

# The *Update* WOODREW

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## ARCHITECTS OF THE FUTURE Our Space Kids

August 31, 1977, the Mind Link at which I was the channel and Tauri spoke: "Architects of the future, we call you young ones, because you are architects of what is to come. You young who will build new buildings, harnessing sun's energy. Architects you will be, growing foods that do not need refrigeration. And healers, you will be to the masses for what they consider 'miracles.' But they are not miracles; they will be **cosmic revelations**. Architects, you young ones, building for your planet at the turn of the century. Teachers and communicators, you elders, finding more and more young ones...and merging them in. Architects of the future are being brought on to your planet from their home civilizations. They asked to come, and come they will. They each have a mission. Eventually they will forge together their minds and souls into a unified consciousness. You are part of this process."

Many of today's young people write, call and come to see us with the feeling that they live between two worlds, but do not know why they feel that way. It has become a haunting refrain. They have a sense of urgency surrounding tasks they do not comprehend but feel compelled to do. They suffer human frustration and ridicule. The ones in their teens and twenties invariably ask about the meaning of their existence. They ask about the life of the soul. They are sensitives. They are Space Kids, as the Good Doctor, Andrija Puharich, dubbed them. And they are wonderful! They have "chosen to come."

A month doesn't go by that I don't get word of one of them. Last week a mother called to describe her four year old son's 'strange' actions: "He will run into the yard at the time of the full moon each and every month and point to the exact same place in the sky. He says THEY are talking to him from there." Yesterday,

a distracted father wrote of his concerns about his five year old daughter who told him, after he had suffered a cramp in the pool, "I lost my other daddy that way. He drowned!" A lad was brought to us with great PK abilities. We witnessed his locking all buttons in his dad's car from a distance of 50 feet with a wave of his hand in the direction of the parked car. A teenager shared prognosticative dialogues she has had with garden divas since she was tiny. Who ARE these new entries on the planet? Dr. Ibarra Chavez of Mexico City, a noted pediatrician specializing in premature infants, tells us, "The new crop of babies are coming in more 'aware'...eyes focussed and alert, necks strong, lying in bassinets no bigger than chickens, and with a knowingness I cannot describe. They are very special babies, this new crop."

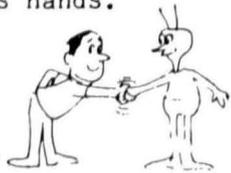
I gaze into the eyes of my grandson and wonder if he is one such. Maybe. Did he "choose to come?" Did he "pick his parents?" What will his role be on Spaceship Planet Earth in its time of great transitions? Is he, and the ones in my extended family's families, tuned in to higher vibrations? Will these Space Kids hear music from the spheres that we can not? Hopefully! I only know that we must encourage them; spark their 'imagination'; help them to develop their sensory tuners to a higher capacity; be what they are meant to be: architects of the future.

I often wonder why certain children 'choose' parents who are afraid of parasensory manifestations instead of picking those who would cherish and encourage a parasensitive offspring. I talk to too many parents who are more worried about "what people will say" than about what the child is seeing, hearing, feeling, experiencing. I have no answer to the question. Perhaps it is part of the evolutionary process.

A majority of the world's people - Hindus, Buddhists and many others - believe in multiple lives and reincarnation. In the United States such beliefs have a rapidly growing group of adherents (as often as not in a trivialized form.) It is not unusual to realize, therefore, that the great majority of reincarnation-type case studies are being recorded in places like Sri Lanka, Burma, India. (The question arises whether the cases occur because of the religion or indeed, the other way around.) Dr. Ian Stevenson of the University of Virginia's Medical School, put in three decades of research on experience with reincarnation-types and he states: "There is nothing intrinsically more illogical in a theory of multiple rebirths than in the notion of a single birth and death. In fact, given the extraordinary handicaps under which many people live their lives, there is a good deal to be said for second, third, and fourth chances. But as to how it might be done, whether everyone is reincarnated, what the discarnate substance might be, and how it might be transmitted, all these questions remain unanswered, and I must say that I do not expect them to be answered in my lifetime."

Belief in the reincarnation theory notwithstanding, many of the Space Kids exhibit similar traits, and one of them is a certainty that they have been here before. Parents have great difficulty with this aspect. (What mother wants to be told by her child that "my REAL mommy says...") Personally, my heart goes out to both parent and child. I listen very carefully to each story that is brought before me. I do my best to convince each parent to allow his child's stream of consciousness to flourish. And I hug to my heart each youngster as I hear out his or her experiences. I listen with respect and genuine fascination. After all, these are the "architects of the future" about whom the Ogatta group spoke. It may well be that the Golden Tomorrow of which they also speak will fall into these very children's hands.

*"What About the  
PEANUT?"*



Our food storage plan is now 90% complete

and in the underground root cellars built for this purpose. But an offhand question from Tauri has triggered a six-month search for an answer: "What about the peanut? There is so much you do not know about its properties." It is amazing how little anyone knows about its shelf-life and properties. Not a true nut but rather a pod or legume, it is a concentrated food. Pound for pound, peanuts have more protein, minerals and vitamins than beef liver, more fat than heavy cream, and more food energy (calories) than sugar. It is grown today mainly for its edible oil (except in the United States where it is produced for grinding into peanut butter, for roasted, salted nuts, and for its use in candy and bakery products.)

George Washington Carver took the peanut, until then used as hog food, and the exotic and neglected sweet potato, and turned them into hundreds of products. His list included cosmetics, grease, printer's ink, coffee and, of course, peanut butter. Carver said he got his answers by walking in the woods at 4 A.M. "Nature is the greatest teacher and I learn from her best when others are asleep," he said. "In the still hours before sunrise, God tells me of the plans I am to fulfill." Thomas Edison unsuccessfully tried to hire Carver, confiding to his associates, "Carver is worth a fortune." Henry Ford also tried (and failed) to hire him, calling Carver "the greatest living scientist." When Carver's plans were fulfilled - and his dreams translated into realities - he refused to take out any patents, believing that all inventions and discoveries belonged to mankind, not to one man. The result is that much of what he learned is lost in the annals of history.

Dick and I attempted to find out the details of storing peanuts in any form from dozens of sources. Just last month, our perseverance paid off when an ex-vice president of Mars Candy Company visited the S.T.A.R. House. He researched and confirmed that there is a 12-15 year shelf life - and a 7 year nutrient life - to the powdered form which can easily be reconstituted. Good news! And we pass this information along to you because Tauri never asks questions lightly. We will be storing this product along with the 24 tons of food already in place. It will probably be labeled "Ogatta Butter!"



## THE STATE OF THE WORLD: WORLDWATCH REPORT

Awareness of how things are and whether they are getting better or worse is the task the Worldwatch Institute sets for itself. Their objectives are (A)-to report the environmental issues that now confront the entire world; and (B)-to make as many people as possible aware of the changing resource base on the planet and the economic use - or misuse -to which it is being put. It's wonderful to see the impact their work has had in a few short years. In 1984 they published their first STATE OF THE WORLD report with a modest printing of 16,000. So great was the interest that by year's end it had gone through five printings and a total of 27,000 copies. In Beijing, the Institute of Scientific and Technical Information of China had a team of six translators at work on the book within weeks of its U.S. publication. Their efforts were followed in Japan by the Defense of the Green Earth Foundation. Today, STATE OF THE WORLD is published in Spanish, Arabic, Indonesian, Polish, Romanian and Thai as well as English, Chinese and Japanese. The estimate on the worldwide market is now in excess of 200,000 copies. In addition, it is used as a textbook in nearly 200 U.S. colleges and universities. Becoming aware of the problem is the first step toward finding its solution. We acknowledge and salute the efforts of Worldwide Institute in trying to make us aware of our own follies.

Following are a few of the issues addressed in STATE OF THE WORLD 1987. If you've read of some of these problems in earlier Updates then it shows that both S.T.A.R. Foundation and Worldwatch Society are doing their jobs.

Under the heading THRESHOLDS OF CHANGE are mirrored parts of the Scenario. "Scientists warned of a forthcoming wave of mass extinctions that would approach the magnitude of that which wiped out the dinosaurs and half of all other extant species some 65 million years ago. The earlier cataclysm was of natural origin, the one now unfolding is driven by human activities. Changes in atmospheric chemistry and global temperature reflect the crossing of key thresholds in natural systems." They printed a most important statement: **A sustainable society satisfies its needs without diminishing the prospects of the next generation.** "Between 1950 and 1986, human numbers doubled to 5 billion, expanding

as much during these 36 years as during the preceding few million. During this period, world fossil fuel consumption increased fourfold."

"The earth's forest cover is diminishing as a result of land clearing, firewood gathering and logging, air pollution and acid deposition. Serious environmental consequences are emerging including increased rainfall runoff, accelerated soil erosion, and diminished water quality." We can be reasonably certain that deforestation will disrupt hydrolic cycles and that ozone depletion will induce more skin cancer. In agriculture, an important threshold is crossed when the rate of soil erosion exceeds that of new soil formation. Recently the intensification of farming practices has pushed the rate of topsoil loss beyond that of new soil formation on an estimated one third of the world's croplands. ANY SYSTEM PUSHED OUT OF EQUILIBRIUM BEHAVES IN UNPREDICTABLE WAYS."

What are we doing to the prospects of our childrens' and grandchildrens' generation? The chapters go into much detail: "Once populations expand to the point where their demands begin to exceed the sustainable yield of local forests, grasslands, croplands, or aquifers, they begin directly or indirectly to consume the resource base itself."

Moreover, "widespread urbanization is largely a 20th century phenomenon. As recently as 1900, fewer than 14 percent of the world's people lived in cities. By 1987, some 43 percent of the world's people were living in cities." Cities require concentrations of food, water and fuel on a scale not found in nature. Moving large quantities of these items in large cities and moving garbage and sewage out is logistically complex and energy-intensive. (Consider the plight of the barge filled with Long Island garbage that could find no place for dumping. The "Gar-Barge Saga" was comical, but on a larger scale, it will not seem so laughable.) Water pollution in Third World cities may be even worse than air pollution.

The report also focusses on electrifying the Third World, recycling waste materials, sustaining world agriculture, raising agricultural productivity, stabilizing

chemical cycles and designing sustainable economies. This 268 page report hones in sharply on the problems we must address if we are to have a sustainable society.



## MOUNTAIN MUSINGS An Abductee Statement

The Ogatta group made Greta's corollary assignment "allaying the fears" of those fortunate enough to see the gattae and their occupants. Now I know the reason. Reports of extra terrestrials abducting earthly specimens for clinical probes and scientific experimentation are getting coverage in books and the news media. For most people it is their first exposure to E.T. life. The impression with which they are left is one of fear, doubt, terror and despair.

I wrote of my frustrations regarding this first impression of E.T.s in the last Update. Since that time we have spoken with Tauri. This is a summary of the rather brief conversation, most of which was done in analogy.

**TAURI:** When your scientists seek laboratory confirmation of theories and ideas, they use specimens, mice, rats and other guinea pigs in their work. They seek to conduct their experiments in the most humane way they can, but also the most productive and efficient. They attempt to remain totally detached and objective in their approach and remove themselves from emotional involvement. Their end goal is to enrich the store of knowledge in the area in which they are working. Do you understand this, Dick?

**DICK:** Yes.

**TAURI:** If you understand this then you will have no trouble understanding a civilization that sends its best scientists to study areas in which their knowledge is sparse.

**DICK:** But knowledge of Man is available in the Cosmos in far greater detail than their cursory probes can provide.

**TAURI:** Yes, it is, but only for those who can tap into it.

**DICK:** Can't they?

**TAURI:** Dick! We have spoken many times about technological advancement not being spiritual or moral advancement. These

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civilizations can travel in the Cosmos, but they are no further advanced in their other development than mankind. Need I give you examples of these civilizations?

**DICK:** No. I am fully aware of what you say.

**TAURI:** Now let me tell you some things about these civilizations. They send their very best scientists to learn the ways on a planet they probe. On Earth they study plants, insects, animals and Man. They go to great lengths NOT to harm or frighten any human with whom they work. They view Man as they would other specimens they study and try to respect the 'free will' aspects within this context. While there are a few legitimate abductees, there are not nearly as many as you would think. Most who report such experiences suffer from 'head noises!' Now that you see the public-airing this activity is receiving, you will better understand Greta's assignment of "allaying the fears." While you may think that the study of Man violates free will, they are much gentler than your own kind when they use Man as an object of study. You are aware of human studies that use Man as guinea pigs without their knowledge and against their free will?

**DICK:** Yes, unfortunately I am, Tauri. (A brief summary of some of this activity follows in this issue.)

Tauri then shifted the conversation to another topic and the subject of abductees was closed. Our understanding of the abductee phenomenon was greatly expanded. These clinical beings operate their knowledge-collecting probes (as do our scientists) from a totally objective approach. They do not seek to be controversial figures or "negative forces" on our planet. They're just not advanced enough to tap into the available cosmic knowledge. Well! Neither are we. Some time in the future, when we become able to explore distant worlds, we too may fall into the category of abductors seeking to learn about life on a distant planet. I hope that we remember the experiences being written about by our human abductees and seek the assistance of the many on the planet who would deem it an honor to be examined by an extra terrestrial civilization.

THE GOOD NEWS IS THEY WILL BE  
SHOWING YOUR OPERATION ON T.V.'S  
BLOOPERS AND BLUNDERS...





## Human Guinea Pigs

Quoting Congressman Edward Markey, The New York Times writes that "the kind of demented human experiments conducted by the Nazis" was in fact conducted by the U.S. government on hundreds of unsuspecting citizens, as well as on the helpless and aged, over a 30 year period. Markey's House Energy & Commerce subcommittee recently reported that experiments were done to determine the effects of radiation. They included: 1) Injecting people with radioactive substances and feeding them radioactively contaminated foods with doses 96 times higher than federal limits on internal radiation for nuclear workers; 2) Exposing the testicles of Oregon prisoners to radiation and then forcing them to have vasectomies; 3) Giving radioactive strontium to ingest; and 4) Treating some unsuspecting lab assistants with plutonium.

According to the report, the experiments took place all over the United States from 1947 to the early 1970s and involved several hundred subjects. The subcommittee even documented cases in which people were given radioactive materials just to calibrate instruments. These experiments were sponsored by three federal agencies--the WW2 Manhattan Project and DOE's predecessors, the Atomic Energy Commission and the Energy Research & Development Administration. Most of the experiments were conducted by University scientists and physicians under contract to the U.S. government.

Markey is calling for a follow-up and compensation for hundreds of these "nuclear guinea pigs." If interested, his subcommittee report is entitled American Nuclear Guinea Pigs: Three Decades of Radiation Experiments on U.S. Citizens. Who wears the blackhats?

### **Taking Responsibility for our Health**

People are beginning to recognize that they, and only they, are responsible for their health. The efforts of the many around the country who preach 'right thinking' and 'self determination' where wholeness is concerned, are paying off. We are happy to report that several establishment publications have printed articles and sections devoted to holistic medicine. We were particularly pleased to find information in Business Week and The Wall Street Journal.



**HOLISTIC MEDICINE: NO LONGER HOCUS-POCUS** was the headline in the full-page spread in Business Week of May 4, 1987. "...more and more doctors backed by a growing body of scientific evidence are deciding that so-called 'alternative' or 'holistic' medicine is more than hocus-pocus. Among the once-controversial therapies gaining credibility: acupuncture, hypnosis, biofeedback, homeopathy, and creative visualization." And then: "Holistic medicine is still far from the medical mainstream. But patients with complaints from depression to diabetes to back pain are turning to alternative techniques."

**MEDICINE & HEALTH: A SPECIAL REPORT** was the heading of a full section in The Wall Street Journal of April 24, 1987. In the 40-plus pages were headings such as "When the Patient Takes Charge", and "Where Patients Are Partners". An article, **LINKING MIND WITH BODY**, tells of Norman Cousins describing the "healing powers of laughter and emotional well-being and the killing potential of panic and depression." The daily calls Mr. Cousins "a guru of the patient-rights movement" and describes his activities as a faculty member at the UCLA Medical School where he serves as chairman of UCLA's Task Force on Psychoneuro-immunology, the connection between the mind and the body's healing powers.

The first article opens with a quote from Sir William Osler, the great physician and wit: "The desire to take medicine is perhaps the greatest feature which distinguishes man from the animals. It's also true that no animal would, in the name of therapy, allow another to do what man meekly allowed his physicians to do to him over centuries. They've bled him by the gallon, purged him senseless, roasted him in ovens (a measure against syphilis), stuffed him with poisons and tormented him with various ghastly appliances. Sometimes he lived despite all this assistance, and sometimes he died. Either way, the doctors learned from him, and in time their ever-increasing store of special knowledge made them almost a priestly class, their word unquestioned by patients and their authority supreme. NOT ANY MORE!"

It's a sign of our changing times that patient self-determination is entering the 'healing' professions. All of us must take responsibility for our health.



## An ON-GOING Process

Survival on Earth is an ongoing process. And, because it goes by many names, it is not always recognized for what it is. Some of the more familiar terms are EVOLUTION, RESISTANCE, SELECTION, ADAPTATION. But a rose by any name points the name of the game to SURVIVAL. Going forward into the New Age requires all the species to adapt to higher energies or suffer the consequences, perhaps even extinction. Those who have been preaching this line for a while are familiar with the standard rebuffs. So...let's use some examples of 'survival' that the 'establishment-only' types will understand.

The versatility of evolution is stomping on the ingenuity of chemistry with hobnailed boots. Bacteria are evolving resistance to antibiotics and insects are evolving resistance to pesticides faster than new chemicals are being invented. Darwin may have called this process "natural selection" but it's more 'the name of the game' than it is the exception. As soon as penicillin is injected into your body, an advantage accrues to any bacteria that happen to possess a way of disarming the chemical. It survives while the others perish. But then what happens? The resistance (or adaptation or selection) spreads from bug to bug because most of the resistance genes lodge themselves in small loops of DNA that bacteria swap with each other. And, we are told, that resistance is usually irreversible.

Bacteria get stronger at adapting as they get more practice. Five generations of pesticides have passed since DDT was introduced in the 1940s. The time it takes bacteria to double its resistance to new chemical pesticides has fallen from 6.3 years for DDT to ONE year for the newest generation introduced, pyrethroids. More than 450 species of insect are now resistant to DDT. And the chemical geniuses who invented DDT are currently banning its use as being too dangerous. In the Sept/Oct 1986 Update we wrote of the bacteria that have adapted to the radioactive wastes of nuclear reactors and thrive at radiation levels deadly enough to kill humans. These examples point to evolution as being an ongoing process. Life on this planet will survive as long as the earth sustains any environment supported by the sun's energy. But what

that life will look like may eventually bear little resemblance to what we now know.

## FUN, PLAY . . . or GAMES

One of the enchanting take-home memories for participants at the SLIDE II Conference was the "game-playing" under the gentle direction of Ann and Karl of Project Adventure. Southern California University Professor Leo Buscaglia points out: "In play we don't keep score. No one wins or loses. Anyone can play, alone or in a group. There are no sides -- we're all on the same side." Many of us think we are about to play when we head for the golf course, the tennis court, the bridge table, etc. But these, in truth, are not play activities, they are games with strict rules. There are winners, losers and sides. There is often tension, competition, expectations and criticisms.

As children, remember how we pleaded to "go out and play"? As adults, we have the same need and feel the void when we are denied the same prerogative. Leisure time should not be accompanied by stress. I believe that good old-fashioned play is often missing in our adult lives. And we all need fun in our lives. Now more than ever.

Summer is here. I simply want to say to you to make time for play. It doesn't cost a thing and the benefits are myriad. Back to Dr. Buscaglia: "Play has all sorts of educational, physical and psychological benefits. A happy, fulfilling adult life may even depend upon the intensity and variety of our play experiences. Of course, we will run the risk of being accused of going through our second childhood or of having lost our minds. (Where's Leo? Oh, he's out in the backyard jumping on a pile of leaves.)"

Dick and I remind each other of the time for fun and play. He takes most of his with the animals on the property: our llamas & sheep, cats & dogs, horses & chicks. As for me, I build snowmen...redress old dolls...and make disastrous taffy. None of this is in the game-playing category of our nightly gin-rummy and backgammon bouts. ("I won!" is quite a different bottom line.) There is much on this subject I'd like to share, but I bought a soap bubble pipe and....

## S.T.A.R./UPDATE Playback

The comments that people make upon joining, renewing or leaving the Update train of thought are always informative and often amusing. One woman dropped off our mailing list because "this appears to be a family newsletter and I don't know the family." In the very same mail a man renewed because "I feel so much a part of a special family (of Updaters) and that's a marvelous thing." Some want more cosmic articles and input from the Ogatta group (so do we!) and others like the "non-esoteric stance that is taken in this New Age letter." Two pieces of mail are opened one right after the other, and one states, "Bless you both, you make complex matters simplistic," while the other reads, "Really, it's sophomoric, and I already know all about the things you write about." But the majority call, write and come to say that they enjoy the personal touch and "think and relate" bottom line.

As for me, I am most moved by those who consider themselves "S.T.A.R. supporters who happen to receive a newsletter." As one septuagenarian put it, "I want to feel that I help you to help others to help themselves. If in the process I get an Update, why that is my bi-monthly bonus. At my age I take all the bonuses I can get!" A college student hopes he is "an architect of the future" and sends new data in quantum physics for us to share. A lady on welfare sends a postage stamp each month "to help defray mailing costs for S.T.A.R."

To all of you, our thanks for whatever your reason for becoming and remaining under the S.T.A.R. umbrella as Updaters. Your 'echo,' your mail, your financial tithes and boosts, your moral support, are deeply appreciated. Dick and I will continue to try to reach as many of you as possible at the S.T.A.R. House, through the Updates, and in filling the myriad of requests from this unique "extended family."

We do not advertise or proselytize. We do view each and every S.T.A.R. supporter as part of our extended family, and perhaps we are best able to show our gratitude

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at the April SLIDE Conferences at the S.T.A.R. House. SO: if you are simply a newsletter subscriber, so be it, and we hope you enjoy our efforts. But know that in so being, you are also very much a supporter of the Foundation, and we love you for it!

### Our Inner Clock by Lucas McFadden

If you threw away your alarm clock and tried to wake up at a particular time on your own, chances are with a little practice you'd be able to do it because the human body actually has its own built-in clock. We are affected by three main rhythmic cycles: the daily revolving of the earth, the monthly orbit of the moon around the earth and the earth's yearly trip around the sun.

Human time sense often dictates our habits. For instance, three meals a day is a common eating pattern because people feel hungry every three to four hours. Temperature, blood pressure, pulse, breathing and hormonal activity all rise and fall in conjunction with the earth's slow spin. We become sleepy at the end of the day, coinciding with the setting of the Sun and ensuing darkness. Brain cells show two-to-three hour cycles of activity. We even dream in cycles of about 90 minutes.

A Japanese professor named Takata discovered relationships between human blood and the sun — the blood changed when a group of sunspots passed across the center of the Sun. He also noticed that his test results showed the blood underwent sudden change a few minutes before sunrise each day, "Man," declared Takata, "is a living sundial."

There is, however, a discrepancy between your body clock and your kitchen clock — as far as your own biological clock is concerned there are twentyfive hours in a day! In laboratory experiments conducted both in West Germany and in New York City, subjects were isolated from the outside world in a windowless, clockless environment. They were allowed to sleep and wake according to their own inner clock. Invariably, subjects fell into a twenty five hour cycle, instead of keeping pace with the twenty-four hour solar day.

### "MINI S.T.A.R. WEST"

The aftermath of our L.A. Workshop is warm and wonderful. Attendees including Updaters and newcomers met at the home of Dott Hughes on the last Saturday of the month for a "Brown Bag Lunch and Day" of getting acquainted and sharing. "What a super fun-time we had! We all shared ideas, books, crystals, tapes, channeling, love and energy. One of the group was hospitalized and we sent healing energy to her as Greta had taught us. It was a diversified group that became as one with open minds and a great variety of knowledge. We could really talk to eachother!"

The group voted to call themselves "Mini S.T.A.R. West," and they invite all Updaters and friends who find themselves in the Los Angeles area to join them on the last Saturday of **every month** at 10 A.M. — with a Brown Bag lunch — from this time forward. (Call Dott Hughes, 213-935-0891 for information.) Hurray for California! It's lovely to know that this networking will be ongoing, with its roots in S.T.A.R. Keep us posted.

"Oh, God, help us not to despise what we do not understand." - William Penn