

The WOODREW Update

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NOW IS THE TIME

"There are no passengers on Spaceship Planet Earth. Everybody is crew." So said Marshall McLuhan in the '60s...and he was right. Now is the time to make important decisions for yourself and your family. The decisions concern "preparing for change." Nobody can make them for you. In our family we say that there are no bad decisions, only bad results; in which case you make another decision. What is the best way to proceed?

STEP 1: Examine the thesis of CHANGE. We have been broadcasting this message for better than a decade. In our opinion, the current news and scientific findings corroborate the scenario of change...and in the very near future. IF you agree, you are ready for step 2. If you conclude that we are wrong, then your decision to continue in your current life-style without making preparations is warranted. But do yourself a favor: examine the evidence carefully. Don't back into inaction because it's the easy way. Make a positive decision that we are mistaken and that all will be well. (Know that we hope you are right.)

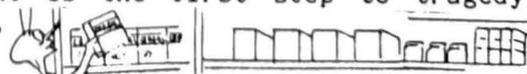
STEP 2: Examine your own situation: location, services that you depend on that could break down. This analysis will help you to decide on the items to store. How long a period should you prepare to ride out? A day? A week? A month? Three months? Or will you be unable to get to safer, more independent ground quickly and therefore must provide for a longer period? A **tough** decision...but the **first decision**. Take a stand. Decide on your "survival period" and implement a carefully thought-out storage plan.

STEP 3: Store items. Heading any list is pure, clean water for drinking. Water is among the most difficult products to preserve, and deserves your study and effort to do it properly. Living rurally and away from any metropolitan area, we have achieved water independence. For most, however, this is impossible. Develop

a food plan based on your preferences and habits. There is no such thing as one best food storage plan. Appetites differ. Storage varies from home to home. If you think that you have NO storage space, check under your beds and behind your couch. Check clothing supplies and medical requirements. Insure they are adequate for the time period you have selected in step 2. Put in a supply of candles and flashlight batteries, should the electricity fail. Store adequate supplies of paper goods for bathrooms and kitchens. Feel good about the decision you have made. View it as a sound insurance plan..."an insurance policy."

To help with your food storage we list the suppliers who worked closely with us at S.T.A.R. We found them cooperative, cost-effective and complete in their items for "one-stop-shopping." Send for their catalogs and compare. If you decide to make your purchase from them, say that you a member of the S.T.A.R. family to receive a 10% discount. (IT does **NOT** benefit S.T.A.R. but it might benefit you.) THE SURVIVAL CENTER, 5555 Newton Falls Road, Ravenna, Ohio 44266. Toll free telephone, 1-800-321-2900. Dick Mankamyer, President. Another survival food processor and seller we worked with was ARROWHEAD MILLS, P.O.Box 2059, Hereford, Texas 79045. Telephone: (806) 364-0730. We're sure that there are many other good ones, but of the many we researched, these two were outstanding.

We have completed the massive storage program to provide all food and some medical supplies, clothing and bedding for 100 people for one year. It is S.T.A.R.'s 'insurance policy' to help you, our "extended family," to recoup, regroup, and get underway again...should the Scenario catch you in transit. We have said on many occasions that ignoring the possibility of personal involvement is the first step to tragedy and panic.

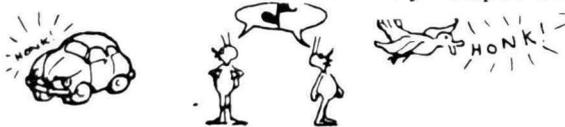


Subjective Sensory Awareness

We all know the story of the seven blind men who touched an elephant and then described what they felt. No one person described the same thing. Back in the '60s, we traveled abroad with our dear friends, the Schwartzes. Several months later we were invited to view the husband's films of the trip. The running commentary that accompanied the movies had little or no resemblance to the trip we thought we had taken. How could that be? Have you ever been in the position of witnessing an event with someone, and, at a later date, having it recounted in terms that barely rang a bell?

Eastern philosophy says that our mind creates most of the structures in which we live and "ordinary awareness is dominated by choice." Now Western science offers some striking corroborating evidence. Science News wrote of a recent discovery that what one person hears can be strikingly different from what another hears. Some aspects of music appear to reside in the mind of the listener. The discovery, made by psychologist Diana Deutsch at San Diego, concerns pairs of tones that are a half octave apart. When one tone of a pair, followed by a second, is played, some listeners hear the second tone as higher in pitch than the first. Other people, hearing the same tones, insist that the second tone appears to be lower in pitch.

Furthermore, when the pattern is recorded on tape and then played back at different speeds, it can be heard as either ascending or descending, depending on the playback speed. A listener who hears the pattern as ascending at one speed may very well hear the pair of tones as descending at another speed. In visual terms, this musical effect is as paradoxical as seeing a square instead of a circle when the shape is shifted to a different location. "It's a very unexpected finding," says Deutsch, "and it's a great surprise to people. It raises the very important



issue of how much commonality there really is among people when listening to music. It's certainly possible that people listening to certain orchestral pieces are going

to hear them in ways that are different from each other and be unaware of that."

If this information applies to the auditory sense, then why not to the other physical senses? I am reminded of a repetitive dialogue that took place year after year at my great-aunt's house when one particular ethnic dish was brought to the table each holiday. My grandmother would exclaim how delicious it tasted and my grandfather would grumble that it was much too salty and it gave him heartburn. My grandmother would then cook up the **identical** recipe at home and it "tasted perfect" to my grandfather. No heartburn. To Grandma (and my parents and me) both dishes tasted exactly the same.

Think about the multi-differentiation in human smell. It has spawned a multi-billion dollar industry to please the varying olfactory pleasures of the individual. Where one aroma turns one person **on**, the very same aroma turns another **off**.

The famed Indian philosopher and teacher, J. Krishnamurti, says, "We are aware according to what we like and dislike." He then goes on to make a case for what he calls "choiceless awareness," an awareness not identified by what you see, either inwardly or outwardly. This may be a little beyond our current comprehension, but it also may be the ticket for entrance in the heightened sensory awareness for a coming New Age.



In cooperation with an engineer from Swaziland, we have built a "bomah" in the field in front of the S.T.A.R. House. A bomah is a tribal African Council Ring - a special campfire site built with an underground draft - with the semi-circular tiers of seats made out of trunks of trees. Health permitting, 78 year old Aboriginal Elder, Guboo Ted Thomas of the Yuin tribe of Australia, will initiate this Ring with his consciousness-raising "Hummingbee Meditation" during the Spring Conference. In May, wildflowers will be broadcast over the entire meadow in which the bomah is set. This site with its colossal view of the Great Smokey and Blue Ridge mountains promises to be a favorite place for S.T.A.R. guests to talk...to sing...to teach...to learn...to star-gaze...to meditate...and to sip this-or-that and toast a marshmallow or two!



HOMEOPATHY: A Holographic View

In the last Update we printed the results of our study on HOLOGRAMS. (You all are now experts on the subject!) At this time, we'd like to talk about Homeopathy; it's fascinating how homeopathy ties into holographic thinking. We are aware that the allopathic school of medicine (orthodox medicine) and its vocal organization, the AMA, do not favor homeopathic remedies. They can find no measurable evidence of their effectiveness. Since state-of-the-art instruments cannot measure the subtleness of the remedies, traditional doctors conclude that they are of NO benefit. This perception of homeopathy, however, could be in for a change.

In the December issue of British news magazine, THE ECONOMIST, ran a science article titled Homeopathy..Maybe It's Magic! We quote liberally from the article.

"Evidence can be an awkward thing. What are you to think if an apparently watertight test produces an apparently impossible result? A trial of a homeopathic remedy for hayfever has done just that. The remedy worked better than a placebo tested alongside it. Yet in theory, the remedy was so diluted that it contained nothing at all....The results, published in the LANCET in October, were clear: the group who had (unbeknown to themselves and their doctors) taken the homeopathic remedy got a bit better. The rest did not."

For those of you who are not familiar with the basis of homeopathic cures, Homeopathy believes that LIKE CURES LIKE. The remedies work very much as vaccines for measles and smallpox do. Vaccines use the disease-cause to produce a mild reaction and thereby immunize the individual from further attacks of the disease. Homeopathy carries the principle a step further. Homeopaths believe that their most powerful remedies are their MOST DILUTED ones. Dilutions of one part in 10^{60} are common in homeopathy. The super-diluted cocktail is made by adding one part of a substance to 99 parts of a solution, shaking it violently, removing one part of the resulting mixture and adding it to another 99 parts of the solution.. then repeating the process 30 times. (The basic constant in physics known as Avogadro's Number says that one part of any dilution to less than one part in about 10^{24} probably



contains no molecules of the original substance at all. The chance of a one-in- 10^{60} dilution containing any of the molecules you started with is therefore incomprehensibly small. At this point, homeopathy parts company not only with orthodox medicine but with physics and chemistry as well.)

Homeopaths believe that shaking a homeopathic mixture during dilution somehow imprints a "message" from the remedy's molecules on to the molecules of the solution. The final mixture is thus somehow affected by the original substance even if all of its molecules are gone. The hayfever test done by the team of scientists and doctors from the University of Glasgow and the Glasgow Homeopathic Hospital seems to verify this belief. (For a more in-depth explanation of Homeopathy, refer to page 4, July/Aug. 1985 Update, Vol. 4, No. 6.)

It is at this point that we return to our discussion of holograms and physicist David Bohm's Implicate Universe. Dr. Bohm says that "the subtle is what is basic and the manifest is its result. The subtler has power to transform the gross but not vice versa." It is in this sense that we suggest that homeopathic remedies, being of the subtler variety because of their extreme dilutions, may be the powerful instruments for healing that many claim them to be!

BACH FLOWER REMEDIES



In the early 1930's, fifty years before any major research on stress-related disorders was done, the renowned British physician and scientist Dr. Edward Bach began to recognize that many of his patient's ills seemed to be directly related to their various negative states of mind. For example, he noted that anxiety and lack of self confidence so depleted the individual's vitality that the body lost its natural resistance and became vulnerable to infection and other illnesses. Merely treating a disease does not deal with the root cause of the problem. Bach, concerned with the suppressive use of drugs and their side effects, became convinced that the answer was not to be found in the laboratory but in nature, among the trees, plants and herbs of the field.

Following intensive research, Bach found that certain species of wildflowers, when picked at a certain time in their blooming cycle and prepared by a simple method, optimized the healing qualities of the plant. Unlike other herbal preparations, this procedure released properties not generally available when picked and prepared in the normal way. Eliminating plants found to be toxic or with side effects, Bach eventually discovered 38 flowering plants and special waters which were later found to positively balance and alleviate a wide range of mental and emotional stresses.

Unlike drugs, these "Bach Flower Remedies" (as they came to be known) work to gently reestablish emotional and psychological equilibrium. Considered a major breakthrough, the remedies have been used for over half a century with great success by a broad spectrum of health-care professionals including doctors, dentists, homeopaths, chiropractors and psychologists. Many use them instead of tranquilizers.

Dr. Bach realized that when a person's fear is alleviated and when confidence is restored, when jealousy, envy, hopelessness, resentment, guilt and uncertainty are overcome, life takes on a new and deeper meaning. He strove to develop a safe system (free of side effects) that could be easily used and understood. All the remedies are totally free of artificial additives, each containing only a designated amount of flower or plant essence in a small percentage of alcohol to prevent spoilage. Today, 38 Bach Flower Remedies are officially recognized by the Homeopathic Pharmacopeia of the United States.

"The greatest value of the Bach Remedies," states John Diamond, M.D., well-known author and psychiatrist, "is in preventing dis-ease before physical symptoms develop, though they are equally valuable as well in relieving the emotional problems that so often accompany an illness. The remedies have a soothing effect on the recipient... assisting in the integration of emotional, psychological, and physiological patterns, permitting the individual to function in a more integrated, less fragmented and less compulsive way." We have stored the entire series of Bach Flower Remedies at S.T.A.R. House.



BRAVO, KAREN! A Lesson Well Learned

Dear Greta:

Very recently it became necessary for me to undergo major surgery. From the work we have done together, I know how the mind can and does affect the body and its responses, so I decided to put some of those ideas to work. During the days prior to surgery I mentally reviewed our work regarding relaxing and focussing the mind to balance and strengthen the body.

I asked my surgeon if there was someone who specialized in auto-suggestion because I would like some pre-surgical relaxation and positive re-enforcement before undergoing anesthesia. I told him that I believe that bleeding, pain and healing can be aided by strong positive suggestion. Happily, the surgeon was in agreement and fulfilled my request.

The day of surgery arrived and so did the 'hypnotist' who met me as I approached the pre-operative arena. We spoke for a few minutes and when I told him the suggestions I wanted, he said, "You must have worked with someone before...you know this stuff better than I do." With that, we began our relaxation exercises and by the time the I.V. squad arrived I was completely relaxed. I heard them saying, "She's already relaxed but we'll put the I.V. in anyway." I dimly felt the stick but it didn't matter to me. I just kept focussed on the doctor's soothing voice.

When they took me to the operating room I heard, "Are you sure she hadn't had anything yet..she's really very deeply relaxed." I felt someone shake my shoulder and ask, "Can you get on the table yourself or do you need help?" With that, I half-opened one eye and caught a quick glimpse of the operating room. Then I felt strong hands lifting me on to the table and I heard the word "amazing."

The next thing I knew I was back in my room, where I was told that all went well. I was equipped with a morphine pump which allows the patient to control her own pain medication. One can just push the button and the morphine is released in an almost endless supply. I asked them to disconnect it the next morning because

I didn't need it. They told me I hold the record for minimum pain medication.

It's less than a week since the surgery. I'm home, healing nicely and feeling fine. I hope to continue to do so; I certainly have my mind set on it! My thanks to you for my well-learned lessons, Greta. (This Philadelphian Updater enjoyed a spectacular recovery with not only a minimum of medication but of emotional trauma. Bravo, Karen. We're so proud of you!)



FLIP-FLOPS

Reversals of the Earth's magnetic field have contributed greatly to the massive extinctions of species on the planet. They are also responsible for the "quantum leaps forward" that other species have taken within a very short time span to survive cataclysmic change. A scientist at NASA's Goddard Space Flight Center, Mario Acuna, says that "while sea floor rocks show Earth's magnetic field reversed at least nine times during the past 3 million years, humans have never witnessed a field reversal on any planet." A stepped-up estimate comes from Frank Hibbard of the University of New Mexico who says that the Earth's magnetic fields have reversed 171 times in the last million years. Regardless of the number of reversals Earth has endured, the surviving species have always come out stronger and **more highly evolved** than they were prior to the event. In that sense evolution is good; but evolution is not kind because it pushes to extinction so many species that cannot adapt.

To put magnetic reversals into a 'new age' framework, Ruth Montgomery's guides predict a polar flip at the very end of the 20th century. Now there is a possibility that technology has allowed our scientists to witness a magnetic field reversal taking place on another planet. The Voyager 2 spacecraft's study of Uranus suggests the planet's magnetic field might be reversing, an astonishing flip-flop in magnetic north and south poles never before witnessed.

"What we may be seeing is a magnetic field in the process of flipping," said Ellis Miner, deputy Voyager project scientist at NASA's Jet Propulsion Laboratory. The possibility of the Uranium magnetic field

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reversal is outlined in the July 4 issue of the journal, Science, for those who may be interested in a more in-depth explanation. Understanding Uranus' magnetic field is important because it helps scientists learn about the Earth's magnetic field and the ramifications of a polar reversal.

Geology in Transition



We've begun to hear about earthquakes in the Eastern part of the United States. Quakes recently have been recorded in New York, Connecticut, New Jersey, New Hampshire and Massachusetts. Some models of how these earthquakes occur have begun to emerge, but no one clear theory is accepted by the geological community. Eastern U.S. quakes are much harder to study than their western cousins because they occur less frequently and take place in an intraplate region, which means that they are far from any obvious, surface-breaking plate boundary (like the San Andreas fault in California.) While the theory of plate tectonics accounts satisfactorily for 95% of the earth's seismic energy, it does not explain the other 5% that occur far from the nearest plate boundary.

Intraplate quakes have rocked our country since its beginning. Boston, Mass. was struck in 1727, and again in 1755 when a series of sharp tremors hit Boston and reverberated up and down the Eastern Seaboard from Nova Scotia to South Carolina. A series of tremors that was among the most fearsome ever experienced in North America occurred in the winter of 1811-1812 in southeastern Missouri and Arkansas, virtually in the middle of the North American Plate. The effort to explain the New Madrid quakes continues today. In August 1886, the eastern third of the country was rocked by an earthquake centered near Charleston, S.C., that approached the intensity of the New Madrid quakes.

The difficulty of explaining the intraplate earthquakes constitutes a ragged edge of the theory of plate tectonics. The different models proposed to answer the problem make for interesting science. But, with seismic events increasing dramatically, the diversity of ideas is a nightmare for the regulators trying to assess earthquake hazards.

On E.T. Civilizations

Thoughts of extra-terrestrial civilizations inhabiting a vital universe are not new. The Roman philosopher and poet, Lucretius, wrote: "It is in the highest degree unlikely that this earth and sky is the only one to have been created...Nothing in the Universe is the only one of its kind, unique and solitary in its birth and growth... You are bound therefore to acknowledge that in other regions there are other earths and various tribes of men and breeds of beasts."

Such radical views have not always been welcome. The Dominican monk, Giordano Bruno, advocated a Copernican solar system with the earth revolving about the sun, and he argued for a universe filled with planets on which lived other beings. After an eight year imprisonment, he was burned at the stake.

At one time there was better source material to document extra-terrestrial visits, and to provide a broader history of civilization. A writer in the Ancient Astronaut newsletter said, "If the Alexandrian Library with its over 700,000 papyri had not been destroyed by Bishop Theophilus and his Christian fanatics in 391 A.D., the history of antiquity would then appear before our eyes in a true light."



NO DUMBO, THIS

Envision the following: A herd of 20 or more elephants plowing through the long-grassed savannah. Many are completely hidden by the swaying grass. With no audible sound they suddenly gather together, as if by a magic signal. What is the trigger? Some researchers from Cornell University's Dept. of Ornithology recently turned their attention from bird song to elephant 'song,' and may have found the answer. (And...it's electromagnetic!)

The humans' lowest audible pulse is at 20 Hz, and that's with acute hearing. But the elephant can hear another 10 Hz below that. Normal communication between elephants occurs at the 1000Hz range where experts say they hear best. In their normal habitat of thick shrub and grass, however, these higher frequencies are simply absorbed and muffled. But, the

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^Wlow frequency sound is hardly affected at all. So, without seeing each other, a herd of elephants - often spread out over 100 yards or more - can keep in touch via the 10 Hz-to-30 Hz range. Researchers must ask themselves at this point how many other animals have a language too deep for the human to understand.

The Spector of CHERNOBYL Continues to Haunt

Much as we'd like to put the nuclear accident that occurred at Chernobyl behind us, extenuating circumstances refuse to let the incident die. Chernobyl was a great disaster; but it also has become a focus for problems nearer to home. Fallout from Chernobyl has been evident in the U.S. in rainwater and milk tests all over the country with highest levels in high rainfall areas like Vermont. However, there is strong evidence that some of the U.S. fallout was due to venting on April 28th to 30th, 1986, of radioactive gas from tunnels at the Nevada test site. The test, Mighty Oak, went out of control April 10th leaving high levels of radiation in the underground tunnels which was released by controlled venting. The DOE did not acknowledge the problems until May 10th when a journalist found a report showing levels of radioactive gas 50 miles from the test site several times higher than the highest levels from Chernobyl reported in the U.S.

And consider our own CORE MELT DANGER. Five U.S. reactors used to make plutonium for atomic bombs have no containment features at all; 49 nuclear power plants have containment structures less capable than Chernobyl of withstanding the force of a hydrogen explosion. Nuclear Regulatory Commission member, James Asseltine, says an accident at a U.S. reactor could release comparable levels of radiation. "Our reactors were not designed for large-scale core melt accidents." He said unless further steps are taken "we can expect to see a core melt accident in the next 20 years and possibly a radiation release equal to or greater than the one at Chernobyl."

Have all of you Updaters given your full consideration to keeping on hand the potassium iodide tablets to counter the nuclear danger of radioactive iodine-131? The information appeared on page 7 of your Sept./Oct. 1986 issue.



SUBSCRIBER SCRIBINGS

At a time when the relationship between Man and Nature is growing increasingly unbalanced, Updater Suzanne Tannehill offers us a telling tale:

One summer, my six year old son, Brett, asked me to boost him into the old apple tree that grows in front of our house. He loved to climb in the maze of branches, twisted and tangled from years of not being pruned. "What a perfect place to spend a hot summer afternoon," I thought as I watched him disappear into the dense foliage. I sat on the steps of the porch and was soon lulled by the heat and the melody of insects and birds and a gentle breeze. Brett added his own music with his make-believe chatter. When he called to me, "Look at the bees! Look at the bees!", I lazily answered, "Don't hurt them and they won't hurt you. They are just looking for honey." I was too comfortable to move.

Brett was soon ready to be lifted out of the tree. As I reached up to him I caught a glimpse of gray. After setting him on the ground, I looked more closely and saw a huge hornet's nest hidden in some dense foliage that had embraced my son. As fear of what might have happened surged through me, the sentry hornet charged from the hive to investigate the disturbance they felt.

With Brett, fear was absent, therefore the feeling was one of harmony...and harmony was attracted. But my own fear upset the calm. My fear drew to me precisely that which I feared. After the autumn freezes, the hornets left their nest. I removed it from the gnarled old tree and placed it on my mantle to serve as a lesson from Nature about fear.

... Words that Count...

The 7 most important words in the English language are: "I made a mistake and I'm sorry." The 6 most important words in the English language are: "You did a very good job." The 5 most important words in the English language are: "And what is your opinion?" The 4 most important

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words in the English language are: "How can I help?" The 3 most important words in the English language are: "I appreciate you." The 2 most important words in the English language are: "Thank you." The least important word in the English language is : "I"

GOLDEN MOMENTS



Solzhenitsyn wrote in his Nobel Prize speech, "Not everything has a name. Some things lead us into the realm beyond words...It is like that small mirror in the fairy tales - you glance in it and what you see is not yourself; for an instant you glimpse the Inaccessible, where no horse or magic carpet can take you. And the soul cries out for it." I feel that same kind of transporting magic whenever one of the Ogatta group visits or takes me 'out there.' It is difficult to share with others that Inaccessible. But the experiences certainly enhance my mortal life and my husband's life. And my children's lives.

How can I best describe the look on my son and daughter-in-law's faces when Tauri pops in and calls their little Michael "Button!" What can I say about another son's expression when Czork murmurs to him that his bride-to-be is "like a crystal." Or one daughter's reactions to an Extra Terrestrial smiling into her eyes and approving her profession. Or another daughter and son-in-law's expressions when Zeoker takes them into the moonlight for a lesson on plants. It all defies words. And those golden moments make life worth living. They are few and far between these days. We are told that we are "right on target" in what we are doing. There is no need for the fun and games any more.

The cosmic connection notwithstanding, there are major stresses. We've had to forego much of our precious private time and private lives to satisfy the many requests...and yes, even the demands...made upon us. But you know...I wouldn't trade places with anyone on the planet. We are fortunate, Dick and I, to have been able to choose our roles as we see them...relocating to Reisha Way and building the S.T.A.R. House...seeking change...and not resisting it.

A Visitor from the Cosmos

The specter of an asteroid or comet striking the Earth at some time prior to or around the turn of the century stays with us. In our third Update (Jan/Feb '82) we told of Greta's experience in viewing a comet striking the planet while reviewing Elizabeth Van Buren's description of the same event in her book, "Rainbow Round the Sun." Again in the July/Aug '84 Update we reviewed the article from Discover magazine on the postulation that a comet striking the planet was responsible for the extinction of dinosaurs 65 million years ago. They wrote that scientists in labs from MIT in Boston to the Jet Propulsion Laboratory in Pasadena are seeking ways to divert a comet or asteroid from collision with the Earth. Now the New York Times science writer, Malcolm W. Browne, addressed the same topic in a December column:

"Our own solar system is mined with lethal hazards, and sooner or later one of them is certain to give us a nasty turn. Some 83 baby planets large enough to cause more damage than a nuclear war regularly come close to the Earth. One missed the Earth in 1982 by only 3 million miles - a narrow squeak, in astronomical terms. Another asteroid came within a mere 650,000 miles of us in 1976.

Astronomers argue that world leaders should prepare for the day when an asteroid or comet is discovered to be on a collision course with the Earth. Given time, they say, an approaching planetoid might be diverted by nuclear explosions. But one of the problems is that the calculational methods used to predict the precise path of a celestial object, may leave too little time for effective action. And, when four or more bodies (the Sun, the Earth, the Moon and an asteroid or comet) interact over long periods of time, the uncertainties in calculation become overwhelming."

Our scientists appear to be gaining a picture of the catastrophic events that have shaped our planet over its four and one-half billion year life and which have NOT finished their work.

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Perhaps the L.A. Workshop weekend was best summed up by one participant who wrote: "The down-to-earth approach that you, Greta and Dick, took, made us all recognize that in extending our awareness beyond our five gross senses, we also expanded and heightened our consciousness. This Workshop was the best, the most informative and enlightening experience I have had in many years! Because of you, today the world is brighter for me. I can still feel the tingle in my hands from the healing session and the excitement in my very bones from the lectures and panel. Your "rooting techniques" give me the feeling of more power as a humanbeing, a businessman, and now, as you showed me, as a healer. I wouldn't have missed this experience, and my wife and I thank you both." Thank you, Bob. And thanks to the close-to 100 participants who took the time to write and tell us how much the weekend meant to them. It was a joy for us to be there. We **loved** every moment with you perceptive Californians (and Arizonians, Coloradians and East Coasters!) and a thousand thanks to Dott Hughes for her organizational skills and to Bill Jenkins and Dr. Bob Beck for their inspired inputs.

THE SLIDE II Conference is almost here and excitement is rising! (Apologies to the 150-plus whose registrations were returned. We hope to see you in '88.) All attendees are urged to get flight plans to us **ASAP!** **Think sun...and see you soon.**

March 17th will find us in Naples, Florida giving a 4-hour presentation to 50 Missouri presidents & their wives. It is always challenging to address the over-50-year-old crowd and see how they react to our messages of change in the status quo!

If you can put together a group of no less than 75, Dick and I will come to your area for either a 2-day Workshop (like L.A.) or "A Month-In-A-Day" (as we are doing on May 16th in Minnesota, with Cynthia Lurton doing all logistics.) All honoraria to S.T.A.R., as always.

We wish James Roy Moody good luck in his position as Director of the Department of Business at Haywood Technical College. We certainly hate to lose him as our S.T.A.R. House Manager! A search is underway for his (unique) replacement after the Conference.