our scientists. Why don't the drivers of these craft come to the foreground and express their technology and guidance? Why must it always be through a 'veil of remoteness'? Here is an answer given by the 'Good Doctor', Andrija Puharich.

"First, they do not want mankind to realize that all he is struggling for is already known. Man has to discover everything for himself anew just like a child does as it enters society. This attitude illustrates the fundamental principle of not violating anyone's free will. Second, they are here in a role intended to be as unobtrusive to our lives as the midwife is to the consciousness of the child she is helping to deliver into earth life. Third, the role of the space beings is very much like that of a catalyst in a chemical reaction where a field effect is exerted to promote the reaction, but the catalyst does not enter into the reaction itself.

I conclude that the purpose of "space beings" influence and presence on earth is to stimulate man, without violating free will, to transcend his emotional and materialistic way of life by the use of his will to bring his mind to overcome matter. They are here to aid man in a difficult birth process, and have zero intention of exploiting man, animals or earth. This in effect is an opportunity and a test for the future viability of the individual and his continuing participation in the higher evolution which leads to union with the Creator."

### AN IRAS VIEWPOINT

The Infra-Red Astronomy Satellite (IRAS) turned up a huge, peculiar galaxy which generates more heat than light. Without the IRAS the galaxy called Arp-220 appeared so dim that it was barely visible through ground-based telescopes. The studies, announced at the annual meeting of the American Astronomical Society, described a galaxy in which 99 percent of its radiation is emitted in the infrared portion of the spectrum, a portion that is blocked by the earth's atmosphere. Located 300 million light years away from us, the galaxy is 100 times brighter than the Milky Way and is estimated to emit as much light energy as 2 trillion suns. The Boston Globe reported that astronomers find discovery of this galaxy exciting because it adds "a puzzling new member to the extra-galactic zoo." We wonder what advanced life forms exist and flourish in this environment so totally different from our own.

### ☎ "Reach Out and Touch Someone"

It is an incredible fact that with 12,000 copies of ON A SLIDE OF LIGHT sold, I have received and personally answered over 6,200 letters from all over the globe. Mail continues to come in on the average of a dozen letters or more each week. The phonecalls are a daily event: long distance calls from people who have read the book and want to know..to ask..to touch..to share. Most of the calls deal with some aspect of healing and a holistic approach to physical problems. (And, of course, whether or not the Ogatta group can/will participate in their specific cases of healing. They become agitated and often belligerent when I explain that I never ask for specifics from the Ogatta group for me or anyone else...and that I cannot conjure them up like genies

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W at will!) When there IS a cosmic connection during any session, the energy transfer is beyond human description as those who have had such an experience can testify.

Words limit the ability to portray the moments spent with the E.T.s. How the eyes of the channel grow large, luminous, golden, love-filled. How the body takes on exquisite alien characteristics and performs physical feats of which the human frame is incapable. How heat or cold manifests to the recipient of the energy transfer. How one feels after the experience...and never forgets that sensation of wellness and oneness with the universe. Close encounters...

Thereafter, those who are capable of reconstructing their beliefs suffer a psychological death and yes, the possibility of social ridicule. But they are reborn into a new reality. In so advancing, they become "architects of the future" who can think and relate lucidly to the Scenario breaking open before their very eyes. While there is no mysticism when dealing with the Ogatta group, there IS a mystique, wondrous and awesome. These benevolent and technologically advanced entities bring with each visit a special kindness...awareness...humor...a 'knowing' which leaves a fragrance which lingers on the very soul. They bring lessons for today and hope for a brighter tomorrow. When they speak of Man's inhumanity to Man and Nature's plan, they do so with heartpiercing sadness.

"You are on schedule," they reiterate when we question our meager progress. Fritzof Capra writes about leaders..and limits of belief. Has yours been stretched? Are we on target? Are we creating a meaningful echo? Are we all expanding our awareness and reaching out to help others do the same? Dick and I have questions just as you do. Life goes on. I answer the mail and the calls and devote a great deal of time to healing and other projects. And always, always I trust that our altered lifestyles will catalytically escalate differences for others. For you.

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The philosopher Schopenhaur wrote, "There are three stages in the revelation of any truth: in the first, it is ridiculed; in the second resisted; in the third, it is considered self-evident."

**"Nothing should be prized more highly than the value of each day."**