

# The *Update* WOODREW

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## UNDERSTANDING COSMIC VIBES

"Don't minimize the vibrations that are bombarding this piece of the cosmos," Tauri said. How best for us to understand what these vibrations really are? The younger generation talk about "good vibes/bad vibes." They understand the unspoken energies given off by those who occupy 'the same space.' That's a piece of it. You can't fool them with words when your 'vibes' reveal what you're really thinking.

Each of us has experienced going off to bed feeling great, getting a full night's sleep, and awakening completely out of sorts. WHY? Vibrations! Other energy emissions! Electromagnetic vibrations! (EM) The weather reports give temperature and barometer readings, but they do not give changes in EM emissions that occurred during the night, vibrations that affect us all.

The BIG piece of the vibration story comes from other cosmic bodies doing the same mating dance as we do around the center of the Milky Way. (That's we the solar system, not we Planet Earth.) It's like a giant tug-of-war. There are two teams, **gravity** and **electromagnetism**, one at each end of the cosmic rope. The bigger the cosmic body (stars or planets) the stronger the pull of gravity. There are two options in this tug-of-war: to be pulled into the star exerting the force; or, to exert an equal (but opposite) force and build a relationship of equality at both ends of the mythical rope. The late Buckminster Fuller said that "gravity is centering." It goes directly to the core, the center of the system, the solar plexus, like a laser beam. And, as in a tug-of-war, the energy received at the center must be redistributed equally to all parts or the body will be pulled from its position (orbit). This centering pull "at the end of the rope" is returned as an equal-but-opposite EM force, keeping the cosmic bodies in equilibrium, holding their positions.

They are not static with a pool of mud or water between them, but are orbiting around the center of the Milky Way Galaxy.

From time to time, the influence of one star gradually gives way to the influence of another. It's like handing the end of the rope to another person, one who can exert a greater pull on the rope. When this happens the same two choices exist: to fall in, or to handle the greater pull with an equal-but-opposite force. In the cosmos an equalizing force is exerted. But, it changes the energies in the game, the vibrations. When the earth takes a stronger pull in its center it must distribute the energies throughout its body. This can change the geological makeup of the planet by causing mountains to rise and land to shift and possibly disappear. The greater gravitational energy requires a greater EM equalizer. All the vibrations 'step up,' and the dance around the center of the Milky Way continues.

You can bet that cosmic bodies will handle the changed energies and restore an equilibrium to the tug-of-war in the sky. The question is, will the species inhabiting the cosmic bodies be able to evolve quickly, enough to live and be well in the higher energy environment? While Charles Darwin preached slow, steady evolution with each species, the brilliant paleontologist, Stephen J. Gould, disagrees. He says that species can go for extended periods of time, even millions of years, with no apparent change. Then, within a very short span of a hundred years or less, something happens that requires the species to make a quantum leap in evolution...or go to extinction.

We are in that vibration-changing period now. Species must learn to handle the increasing energies or become footnotes in history. Science tells us that more than ninety percent of the species that

inhabited the earth went to extinction before the newcomer, MAN, made his appearance. With the changes in process, confirmed to us by the Ogatta group, many more of the species that prospered in a lower energy environment will become extinct. A vibration, an EM wave, a gravity wave, are all measureable packets of energy. When the vibes get higher we all have to learn to play the game of life in a more charged arena. And since energy is also knowledge, it will be a more exciting, more highly evolved world in which we live. And Man will be the key player in the stepped-up Golden Age of tomorrow.



## The LOVE NOTE

Love is a very profound word. It is also over-used. From my point of view, I would define love as a positive energy. If we can direct our thinking to be positive and our thoughts to be constructive, then we can put out very positive vibes. (If everyone would just examine his normal thinking, he would find - amazingly - that most of it starts with a negative connotation. This puts negative vibes out into the environment which have to be overcome before the job can be done.) Positive thoughts...love...energy...allow us to proceed directly with whatever the job at hand is, or the relationship should be.

The great teacher-philosopher J. Krishnamurti defined love as "freedom from conflict." Stop to think about that definition and you will find it deeply profound. Just imagine if you were free from conflict how beautiful your life would be, and how much progress could be made. We often spend more time being annoyed at what others do **not** do or say than at marveling at what they actually accomplish.

Troubles also ensue when **we** have expectations that are not met in a relationship. Someone does not live up to our expectations. Scenario: I love John. John says/does something of which I disapprove. I confront John. John becomes defensive of his words or action, and he flares. The love relationship is threatened with negativity. Why the confrontation in the first place? Love is allowing a dear one to follow his dream and path and heart without condemnation. That is not to say that opinions

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may not differ. But opinions are not always sought when we give them! Parent to child. Child to parent. Husband to wife. Friend to friend. Teacher to pupil.

Tauri recently added to our understanding of love. She wanted to expand our framework of reference. She agreed that freedom from conflict was essential. Then she asked about freedom from fear. Freedom from tensions. Freedom from stresses. "If a human could shake his fears..his tensions..his conflicts..his stresses..then perhaps he would find it easier to get onto the same frequency with another human being and converse with that human being from the heart. True love requires an openness from the heart."

## 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."

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"Some men see things as they are and say WHY. I dream of things that never were and say WHY NOT!" - Robert F. Kennedy



## THE MIND/BODY CONNECTION

Understanding of the mind/body connection is entering the scientific realm and leaving the occult. There are many more rough roads to travel before the 'connection' is fully understood and accepted by all who practice medicine, but progress is being made. In a lecture on the new medical specialty, psychoneuroimmunology, the lecturer, Leonard Wisenski, M.D. said, "When I went to medical school, medicine was taught as though the head were put on the shelf and the body walked around by itself." Tapes of the conference were sent to us by a Florida M.D. Updater and the information we present comes mainly from these tapes. The point we want to get across is the importance of right thinking for good health.

The mind/body connection has been acknowledged by many famous physicians and thinkers. Dr. Albert Schweitzer, when asked about the effectiveness that the local "witch doctors" have in curing diseases, said: "All people have what I call a 'doctor within' which actually does all the healing. The witch doctor is very effective in activating this 'doctor within.' The ritual works on the mind of the patient."

Plato chided the physicians of his day in his DIALOGUES: "If the head and body are to be well, you must begin by curing the **soul**. The great error in our day in the treatment of the human body is that the physicians separate the soul from the body."

The 1977 Nobel Prize in Medicine was awarded to Guilemin, Schally and Yalow for proving that the HUMAN BRAIN is the MASTER GLAND. It is the brain that controls the hormonal activity of the entire body. It gives its messages electrically. Thoughts trigger responses, and the resulting impulses are measureable. The electrical thought energy is converted into chemical energy at the base of the brain and the appropriate hormones are activated. Depending on the message, the hormones activated can be the 'worry' hormones of the endocrine system or the 'joy' hormones of the immune system, so named by the eminent stress researcher, Dr. Hans Selye. Here is the new and startling information. Researchers in psychoneuroimmunology have been able

to measure interreactions between the brain and the endocrine and immune systems. There is feedback between the two systems. During stress, the body will prime the endocrine system for survival, fight-or-flight, and depress the immune system. The endocrine system responds to stress rapidly and strongly. The immune system is the slower system and gets out of the way of the faster acting endocrine system. By injecting hope into a situation, there is a measureable response from the immune system! Until now, doctors and researchers had not been aware of this interacting relationship between the two systems.

In today's world we all live under constant stress, both of our own making and of society's. The result is that we inadvertently but constantly depress our immune system. This allows many disease entities, normally controlled by our immune system's defensive soldiers, to gain the upper hand and manifest as dread diseases. Cancer, arthritis, and MS are some diseases that are considered to be caused by immunological failures. One speaker on the tapes said, "Germs do not cause disease, they trigger it. The AIDS scare is telling us of people who are crawling with AIDS viruses but are only carriers and transmitters; they do not manifest AIDS. This was the case in the early days of treating gonorrhea."

Our thoughts cause the brain to direct the kind of hormones to make. In this context our emotions affect our bodily status. Dr. Hans Selye, the father of stress research, said the brain makes two kinds of hormones: CATATOXIC HORMONES and SYNTOXIC HORMONES. Catatoxic hormones are the hormones of stress, and are made when you worry, are nervous or frightened, or generally under stress. Dr. Selye called them the "hawks" among hormones, the adrenalin-type compounds. The other juices are cortisone-type compounds which Selye called the "doves" among the hormones. They are the ones that tell the body to calm down, everything is all right, don't be nervous. Catatoxic thoughts (i.e. I'm going to lose my job, get cancer, I can't do it) are instantly transformed into the worry juices of the endocrine system. Syntoxic thoughts (love, hope, success) are transformed into the joy juices, the

interferons and encephalons. Selye said that 'joy juice' is a specific antidote to 'worry juice' and if you find yourself under stress, take time to create the antidote. Norman Cousins did it by laughing himself to health from a terminal situation, and wrote a book about his experience.

When an M.D. tells a cancer patient that he will be dead in five years, there is something wrong with that. It is saying that the DISEASE ENTITY has the power and the patient is totally defenseless. All that the doctor is giving the patient is averages. The individual sitting in front of the doctor has nothing to do with the averages. Dr. William Osler, described as being to medicine what Walter Cronkite was to news commentating, said, "It is much more important to know the patient that has the disease than to know the disease that the patient has."

HOPE is a therapeutic measure. Current medical practice says not to give false hope to patients. Psychoneuroimmunologists say there is no such thing as false hope. HOPE CAN NEVER BE FALSE! When a patient feels hope, it gives him a squirt of syntoxic hormones...joy juice. Thank you psychoneuroimmunologists for getting to the root of the mind/body connection and proving that you ARE what you THINK.

## A GOTHIC TALE

I read an article recently in the Journal of the AMA by Jane McAdams which was so parallel to an experience of my own that I feel I want to share it with you, my extended family members. It concerns a dear friend of my childhood with whom I maintained contact over a half a century. She was told that she had a deteriorating arthritic condition which would only get worse with time. Her hands were severely gnarled and painful, and she became adept at hiding them in folds of clothing.

The episode to which I refer involved the Christmas present I sent to her right after she got the disheartening diagnosis two years ago, December. I bought a lovely woven shawl - a craft of our area - and mailed it to her, knowing she would love its soft feel and colors. I was therefore surprised and not a little dismayed to hear her voice on the phone right after the holidays asking me if I would mind

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returning it and getting her a couple of IBM typewriter balls instead. "You know, the Italic, the Gothic, some pretty and different-looking types?"

My reaction was one of disbelief when we both knew that her hands were so crippled with arthritis that she can barely use the typewriter now. Why would she want expensive fonts when chances were sadly in favor of her not being able to use the machine at all in a matter of months? I now quote from the AMA Journal's article because it tells MY story better than I can: "Almost immediately, I was ashamed and appalled at my clumsiness, ignorance, insensitivity, call it what you will. She was asking me what I thought about her illness! She was asking me how long it would be (before she couldn't use her hands at all.) And she was telling me that if I showed that I believed she would not be (crippled) then she would try not to be."

I returned the shawl and sent her the fonts for her typewriter. That was over two years ago. Together we have worked out a system of massaging her hands with plain old peanut oil (a la the Edgar Cayce method.) She types wonderful letters to me interspersing the face-types in a fun way. Her arthritis? Her hands are more flexible now than they were at the time she was diagnosed. This year I bought her a series of piano lessons. Play on, Renee!



King Hussein  
and the  
Grim Reaper



King Hussein of Jordon has a long and intimate relationship with death. In fact, he is the only head of state we know who believes -and has stated publicly- that he died and came back to his life after an out-of-body experience. Jack Anderson reported in the Washington Post: "It happened in January 1984. The king, who has a chronic heart condition, began hemorrhaging suddenly and lost consciousness. His heart stopped beating. Hussein believes he 'went into another world,' as he told an interviewer, adding: 'I was a free spirit, floating above my own body. It was rather pleasant, really.' This description jibes with those of less exalted individuals whose stories about dying and returning to life are tabloid stories."



## MOUNTAIN MUSINGS A Real Dilemma

There are many words that run through my mind when I think of the benign visitors from the Ogatta Jorpah. Some are descriptive of their activities and actions with us: participatory...advanced...creative...loving...kindly...evolved. Others reflect the important lessons and information they impart on their all-too-infrequent visits: free will...change...preparation...future. Above all, there is a high morality in their messages and actions; a pattern of non-interference that allows us to **want** to work with them in their efforts to help 'us' through the coming planetary transition. Greta and I, being private, striving and independent spirits, could not involve in the total manner that we do if it were any other way. And, because this has been our experience with these extra terrestrial entities, our reality of the higher evolutions makes us try even harder to contribute to that quantum leap humankind is being called on to make.

Lately, something has been bothering me. I've been looking out over the mountain to try and resolve a dilemma in which I feel caught. Perhaps trapped is a better word. It deals with another person's perceptions of "other-worldly" creatures; creatures described as 'bug-like' and referred to as 'aliens.' Creatures that abduct humans against their free will; and inflict physical pain in examination. Aliens with the technology to reach the Earth's physical plane but without the mental evolution to access the plentiful information available on the human species. And, I guess the biggest problem I have is that a book has been written, a best seller, which gives many people their first view of non-terrestrial life; a view of fear, bodily terror and mental anguish. In fact, the book was supposed to be titled BODY TERROR. But the entities, perhaps more sensitive than the author, Whitley Strieber, suggested the title COMMUNION. (A rose by any other name....) The disturbing thing is that man, with his proclivity for looking at the dark side, is likely to use this role model of extra terrestrials as the only correct view for any and all ET civilizations. What a step backward for true understanding!

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When Greta signed on to work with the Ogatta group, the big message she was told to trumpet was one of "change." The corollary was to "allay the fears" of those fortunate enough to see the space craft (UFOs) and their occupants coming to help mankind. How does that dovetail with the message given out by Streiber of fear and terror? It doesn't. His is one of increasing the fear, not allaying it. And yet, without being in another person's shoes, how can you know what he sees or feels; what his true reality is? The author describes himself as having led a troubled life, going from place to place and job to job...running, running, running. Not our view of life at all, nor one we'd recommend.

Streiber falls into that group of people classified as abductees: humans taken aboard space craft without their consent for the purpose of physical examination and biological probing. Blocks of time are always missing for these people. Only through skilled regression at the hands of trained professionals does the true story come out. Not pretty but one that has been told by more than a handful of victims. Abductees meet to compare notes. By the numbers involved you'd think that if the civilization were evolved at all they would have all the information they would need by this time. There's something wrong.

I suppose it's my overwhelming need to shout the praises of the more highly evolved Ogatta-like civilizations that causes my dilemma. While I should reflect on the pain and anguish caused the abductees, I can only see the block it puts to recognition of those who will be so helpful in our upcoming trials. "Technological advancement does not necessarily bring with it enlightenment and evolvment," the Ogatta group has told us on more than one occasion. I should accept that by now. One thing is for sure: if I have an opportunity to ask Tauri about these abductors, I certainly plan to do so. And I'll let you know.



Since very exciting periods historically do not leave time for looking inward, it is intriguing to note the Chinese curse: "May you be born in an interesting time."

## Right-To-Die

Right-to-die legislation addresses a deeply felt public concern arising from the ability of modern medical technology to prolong the dying process. This legislation has been introduced in almost every state in the USA and laws have already been enacted in 14 of them: Alabama, Arkansas, California, District of Columbia, Delaware, Idaho, Kansas, Nevada, New Mexico, North Carolina, Oregon, Texas, Vermont & Washington. (Others may have been added to the list since Dick and I became interested in the subject - and in a "Living Will" - four years ago.)

If you wish to control decisions relating to your own medical care, you can execute a binding document directing that in the event of a terminal condition, medical procedures which prolong the dying process be withheld or withdrawn. This document belongs in the front of your medical file at your doctor's office.

The "Death With Dignity" Legislative Manual, published annually, spans almost 20 years of legislation and is available from The Society for the Right to Die at 250 West 57th St., New York, N.Y. 10019.



A recent survey by the University of Chicago's National Opinion Research Center has found that 42 percent of Americans say they have been in contact with someone who has died. That's up from 27 percent eleven years ago. Writes the Rev. Andrew Greeley, a Center research associate and author: "It's even happening to elite scientists who insist that such things cannot possibly happen. Indeed, the nation is living with a split between scientific belief and personal reality."



A new data base has been established for those who seek holistic health care. Price-Pottenger Nutrition Foundation has available a registry of health care professionals who are nutritionally oriented. To receive the Referral List, drop a note specifying the geographical area in which you live, or where you are able to go to receive holistic health care. Send to P.O.Box 2614, La Mesa, CA.92041 and include a long self-addressed stamped envelope.

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March 9, 1987: Snow fell on the Greek island of RHODES for the first time in memory as blizzards swept across Greece. The snow was the heaviest in central and southern areas, which usually have some of the mildest weather in the Mediterranean at this time of the year. Changing patterns!

## KGB BEAMS

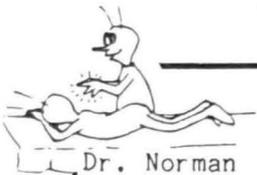
Columnists Rowland Evans & Robert Novak wrote an article on the untimely death of former Ambassador to Moscow, Walter Stoessel, and titled it "BLAME SOVIET RAYS ON ENVOY'S DEATH." They went on to say: "The death in Washington of senior diplomat Walter Stoessel from leukemia at age 66 is blamed inside the U.S. government on illegal Soviet bombardment of the American Embassy in Moscow by microwave beams designed to intercept secret communications.

Absolute proof cannot be obtained that Soviet beams saturating the Embassy were responsible for cancer cells that killed ex-deputy secretary of state Stoessel. But inexplicable health problems among Embassy personnel have convinced American diplomats that (Stoessel's) cancer was induced by the radiation. In the words of one top-level insider, 'Walt was killed, pure and simple.'

During his ambassadorship, the U.S. government sent furious protests to the Kremlin. After months of dispute, the Soviets finally ordered the KGB and other intelligence operations to tone down the microwave beams. By then it was too late for Stoessel." Most Updaters have been aware of the mysterious microwave radiations that the KGB had beamed at the U.S. Embassy in Moscow in the sixties and seventies.

## Potassium Iodide Update

The Tennessee Department of Public Health distributed 10,000 bottles of potassium iodide pills to about 7,000 families living within a five mile radius of the Sequoyah nuclear plant some 18 miles north of downtown Chattanooga. It's heartening to see a public agency recognizing the need for an 'insurance policy' against the possibility of a nuclear accident. Have you taken preventive action to protect your family? (See Update Vol.6, No.1, p.7) Telephone orders only from Anbex, Inc.: (212) 505-6212.



## TOUCH Power

Dr. Norman and Chardy Shealy of the Pain and Rehabilitation Institute in Missouri spent a wonderful time with us at S.T.A.R. House recently and the conversation turned to healing and 'touching.' Chardy quoted a poem and summed it up with the following remarks: "Touch me. In love and caring, the soul-fire surges to renew its passion for life.  
Touch me. Touched forever."

While we tend to think of touch as a tactile or physical experience, the poet alludes to touching that may occur with or without physical contact. Massage and other body therapies involving touch have for thousands of years been recognized for their healing, comforting, and energizing effects. An excellent review of the history and means of the touching therapies from ancient times to the present is contained in Roger Jahnke's, *THE BODY THERAPIES*. He points out that every culture has a body therapy tradition. He identifies 25 of them currently practiced in the United States.

Currently one of the body therapies being used and closely studied is Therapeutic Touch (TT). A nurse in New York, Dee Krieger, has contributed much to the literature on TT which in fact does not need to involve actual touching of the body to be effectively practiced. (Update July/Aug. 1985) Practitioners channel **energy** through their hands into the body of the person needing healing. Where the energy comes from has not yet been determined, but the effectiveness of TT has been scientifically documented.

Touching another, physically or another way, infers significant ethical responsibility for the practitioner. Krieger's studies have shown that a patient can be harmed if the healer's efforts are accompanied by anger, fatigue, anxiety, or a selfish motive. Extrapolating from these studies, we can assume that all touching from the physical such as massage to the other ways in which we affect each other requires sense of self-responsibility regarding our intentions. "Touch me. Touched forever." Touch is powerful. (Thanks for sharing, Chardy!)

Sociologists calculate that Western man receives 65,000 more stimuli per day than his forebears did 100 years ago!



## NOT TO BE SNIFFED AT

We employed a housekeeper for almost twenty years who never had a cold. If she felt "something coming on" she would eat a raw onion with vanilla ice cream to ward it off. We would back away, howling with laughter, but we didn't faze her. Her Grandmother had eaten it. Her Mother had eaten in. And she was keeping the faith. She never had a cold.

Now, we learn that garlic medicines have existed in Europe for most of this century, and that manufacturers of garlic-oil capsules claim that small doses are "a safe internal antiseptic, and of value in treating the symptoms of colds." According to *The Economist*, garlic has two main medicinal uses. First, it's an antibiotic, antiseptic and antifungal agent. (Back in 1858, Louis Pasteur demonstrated garlic's prowess as an antibiotic by using garlic juice to kill bacteria in culture dishes.) Second, it's a counter to blood clotting. (A half a raw clove a day seems to have a thinning effect on the blood, hence the interest of the pharmaceutical industry in garlic's ability to prevent internal blood clotting or embolisms.)

The effective components of garlic are the smelly ones, and Americans are loathe to have bad breath. It is not surprising then to read that two groups of American scientists are "racing to produce a chemical drug based on garlic constituents." The Europeans think they are wasting their 'breath' since no evidence has ever been produced for medicinal effects of deodorized garlic! Natural remedies may require natural smells! Garlic clove and ice cream, anyone?

## Mountain Wisdom

The best time to plant flowers and vegetables that bear crops above the ground is during the LIGHT of the moon; that is, between the day the moon is new to the day it is full. Flowering bulbs and vegetables that bear crops below the ground should be planted during the DARK of the moon; that is, from the day it is full to the day before it is new again. Old wife's tale? Perhaps. . . but it works! (And if you do your fishing while the moon is between new and full, your catch will be more impressive.)



As science progresses and new technology is used in more speculative areas, information that was regarded as PARA-NORMAL enters the main stream. We have no choice but to 'know' that many civilizations inhabit the Universe. This is because of our relationship with the Ogatta group. Astronomers, however, have been unable to confirm the existence of other solar systems on which this life might exist, let alone other life forms. Our culture has shaped a reality that life is unduplicated anywhere in the Universe. All of this is about to change, and it's about time.

At the recent American Astronomical Society meeting in Pasadena, California, a paper was presented that begins to dispel the singularity of mankind. Cornell and Cal-Tech astronomers found what may be the early stages in the formation of a new solar system. The event they are studying is in the Milky Way galaxy and shows, for the first time, a dust disk surrounding a Sun-size star orbiting the star in an orderly fashion. Such disks, initially found in the early 1980s, have been touted as the precursors of planetary systems and suggests that stars with planets may be quite common.

Let us add to this information, premature though it may be in a scientific sense. Planets are most common as appendages to star systems, be they single star systems as our Sun; twin star systems as the Ogatta system; or triple star systems as the closest star to our sun, Alpha Centauri. Life on these planetary systems is widespread, with many life forms in various stages of evolution. Since we are a second or third generation star existing for less than 25% of the life of the Universe, it is safe to assume that we are at the lower end of the evolutionary scale. (This was confirmed for us by the Ogatta group.)

To give some perspective to life on other planets we wrote about our meeting with meteorologist Elizabeth Klarer in the Mar/Apr 1985 Update. She told us about her ongoing relationship with an astrophysicist from Planet Meton in a system orbiting Proximus Centauri, the third star in the

Alpha Centauri group. When we were with her in May 1986, she brought us up to date on her astrophysicist's activities. He is currently part of a team that is cataloging and investigating the 150,000 civilizations Meton believes to exist in the closest galaxies, called by our astronomers the NEAR Universe. While these numbers appear overwhelming when our own scientists cannot verify the existence of even a single other planetary system, it is more logical than assuming that we are alone in this vast Universe. (It is heartening to see the lack of disbelief and the support that Elizabeth Klarer receives from higher-ups in South Africa, East Africa, Canada, Australia, New Zealand, Germany and the U.K.)

### **S.T.A.R. Activities**

We wind down our seminars and lectures until Fall on May 16th in Long Lake: our "Month-In-A-Day" in Minnesota. Call Cynthia Lurton (612)473-8787 if you can come.

The four-hour presentation for OPO in Naples, Fla., really became a two day and night on-going experience. It was best summed up by one of the participating presidents who wrote: "We may be the 'over-the-hill gang' (all over 50) but you gave us more to think about in roles we might assume in the coming years of change than any other resource has ever suggested. Thank you for your insights, your gentle humor, the food for thought, and for your love." Thank **you**. And we welcome many of you on board the Update train of thought.

The SLIDE OF LIGHT II Conference at S.T.A.R. House is about to take place as we go to press, and we are very excited. The program will be extraordinary and the faculty (as well as the Updaters) are rarin' to go! Will tell you all about it in the next issue (unless it rained, in which case I may have committed hara kiri!) Apologies to the 163 on the waiting list! Hope to see some of you in '88....

Anyone wanting to set up a "Month-In-A-Day," a Two-Day Workshop, or a Lecture in your area in 1988, please contact us ASAP for available dates and details. (Honoraria always to S.T.A.R.)

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