

MYSTERIES, MYTHS OR MARVELS?



KEVIN ARNETT



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Have you ever wondered about such things as UFOs; the disappearances in the Bermuda Triangle; the strange power of pyramids and how psychic healing works? What are these powerful and disturbing psychic phenomena and unexplained forces which baffle even the finest scientific minds of our time?

In this illuminating and thought-provoking book, Kevin Arnett probes the mysteries of other dimensions. This is a searching appraisal which investigates such enigmas as time warps; the power of prediction; auras; biofeedback; telepathy and other manifestations of powers that present-day analysis **cannot** explain away.

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1 - The Age of Aquarius

We are living in an age of discovery in science and technology which is taking us beyond bounds that mankind, even 100 years ago, would ever have believed possible.

Unfortunately, because of the way we live our lives, we are often too busy to notice and appreciate what is going on around us. I often think back to an occasion when I visited a friend in hospital who was dying of cancer. She looked at me and said; 'I know I am dying and I have come to terms with myself. But I do have one regret - I spent so much of my time trying to reach my goals in life that I missed the scenery along the way.'

If only we could all develop the happy art of living in this moment of time called 'now.' The present moment is the only thing we can ever be sure of.

Already, in one man's lifetime we have developed a complex technology ranging from computers to satellite telecasts and the ability to fly. It's only about eighty years ago that the Wright Brothers flew a shaky little mechanical device through the air and the era of flight began. You could take one of today's Jumbo jets, strip it of all its interior fittings and you would have enough room inside to put the bicycle work-shop in which the Wright Brothers built their first plane. You would then still have enough room to put the small plane beside the work-shop. Then you would still have enough room inside the Jumbo for their tiny aircraft to fly the full distance it flew on its initial test flight - all of that within one man's lifetime.

The age in which we find ourselves is called 'The Age of Aquarius.' All ages of mankind have a name which were forecast thousands of years ago by psychics, particularly in Eastern philosophy, and so far they have all come to pass as predicted. We have just come from the Piscean Age, which began with the birth of Christ, and the symbol of the Piscean Age was water. The very beginnings of this age were symbolised by the story of Christ and the fishers. It was forecast that in that age mankind would take several steps forward in his knowledge by means of water. And so you have voyages of discovery opening up new horizons for mankind such as Christopher Columbus, Captain Cook and van Dieman, using water to open up these new horizons.

There is a problem with water, however. If you look at something through water you can see the object, but because of the nature and composition of water, the object becomes rather distorted and there are certain truths that were meant to come forward during this period that would be misunderstood because of the nature of the age and its symbol.

If you were to take that same object out of the water and hold it up in the air, you would see exactly what you were looking at. Now we have the symbol of air, atmosphere and ether - the Age of Aquarius. Just as the Piscean Age ended, copper cables were laid under the Atlantic Ocean to provide communication between one country and another. No sooner had the copper cables come into use, when mankind launched his first satellite and suddenly the Age of Aquarius began, and those copper cables lying on the ocean bed became obsolete. We had begun to utilise the air and the atmosphere. The biggest symbol of the Age of Aquarius so far must be mankind taking that first historic step on the moon, using the air and atmosphere to continue broadening our knowledge and opening up further

horizons.

It was forecast some thousands of years ago that as part of this present age we would also learn more about the nature of the human mind and much of the unseen world around us. We would start to develop communication by mental telepathy and the power of thought and that certain areas of the brain which have been lying dormant for some time would become activated. Hence, the enormous upsurge of interest in psychic matters, as the time is now right. Only two or three years ago it would have been impossible for me to have gone on national television (especially a variety programme) to speak of esoteric subjects as I do.

Many people are now beginning to realise that there is much more to life than can be seen or detected by the five senses - that there is most definitely a sixth sense. All around us we see evidence of a coming together of Eastern and Western philosophy where the barriers between the two are starting to break down, and this can only benefit the human race. Even established churches are starting to merge despite sectarian differences, for the common good of mankind. This is another indication of one of the forecasts for this age, that we would start to form community groups for the benefit of everyone, so you have communes, groups like 'Lifeline,' 'The Rape Crisis Centre,' 'Community Aid Abroad' all working voluntarily to help others in need. This feeling of group consciousness provides a great deal of hope for the future of our planet.

We are really in the midst of an age of psychic awakening and suddenly all around us are excellent examples of the psychic capabilities that I feel are available to us all. Psychic ability is rather like a talent that can be continuously developed and refined. One of the best known examples of psychic talent is Uri Geller. Ever since the Geller phenomenon surfaced in 1971 there has been a continuing controversy as to whether he is a genuine psychic or a highly accomplished conjurer. Naturally, many magicians and conjurers can duplicate many of the things that Geller does but that doesn't necessarily mean that Geller himself is a fake. Despite endless scientific investigations I think that one can only speak of one's own observations and I will never forget the night that Geller appeared in the Melbourne Town Hall before a packed house of some 2,500 people. During the early part of the evening some of Geller's attempts at thought reading failed and I found myself wondering whether 'a professional magician' could afford to go on making so many mistakes.

Then came the amazing highlight of the evening when Geller invited people to come forward with their broken watches and clocks so that he could make them all work again. Hundreds of people rushed forward to put their broken time-pieces on the front of the stage. Soon there was a very large pile of watches and clocks of various shapes and sizes. Geller then took a microphone, held it over the small metallic mountain, and not a sound could be heard. Uri Geller then invited children from the audience to come up onto the stage with him and help him make the clocks go again. I had already noticed that many of his experiments had not worked with adult helpers but had worked perfectly well with children. Is it because children still have open, unaltered minds about such things and don't have the mental blocks and negative beliefs that many adults have? Is there really some power at work that can be effectively blocked by an unbelieving mind?

With the assembled children, Geller formed a semi-circle with himself at the centre and, together, they all placed their hands over each others'. Geller invited them all to shout out the word 'work' at the

clocks and watches. All the children joined in with great enthusiasm and then the audience were also invited to shout out 'work.' It made a grand, if not rather odd, sound. Then Uri Geller took the microphone a second time and held it over the pile of watches and clocks. This time there was a very loud ticking and ringing of alarm bells.

Suddenly that pile of used junk had become alive. At the same time members of the audience started jumping up holding their own watches and clocks aloft which they had been unable to bring up onto the stage. They were all working again. There was a young woman sitting in front of me up in the gallery. Before the performance had started she had been looking at a small oblong woman's wristwatch that had stopped. I leaned across and asked her what had happened to it and she replied that the jeweller had told her that it was no use having it repaired. She had kept it in a drawer for twelve months and had brought it along that night to see what would happen - if anything. After Geller had finished his experiment with the watches on stage, the young woman remembered her own watch and retrieved it from her pocket. Her watch was ticking away quite happily again.

Towards the end of 1976 I met a young man from Geelong in Victoria who had also been at one of Uri Geller's appearances in Melbourne. Like the young lady, he had also brought along a broken watch which he had kept in his pocket. After the show he found that the watch was working perfectly and it continued to do so - keeping perfect time - for three weeks. Then a friend of the young man's convinced him that Geller was a fake and a trickster. From the moment he started to believe that, his watch suddenly stopped again and nothing could make it start.

Do we have a demonstration of the blocking off of a natural force or energy that had been set in motion by Uri Geller and then nullified by the sudden disbelief of the young man?

In his book *Super Minds*, Professor John Taylor of King's College, Cambridge, who has done many experiments with Geller under controlled laboratory conditions, says that he has found many children in England who can bend metal objects just like Geller, but usually their power starts diminishing when they get to the age of fifteen or sixteen. I cannot help but wonder whether our so-called 'education' works to set the mind like concrete so that imagination is stultified and with it any natural psychic power that lies within the human personality.

As many readers will know, I found a young Israeli boy in Melbourne who could duplicate many of the things that Geller can do such as bending keys and spoons by lightly stroking them. Ori came to my flat and proceeded to bend spoons and forks and demonstrate his mind-reading ability. I served coffee and sat down opposite Ori while he continued to lightly stroke another fork that he was attempting to bend. I rather absentmindedly went to stir my coffee and was astounded to find that the teaspoon had been completely bent over. There was no way that Ori could have touched that spoon as I had only just taken it from the kitchen drawer and it had never been out of my sight. But there it was with the handle quite bent at an acute angle. The next day I found some cutlery that had bent on its own in the drawer overnight. That cutlery had never been out of the drawer the previous evening, let alone been touched by the young spoon bender.

That particular night I was doing some mind-reading experiments with him. We were sitting on opposite sides of the room with pads and pens. I would draw a circle while Ori did the same and then

inside my circle I would draw a shape or an object of some kind. Ori would sit for a moment with his eyes closed and then, in most cases, would draw exactly what I had sketched. This worked eight and nine times out of ten.

As the evening progressed I was running out of ideas about what to draw. I happened to glance around the room and saw a couple of champagne glasses sitting on a shelf and I thought - 'Ah, glasses - I'll draw one of those.' Ori closed his eyes as I did my drawing and he started to fill in his circle. He had certainly drawn glasses, but his glasses were reading glasses. It seems that he had picked up my thought of the word 'glasses' and translated the thought into a picture. I wonder how many times he sees the object or drawing that has been transmitted or just picks up the word that is being transmitted by thought processes.

Before Ori was introduced to television audiences on the 'Don Lane Show' there was an impressive gathering in my flat early one Saturday morning to witness some of Ori's psychic capabilities: a solicitor, the Rev. Alex Kenworthy, a well-known broadcaster on a Melbourne radio station, a member of the Victorian Bar Council, as well as the producer of the 'Don Lane Show,' Peter Faiman. For several hours, Ori continued to amaze all of these people with his uncanny ability to bend keys, knives and forks by stroking them very gently between thumb and forefinger. Often I recall he had attempted to bend an article which did not show any signs of movement until the object had been discarded and then, suddenly, it would be bent. On one occasion, we sent Ori to the bathroom while the member of the Victorian Bar Council stayed in the kitchen and proceeded to draw a square car with square wheels. Immediately Ori shouted out from the bathroom; 'You have drawn a car.' He came rushing back to the kitchen brandishing his own version. It was a square car with square wheels!

The unfortunate thing was Ori seemed unable to duplicate these things in front of the television camera. I suppose it would be rather like asking a fifteen-year-old who had just learnt to play a piece by Chopin in the privacy of his own home to appear before an audience of a million on television.

Although our own psychic ability is not as highly developed as that of Uri or Ori, we display almost every day in small ways our own distinct capabilities. For example, how many times have you been walking down the street and coming towards you is someone you want to have a close look at, but not wishing to be rude you look the other way until the person has walked past? Then you turn around to have a good look and inevitably that person turns around to look at you. The human mind is like a transmitter and receiver all in one and perhaps the person you have turned to look at has picked up your thoughts and acted upon them.

It is not at all unusual for two people to be sitting together and one is about to voice a thought but before the thought can be put into words the other person has said precisely what you have been thinking. How many times have you been about to pick up the phone to call a friend or a relative, but before you can do so the phone is ringing and they are at the other end. Unfortunately, we are rather inclined to dismiss these instances as pure coincidence but perhaps it is something more than just mere coincidence.

Even a yawn is a fascinating phenomenon. How interesting it is to sit on a bus or a tram, start a yawn and watch it spread throughout the compartment like wildfire. Even those who haven't actually seen

the yawn take it up. I have even seen it happen at my lectures!

All over our earth are human beings who have refined these little quirks of our psychic nature into tools to help mankind. I have heard many stories and read many books of a faith healer in England who died in 1977. A wonderful man named Harry Edwards. Throughout a very full lifetime right up into his eighties, Harry Edwards healed thousands of people simply by the laying on of hands and a kind word of encouragement. He demonstrated only too well the enormous power of creativity which lies within each one of us. But like every power available to us in this life, it can be used for good or evil.

Harry Edwards used his power only for good. I recall one dramatic story of a London man crippled with arthritis who went to Harry Edwards for help. Within half an hour that man was out of his wheelchair and walking around again. However, he returned only three weeks later, back in the wheelchair as crippled as ever. He asked for healing again but Harry Edwards refused, saying; 'You have learnt nothing from the first healing - you are still mistreating your wife and your family and you are still cheating your customers at the little rundown boarding house which you run in London, and because you have learnt nothing, I cannot heal you again.'

Harry Edwards established the beautiful Healing Sanctuary in Surrey, England.

Another healer with quite a different technique literally operated in South America for some twenty years until he met his death in a car crash in 1971. I am referring to Jose Pedro de Freitas, who was affectionately known as 'Arigo - the surgeon of the rusty knife.'

Arigo was a very simple man who started his life as a miner under appalling conditions at the hillside town of Congonhas do Campo in the State of Minas Gerais. Shortly after his marriage this simple man, who only went as far as third grade in school was plagued by unusual and rather frightening dreams. In the dreams he would see a scene in an operating theatre but he could never distinguish faces of those present. The day after the dream he would always suffer blinding headaches. Suddenly, one evening during this recurring dream, a short, rather fat man who appeared to be one of the doctors, turned around and spoke to Arigo.

He said that he was Dr Fritz who had died in Vienna in 1918. He said that he made many mistakes when he was on earth and wished to make amends for those mistakes. He would now work through Arigo. Arigo became even more upset by the dreams and his wife begged him to go and see a doctor. He did so but the doctor could find nothing wrong with him. A priest was also called in to 'exorcise' the devil. However, the dreams persisted and often the next morning Arigo would be so weak that he started to have fainting spells.

At this time the little town of Congonhas received a visit from a well known Brazilian Senator, Lucio Bittencourt. Bittencourt had heard of Arigo's popularity with the public and his desire for improved working conditions in the local mines. The senator persuaded Arigo to go with him to a nearby town to address the citizens in miners' rights. After the meeting was over, Senator Bittencourt retired for the evening rather early as he was unwell. His doctor had told him that he had cancer of the colon and would have to go to the United States as soon as possible for a major operation. However, because he

was on the election trail, he had decided to postpone the operation for the time being.

He lay down and slept fitfully. At about three o'clock that morning there was a knock on his bedroom door and into the room lunged Arigo who appeared to be in some sort of trance. As he approached the bed, Bittencourt could see a knife in Arigo's hand and Arigo mumbled something about the senator needing an operation urgently. The senator felt strangely weak and unable to protest as Arigo pulled up the senator's pyjama coat and started to slash at the body. The senator felt no pain and at that point he lost consciousness.

When he woke up in the morning he suddenly remembered what had taken place during the night and found his blood-stained pyjamas. He staggered from the bed, went to the mirror and there found an incision in the abdominal wall. That morning he caught the first plane he could back to Rio and, on arrival, went as quickly as he could to his own doctor. He asked the doctor to examine him without saying what had happened the previous evening. The doctor was amazed to find that the tumor that had been causing all the trouble was not there any more.

It had been cleanly and perfectly removed. There was no trace left of the cancer. Senator Bittencourt was so grateful to Arigo that he started to tell everybody he came in contact with about him. From then on Arigo's fame spread, not only in his own country but to many other parts of the world, and he set up a healing centre in a disused church in his own village of Congonhas. Over a twenty-year period he treated an average of 300 people a day and never once was it found that he had harmed anybody. In fact, every patient he came into contact with reported a miraculous improvement if not a complete cure.

At the start of each day when Arigo arrived at the little church with a queue of patients extending for two or three blocks, he would brush everybody aside and go into a little room off the main hall, kneel down and in his own language of Portuguese, recite the Lord's prayer. Immediately afterwards it was as if the man had been transformed - his whole demeanour would change. He would start to speak in heavily German-accented Portuguese. He would then be ready for the first patient. If he didn't take a knife or the nearest razor-blade to operate he would sit at his rough desk with a pen in his hand and, without even looking at what was being written, would write a perfect medical prescription. Not once did that prescription fail to bring about the desired result. Sometimes the prescription would be written in faultless medical German, a language of which Arigo had no knowledge whatsoever. Many of the drugs contained in those prescriptions were from German drug houses.

As Arigo's fame spread, an American doctor, Dr Andrija Puharich, decided he would go and investigate for himself. He took with him several other doctors from New York. They confirmed in no uncertain manner the truth of Arigo's amazing operations and healing abilities.

They found that Arigo's quick diagnosis of each patient that they had previously checked themselves was unerringly accurate and the treatment prescribed never failed. In the book *Arigo - the Surgeon of the Rusty Knife* by John Fuller, there is a great deal of well-documented medical evidence to back up the success stories of Arigo's amazing treatment. In fact, Fuller lists some cures of leukaemia in children. He also gives details of treatment prescribed by Arigo for a certain kidney complaint suffered by the daughter of an ex-president of Brazil, Kubitschek. Even Dr Puharich allowed Arigo to

operate on him for a small lipoma (a non-malignant growth).

The operation was performed on his right forearm. As Puharich points out, an operation of this kind would take about twenty minutes under normal operating theatre conditions, but on this occasion no anaesthetic was used and no antiseptics of any kind were in sight. Before the operation, Arigo took a penknife - told the doctor to look the other way - and, within ten seconds, had handed him the little growth from his arm. The doctor felt no pain at all, there was very little bleeding of any kind and after two days all that remained was a tiny scar.

There were no signs of resultant septicaemia whatsoever and this was typical of the thousands of operations Arigo carried out, ranging from operations for cataract to removing uterine growths. Was Arigo really under the spirit control of Dr Fritz? If not, then how on earth can one account for this phenomenon? It is once again an example to us all - another symbol if you like, of this wonderful awakening which is taking place on our earth in this new age - the Age of Aquarius.

And now let's continue our journey. On the evidence I present to you it is up to you to make up your own mind about whether all of these things are mysteries, myths or marvels the decision is yours.

2 - Psychic Healing

Have you ever spent a whole year of your life in hospital? To be ill and out of circulation for such a long period, would be unbearable to most people. Yet it happened to me, and it became one of the turning points of my life. Like a lot of events that occur during one's lifetime, it is only afterwards that you can see how valuable, and necessary, that event has been and how much has been learnt by the experience. For me, the enforced rest period was to be of great benefit. Just at the time I needed it most, I was made to slow down and take stock. To think again, and decide where the priorities really lay. At seventeen, I had developed tuberculosis in both lungs.

I lived in Hobart at the time, when it was compulsory to have an annual chest X-ray. After each one, like many other people I guess, I would breathe a sigh of relief when all was well. In retrospect I know that subconsciously I had built up an enormous fear of contracting TB, more or less as a result of the publicity campaign connected with the call for an annual X-ray. I can't help wondering if my body didn't start obeying my fears until the infection started to take root. Is that possible? In his book *Your Mind Can Heal You*, Dr F.W. Bailes states: 'The health warnings issued from time to time by insurance companies, health officers, and others who are seeking to safeguard the health of the public, too often succeed only in implanting dread in the mind and have the effect of creating fear-consciousness.'

Dealing constantly with people who come to learn yoga, I have so often seen how a reversal of attitude from a negative apprehensive approach, to a positive relaxed one, starts to be mirrored in the personality, and then in the physical body.

Are we then 'what we think we are?' A clear reference is made of the effect on the body by the mind, and the thoughts we entertain about ourselves, in the 'Seth' material taken down by Jane Roberts. For example, in *The Nature Of Personal Reality* comes a very potent observation: 'You constantly give yourself suggestions about your body, your health or ill health. You think about your body often, then. You send a barrage of beliefs and instructions to the inner self that affect your physical image.'

There was a lot of time to think during my year in the Chest Hospital. I started to consider how important health really was. I was hungry for knowledge, and read any book on the subject that I could lay my hands on. It seemed to me that diet played an important part in our well-being. This was something that I had heard very little about during my education. I eventually read a book about vegetarianism. This impressed me quite a lot, as it seemed very logical. So much so, that I immediately decided to give up eating meat entirely. A rash decision, and rather unwise to make such a sudden change. Fortunately I understood that a great variety of foodstuffs and a plentiful supply of protein was necessary. So no harm came from the rather sudden decision. I was determined to escape from my hospital 'prison' as soon as possible. But after the first three months, there had been no improvement.

Then dramatically my condition started to improve. There was a distinct turn for the better. Whether it was the dietary change, the build up of streptomycin, the sheer mental determination, or a combination of all those things, who can say? But that was the beginning of my recovery. It took exactly twelve months, from the day I entered the hospital, to the day that I left.

My health, however, continued to be reasonable. Then I came across yoga, and that found a small place in my life for a short time. But like many other things that one tries, the interest was rather short-lived.

After ten years in Sydney, I went to Melbourne to live, continuing with my career in radio. During this latter period, a few health problems started to make their presence felt. Hayfever was the most troublesome disturbance. I remembered that yoga was supposed to be helpful for this complaint, so I decided to take it up again. I enrolled with a large Melbourne school, and found myself enjoying the classes enormously, and was delighted to find the hayfever starting to recede. In fact, after the first year of yoga, it had disappeared completely. A slight, and recurring prostrate problem also cleared up. I was so pleased, that I decided to train as a yoga teacher.

Eventually, I was offered a position as a teacher at the school where I had begun. Now I felt that I could help other people, in the same way that I had found help. As I progressed further myself, I felt better and better. The advantages one receives from yoga are too numerous to mention here, but no doubt many readers will know what I mean. Yoga is deservedly very popular today and it's good to find many doctors recommending their patients to yoga classes.

Then, in 1975, I began planning for my first trip overseas. I had decided to visit the Philippines, to investigate the phenomenon of psychic healing. At the time, there was, understandably, much controversy about it. I wanted to see for myself what it was all about. Was it a fact, or a fake? The only ones who seemed to believe in psychic healing were those who had been helped by it. I had already met some Australians who claimed to have been helped by this highly unorthodox method of treatment.

Just a few weeks before I left, I received a phone call from a Melbourne businessman. He had heard about my interest in psychic healing, and rang to pass on the name of a healer that he had visited in Baguio City. The story that he told was quite remarkable. He had had a tumor in his left foot, which had been removed by surgery in Melbourne. Almost immediately, five more tumors grew in its place. His doctors suggested that the only possible treatment would be to amputate the foot. Naturally, the patient decided that this rather drastic measure should only be a very last resort. He had heard of psychic healing in the Philippines, and made up his mind to give it a try.

Two weeks later he was back in Melbourne. His friends were amazed to find that he was wearing both his shoes. Something that he hadn't been able to do for some time. The five tumors had completely disappeared. Returning to his doctors, they were at first incredulous, but when he explained where he had been, and what had happened, they said it must have been going to get better anyway. It was good luck, coincidence! Unfortunately nobody seemed interested in doing any research themselves - such a pity. (I understand that since that time, the businessman has had no further problem, and has remained in good health.)

That was all the encouragement that I needed. I decided there and then that I too would visit Placido Palitayan in Baguio City. A mountain town that is about half an hour by plane, to the north of Manila. But fate was about to intervene.

Going into the country to give a lecture, a couple of weeks before my overseas trip was to start, I developed bad cramps in the calf muscle of the left leg. My doctor suspected a blood clot ... thrombosis. I was sent to a specialist straight away. His diagnosis was the same as my local doctor. An X-ray was taken, and the thrombosis was confirmed. The advice was to go to hospital that day! It was at that moment that I decided to take my life into my own hands, and to use my own illness as an experiment. So complete with a thrombosis, I left for the Philippines.

I must stress at this stage, that I was very much in two minds about psychic healing. I was aware of the Australian television teams that had gone to the Philippines, and had more or less dismissed the whole thing as a fake. But on the other hand I had heard of an Australian woman who had gone there with a large goitre, and had returned shortly after minus the goitre. There was the tennis player Tony Roche, who had publicly announced that his tennis elbow had been cured by psychic healing. Then there was also the evidence of the Melbourne businessman.

I thought that the only way to deal with the situation was to have some personal experience from which I could draw my own conclusions. I was also fortunate to have with me, as a travelling companion, a close friend who was also suspicious of psychic healing. He belonged, at that time, to a small religious group that believed that this sort of thing was the work of the devil!

Arriving in Baguio City at last, we were delighted to find a lovely mountain resort, quite different from the dirt and pollution of Manila. I telephoned Placido Palitayan immediately upon our arrival, or 'Dr' Placido as he seems to be known to everyone in Baguio. An appointment was arranged for nine o'clock the very next morning. It had all seemed so simple. The adventure was about to begin. I was naturally quite apprehensive about what lay ahead that morning, as I was about to become one of the patients.

We arrived at the little Philippino house in Burgos Street fifteen minutes early, to find that many other patients were already there. As we went into the house, a paraplegic was being carried up the narrow stairs which led to a simply furnished living room. I can recall very little about the room itself, I was so interested in the human contents. There were people from all over the world. Even a professor of physics from Washington University, who was spending his sabbatical investigating psychic healing. By that time he was convinced that something positive was really taking place in the large number of cases he had seen treated up to that point. Healings certainly seemed to be taking place. His problem at that time was not did it work, but how it worked!

Our conversation was interrupted by the appearance of a Philippine who announced himself as Placido's assistant. He sat down, and spoke briefly about the healing that was to take place. As he started to speak, I couldn't help noticing a press-clipping from the Melbourne Herald attached to the wall behind him. It was the story of Tony Roche, and his tennis-elbow, which had been treated successfully in this very same house. The healer's assistant was saying that the healing we were about to witness, was not the result of Placido himself, or any power that he had. We must understand that the healing power came from a much higher source, 'You may call it God if you wish, the name you give it is immaterial.' With that, we were all escorted into the 'operating theatre.'

It was no more than a small room, containing little furniture, apart from a rough trestle table covered

with towels, that I imagined had been white once upon a time. At one end of the table was a bucket, half filled with water. The sight of the bucket didn't make me feel any better! At one side of the table was a cheap plastic dish, also with some water in it. Beside that, was a large pile of cotton wool. Somebody quickly picked it up, checked to see if there was anything concealed in it, was apparently satisfied, and put it down again. I remember that I quickly shot a glance under the table to see if anything was hidden there. But all seemed to be above board.

The only other article of furniture in that room, was a chair. Sitting on it, quite unconcerned about the thirty people crowding into the room, was the healer himself. At first I hadn't really noticed him. He looked quite insignificant, sitting there puffing away at a cigarette. He was dressed in a crumpled Hawaiian shirt, and equally crumpled trousers. My eyes lingered on the shirt for a moment noticing that it had very short sleeves. Aha, no voluminous sleeves. Nowhere there to conceal anything!

Placido Palitayan gave a cursory glance in our direction. Looked us over, then looked straight at me and said, 'You're first, take your clothes off down to your underwear.' But I didn't want to be first, I wanted to see someone else treated! 'Oh well,' I thought, 'I have come all this way, I might as well go ahead.' I stripped, and at his bidding, lay face down on the table.

Without any preamble, no sales talk, no hypnosis, no incense, no drums, no music, he went straight to work. He started a gentle massage of the neck, just to the right of the top vertebrae. I could feel the gentle touch of his fingertips. Then suddenly everyone around me gasped in amazement. I felt a slight trickle down the side of my neck. I was told that an opening had appeared in my neck, and the trickle that I could feel, was a little stream of blood, issuing from that opening. My friend, who was only six inches away had a very clear view of what was happening, and confirmed the opening in the neck.

Without further ado, the fingers of Placido Palitayan went down into the opening and started to withdraw tiny bits of material. He showed me one of these pieces. It was no bigger than the tip of the fingernail of the little finger. It seemed to have a little root underneath it. I quickly looked away, in case it really was something of mine! During this process, I felt no pain or discomfort whatsoever. The healer threw the pieces into the bucket at the end of the table, they hit the sides of the bucket with a pinging sound, and the water became discoloured, as if with blood.

As Placido Palitayan took his fingers away from my neck, his assistant covered the area with some cotton wool, held it there for a moment or two, while the material seemed to soak up the blood. Then, he wiped the blood away. When the cotton wool was removed, all that could be seen was a faint redness on my neck, plus the impression of a fingernail mark. I felt enormous heat at that spot for sometime afterwards. There was no wound, or opening visible. No scar could be detected.

Since that incredible moment, I have tried to duplicate the operation, or at least give the impression that an operation is taking place, by trying to push my fingers into my neck. But there is no way, even with great pressure and discomfort, that I can make even the fingernail disappear.

Straight after the neck had been cleaned, the healer went to the base of the spine, and a similar procedure took place. An opening appeared, a lot of blood, and more tiny pieces of material were extracted. Again, the cotton wool was used. But afterwards, no sign of any opening or scarring.

Then, almost before I realised what was happening, Placido was gently manipulating the skin over the calf muscle of the left leg. Right at the spot where the thrombosis had been diagnosed. Up to that time, I had not mentioned a word about my condition.

Again I felt a gentle manipulation of the skin, and the thirty people crowding around the table reported an opening in the leg. Quite a lot of blood ran out, some more material was extracted, and unceremoniously thrown into the bucket. Immediately afterwards cotton wool was applied, the blood mopped away, and again all that could be seen was a faint redness of the area. Still no pain, or any great feeling of pressure.

Just as suddenly as the operation had started, it was all over. Perhaps two minutes had gone by, no more. I got up from the table feeling no ill effects at all. I remember being rather incredulous that it was all over so soon.

As I was getting dressed, I was asked to return for further treatment the next morning, and in the meantime, to have no alcohol, no carbonated drinks, and no coffee. I was told not to wash those areas that had been treated. If I did, I would stop the healing power that had been set in motion there. The thought of similar acupuncture points went through my mind. Could there be some connection?

I was also advised to go home straightaway and rest. A very difficult thing to do. There I was in a part of the world I had never visited before, very excited at the prospect of exploring Baguio, and being told to go home and rest at ten o'clock in the morning!

There was only one thing to do however, and that was to completely follow the healer's advice. I wanted to give his methods every opportunity to work. Although I had slept well the night before, I went home and lay down. I seemed to go to sleep straight away. I remembered nothing for three hours, and finally awoke at around one o'clock. Then I went to take a step out of bed, and in that moment felt an enormous weakness. I felt as though I had really had some operation. My body seemed to have been completely drained of all energy. I had never felt that weak before, not even during my year in hospital with tuberculosis. For the rest of that day, I had a very quiet time.

The next morning I was back with Placido Palitayan at nine o'clock for my second treatment. This time nobody was allowed into the operating room. It seemed as if the 'show' of the previous day was over. This time the whole thing was more serious. One thing that struck me at the time was that if this man was a magician of some kind, then it seemed pointless to perform without an audience.

This time, I was asked to lie on my back. Placido went to the top right hand corner of my chest to produce the same type of treatment as I had received the day before. It was in this area, I had had TB in the right upper lobe.

He then went to the lower right abdomen, material was taken away, and deposited in the bucket at the end of the table, and then he returned to the calf muscle of the left leg. This time the treatment ended with a firm massage of key muscles, and the final comment: 'From this moment, your health will improve very much, and you will gather strength over the next six months.' And so the work of the psychic healer was at an end.

The result? I can only relate what happened in my own case. From the time of that second visit to the little house in Burgos Street, Baguio City, the swelling that seemed to be a permanent feature of the left ankle disappeared, and I have never had a cramp in the muscle of the leg to this day, some eighteen months later. After I left Baguio, and the Philippines, I went to India, and thence to Russia, walking many miles exploring Moscow and Leningrad in temperatures ten degrees below. My holiday overseas ended with three weeks skiing in Austria and Switzerland. Never to this day, have I even had need of the elastic stocking that I was given by the Melbourne doctor.

Here of course I naturally have to pose the question to myself and the reader of this story - would the thrombosis have cleared anyway, of its own accord? Was I getting better anyhow? Was it all a coincidence? Maybe it was all a state of mind. In my own case, I will never really know the answer. What does happen in psychic healing? Is it fake, or fact? What is the evidence, one way or the other? I have passed on my own experience. What have other more erudite investigators discovered?

Before I went to the Philippines, I read what Lyall Watson had found in his cautious explorations of the phenomena, so well detailed in his book *The Romeo Error*. As he points out, there has been an enormous amount of controversy about the subject. I am quite sure that there are many fake healers getting on the bandwagon engendering much unfavourable publicity. In our hotel in Manila, all types of people were proffering cards containing addresses of so-called 'psychic healers.'

However, since I have appeared in the media in Australia with my own story of psychic healing, many people with various ailments have contacted me asking for the address of Placido Palitayan. Many of those people have since returned with their own success stories. I particularly remember one man from Port Arlington, who had suffered a stroke, and whose speech had been affected. One side of his face was paralysed. He was in a great state of depression. In a matter of weeks, he was back in Melbourne, phoning me to add his recovery story to my already growing files.

One of the most convincing investigations of the Philippine healers was carried out by George Meek in March 1973, and is reported in great detail in *The Romeo Error*. Experts in medicine, chemistry, physics, and even experts in conjuring were included in the team. They took many of their patients with them for treatment. Although some fraudulent practices were discovered, all the experts signed testimonies declaring that 'in at least those operations done by healers they considered creditable, there was no fraud, there were no anaesthetics, no sterile precautions and no cases of infection or post-operative shock.'

One outstanding case history from this research group concerned Olga Farhit from Los Angeles. She suffered from a form of paralysis, a result of a deterioration of the bone marrow in her neck and shoulders, a condition that had been confirmed by both Mt Sinai and the Cedars of Lebanon hospitals. After treatment by a famous healer in the Philippines called Tony Agpaoa, she returned to Los Angeles, where tissue samples and X-rays were taken at St Vincent's Hospital. Her surgeon had commented, 'I don't know what to say, but there's nothing left except scar tissue. It's like something went in and cleaned you out.'

A question I am often asked is, does the blood 'produced' by the psychic healers match that of the

patient? At least part of the answer lies in the tests conducted by a Swiss psychiatrist Hans Naegeli. Blood samples resulting from several operations didn't match any blood of the patients. Although one sample proved to be sheep's blood, and the nearest sheep would be found in Australia!

The opposite result is obtained in other cases however. Lyall Watson reports that he took blood samples from a friend of his, before, during, and after an operation to remove a small cyst on her arm. All tests showed it was the blood of the person involved.

Blood was obtained during an operation on a Japanese woman by Dr Hiroshi Motoyami, and this was typed by the medical school at Tokyo University, and it matched a blood sample taken from the patient at a hospital in Chiba, on the island of Honshu.

If the whole process of psychic healing could be readily explained, then there would be no need for it to be included in a book of this kind. If it is a fake, then the many thousands of people are being fooled into thinking that they are well again. The power of the mind is being cleverly utilised by the healer.

Whichever is the true nature of the overall treatment, the fact that cannot be denied, is that many people are made well.

I remember a conversation I had while writing this chapter with a friend of mine, who is a doctor and a psychiatrist. She has been overseas to study methods used by witch doctors and medicine men of South American tribes. She is convinced that in many cases of this type, a materialisation occurs, which frees the body of something holding it back. The healing force is thereby set in motion, similar to acupuncture, where energy forces within the body are stimulated. It is only the method that is different.

The only question that I was able to ask Placido Palitayan during his typically busy day was 'How do you do the healing?' He replied that he didn't know how it happened. 'I have been able to do it since I was about eight years of age. I started with my parents and friends, and they just got better.' Most of the healers I have heard about, seem to be very religious people. Many of them go into retreat at certain times of the year, to pray and meditate. To give thanks for the healing power, and to ask that it continue. In Placido Palitayan's case, he is a strict Catholic, as are many Philipinos. He says that he prays and meditates regularly at six o'clock and asks that his patients of the day may recover and gather strength.

Although I haven't yet seen it myself, some healers give what are termed 'psychic injections.' The fingers of the healer are pointed at a certain spot on the patient's body, and energy is projected into the area. Three comparatively well-known healers use this method.

In the case of Josephine Sison, there is no physical evidence, but when Juan Blance does it, an actual incision appears in the patient's flesh, without the healer even touching the skin. As Lyall Watson points out, the incision will appear even when a sheet of plastic foil is placed between the healer and the patient. He mentions many operations that were carried out in this manner on his own patients. At no time did Juan Blance touch the patients before the incisions were made, and there was no way a

knife blade could have been concealed, and used.

The other healer to use this method is Jose Mercado. Patients are lined up against a wall, while Mercado goes along the line 'injecting' each one. An actual pin-prick is felt by the patient, and a spot of blood appears on the body.

Once again, we seem to be faced with manipulation of energy. Our present technology has advanced to such a state, that laser beams are now being used for delicate surgical operations. Can a human being unconsciously produce a similar effect, in which the body and mind act rather like a transformer of energy, and project this energy towards the patient to produce effects like those that are witnessed repeatedly in the Philippines?

In this materialistic age when so many are striving to prove everything in black and white, it's interesting to note that one researcher into psychic healing, Dr Hiroshi Motoyama from the Institute of Religious Psychology, has documented some remarkable cases of psychic surgery. He has also been able to insert his finger into psychic incisions more than three centimetres deep.

Perhaps the final word on this intriguing subject should come from the Chicago reporter, Tom Valentine who writes in his book *Psychic Surgery*: 'Psychic surgery is not impossible, not fakery, not hypnotic suggestion, not a hoax. It is also not a miracle. The number of practitioners who have learned psychic surgery takes it out of the realm of miracles. A miracle implies something over and above natural law. It is our lack of understanding that makes some things seem miraculous.'

3 - Make Me A Prediction

Every time I lecture on ESP I am asked if I can recommend a 'good psychic.' Someone that can be consulted for a look into the future. For most people, there is an enormous curiosity about what the future might hold for them. I must admit however, that I have never had the desire to know about my own future, so have never taken the time to seek out a fortune teller for this reason. But being a curious person, I have often wondered how some of the more successful mediums do seem to be able to look into the future with considerable accuracy.

For years I have heard of people's personal experiences with fortune tellers, where what they have been told often in great detail comes to pass. My original curiosity about such matters started with my grandmother who had penchant for reading tea leaves. In some instances, the old lady was unerringly correct in her forecasts.

My own first brush with what appeared to be a genuine psychic occurred in 1976, when I was travelling around the world studying various aspects of the psychic field. When I was in London, I visited the Spiritualists Association of Great Britain. This is one of the most famous, and reputable organisations of its kind anywhere in the world. On any day, you can make an appointment with a number of mediums or clairvoyants who are available for readings.

When I telephoned for my appointment, I was told that there were four people available on that day. Three men, and a woman from Plymouth. For no accountable reason, I chose to see the woman. I arrived at Belgrave Square just before my four o'clock appointment, glad to be escaping from the bitter cold of a London winter. The Spiritualists Association occupies a wonderful old house, typical of those to be found in Belgrave Square. Large houses, that must be beautifully cool in summer, but are desperately cold in winter. When I was ushered into the little consulting room, it was no surprise to me to find the lady that I had come to see huddled over the radiator.

I was asked to sit down in the only other chair available. 'I shall now close my eyes' she said without any preamble. 'I don't wish to see your expression when I am doing the reading, and I want to learn nothing of your personality. Please only answer "yes" or "no" when I ask you a question. Don't tell me anything about yourself. I will simply make contact with the other side, and your reading will come from there.'

With that, she closed her eyes, and started to speak. 'You come from an island. Is it the Isle of Wight?' 'No,' I replied. She seemed to screw up her eyes as if in deeper concentration. 'No, wait a moment. I can see an island, and it seems to be a long way away. It is south of Australia. You come from Tasmania.' She was perfectly correct. She went on, 'I can see that you have roots in three parts of your country, and those three areas are almost in a line with each other on the Eastern side of Australia.'

Again she seemed to hit the mark. I was born in Hobart, and my parents still live there; I have lived and worked in Sydney for ten years, and still have many friends there; and now I live and work in Melbourne.

'There is a woman in your life who has been a great influence on you in recent years. I can see her

face quite clearly. She has a very round face, silver grey hair, and she wears horn-rimmed glasses. Now wait a moment. I am getting her age. She is seventy-one! I knew exactly who she was referring to. She had painted an exact portrait of my yoga teacher in Melbourne. At the time of the reading, she was exactly seventy-one! And she has had the biggest influence on me by far. She has completely changed my whole way of thinking.

The medium went on. 'I am now getting a message from someone who has passed on to the other side. Someone that you were quite fond of. She sends you roses as greetings. There is a definite connection between you both, and with roses. This woman died a few years ago of a stomach complaint.'

Again, there was recognition on my part. When I was a boy in Hobart, there was a woman that lived two doors away from us, who was a very close friend of the family's. She was just like a relation. She had a lovely rose garden, and many times, when she and her husband went away on their holidays, I would go and stay in their house to look after their dog, and tend the rose garden. About twelve years ago, she died of stomach cancer.

She continued in this way for some forty minutes, bringing forward past events in my life that no one could possibly have guessed at. She often named names of people that I have known, and she was never wrong. She even mentioned the fact that I had had a serious illness when I was younger. She didn't name the illness, but said that I still thought about it. But not to worry, it would never return.

The afternoon ended with a question time, during which time I was invited to ask anything I wished. I must admit I couldn't resist asking how my career would progress. She replied that very shortly I was to make a big change. She said that by October of that year, I would be very glad that I had made the change.

This was one part of the consultation that made little sense to me. I was reasonably happy with my job with the Australian Broadcasting Commission. I had been there for twenty-one years, and enjoyed a comfortable salary. There seemed to be no reason to make any sort of change. I think I rather enjoyed the security the job offered.

When I returned to Australia and resumed my career, I was faced with a changed situation. Suddenly I was put in a position where my work ceased to be at all challenging. I found that I couldn't be creative anymore. Within two months I had resigned.

Almost at the same time, seemingly out of the blue, a television opportunity presented itself. Other opportunities in the media became available, public lectures started to increase and a whole new career opened up. I found myself looking to the month of October. What had the psychic meant when she said by October I would be glad I had done what I did? Finally that month arrived, things were still going well. Then later in the month the television network that I was appearing with, asked if I would continue to make appearances for them, and would I continue to do so the following year. This was wonderful news, and it provided just the right amount of impetus to my career at that time.

All that happened in October 1976. Was it coincidence? Or is there more to life than that? It is an uncanny feeling sitting with a stranger, and having your whole life put before you just as it has

happened, with a few indications of what is to come. I personally had the feeling that afternoon in London, that the little lady from Plymouth was reading from some hidden (to me) record of my life. 'It comes to me from the other side' she had said.

No doubt many of you have had the same experience. It's not unusual to hear other people's stories of their encounters with similar mediums, not only overseas, but in Australia. But I have never been fortunate enough to meet one in my own country yet that I have found at all impressive. There seem to be a lot of people on the 'psychic bandwagon' but I have yet to be convinced by any that I have met so far on my home ground.

One of the best-known fortune tellers of this century is undoubtedly the famous Jeanne Dixon, from Washington. A remarkable woman in all respects, whose predictions of world events, and readings for famous people, have stunned the world with their accuracy. She is certainly a symbol of the Age of Aquarius.

Jeanne Dixon was born Jeanne Pinckert in a lumbering village in Wisconsin, the daughter of German parents. She was eight years old when her mother took her to visit a gypsy woman, who immediately told the startled mother that her little daughter had the gift of prophecy. The gypsy gave Jeanne a crystal ball, and straightaway the child could see pictures forming in it. Recalling the incident, Jeanne Dixon later remarked that she could see great waves of water in the crystal ball, and there was a bay in a far-off land where the gypsy had come from. As the child described what she saw, the gypsy said that the description was of the place where she was born.

It was at that moment that Jeanne Dixon made her very first prediction. In the crystal ball, the eight-year-old saw a strange cooking pot, with the gypsy reaching over it. The young girl warned the gypsy that she must be careful not to scald herself. The next time that Jeanne and her mother went to visit the gypsy, she had bandages on her hands. They had been badly scalded when she had upset boiling water over herself.

When Jeanne's mother heard that her daughter had a talent for foretelling the future, she seemed quite unconcerned. She simply expressed the feeling that if God had given her that gift, then she must use it only for good. Since that day in the 1920s, Jeanne Dixon has done an enormous amount of good with her remarkable talent. Hers is a most inspiring story.

There is no doubt that her most famous prediction concerned the assassination of an American president. It is a very interesting exercise to follow these predictions through. How do they come about?

Jeanne Dixon is a very strict Catholic, and each morning she goes to the church of St Matthew in Washington for morning prayer and meditation. One damp, misty morning in November, 1952, as she knelt down to pray, she received a vision. It was as if a small screen, like a television screen, had suddenly lit up opposite her forehead, at the point often referred to as the 'third-eye.'

On that little screen she saw the White House. Above the building were four numbers, 1-9-6-0. As she watched the four numbers seemed to form a dark cloud, which hovered over the building, and then

seemed to drape itself down over the building. As she described it; 'like chocolate icing being poured over a cake.'

Standing in front of the White House was a young man. Jeanne Dixon described him as tall, blue-eyed, with a shock of thick brown hair. A young man. An inner-voice told her that this man was a Democrat, and that the President elected in 1960 would meet with a violent death while in office. Then just as suddenly as it had presented itself, the picture disappeared. But the psychic felt oddly detached for days afterwards.

Then in 1956, Jeanne Dixon gave an interview to a national magazine called Parade which had a very large circulation in the United States. Talking about her predictions, she suddenly told the startled reporters that a blue-eyed Democrat would be elected President in 1960, and that he would be assassinated while in office. The prediction appeared in Parade dated 13 May 1956 and was read by hundreds of thousands of Americans. So that the prediction thus far had been recorded for posterity.

In 1960, John F. Kennedy was elected to the presidency, and he bore a startling resemblance to the young man in Jeanne Dixon's vision eight years before. From the moment of Kennedy's election, she continued to see the black cloud over the White House.

It was during the summer of 1963, that the Kennedys lost a three-day old son. Immediately everyone asked if this was the death that had been predicted. But Jeanne Dixon replied that this was not the death that she had forecast. Now she was getting two further repeated visions. In the first of these, she saw a coffin being carried back into the White House. She was sure that it would contain the body of the President, and that he would meet his death outside the White House. The body would be brought back for national mourning.

In the second vision, she saw the door of an office with a name-plate attached. It read 'Lyndon B. Johnson-Vice President.' She saw two black hands come up and remove it from the door. The black hands symbolised death. As the name-plate was removed, the name of a person who would have something to do with the event flashed past her. She could only make out five or six letters, but the first letter was a closed letter - like an o or a q. The second letter was definitely an s, while the last one ended with a little curve that went straight up. Was it a d?

On Sunday, 17 November 1963, Jeanne Dixon dined with John Teeter, executive director of the Damon Runyon Memorial Fund, the Vicomtesse Fournier de la Barre from Paris, and a close friend, Lady Eleanor Baumgardner. At the dinner, Jeanne Dixon could hardly eat anything. She explained that she was sorry, but she was so upset, because of an overpowering feeling that something dreadful was going to happen to the President.

She eventually asked a friend of the Kennedys, Kaye Halle, to take a message to the President, warning him not to go to Texas, as she felt that this is where the danger lay. It seems that the message was never delivered. Or if it was, then the President took no notice of it - understandably perhaps.

On Wednesday, 20 November, Jeanne Dixon went to a business luncheon which included Charles Benter, the organiser and leader of the U.S. Navy Band. Although she is always most interested in

business matters, on this occasion, she seemed far away. She finally turned to her guests and said, 'I am sorry, I just can't hear what you say, because the President is going to be shot.'

The following day Jeanne Dixon was pacing the floor of her office, and told one of the salesmen from the Dixon Real Estate company, 'The President is going to be shot.' She claimed that she now saw death rocking in his rocking chair.

On Friday, 22 November, history was made. It was a day never to be forgotten. A dark day. As usual, Jeanne Dixon started her day with Mass at St Matthews. Afterwards she met Charles Benter again and they breakfasted together. As they were having their coffee she said, 'This is the day it will happen!' At that point, on that fateful day, President John F. Kennedy had four hours left to live.

From that far-off morning in 1952, when Jeanne Dixon had her first premonition of the death of an American President, right up to the time it took place, the various visions and psychic portents had come together like some macabre jigsaw puzzle.

This was not the only time that Jeanne Dixon and her predictions involved the Kennedy family. Nobody who was in the audience at a convention held in the Grand Ballroom of the Ambassador Hotel in Los Angeles, on the 28 May 1968, will forget the very first question asked of Jeanne Dixon after she had finished her lecture.

'Will Bobby Kennedy be President of the United States?' asked a woman in the audience. A black curtain seemed to descend between the famous psychic and her audience. Without even considering the question, Jeanne Dixon found herself replying that Bobby Kennedy would never be President of the United States, because there would be a tragedy right there in that very hotel!

Only eight days later, on 5 June 1968, Robert Kennedy was struck down by a bullet while he was in the passageway between the ballroom and the kitchens.

A whole book is needed to fully document the many accurate predictions of Jeanne Dixon. So far, she has been remarkably accurate in some forty years of making predictions. Already there are some books available giving details of various aspects of her life, and some titles are given in the bibliography for this chapter.

It would be remiss of me not to mention an equally famous psychic, but one from the past this time. A man whose predictions are still coming true although he made them some centuries ago; the French physician, Nostradamus, born in 1503.

Of course to make predictions in his time was courting death. In those days he would almost certainly have been branded as a witch, and there was a very good chance that he would have been burnt at the stake. So Nostradamus couched his predictions in verse, mixed other languages into his own, and even added a few words that he had made up himself. Some 966 of his verses were collected together and called Centuries.

Like many a good psychic, Nostradamus had a sense of humour, and even after his own death

probably had the last laugh. Just before he died, he asked a friend to have a plaque made that was to be buried with him. Nobody else knew what was on the plaque. He died after a short life, in 1566.

In the year 1700, after his fame had started to spread, it was decided that his coffin should be dug up, so that the body could be placed in a better coffin, and put into a more accessible place. When they opened up the coffin, there lying across the bones of his chest was the plaque which read simply, '1700.'

Among his many peeks into the future, it seems that he forecast the abdication of Edward VIII. His little verse concerning this event read:

For not wanting to consent to the divorce
Which afterwards will be recognised as unworthy
The king of the islands will be forced to flee
And one put in his place who has no sign of kingship.

Nostradamus predicted three anti-Christes on earth. The first one that he spoke of certainly seems to have been Napoleon. This is shown quite clearly in some of his verses. There is even reference to the island of Elba. The second anti-Christ, he even named. He called him 'Hister' which I suppose was a pretty fair guess from someone living in the 16th century. If indeed it was just a guess!

In the mountains of Austria near the Rhine
There will be born of simple parents
A man who will claim to defend Poland and
Hungary And whose fate will never be certain.

The third anti-Christ is yet to appear. He infers that this one will start to make his presence felt in China in the mid 1980s. As a result of the actions of the third anti-Christ, there will be a third world war. It will be fought by two countries joining together to fight against the third. Nostradamus says that the 'New Land' (which is how he referred to America) - and Russia-will join together to fight against China. This will result in a war of pestilence, a war that will reach its climax in 1999 and seven months. Here is one of the verses that relates to that prophecy:

When those of the northern pole are united
together
In the East will be great fear and dread -
One day the two great leaders will be friends,
The New Land will be at the height of its
powers

To the men of blood the number will be
repeated
In the year 1999 and seven months
From the sky will come the great king of
terror -

Before and afterwards war reigns happily ...

There are a great many psychics who have made predictions of a third world war, and most of them agree that peace will reign for a thousand years afterwards. At least the war, if it happens, obviously doesn't signify the end of the world. So it seems that the banners of doom can be put away for another day.

One of the great classics of yoga philosophy is *Autobiography of a Yogi* by Paramhansa Yogananda. He speaks of the present age as the era of Kali, the Goddess of Darkness. An age in which the final phases will be notable for their crass materialism. An age in which everything will be levelled down by destruction.

The next age will be a brighter and happier one, and is optimistically called 'The Age of Gold.' The preceding decadence will provide the decaying material from which the new growth can take root and grow.

With all this talk of a third world war, it is very important at this juncture, to stress that a prediction is really only a possibility, a probability. Not necessarily a certainty. If mankind continues in the same direction that he seems to be heading when the prediction is made, then the ground is certainly being prepared for the forecast event to take place. But if steps are taken to avoid the event, or to circumvent it, then the catastrophe can be avoided.

To put it another way, there is the Jeanne Dixon case concerning Mr Justice Mitchell, a member of the Dixon Real Estate firm in Washington. This man had been on a holiday at Miami Beach, and returned to the office looking very suntanned and fit. Jeanne Dixon was one of the people that welcomed him back to the office. She complimented him on his appearance.

During the lunch-hour, she went to the hairdresser. Halfway through her session there, while relaxing under the drier, she received a vision. She jumped up from the chair, grabbed the nearest phone, and rang the office. A salesman, George Miller answered, and was startled to hear Jeanne Dixon telling him to call an ambulance immediately. Justice Mitchell was about to have a massive heart attack! Miller swung around in his chair, and there through an open door he could see Justice Mitchell working happily at his desk.

He started to tell Jeanne not to worry, that Mitchell was perfectly well, but before he could complete the sentence, Justice Mitchell dropped his pen, slumped over his papers, and slid to the floor unconscious. The ambulance was called without further ado, and when it arrived Mitchell was so close to death, that an oxygen mask had to be applied before he could even be lifted onto the stretcher.

He spent the next five days in an oxygen tent, while the Dixon premonition made headlines in the Washington press. Justice Mitchell had suffered a massive heart attack, one so serious that when he arrived at the hospital his heart had completely stopped. But fortunately, because of the prediction, and the instant action taken, he recovered. And so it seems that if corrective action can be taken in time, the prediction can be altered. The foreseen possibility can be headed off.

When I speak of the predictions for a third world war, I am often asked how the individual can help to avert the threatened disaster. What can any one person do?

I feel that there is something very positive that everyone who reads this book can do. There is no doubt in my mind that the power of the mind is much stronger than we ever imagined. Thoughts are things, tangible things. Our thoughts are composed of energy, an energy that can be transmitted, either for good or evil - whichever you choose, with your free will. What you think, so you become. What you think about someone else, can affect that person. If you think harmful thoughts about another, then those thoughts do have a definite influence on that person. However, it's a law of life that you too will be affected by the type of thought that you hold about another. If it's an unpleasant thought, then it will affect you in subtle ways, and produce an unpleasant result. A sobering thought.

Therefore we shouldn't think 'I hate war': 'Hate' and 'war' are two very powerful words, but extremely aggressive and emotive words that conjure up ideas of destruction and fear, they have a certain sinister ring about them. The more you allow your mind to dwell on such words, the better the chance you have of bringing about the very condition that you wish to avoid. How much better it is to substitute 'I love peace.' The more we think like that, the stronger the power of the thought. If enough people take up the constant thought 'I love peace,' just imagine the force behind the sentiment.

In the Fourteen Lessons in Yogi Philosophy, Yogi Ramacharaka says,

A few energetic thinkers send forth strong waves of thought in their everyday life, which will soon colour the composite thought of the place. The thought of one strong thinker will overcome the weak, purposeless thought of very many people who send forth only negative thoughts. The positive is a sure antidote to the negative.

In this brief chapter on predictions, mention must be made of Edgar Cayce and his prophecies. Many times in his psychic readings he alluded to the lost continent of Atlantis. He forecast that Atlantis would rise again sometime between 1958 and 1998. This will occur during a period of increased earthquake activity which will dramatically change the geography of the earth as we know it at present.

Cayce has given indications that Japan will eventually disappear into the sea as a result of changes in the earth's crust. He said that changes will be wrought in the Pacific area down to the northern tip of New Zealand. In this area, Cayce includes San Francisco and Los Angeles. Was he referring to what is now called the San Andreas fault? He says that New York city will also be destroyed within this same time period. As the shifts in the earth's crust take place, Atlantis will rise again from the depths of the Atlantic Ocean. As we are about half-way through the indicated period, has any evidence been found of this lost civilisation?

In a 1940 reading Edgar Cayce said that the western section of Atlantis would be amongst the first portions to rise again. We should expect it in 1968 or '69. In 1958, Dr William Bell, of Marion, North Carolina found a two metre column to the west of the island of Bimini, off the coast of Florida. This was amongst a group of vertical marble columns in eighteen metres of water.

During the summer of 1968, two pilots found a structure that has since been called 'the temple site of Andros' because it was located to the north of Andros, the largest island in the Bahamas. It's a structure with dimensions of approximately 18 by 30 metres. It was reported to Dimitri Rebikoff, an underwater archaeologist, and Dr J. Manson Valentine, an archaeologist and anthropologist.

They went to the site and found a structure with walls one metre thick, worked in limestone. They found that the floor plan approximates that of the 'Temple of Turtles' in Uxmal, Yucatan. The temple stands in two metres of water with half a metre standing above the ocean floor. Only a couple of kilometres away they found two other submerged structures, and since that date, a total of twelve structures have been discovered.

On 2 September 1968, Dr Valentine and others found what appeared to be two walls protruding about a metre above the bottom of the ocean. The walls extend for 550 metres, almost parallel to the shoreline, off Paradise Point on North Bimini Island. In February, 1969, the Marine Archaeological Research Society found another wall ninety-two metres long, and about nine metres wide. Then between 12 July and 29 November of that year, divers with the same group found and photographed forty-four pillars which were from one to two metres in diameter, and from one to four metres long. Some of them were standing upright, and they were said to have been placed in a perfect circle.

This area, which has been called 'The Bimini Road,' was investigated more fully by an expedition that set sail on 2 June, 1975. The group included divers, archaeologists, a marine biologist, geologists, a cartographer, and a couple of psychics. Twenty people altogether. Initial work confirmed Dr Valentine's earlier claim that the so-called 'road' is not a natural geological formation as some people had claimed, but a man-made formation that is generally known as megalithic. It is similar to other structures that we already know of such as the pre-Incan parts of Sacsahuaman in Peru, Tiahuanaco in Bolivia, Stonehenge in England, and Carnac in Brittany.

Work so far on the 'Bimini Road' suggests that the site points to a sacred geometry with significant astronomical and terrestrial alignments similar to Stonehenge. John Michell has written most convincingly on this aspect.

Two interesting artefacts have been found at this site so far. One is an ancient fragment of stone with a very sophisticated tongue-and-groove joint system. It is composed of a mixture of sand and limestone which is not native to the Bahamas. The second artefact was found by a diver with the expedition, Garry Varney. This was in the form of a stylized marble head, weighing over 136 kilograms. So far, it can't be matched to any known culture.

The first artefact now resides in a new museum in Nassau, in the Bahamas. The journal of this particular expedition, plus a survey map of the area, is also on display. Obviously a lot more work needs to be done before any conclusions can be drawn. In the meantime, we must sit back, keep an open mind, and await further developments. It will be quite interesting to see what other traces of lost civilisations come to light in the region of the 'Lost Continent of Atlantis.'

So far, Edgar Cayce doesn't seem to have been astray in any of his hundreds of predictions for the future of the world and mankind. All taken from some 30,000 readings that he gave from the 1920s,

until he died in 1945.

4 - Careful, Your Aura Is Showing

Colour has always been so much a part of our lives, that like anything that is always available, we start to take it for granted. We live on such a beautiful planet, and yet I am sure that many of us don't notice the wonderful subtleties and remarkable variance of the colours around us. Or if we do, it is only when we take an all too brief a pause from the daily routine of living.

It seems that the only time that people become really conscious of colour is when they need something material in life, such as a new outfit, a new car, or a new piece of furniture.

How often have you heard the expression, 'Oh so-and-so leads such a colourful life, but mine is so dull.' We all have a certain amount of free will. We all have opportunities to make our lives more interesting if we wish to do so. It is so necessary to allow ourselves more breathing space to continually keep our eyes open, to be ready to make the best of all the beauty and colour that is constantly being thrust before us. It is very sad that so many people that I have come into contact with, spend so much valuable time regretting the past and thinking about it, that they fail to grasp every moment as it occurs. There is no excuse for anyone to think that they live in a world of black and white.

To clairvoyants, since time immemorial, colours have been observed surrounding every living thing, particularly the human being. In fact, many of these people have claimed to have been able to tell the emotional state of an individual by studying their auras, and noting the preponderance of certain colours, which are a general barometer of the person's physical, mental, and spiritual health. Some mediums have gone on record as claiming that they can judge the degree of a person's intelligence by the concentration of certain colours that they perceive.

Edgar Cayce, who is referred to in other parts of this book, could see colours surrounding people ever since he could remember. It was quite a long time before he realised that other people couldn't see the colours. Cayce said that he could detect forthcoming changes in the health of friends by looking at their auras.

I remember one story of a psychic in America who could see auras. He was shopping in one of New York's largest stores, on the second floor. He pressed the button for the elevator to take him down to the ground floor. When the lift arrived, he was surprised and shocked when he looked inside and found that the ten people standing there had no visible auras. It was the first time in his life that he had not seen colours surrounding others. He was so surprised, that he stepped back in alarm, the lift door closed, and started to descend. Suddenly, the cable broke, and the lift plunged down to the basement, killing every passenger instantly.

What then is the human aura? Does it really exist? Or are mediums and clairvoyants imagining things? For thousands of years some seemingly gifted people have claimed to have been able to see auras. For just as many years, cynics have denied and dismissed the whole idea as preposterous. We are perhaps most fortunate to be living in an age when much phenomena, such as the aura, are being investigated seriously. The results concerning the aura are promising so far.

For those who desire scientific proof before they will even entertain an idea about almost anything, some semblance of proof of the aura is now with us. It is the Russians we must thank, particularly Semyon and Valentina Kirlian, who invented a method of photography using high frequency electrical fields. This has become commonly known as 'Kirlian photography.' It enables us to see what looks like a miniature fireworks display around living things, particularly in observations of the human hand, the leaves of plants, and inanimate objects such as coins, watches and various metals.

Is this the aura that has been the centre of such a great controversy for so many ages of mankind? Like X-rays, that we now take for granted, Kirlian photography is opening up a new dimension in the study of life systems. By observing the patterns and colour changes that take place with Kirlian photography, scientists and technicians are coming to the same conclusions as mediums and clairvoyants. That a person's health, and emotional states, are reflected in the aura, and the colour changes that take place there.

The aura is described like the glow that can be seen around a candle flame, or around a naked light bulb. The aura is a magnetic field of energy and vibration surrounding the human body. It is seen as an illuminated outline starting close to the physical body, and extending out to almost a metre. It is often reported as being oval, or egg-shaped. Edgar Cayce described it as 'the emanation that arises from the very vibratory influences of the individual, mentally and spiritually.' The famous English clairvoyant, Ursula Roberts in her book, *The Mystery of the Human Aura*, says that the radiations can be defined as the field of electricity which every individual manufactures from the materials at their disposal.

Another English medium, Geraldine Cummins wrote a book called *Beyond Human Personality* in which she states,

Mind does not work directly on the brain. There is an etheric body which is the link between mind and the cells of the brain ... Each animal has a unifying invisible body made out of modified ether. It should be possible to devise in time an instrument whereby this body can be perceived.

One of the finest books on yoga philosophy for the beginner is *Fourteen Lessons in Yoga Philosophy* by Yogi Ramacharaka. In his chapter on the human aura, he says, 'It presents the appearance of a luminous cloud of constantly shifting colours ... Each thought, emotion, or feeling, is manifested by a certain shade or combination of colours belonging to that particular thought ...'

At this stage, it is appropriate to see what the various colours that are detected in the human aura really mean, because it allows us to get some idea of the auras of other people. Even though it is not overly common for most people to be able to see the actual emanations of the aura, we can all get an idea of the moods, and health of those around us by the observation of the colours our friends choose in their clothes, houses, cars, gardens etc.

We often remark on colours 'suiting' or not 'suiting' somebody and perhaps it is because we are really feeling something of that person's aura. Almost subconsciously we pick up the basic colours of that individual aura. The person is throwing off certain energies, reflecting their emotional or health state, and they are forming certain predominant colours. There is an actual radiation around the body, which

we cannot see, but we can most definitely sense it. When someone wears clothes that clash with the predominant colours of the aura, the clothes don't look right. But when the colours of the material blend in with the aura, we feel the clothes are just right. When someone is not feeling well, you may comment that they don't look well, or that 'they look so grey today.' When that same person is very well, you may say that they have a 'healthy glow about them.'

Reading many books by psychics who can see auras and their colours, I have been struck by the similarities in the descriptions of the various colours, and what they mean to the reader. Bringing together all the common denominators we can come up with an interesting guide to the colours and what they mean.

Red: Clairvoyants agree that red is the colour of energy. It is also synonymous with nervous and emotional conditions. As with all the colours thus perceived, quite a lot depends on the shade, and its relationship to other colours. If a dark red predominates, and the person concerned starts wearing a lot of red then you can be certain that a state of nervous turmoil is in danger of developing. Temper is also rather volatile. Scarlet is indicative of a strong ego. However, the lighter shades of red point to an energetic person, but with a tendency towards a better emotional balance than a dark red would indicate. The lighter red can become darker however without much provocation, so be careful! Pink, or coral, is the colour of immaturity. Have you noticed how teenagers particularly favour pinks and coral in their clothes and make-up? When the colour turns towards a rose-pink, which is a combination of red and blue, then the indicators point to a calmer, more controlled person. A pearly, iridescent pink is often referred to as the colour of love.

With those who seem to have a lot of red around them, one needs to tread warily. If you find that you are attracted to red, you should make sure that you don't have too much, but rather balance it with other colours. You have probably noticed that when someone gets angry, you can see the red in their eyes, which at least acts as a warning of what is brewing, and so take care. Red is closely allied to the voluntary muscles, the sympathetic nervous system, and the sexual organs. It means desire, appetite and craving. It is always interesting to observe people who drive red cars. They not only buy a red car, but often the most powerful one in the manufacturer's range. They are also inclined to add more ornamentation to the car, than is normal. You will find that those with red cars are liable to be more aggressive in their driving habits - an indication of someone who wants to be noticed.

Orange: This is a very good colour. The colour of the sun, it signifies energy, but unlike the energy associated with red, orange portrays a more creative sort of energy. This can often be allied to a consideration for others. A strong golden orange shows a vital person, who exercises self-control. Someone who goes ahead and gets things done. Again, consideration must be given to the shade of orange. A darkish orange, for example, shows that some laziness may be present.

Yellow: According to most psychic sources, this is the colour of the intellect. Those who are fond of this colour, are often thoughtful people. They read a lot, and the stronger the intellect, the more prominent the colour will be in their aura. Good health and balance are found in these people. They are warm, friendly and outgoing, without being too overbearing.

Physically, the corresponding bodily systems are the sympathetic and para-sympathetic nervous

systems. Yellow points to one who is pressing forward, expecting more happiness to follow. Ursula Roberts says that pale yellow begins to show up in a child around the head. The palest of lemon at first, with rays of a deeper hue as the intellect starts to develop, and the child begins to reason. Usually this reaction shows up at about the age of seven, although in a precocious child it would naturally appear earlier. Yellow, to this clairvoyant, is associated with the thinking and reasoning capacity.

Even in the world of fashion, yellow seems to be the favourite colour when things are generally going well for that particular country, or for the world at large. This feeling that 'all is well' is reflected in the colours worn by the population. In the halcyon days of Australia's mining boom of the sixties, mini-skirts were all the rage, and the most popular colours yellow and orange.

Green: Here is a colour that is detected in the auras of doctors and nurses, and those associated with the healing arts. I remember being a patient, as a child, at Calvary Hospital in Hobart. The wards were pale green, the sheets were green, and some of the nuns wore green veils. There is a hospital in Melbourne that treats bone diseases, and when the patient is about to be taken to the operating theatre, they are dressed in a green gown, and the nurses wear green. Is this all happening by chance? Is it just coincidence, or do we know subconsciously that green is the prime colour of healing?

In most cases, green is seen in company with many other colours, and it sometimes tends to be overshadowed. In other words, it is not always a dominating colour. If, however, there is quite a lot of green in the aura, that person wishes to impress others. They wish to have their own way. They resist change. If it's not usual for someone to wear green, but they start to use it suddenly, there is probably a striving for improved health.

If the green tends towards blue, then you are dealing with one who is kind and trustworthy. A lemony-green is said to indicate some deceitfulness. The green is weakened in that case. Green has been coupled with the emotion of jealousy. This is indicated when the yellow in an aura starts to become suffused with green. You then have two basic colours, each vying for dominance.

Blue: This is the colour of inspiration, of the spirit. Edgar Cayce regarded it as the colour of prayer, contemplation, and heaven. While Ursula Roberts spoke of blues and purples as the colours that flash in the aura when work of an uplifting nature is undertaken. It is the colour of selflessness.

The darker shades of blue are the most desirable. For example, the famous Luscher psychological Colour Test, from Switzerland shows dark blue as representing peace. In sickness and exhaustion the need for this colour increases. Those who favour a dark blue like to have a calm and ordered environment about them. It is the barometer of a person's integrity, and reflects their compassion for others. Those who are most attracted to the deeper shades of blue, have found their niche in life, usually fulfilling a desire to be of help to others. Social workers are often attracted to this colour.

The only slightly negative aspect of this colour is a tendency for the person to be a little moody. But for the most part, contentment is uppermost in that person's mind.

Pale blue reflects some immaturity, but a striving towards positive goals in life, a trier. Although frustrations will invariably occur, the direction taken, will be the right one for that individual. Blue

corresponds physically to the skin, and emotionally to tenderness. If thoughts are directed towards the needs of other people, and a desire to help is projected, the aura becomes shot with blue.

Violet: Although somewhat of a mixture of red and blue, this is quite a distinct colour with much meaning to a psychic. Here we find a person who is religiously minded. Someone not involved in the material world, but rather in the spiritual realm. A seeker after truth.

The very nature of the colour and its origins in red and blue shows a sensitivity, closely allied to a comfortable blend of energy and contemplation, with a feeling for the magical things of life. The intuition is at work more often than the reasoning faculty.

The garments of higher church dignitaries tend to go from a darker blue, to shades of purple and violet. Here again we find a reflection of the true nature of these colours and shadings. Violet is connected to the body's glandular functions.

Brown: Not a good colour, one that indicates a feeling of insecurity. A passiveness, a lack of drive and energy. It is often a colour preferred by lazy people. Some yellow is often chosen to go with brown, to add life and a happier disposition to an otherwise drab appearance.

Often a feeling of repression is shown in the preference for brown. It is an indication that the sensory functions of the body are being adversely affected. With a predominance of brown, goes the desire for more security, a need to belong. It is the prime colour of the earth, and therein lies the longing for roots, for home and security, a place to belong to.

Grey: The colour of ill-health, an absolute lack of colour, reflecting a lack of energy. A complete negation of the very life-force. Indicating a lack of involvement, sitting on the fence, standing apart.

Often, there is some self-deception evident when grey is the preferred colour. If we look at fashion dictates, we find that grey is 'in' when conditions are trying. But even here, there is the need to offset the grey with a splash of red, to add some life and energy. In the Luscher Colour Test, it is pointed out that leading figures in business and industry often choose grey in their choice of three preferred colours. This indicated a form of self-deception. Thereby bearing out a widely-held psychological theory, that those who excel or stand out from their fellows, do so less out of their own natural superiority, than out of a compelling urge to escape something which causes anxiety and discontent.

There is probably one reason why those who are engaged in business, don't always have a happy home life. They relate much better to the business world. There tends to be a separation between the more intimate needs of the family at home, and the individual. A standoffishness, and a failure to communicate on a personal level where a distinctly emotional tie is avoided.

Black: Gaps are often seen in auras, according to psychics. Whether this indicates black in that aura, or just an absence of colour, nobody seems to really know. In the case of a person being attracted to black, a lot more can be deduced about the personality of the wearer or user. Black to a psychic symbolises death. Jeanne Dixon reported hands clothed in black unscrewing the name of Lyndon B. Johnston, in one of her visions foretelling the assassination of John F. Kennedy.

The Luscher Test says that a person choosing black as their favourite 'colour' is showing compensatory behaviour of an extreme nature. A person who wants to renounce everything. A protest against a state in which there is the distinct feeling that nothing is as it should be. There is revolt against fate, his own fate. In other words, black symbolises the very extreme in negativeness. A dark outlook, a denial of life. A representation of the end.

White: Here is the result of a perfect combination of all the colours merging into one. A union, resulting in pure light. The ideal 'colour.' The ultimate in pure spirit. Edgar Cayce felt that this whiteness showed 'a soul in perfect balance,' something that we are all striving for.

With this idea in mind, it is interesting to look at those commercials on television that advertise washing powders. We are encouraged to peep over the back fence at our neighbour's washing hanging on the line. Is it whiter than ours? Perhaps it's even whiter than white! Quick, rush off to the supermarket and buy the right washing powder, and make your washing 'whiter than whiter than white!' Is this the advertiser's way of playing on our yearning for the perfect state? The quality of white representing the highest state of soul development? Does the manufacturer know subconsciously of our innermost yearning?

It can be an enlightening experience wandering through some of the world's leading art galleries, and observing the number of paintings of Christ at the time of the resurrection, and noting the white halo around the head of Christ.

So you see an awareness of colour and the human aura can be a very useful and helpful thing. Self-observation without actual criticism, is not only most beneficial, but it allows us to see ourselves as we really are. Human beings, complete with all our foibles, but all with enormous, and largely untapped potential. Providing all the right, positive forces are brought to bear.

It is also very useful to be able to see the tell-tale signs of upset, or indifferent health, in those that we really care about, like our family and our friends. Those times when someone who might normally wear bright colours, suddenly starts to associate themselves with duller colours like brown, grey or black. Too much red might start to creep in, indicating some nervous tension, or emotional worry. There is a fascination that comes with an awareness of colour and its meaning, another dimension is added to life.

For those readers who are interested in the technicalities of photographing the aura, and the experiments that have been carried in Russia and America, there are many excellent books on the subject. The world of bioplasmic energies and coronas is here. Some recommended books are listed in the bibliography for this chapter.

For the final word, we turn again to Edgar Cayce. Many years ago, he said;

Colours reflect the soul and the spirit, the mind, and the body, but remember they indicate lack of perfection, incompleteness. If we were all what we should be, pure white would emanate from us. Strive towards that, and when you see it in others, follow it as if it were a star.

5 - Other Lives, Other Experiences

There has always been a sense of finality associated with the word 'death.' A word used to signify the end and the cessation of life. A word, that for many people, engenders a feeling of revulsion - a word to be avoided. We are faced with the inevitability of the end of our own lives at some time in the future. For me, until recently, death meant the complete loss of the self. How could it be that one would just cease to exist, to be no more? What was the purpose of such a comparatively short sojourn on earth, for a span of four score years and ten if one was lucky. Was it really enough time to develop the many facets of a human being? To fully utilise the vast powerhouse of the mind?

I have now come to the slow realisation that death as we call it, is only a passing on to another dimension of living. True, not living in the physical sense as we know it, but living in a more subtle sense. Something that one cannot put into the words of a three-dimensional world. But a continuation of the forward movement of the very essence of what we are. The evolution of the human spirit, of the human soul.

But how to define the word 'soul?' What is it? At this present, perhaps rather limited, stage of our evolution, we are very much three-dimensional beings. To most of us the soul seems to be something quite intangible. But I don't doubt for a moment that we do have a soul. It is that very creative spark of life that imbues everything that is living and exists on our planet. To me it is more of a feeling, it is a higher driving force, the very spiritual nature of our innermost being.

To understand what the soul is, in modern parlance, we could liken the soul to the invisible television signal that is sent out from a distant transmitter. The signal permeates the atmosphere, but we cannot see it. If you tried to explain the signal to someone who had never heard of television, you would have a very difficult job indeed trying to make him understand that the very air around him was alive with that signal. The only way to prove your point, would be to bring in a television set, connect it to the electricity supply, and lo and behold, there is the evidence of the invisible television signal as it illuminates the physical set. It is now transformed into something three-dimensional, something tangible. It can be readily perceived.

If you were to leave the set going continuously for a number of years, it would eventually wear out, and the picture would disappear. Your friend may claim that the transmission had ceased; the signal was no more. Then all you would have to do, would be to wheel in another set, switch it on, and there is that same signal becoming manifest again. It's the same old signal, but now illuminating a new set.

Our physical bodies are like so many television sets, providing the physical means for the transmission to become visible, and manifest on the physical plane. If this is so, then when our physical bodies wear out, as they are prone to do, does our soul just discard the body, and then seek out a new body to illuminate? Is that really such a preposterous idea?

We buy an article of clothing, wear it until it becomes worn out, and then simply discard it for another. Or we buy a new car, drive it around until that too wears out, then discard it and buy a new one to replace the old one. May not the human soul do the same? Is there any evidence that it may be so? This chapter is devoted to bringing forward some thoughts on the matter of life after death and

reincarnation, hopefully to stimulate the imagination and to present some evidence.

I heard of a case from a Melbourne gynaecologist. He was called in to operate on a woman who was six months pregnant. Something had gone wrong with the pregnancy, and the woman's life was in danger. When she was opened up, the doctor removed what should have been a child, but unfortunately the baby had never formed properly, and it was, what the doctor described as a mess. He looked across the operating table to the doctor who was assisting him and said, 'Look at this; it's not a child, it was never formed properly, it's just a mess. What on earth am I going to tell the mother?'

They sewed her up again, and her recovery proceeded at a fast rate. The day for her dismissal arrived, and the doctor called her into his office to somehow break the news of what had been discovered in the operating theatre. He indicated that he had something to tell her. She just looked across the desk at him and said, 'Don't worry doctor, I know what you are going to tell me. I heard what you said to the other doctor during the operation. I heard you say that it wasn't really a child, that it had never formed properly. That it was just a mess. Please don't worry. I have come to terms with it myself. I am fine now.'

The doctor was quite taken aback. He simply couldn't believe that he had heard correctly. The patient had repeated almost word for word the conversation he had had with the other doctor. As the gynaecologist explained it to me, there was no way that the woman could have been conscious. She was under deep anaesthetic at the time.

Is this sort of thing unusual? Already I have heard many similar reports from members of the public, where they seem to be able to recall events that occurred while under anaesthetic. Only recently a member of the audience at one of my public lectures, came forward after the lecture had finished, and told me his own story, which is along the same lines.

He was being operated on by a well-known Melbourne surgeon for a spinal deformity. After the operation, he was able to tell the doctor about the type of operating table he was strapped to and could pass on some of the comments made during the operation by the doctor. Indeed, he was so accurate that it was some time before his doctor would admit that he was, in fact, quite correct in his observations.

I would like to take this sort of thing several steps further, and look at some recent research that has been carried out with patients who have gone past the point of clinical death. When they have been brought back to life again by modern resuscitation methods, they have reported various experiences which are puzzling to say the least.

Two prominent researchers in this field are the Swiss-born psychiatrist Dr Elizabeth Kubler-Ross, and Dr Raymond Moody Jnr, both of whom live in the United States. Although they have been working in similar areas of research, neither one was aware of the work that the other was carrying out. When they finally met in February 1976, and began to compare notes, they found to their amazement that their separate research had brought almost identical findings.

One of the first examples of Dr Kubler-Ross's findings that I heard about, concerned a three-year old

boy who had been rushed to hospital suffering from a drug-allergy. When the child was admitted to the hospital, his heart had stopped, and it was impossible to detect any brain waves. He was clinically dead. After concentrated work in the intensive care unit, he was finally revived.

Almost from his first walking moment, he told a story of how he 'died,' and he was met by a man with a long beard, wearing a long white robe (or 'dress' according to the boy) a man who called himself Jesus. He took the little boy by the hand, and was about to lead him away, but paused and said; 'Your Mummy needs you more than I do, you must go back.' The little child then woke up back in bed. It appears that the boy had had no religious training from his parents, and although the parents and the doctors tried to make him change the story, the little child stuck firmly to his story, and remained quite definite about what had taken place when he 'died.'

A comparison of the separate case histories of these two doctors show very interesting correlations. The indications are that most people have very much the same experience when they journey beyond the point of death. And journey is what that experience seems to indicate. Naturally enough the intensity of the experience varies somewhat from person to person, but the similarities are stimulating to say the least. There does seem to be something on the 'other side.'

Putting together the common denominators in some of the three hundred cases that have been investigated so far, the after-death experience seems to go like this.

The patient hears a loud, uncomfortable ringing or buzzing sound in the head. Then there follows a distinct feeling of being drawn back through a long, dark tunnel. At the end of the tunnel, there seems to be a bright light. Many patients have said that it was a 'being of light.' An intelligence. As they emerge into the light, every episode of their life seems to flash before them. Rather like a person might report when close to drowning. As one's life flashes by, there is a clear recognition of major events. There is no sense of fear or regret at this point, but rather a feeling of happiness. Although the whole sequence is very fast, everything seems crystal clear to the viewer. Then there follows the feeling of floating above the physical body. Looking down on it from above. The patient reports that they are able to watch the doctors and nurses working on the body, trying to revive it. Everything is so clear that they feel they can communicate with the hospital staff. They speak to the doctors and nurses, but nobody seems to take any notice. At that point, an enormous sense of loneliness is felt. A feeling of complete isolation. At that precise moment, there beside them, is a loved one, a friend or relation, who had died sometime before. That person is exactly as the patient last remembered them. They are waiting to take them onto the next level of existence.

If there is any resistance on behalf of the patient at this moment, with a mother for instance, who has just 'died' giving birth to a child, and the desire is expressed to go back, then the patient will remember no more, until they find themselves back in their own physical body once again.

Here we have a precis of what happens in a large number of cases. Although some of the details do vary, the general idea is, very much the same. It doesn't seem to matter whether the person is religious or not, or what their own personal point of view is, the experience is very similar. As more people come forward to report their own experiences in a field that was quite taboo until very recently, then more knowledge can be gained of what does take place at the moment of death. Is death really the end

of everything? I would be interested to know how many people have had similar experiences.

The next step we must take, is to look at the possibility of reincarnation. This is perhaps, a logical step - an extension of the life after death investigation that is going on. There are many millions of people on this earth who believe implicitly in reincarnation. It is the keystone of the religious philosophy of both Hindus and Buddhists. Many famous intellects of the past and the present have also expressed their beliefs in reincarnation.

The great philosopher Plato was convinced of it, and in fact taught it to his students. Benjamin Franklin was a believer in it, and it was Schopenhauer who once said, 'Were an Asiatic to ask me my definition of Europe, I should be forced to answer him: It is that part of the world which is haunted by the incredible delusion that man was created out of nothing, and that his present birth is his first entry into life.'

The famous lyricist and author of My Fair Lady, Alan Jay Lerner agrees with the idea of reincarnation, and one can add to the list people like Henry Ford, Virgil, Emerson, Edison, and the English poet laureate John Masefield who actually wrote a creed about it:

I hold that when a person dies His soul returns again to earth; Arrayed in some new flesh disguise Another mother gives him birth. With sturdier limbs and brighter brain The old soul takes to the roads again.

The whole idea of reincarnation is that the soul or spirit evolves through a succession of lifetimes. The soul is on a journey, and in each new incarnation progresses a little higher up the ladder of evolution. This constant evolution continues until the soul reaches perfection. It is rather like growing up. First we must learn to crawl, then to walk. Kindergarten follows, then a spell in primary school is needed, and so the process of education goes on. The soul's journey continues.

The whole philosophy of reincarnation was laid before the public quite dramatically in the 1950's when the now-famous Bridey Murphy story was put forward by the businessman and hypnotist, Morey Bernstein. He had hypnotised a young American woman, and taken her back to a previous lifetime when she was a little girl in Ireland called Bridey Murphy. The actual case history in all its graphic detail is recorded in Bernstein's book, *The Search For Bridey Murphy*.

One of the more recent experiments with hypnotic regression was one of several hundred cases handled by one of England's foremost hypnotists, Arnall Bloxham. They came to public notice because of the interest shown by a television producer from Cardiff, Jeffrey Iverson. Iverson checked out several of the cases from Bloxham's files for a BBC documentary on the subject. Some of the Bloxham material is mind-boggling to say the least. There is one case, which was used in the documentary which concerns a young woman from Wales, who, for the purpose of the programme was given the fictitious name of Jane Evans. While under hypnosis, she has recalled, very clearly, no less than six previous lives. The first one was a tutor's wife in Roman Britain; the second as a Jewess in York in 1190; the third as a servant to a French merchant prince called Jacques Coeur who died in 1451; then as a servant to Catherine of Aragon, who lived from 1485 until 1536. Her fourth incarnation appears to have been as a London sewing girl during the reign of Queen Anne, who died

in 1714. The fifth life was that of a nun in Maryland in the United States, who died in 1920. Now her present life as a young Welsh housewife. Jeffrey Iverson, has included a wealth of detail of all Jane Evans' past lives in his book, *More Lives than One*. The detail in most of the lives recalled is quite complex, and gives a lot of information about that particular period of time. Much of the detail described by the woman under hypnosis, is little known, even by historians. If all the information Jane Evans provides is simply from her present memory, then she must be an superb historian, apart from having a phenomenal memory. It would have taken more than a devoted historian to have been able to speak so lucidly and with such a wealth of fine detail of the times of the Roman invasion of Britain, and life in the city of Ebor-acum, which is now York. Similarly, incredibly fine detail is given under hypnosis of the life of the Jewess Rebecca, also in York, and of the life of a servant with a French merchant prince in the Loire Valley during the 15th century. Yet a Welsh housewife, who never studied history to an advanced level at school, and in fact dropped history after her Ordinary Level examinations, when she was sixteen, recalled all of this.

I was particularly fascinated with her life as a Jewess in York at the time of the Jewish massacre there in 1190. Rebecca, the wife of a money lender named Joseph, had a son aged eighteen, and a daughter of eleven. There was a very serious uprising against the Jews at that time in England and France, and many frightening details about this period are brought forward during the regression of Jane Evans.

Jeffrey Iverson called in Professor Barry Dobson of York University, an authority in Jewish history, to verify the material that was brought forward at the hypnosis sessions. Much of it proved to be very close to the mark. What is perhaps the most puzzling factor is that some of the minor details of life in York at that time, is little known by historians, and impossible to glean from history books. As stated before, it is most unlikely that Jane Evans, even if she had made a lifelong study of the period, could come up with much of the information that she gave.

For example, in the latter part of the hypnotic regression, she describes taking shelter with her daughter Rachel, in the crypt of a Christian church, to escape soldiers who were bent on the destruction of the Jewish population. She described the location of the church, and then the inside of the crypt where they were hiding.

Eventually the soldiers found them, and Jane Evans as Rebecca describes all the horror in graphic detail of their discovery by the soldiers. At the point where the soldiers seemed to be snatching her daughter away from her, Jane Evans, became quite hysterical, under hypnosis. Apparently, the whole scene was quite horrifying. According to Jeffrey Iverson, it would have taken a consummate actress to have approached the dramatic intensity that came from Jane Evans as Rebecca, the Jewess.

The high point of interest, and indeed puzzlement with the Jane Evans story, is the discovery by Professor Dobson, with his great knowledge of York of that time, that the church described by Rebecca could well have been one that still stands today - St Mary's, Castlegate. The only problem with this church was that it didn't have a crypt as Rebecca had described. However, only six months after Professor Dobson had completed his investigation, a workman, doing some renovations in the church, found what appeared to be a crypt under the chancel of the church! Is the story of Rebecca the Jewess true? And what of the other 'lives' of Jane Evans? The material so ably presented in Iverson's book, ranks with the best detective stories.

There is a wealth of puzzling stories around that indicate that reincarnation is a distinct possibility. One concerns a little girl who was born in Delhi in 1926. Her name was Shanti Devi. From a very early age, she started talking about her previous life which had ended ten days after she had given birth to her second child. Shanti Devi continued to add more details to the past life as she got older. By the time she was eleven, she had enlarged the story so much, that it included details of where she had lived, and even the name of her husband in that life. She had lived in the town of Muttra, (a town that neither Shanti Devi, nor her parents had ever been to) and had been the wife of Kedar Nath Chaubey. She had spoken of several of her relatives in Muttra, and had described their homes.

On the insistence of the little girl's school teachers, the parents decided to find out if there could possibly be any truth in the girl's story. It was discovered that a man by the name of Kedar Nath Chaubey did exist in the town of Muttra and it was arranged that he would visit the Devi family in Delhi. This was done without the knowledge of the girl. She knew nothing of their plans. When Kedar Nath Chaubey arrived at their Delhi home, Shanti Devi recognised him instantly, and proceeded to relate the most intimate details of their married life together. Details that only his wife could possibly have known. A wife that he had lost after the birth of their second child!

It was then agreed that Shanti Devi should be taken to Muttra to check on the rest of her story. The family was accompanied by the editor of one of Delhi's leading newspapers, a lawyer, and a personal friend of Gandhi's. When they arrived, the girl took them on a tour of the town. Many of the homes of her relatives were exactly as she had previously described them, as were the people themselves.

When she took them to the house where she said that she had lived, she was able to take them to every room which again was exactly as she had already described. She knew the house as only one who had lived there could do. Then she announced that she had buried some money in a box which she had buried in the corner of an underground room. They went down to the room, which had an earthen floor. They began to dig in a corner that Shanti Devi had indicated. Then Kedar Nath Chaubey told them to stop. He had already found the box with the money in it, since his wife had died! It most certainly had been there!

Another puzzling phenomena which at least suggests reincarnation, is the appearance of famous child prodigies. Take Mozart for example. He wrote a piano sonata at the age of five, and his first opera at seven. Where did all that musical knowledge and know-how come from? How could such expertise have been developed in such a short time? Then there was a Swiss boy, who at the age of just twelve, was an absolute genius with mechanics. So much so, that he was appointed an inspector of the Grand Maritime Canal by the Swiss government. Such famous musicians as Yehudi Menuhin and Daniel Barenboim started off their careers as child prodigies. One wonders where all this talent comes from within just a few years of life. Or is it the result of past experiences? Past lives?

As you will find so often in this book, it is impossible to discuss any of these aspects of life, without bringing in the readings of Edgar Cayce. He spoke a great deal about reincarnation. Which is rather interesting, because he didn't consciously believe in it. He only brought the idea forward from his sleeping trance states. When dealing with many cases of mental disturbance, he indicated that the problems had begun in the patients' previous lives. From October, 1923, until his death in 1945, Cayce gave about 2,500 readings that dealt with a person's past lives, and those influences that originated in

those lives.

For example, when giving a reading on 11 October 1923, he said while in trance, 'The third appearance in this plane. He was once a monk.' This appears to be the very first reference from Cayce on reincarnation. After waking up from the sleeping state, he was quite taken aback by what he had just said. The man who had requested the reading was interested in astrology, and had asked for a horoscope. Cayce indicated that what is more important than an astrological reading, are the influences from one's past incarnations, combined with the will of the individual.

According to many of the Cayce readings, a large number of people from Atlantean times have reincarnated back on earth in this present century. The Atlanteans were supposed to have been a very scientific people, and very advanced technologically. Over-population was a problem with the Atlanteans. Do we have a parallel civilisation today? Are we going through the same situation again and are we being given a second chance? There is also an interesting proposition put forward that Atlantis was the beginning of the Aryan race, and that Adolf Hitler was a reincarnation of an Atlantean, hence his infatuation with the 'perfect' or 'Aryan race.'

Tied in with the reincarnation philosophy is the law of cause and effect. This is called karma. The idea being that with each successive life on earth, we have to learn from our deeds and actions what is right and what is wrong. The word karma comes from the ancient Hindu language of Sanskrit, meaning action, or fate. It refers to the law of action and reaction; that whatever you do in life, will dictate what will happen to you in the future. If you harm someone, then that harm will visit you in kind at some appropriate time in the future. Not necessarily in the present life, but in a future one. Life is like a boomerang. The one that you throw out, is the one that will eventually return to you. It brings us to the underlying commandment of all religions. That you do to others, only that which you would have them do to you. Or that as you sew, so shall you reap.

Karma doesn't only refer to a physical action. If you direct unpleasant thoughts to another, then that thought energy that you transmit, will not only harm the receiver, but will rebound on you as well. You cannot escape. And so it seems as if we really do have to learn from our own mistakes. What we give out, we get back in kind.

One of Australia's leading yoga teachers, Margaret Segesman, in her book on yoga relaxation, *Wings of Power*, says; 'With every thought, with every action, we build a new karma, good or bad, depending entirely on the pureness of motive and action.'

In the excellent book by Jess Stearn on Edgar Cayce, *The Sleeping Prophet*, there is a quote from Cayce himself which says; 'Each and every individual follows out that line of development in the present earth plane as it has received from the preceding conditions, and each grain of thought or condition, is a consequence of other conditions created by self.'

The law of karma is both positive and negative, depending upon which of these two possibilities you concentrate on. If you make the effort of training yourself to think only positive thoughts about yourself, your tasks, and about others, and carrying out positive actions, then you will certainly set up a very positive karma for yourself. If you give out love, you will surely receive love. Your future will

start to reflect that love, and positiveness, and one can then progress.

If, on the other hand, we are constantly negative in our approaches to life, then that negativeness will start to be reflected in everything that we touch or are associated with. We all know and recognise the sort of person who is always saying things like 'Nothing ever goes right for me.' Or reaffirming bad luck by saying constantly, 'Oh I was born unlucky.' They are reinforcing the negative state, and keep on attracting to themselves conditions that they seem to hate most of all. Like attracts like.

The idea of karma, if accepted and taken seriously by everyone, would surely bring about a greatly improved world. We would all be stopping and considering every thought and action. Even to criticise and despise someone because that person is of a different skin colour, or has a different belief from our own, could mean that in another life we may find ourselves in the same position as that person, so that we would know what it is like to be the butt of criticism or racial prejudice. If you kill by the sword, then sometime in the future, you will have to die by the sword.

It is quite possible that in some previous life, we have been a different skin colour, and belonged to a completely different race. With this realisation, there are no barriers between human beings. If we accept the idea that the body is a vehicle for the soul, and that the soul has inhabited many different bodies, then it is as ridiculous to despise another, as it would to despise an actor for the character that he is playing at present, or for the costume he is wearing.

Many questions are asked about reincarnation, and some of the most common are questions like, 'Can we come back as an animal?' The answer to this is that the human being is quite different to a member of the animal kingdom. We have reasoning ability. The human personality, the human mind, are different to those of the animal kingdom.

It is said that animals have a group soul, whereas a human being has an individual soul. It is thought that even if a human soul has an extremely bad karma, it is not likely to go back to an animal form. Transmigration in which the human soul goes from human to animal at the time of death, is really a misunderstanding of the nature of reincarnation. Another understandably common question is our lack of memory of our past lives. I think one only has to look around at all the mental disturbances that are so common in the world today, to understand that most of us have enough trouble coping with our memories of the present life let alone trying to adjust to memories of a past one. A third area that is often opened up for discussion when the subject of reincarnation comes up is how much free will can be exercised with regard to our lives. There is no doubt that we have free will, and this is only interfered with, if we have in the past used that free will to be selfish, greedy, or to harm another. Then we must be made to pay for what we have done.

There seems to be a general consensus of opinion among reincarnationists all over the world, that the soul only joins up with a physical body at the time of actual birth, and not at the time of conception. Also a talent developed in the present life, will be carried into the next one. Human life has a distinct purpose, and is continuous, reaching out towards an eventual perfection. A person's own will creates his destiny. The answer to all our problems lies within ourselves and our past memories. What we do, and the way that we behave towards others in this life, will set the scene for our next life, and for others yet to come.

6 - Meet Me in Dreamland

The very nature of dreams and their substance has been niggling at the imagination of so many people since time immemorial. The 'mystery land of dreams' is slightly less of a mystery than it was twenty-five years ago thanks to the valuable research that has been taking place in those years in sleep laboratories all over the world, particularly at the Maimonides Sleep Laboratory, Brooklyn, and the Sleep Laboratories at Chicago University. The Oxford dictionary at least gives us a valuable clue as to the nature of dreams. As they so succinctly put it, '... a series of pictures or events in mind of sleeping persons; to have visions etc. as in sleep ...' How often have we been puzzled over the meaning of a particularly vivid dream whilst struggling to recall its precise details?

They seem to fade away so quickly into complete oblivion. Are those dreams really lost forever? Does the subconscious mind ever forget anything, either from dreams, from the impressions we are continuously receiving from our world around us, or of anything that we have ever learned? There is every reason to suspect that our subconscious mind is like a computerised memory bank - nothing is ever really forgotten. Perhaps our dreams are just buried there waiting to be resurrected at the appropriate moment. Edgar Cayce said; 'In dreams man is in communication with his very own soul, with his higher self whence all knowledge comes.'

So far Cayce has never been proved wrong. If he is right this time around, then it's about time we took our dreams a little more seriously. I am sure that with time the rather common attitude of scoffing at dreams will cease. How often were you told by your parents that a dream you had reported in all your childish honesty was, after all, 'only' a dream, particularly if it was a bad one. Often in our early days we are encouraged to disregard our dreams. It's very common for many people to say that they don't dream. However, each one of us has at least three or four dreams every single night in a normal sleep cycle.

It has become a truism to say that just because you don't remember your dreams doesn't mean that you don't have them. I once heard of an enthusiastic young psychiatrist at the Sleep Laboratory of Chicago University who was asked to prepare a paper on sleep and dreams. However, he had a rather embarrassing problem - he had never been able to recall any dreams and therefore thought that he didn't dream. His colleagues decided that he should spend a night in the laboratory wired up to an electroencephalograph, an instrument designed to measure brain waves. After about ninety minutes of sleep, the EEG, registered an increase in the doctor's brain waves. There were also the telltale rapid eye movements (REM) which indicate a person is dreaming. The 'non-dreamer' was woken up and asked about the dream that was taking place. At first he claimed that he hadn't been dreaming so they showed him the evidence that in fact he had been having a dream. Then he admitted that he hadn't exactly been dreaming but had been thinking.

Then he said 'No, wait a minute. I remember hearing a conversation when I was asleep - somebody was speaking to me and saying over and over again - "You are a stupid son-of-a-bitch".' Immediately it became obvious that his dreams were being suppressed because quite naturally he didn't want to realize that the voice could have been correct, but from that moment on he started to recall his dreams.

I am sure that many of you have watched a pressure cooker at work on the stove. The pressure starts to

build up inside and before it becomes too great, suddenly a little whisp of steam bursts forth from the escape valve on top and the pressure inside is kept at just the right level. That safety valve on the pressure cooker is rather like the dreams we have. There is no-one who doesn't have a problem or a frustration of some kind to overcome. We all have problems because we are only human beings, after all. It is surely a measure of the strength of your own character in how you go about facing and solving your problems. If you avoid the problem you let nobody else down but yourself. On the other hand, if you face the problem fairly and squarely and overcome the hurdle, then the reward comes with a wonderful feeling of inner strength. Many of the problems, frustrations and tensions that go on building up while we are awake are dealt with by the subconscious mind while we sleep. Our conscious or 'waking' mind is the one directly associated with our physical activities.

For instance when we decide to do such a seemingly simple thing as to take up a pen to write a letter the conscious mind starts to formulate the words and expressions, to see the framework of the letter. The brain then activates all the many nerve endings that will be required in the simple movement of picking up the pen, holding it correctly and to guide it as it starts to put the words down onto paper. All of these complex movements take place in an instant. Just imagine how many of the minutest parts of the body and mind are being utilized in that fraction of a second. Here we have a co-operation and co-ordination of the first order initiated by the conscious mind which then links up with the subconscious. Every tiny movement we make utilises all of these complex faculties.

Part of the human expression put into the letter which you write is conscious while the other automatic part is done subconsciously. The subconscious is the one that controls functions like the heart-beat, respiration and blood circulation as that part of the mind that takes control during sleep and dreams. If, as Cayce indicates, the subconscious mind is allied to the soul, then perhaps the more authority we give to it the more creative and helpful work it can do.

During a normal sleep cycle, the first dream starts almost ninety minutes from the time we fall asleep. This first dream is usually the shortest one of the whole evening. Then, after another period of some ninety minutes the second dream begins and this one is longer than the first. Each dream we have goes longer than the last one, and our final dream before waking up is the longest of all. This, combined with the fact that it is the closest one to our conscious waking state, is the dream usually remembered in greatest detail.

One commonly held idea about dreams is that they are very short, perhaps only a second or two. This seems to have started with an idea put forward by a Frenchman, Alfred Maury, in the 19th century. He described the dream in which he was being tried during the French Revolution. He was sentenced to death on the guillotine and, in the dream, he actually put his head on the block, waiting for the blade to fall. As it flashed down towards him he suddenly woke up to find that the bed rail had fallen on his neck. From that moment on M. Maury decided that a dream is caused by an outside physical stimulus - in his case the stimulus of the falling bed rail on his neck had triggered off the dream, thereby compressing it into just an instant.

Medical researchers using monitoring devices like the EEG and watching for the REMs (rapid eye movement) that characterise the dream state, have found that the time taken for a dream corresponds fairly well with the event recorded in the dream. The mind is so clever, however, that there seem to be some occasions when the subconscious uses the cinematic technique of cutting from one scene to

another to speed up the process of time.

Studies of babies indicate that they spend about seventy per cent of their sleeping time in dreams. Then as one gets older the percentage changes quite dramatically. In old age less than twenty per cent of the time taken in sleep is occupied with dreams. A young baby has so many new experiences and sensations to cope with and adjust to that the subconscious mind has to spend so much more time in unravelling this great rush of new data. Naturally, as we get older and life starts to slow down somewhat, we often have fewer pressing problems to cope with - our daily life is less concentrated, there are fewer problems to be worked out and so even our dreams slow down and we spend less time dwelling on them.

There are four basic types of dreams. The first one is the 'nightmare.' This can often be a frightening experience but, you may have noticed, that when it reaches its most terrifying point you seem to say to yourself 'Don't worry - it's only a dream.' Your subconscious steps in at the crucial point and eases the pressure a little. The nightmare is usually the result of some deep-seated problem that needs to be brought to the surface and it is here that the nightmare is needed.

In *The Nature of Personal Reality* by Jane Roberts in which she passes on advice given from a spirit guide named 'Seth' we find the following paragraph on nightmares:

The nightmare itself can be like a shock treatment given by one portion of the self to another in which cellular memory is touched off... but the self is its own best therapist. It knows precisely how many such shocks the psyche can take to advantage ... Nightmares in series are often inner regulated shock therapy.

The 'Seth' material floats the proposition that 'if you are afraid of your dreams you are afraid of yourself.'

I was speaking on the subject of dreams at a public lecture one evening and was talking about symbols in dreams when a woman in the audience jumped up to say that she had, in that moment, come to an understanding of a recurring dream that was certainly in the nightmare category. She often dreamt that she was standing alone on an island surrounded by water. The water was always rising and the little island around her was shrinking. Eventually she would find herself standing on a tiny little piece of ground with the water swirling all around her. As I was speaking about dreams she had just recalled a terrifying experience she had had as a very young child in Margate, England. It was her first visit to the sea and the water was quite rough. The waves seemed very large to the little girl and her family insisted on wading into the water until it became deep enough to swim in.

The little child, however, started to scream in fear as the water seemed to engulf her. Her parents seemed to take no notice and thought that she would quickly get used to it. Since that moment she has had a fear of water but as the years had gone by she had forgotten why she had had the fear. Then, suddenly, in an instant, the memory had been revived. I wonder if that woman has ever had the fearful dream again. Often when understanding of the problem comes the recurring dream ceases. The problem has been faced and understood.

I can offer you a surefire recipe for producing your very own nightmare - and it works! Before going to bed eat a lot of cheese and a couple of cups of strong black coffee. Lock all the doors and windows, lie down and await that certain nightmare. What happens is that pressure of the heavy, indigestible food causes pressure on the solar plexus, that important centre of nervous energy in the abdominal region, bringing on the nightmare. Similarly, if you were to lie on your back before sleeping and were to place your hands over your solar plexus, that pressure also could produce a nightmare. If you go to sleep lying on your stomach, a nightmare can result.

The second type of dream is one where we dream in symbols. There is not much point in rushing off to buy a book of what those symbols mean. It all depends on the individual's own interpretation, for example, if you constantly dream of water in your dreams I would interpret that from my own point of view as an expression of fear because I nearly drowned as a child - I have had a fear of water ever since, but for someone who absolutely adores swimming or water sports to dream of water could be a happy experience. The only thing that is necessary in learning to understand the symbols in your dreams is to be completely honest with yourself. You must be willing to get up first thing in the morning, rush straight to the bathroom mirror and see yourself exactly as you are. You may fool some people but you can never fool yourself. The only person who can really understand your dreams is you. That just takes a little work, dedication, patience and a certain sense of humour.

The third type of dream is the dream of prediction. Nostradamus, Mother Shipton and Jeanne Dixon make predictions consciously but we also make predictions when we are asleep, so the talent for prophecy lies within us all.

How many times have you found yourself in a certain situation when you get that uncanny feeling that this has all happened before? It is simply that the occasion has been dreamt about some time in your past and when the event takes place the memory bank has been stimulated and the information pops up into the conscious mind. Before you can hang onto the information it quickly slips back into the subconscious. If only we could learn to bring together the conscious and subconscious more readily - who knows what capabilities could develop?

One fine example of the dream of prediction comes from a book by the English psychical researcher G. N. M. Tyrrell, called *Science and Psychical Phenomena*. The case of Dudley Walker, who recorded the following dream on the 27 June, 1928:

I was in an overhead signal box, extending over a railway line. A railway line that I had never seen before. It was night, and I saw approaching what I knew to be an excursion train, full of people returning from some big function. I knew that it was my duty to signal the train through, which I did, but at the same time I had the feeling that the train was doomed. (I have nothing to do with railway work.) In my dream, I seemed to hover in the air, and follow the express as it slowed to round a loop line. As it approached the station

I saw to my horror, another small train on the same line. Although they both seemed to be travelling slowly, they met with a terrible impact. I saw the express and its coaches pitch and twist in the air, and the noise was terrible. Afterwards, I walked beside the wreckage in the dim light of dawn, viewing with a feeling of horror the huge overturned engine and smashed coaches. I was now amid a scene of

indescribable horror, with dead and injured people, and rescue workers everywhere. I was quite upset on getting up the next morning, and felt too unwell to eat any breakfast. All day at business I had been thinking about this dream. On coming home you can imagine my feelings when I beheld the placards (of a newspaper headline) announcing the accident.

The dreamer had spoken in detail about his dream to both his mother in the morning and to his boss at work, some hours before the newspapers announced the disaster, a train crash that matched the details of the dream perfectly. The accident had involved an excursion train that had collided with another train. Many people had been seriously injured, and there were some deaths.

Many readers, I am sure, have either had or know of people who have reported similar prophetic dreams. It does indicate that extra-sensory perception plays a part in this type of dream. Our sixth sense is inexplicably playing a distinct role in the dream of prediction. That common feeling of *deja-vu* is perhaps a momentary recognition of a previous dream where the event forecast finally comes to pass. The fourth type of dream is the one in which we solve our problems, when we go to sleep with quite a substantial worry on our mind, and wake up the next morning to find an answer to the problem? This is quite a common occurrence. The only trouble is that it doesn't seem to happen often enough. There is a way of stimulating this useful function. I am sure that by increasing our recollection of dreams we can find many of the answers to the daily problems that beset us.

Here is a way to make our lives more useful, productive, happier and more relaxed. Don't be fooled by the simplicity of this exercise. It is often the simpler things in life that are the most beneficial and useful. Just before you go to bed, take a pad and a pen and write down your most important, pressing problem. Write it in a very straightforward, simple sentence. See the problem in black and white. Remember we are still only three-dimensional beings and if you keep a problem locked up in the mind where it cannot be seen there is a tendency to enlarge the problem beyond all reasonable proportion.

Often when you write the problem down and see it before you the answer will come. If it doesn't come immediately a few clues may pop into your mind. Copy down those clues no matter how ridiculous they may seem at the time. This is using your intuitive ability and those clues may be the most valuable keys you may find with which to solve your problem. It is a pity that we cloud the mind by holding our problems within its depths instead of writing them down, standing back from them and having a good clear look at them. Would you ever try to do a crossword puzzle keeping the pattern and the clues in your mind, or would you lay out the puzzle before you and then work on it?

When you write your problems down before going to bed and the answer doesn't come, go to bed, close your eyes, relax and say to your subconscious mind - 'OK you have seen the problem. I now give it over to you to solve while I'm asleep.' Then turn over onto your favourite side and go to sleep, confident in the knowledge that your subconscious mind will do its work efficiently and well. Keep a pad and a pen beside the bed or, if you are terribly busy, a cassette recorder, and at your first conscious waking moment, record anything you can recall from your dreams. Don't wait to analyse what you have recalled - otherwise the memory of the dream will quickly disappear. Keep your own private 'dream diary' and you will be amazed how quickly you will start to note common threads running through your dreams - threads that will give you many of the answers you require to deal more efficiently with your own life.

As you start to write down your dreams every morning you will be surprised at how much of those dreams you will start to recall. It's rather like any muscle in the body - the more you use it the stronger it becomes. So give it a try - I can assure you you won't be disappointed. I know from personal experience that it works. We could take a valuable lesson from a primitive tribe that lives in the mountainous jungles of Malaysia. The 'Senoi' tribe is a community of some 12,000 people who seem to know and understand much more about the value of dreaming than we do in our so-called 'civilised' society.

Each morning over breakfast the Senois sit down to discuss their dreams of the night before. The whole day ahead is built around the images and ideas that have come from their dreams. According to Dr Charles Tart, Professor of Psychiatry at the University of California, the Senoi people lack any sort of violent crime, they live very harmoniously together and there is a complete lack of mental illness. The Senoi tribesmen are possibly very lucky not to live in our teeming cities where the stresses and strains are so great, where life goes on at such a hectic pace. Imagine then how much more we need to dream lots of dreams to help us clear out all of the tensions of modern living. With the Senoi tribe we find at least one culture that can teach modern man how to live more peacefully and positively.

One question I get asked frequently at lectures is 'Do we dream in colour?' The answer is that some people dream in colour while others dream in black and white, and some of us dream in both mediums. It is thought that a dream in colour indicates that the dreamer has a greater sensitivity to the scenes around him, that he leads a fuller life and that this type of person gets more out of everyday experiences - a more colourful life seems to lead to more colourful dreams.

When someone talks in his sleep, it has often been found that that person has a problem in communicating with others. They are often unable to express themselves satisfactorily. Often you find that in childhood there has been in that particular family, the old-fashioned idea that the child should be seen and not heard. The child has been discouraged from communicating with adults and being allowed to ask the questions that every child should be allowed to ask.

One other question that is often asked when I am lecturing on dreams is whether there is such a thing as 'astral travel.' Any deep explanation of astral travelling would take up at least a complete chapter on its own, but I can say at this stage that astral travelling is not something to be taken lightly. Before trying to bring it about consciously, the person concerned must have a great deal of knowledge about the subject, but certainly, when we sleep and dream, there are times when one of the more subtle bodies of which we are made up, detaches itself from the physical plane and travels to other areas. Have you ever woken up suddenly in the middle of the night and had a momentary feeling that you haven't quite known where you were or in which position your bed was at that moment? That feeling of disorientation occurs because something outside a noise perhaps - has caused you to wake up suddenly before that subtle body has aligned itself again with the other bodies that make us what we are.

In conclusion, I would like to give you a recipe which is quite the opposite to the one I have already given you for nightmares - this is a recipe for romantic dreams and, be warned, because it really works! Be careful not to double the ingredients. All you need to do before going to bed is to take a glass of warm milk, add a spoonful of honey and a handful of grated coconut, mix it up well and drink

it down. Make yourself comfortable, smile and wait for those romantic dreams to develop. It may take a night or two before your efforts bear fruit, but your perseverance will certainly be rewarded.

If for any reason you find it difficult to get to sleep at nights and even if the romantic dream recipe hasn't worked, don't just lie there tossing and turning and worrying about not being able to sleep, get up out of bed again, take advantage of the quietness of your home and do one of those tasks you have been putting off such as writing letters, reading the book that you haven't found time to look at so far, and in a very short time you will usually find yourself getting drowsy and sleep will come naturally.

So go ahead and enjoy learning more about yourself and your place in the world by observing your dreams and by marveling and reveling in that most beneficial state called 'sleep.' I hope most of your dreams from now on will be pleasant ones.

7 - UFOs - Thirty Years Later

Thirty years have elapsed since the American pilot, Kenneth Arnold, saw a formation of five silvery discs flying over Mt Rainier in Washington, a sighting that received world wide publicity and resulted in the term 'flying saucer' being coined by reporters. The first theory put forward after the Arnold sighting and others that occurred simultaneously in Scandinavia, was that the objects were most likely secret weapons or rockets that had been launched by America or Russia. It was only in the latter part of the 1950s that the idea of 'visitors from outer space' took hold.

Now, thirty years later, the concept of 'space visitors' holds as much sway as ever - in fact with the hundreds of thousands of well documented UFO sightings from every corner of the globe and, taking into consideration the amazing aerial acrobatics and incredible speeds of which UFOs are capable, it does seem the only logical conclusion.

My own interest in this vast subject came about with two extraordinary sightings involving Australians. I had already read a book called Flying Saucers by Donald Keyhoe, in which he recalled several Australian sightings by pilots of our commercial airlines. It seemed that if pilots were reporting UFOs then perhaps there was more in the subject than I had at first thought.

It was with a great deal of curiosity that I made arrangements to meet one of these Australians, an Anglican Priest, the Reverend William Gill. At our first meeting I was impressed by his quiet sincerity and straight-forwardness when retelling his own incredible story. He was stationed at the Boianai Mission Station in the south-east corner of New Guinea during a rash of UFO sightings in that part of the world in 1959. Gill had been listening to many stories reported by people from nearby areas for some weeks until his own sighting.

On the 26 June 1959, the Reverend Gill came out of the dining room at the Mission Station at 6.45 p.m. and as he did so he casually looked up at the sky without any thought at all of 'flying saucers.' He glanced up at the sky towards the west where he knew Venus had been for many nights. All of a sudden he stopped and thought 'that's strange - that's not one Venus but two.' Venus was in its proper place and then, further up, more or less overhead, was another 'Venus.' He noticed that the second 'Venus' wasn't stationary and it seemed to be getting bigger. It was actually under a cloud and was sending a bright, white, halo onto the base of the cloud. The Reverend called to one of the native teachers, Stephen Moi to come and have a look.

Stephen Moi was one of the New Guinea residents who had already reported seeing a UFO some nights before. As they stood watching what appeared to be a solid object, it came down lower, getting much bigger as it did so, and proceeded to hover silently at an altitude of about 180 metres. It was at this point that they realised there were four smaller objects also in the sky. By this time a crowd of witnesses had gathered, including medical assistants, some teachers, school children and people from the village, a total of thirty-eight witnesses. There was great excitement from the watching crowd when, suddenly, two figures appeared on top of the UFO and, almost immediately, they were joined by two more figures. At this moment a blue light started to flash from the top of the object. The time was now 6.55 p.m. The figures on top seemed to be moving about as if they were fixing something on top of the object. At 7.04 p.m. the figures seemed to disappear into the craft and then six minutes later

reappeared. At 7.20 p.m. the light was turned off and again the figures disappeared. The UFO then ascended through the cloud and disappeared.

The Reverend Gill then called everybody inside. He asked all of the witnesses to take pieces of paper and pencils and draw what they thought they had seen. All the drawings were then put on a table so that a comparison could be made and they were all identical, except of course, in size, but the shapes were certainly the same. At least Reverend Gill could then see that his eyes hadn't been playing up or he hadn't been suffering some kind of illusion or hallucination. The other witnesses had seen exactly what he had seen.

The next night, 27 June 1959, UFOs appeared again - this time a total of eight objects, one large and seven small ones. One of the smaller discs quite clearly showed what appeared to be five panels on the side. It wasn't certain whether they were windows or not but they seemed to be alternate dark and bright panels. All of the objects seemed to have two sets of legs underneath them.

The impression given to the witnesses was that the large craft was the 'mother ship.' The objects were first noticed by one of the medical assistants, who called everybody outside. This time Gill and the staff stood and watched the 'mother ship,' from the school sports area. The UFO looked as if it was going to land but when it got down to a level of about 160 metres it stopped its descent. One by one the four figures that they had seen the night before reappeared. Almost spontaneously the people on the ground raised their hands to wave to the figures. To their surprise the 'humanoids' or whatever they were, waved back. As the Reverend himself reported it - 'I waved my hand above my head and so did one of our teachers, and these figures did just the same - they copied us. When we waved with one hand so did they, and when we used two hands they waved their two hands.'

One of the school boys was sent to the house to get a torch and the Reverend Gill began to flash signals - a series of 'dots and dashes' and the whole object then started to make sweeping movements across the sky like a pendulum as if to acknowledge the signals. Then it came back to its original position. The figures on top again started moving about like men on the bridge of a boat adjusting some sort of machinery and they then seemed to lose interest in the witnesses standing in the playing fields. All the while there was absolutely no noise from the craft.

The figures themselves seemed to have a sparkling effect around them and there was a distinct gap between the figures' bodies and what, in today's terms, we would refer to as an 'aura.' Suddenly and silently the object took off to drop over a nearby hill and then it came back and shot right across the bay - about forty-eight kilometres - in less than a second.

Early the next day the Reverend Gill and the witnesses attempted to work out the approximate dimensions of the large 'mother ship' which had carried the four figures. They estimated that the bottom deck was about thirteen metres in diameter whilst the top deck was about seven metres.

Some people living across the bay about forty-eight kilometres from Boianai, also observed lights moving about the sky on these particular nights. In fact, reports kept coming in for many weeks about similar sightings in the district and most of these reports had been going to official circles such as members of the Administration and District Officers.

When I told this story in my public lectures, one question that always came forward was 'Why were there no photographs taken of the UFOs?' The Reverend Gill, in his official report to the Victorian UFO Research Society said 'Had I been wealthy enough to have possessed a camera, there certainly would have been photographs. Even if I had produced photographs, then there would always be people who would say that they were fakes, just as some people would probably even say that this whole thing here is a hoax. But I myself know what I saw.'

Thirty-eight people who witnessed the appearance of the UFOs on the first night, the twenty-seventh, have put their names to a statement attesting to what actually took place.

Most of the UFO sightings in this part of the world took place at night. There was, however, a rather interesting one that took place in broad daylight on Tuesday, 21 July 1959. The UFO appeared over a school about forty-eight kilometres away from Boianai. The children were just marching into the Church for their morning service when, suddenly, they caught sight of a silvery light moving through the clear blue sky. As it came closer the children and teachers could see clearly a shining, metallic disc with a dark ring around it. It was travelling faster than an aeroplane but there was no sound at all. The object was seen by over 100 people and they all agreed that it looked like a 'silver plate.' A report of the sighting was drawn up and the teachers all signed it. The object was also seen at about the same time at two other nearby settlements, where it was described as like an 'elongated star.'

The second Australian witness who impressed me very much was a young man of twenty-one named Ronald Hydes. On 24 August 1967, he was travelling on his motor bike from Sydney to Melbourne on the Hume Highway. He had never been to Victoria before and was on his way to Melbourne to take up a job. He had stopped at Albury while he sheltered from a heavy shower. After the rain cleared and he was continuing his journey at 4.45 p.m. he had reached a point about sixteen kilometres south of Wodonga when suddenly he was surrounded by a bright blueish-white light that was shining down from something above. He slowed down while he looked up to see where the light was coming from. The light was so bright it almost blinded him and he had to stop the bike otherwise he would have run off the road. When he stopped the bike he took off his sunglasses and happened to glance into a paddock off to his left. About thirty-four metres away there was a disc-shaped object hovering almost two metres above the ground.

He described it as silver on top and either a dark grey or black underneath - just like two inverted saucers fitting together edge to edge. He estimated the size of the object to be somewhere between nine to ten metres across and about three to four metres at its highest point. He was curious to know what it was and decided to go over and have a closer look. As he walked towards it he heard a car coming down the highway behind him and he got back on the road to try to stop the car so that he could point the object out to the driver. The car was travelling very fast and, although the driver must have seen the boy standing by the side of the road with his motor bike he didn't appear to see the object, and continued down the highway.

Ron Hydes again turned back towards the object but now things had changed somewhat. Standing beside the UFO were two figures that he hadn't noticed before. He described them as being almost two metres tall and they were dressed in a metallic sort of overall, although there didn't seem to be any seams in the material - it seemed to be all one piece. There didn't appear to be any joins in the entire

suit and the feet were the same. It was as though they had climbed into a pair of overalls that had gloves and everything built into them with a zip up the back that the witness could not see. They were wearing helmets of some kind and the witness felt that it was rather odd that he couldn't see into the helmets. They seemed to be of an opaque finish. The helmets seemed to be twice the size of a normal human head. They were described 'like a fish bowl that had been inverted over someone's head.'

He received the distinct impression that they were looking at him although he could not see their faces; however they were pointing in his direction so he presumed they were looking at him. Although still very curious, he started to get a little frightened but took a step forward to see what would happen. The two figures did the same. Then he took a second step towards them and one of the figures took two steps towards the boy and lifted its hand and beckoned him over to them. It was at this stage that Ron Hydes panicked, suddenly realising he was alone in the field apart from the two mysterious figures, in an area of the countryside he had never been in before. So he turned around, jumped back on his bike and took off down the road at a speed that he estimated at about 160 kilometres per hour.

Less than a minute later the disc reappeared about seventy-five metres in front of the motor cyclist and he could now detect a soft hum coming from it. He turned off the road to try and get away from it but the object also moved just in front of him. In his own words: 'It was obvious I could not get away from it whatever it was, so I just sat there with my arms folded and watched as the object came towards me at a height of about fifty-five metres. It seemed to hover for a moment and as it did so it got an orange glow around the edge of the disc and it tilted slightly on its side as the orange glow got to a deep red in colour. Without any warning it suddenly shot off at fantastic speed and just vanished. I am no expert at air speed but I would say that this thing was doing over 3,000 kilometres an hour. I was waiting for a "boom" as it went through the sound barrier but there was nothing. There wasn't even so much as a hiss - it just vanished.'

Ron Hydes then continued his journey to Melbourne and when he arrived told some of his new workmates what had happened and they said 'Why don't you put more water with it next time?' He realised that nobody was going to believe his story but, like the Reverend Gill, he knew what he had seen. Although he had not read any UFO literature up to that point, he decided to get as many books as he could on the subject to try to work out what he had really seen that afternoon. It was in one of these books that he eventually found the address of the Victorian UFO Research Society and told his story to the solicitor who is President of the Society.

One of the impressive things about this witness is the fact that he was determined there would be no press or television publicity about what he had seen. In fact, he was very shy about the whole thing and just wanted to tell somebody who might believe him, to get it off his chest.

After he had told his story, he went back to Sydney, as far as could be ascertained, and hasn't been heard of since. His description and subsequent drawing of the UFO bears a striking resemblance to many hundreds of similar sightings by people from all over Australia.

I would now like to broaden the UFO horizon and look at some of the scientific material that has been forthcoming over the last ten years.

One of the most important meetings ever convened to discuss UFOs was a symposium on unidentified flying objects at the United States House of Representatives on 29 July 1968. Many scientists were invited to present papers on the subject, and much interesting information and speculation was forthcoming.

Dr Frank Salisbury, head of the Plant Science Department at Utah State University, put forward the proposition that about one per cent of the world's population had already been involved in good sightings up to that time.

Dr J. Allen Hynek, when Professor of Astronomy at North Western University and Director of the Lindheimer Astronomical Research Centre, was also a scientific consultant to the United States Air Force on UFOs. He was one of the scientists to give evidence at the U.S. Government enquiry and made many telling statements on the phenomena, not the least of which was this:

The cumulative weight of continued reports from groups of people around the world whose competence and sanity I have no reason to doubt, reports involving close encounters with unexplainable craft... has led me reluctantly to the conclusion that either there is a scientifically valuable subset of reports in the UFO phenomenon, or that we have a

world society containing people who are articulate, sane, and reputable in all matters, save UFO reports. Either way, I feel that there exists a phenomenon eminently worthy of study. If one asks for what purpose, I can only answer - how does one ever know where scientific enquiry will lead? If the sole purpose of such a study is to satisfy human curiosity, to probe the unknown, and to provide intellectual adventure, then it is in line for what science has always stood for.

At least two of the scientists at the symposium reminded their colleagues of a time when meteorites fell from the sky in northern France, and were reported as 'stones falling from the sky' by the local peasants. At first they were completely ridiculed. Finally, as the stories persisted, a French academician went to investigate, and found that everybody in the village concerned had seen the stones fall from the sky. Finally, it had to be admitted that the peasants were right. Thus the study of meteorites was born.

A leader in proper scientific research into UFOs, who was present at the American symposium, was the late Dr James McDonald, senior physicist, at the Institute of Atmospheric Physics, and Professor with the Department of Meteorology, at the University of Arizona.

Dr McDonald listed many different types of UFO sightings, some over cities such as a radar tracking of unknown objects over Washington National Airport on 19 July 1952. As well as the radar trackings of the objects, a number of pilots in the air also saw them. The strange objects were moving at variable speeds of from 160 to 1,300 kilometres per hour. As Dr McDonald points out, the UFOs were picked up at the same time by three different radar stations. He also brings forward a multiple-witness case, again in the region of Washington, the American capital.

On 3 July 1949, an air show was being held. The manager of the show was a former Navy commander, Moulten B. Taylor. While a sky-writing aircraft was overhead, the first of three disc-

shaped objects came into view. Moulten Taylor used the public address system to alert the crowd so that everyone could see the object. Quite a few had binoculars with them, and there were highly experienced pilots, engineers and policemen as well as the local residents of Longview, Washington, present. As they all watched, two more discs flew over in full view during the next twenty minutes, and they all came from different directions, which ruled out the possibility that they were weather balloons, which was the official explanation. As Dr McDonald pointed out, here was a case witnessed by well over a hundred witnesses, of wingless objects moving through the sky at high velocity.

Dr McDonald gave quite a deal of information to the Government enquiry regarding a phenomenon often reported in Australian UFO cases where electrical interference takes place when a UFO is nearby.

In one case, in Texas in 1967, ten cars reported ignition failure within a two hour period. All of them reported the fact quite independently of the others. Even the famous New York power blackout in 1965 was thought to have been connected with many UFO sightings that were reported by citizens just before, and during, the blackout. Dr McDonald indicated that there were reports of UFOs all over New England at the time. As Dr McDonald told the symposium:

It is rather puzzling that the pulse of current that tripped the relay at the Ontario Hydro Commission plant has never been identified, but initially the tentative suspicion was centred at the Clay Sub-station of the Niagra Mohawk network right here in the Syracuse area, where unidentified aerial phenomena had been seen by some of the witnesses ... Just how a UFO could trigger an outage on a large power network is, however, not clear ... This is a disturbing series of coincidences that I think warrant much more attention ...

Further evidence of possible UFO interference with an electricity supply comes from another blackout in the United States known as the 'northeast blackout.' Just prior to and during the blackout on 9 November 1965, there were many UFO sightings reported around the affected area.

In Australia I personally know of some dozens of cases where reliable witnesses have reported ignition trouble with their cars and trucks. There is one case from the Gippsland area of Victoria which concerned the matron of a local hospital. She was driving from the hospital to her sister's house after finishing work one evening when she saw, in the rear-vision mirror, a light behind her which she took to be a motor-cycle. She didn't take any more notice for a time, but then when she looked again it seemed to be the same distance away, so she accelerated and was rather frightened when the light also started to gather speed and keep up with her. She slowed down to see what would happen and the light also slowed down. This sort of thing continued for some minutes, after which the matron was horrified to find that the light was now catching up with her car very quickly. Suddenly the light was above her, and at this point her car engine completely cut out and the car stalled.

The matron felt that she was being held in a tube of light, quite unable to restart the car. The lady said that she had the distinct impression that above the light was an object or craft of some kind and that she was being examined through the column of light. It is not difficult to imagine how she felt at that moment.

As usually happens in cases of this kind, the light suddenly disappeared and she was alone again. It took her some moments to recover herself sufficiently to again endeavour to start the car. This time it started without any trouble. She took off as fast as she could for her sister's house and arrived in a very shaken condition. In fact, she was so upset by the occurrence that she had to have several weeks off work.

In answer to the oft-repeated question, 'Why aren't UFOs ever tracked by radar?,' Dr McDonald presented several well-documented cases including one from Australia. This concerned the pilot of a Hawker Sea Fury from the Nowra Naval Air Station who reported two unknown objects near him as he flew from Canberra to Nowra. According to press reports the pilot said, 'The two strange aircraft resembling flying saucers' were capable of speeds much beyond his fighter aircraft. When he informed the Nowra radar operator, they said that they had picked up three returns. This radar and visual sighting was some time in September 1954.

One other Australian radar tracking of a UFO, which is quite an important one, concerned the American astronaut Gordon Cooper who was on his fifteenth earth orbit on 16 May 1963. While passing over Western Australia, Cooper informed the ground control station at the Muehea Space Tracking Station that a glowing green object with a red tail was approaching his spacecraft. Whatever it was was confirmed by Muehea and its altitude was estimated as being about 160 kilometres above the earth.

There are, in fact, several UFO sightings concerning astronauts which I have always found puzzling, because an astronaut is a highly trained observer of aerial phenomena, and should know what he is looking at. There is already quite a history of these sightings.

Ever since mankind launched the first satellite into space, odd events have taken place up there. For example, Russia launched two Sputniks in quick succession. The first in October 1957, followed by Sputnik '2' in December of that year. As the second Sputnik passed over Caracas, Dr Luis Corrales of the Communications Ministry in Venezuela, took photographs of the object. One photo, when it was developed, showed traces of a second unknown object closely following the Soviet satellite.

On 4 January 1960, two huge unknown objects appeared in space following a pole-to-pole orbit, a feat impossible to duplicate by either Russia or the United States at that time. These strange objects were estimated to weigh at least fifteen tonnes and were photographed at the satellite tracking station of the Grumman Aircraft Corporation, and were subsequently studied by observatories throughout the world. Frank Judson of the Adler Planetarium, said: They are not meteors because they're too low. And they're not artificial satellites. They are travelling from east to west, whereas artificial satellites travel from west to east. That's the way we take advantage of the earth's rotation.'

In 1961, a large unknown object followed a Polaris rocket as it shot skywards on 10 January. The tracking station at Cape Kennedy was thrown into confusion when their radar locked on to the mysterious object for fourteen minutes.

On 17 July 1962, Major White of the United States, established an altitude record when he flew the American X-15, high-altitude rocket to 115,293 metres. Suddenly he shouted back to earth - 'There

are things out there.' A large greyish-white object appeared and flew alongside him, travelling at 6,000 kilometres an hour! The object then casually moved ahead of him and finally glided over his plane's canopy. This report was carried by the wire services of the world, and even rated a mention in Time magazine.

The first American astronaut to take a walk in space was the late Edward White. He was a member of the Gemini 4 spacecraft, together with James McDivitt, which was launched on 3 June 1964. Both these highly-trained astronauts observed a UFO in space which James McDivitt described as 'a cylindrical object that appeared to have arms sticking out of it.' Antennae perhaps?

During the same journey, the astronauts observed a moving bright light at a higher level than the Gemini spacecraft over Hawaii. This UFO was photographed on 16 mm film by McDivitt.

In the same year, the Russians were having their share of astronaut sightings. Three Russians were aboard Voshkod 1, on 12 October 1964, when they were surrounded by a formation of disc-shaped UFOs that proceeded to move away at high speed. A similar sighting of a single disc was reported by two Russian astronauts when the Voshkod 2 spacecraft was re-entering earth's atmosphere.

One extraordinary happening late in 1965 concerned Gemini 7 which was launched by the United States in December. On board were James Lovell and Frank Borman. On 4 December, both Borman and Lovell had a good look at an unidentified object during their second orbit. Borman announced 'We have a bogey at ten o'clock high.'

The officials at the ground control station asked him to take a closer look to see if it was their booster rocket. Borman replied 'We know where the booster is. This is an actual sighting!' An actual sighting of what? Since this brief but puzzling conversation was recorded on official Tape No. 43 of the Gemini 7 flight, no further comment has been forthcoming from either the astronauts, or NASA. During the same space journey, there has also been a report that the two astronauts photographed two oval-shaped objects.

On 18 July 1966, another two American astronauts were on board the Gemini 10 capsule. Both Mike Collins and John Young sighted UFOs. At one point, Young radioed back to earth saying: 'We have two bright objects up here in our orbital path. I don't think they're ours. It looks like we're going right along with them.' When the Manned Spacecraft Centre in Houston requested a bearing on them, Young replied: 'They just disappeared. I guess they were satellites of some kind.'

On 14 November 1969, three astronauts, Pete Conrad, Dick Gordon and Alan Bean reported that a UFO had kept pace with their Apollo 12 spacecraft, keeping ahead of them to within 212,500 kilometres of the moon.

And so the impressive list of UFO sightings in space continues to grow. Referring back to the paper presented to the U.S. House of Representatives UFO Symposium by Dr James McDonald, we find an interesting conclusion was reached by this eminent scientist. He said 'The possibility that the earth might be under surveillance by some high civilisation in command of a technology far beyond ours must not be overlooked in weighing the UFO problem.'

In 1965, I visited Russia and could find no material available to the public on UFOs. There are no books on the subject, they are not generally mentioned in Soviet newspapers and there are no reports on the radio or television. In other words, members of the public have not been conditioned by the media to expect to see anything resembling a UFO. And yet, people all over the Communist bloc countries are reporting these objects just the same as we are in Australia. Their reports indicate the same type of oval or saucer shaped craft that are seen in other parts of the world.

Three sightings from Communist countries come to mind, and these occurred in the 1960s. The first two are noted by Dr James McDonald in his submission to the U.S. Symposium. The sightings were brought forward by Dr Felix Zigel of the Moscow Aviation Institute. Three Latvian astronomers were studying clouds on 26 July 1965, when they noticed a starlike object drifting westwards. With powerful binoculars they found that the light showed finite, angular diameter, so they used a telescope. This way they could detect a central sphere with three outer spheres slowly rotating around the inner one. They were observed by the astronomers for twenty minutes.

On 8 August 1967, the Soviet astronomer Anatoli Sazanov was working with ten other colleagues at the Mountain Astrophysical Station of the USSR Academy of Sciences near Kislovodsk. Together they watched a large crescent-shaped UFO moving eastwards, two to three times larger than the moon, while just ahead of it was a light that looked as bright as a star of the first magnitude. The two gradually receded until they completely disappeared. The crescent-shaped object was also seen in the town of Kislovodsk by citizens.

The third sighting from the Communist area has been reported in several journals but nowhere has it been more factually discussed than in the book UFOs from Behind the Iron Curtain by Ion Hobana and Julien Weverbergh. Emil Barnea, an engineer with a building firm, was out with three friends for a picnic in the Baci Wood near Cluj in Roumania on a Sunday morning, 18 August 1968. It was a clear, sunny day and while the party was gathering sticks for a fire, Barnea's girlfriend pointed out an unusual aerial object in the sky. Emil Barnea looked up and saw a large, silvery, circular object moving soundlessly over the nearby wood. Barnea quickly got his camera and managed to take four photos of the UFO, as it moved slowly, changing in brightness. The group watched it for about two minutes until it suddenly and silently accelerated and shot skywards.

When the photographs were developed, they were handed to Rumanian engineer, Florin Gheorghita, who had made a study of UFO sightings. Eventually, the photos were published in the paper Scinteia exactly one month after the sighting. The photographs have been analysed by many people and organisations, not least of all the Cluj University, and the general consensus of opinion has been that they are genuine, and indicate that the UFO was illuminated.

Always, when dealing with a subject like this one, I find a wealth of odd stories flying about; almost as many stories as there are UFOs in the sky. One that has always appealed to my sense of mystery and imagination, and which can be allied to some UFO reports, concerns an interruption to the transmission of several BBC television transmitters. Suddenly, one night in September 1953, viewers all over England were treated to station identification from a Texas television station, KLEE, in Houston. A very strong signal apparently, as many people were able to photograph the identification card. Although unusual, not a great deal of concern was voiced by the BBC, because it has been

known for a distant television transmission to appear in this way. The mystery took on a new dimension however, when the BBC undertook some preliminary enquiries and found to their amazement that Station KLEE had ceased transmission three years before!

A spokesman for the BBC had the last word when he later told newsmen: 'We are confronted ... with a set of circumstances which are at variance with accepted knowledge of television transmission. It is unthinkable that these signals could have been reflected to us by chance from any celestial body at such a vast distance. That leaves us with but one possibility, however bizarre, that these signals were transmitted to us purposefully and intelligently from a source and for a purpose presently unknown.' Could it have been that something or someone had holed the television signal for three years and then beamed it back to earth as some sort of message to us, indicating that 'they' are out there?

One scientist in the United States, Professor Joseph Blumrich, who is Chief of the Systems Layout Branch of NASA happened to pick up a copy of Chariots of the Gods by Erich von Daniken and, being a man who has spent all his life working on large rockets and space-craft, he set out to disprove at least one thing that Erich von Daniken had claimed - that the prophet Ezekiel, in the Old Testament, had seen a spaceship - so he obtained a copy of the Bible, but as he said, 'I soon lost my grin.' He believes that he has also found evidence of the landing of space ships on earth some 2,500 years ago. As a prominent scientist he now seems to have satisfied himself that at least one part of the Bible contains evidence that our earth has been visited by space ships from outer space in our past history. If they have been here in the past, then what about today?

In October 1973, Professor Kaplan from the Radio Institute of the Gorky University in Russia, announced that radio experiments in the USSR had picked up strange radio signals coming from somewhere within our own solar system. As Professor Kaplan said in a Russian scientific journal: 'The signals are of artificial origin coming from a relatively nearby source, apparently not of human manufacture. There is a strong possibility that they come from a space probe sent here by some other civilisation to contact us.' A mysterious but exciting announcement and I think you will agree - it brings us back to the age-old question - 'Is there anybody out there?'

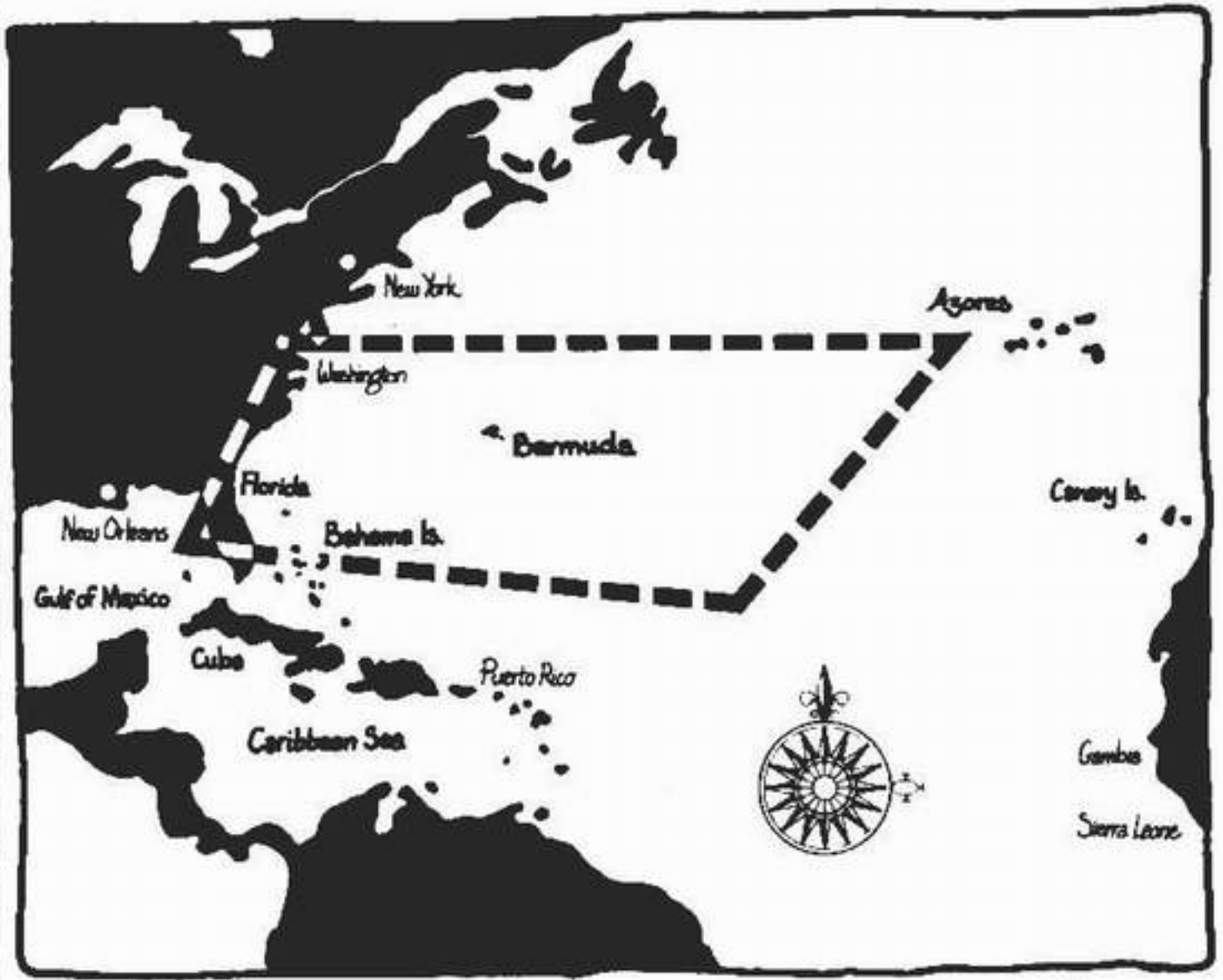
In a recent Gallop poll it was discovered that eleven per cent of the American population now claim to have seen a UFO, which means something like 15,000,000 people in that country alone, and President Carter is an American who also claims to have seen a UFO. The next thirty years of UFO research could conceivably provide an answer to this enigma.

8 - The Bermuda Triangle

There is nothing new about strange happenings and disappearances in that piece of our planet called the 'Bermuda Triangle.' A geographical area incorrectly named as a triangle, as it is really an oblong shape. The map on page 130 will give you a more accurate idea of the actual geographical details of this mysterious part of the world.

I say there is nothing new about the area because it was Christopher Columbus way back in 1492, who described an odd glowing green light bobbing about on the horizon in his log book. As his ship approached, the light seemed to disappear. What was it? A UFO, some strange psychic phenomena, or something perfectly natural? Perhaps a pointer to the future mysteries that we were to encounter.

The last five years have seen an enormous growth in interest in the Bermuda Triangle. The subject has captured the imagination of people all over the world.



News has come recently of a fleet of nine Russian research vessels that are about to go into the area to carry out a scientific survey, hoping to solve the mystery.

Let us look at some of the famous disappearances. To summarise and contrast the best-known case histories, with some of the oddest and least-known. The list is continually growing. We start with the most famous case of all. I have attempted to bring together all accounts of that fateful day of 5 December 1945, and see what the common denominators are.

By all accounts, it was very clear day, sunny with blue skies, at the Naval Air Station at Fort Lauderdale, Florida. The war had been over for four months, but the station was as busy as ever. The base consisted of a ship's company, and a base for the Torpedo Bomber Medium School. One of the most important events of the day, was a routine navigation exercise that was to start at 2 p.m. It would involve five TBM-3 Avenger torpedo bombers, one of the largest, single-engine aircraft that had ever been built. The wing-span was over nineteen metres with an extremely powerful engine. They had been used successfully during the Second World War, bringing about many decisive victories in the Pacific region for the United States. They carried enough fuel for over 1,600 kilometres. Their lifesaving equipment consisted of a Mae West, and a self-inflating life raft. Each aircraft carried three crewmen.

However, just prior to the training flight taking off on that sunny day, one crew member suddenly decided, for no apparent reason, that he didn't want to fly. He didn't go, and he is alive today to tell at least part of the story, leading up to the takeoff of the first bomber at a few minutes past two.

Ten minutes later all five planes were flying in formation in an easterly direction out over the Atlantic. They were headed towards Bimini in the Bahamas, to make mock torpedo runs over a target ship. After the mock bombing runs were completed, the planes were to regroup, and continue with a navigation exercise taking them 250 kilometres due east, then a sharp turn was to take them sixty-five kilometres to the north, and finally to the south west to return to base. No more than a routine training flight that they had undertaken many times before.

At 3.45 p.m. the first hint of trouble came. Just fifteen minutes before they were due to land, the first radio communication came in from the lead plane. Not for landing instructions as might have been expected, but something quite unexpected.

A frantic message came in from the commander of the flight, Lieutenant Charles Taylor: 'Calling tower, this is an emergency. We seem to be off course. We cannot see land ... repeat ... we cannot see land!' 'What is your position?' asked the tower. 'We are not sure of our position,' said Lieutenant Taylor. 'We can't be sure just where we are. We seem to be lost.' One can understand the sheer astonishment of the control tower staff at this juncture. How could five experienced plane crews suddenly be off course, over an area they knew very well?

'What is your position?' asked the tower. 'We are not sure of our position,' came the reply. 'We just can't be sure where we are. We seem to be lost.' The tower radioed back an instruction, 'Assume bearing due west.' The reply they received back from Lieutenant Taylor was unbelievable. 'We don't know which way is west. Everything is wrong ... strange. We can't be sure of any direction. Even the ocean doesn't look as it should!'

For the next half hour or so, the control tower listened in to the conversations between the flight

commander and the other pilots. According to a book by that excellent researcher, the late Ivan T. Sanderson, *Invisible Residents*, those interchanges were unfortunately never recorded. Or if they were, they have never been released. The odd thing here is that it seems that each plane was within sight of the other during this critical period. The pilots were becoming more and more agitated.

Suddenly, just after 4 p.m. Lieutenant Taylor turned over his command to another pilot, Captain Stivers. At 4.25 what was the last communication from that squadron came in. This time it was Stivers speaking. 'We are not sure where we are. We think we must be 225 miles northeast of base ... it looks as if we are ... ' and there the voice seemed to trail off. Richard Winer in his book, *The Devil's Triangle*, seems to be the only one to include a few more words from the captain. He says that the rest of the communication indicated that the planes were entering 'white water.' Whatever the actual words were at the end, nothing more has ever been heard, or discovered of the whereabouts of that complement of five Avenger torpedo bombers. They just disappeared into thin air.

As soon as that last message was received by the tower at Fort Lauderdale, a rescue mission was launched. At the Banana River Naval Air Station 240 kilometres away, a giant Martin Mariner PBM Flying Boat had taken off in the last known direction of the bombers. On board the specially equipped aircraft were thirteen crew, all highly trained in rescue missions. It carried every imaginable type of rescue gear. There were radio transmitters that were waterproof, and would continue to transmit distress signals for many hours. There were self-inflating life rafts. The plane also carried a great amount of fuel, and could stay in the air for about twenty-four hours.

For fifteen minutes the flying boat kept in routine contact with base. The Mariner's radio operator stated that they were nearing the last known position of the missing bombers. Soon after, one more report was received. And after that - nothing! The rescue flying boat also disappeared off the face of the earth, never to be heard of again. In that one fateful afternoon, within less than an hour, six aircraft and twenty-seven men went missing. No wreckage of any kind has ever been found, no life-rafts, no article of clothing, no bodies, no oil-slick - nothing!

As soon as contact with the Mariner flying boat had been lost, coast guard planes and boats were launched to search the area. The search continued into the hours of darkness, hoping for some signal flare. Navy planes covered an area 440 kilometres north-east of Miami. At dawn the next day, the navy escort aircraft carrier *Solomons* joined the search. A total of 240 aircraft and eighteen ships were employed to search an area that covered some 450,800 kilometres. But absolutely nothing was found. No trace of the planes or crew has ever been discovered to this day.

Two other disappearances in the 'Bermuda Triangle' that I have found particularly puzzling, concern the British South American Airways and their luxury four-engined Tudor IV aircraft.

The 32 passenger plane, *Star Tiger*, left London on Tuesday 27 January 1948, bound for Kingston, Jamaica. It was on the third stage of its journey from Santa Maria in the Azores to Hamilton, Bermuda, when a message was radioed from the pilot Captain Colby. He indicated that he would reach Hamilton at approximately 1 a.m. (EST), an hour and a half late. Half an hour later, at 10.30 p.m., he radioed, 'On course, position approximately four hundred miles north-east of Bermuda. Good weather and performance excellent.' That was the last message received from the *Star Tiger*. The

plane and its crew of six, together with twenty-five passengers, including British air marshal, Sir Arthur Coningham, was never heard of again.

When the plane appeared to be missing, it was thought that the pilot may have been able to ditch it without seriously damaging the fuselage. Also the Tudor's main cabin was pressurized, and if it had been brought down undamaged, there would have been time for the passengers and crew to get away in the life rafts.

Search operations were placed under the control of Colonel Thomas Ferguson, commander of the United States Air Force base in Bermuda. Altogether ten ships of the U.S. Navy were joined by thirty aircraft from America and Britain. By Tuesday 4 February, the search was called off. No wreckage, no survivors, no oil-slick were to be found.

Just thirteen days short of the anniversary of the Star Tiger's disappearance, a sister-ship of the ill-fated plane, the Star Ariel left Bermuda at 7.42 a.m. (EST) bound for Kingston, Jamaica. This Tudor IV also carried a crew of six. On board were thirteen passengers. Although the planned flight should only have taken about five and a quarter hours, Captain J. C. McPhee had filled the tanks with enough fuel for up to ten hours flying.

At 8.25 a.m. a radio report came in from the Star Ariel indicating that Captain McPhee was changing radio frequency to Nassau. In his message he said, 'We're approximately one hundred and eighty miles south of Bermuda. Flying weather is fair.' And then silence. Nothing more was ever heard of the Star Ariel. Once again, a plane had gone missing without a distress signal of any kind, in near-perfect weather conditions.

When the Star Ariel disappeared, the U.S. Navy was conducting an exercise several hundred kilometres to the south of Bermuda. Ships and planes taking part in the manoeuvres were diverted to take part in the search for the missing aircraft. The battleship Missouri, and two aircraft carriers, Leyte and Kearsage, were amongst those joining in the search.

Planes flying in relays over 250,000 square kilometres of the Atlantic, as well as other ships and planes taking part in the gigantic search, failed to find any trace whatsoever of the missing Tudor IV. The Star Ariel was the second aircraft of its type to have gone missing without even an oil-slick being found, in the depths of the Bermuda Triangle. Only twelve days before the first anniversary of the other Tudor IV's disappearance.

There are some cases of trouble in the Bermuda Triangle when wreckage is found, but again many questions are raised by the odd discoveries. One of these stories concerned the first of two jet planes that encountered problems in the area. A jet has one great advantage over a propeller driven aircraft because it can fly above any weather or atmospheric disturbance.

On the morning of Wednesday 28 August 1963, two big KC-135 four-engined Stratotankers took off from the Homestead Air Force Base, Florida, on a classified refueling mission. It was excellent weather, with clear skies. At noon, the aircraft made contact with the Homestead control tower, and reported their position as 480 kilometres south-west of Bermuda. That was the last report heard from

either of the jets. When they were reported as being overdue, a massive search and rescue operation was set in motion.

Throughout the rest of that fateful day, and into the hours of darkness, the search went on. The next day a report of wreckage came from one of the many search planes. The area was described as a floating junkyard. A coast guard cutter collected the debris, and on 29 August Associated Press announced that three life rafts had been found. Both of the planes carried two life rafts. It was thought that the two planes must have had a midair collision. But if so, where was the wreckage of the second jet?

It was found, two days later. But the wreckage was 255 kilometres away from the other plane! If they had had a mid-air collision, how could the debris of each aircraft have been so far apart? Surely ocean currents couldn't have accounted for such a great separation. 255 kilometres in two days? An official Air Force statement said that the two planes were flying in formation, within constant sight of each other, and they were in radar contact as well. Did they really collide in mid-air? If not, and one of the KC-135s had crashed, why didn't the other one send out a distress message? If both had crashed at the same time, then what could possibly have caused the crash? If each plane carried two life rafts, then how was it that three life rafts were found at the site of one crash?

We now turn our attention to one of the many mysterious naval disasters associated with the Bermuda Triangle. I don't know of a better or more fascinating story than the now famous one concerning the U.S.S. Cyclops. A big, lumbering, coal-supply ship of some 14,500 tonnes belonging to the United States Navy. The collier was built in 1910, and at the time, was said to be the very latest in ship design. Towards the end of the First World War, the Cyclops was used to carry a much-needed cargo of manganese to help in the last stages of the war effort. She was on a voyage from Barbados on 4 March 1918, bound for Norfolk, Virginia. On board were 309 people, including the United States Consul-General from Rio de Janeiro, seventy enlisted men returning to the United States, and two Marine lieutenants. The large ship was never heard of again. She seemed to disappear off the face of the earth. As soon as the Cyclops was reported missing, the then-Secretary of the Navy, Daniels, ordered a gigantic search. One which covered every possible route that the ship could have taken. But no trace was ever found. More than a month later, a spokesman for the Office of the Secretary of the Navy had said, 'No well-founded reason can be given to explain the Cyclops being overdue. We refuse to believe that the collier could have been wiped out without leaving a trace.'

One explanation for the loss of the ship, was that it had struck a mine, or been attacked by a German submarine. There was even a possibility that it had been captured by the German Navy. But when the war was over, German records showed that no ships or submarines of theirs had been anywhere near those waters during the period in question.

Was there a storm in the area? Again, records have shown no indication of any unusual weather problems encountered by other ships throughout the area. Why hadn't the radio operator aboard the Cyclops warned of any danger? No SOS was ever picked up from the vessel. The Cyclops was carrying highly sophisticated radio gear. But not a word had been heard from her. How can a very large collier like the Cyclops go missing? No wreckage of any kind ever came to light.

The last word on this particular mystery is added by Richard Winer in his book, *The Devil's Triangle*. He tells of two of the sister-ships of the Cyclops - the Nereus and the Proteus. In March 1941, they were sold as surplus as bulk carriers. On 23 November 1941, the Proteus left the Virgin Islands carrying a cargo of bauxite. On 10 December the Nereus left the same port, for the same destination. Neither ships have been heard of since. They also disappeared into the Bermuda Triangle, without trace! Again, no German ships or submarines were anywhere near the area.

There was much interest shown in the recovery of a little German Second World War aircraft, the Arado AR-196. Divers near Bermuda found the wreckage of one of these scout planes in 1963. The plane was carefully restored and is on display at Pennsylvania Willow Grove Naval Air Station. David Gillis of the American Aviation Historical Society claimed that it was a reasonably easy task to restore the AR-196. There were no bullet holes in the plane, no burning, and no parts were missing. There was no clue in fact as to what caused it to crash and sink. Even if it had been hit, surely it could have landed with reasonable safety on its pontoons.

The strange part was that after some twenty years in the sea water, the plane was perfectly preserved. There was no rust. 'Even the wiring and hydraulic lines were completely intact. The engine was as clean as a whistle,' said David Gillis. 'It was as if the AR-196 had been deposited in the ocean the day before we found it. Even a chemical analysis of its paint suggested that it couldn't have been under the water for two decades. It was like those twenty years never existed,' concluded Gillis.

Isn't it also odd that no bodies, no skeletons were found in the little aircraft? No article of clothing, no goggles - no sign of any human habitation. Just an empty plane.

A helicopter figures in the next mystery as we move forward to 19 May 1973. On that day, according to Rufus Drake in the magazine *Saga*, the helicopter HH-34 was flying out over the Gulf of Mexico, some 800 kilometres from the edge of the Bermuda Triangle. The weather forecast for that day was for scattered clouds at 1,800 metres. The helicopter pilot was Lt. Col. Harry D. Hemstock, and his co-pilot was Lt. Charles Adams Jnr, both skilled flyers. The crew chief was highly experienced. His name was Jerry A. Bushner. But the HH-34 took off, and was never to be heard of again. It disappeared less than sixty-five kilometres off the coast of Esther, Florida.

It was reported, but not officially corroborated, that the last radio message from the helicopter was, 'We're descending in heavy soup ...'. But it was supposed to be a fine day, with scattered cloud! Did the craft crash into the water? It disappeared in an area where the water is very clear, and shallow. But no trace has ever been found.

An Army captain, LeRoy R. Jackson was a much-decorated pilot in the Vietnam war. He has reported one quite odd case in the Bermuda zone involving a Grumman Mohawk plane the OV-1. This particular aircraft, while flying over the South Atlantic, suddenly found itself flying in an odd milky cloud formation. For forty-five minutes the plane was battered about, as though caught up in some violent air turbulence. When it finally landed, it had reached its destination one hour early! Based on their flight plan, their air-speed, and the instrument readings, the hour had just never existed. A whole hour of the life of that two man crew, had gone missing. Did the plane encounter some sort of time warp?

On the 11 June 1974, a four-engined turbo-prop, the Lockheed C-130, took off from Florida to fly south, with a crew of six, including Sergeant Krosch, the cargo master. Thirty minutes after take off, flying in perfect weather, the plane was suddenly caught up in a thick, amber milky substance. This was quite unlike any cloud formation or haze, that the crew had ever experienced before. Straightaway, as if some great unseen hand had taken hold of the aircraft, it started to shake violently, shudder, and dived downwards at tremendous speed. At the same time, its port wing dipped dangerously towards the ocean. The sudden force threw the co-pilot from his seat. Sergeant Krosch was picked up and slammed against the bulkhead, he hit it with such force that his collarbone was broken. One crew member was knocked unconscious, and suffered from concussion.

The plane shook violently, while still falling. The pilot said that he couldn't control the thing. It went down, falling about like a leaf in a hurricane. The crew seemed to lose all sense of direction. They couldn't tell which was up and down, right or left. The plane's instruments could tell them nothing. All the instruments were spinning madly. The Lockheed seemed to be out of control. Outside was the dirty, amber mist. An oppressive murkiness, completely surrounded the aircraft.

Without warning, the plane shot upwards at enormous speed, as if lifted up by that great hand that had torn the craft down from the sky, minutes before. The C-130 was buoyant. At the same time, the frightened crew heard a loud roaring sound outside. Like a wall of sound. Those in the rear fuselage heard a loud rapping sound as well as the roar. The pilot at this moment looked out across one of the wings, and little bolts of what appeared to be static electricity were dancing from the wing-roots to the fuselage. The Lockheed C-130 and its flight crew were battered around continuously for twenty-five minutes.

Then as suddenly as it had all begun, the violence stopped. Everything was deathly calm. It was almost as if nothing had happened. The sky was perfectly clear, the sea below was calm. The plane was once again completely under control.

When the injured, and badly-shaken men landed at Key West in Florida, the mystery deepened. That aircraft had more fuel than it should have had! Careful and exhaustive weight and balance computation showed that during the twenty-five minute experience, although the four engines were going at full throttle, no fuel had been used during the extraordinary experience. For the plane and its puzzled crew, it was almost as if those twenty-five minutes had either never existed, or time had stood still.

Although the appearance of UFOs over the Bermuda Triangle are no more frequent than in other places of the world, there are times when some curious happenings occur when UFOs are in the vicinity.

One of these cases concerned the flight of an Air Force B52 bomber, on 3 September 1975. The plane exploded in flight just as it came out of the Bermuda Triangle. The B52 crashed in South Carolina, 32 kilometres away from the Savannah River nuclear power plant. Four members of the seven-man crew were killed. However one of the men who escaped, reported that the plane had been harried by UFOs. At the same time, the plane had been flying in some odd milky, amber cloud. Although the weather was supposed to be clear. A policeman who was first to arrive at the scene of the crash reported zig-

zagging yellow lights in the sky, or UFOs. Although four men had been killed in the crash, only three bodies were found. For two days that is. Forty-eight hours later, the body of the fourth victim was found lying out in the open, within 400 metres of the wreckage! Why hadn't it been discovered before? A complete search had been made. Where had the body of the tail-gunner, Sergeant Griffith been, when the initial search was made? Had the body been missing for that time, or had the search parties just not seen it? The true answer will probably never ever be known. The mystery remains.

The South Carolina State Law Enforcement Division added the final spice of mystery when they maintained that UFOs were near the B52 at the time of the crash.

Although many members of the armed forces are understandably reluctant to make public pronouncements on this type of phenomena, there are a few interesting exceptions. One is the helicopter pilot, Captain LeRoy Jackson. When he was stationed at Fort Rucker, Alabama, Captain Jackson was outspoken about various happenings in the South Atlantic. He instances the odd flight of a Grumman photo reconnaissance plane, the OV-1. Again we have the pilot's account of entering an amber, milky cloud-like substance, unlike any usual weather phenomena. At once the OV-1 started bucking about, experiencing violent turbulence. Much the same effect as was felt by all aboard the Lockheed C-130. This time the frightening buffeting continued unabated for forty-five minutes.

To the relief of the two-man crew, the little plane finally managed to get out, but when they landed something had happened to time. They had landed an hour too early. A careful computation of airspeed, instrument readings, and the flight-plan, showed that for the plane and its crew, an hour had never existed: The OV-1 had landed an hour earlier than would seem possible. Had the OV-1 crossed some time zone? What really happened to the missing hour? Had the plane and crew entered the gateway to some other dimension in time?

Dr Jerome Freeman, of the American University, Washington, suspects that the next step in physics will be the discovery that there are various time zones existing together side by side. Other intelligences could be living side by side with us, and sometimes they slip into our time zone when their saucer-shaped craft of UFOs appear. And by the same token, we can jump into their time space. So perhaps those ships and planes, and people from our earth, that have disappeared into the Bermuda Triangle, are still existing, but in another time zone.

Dr Freeman expresses the possibility that there is some kind of intelligent life operating in the Bermuda Triangle. He doesn't refer to a bug-eyed monster from space, but to a mass of raw energy which is alive and displaying intelligence, and comes and goes from some other time zone. Are intelligent aliens occupying the same space as we are in the Triangle area? Dr Freeman suggests that they may be living along side us, but in another dimension.

The idea of a form of energy being responsible for the disappearances in the South Atlantic, is not new. This is one theory that has been going around in my own mind ever since I started to take an interest in the Bermuda Triangle. Very early on in my research into the subject I found several references to the 'centre' of the Triangle being Bimini in the Bahamas. This struck a chord, and I delved back into my library for other references to Bimini. Where had I heard that name before? Eventually I found it, Edgar Cayce, had referred to it in his psychic readings on the lost continent of

Atlantis.

So many of Cayce's readings and predictions have come true so far that one must naturally wait and see if the remainder also come to pass. Cayce mentioned the lost continent several times during his lifetime. He said that the Atlanteans were a highly-developed race, with a great knowledge of science and technology. He indicates that they had perfected energy forces similar to what we now have at our disposal, such as atomic energy, laser and maser beams, television, radio communication, electricity, aeroplanes, and perhaps even spacecraft. The continent was eventually destroyed by earthquakes, and a series of natural disasters, 10,000 years before the birth of Christ. When the continent sank below the Atlantic ocean, the energy forces that had been developed, were still operating. Edgar Cayce gave a reading on 20 December 1933, in which he refers to this energy force.

About the firestone - the entity's activities then made such applications as dealt both with the constructive as well as destructive forces in that period ... in the centre of a building ... lined with non conductive stone ...

The concentration through the prisms or glass was in such manner that it acted upon the instruments which were connected with the various modes of travel through induction methods which made much the same character of control as would in the present day be termed remote control through radio vibrations or directions; through the kind of force impelled from the stone acted upon the motivating forces in the craft themselves.

As with our energy forces today, in Atlantean times, similar energies could be used for construction, or destruction. Cayce makes many references to what today sound like laser or maser beams. In a reading he gave on 8 February 1935, he said; 'Entity saw upheavals from destructive forces from the prisms, activities that brought fires to the surface from nature's storehouse.'

Cayce had predicted that Atlantis will rise again sometime between 1958 and 1998, as a result of upheavals in the earth, or earthquakes. We can see earthquakes taking place in many parts of the world. In China, the Philippines, the north of Italy and so on. Cayce says that this activity will increase before the year 2,000. He talked about shifts in the earth's surface. We now know that the plates that make up the earth's crust are continually shifting, and moving against each other. Already geologists are expressing concern about the alignment of the planets in our solar system, and the strains this will put on the earth's crust. Do the energy forces that the Atlanteans perfected still operate from the depths of the Atlantic? Does this account for the electromagnetic disturbances that are reported frequently in this area? It's an interesting hypothesis.

Look at the comments of Wayne Meshejian, a physics instructor at Longwood College, Virginia. He is interested in the behaviour of satellites when they're over the Bermuda Triangle. The orbiting polar satellites, launched by NASA often cease to function. While the S.A.M.O.S. reconnaissance satellites, known as the 'spy in the sky satellites' also display some disturbing features while over the same area. These satellites can take razor-sharp photographs of any part of the globe. But when their cameras are running over the Triangle, the films are often streaky, and severely blemished. Meshejian feels that our unmanned spacecraft are pointing to a strange energy force that operates in the Triangle.

One common explanation for the many disappearances is that unusual, freak weather conditions are not at all uncommon in that part of the Atlantic we are alluding to. But so many of the planes and ships that have gone missing, without trace, have flown or sailed off into perfectly clear weather. No unusual weather patterns have been detected by advance radar, and detection of bad weather has now reached a very refined level.

In *Invisible Residents*, Ivan T. Sanderson reports on some experiments carried out by a team of oceanologists, oceanographers, geophysicists and mathematicians to see if disappearances of ships in other parts of the world bore any geographical resemblance to the Bermuda area. The result was more than worthwhile. The Society for the Investigation of the Unexplained, in New Jersey, which was founded by the late Ivan T. Sanderson, discovered that there are no less than ten similar areas of the globe where mysterious disappearances take place.

In fact, if you were to take a large globe of the world, and carefully put five long, straight meat-skewers through it, inserting them as near as possible to the centre of each one of those mystery spots, you would find all five of them struggling to cross right in the centre of the earth, coming out on the other side in the middle of places similar to the Bermuda Triangle. The surprising thing here is that the various areas chosen for the experiment don't have anywhere near the well-recorded list of disappearances as the Bermuda Triangle has. Yet the result was geometrically precise.

One of the areas is in the Straits of Malacca, and it was there that another quite odd happening occurred in February, 1948. A Dutch freighter, the S.S. Ourang Medan, was on its way to Jakarta. Suddenly SOS calls were heard from the vessel. The signals were picked up both by Dutch stations and British listening posts. As the distress signals came in, other ships were informed and headed in the general direction of the Ourang Medan. The SOS was repeated, and then came a message from the Dutch freighter. The radio operator said, 'All officers including captain dead, lying in chartroom and on bridge. Probably whole crew dead.' Then a pause, followed by some indecipherable dots and dashes, and the final words from the operator, 'I die.'

The rescue ships found the Ourang Medan within a few hours of its last report. It seemed to be undamaged, but was just drifting with the current. Repeated calls were unanswered. So a boarding party was arranged. They found that the ship was a floating coffin. Every single member of the crew was dead. The captain was found on the bridge, and all over the ship were the bodies of the officers and crew. The radio operator who had uttered the last words anyone was ever to hear from that ship, was lying dead in his chair. A report in the Proceedings of the Merchant Marine Council said, 'Their frozen faces were upturned to the sun, the mouths were gaping open and the eyes staring.' It was mentioned that the ship's mascot, a dog, was lying on the deck, its lips drawn back and its teeth bared.

It was decided to attach a tow-line to take the ship back to port for a thorough investigation. Suddenly the ship caught fire, as smoke and flames came pouring out of the hold. The boarding party was unable to control the quickly spreading fire, so left the ship hurriedly. Just as well they did, for they had no sooner got back to their own ship, than the boilers of the Dutch ship exploded. Soon the vessel rolled over on her side, and quickly slid beneath the water. A true story as mysterious as any that have come out of the Bermuda Triangle.

Only time will help explain this mysterious place. Perhaps the investigation that is about to take place with the nine Russian ships in the south Atlantic, will offer some clue.

Perhaps by the time you are reading this, more may be known of Uri Geller's visit to the Bermuda Triangle. And what of the announcement by author and explorer Charles Berlitz that a pyramid has been discovered below the Atlantic Ocean. A pyramid bigger than the great pyramid of Cheops. A signpost perhaps to the lost continent of Atlantis?

9 - The Pyramid Puzzle

Of the seven wonders of the world, the most talked about today is undoubtedly the Great Pyramid of Cheops at Giza. Why and how was such a gigantic structure built? Who actually designed it? Did the Egyptians have any outside help? What mysteries of life does it contain? Is it a tomb? A monument? Perhaps a transformer of some mysterious energy. Why is there now the upsurge of interest, in such an ancient structure? What is the true message contained in the pyramid, if any?

Just to consider the dimensions of the Great Pyramid is a breathtaking exercise. It is as tall as a forty-five storey building. Its base covers 5.30 hectares, almost equal to seven city blocks in the city of Melbourne. It contains about 2,600,000 blocks of limestone and granite, many averaging two and a half tonnes in weight; while those covering the King's Chamber are granite slabs of between sixty and seventy tonnes each. Today, these estimates of the amount of hewn stone that it contains are thought to be conservative. Each stone is cut to within of a millimetre, and each one fits so perfectly that the joints are less than of a millimetre wide.

To get an idea of the size of the Great Pyramid, it has been said that the Houses of Parliament at Westminster, and St Paul's Cathedral could be grouped together and fit into its base. That the structure contains enough material to build thirty Empire State buildings, or as Eric McLuhan said in Handbook of Psychic Discoveries by Sheila Ostrander and Lynn Schroeder, 'The Great Pyramid was about the same scope of undertaking for Pharaonic Egypt, as the space programme for the United States.'

The Great Pyramid of Cheops is built on a plateau about sixteen kilometres to the west of Cairo, a man-made plateau that overlooks the Nile Valley from a height of forty-seven metres. The Cheops Pyramid is the biggest one on earth; much larger than the other sixty-odd pyramids in Egypt. So much mystery has surrounded the Great Pyramid over these past five thousand years, that it is very hard to separate fact from fiction. The Pharaoh Khufu, better known as Cheops, the Greek form of his name, was the second king of the IVth Dynasty, and it was he who was said to have been responsible for its erection somewhere between 4,500 and 5,000 years ago.

The big question is, was it built as a tomb for King Cheops? A body has never been found inside the Pyramid. What is commonly called the King's Chamber doesn't even look like the traditional Egyptian tomb. The tombs of the Pharaohs were highly, and expensively decorated. The King's Chamber within the Great Pyramid, has no decoration, and even has two airvents that were drilled through seventy-three metres of rock, which indicates that the chamber was meant for use by the living, not the dead. Those vents keep the temperature at an even 18°C summer and winter.

When the Pyramid was built, it was covered with an outer facing of polished Tura limestone, nine hectares of it! This must have given the edifice a look of incredible grandeur. Unfortunately the limestone covering was chipped away, and used to build various palaces and temples in Cairo.

There is such a large gap in history between the Pyramid's completion and the present day, that there is no way of knowing what the Cheops Pyramid looked like when it was finished. There was one legend that suggested that it was painted in a great variety of colours, but I would much rather think of it as gleaming white limestone. The first account of the Pyramid is contained in History by Herodotus,

who visited the Pyramid in 440 B.C. He states that at that time, its four triangular faces were still covered with the limestone facing, the joints of which were so fine, they could scarcely be seen.

It is regrettable that much knowledge was destroyed at the time of the early Christian period, when a group of Christians destroyed the great library of Alexandria in 389 A.D. under the orders of the Emperor Theodosius. All details of the history and construction of the Great Pyramid were destroyed, as it was thought to have been a pagan structure. From the nineteenth century comes a most learned dissertation on the Pyramid by Professor Piazzi Smyth, the Astronomer Royal of Scotland. His idea, which is being widely discussed again today, is that the Pyramid was built by divine inspiration. He said that it contained all knowledge of a spiritual and scientific nature.

Professor Smyth thought that only God could have planned the Pyramid's height to exactly equal to a thousand millionth part of the mean distance between the earth and the sun. He also believed that the Pyramid would have formed an equilateral triangle with the centre of the earth and the North Pole. The professor observed that the latitude of the Pyramid is 30° north, which is exactly one-third of the distance from the equator to the pole. The Pyramid of Cheops stands at the centre of Egypt. Is it standing in the centre of the world?

Whoever was responsible for building the Great Pyramid, must have had a complete knowledge of astronomy, and astrology. Is it by sheer chance that the four sides of the Pyramid are orientated exactly to face the four points of the compass? It has been through our own advancement in mathematics, engineering skills, and general science, that has enabled us to look at the Great Pyramid anew.

In his book, *Mysteries From Forgotten Worlds*, Charles Berlitz points out that during the early part of the nineteenth century, Napoleon and his army invaded Egypt, and French engineers decided to accurately map the country. They used the Great Pyramid as a point of triangulation, and found that the Pyramid was perfectly aligned to the polar axis of the earth. He then brings to our attention the fact that the sum of the base sides of the Pyramid indicates the number of days in a year, or 365.240 pyramidal inches.

How the Pyramid was constructed has been niggling at man's imagination, and ingenuity, for centuries. The Scottish astronomer, Dr Duncan Lunan, is as puzzled as anyone about how the whole structure was engineered. In his thoughtful book, *Man and the Stars*, he asks what happened to the offcuts that one would have expected during such a mammoth building programme. When we build a simple house, there are always bits and pieces of broken bricks. Surely, during the construction of the Pyramid some stone slabs must have been chipped or damaged. Even if one block in a hundred had been broken, there would have been about a million tonnes to be disposed of! Another point that puzzles Dr Lunan, is how the Pyramid at Giza was built in thirty years, as history has taught us? To build the Pyramid in that time, it would have been necessary to lay 221 stone slabs every single day.

A provocative observation comes from John Michell in his book, *The View Over Atlantis*. He says; '... the Pyramid with its wonderful patterns of numbers, was not just a schoolmaster's toy. It was constructed for a magical and sacred purpose, as a vehicle for transcending the material state, for travel in space, through time, and into a further dimension.'

The enormous interest in pyramids in the twentieth century has been largely brought about by the discovery of a Czechoslovakian radio engineer, Karel Drbal. We probably wouldn't have heard of Drbal's work with pyramid shapes, had it not been for those two erstwhile psychic researchers, Sheila Ostrander and Lynn Schroeder. In their book, *Psychic Discoveries Behind the Iron Curtain*, they spoke of their meeting with Karel Drbal in the 1960s, and his use of little plastic pyramids to sharpen razor blades.

The razor blade idea came about when Drbal read about some experiments with pyramid shapes by a Frenchman named Bovis. Monsieur Bovis, when visiting the Great Pyramid, found dead animals that had wandered into the King's Chamber. They hadn't decayed, as one would expect, but they had mummified. Although the air inside the Pyramid was humid, the mummification process had been perfectly carried out. Returning home, Bovis made a model of the Great Pyramid of Cheops, and put a dead cat inside. The flesh didn't decay, it just mummified. From that, and subsequent experiments, Bovis declared that the pyramid shape can stop normal decay of organic matter.

Back in Czechoslovakia, Karel Drbal confirmed the tests carried out by Monsieur Bovis. Drbal decided to go a step further, and so the razor blade experiment was born. Drbal found that old, blunt, razor blades, when put under a little pyramid, regained their sharp edges. This was so successful, that he applied for a patent for his 'razor blade sharpeners.' Eventually the patent (number 91304) was issued at the patent office of the Czechoslovakian Republic in 1959. As a result, little red and white plastic pyramids started appearing all over the country.

After I showed the razor blade experiment on television in 1976, I was contacted by a viewer in Wollongong, New South Wales. He claimed that he had been using a blue Gillette blade every day, for nearly eleven years, and it is still as sharp as the day he bought it. After each shave, he pops the blade back under his pyramid, and the next day, it's ready for use again. If you would like to try this fascinating experiment for yourself, here's all you need to do.

Construct a 150 mm pyramid, and align it with a compass, so that each flat side faces all four points of the compass. It is best to trace around the edges of the pyramid with a pencil onto a sheet of paper so that you can see the outline of the base clearly. Once you have the four lines that make up the base of the pyramid, draw a line across the centre from east to west, and then one from north to south. The central point, where the lines cross, will be the centre of your pyramid, which will lie directly under the apex. Right in the centre, you place a matchbox on its edge. Lie the razor blade along the edge of the box so that its ends face directly north and south, while the edges to be sharpened, face east and west. Cover it with the pyramid, and for the first session, it's recommended that you leave the blade for about a week. Then, if all is well, you will only need to put the blade back for twenty-four hours between shaves. I have found that the old fashioned blue Gillette blade is the best one to use. Although I notice that Dr Lyall Watson, in *Supernature*, says his greatest success is with Wilkinson Sword blades.

So right here you have demonstrable evidence that some force is generated within the pyramid shape. The question then is 'What is the force?'

Why is that particular shape required? Wouldn't any shape do as well? Apparently not, as you can find

out for yourself if you have two razor blades that need sharpening and place one under the pyramid, and the other one in some other shaped container, such as an old shoe box. Then you can see the difference. It would appear that the shape is important. Why, is still a matter of some considerable conjecture.

We can take a tentative step further with this question by looking at a scientific experiment that began in 1968, which, rather than offering any sort of solution, added to the mystery. American scientists, including members of the United States Atomic Energy Commission, and the Smithsonian Institute, joined up with scientists from the Ein Shams University in Cairo, to conduct experiments with a machine that had been developed by Dr Luis Alvarez, a Nobel prize-winner. The machine was to be used to measure the passage of cosmic rays as they passed through the Chephren Pyramid. This pyramid is almost as large as the Great Pyramid of Cheops, and it was built by Cheops' brother.

The method of X-raying the pyramid would indicate whether there were any secret vaults inside. A detector was placed in a chamber at the bottom of the Chephren Pyramid to measure the cosmic rays as they passed through the structure. If the pyramid was solid, the cosmic rays would be recorded uniformly. If there were any hollow areas, then more rays would be able to pass through. The route taken by the rays were to be recorded on magnetic tape. The tapes could then be fed into computers, which would show the exact place where each cosmic ray had struck and entered the pyramid.

By September 1968, two-million ray tracks had been recorded. Everything seemed to have gone satisfactorily up to that point, and one of the scientists, Dr Lauren Yazolino returned to America so that the tapes could be analysed by one of the most up-to-date computers at Berkeley. A few months later, the new IBM 1130 computer arrived at the Ein Shams University, and the miles of tape recordings that had been collected at the pyramid, were fed into the computer. The world finally heard the result of the research from a reporter from the London Times, John Tunstall. He had spoken to Dr Amr Gohed, who was in charge of the installations at the pyramid site. Dr Gohed admitted that he was more than just puzzled. Nothing made sense. One day the tapes had shown the cosmic rays hitting the Chephren Pyramid in one way, but the next day, everything was quite different. The patterns were never the same. As Dr Gohed said, 'This is scientifically impossible.' He indicated that there is a mystery beyond explanation. Some force that defies the laws of science is at work in the pyramid. The known laws of physics had been brought into question.

Now we look a little closer at the Great Pyramid of Cheops. When your razor blade is resting on the side of the matchbox inside the 150 mm pyramid, you will find that the blade is about one-third of the way from the base to the apex. There is a very good reason for this. Inside the Great Pyramid, the King's Chamber is also one-third of the way up to the apex. It just happens to be the centre of gravity. The material used for the King's Chamber is quite different to the limestone used in building the rest of the Pyramid. The chamber is made of giant granite slabs, some weighing up to seventy tonnes each. The Chamber measures seventeen feet, two inches, from north to south; and 10.46 metres from east to west. It is 5.79 metres high. In the north and south walls are shafts leading to the outside of the Pyramid. If, as first thought, that the King's Chamber was to be used as a tomb, then why the ventilation shafts? The dead don't need fresh air.

Inside the King's Chamber is a red granite sarcophagus. This was discovered by a marauder in the

ninth century, Caliph Ma'mun, the son of Harun Al-Rashid of Arabian nights fame. All that he could find in the King's Chamber was the sarcophagus, which was empty. There were no jewels or treasures which Ma'mun had hoped to find there. The sarcophagus didn't have a lid, and yet it seemed that one should have been there. It had certainly been made to take one.

The Caliph and his men discovered a shaft, the top of which was now sealed, although it looked as if it had been forced open at some time by a force from below that would indicate that explosives had been used! Dr Duncan Lunan, in *Man And The Stars*, suggests that someone had already removed the lid of the sarcophagus before the forced entry of Caliph Ma'mun. Could the lid have been a computer record which the Pyramid had been built to preserve? Science fiction? Or will it one day be science fact?

The realm of psychic phenomena comes into focus with some stories that have been handed down by a few people who have spent some time in the King's Chamber. When Napoleon invaded Egypt at the end of the eighteenth century, he was as fascinated as anyone by the Pyramid. He asked to be left alone inside the King's Chamber. When he emerged some time later, he was said to have been rather pale, and somewhat shaken. When he was asked if anything unusual had taken place, he said that he had no comment to make. He asked that the incident never be spoken of again.

In one of the best contemporary works on the Pyramid, *Secrets of the Great Pyramid* by Peter Tompkins writes that Napoleon hinted that 'he had received some presage of his destiny.' At St Helena, just before the end, he seems to have been on the point of confiding to Las Cases, but instead shook his head, saying, 'No. What's the use. You'd never believe me.'

To those of you who have studied esoteric teachings, the books of Paul Brunton will be familiar. In one of them, *A Search In Secret Egypt*, he describes a night that he spent in the King's Chamber of the Great Pyramid. After a great deal of persuasion, he finally obtained permission to stay on after sunset, when everything was locked up. By the time night time approached, he was a virtual prisoner inside the Pyramid. Equipped with only a torch, he roamed along some of the passageways inside, no doubt disturbing many of the large bats that lurk inside countless nooks and crannies within the depths of the Pyramid. He made his way to the King's Chamber, where he was to spend the night. He sat down beside the sarcophagus in a state of meditation. As he sat quietly, it suddenly seemed as if he wasn't alone any more. He felt certain that invisible life surrounded him. Quite naturally, fear struck at his heart, as he tried to maintain a calm, meditative pose. Then he received a strong impression of great evil. He wrote, 'Sinister images rose plainly before my mind's eye. Then a dark apparition advanced ... as though seeking to inspire me with awe.'

He had a series of grotesque and sinister visions that filled him with revulsion. But almost as quickly as the evil had come, it dissipated. In its place was a white-robed figure that instructed him to lie on the sarcophagus. He did so, and after a feeling of numbness, he seemed to leave his physical body, and was guided along undiscovered passageways within the Pyramid. This was a time of instruction by his white-robed host. He was warned not to look about him, but he was unable to resist the temptation, and did so. It is said that his experience ended there. Later, Paul Brunton made one comment which perhaps referred to his experience inside the King's Chamber. He said, 'The mystery of the Great Pyramid is the mystery of thine own self.' We can only wonder what he meant.

These days, it isn't at all unusual to find people of all ages sitting under pyramids meditating. Sitting under a home-made pyramid in the back yard, obviously wouldn't be as frightening as it might be if one was locked up in the real thing. Some people are sleeping with open-sided pyramids over their beds, while others prefer to have groups of little pyramids under the bed pointing upwards towards the body. I haven't yet met anyone who has had experiences like Paul Brunton or Napoleon, but some interesting results are forthcoming nevertheless.

Many people have reported a greater sense of awareness, an extra degree of inner calm. One couple that I know of in Melbourne, slept with an open pyramid over their beds, and said that when they woke up the next morning, they felt 'smooth.' After a marvellous night's rest, they woke feeling very relaxed, and clear-minded. Many of my yoga students have tried meditating under pyramids, and report similar effects. Some find that they seem to learn more quicker, and with less effort. It seems that the mind, like the razor blade, becomes somewhat 'sharper.'

There is no doubt that the shape of things around us can influence the way that we feel and react. Ever since I read about the environmental effect of living under the geodesic dome designed by Buckminster Fuller, I have been fascinated by shapes. This was well before the world started to play around with pyramid shapes. Perhaps a room without any sharp, angular corners might be easier to live in. All over the world, experiments have been going on in recent years with different shapes, and their effect on the mind and personality. Dome or pyramid shaped rooms are said to have a beneficial effect with cases of mental distress. Perhaps we will eventually live in pyramid-shaped houses.

Not only is shape important aesthetically, but there is obviously more than just meets the eye when viewing the shape of a pyramid. Are the triangular sides, all reaching upwards, related to the original idea of the triangle symbolising the Holy Trinity? Is there any similarity between the upward thrust of the pyramid, and that of the church spire? The shape of the Red Indians' tepees are similar. The traditional witch's hat is a conical shape.

One German scientist, who has worked with NASA, Ottmar Stehle claims that pyramids are geometric shapes that focus energy fields. Karel Drbal suggests that the shape accumulates electromagnetic or cosmic waves. Perhaps there is an unknown energy all around us that is collected within the pyramid. An energy akin to the vital force spoken of in yoga as 'prana.' This is a Sanskrit word meaning 'absolute energy,' an energy that is found in all things that have life. That the Pyramid could act as a type of resonator for the energy of the cosmos is an idea put forward by a French engineer, L. Turenne.

In their book, *Handbook of Psychic Discoveries*, Ostrander and Schroeder mention Eric McLuhan, the son of media expert, Marshall McLuhan. He has also spent some time with pyramid experiments, and suspects that several energies could be involved. Gravity; because of the location of the King's Chamber, which is at the centre of gravity. Magnetism; because the Pyramid is aligned north and south, parallel to the earth's magnetic axis. And resonance; because the floor plan of the pyramid is just like the plan for a speaker system, and the cavities within the Pyramid are resonant cavities.

So already we have a lot of possibilities with which to exercise the mind, and the imagination. There has been so much material written on the Pyramid and its inherent possibilities, that one could happily

go away for a nice long holiday, laden down with books on the subject, and still not find out all there is to know. If you wish to investigate further however, why not conduct a few more experiments yourself. Some that I have found worthwhile attempting are as follows.

Place your pyramid on a table or bench, at least one and a half metres away from any electrical equipment, such as fluorescent lights, television sets, refrigerators etc., and then fill up two glasses with water. Put one glass under the pyramid, and the other one a few feet away. Either leave the second one out in the open, or cover it with another object if you wish. I usually find that after only a couple of hours, the water that has been under the pyramid tastes much sweeter. In fact, it often tastes as though honey has been added.

If you like to entertain, and offer your guests a glass of good claret, but can't always afford to buy an expensive one, here's a possible answer to your problem. Place a glass of cheap, young claret under the pyramid, then take another glass from the same bottle, and keep it nearby. After some hours, you should find that the 'pyramid claret' will taste much better than the control glass. It will appear softer to the palate, and will taste as though it is more mature. Naturally, if you want to put whole bottles of claret under the pyramid, you will need a much larger model which you can erect in the garage. The sides can be open, and you can make this type out of wooden dowels, or pipes.

Open pyramids are also most useful in the garden. I have heard of many devoted Australian gardeners, who have placed pyramid structures over their fruit trees with rewarding results. Their trees grow healthier, and have more resistance to annoying pests. The fruit tends to ripen quicker and more evenly.

If you want to conduct a closely controlled experiment with seeds, then you only need to obtain two seed boxes of equal size, fill them with earth from the same spot, plant seeds from the same packet, and look after both boxes with as much love and care as you would normally lavish on them. Put one box under a pyramid, preferably one made out of a clear material like perspex so that you can see what is happening, and leave the other box uncovered, just a little bit apart from the one under the pyramid. Then watch for the results. I haven't tried this myself, but I have spoken to many people who have, and they say that the seeds under the pyramid germinate much quicker than those in the other box. They are also much healthier.

If you want to improve some of your plants, then why not keep a container of water under a pyramid, and use that to water your favourite plants. You may be surprised at the happy result.

Even for flat dwellers, there are experiments that you can carry out just as easily. Try to find two equally green tomatoes. Place one under the pyramid, and put the other one on the same table so that the room temperature, and the amount of light, is the same. The pyramid tomato will ripen quickly and evenly, while your control tomato may either ripen slowly and unevenly, or start to rot. You will usually find this will be the case with any green fruit. Bananas make a good test case.

You can try the milk experiment. I have placed a glass of milk under a pyramid, with another one from the same container just a metre away, being careful to keep them both at the same temperature. It is a good idea to cover them both with some paper to keep out any airborne bacteria. After a day or

two, the ordinary glass of milk will start to smell, while the glass under the pyramid seems quite all right. After a couple of days, the pyramid milk will start to separate more rapidly than your control model. As time goes by, mould forms around the top of the milk outside the pyramid, while the milk inside starts to take on the appearance of yoghurt. I have found the 'pyramid yoghurt' quite palatable after a week or more. While I was in France early in 1976, I saw some yoghurt that was being marketed in pyramid containers. It keeps better they say.

One very good test for your pyramid, is to use some fresh meat. In experiments like this, it is particularly important to make sure that the room temperature is the same for the meat that you place under the pyramid, and for the sample that is outside the model. You will also need to raise your pyramid up a little, to let some air circulate. It is quite common in experiments with pieces of meat, to find that the sample under the pyramid will shrivel, but will not smell, or go bad. It will just mummify.

An experiment with meat was carried out in 1953 by Verne Cameron from California. 60g of raw pork were placed under a 100 mm pyramid which was placed in the bathroom where there are usually big changes in temperature, and lots of draughts. While at other times, the room is closed up and steamy. After three days the pork had a slight smell, but the smell soon disappeared, and in nine days had mummified.

Other things reported by pyramid users include using water that has been under the pyramid, for keeping flowers fresh. If you keep bulbs under a pyramid, there is far less chance of mildew. Eggs will keep fresher longer if stored within a pyramid shape. I have even heard that if you splash your face daily with water kept under a pyramid, it will improve your skin texture.

The excellent book, *The Secret Power Of Pyramids*, by Bill Schul and Ed Petit, suggests that you take aluminium foil that has been resting for sometime under a pyramid, wrap your meat in it, pop it in the oven, and it will cook much quicker than normal. They also recommend that you make a hat out of the foil, to place on your head if you have a headache. However, I wouldn't suggest answering the door with it on. Even if it's your own belief that the foil hat will work, who cares, as long as the headache goes away.

The only serious question that needs to be put now, is who was really responsible for building something as magnificent, and mysterious, as the pyramids. Today, there are as many opinions and ideas flying around, as there appear to be UFOs. In fact people like Erich von Daniken keep telling us that intelligences from outer space were responsible. Until we can find out for certain, who is to argue? One day we will know the truth.

Edgar Cayce had quite a lot to say on the subject during the course of his sleeping trances. He often repeated that Egypt was flooded by refugees escaping from the rapidly sinking Atlantis. Cayce indicated that the Atlanteans went to many countries taking their formidable knowledge of science and technology with them. When giving a life reading in November 1933, he said, '... there will be the opening of the temple or hall of records in Egypt, and those records that were put into the heart of the Atlantean land may also be found there ...' From a reading given in October 1934, he said, 'In Atlantean land when there was knowledge that there soon was to be the destruction of that land, and

there were attempts of individuals to leave the land. Entity was among those who went to Egypt.' On 20 July 1935, Edgar Cayce said to a person who had requested a reading, 'Among those who journeyed from Atlantean land to Egypt, entity young at the time, aided in development of mechanical appliances for cutting stone, etc.' For anyone who is interested in following up the Cayce view of Egypt, the Atlanteans, and the pyramids, there is now a wealth of material available, and some of the relevant books are listed at the end of this book.

As I finish off this all too brief resume of some past and present thinking on the pyramids and the culture behind them, an interesting experiment is about to take place in a Melbourne hospital. A school teacher from a Melbourne college is lying in hospital, completely paralysed. After seeing me speak about the possibilities of pyramid power on television, she arranged for a little cardboard pyramid to be built, and placed over her paralysed left hand. After some weeks, an amazing thing happened - she was able to move her little finger.

Now her doctors have allowed her to have a perspex pyramid made that will be large enough to cover the bed. It would not only be extraordinary if she improved further, but almost unbelievable, because at the moment, her doctors are convinced that the paralysis is permanent. Will the big pyramid help? Only time will tell, but she is hoping for a miracle.

10 - Biofeedback and Biorhythm

Wouldn't it be useful to have complete control of one's own self? To be able to tell yourself exactly how to feel every moment of your life, and then your body would just obey. So many people wake up in the morning hoping that everything will go well with the day ahead, basing their hopes on 'good luck.' I wonder how many ask themselves, 'Will fate be on my side today?' Just as if some outside influence is responsible for good or bad luck. As if we really have little or no responsibility for the way things turn out.

When we lie in bed, unwilling to get up in the morning, is it because, subconsciously, we are perhaps afraid of the day ahead, and so we put off facing up to it until we really have to. Is it a lack of confidence in ourselves, and in our ability to cope?

We come now to two recent areas of research which I feel can give us more confidence, to renew our enjoyment of life. Research into areas where we can learn to have more control over ourselves. A greater control over that destructive feeling that we may not be able to cope. For too long, we have existed in a society that has herded us together like a lot of sheep, resulting in a loss of personal identity. Happily there are signs on the horizon that the wheel is turning full circle. We are faced with the new science of biofeedback, and the possibility that each human being has their own biological clock, or biorhythm cycle. Biofeedback and biorhythm are two words that have suddenly become 'in' words. Are they another new, but temporary gimmick? Or are they scientifically-based ideas to help us to know more about ourselves?

The word biofeedback comes from the Greek word, bios, meaning life; while feedback is self-explanatory, really meaning a return to the source. Biofeedback is a mechanical method that has been developed to enable us to measure the various functions of the physical, emotional and mental bodies, so that we may have the opportunity of gaining some control over them. To enable us to utilise the power of the mind in the control of all our basic functions.

The various biofeedback machines that have been developed so far, allow us to tune in to different functions, and from their observation, learn to take conscious control at will. Someone can now be connected to a device that is able to monitor the heartbeat, or to one that can show the rate of respiration, or even more excitingly, one can be attached to a mechanical device so that we can watch our brain waves. This all seems very much like holding up a mirror to our innermost self and in fact, it is just that!

Once we learn to observe the heartbeat, the next step is to learn how to control that heartbeat at will. Laboratory experiments have shown that we can speed up the heartbeat, or slow it down, as we desire. Similarly, we can learn to control the amount of tension in any one muscle, or to regulate the blood pressure. What we have for a long time referred to as 'involuntary' bodily functions, can now be termed 'voluntary' functions - the new science of biofeedback.

Of course, the idea of being able to control the bodies' inner functions, is not new. We have all heard stories from the East about Yogis who have claimed to have been able to actually still their heartbeat without any appreciable damage; those who have been able to suspend breathing while being buried

alive, while others have demonstrated their complete control over pain, simply by using the power of the mind. However the meditative techniques that are necessary to bring one to this state of control, take a very long time to learn and to be able to be put into practice with any great degree of success. In our Western civilisation, with its emphasis on speed, we find it necessary to do things much quicker. Biofeedback seems to provide the answer.

One of the most important benefits of biofeedback, is that it allows us to measure our brain waves. This is done with the electroencephalograph (EEG). This machine is able to measure and record the electrical currents that are given off by the brain, and they can be recorded on a graph. There are four types of brain wave that can be observed. They are alpha, beta, theta, and delta.

The brain waves are measured in numbers of cycles per second. For example, beta brain waves run between thirteen and twenty-six cycles per second. These fast brain waves reflect anxiety states, great mental concentration, an active mind, or a general busyness of the mind.

Alpha brain waves indicate a slowing down of mental activity, and are shown as being between eight and thirteen cycles per second. Although these alpha waves show a more relaxed state of mind, they occur when the subject is still awake. They provide a necessary contrast to the busy period of the beta waves. The alpha brain waves can be observed during meditation, and reflect a calmness of mind, a more relaxed state of being. They are generally regarded as being a most desirable state to be in, particularly after concentrated mental activity. As Jodi Lawrence says in her book, *Alpha Brain Waves*, dealing with relaxation. 'Alpha brain wave training is instrumental relaxation, and it offers a unique solution for the harried person.' By using biofeedback equipment it is possible for us to bring ourselves back from the busy beta state, into the more relaxed alpha state.

The third type of brain wave is called theta. These waves run at a slower rate again, and occur between four and eight cycles per second. They often come about with moments of drowsiness, or a state of reverie that is often felt just before dropping off to sleep. Theta brain waves are sometimes observed during dreams. A Yogi entering a deep meditational state may show a change from alpha brain waves, to the theta state. I found that some people think that this theta state, or state of reverie, is the time when one's psychic powers are at their highest point.

Discussing Russian experiments with mental telepathy and psychokinesis, Dr Lyall Watson in *Supernature* feels that mental telepathy takes place when a person is in the alpha state, but psychokinesis (being able to affect physical objects with the power of the mind) happens when the brain waves enter the theta state. So although the brain can be psychically active in the alpha state, the mind power becomes even stronger in the slower theta state.

The fourth group of brain wave is called the delta state. Very slow waves somewhere between half to four cycles per second, reflecting a very deep, dreamless sleep.

One of the most important discoveries concerning biofeedback, and the control of brain waves, occurred in 1958. Dr J. Kamiya was engaged on sleep research at the University of Chicago, and was conducting experiments with the EEG machine. He noticed how the alpha state came and went while some people were awake, and he wondered whether a person could be made aware of the moment

when the brain was in the alpha state. He went about refining the EEG so that it could produce a signal when a subject was in the desired alpha state. Every time the alpha brain waves started, a sound was heard by the patient. When the sound stopped, it meant that the alpha state had changed to another state. The subject was then asked to try to keep the sound going as long as possible so that the alpha state could be maintained. Within quite a short time, most people were able to produce alpha brain waves at will. Since then, with more sophisticated equipment, it has become possible to teach people how to produce different brain waves whenever they wish to do so. The subject of biofeedback doesn't stop with the control of brain waves however.

There is one type of biofeedback machine that has been developed called an electromyograph, or EMG. This one enables us to measure muscular tension. Electrodes are attached to the skin over certain muscles, and when that muscle is tensed, a sound is heard. When the muscle is relaxed, the sound ceases. So again, the patient can eventually learn to relax that muscle, by keeping the sound turned off. After a while, the patient can do it at will without the use of the machine.

The EMG equipment has been used successfully by psychologist Thomas H. Budzynski, at the University of Colorado Medical Centre. Working with insomniacs, he has been training them to relax the forehead muscles, by attaching the electrodes of the EMG to the forehead, so that the patients get to know when proper muscular relaxation has been achieved. This general relaxation of the forehead is mirrored throughout the rest of the body, and Dr Budzynski regards this as a prerequisite for producing the slow alpha and beta brain waves that are more conducive to a good night's sleep.

Although biofeedback is still in its infancy, it is already opening up valuable new areas by giving the patient that all important control over his body, and thereby restoring some of his lost independence. One of the best books on the subject is called *Biofeedback* by Marvin Karlin and Lewis M. Andrews. As the authors point out, 'We are coming to understand, however faintly, man's awesome power to change his own personal destiny. We are catching a faint glimmer of insight into the possibilities that lie before us in the realm of mind over matter, of mental discipline over physical disease.'

Unlike biofeedback, where we can exercise mental control to alter, or bring about a change in a certain state of being, with the biorhythm cycle, there is nothing that we can do to change the biorhythms that we are born with. Instead, we must learn to live with our biorhythms as nature has intended. The biorhythm cycle is built into our bodies and minds like a permanent clock that never alters, but keeps perfect time from the moment it is started.

The biorhythm idea first saw the light of day when two men of science started experimenting with the idea that certain, regular rhythms control our lives from the moment we are born, until the day we die. As so often happens in history, two people were working independently on the same idea, at the same time. One was Dr Hermann Swoboda, a professor of psychology at the University of Vienna; the other was Dr Wilhelm Fliess, an MD, who had a lucrative medical practice as a nose and throat specialist in Berlin.

It wouldn't need a specialist in any field to know that we all seem to have our 'off days'. Some days when we feel a complete lack of energy and enthusiasm, and others when we feel full of energy and can't wait for the day to start. Being a psychologist, Dr Swoboda was quite aware of the regular

fluctuations in the day to day behaviour of his many patients. He had been rather interested in the ideas that had been put forward by Johann Friedrich Herbart in a publication called Textbook on Psychology (1850). Herbart spoke of certain types of rhythmic changes that occur in various mental states. Dr Swoboda had also read some of the ideas of John Beard, who in 1897, had reported on rhythms associated with pregnancy and birth.

Dr Swoboda knew that life wasn't always the same from day to day. No matter what sort of conditions one faced, there were some days when there was nothing that could prevent us from feeling unwell, or less happy than usual. He started analysing the many and varied experiences of his patients, and found that their dreams, their creative moments, even their moments of discontent, occurred with a rhythmical regularity. He also noticed that mothers would have anxious moments about their babies at certain times that also seemed to fit a distinct pattern.

Being a careful researcher, Dr Swoboda spent much of his initial research keeping detailed records of his patients' inflammations and swelling of tissues, and their frequency. He also noticed a certain regularity in the course of fevers, and of the regular occurrence of heart attacks in some of his patients. He started to experiment with mathematical charts to see if further problems could be predicted. It was here that he came to the realisation that there are two basic rhythms in each and every human being - a 23-day cycle, and a 28-day cycle.

Dr Swoboda quickly wrote and published two books detailing his findings of these natural rhythms of life; *The Periods of Human Times* and *Studies for the Foundation of Psychology*. The books proved to be very popular and the Swoboda theory of biorhythms started to take on. The problem that remained was the inordinately long series of calculations that was necessary to work out the rhythms. So Dr Swoboda designed a slide rule so that the so-called 'critical' days could be worked out quickly and accurately. With his calculator, he published a booklet that he called *The Critical Days of Man*.

One of Dr Swoboda's last books is said to have been his greatest. This was written in his last years and was called *The Year of Seven*. In this large volume, he set out to show that births, illnesses, heart attacks and so on, are rhythmically based, and are predictable from generation to generation. His documentation on this subject covered many family histories. Swoboda was a great success in his field, and much respected for his research. In 1951, he was awarded a special medal by the city of Vienna for his work on biorhythm and also received an honorary degree from the university for his outstanding work.

Meanwhile, Dr Wilhelm Fliess in Berlin was also doing his share of similar research, tracing various rhythms associated with illnesses, fevers, births and deaths. He was arriving at more or less the same conclusions as Dr Swoboda in Vienna, that there were in fact two rhythms of life that ran in a 23-day cycle and a 28-day cycle. Dr Fliess published his findings in *The Course of Life*. Unlike the books by Dr Swoboda, Wilhelm Fliess had little success with his large-scale attempts to explain his theories. The general consensus of both the general public and the medical profession, was that his book, which was full of mathematics, only served to confuse the reader.

Undaunted, he pressed on with his work and its research, and wrote three more books promoting the idea of physical and emotional biorhythms. To help prove his theory of both the 23-day, and 28-day

cycles, Fliess had the assistance of a mathematician, and was later joined by another doctor of medicine, Dr Hans Schlieper. He was also a great friend of Sigmund Freud in Vienna, who found a good deal of fascination in the biorhythm theories of his Berlin colleague. It was perhaps unfortunate that Dr Wilhelm Fliess, who when he died in 1928, had never lived to see his biorhythm theories accepted in his own country.

There is one other person who deserves a mention in any discussion on the origins of biorhythms, and that is the Austrian doctor of engineering, Alfred Teltscher. Teltscher had noticed that his students performed better on some days, than on others, not a particularly startling observation but Teltscher wanted to know why this happened. He started collecting data from students of colleges and high schools in Innsbruck, listing the dates of their exams, and collating their results. He then checked up on the birth-dates of each student, looking for any trace of regular rhythm. He didn't have any preconceived idea as to what he might find, and just pored over the statistics that he had so painstakingly collected, to see what he could find. Eventually his efforts were rewarded. He came across an entirely different rhythm to the ones that Dr Swoboda and Dr Fliess had discovered. This one reflected an intellectual cycle of 33-days. Teltscher had found that the intellectual functioning of the brain is also subject to the workings of some internal clock.

Alfred Teltscher didn't know what to make of his discovery, so he referred it to some medical men, who in turn, came forward with the proposition that the intellectual rhythm might have something to do with the secretions of various glands that effect the brain. It was thought that the thyroid and pituitary glands played an important part.

Meanwhile, in America, similar conclusions were being reached. At the University of Pennsylvania, Dr Rexford Hersey and Dr Michael John Bennett made the accidental discovery of a 33-day rhythm, after they had been checking the emotions of workers in railway shops over a period of many months. Their result was published in *Workers' Emotions in Shop and Home*.

In 1935, in the August edition of the *Reader's Digest*, Dr Donald Laird, then director of the psychological laboratory at Colgate University, reviewed the Hersey and Bennett discoveries. Although widely read, it seems that very little notice was taken of the ideas expressed in the article, either by the public, or by the medical profession.

One natural area for a study of biorhythms would seem to be in the sporting arena. This was taken up by Alfred Judt, a doctor of engineering, and a mathematician, who came from Germany. He developed a set of calculation tables to find a relationship between the date of birth, the year of birth, and the day of the sporting event concerned. As a result, two books appeared, *Biological Rhythms and Performances in Sport*, and *The Medical Doctor and the Theory of Periodicity*.

The medical profession in Europe started to look a little more closely at the biorhythm idea in the mid-1940s, largely as a result of some books written by another mathematician, who was also a Swiss engineer, Hans R. Frueh. At the same time, some European transport companies were starting to use biorhythms in accident analysis and prevention with success.

Some of the very best research on biorhythms came from Hans Schwing, who was a student at the

Swiss Federal Institute of Technology in Zurich in 1939. He based his findings on some 700 accident cases supplied by insurance companies and from the Swiss Workers' Compensation Board. His seventy-eight page report won for Schwing the title of Doctor of Natural Science. He also employed the mathematical formula of a 23-day, a 28-day, and a 33-day cycle. It was from Schwing's research that the realisation came that the so-called 'critical' days of the biorhythm cycle occur on the day that one of the rhythms starts a new cycle, or is changing from the positive to the negative side, and starts to drop below the zero line, into the negative curve. It was found that on these critical days, judgement and concentration went astray, and a person could be more accident-prone.

Today, biorhythms seem to be accepted by quite a large number of people. It's not at all unusual to find people carrying a little electronic pocket calculator in their pockets, which can tell their biorhythms for any day they choose, by just pressing the appropriate buttons. Many books and charts can be found in bookshops, and the subject has been discussed on television and radio and written about in most magazines. Most of the charts that I have seen take much longer to work out than the time needed to press an electronic calculator to get an instant and correct answer. The electronic age has come to the assistance of biorhythms.

The basic idea of how biorhythms work is very simple. From the day we are born, from that moment of drawing the first breath, the three biorhythms start from the zero mark, and curve upwards. The physical cycle which is of 23-days duration, spends 11 1/2 days above the zero line in the positive period, then it starts to fall below the zero line into the negative period for the remaining 11 1/2 days of the cycle. The emotional, or sensitivity cycle is of 28-days duration. It spends 14-days above the starting point, or zero line, and like the physical cycle, spends half of its time in the positive sphere. The remaining 14 days are spent in the negative state. The intellectual cycle is the longest one, with a curve of 33-days. The first 16 1/2 days are positive, while the remainder are in the negative area.

One of the best and clearest ways of describing what the positive and negative aspects mean, is to liken the time that each cycle spends in the positive area, to spring and summer. The negative cycle is like autumn and winter. So you have each cycle perfectly balanced between great activity, and then a time of retracted activity, a quietening down to gather inner strength before the next burst of activity and expanded energy. The bio-rhythmical aspects of our lives are on-going, with the rhythms repeating themselves throughout life, just like the four seasons of the year in miniature.

During the upswing of the physical cycle, energy is at a peak and our physical strength is at its strongest. We can work harder and our physical resistance to infection is highest at that time. When the physical curve hits the zero line, just prior to entering the negative phase, this is a critical day when we are more accident-prone. Judgement goes astray. For example, if you happen to be hammering a nail on that day, you may miss the nail and hit your thumb instead. One needs to drive slower on that critical day, to use more care on the road. When these days occur, there is a need for greater concentration. While the physical cycle remains down in the negative area, there is a natural reduction in normal physical activities, we seem to tire more easily and will need more rest while the physical aspects of our being are gathering strength, ready for the next positive cycle.

When the emotional, 28-day cycle is in full flight above the zero line, our emotions are under greater control, and there is a steadiness in our nerve reactions, a more stable manner is evident. When

emotionally positive, people are far less likely to take offence, they are much easier to get along with during this period. When this one hits the zero line again, prior to its descent into the negative part of the cycle, there is often a tendency to become somewhat short-tempered. The nervous system is not as steady as usual, and one is inclined to take a perfectly innocent remark and twist it around so that it seems like an insult. It's easier to make a slip of the tongue on an emotionally critical day. It is said that we are more accident-prone when the emotional cycle is below the zero line, hence any dangerous tasks should either be put off, or done with far greater care and awareness. During the emotional rest period, there is a general instability in our emotions.

With due regard for the long 33-day intellectual cycle, George Thommen in *Is This Your Day?* says that this cycle apparently originates in the brain cells. Again there is the connection between certain endocrine glands such as the thyroid gland in the throat and the pituitary gland towards the base of the brain. For the first 16 1/2 days of this cycle, a clearness of the intellectual facilities is more marked, studying is much easier, and it is a good time to learn new material and to absorb new ideas. These ideas can be brought forward into the conscious mind with far greater ease, and there is often a trend towards a more creative mental attitude. When an intellectual high is taking place, it is an excellent time to make any big business decisions, while the mind is operating at its peak.

The negative period of the intellectual cycle runs for a further 16 1/2 days and again there is a natural rest period taking place. The mind doesn't suddenly cease to function, or necessarily become dull, there is just an easing down in creative effort, the intellectual energy is at a lower ebb. As Bernard Gittleson says in *Biorhythm* 'Most of us find it hard to resist closing our minds during this period, so that we can recharge our brain cells.' There is a tendency for the memory to be somewhat dulled during this particular rest period and ideally any examinations should take place during the positive part of this cycle. If an important decision, or an exam, can't be avoided during this 'down' period, then a great deal of extra effort is needed on the part of the participant. For example, if I have to do an important lecture, or make a television appearance during an intellectually negative period, then I make doubly sure that I really know my material both backwards and forwards, I don't leave anything up to chance. When the critical days occur in this cycle, when the curve touches the zero line either entering the positive arena, or going down to the negative side, any matters of vital importance should be deferred for that day.

It must be stressed that biorhythms do not allow anyone to be able to make predictions, or to foretell the future. They simply give indications of our various states on any day, both physical, emotional and intellectual. They enable us to see where our strengths or weaknesses lie so that we can work within our limits and give the best performance of which we are capable. Biorhythms provide a useful guide, enabling us to get the maximum out of each day, working with Nature. It would be impossible to expect our bodies to go on working flat out, at full-throttle, without a pause. Naturally, there have to be moments of quiet and relaxation, so that we can gather strength for the next busy period. And so with biorhythms, Nature has again been shown to have infinite wisdom.

Finally, I would like to give some concrete examples of biorhythms at work. One prime case which is often quoted, concerns the actor Clark Gable. He had a heart attack on 5 November 1960, and at this time was on a critical day physically. When he died on 16 November, he was on his next critical day in the physical cycle. Actress Marilyn Monroe took an overdose of sleeping pills on 4 June 1961, when both her physical and emotional cycles were at a critical point on her biorhythm chart.

Fortunately, on this occasion, she was found by friends, and revived before the pills took their toll. She finally died after another overdose, on 5 August 1962, when she had a physically critical day, and was at a low point emotionally.

In the sporting arena and on a happy note, the Olympic swimmer, Mark Spitz, won seven gold medals in a period when both his physical and emotional levels were right up in the positive area of his chart. The famous chess player, Bobby Fischer, had only one loss during the 1962/63 chess championships, and when he suffered that loss, his biorhythm chart showed an emotionally critical day.

If you are a keen golfer, biorhythms can be an enormous help. Take the case of Arnold Palmer - he was taking part in the British Open Golf Tournament in July, 1962. He won the title with a total score of 276, four strokes ahead of his nearest rival. It was an exhibition of superb golf, it is also an interesting sample of what biorhythms are all about. During that phenomenal week Arnold Palmer's chart showed that he had a triple high point. All three rhythms were at the top of the positive tree, an event that only takes place about twice every twelve months.

On 22 November 1963, the day of the Kennedy assassination, Lee Harvey Oswald was at the bottom of his physical and intellectual cycles. The very next day, Oswald was shot by Jack Ruby, who was undergoing a critical day emotionally. When Sirhan Sirhan shot Robert Kennedy in Los Angeles, on 5 June 1968, he had a critical day intellectually, and both his physical and emotional rhythms were well down in the negative state.

Several companies have plotted the biorhythm charts of their employees in recent years with worthwhile results. For example, the Ohmi Railway Company in Japan, which runs large fleets of buses and taxis in the busy cities of Kyoto and Osaka, decided to use biorhythms to try to reduce the large accident rate of its drivers. Results from some European cities had already shown that accidents could be reduced by knowing the biorhythms of drivers.

When the Ohmi Railway Company started their investigations they came to the conclusion that of 331 accidents that had occurred between 1963 and 1968, nearly sixty per cent had come about on a driver's critical day. While the other rather interesting factor that came out of this enquiry, was that it was usually the physical critical day on which the accident had taken place. A day that occurs on the first and twelfth days of the 23-day cycle, when the physical judgement is at its lowest level.

In 1969, the Ohmi company decided to issue a card to each driver noting his critical days, so that on those particular days he would drive with greater care and concentration. In the first year, their accident rate dropped by almost half. The decline in accidents continued as years passed, and by 1973, the company was delighted to find that of some four million kilometres covered by their bus drivers, there was not one single accident!

Since then, many other Japanese companies have resorted to the use of biorhythms in an attempt to cut accident rates in industry, and all have reported similar findings. This seems like a subject that we could look at seriously in Australia. If everyone carried a little pocket calculator so that they could keep an eye on their basic rhythms, particularly before getting into the car, or undertaking any task where concentration was needed, then I feel sure that on the evidence from other countries, we would

see some positive results.

One book on the subject that I have already mentioned, *Is This Your Day?* has now been translated into Japanese. As a result, its author received a letter from Mr Yujiro Shirai, a member of the Japan Biorhythm Association, pointing out that over five thousand firms have started using biorhythms and the mathematical charts that Thommen has devised, including research studies by the Tokyo Metropolitan Police and Traffic Department. Also, the biorhythm idea is part and parcel of driving instruction classes all over Japan.

Some of the well-known companies that are using biorhythms include Swissair, United Airlines of America, and Japan Airlines. According to the manufacturers of the Kosmos biorhythm calculator, members of the United States Air Force Tactical Command and Army Aviation have had their biorhythm charts calculated.

Even with something as simple as biorhythms, complications can, and do occur. I remember one occasion towards the end of 1976, when Don Lane was about to fly home to the United States for a much-needed, end-of-the-year holiday. Don had already checked out his biorhythms for the day of the flight, and had found that he was due for a double critical day at that time. So he postponed the flight! He should have just relaxed, and gone. It wasn't his biorhythms that he should have been concerned about on that day, it was the pilot's!

Naturally, one must be responsible and use a sensible approach to biorhythms and not decide to stay in bed for the day if the physical cycle showed a critical day. That would just be opting out, and denying one's responsibilities. It would be avoiding the challenge of the day ahead. Biorhythms are a useful guide keeping us aware of the inner time clock, so that we understand ourselves better, and can offer Nature our complete co-operation.