

# The *Update* WOODREW

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## ON AN ALIEN ENVIRONMENT

Looking out at our mountains today brings thoughts of Shangri La, the fabled valley in the Himalayas. The cloud formations are below eye level and the green mountain peaks are etched in a haunting shadow of sunlight. So foreign is this magnificent setting to our earlier life that we feel almost alien to its beauty...an alien environment!

Thoughts of alien environments take us into the cosmos, to other planets, to other star systems, to other galaxies. It's hard to consider an Earth environment as alien. Yet, the man-made environment we started less than 100 years ago must be classified as alien to all the species that evolved within the natural energies of the sun. We've added radiations of energy that change the environment, upset the balance of life, and probably contribute to the stress that is awash on the planet.

Our use of electricity, for instance, spawned giant grid systems that transport high voltages of electricity great distances. High tension lines that carry 250,000 volts of power create negative or stressful effects several miles from the line. We transmit radio waves and lesser frequencies in the extremely low frequency (ELF) range. We chemicalize our soils and reduce the life forms within the ground that keep the soil healthy and productive. These chemicals leach into the water systems that supply our cities, towns and villages, making 65-70 percent of these water systems suspect and in need of processing. We've done all of these things in the name of 'progress', but the consequences make it look more like 'regress'.

In the Jan/Feb '82 Update we wrote about microwaves and their macro effects. We talked about the bioeffects of overexposure to these microwaves, the controversy surrounding them, and the varying standards being

applied by nations around the world. That controversy still rages. In the U.S.A. we produce microwave ovens that emit radiations ten times the standard allowed in the Soviet Union where microwave radiation is limited to 1,000 microwatts per square centimeter. Is this conjecture on their part...or negligence on ours?

We hold conferences to pin down the effects.. if any..from the radiation fallout of computer terminals and television sets. We recognize that 3-4 million radiations pass through the very room we currently occupy. Do any have an effect upon us? Positive? Negative? Many species are seeing their reproductive cycles disrupted and threatened by our man-made environmental changes. Without a normal reproduction cycle, a species can become extinct within 50 years. It's not only the exotic species in the diminishing wilderness areas that are affected. Man appears to have joined the crowd. The average sperm count of a young healthy male is reported to be 50% lower than it was 20 years ago. Blame it on the toxic environment. But attribute it to an alien environment!

On our mountain, on a wonderous day like today, it's easy to lose sight of the changes in process. Everything appears tranquil and idyllic. But, like Shangri La, when you leave the shelter of the mountain, you must face the consequences of man's 'contribution' to the pending changes.

And yet, it's all happened before. 90 percent of the species that we know once inhabited the earth have gone to extinction. And how many, we wonder, don't we know about? The scientific community is beginning to recognize definite cycles and patterns to these periods of extinction. History repeats itself...monotonously. And, at the end of these cycles, the earth and its species have always advanced another notch on the scale of evolution. We are ready to 'advance' again....



## On "Nature's Plan" MOUNTAIN MUSINGS



It's June and the final frost of winter seems to be behind us. I've returned from a few days in central Florida where the temperature dip to sub-zero levels killed most of the orange and grapefruit trees. The journey south along I-4 from Orlando is a drive through the graveyard of the citrus industry. Both sides of the road are lined with orchards of dead trees. It's eerie to see. The assets of many hardworking citrus growers have evaporated with 'Nature's plan'.

The three counties around our home, 'Reisha Way', have not been spared either. Everyone is assessing the damage caused by the 36-hour January chill that saw readings dip into the minus 20s. Many species of plants that have survived 'happily' in the area for more than a century were devastated. All of the boxwoods, all species of holly except those in the wild, many of the hybrid azaleas and many, many more were wiped out. Some life appears to be breaking from the roots of some of the 'dead' plants, but it will take years and years for the plants to regenerate and grow...and then only if we don't have a repeat of this year's deep freeze. We have many dead shrubs to dig out and replace. Because we believe the weather extremes will increase and deepen in the years ahead, we will limit our selection to native-grown stock in species that have their genesis in the immediate area. We're fortunate to live in mountains that spawn many of our favorite shrubs.

I spoke with the wholesale nurseryman from whom we have been getting material. He reports that the calls from retail nurseries for merchandise are frantic. Many suppliers are unable to fill the retailers' needs, as they too were hit. I'm sorry to say our nurseryman has changed his policy from full replacement of stock purchased within the year to one of explaining his own plight. In November we planted seven Canadian Redbud trees and a Weeping Cherry tree among 18 trees used to landscape the hill we reshaped for the storage cellar. Only two of the Redbuds survived. It is our loss. I can't blame the man. The first rule of business is survival. The signs of 'Nature's plan' are to be seen everywhere. Look around your own area for telltale signs.

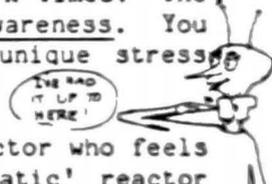
## The Big "IT"

Remember Clara Bow of the silver screen? She was called "The IT Girl." She had "it"! "It" was not anything you could hold in your hand. "It" was a feeling, an aura, a combination of circumstances, a certain something that made Miss Bow unique. But in actuality, there was no "it".

"It really gets to me." "I can't take it any more." "It's rough...it's tough." How often do we say or hear these things? And what, exactly, is this ubiquitous "it" which is such a stressor? There is no "it". There is you..and me..coping or not coping with life's complexities. We either take hold or we do not. No, there isn't any "it". An Updater recently wrote and asked what one thing most concerns me these days. I didn't have to think long and hard to answer stress! As science probes more deeply into the mind/body connection, it is discovering how the pain of stress occurs and, even more important, how you can deal with it. Stress is not what happens to you, but how you handle events in your daily life. Research shows that those who handle stress best "have a commitment to work, a sense of control over their lives, and the ability to see change as a challenge." Continuing to quote Daniel Goleman who reports on behavioral science for the New York Times: "The key to long term relief is awareness. You need to identify your own unique stress style."

You're either a cognitive reactor who feels stress mentally, or a 'somatic' reactor who responds to meditation, doing a crossword puzzle, or reading a good book. Physical stress is helped more by jogging, massage, deep-muscle relaxation, or a hot bath. A physical activity that demands focused attention gets at both tension sources."

Our lives take on new dimensions when we sadly contemplate the Scenario as given to us by the Ogatta group: "Due to Man's inhumanity to Man...and Nature's Plan...there will be changes on the face of the planet." These changes are coming clear in too many ways. It is my opinion that they will deepen, not lessen, in the foreseeable future. We cannot handle these changes unless we stay balanced, rooted, stable. This is what is meant by survival. So yes, I am concerned about this thing called stress. If my writings appear repetitive, it is deliberate. How are you handling "it"?



## Healing Hands

Today they call it therapeutic touch. Yesterday they dubbed it touch for health. Long ago they referred to it as the laying on of hands. I just call it "healing." Healing comes from the Anglo-Saxon word 'haelan' meaning to be whole or to make whole, and 'wholeness' can facilitate healing since it is an integration of body and mind.

Many remain skeptical of a healing's benefits but among its effects have been the relief of pain, reduced anxiety, increases in the amount of oxygen-carrying hemoglobin in the blood, adjustments and alignments of bones, and changes in brain waves as well as at cellular levels. Most of the people with whom I have shared a healing session acknowledge a warm sensation during the "energy transfer" which is involved.

In our last Update we had a beautiful article from Dr. Bernard Grad whose support of healing is paramount. While a biochemist at McGill University, he indicated that "...some physical agent, an energy, was responsible for the apparent effects." What were they? On March 26th, The New York Times science section had a banner front page headline proclaiming, "Laying On of Hands Gains New Respect." It revealed portions of an interview between Dr. Grad and writer Jane Brody: "Dr. Grad's controlled (lab) studies indicated that laying on of hands, without actual physical contact, could increase the rate of healing in mice and the rate of growth in plants. In the plant studies, the healer applied the treatment to the flask of salted water used to water the seedlings. In the mouse studies, the treatment was applied to the container that housed the animals."

The article also described the work of Dr. Janet Quinn, assistant director of Nursing research at the University of South Carolina and of Dr. Dolores Krieger, professor of nursing at New York University. Two resident doctors from NYU came here a few weeks ago with a Californian colleague to learn something about healing and energy-transfer. The latter writes, "One of my patients right now is a 14-year old girl in a coma. I spoke with her parents about passing energy to her - as you taught me to do - and they are doing it now! It will be interesting to see how this works out."

What do we actually do in a healing session? It all begins with 'centering' or 'rooting'

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or just focussing oneself on the intent to heal. The healer becomes at one with the patient. It is almost like an altered state of consciousness, an intense concentration. All extraneous thoughts are suppressed and the focus is total. That's the key...and it is not easy to do at first. The ego wants to intrude. It is, however, only a state of total detachment that allows the healer to (A) act as a channel for the energies to flow evenly and without distraction and (B) thereby not take on any aspect of the illness of the patient. The healer is merely the conduit through which the energies flow.

Can anyone be a healer? I believe so. Most mothers are healers to their children without even recognizing it as such. Many a fever has gone down through the medium of the mother sitting and rocking with the child, stroking his hair, murmuring loving words, humming softly. She may not be consciously aware of the pure energy-flow she is sharing. The recipient of such an energy exchange many times will verbalize his or her feeling of the 'heat' from the healer's hands. Or the love.

I devote many hours each week to the healing arts. I am not a doctor. I am one (of many) who is able to concentrate fully and without distraction on an ailing person, and send to them (either in hands-on or by remote viewing) a potent energy exchange. If some choose to call the results 'cures' or 'miracles,' that is their view. I call it healing through the ability of bringing a DIS-eased body back into ease..into synchronization..into proper frequency and harmony with its discordant parts. We can all be healers and we should all harness our energies that we might share them with our fellowmen in the troublesome times ahead. It takes practise. It takes caring. It takes time. And it's worth it all. The times when there are successful healings, no one is more fulfilled than the healer. Maybe that is why I have always made it a point to say "thank you" to the patient. After all, we have shared precious time and energy, and that is a two-way street worth trodding.

## *On the Lamm*

Colorado Governor Richard Lamm is a politician who 'calls them as he sees them,' even though that's not always the politic thing to do. (It was his splendid "2005 A.D." address that we sent to you for the Holidays.) In an article for Playboy, he wrote,

"I believe we are now heading toward a gloomy future filled with major economic, political and social traumas. It's not that we can't alter that trend, but we won't. Thus we are careening toward disasters of our own making...there are no easy solutions. Our country's problems can be solved only by a series of very hard choices. In the U.S., politicians have traditionally been able to spend entire careers distributing a growing pie; thus, they're good at distributing pleasure but not at allocating pain."

He was no less blunt about the Social Security system and the multi-trillion dollar imbalances it faces in the next 75 years: "We have made promises and raised expectations beyond our ability and that of society to deliver."

## What Is HOMEOPATHY?

Homeopathy is a medical science that uses extremely small non-toxic doses of plant, mineral, animal or chemical substances to treat conditions caused by overdoses of these same substances. The medicines are prescribed specifically for their ability to create symptoms similar to those experienced by the patient. It works with, not against, the self-healing effort.

Homeopathy is based on two principles: Like cures like, and less is more. More specifically, homeopathic remedies always create in healthy bodies the very symptoms they are intended to cure, and the effect of the medicine is inversely proportional to the quantity. Homeopaths interview patients at length to identify the unique symptoms, then look for the substance in nature that has the matching toxicology.

Homeopathy has been around for a very long time. Hippocrates wrote in 4 B.C.: "Through the like, disease is produced, and through the application of the like it is cured." Samuel Hahnemann, an 18th-century physician and chemist, formalized that formula and discovered what he called the "Law of Potentization." Potentization is what is done to the substance prescribed for treating the illness. To make a medicine, a grain of a particular substance is added to ten parts of a neutral substance such as water, alcohol or sugar, then shaken and mixed so that it releases the substance's active energy. The resulting mixture is called 'potency.' Each time the process is repeated, the potency increases by one and can go up to 100,000. The lower the quantity of the substance

*W* in the dose, the stronger and more potent its effect.

The explanation for this inverse effect is that the power is not in the substance, but in its pattern. The further diluted the material, the greater the power of the pattern, the pattern being its genetic code. Hahnemann believed that there was a field of energy surrounding each living or inanimate body. In each case this essence generates a 'pattern' which can be captured by diluting the original substance. Mark Gellert, a homeopathic practitioner, says, "By spreading the substance apart, we are releasing essential energy, the energy of its essence, and making that energy available to the human body." When the remedy is extremely weak (highly potentized), it meets no bodily resistance. In short, the more the substance is diluted, the stronger it becomes.

Despite the sound principles underlying homeopathy, it is a discipline unfamiliar to most Americans. This was not always the case. About 150 years ago, Homeopathic medicine was a popular and thriving alternative to conventional medicine. At the turn of the century, 25% of urban U.S. physicians (over 15,000) practiced homeopathic medicine. There were 22 homeopathic medical schools, 100 homeopathic hospitals and at least 1000 pharmacies dispensing homeopathic medicines. Homeopathy attracted people like William James, John D. Rockefeller, Samuel Morse, Henry Wadsworth Longfellow, Harriet Beecher Stowe.

In 1884 homeopathic practitioners formed the first national medical association in the United States, the American Institute of Homeopathy. As a direct response to this action, the American Medical Association was founded in 1846 with its primary goal being the elimination of all unorthodox healing practices, homeopathy in particular. For the physicians found guilty by his peers of consulting or practicing homeopathy, it could mean expulsion from the AMA. By 1900 the AMA had effectually eliminated all homeopathic competition.

The American disdain for homeopathy has not traveled across the Atlantic. In Great Britain, its popularity is growing, in large part because the Royal Family has been treated by homeopathic physicians since the early 1930s. Queen Elizabeth has a Resident Homeopath to treat her and the Royal Family.

A recent survey by the Dutch government states that at least 20% of the country's population uses alternative methods including homeopathy and acupuncture. France reports that 20% of all prescriptions and drugs are homeopathic. Homeopathy is also popular in Mexico, Brazil, Argentina, Germany, India and the Soviet Union. Perhaps it is time for American doctors to reconsider.

(Researched & written by our Updater stringer-Cheryl Ackerman)

## GENETIC UNIQUENESS



In our very first Update, Sept./Oct. '81, in an article entitled "Psi & ETI", we recounted the experience of Daniel W. Fry, PH.D., with an extraterrestrial group that told him, "Your location makes very little difference in our ability to contact you since we have recorded your exact frequency pattern." The Ogatta group confirmed this by telling us, "Every human on Planet Earth has his own electromagnetic print."

Science shows each human to be unique in the amounts and types of proteins he manufactures. Now, advances at Leicester University and the John Radcliffe Hospital, Oxford, England, show the absolute uniqueness of each individual. From the Manchester Guardian: "Scientists have discovered a method of identifying people by their genes - a genetic "fingerprint" so precise it can even tell you who your father is.

For the police, it could mark the biggest crime advance in detection of crime since the discovery of fingerprints in 1901. Thieves could be identified from the genes in a drop of blood, rapists from the DNA in a single sperm. But the most important benefit could be in the detection of inherited diseases like cystic fibrosis. The method should accelerate the process of finding the genes responsible for diseases, and enable scientists to track carriers and sufferers through the generations."

## Sounds of an $\Psi$ Updater

In the Nov/Dec. '83 Update, Steve Halpern shared with us his great lesson from the Ogatta group which changed his music. He now has some new music, THRESHOLD, which is 'music born out of deep silence.' He writes: "In the recording studio, which is an anechoic chamber (and thus produces the deepest silence outside of caves and

audiology labs) I was exploring sounds on my new synthesizer. All at once I tapped into one particular combination of timbre and echo that spiralled me into an altered state, in which I 'heard' the rest of the orchestration, which includes angelic choirs, ancient and futuristic instruments, and more. It was a profound experience for me as a musician/composer, and one that seems to trigger the same inter-dimensional translation any time I listen carefully to it with headphones." New Halpern sounds, and how they come into being, are always of great interest to us.

Speaking of Updaters, we had the pleasure of introducing Chris Bird at a Dowders Conference a few weeks ago. He told us he is now collaborating on "TOP Secret Life of Plants". That news gladdened our hearts since it will pick up where "The Secret Life of Plants" left off in research; a **must** for any library.

## On POWER and FREE WILL

The over-riding rule of the cosmos, as explained to us by the Ogatta group and confirmed on many occasions, is the exercise of FREE WILL. Don't abdicate responsibility for yourself! Don't look to others to give you answers where your life is concerned! High on the problem list today are the areas in which the individual's free will is abridged. We cannot progress if we do not make our **own** decisions. Harry Schultz, in his last International Letter, rails against the bureaucrat who exercises his power to abridge our freedom of action: "Most bureaucrats have absolute authority in some little area. In their 3 square feet of office space into which you come, they are monarchs. You are a serf. They dictate if you shall have a building permit, if you get a driver's license, passport, visa, admission to a country, your baggage cleared, etc. In the taxation arena, they flex their muscles and terrorize."

Eisenhower warned against 'the potential for a disastrous rise of misplaced power.' Back in 1907 Lord Acton wrote: "We must not abandon our fate to an authority we cannot control." Yet, bureaucrats have taken over. While mankind worried about an evil man coming to power at the top, thousands have come to power at the bottom, and now have control of our lives. President James Madison gave us the ultimate guideline: "The truth is that all men having power ought to be mistrusted."

# THE HOLLOW EARTH



"The Hollow Earth" is a book loaned to us by a fellow Updater, written by Raymond Bernard, Ph.D., and published by Bell Publishing Co., a division of Crown Publishers. Its thesis is that the Earth is hollow, not a solid sphere as commonly supposed, and that its hollow interior communicates with the surface by two polar openings. {Reference the May/June Update where we spoke of underground cities and passages.}

The theory of a hollow earth was worked out by American writer William Reed in 1906 and extended 14 years later by another American, Marchall Gardner. These theories found confirmation in the Arctic and Antarctic expeditions of Rear Admiral Richard E. Byrd in 1947 and 1956, which penetrated for 1,700 miles beyond the North Pole and 2,300 miles beyond the South Pole. The treks extended into previously unrecorded iceless territory, extending inside the polar depressions and openings that lead to the hollow interior of the Earth. Bernard contends that Byrd's discovery is today an international top secret.

Much of Bernard's proof revolves around the animals and birds who migrate north instead of south. When explorers followed these migrations they found a great wealth of animal and vegetable life, and a **warming trend** in the surrounding waters. Some of the examples cited were: Sverdup found so many hares around 81 degrees north latitude that one inlet was called Hare Fiord; Franklin saw large numbers of geese migrating to the north, at a high latitude, indicating land there; no matter how far north the explorer goes, he always finds polar bears ahead of him, and they are always on their way north; at latitude 82, Kane found butterflies, bees and flies, as well as wolves, foxes, bears, geese, ducks, water-fowls and partridges.

Bernard concluded that there is a large population inhabiting the inner concave surface of the Earth's crust, composing a civilization far in advance of our own in its scientific achievements! He also said that the existence of a polar opening and land beyond the Poles is probably known to and kept quiet by the U.S. Navy, which financed Admiral Byrd's two historic flights. More fuel for belief in the hollow earth theory comes from NASA and the U.S. Space

program. "Incredible as it may seem, a number of satellite photos of the Earth released to the public as early as 1967 show evidence of what appears to be a deep depression into the Earth in the North Pole region." says William L. Brian II in his book, MOONGATE; SUPPRESSED FINDINGS OF THE U.S. SPACE PROGRAM. "A photograph of the Earth taken by the Dept. of Defense Gravity Experiment (DODGE) satellite showed a flat spot in the Earth's outline about 1,600 miles across in the North Pole region. It looks as if a large part of the Earth had been sliced off and thrown away. Another picture, taken in 1967 by the Applications Technology Satellite III from its stationary position over the equator above Brazil from 22,300 miles out, shows what appears to be the outline of a large depression or hole in the North Pole region. It is important to stress that the DODGE photo and the ATS III photo were taken from slightly different angles, at different distances above the Earth, and at different times."

The author states that NASA is involved in a giant cover-up. "It is not surprising that photographs of the Earth released to the public after 1967 do not show evidence of this entrance or depression, nor does it seem to be a coincidence that satellite pictures taken over the poles are not readily available to the public. One response to the author's request from the NASA Technology Application Center was, "We do not have any satellite images taken over the poles." It is common knowledge that satellites exist which are in orbits near the poles, and photographs should be readily available."

The Hollow Earth....fact or fiction?

## A Better View of the Cosmos



Our view of the cosmos will broaden greatly late next year when the Hubble Space Telescope rides into orbit aboard the space shuttle. It should revolutionize optical astronomy. Three hundred miles up, free of the constant shimmering of the Earth's atmosphere, its 2.7 meter mirror will be able to see objects 50 times less luminous and resolve objects 10 times smaller than any optical telescope has been able to do. One of the priority jobs of this Space Telescope will be the search for extrasolar planets, to this point only conjectured on by the scientific community. And who knows what other wonderment this broader view of our universe will provide..!

## The Breath of Life

"Listen!" I tell my audience. "Ssh, listen to the bird." And then after a pause, I quietly ask, "How many of you are holding your breath?" 90% of all the hands go up. We don't even know how to listen to a bird sing while breathing properly. My teacher, Blanche DeVries, impressed the importance of breath..prana..on all of her students. "Breath is life! Learn to breathe properly and you will live longer, more healthfully and more happily," she would repeat. Yogis have long known that it is possible to alter one's emotional state by breathing smoothly--something most of us do not do.

We breathe through one dominant nostril at a time with resulting changes in thought patterns. (Breathing through the left or right side of the nose triggers activity in a corresponding hemisphere of the brain.) In March, The Tarrytown Letter quoted the following: "Dr. Pierre Flor-Henry of the University of Alberta, Canada says the right hemisphere of the brain processes negative emotions while the left processes positive ones. Further, David Shannahoff-Khalsa of the Salk Institute has found that the left hemisphere prepares the body for exertion and the right for relaxation. Adds Shannahoff-Khalsa, because of our breathing patterns, each side of the brain is dominant in 90 minute cycles with corresponding oscillations in our coping style.

If you are feeling mentally bogged down, just determine which nostril is dominant at the moment, then close it with your index finger and breathe through the clogged side. This forces the hypothalamus to open new switches in the brain and presto! you've reached a more harmonious mental state."

There is one three-minute Yogic breathing exercise which I learned from my teacher, practised, and eventually taught to my own students at the start of each class for clarity of mind. New studies indicate that it "stimulates both sides of the brain at once." It is very simple to do: Close off the left nostril with your left thumb, lifting the arm so that the elbow is horizontal to the thumb. Inhale through the right nostril to the count of 8. Hold the breath for 8 counts. Shift the middle finger over to the right nostril, releasing the thumb from the left one, and exhale through the left nostril to the count of 8. Now, reverse. Inhale through the left nostril

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(while middle finger pinches off the right one.) After count of 8, shift thumb over to close off the left nostril...and exhale through the right one. Repeat for 3 minutes. You might do this for the first few days with a count of 4/6 or 6/8 instead of 8/8 if you have difficulty with even breath control.



This is a wonderful way to start and end any day. And according to new research, it would appear you will "...keep abreath of both hemispheres and their creative functions." Ah, DeVries, you would have loved this 'new' hypothesis!

## The DEMOGRAPH TRANSITION

A major problem facing the planet is the population explosion. Many of the other problems stem from trying to provide for this swelling mass of humanity. The World-watch Institute has defined three stages that appear to govern the numbers game.

In the first stage of traditional societies, both birth and death rates are high but essentially in balance. Societies have existed this way for the thousands of years that history has been recorded.

In the second stage, death rates fall as public health improves, vaccines become available and food production expands. Birth rates stay high, and such a population expands typically at three percent a year. That doesn't sound so bad until you discover it means that after a single century such a population will be 20 times what it was at the start.

In the third stage, birth rates decline until they come into balance with death rates. A society can stay in this stage indefinitely. What it can not do is stay in the second stage for too many years. Many developing countries have been in the middle stage since roughly 1950, which means they are now in their fourth decade of three percent growth. Mounting population pressures are destroying forests, grasslands and croplands, and inevitably the death rate begins to climb again.

- On a higher dimension - we learned that the five planets of the Ogatta group have accomplished a balance with their planetary resources and have achieved a zero population growth.

## On Gravity Waves & Space Travel

Albert Einstein viewed gravity not as a mysterious force, but rather as a curvature in space-time, and predicted the existence of gravity waves almost 70 years ago. While electromagnetic waves travel through space, gravity waves actually disturb the fabric of space-time and generate ripples. Now, Stanford University's particle physicists have developed a 'glacial mass of instrumentation', cooled to a chilly minus 456 degrees Fahrenheit, to try to detect these gravity waves. Ronald Drever, head of Caltech's gravitational physics group, suggests that "simultaneous signals from several detectors could herald in a new era in physics and astronomy."

Let's conjecture some of the possibilities that may open up to us once we understand and can detect gravity waves. It will allow the completion of the work that Einstein began in mathematically describing the "UNIFIED FIELD," and will open up the field of 'universal geometry.' With this information we propose that the restrictions of travelling in space will fall away and we will be able to develop a **true** spaceship. Gravity research presents tremendous and challenging information undreamt of in present day science and physics.

To quote Elizabeth Klarer's spaceman, Akon: "Gravity sweeps outwards from the nucleus of the spinning disk of our Galaxy exerting a pressure on all nebulae, stars and planets.

Light gives the illusion of velocity, when in reality it is a pulse resonating in the frequencies of time and GRAVITY. Light is a universal geometric. The mathematical formula for all transportation lies in the vibratory frequencies of the light harmonic. Anti-gravity waves and time waves are simply the frequency rate between each pulse of the spiral of light. A spaceship achieves a shift in space-time by stepping up the frequencies of light and time between each pulse of physical matter.

A spaceship, moving beyond the velocity of light as understood on earth, annihilates the unfathomed seas of space in her swift passage through time. It goes with the

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pressure force of the Universe...GRAVITY, attaining the higher octaves of resonance by the absorption of light itself and thereby annihilating the light barrier.

A UNIFIED FIELD EQUATION OF 7-FIGURE HARMONICS is the key to space travel."

## S.T.A.R. Activities



This edition of the Update finds us at the close of our fourth year of publication. Starting with the Sept/Oct issue of the newsletter, minimum subscription rates will be set at \$30 a year in the U.S. (\$35 abroad). Your donations are - as always - tax deductible. We trust that this small increase will not impose a hardship on any S.T.A.R. supporter. (If there is a problem, please let us know, and an adjustment will be made in confidentiality.) We thank you for your understanding and continued support in these times of rising costs. S.T.A.R. is a non profit organization. It must stay self-sustaining that it may continue its research and assist those who seek help in so many ways. The S.T.A.R. House facility will soon be operative and will house these projects...and visitors...and must become self-sustaining as well.

Dick and I want to thank the many of you who sent donations to S.T.A.R. in memory of my Mother. I was deeply touched by your heartfulness. Her passing was very peaceful and her oft expressed pride in what we are doing sustains us through this mourning period.



For those who would like to hear Greta's lecture, the next one is scheduled on Thursday, August 8th, in Columbia, Maryland. Greta will give her presentation at a special Unique Energies Seminar preceding the American Association of Electronic Voice Phenomena Conference, from 2:30 til 5:30 PM at the Hilton Inn in Columbia, Md. If interested in attending, contact Sarah Estep at (301) 647-8742 and identify yourself as a fellow Updater. She will be happy to give directions from the Baltimore/Washington area -and elsewhere - and reserve a place for you. Hope to see you!

**"Neither your PAST nor your PRESENT are your POTENTIAL."**