

①. OXYGENESIS

Breathtaking Moments

- NO TIME

## OXYGENESIS

The language of the breath is the subtlest known and the least known. Its link with the autonomic nervous system can be found. The Oxygenetic process provides psychoanalysis without words, regeneration without medicine, information without thinking.

Maurice Rowdon has worked in this field in four countries. All nervous systems are strong, even when they function badly. They convey messages to the brain without fail. If the two sides of the brain were removed and the brainstem only left, the organism would continue to function autonomically---that is to say, it would continue to ingest and digest, evacuate liquids and solids, withdraw muscularly from unpleasant contact. The brain, if replaced, would then continue to receive the information. It would become 'aware'.

It is this awareness that leads us to believe that the mind is actually in control of the organism, and guides it, and is even the seat of the ego. But in the Oxygenetic process this conviction (virtually the basis of western thinking since the seventeenth century) undergoes a deep change, but not through argument or exchange of ideas: it comes about in the organism. The organism finds itself living in a different way. It no longer feels in the grip of the mind, least of all of a super-ego intent on ideals, punishment, goals, blueprints of behaviour. Something more intelligent, more dependable, more in touch with the objective world seems to have taken over. Emotions are no fewer or less strong but the organism is now insulated: for emotions are the mental symptoms of our encounter with the world, and the bridge for that encounter is the nervous system. In the case of schizophrenia the ego is split because the sympathetic and para-sympathetic systems, in their interaction, have lost the power to distinguish inner from outer, subjective from objective, private from public.

Maurice Rowdon's interest in this field began at Oxford where in his studies of the various metaphysical theories of perception he began to suspect that the mind was not in fact the seat of our power to 'objectify' our sensations, as the great philosophers argued. His claim today is that the seat of the ego is the nervous system, which can be reached by dieting, fasts, medicine and surgery, but can be altered, individuated and aligned only by the breath. Above all, that system is our sole source of information

about the world. Whatever is known to us must be received through the nervous system; and the mind is secondary receiver. This is the case even with material of a telepathic or intuitive nature which we often assume to come in some way 'through' the mind.

For the mind to receive the right information no changes in the mind itself will avail, since it is a receiving, analysing and ordering agency. Only a change in the nervous system will ensure that the information service is a sound one. Once it is sound, information of a quite unexpected nature begins pouring in.

It is well-known that thinkers sometimes make a breakthrough in their work which they find quite unaccountable. The answer is suddenly there after perhaps years of waiting. The mind just doesn't know how it happened. This was because the nervous system was quietly and invisibly at work, and presented the answer when the organism was ready to receive it or act on it.

The intake of large quantities of oxygen may be, but need not be, beneficial. It can be harmful and deeply disturbing to the organism. Oxygenesis is the process of learning the language safely, carefully and confidently, in private consultation.

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The Mysteries of the Mind — Perfield

Relaxation Response — Benson

(M.D.)

Benson

Hilgard

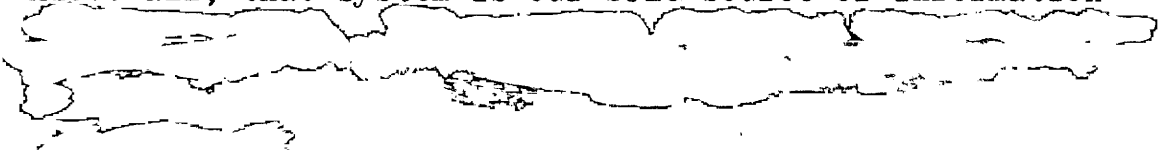
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BREATHWAKING MOMENTS

A guide with illustrations

BREATHWAKING

MOMENTS

3/  
© 'oxygenesis'  
Original manuscript

~~XXXXXXXXXX~~

~~XXXXXXXXXX~~

~~XXXXXXXXXX~~

~~XXXXXXXXXX~~

guides ←  
a study on

breathwaking

~~Handwritten scribbles at the top of the page.~~

~~23rd Street Old Street~~  
1981

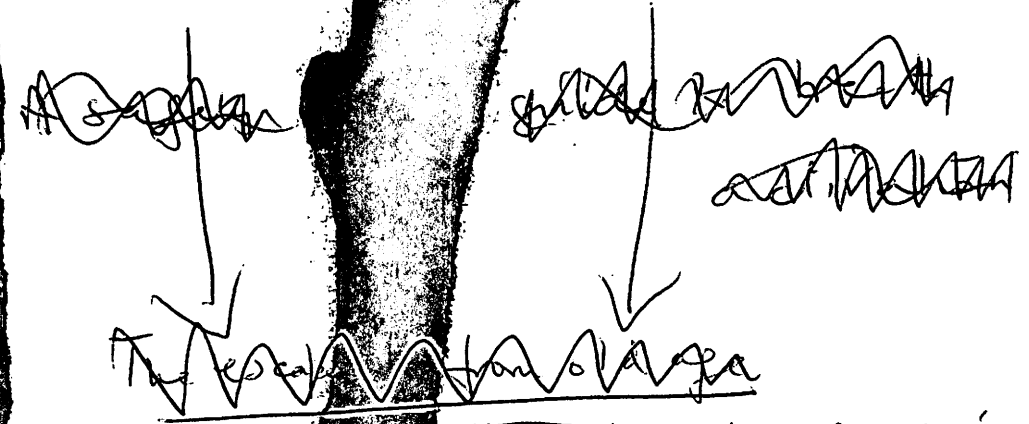
~~2022~~  
22 years

1 hour practical  
with initials of  
1981-2003

A PROPOSAL

22 years

BREATH TAKING MOMENTS



Man

MAURICE ROWDON

~~How to get oxygen~~  
My ten ~~years~~ experience was as part of a medical director's team at a bond-clinic, where clients were referred to the 'relaxing' effect of the milk. →

# BREATH-TAKING MOMENTS

Anna Getty oxygen in an oxygen-depleted world,

Until the ~~total~~ <sup>mainly</sup> in N. City <sup>was</sup> ~~practised~~ where it was received as ~~an activating~~ <sup>an activating</sup> ~~the~~ <sup>the</sup> ~~therapist~~ <sup>therapist</sup> ~~was~~ <sup>was</sup> ~~needed~~ <sup>needed</sup> ~~at least 10 sessions~~ <sup>at least 10 sessions</sup>, and represented ~~in gradual progress~~ <sup>in gradual progress</sup> ~~supposed to 'relax'~~ <sup>supposed to 'relax'</sup> the clinic <sup>the clinic</sup> ~~had her relaxed~~ <sup>had her relaxed</sup> ~~by the doctor~~ <sup>by the doctor</sup> ~~by the~~ <sup>by the</sup> ~~means~~ <sup>means</sup> ~~of - 2500~~ <sup>of - 2500</sup> ~~60ms!~~ <sup>60ms!</sup>

From a ~~do~~ doctor who, she gave di several sessions, fell deeply <sup>and</sup> sleep all time, it was impossible for me to ~~read~~ <sup>see</sup> his mouth because of his inner state of exhaustion (which, I believe, ~~was~~ <sup>was</sup> ~~not~~ <sup>not</sup> ~~doctor~~ <sup>doctor</sup> ~~live~~ <sup>live</sup>). ~~But~~ <sup>Thus</sup> the nature of his referral (~~relaxed~~ <sup>relaxed</sup>) (~~tracing~~ <sup>tracing</sup>) (mouth as a relaxant) came solely from his own condition.

→ This was the ~~worst~~ <sup>worst</sup> most misleading referral ~~the~~ ~~could~~ ~~have~~ ~~been~~ ~~thought~~ ~~up~~ ~~by~~ ~~the~~ ~~doctor~~ ~~because~~ ~~activating~~ ~~the~~ ~~mouth~~ ~~is~~ ~~the~~ ~~opposite~~ ~~of~~ ~~relaxation~~ ~~relaxing~~ ~~it~~ ~~is~~ ~~the~~ ~~nature~~ ~~the~~ ~~mean~~. The referral came

excite as it is in the book,  
Throughout, however, I say you can be  
the breath can be in the body ->

This book is designed solely for the use of  
It is an alarming fact  
people are unconscious? the  
breath, i.e. how they

OXYGENESIS

THE MIRACLE OF THE BREATH

Safety guide  
A Popular Course in Breath Activation

TURN  
Propose  
it is  
accept the  
medical  
length  
the  
attracting  
uses  
oxygen

have two  
Mostly human tip

Most people breathe incorrectly. When the breath  
is out of synch, the organism is out of synch; <sup>which means the</sup> <sup>which is turn means the</sup> The  
organism can function 60-40% but not 100%. This is  
true for athletes and performers as well as for business  
people and professionals in any field.

Just as

Breath activation is the greatest turning point,

the most important single activation of one's life,  
without which no one can properly survive, work, play  
or love optimally. Breath can be a passive lifeline,  
(as it is with most people), and it can be an active  
lifeline. <sup>These</sup> They are virtually two different lives. <sup>The choice is with us.</sup>

Contrary to popular and most current medical  
opinion, breathing does not come naturally. Such are  
the special conditions of our <sup>live now</sup> society, and the degree  
of oxygen-shrinkage in our global atmosphere, that

it may have done so  
in heart of a number  
of centuries - at  
div. levels

→ breath masks. Simply learning about the  
breath <sup>mask</sup> itself, lead to the  
breath mask because the mind quite  
automatically, once it understands the  
significance of breath, look for the  
mask also can help solve the  
necessary initiation, even a bad  
initiation, namely one that leads to  
hyperventilation with its terms, may  
have the same function as a good  
one, in that it sets the breath on  
a course of discovery.

---

YOU CAN IMBIBE OXYGEN  
BY MEANS OF HOME APPLIANCES  
BUT THIS ~~WILL NOT~~ <sup>DOESN'T CARRY WITH IT</sup> ~~TEACH~~ YOU  
— HOWEVER MUCH LIQUID OR MACHINE-  
INDUCED OXYGEN YOU IMBIBE — THE  
~~AB~~ ABILITY TO ~~BREATHE~~ <sup>MAN</sup>  
~~USE~~ YOUR MUSCLES ACHIEVE  
WELL-~~BEING~~ <sup>BEING</sup> BY MEANS OF A PROPER  
BREATHING.

# THE <sup>FALLBACKS</sup> ~~ADVANTAGES~~ OF MEDICAL RESEARCH

- 2 -

~~An Assessment with a~~

more than  
A minimal  
(it is  
always  
statistical)

breathing is ignored, relegated to an involuntary function, and comes to reflect rigid and over-structured adaptations to stress and <sup>unhappiness,</sup> ~~trauma~~, thereby perpetuating them.

Without the <sup>proper</sup> ~~activated~~ breath, <sup>ing</sup> no diet, exercise, healing system will have ~~full~~ effect. In advanced age all the exercise and intensive breathing in the world will not achieve <sup>a full life-span</sup> longevity or the successful combating of <sup>what has been called the</sup> ~~those~~ <sup>behind</sup> 'villains' of senescence, <sup>the</sup> free radicals, if the breath is ~~not~~ <sup>thus</sup> metabolising <sup>the</sup> oxygen efficiently and laying in a store of the protective enzyme, superoxide dismutase (the 'heroes'). This efficiency is not possible with passive breathing. <sup>It is good</sup> So-called 'deep' breathing <sup>just as useless, and does no more good than</sup> is ~~an aspect of~~ so-called 'shallow' breathing. ~~both are pre-activation.~~

Smoking is <sup>an</sup> attempt to capture the correct breath, to activate the breath, in someone with chronically bad breathing forms. The breath and not the smoking is what has to be attended to.

Premature ageing is especially tragic in the case of women who have devoted their early years to the rearing of children. In the oxygenetic technique, the post-fertility phase in a woman is regarded as the phase of fulfilment, for which the fertile phase was a rich preparation. The female anatomy undergoes a change in the glandular system, after the fertility phase, which

SHOW HOW ARE THOUGHT IS  
COMPOSED BY THE RELIGION IT

IS RAISED IN. Xian's sees the  
body as a sinking entity that  
naturally decays ~~to~~ over-  
weighed by this sin. Then it was  
the the concept of 'old age' was  
introduced on the ~~base scientific~~  
basis and hub of western medicine,  
loaded as the principle condition

→ a habit that results from poor health. Strangely,  
it is an attempt <sup>(a)</sup> at a deeply biological rescue-  
system, to escape poor health, for the  
satisfying long intake of smoke and the  
even ~~more~~ longer exhale are deeply  
~~satisfying~~ satisfying, ~~and that's how~~ how I can  
because in this case the health can  
actually be seen.

directly promotes new (creative) energy, provided the <sup>and medical</sup> social directive to feel finished after forty is not obeyed.

Oxygenesis rehabilitates the nervous system and provides the only effective means for deconstructing inner fixity, or hypertensive structuring, which is at the root of stress and premature ageing. Stress is essentially mental fixity, unlike tension. Exercise isn't enough to dismantle this fixity. Nor is raising VO2 Max (maximum oxygen-utilisation capacity), which normally declines about one digit a year.

Liberation from inner fixity can only be achieved by arousal in repose. This is the core of Oxygenesis.

In many therapies, <sup>like the primal scream, ~~releasing~~ ~~pit~~ ~~the~~ ~~chick~~</sup> arousal is used to provoke <sup>in your own father</sup> primal or (hopefully) cathartic shows of emotion.

These, however, merely introduce a new ineffective behavior to the organism, indeed, a new fixity.

Since the organism is always happy to form a habit, <sup>releasing a pill</sup> screaming for 'release' will become <sup>habitual</sup> enjoyable, but no <sup>of the attitude</sup> basic deconstructing takes place.

Thought and emotion are treated as synthetic in Oxygenesis, the result of decisions which take place much deeper in the organism, far below the activities of the cerebral cortex. Eventually, in the oxygenetic process, thoughts and emotions take a back seat. This is largely achieved through a state of primal

or 'cellular' repose. This amniotic state enables the reticular self to challenge the cerebral cortex for command.

The reticular self is best defined in terms of the reticular formation in the medulla. Arousal or activating is the chief function of the reticular function. This area receives both information from the sensory tracts and nerve impulses from the cerebellum, the basal ganglia and other nuclei.

The whole scope of Oxygenesis is the enlivenment of this function so that the organism accepts for the first time its proper guidance-system. This is marred and disrupted by over-cerebral surveillance, which manifests in chronically distressed breathing forms.

The reticular self is that which nudges the cortex awake at night on a strange sound, smell etc. It provides the consciousness with its decisions (recent brain researches reveal that we make decisions before we are aware of doing so), and it flavors memories for storage in the amygdala and hippocampus. It is the key of 'subliminal' learning, and the frequent success of affirmation-systems. Above all it is the key to the immune system and what Dr. MacFarlane Burnet called the 'immunological surveillance' that protects us moment by moment from disease.

disturbed state

1. This project is based on a breathing process called Oxygenesis, which is designed to promote optimal powers in any given field. Sportsmen, joggers, aerobics enthusiasts, performing and [creative] artists, business persons, lose at the margin whenever the breath is not activated.

Contrary to popular (and most current medical) opinion, breathing does not come naturally. Such are the special conditions of our society, and the degree of oxygen-shrinkage in our global atmosphere, that breathing is 'forgotten' early in childhood.

Although breathing can achieve seemingly miraculous effects when voluntary, it is generally left in its involuntary state, which Oxygenesis calls 'passive' or 'turned in'. This can be observed in many who practise yoga as in others. It may even be present in people practising intense breathing exercises. Pranayama may be practised daily over many years without the breath being activated. Oxygenesis is a system for breath-activation.

Most westerners breathe in the 'passive' mode that is without consciousness or control. In this context 'control' does not mean cerebral control, which can disturb the breath to the point of disruption, leading many people into difficulties like hyperventilation,

In our day and age the breath has to be learned.

2. We can see that breath is our lifeline, and that none of our organic functions can proceed without it, even for a few moments. But we have somehow left this lifeline out of our studies, in the west.

One of the chief reasons is that western modern medicine came into being during the sixteenth century with the dissection of the corpse (i.e. the human body minus the lifeline).

Another reason for the failure of western medicine in this respect was that Christianity virtually banned Arab and Jewish medical traditions in its studies. In the mediaeval universities medicine was considered an inferior art, and surgery (which had been an advanced science long before Christianity) was in the hands of barber-surgeons and army doctors.

naturally

but muscular control

or (As the  
yoga  
breathing  
system)

Jewish and Arab doctors continued to practice (in the Vatican as in other major courts) until the eviction of both races from Spain under Ferdinand and Isabella in the fifteenth century.

The new Christian attitude eschewed knowledge of the body as it did nakedness and even cleanliness (Isabella urged Columbus to forbid the Indians in America to take frequent baths, as they were in the habit of doing).

And at least until the Italian Renaissance the Christian world remembered little of the Greek and Roman medical systems. These classical systems had, for instance, encouraged the baths as an important facet of daily and social life, but in Christianity these became the symbol of Roman degeneracy.

Even fresh air came to be seen as a carrier of unspecified evils, like the darkness. This passed into western medicine as a theory of infection which entirely disregarded the body's immune system. It was a medical version of the strong mediaeval theme that fate or providence was enacted outside the human being, implacably, not inside.

Latin populations continued to fear draughts of air and to sleep with closed windows until at least the middle of this century.

3. With the culmination of this body-eschewing theology in the statement 'I think therefore I am' in the seventeenth century, science in our sense, namely the study of substance without consciousness (called matter) began.

The Cartesian doctrine held that of all the phenomena in the universe only the human mind was linked to God and therefore intelligent in the proper sense. Therefore only the thinking mind was free, while what it studied was subject to mechanical law. Put in another way, everything outside the human mind (including animals, which could therefore be regarded as experimental material without 'real' feelings) was essentially not alive.

Western science is usually, for this reason, described as 'materialistic'. But this isn't an exact description, since all cultures have studied 'matter' as the basis of their knowledge. The qualifying characteristic of western science was that it defined matter as inert.

The medicine that derived from this doctrine began to see even the human body as a fixed structure acting under mechanical law, and therefore essentially mindless. It is in this sense that the Christians are said to have 'lost touch with their bodies', compared to the ancient peoples. Thus features of the body that defied this kind of structural analysis, like the breath, were simply left out of account, and it seemed perfectly sensible to study the dead body in order to learn about

the live one.

But in leaving out consciousness from matter the theorists also left out one of its most striking features, namely purposiveness, which kept on manifesting itself in nature.

Thus during the nineteenth century two opposed theories battered away at each other---that of inert matter acting under mechanical law, and that of a purposive force which defied and sometimes confounded structure, thereby altering it.

Despite the fashionable acceptance, in the twentieth century, of the evolution theory, it was the inert-matter theory which won in the popular mind and became an unquestioned tenet. When it passed into the educational system it ceased to be a theory born in the mediaeval mind and became a universal way of looking at things.

If asked what differentiated the human being from the animal most people, including scientists, would say 'They cannot think'. There is no evidence for this, though there is vast evidence to the contrary. But such is the force of the inert-matter doctrine that it has actually entered the westerner's perceptive faculties.

4. In a word, the mediaeval doctrine was highly cerebral, and naturally produced a scientific procedure so cerebral that it lost touch with natural processes. The result today is an environment manipulated to fit the cerebral structure, but hardly thriving on that account. In fact, the earth, the oceans and the atmosphere (including the creatures thereon and therein) have been hard put to survive.

The human body, in being treated as an inert substance, was naturally affected in the same way, and that it should forget how to breathe, namely lose touch with its lifeline, was also natural.

If we want to know what this feels like all we have to do is to become aware of our breath as we walk along and ask ourselves a few questions about it---as to what muscles it is engaging, whether it is fast or slow or deep enough. And within seconds we shall be lucky if we aren't choking and panting and in danger of going into hyperventilation. This is how the cerebral cortex feels about the breath---that it is a stranger, an unknown, an interloper. That is, the very lifeline of the organism is best left to an interloper. In the age of 'science' ignorance is still bliss where many basic functions are concerned.

The starting point of Oxygenesis is precisely here. It says that 'activated' as opposed to 'passive' breathing so overrides structure as to escape law and therefore chronology, especially in the matter of old age.

An emperor of China listened to his doctor describing the symptoms of old age, among them the depletion of the kidneys and the failure of sexual powers. The emperor asked, 'How is it that I see some courtiers before me who have reached an advanced age but are youthful in appearance and have full sexual powers?' The doctor replied, 'They have followed the right way, their breath communicates with the world.' That is, their breathing had passed from the passive to the active or 'bridging' mode.

For the breath is a lifeline in a much greater sense than the passive breather can realise. It can stimulate the organism to escape its tendency to fall into fixed structures, its 'passive' tendency, so that a persistent sense of new achievement is reached. The active breath is a means of receiving, while the passive breath is a means of ticking over.

5. Without activated breath no diet, exercise, healing system will have full effect. In advanced age all the exercise and intensive breathing in the world will not achieve longevity (i.e. full powers) or the successful combating of those 'villains' of senescence, the free radicals, if the breath is not metabolising the oxygen efficiently and laying in a store of the protective enzyme, superoxide dismutase (the 'heroes'). This efficiency is not possible with passive breathing.

The result is that millions die prematurely every year at the very time when the active breath should be initiating a new phase of life. Hence the bitter frustration of those who are retired just when they feel that their careers should rightfully be beginning.

This is especially tragic in the case of women who have devoted their early years to the rearing of children. For Oxygenesis, the post-fertility phase in a woman is the phase of fulfilment, and the fact that she is more often than not, even today, snatched from the scene soon after the age of forty, partly through a collapse in her own morale, means that the world is missing quite half of its creative potential. The female anatomy undergoes a change in the glandular system, after the fertility phase, which directly promotes this new energy, provided the social directive to feel old after forty is not obeyed.

This social directive arises from western medicine's analysis of the body as a fixed structure, which women as well as men have accepted for centuries past. This structure has produced the medical equation female = fertile. Of course it is a very serious matter when over half the race is removed from its rightful influence at the time of its greatest powers.

Entirely contradicting mediaeval analysis in this respect is the fact there are over 30000 women in the United States over one hundred years old, and the mortality rate among women is 60% less than among men. Women over

65 outnumber men of the same age by three million.

The myth that post-menopausal symptoms present a picture of senescence has long been laid to rest. But another myth survives (as strongly in women as in men), namely that sexual powers and interest decline in the post-fertility phase.

The evidence, on the contrary, is that in many cases sexual desire and performance may increase, or become more refined and selective. To break it down to its physiological parts, this means: 1) the function of the reproductive system is not simply to reproduce, and 2) the reproductive system is the physiological site of the creative function generally. Thus in the post-fertility phase the female organism passes from its reproductive role to a more generally creative one in precisely the same way as the male organism.

When ovulation ceases, estrogen and progesterone simply alter their pattern. Neither the hypothalamus nor the pituitary gland cease production. In fact they produce higher levels of ESH (the follicle-stimulating hormone) and the luteinizing hormone.

Also the female organism prepares itself for estrogen-loss. First, the adrenal glands produce more of it, together with the male hormone androgen (which is converted to estrogen in fatty tissue). Secondly, the ovaries continue to produce small amounts of estrogen and androgen too. 40% of the women in their post-fertile phase have estrogen levels as high as before menopause.

Estrogen-loss cannot be shown to cause hypertension, overweight, heart attacks, reduced hearing or vision, and other features of what is normally seen as senescence. Nor is it all certain even that the 'normal' or 'typical' menopausal symptoms---dizziness, 'flashes', headaches, numbness in the fingers---are in fact menopausal in origin.

The vaginal lining may thin but there is no clinical justification for calling severe thinning 'senile' vaginitis or 'atrophic' vaginitis, as the medical profession by tradition does.

Sexual desire is in fact governed not by estrogen but androgen, and this is produced plentifully in the female organism until advanced age.

6. It may not be accidental that 60/70% of the clients of Oxygenesis, in four countries, have been women. It is frequently the area of the reproductive system that leads women to seek guidance about the breath. The abdominal area may feel tight, 'neglected', vulnerable, unprotected, ashamed, hidden, in recoil. Childbearing seems to make no difference whatever in this respect.

Breath-activation is also the activation of that area, so that it 'joins' with the rest of the organism. Surface massage cannot achieve this. There has to be

the inner massage of breath-movement. The health not only of the reproductive system but the liver, the intestines, the colon depends on this. The massage is provided by the sliding movement of the diaphragm, which is designed to move into the two elastic sheaths protecting the lungs easily and smoothly. There are specific exercises for this, as we shall see later.

This is an example of where the breath makes it possible for the body to escape fixed structure. In the case of men, abdominal regeneration through the breath will achieve the same end of 'releasing' the reproductive system. Macho chest structures designed to assert 'I am fearless' simply mask 'I am fearful'. They may also lead to asthma, the swelling of the ribcage in emphysema, chronic congestion of the lungs through over-development of the thorax and paradoxical breathing. In women the same effects may be reached---the ribcage and shoulders swell to hide or compensate for the abdominal situation.

The fixed structure, however physically it may express itself, however unaware it may be, is in the last analysis mental. This is particularly spectacular in the case of advanced age. If the fixed-structure picture of old age offered in large part by the medical profession is adopted by large numbers of people, the story will to a surprising extent enact itself. The breathing will continue to be passive at the very age when, if activated, it would induce a new lease of life in the proper sense---a new creative role.

\* \* \*

g better level

In a cautious, but for many doctors revolutionary, article in the September 10 1982 issue of the American Medical Association Journal, Dr Walter M. Bortz 11, the 1983 president of the American Geriatric Society, came up with the idea that exercise in advanced years could, given optimal health, prolong life without difficulty to its Hayflick limit of 120 years.

It isn't, however, according to Bortz, the exercise per se that <sup>did</sup> does the trick as the fact that the organism's VO2 Max will be raised to the proper level. VO2 Max means maximum oxygen-utilisation capacity, or the capacity that transports oxygen to the cells. This normally decreases by about 1% a year. But it can be increased from 29% to 44% in 70-year-old people by means of exercise, thus regaining, in Bortz's view, '40 years of lost VO2 Max'.

His studies of maximum Oxygen-Utilisation Capacity were touched off some years ago by his observing that a limb kept in plaster for a considerable time ~~will~~ <sup>began to look</sup> look, even in a young person, withered and old. ~~Not~~ <sup>He also</sup> a young person who is bedridden will lose 10-15% VO2 Max in a matter of weeks. So, says Bortz, what withers the arm or leg is the lack of exercise, both local exercise in the limb itself and general exercise of the

was in

would be raised

of the body

Since a sport by his noticing that a limb

→ found that a bedridden young person  
will lose ... > *onward*

which if activated could come to the rescue of the atrophied limbs.

And reflected itself in the body, ~~but this is clearly~~ <sup>lean muscle declines</sup> in the old---but it does in the young too when they are bedridden. And in young and old it returns with exercise.

muscles are said to decline

Older people have trouble metabolising sugar glucose---but so do young people who are forced into inactivity.

At this point we should return briefly to the inert-matter principle. When imperial Rome was in decline, the new Christian ideas entered it as perhaps the most miraculous reactivation recorded in modern history. They saved the empire. Where the emperor had been the pope now was. Where political government was, spiritual government now was. The cross took the place of the eagle all over Europe. The Roman roads now linked domains and monasteries and churches.

It was inevitable that the new ideas should almost at once be seen in terms of power---imperial power. They were trimmed, codified and modified in such a way that they became an official body of ideas, namely an orthodoxy, while all opposing or even simply different ideas became heresy. The civilisation based on that imperial power became increasingly fixated in the orthodox/heterodox mode of discussion. The result today is that an increasing amount of research, even that strictly within the official precincts, is kept defensively at bay.

In answer to Bortz's researches into the connection between VO2 Max and longevity, Dr Robert R. Krohn, pathologist at Case Western Reserve University (Cleveland), said, 'It's pure crap.'

He added that exercise couldn't be shown to extend life-span (which Bortz had never claimed). He observed that blood vessels stiffen, the lungs lose their elasticity and collagen builds up in the tissue irrespective of exercise (which Bortz had never denied).

Dr Denham Harman, founder of the American Ageing Association, also took part in the 'discussion' and argued, as he had often done before, that it is the free radicals which play havoc in advanced age, namely the result of 'normal' metabolism. Bortz hadn't denied that either.

and the there was the result...

It is certainly no news that exercise doesn't prolong life. Laboratory mice exercised when young and immobilised when old, laboratory mice exercised only in old age and laboratory mice exercised all their lives tend to die at the same time.

So both sides in the argument seem to have some conclusive research behind them. Indeed, a careful look will show that both sides are right. Only they haven't decided on the common factors necessary to make even a discussion possible.

within the terms of their enquiry. And the medical enquiry was a

For instance, while laboratory mice tend to die at the same time, whether they exercised or not, their lifespans can be lengthened. If you removed a mouse's spleen in old age you can double the lifespan. You

could have superficial one - it accepted as

\* \* \*

Much ~~of~~ if not most medical thinking comes from the concept of mere 'matter', which ~~understands~~ began to exert an influence on the human mind ~~from the first appearance, persistence, which treated~~ from ??

Closed the door on the possibility of any departure for this notion. But medical 'science' has always been so slipshod that it frequently denied and confounded its own theories. And this was the case here. Laboratory mice used for medical ~~research~~ ~~tended to die~~ while they tended to die only as 'normal' ~~sheep~~ ~~leopard~~ ~~to~~ more people, ~~thereas~~ overlooking the fact that a majority of examples do not constitute normality at all, but was ~~only~~ a numerical preponderance. IV

could also

can lengthen the lifespan by injecting T-cells from young mice, and by drastically restricting diet. So the fixed-structure picture of an inevitable, implacable program of old age and death may be true as an observation of what happens, but not intrinsically true at all.

Dr Harman's statement, 'We are programmed to die. There isn't a whole lot one can do about it' has an ecumenical ring, *leaned on a self-chosen, and* →

\* \* \* 'medical'

What Bortz was saying---and his opponents disregarding---was that depressed VO2 Max is maybe a universal feature of senescence, and that it is this factor, rather than that of exercise, which should be extrapolated for further thought.

It is here that Dr Richard Cutler's gerontological researches into the role of superoxide dismutase (the protective enzyme that fights the free radicals) becomes important. He has conjectured that the human organism may be capable of laying in a store of this enzyme, but that such a store will be impossible if the organism is in stress.

This could mean that if we exercise in stress, or if, apart from exercise, we live in stress, the body will increase its VO2 Max through exercise but not benefit it in other respects, especially in the matter of longevity.

Stress is much discussed nowadays, and enters into much research. But rarely is it defined. For clearly it isn't the same as tension, though tension will often go with it. Tension is a defensive self-tightening. Stress is felt to be imposed from outside. Work conditions can be 'stressful'. Stress holds the attention. It differs from tension in being a mental fixity. There are conditions that make one set of people stressed and another set not so. The moment the mind takes an uncaring attitude to the irritants, which may require heroic effort, the stress ceases and peace sets in.

If, as some gerontologists claim, the problem of senescence is the problem of stress, it is surely for the reason that fixity of habit and outlook (supported by society's fixed judgement of the elderly as without function) increases with age in most people. When retirement is said to kill, it has become nothing but fixity. And the human organism thrives on constant arousal and change.

As structures multiply around us, and require self-structuring on our part, however temporary, the stress, like the strain in weak supporting beams, grows.

If someone who leads a life of strict schedule wants to know whether fixity has claimed him, all he has to do is to try to initiate writhing, undulating and twisting movements all over his body, and he will soon perceive that fixity is far from mental alone, and that it can invade the cells as surely as collagen or lipofuscin in advanced age. Indeed, these substances may well be regarded as

How much exercise we take,

Stress

Loher

described as a killer, it is because of the fixity & isolation it induces

if fixity grows = the stress, like the

much less science, i.e.  
sensible experimental work

1  
→ entirely bogus 'orthodoxy' quite  
as arbitrary as the claimed by  
religion, and Leavis far more in  
the church than with any sensible thinking,

and its historical ~~influence~~ moulding  
the western mind

which is in any case ~~not~~  
a utterly mistake for the  
start because the mouse  
or animal paradigm is  
simply not acceptable to the  
human mind. It is simply  
and exclusively ~~self~~ indulgence  
of human cruelty.

→<sup>2</sup> However well persons will  
accompany it.

→<sup>3</sup> We can self-manage stress sometimes, the known

the physical results of many years of unbroken fixity. *it's*

Here we can return to Dr Bortz and his observations about limbs in plaster. These limbs are so fixed for so long that they became aged in appearance, even in young people *a sixteen-year-old.*

*But* Apparently exercise alone isn't enough to dismantle fixity. Nor is raising the VO2 Max. They will increase quality of life perhaps, but the fixed program of youth/old age/ death will remain unchanged for as long as the organism has failed to find its liberation from the fixity.

*And* This liberation can only be achieved by arousal in repose, ~~This is the core of Oxygenesis.~~ If arousal is used to provoke 'primal' or cathartic shows of emotion it will fail in its effect. Indeed a new fixity will set in. Since the organism is always happy to form a habit, screaming for 'release' will become enjoyable. Far from any liberation taking place, there is new imprisonment. *walk*

Bodywork therapists have shown great confusion in this area. Many believe that by releasing or relieving tension they reduce stress. In fact they increase it in many cases. The result is that, despite growing public scepticism toward verbal or analytic forms of therapy, the analysts and psychotherapists continue to claim by far the larger and most loyal public. *once or psychiatric*

In Oxygenesis arousal and repose are induced hand in hand, and the one will not take place without the other. If activity---for instance, floods of tears---intervenes, as it often will in early sessions, the process is temporarily undone, for the simple reason that emotion has replaced arousal as the 'special effect'. Thought and emotion are treated as synthetic in Oxygenesis, the result of decisions that take place much deeper in the organism and which have no inbuilt power to resolve themselves. Eventually, in the Oxygenetic process, thought and emotion take a back seat. This is largely achieved, as we shall see later, by the amniotic state and the amniotic half-sleep that follows. This is the first signal that the reticular self is beginning to challenge the cerebral cortex for command. *3*

But if the subject is invited during arousal to express emotion or talk about his or her mother, the internal action cannot take place, and the fixity remains as it started, a cellular condition which no thought or emotion can reach.

Oxygenesis is really a home package for deconstructing the organism in minimal time, once the initiation-by-arousal has taken place. It requires no movement, no external props, only a place to lay one's head, and the power to breathe. It destructures principally by means of a process of elation.

This is why it is an excellent do-it-yourself kit for top performers, whether they are in politics, business, athletics or ballet. Fixity is always ready

namely by means of breathing alone

psycho

but in no sense is it a valid approach  
to the ever-moving body. Western (now) med. line  
for the corp CORPSE,

Insert 'medical record  
has always been extremely shoddy,  
if not due ↓ in accuracy which  
is 'experience' ~~INTEGRITY~~ ~~14 1/2~~  
~~power (a fact of the life)~~  
~~synthesis etc → 1/2/3~~

→ Give the primal-screen idea  
as fashionable in the 1970s, in  
California

2  
→ (show how Barrie & Beavers  
work - a Dicklette)

3  
→ Today the 'body', formerly thought  
an inert adjunct of the mind, is now  
acknowledged to be a need  
essentially for Roling through

~~It is not desire is desire for logic - a study which  
few doctors or experimts pay heed to. When will they  
It is thesis + antithesis synthesis of war (Hans) in place of  
we see a 'discovery' etc~~

to claim people at the height of their careers or powers, for the very reason that relentless schedules and goals overrun them.

The Oxygenetic system is designed not to release or remove tension but to perfect it, so that it comes about only in situations where it is needed. We cannot do without tension: it is one of our ways of accumulating energy. In the same way we cannot do without some degree of sickness. The ideal offered by many therapists of a perfectly balanced organism is simply the thought-picture induced by fixity. Most doctors know that people who are always complaining of little ills are seldom those who succumb to big ones. For sickness is nothing more than a natural system for destructuring, so that a new deployment of energy may be possible. The common cold is a perfect example. We notice that it tends to happen only when we have time for it, not when we are in peak activity.

Naturally, breath-initiation will eliminate most sickness for the good reason that destructuring is now taking place in another way. Still, it holds that the organism must, in order to maintain its immunological efficiency, do battle from time to time.

\* \* \*

In effect, then, Oxygenesis raises VO2 Max without exercise, and in conditions of repose. Since hair color is sometimes affected, it seems possible that this process succeeds in laying in a store of superoxide dismutase, for this enzyme is almost identical with the chemical responsible for hair color in the human organism.

Where the organism is failing to metabolise oxygen efficiently, or where too much is required (as in the case of extreme obesity), the protective enzyme will lose out. The immune system will falter (at any age), and optimal functioning is out of the question.

Where to breathe, how hard to breathe, what rhythm to breathe in, what inhale/exhale ratio to establish, these are some of the simpler factors involved in utilization efficiency. To the 'passive' breather they are of little meaning. Such a breather would, in many cases, be hard put to say why nose breathing is preferable to mouth breathing, and on what occasions mouth breathing is preferable to nose breathing.

He would opt, most likely, for the greatest fallacy today about the breath---one that was surely produced by 'passive' breathers: namely, that we should get as much oxygen as possible. And he would have most yoga teachers, aerobics enthusiasts, breathe-away-your-stress pundits, and perhaps most athletes, behind him. For most people seem not to know, and many doctors to forget, that oxygen is highly toxic.

INSERT FROM P. 13 1/2

Experiments

But what is ~~the~~ <sup>scientific</sup> ~~scientific~~ — medical or, as we say, 'scientific' (meaning <sup>no more than</sup> ~~to do with~~ <sup>in the time place</sup> ~~knowledge~~)? Experiments belong to logic, and then philosophy, but in its use has departed long since from the logical. It adopts <sup>one of</sup> the ~~the~~ systems of logic, namely that a 'thesis' (idea) plus an 'antithesis' (~~an~~ <sup>idea</sup> ~~idea~~ seemingly foreign to the first), and these together lead to a 'synthesis' or answer. That is to say, <sup>page</sup> all experiments (in any field whatever) must

~~begin from the point of view of an idea~~  
~~of the, however illogical or even foolish~~ <sup>this idea</sup>  
~~The usual idea is that the experimenter~~  
~~feels himself a kernel to be 'objective' —~~  
~~He reluctantly so, when it comes to~~  
~~sacrificing animals big and small to~~  
~~daily tortures and mind-the-clock misery~~  
~~and frowns. So it believes us to be~~  
~~little wags of those who are cold when~~  
~~it comes to experiments, especially when~~  
~~other animals. We are not a paradigm of the~~  
~~human one.~~

Concl > review P. 14A

If you have a fixed idea that you feel cannot be challenged because of your manifold experiments ('research') the idea will be the starting-point of your experiment. ~~Then, you will feed it into your experiment as the~~ it will be your thesis. ~~Then choose your act, then~~ if old age is of you, beyond all possible doubt, the inevitable fate of all humans, you will open your 'experiment' ~~this will be your thesis will be for you an~~ ~~unchallengeable thesis and a just a matter~~ this will be for you an unchallengeable thesis, to which you tranquilly join an 'antithesis' (exercise, breathing techniques) so that the

CHAPTER EXCERPTS

(FIRST DRAFT)

synthesis in answer will be exactly what you planned it to be, ~~a rebuttal of the antithesis. Thesis could make a experimental effort to prove same me~~ ~~to fail by taking as my thesis 'fast', putting~~ ~~with adding an antithesis called 'intelligence' and~~ ~~my synthesis would declare an unworkable~~ ~~concept~~ ~~labeled the exercise or special breathing~~ ~~make no difference to the old age factor. You find this~~ ~~are live negative, as we carried on with the utmost~~ ~~heartiness (called 'objecting' or 'detachment') or~~ ~~proved by your experience, simply because you have always~~ ~~proved~~

every day. Yet these

or the animals, who suffer unthinkably and whose bodies <sup>are simply not</sup> ~~participate~~ <sup>participate</sup> of the human body, ~~being~~ thus disabling the experiments from the beginning. It is why so many ~~untested~~ drugs, presented to the public as safe, <sup>have</sup> turned out to be seriously damaging and even lethal. The

So you may experiment with ~~beasts~~ <sup>animals</sup> ~~for~~ <sup>for their proper uses</sup> and experimental experimenters see themselves as 'objective', fixed solely on the experimental, not because they are in their normal mode of life healthier but because they have never looked into the nature of experiment, much less the logic that led to it, and regard it as infallible beyond all ~~criticism~~ <sup>prag</sup> reasoning nature.

There is the added difficulty the western medicine (now global) derives historically from the study of the corpse. Among Leonardo da Vinci's many forerunners practices ~~we~~ <sup>we</sup> at least was his study of the <sup>human</sup> ~~corpse~~. But like ~~the~~ <sup>the</sup> ~~animals~~ <sup>the human</sup> ~~corpse~~ <sup>corpse</sup> is simply not a paradigm of the ever-

moving and changing like ~~the~~ <sup>the</sup> ~~base~~ <sup>base</sup> ~~of~~ <sup>of</sup> ~~western medicine~~ <sup>western medicine</sup>

Even the use of surgery, <sup>is unwillingly</sup> ~~accustomed~~ <sup>accustomed</sup> to the makeshift conditions ~~of war~~ <sup>of war</sup> imposed by battle - <sup>war</sup>

→ ~~the~~ <sup>the</sup> ~~loaded~~ <sup>loaded</sup> ~~you~~ <sup>you</sup> ~~experiment~~ <sup>experiment</sup> with an unchallenged <sup>basis</sup> ~~method~~ <sup>method</sup> called 'sledge'!

which

In other words, ~~just~~ you make a full circle after ~~the~~  
~~called QED~~ a proof or demonstration ~~of the~~  
~~fact~~ has been demonstrated, ~~that is,~~ the answer  
you sought ~~was~~ determined to find ~~it~~ actually  
found. ~~do, in the~~ fact, yet.

QED for Demonstrandum<sup>x</sup>  
in logic is called 'Quod Erat Demonstrandum', the  
which was to be proved, meaning the. That  
~~fact or experience with will confirm me in~~  
~~whatever I feed it a experience will be that~~  
the experience ~~will prove~~ ~~their case~~ ~~show~~  
be ~~acceptable~~ ~~undeniable~~.

~~is a system fraught with self-~~ ~~contradictions~~  
is a system fraught with self-  
pitfalls and non sequiturs. ~~and~~  
The greater hope of western medicine was in  
the middle ages when Jews, Christians and Muslims  
were in close discussion ~~about their medical systems.~~  
Frederick and Isabella, in the rashest decision ever  
taken in Christian history, put an end to this ~~by~~  
banishing Jews and Arabs from Spain. ~~These were~~  
~~travelled to the~~ Arabs continued to supply Christians  
with ancient Greek texts, including Aristotle's famous  
'philosophy', which lay at the heart of the late experimental  
world and, even more, its treatment of animals, ~~thoughts~~  
of the very very form a context of ~~no~~ thoughts, since he  
is still, today, lodged.

There is ~~strong~~ <sup>much</sup>  
in the words / ~~is~~

~~But such is the misunderstanding of statistics~~

~~in medical theory the~~  
confusion in the medical world  
~~misunderstanding of the nature~~  
about  
of what we call 'statistics'.

~~This~~ equivalent to saying the asthma and  
other lung disorders result from pollution,  
~~and~~ malnutrition ~~and~~  
even happiness is a  
biological condition to be  
expected in all humans. ~~Therefore~~  
~~Statistics have in fact proved~~  
~~to be a disaster to general~~  
~~medical practitioners~~

underlies

→ The most famous, and usual, of these  
non sequiturs is the conviction <sup>in</sup> ~~the~~ ~~underlies~~  
conventional <sup>wisdom</sup>  
medical ~~opinion~~, ~~generally~~ that if you consistently  
find ~~the~~ certain symptoms, such as old age,  
~~ones~~ ~~occur~~ in the majority of humans,  
~~then it is an essential feature of the~~  
~~human organism.~~ ~~But this is a fatal~~  
~~error that is made~~ you can assume that it  
is ~~not~~ a biological feature of universal  
biology →  
feature of ~~the~~ human physiology. ~~It is~~  
This is a hopeless non sequitur, ~~which has~~  
bedeviled most medical 'experts'.

2

Myths about the Breath

In my experience, when you ask people what they think 'breathwork' is about, they generally tell you it involves deep breathing. It seems to them perfectly natural that we should breathe as much as possible, given that fresh air is so good for us. And we've all heard of 'shallow' breathing. The fact that shallow breathing (whatever ~~it~~<sup>that</sup> may mean) is considered bad seems to imply that its opposite, namely deep breathing, must be correspondingly good.

And it certainly does feel good to take in as much air as the lungs will hold (provided it goes in comfortably, which isn't always the case). One realises, taking such a breath, that unfortunately one doesn't do enough of it. Which makes 'breathworkers' necessary--- simple people who sit you down and make you breathe more. There can surely be no harm in that, though as surely there's nothing very complicated or clever about it either.

So the <sup>false</sup> story <sup>is</sup> is not deep rather than shallow, long rather than short, powerful rather than slight. <sup>is better</sup> ~~These~~ are the goals.

To most people it would <sup>also</sup> ~~probably~~ seem unthinkable that, on the contrary, deep breathing can be bad, and

shallow breathing not only highly beneficial but the normal and healthful pattern of the breath during times of repose.

It is an astonishing fact that people who have been overbreathing all their lives, either because they breathe with the wrong muscles or because they subscribe to the deep-breath school favored by aerobic enthusiasts, sportsmen and some yoga teachers, grow dizzy within seconds of beginning to breathe regularly in the thoracic area.

X

Logan

Western

They may have breathed heavily all their lives, and in the same thoracic area, but the moment they embark on regular breathing in a state of repose, that is without accompanying exercise, their brain fluid gives them urgent warning signals that something is wrong. Indeed it is. They are over-ventilating for the simple reason that most of their lives, despite (or rather because of) their mighty heaves and sighs, they have been under-ventilating.

That is,

~~Such people~~ <sup>such people</sup>, despite their efforts to fill the lungs to capacity, are in fact low in Oxygen Utilization Capacity, and it will take some time to adjust their organisms to the new supply. The <sup>value of</sup> ~~point~~ about this new supply, taken in repose and not in exercise, ~~is~~ <sup>lies</sup> not at all its quantity but the fact that ~~for the first time~~ it is being metabolised efficiently. For the chief fact to know about most 'deep breathing' is that it is done in tension, ~~the more~~ <sup>the more</sup> deliberate and controlled <sup>namely</sup> ~~it is~~.

Thus the deep breather is one and the same person as the shallow breather. If you breathe too little, you want to breathe too much. So you alternate between the two, with the result that the breathing never finds its proper autonomic level. The shallow breathing, that is the poorly metabolised oxygen, sets up a demand for more oxygen, which is then metabolised just as poorly.

The alternation between the two takes place because the organism simply couldn't survive on either of them alone.

\* \* \*

In yoga schools, encounter groups, Reichian and rebirthing sessions all over the western world people are invited to bombard their organisms with as much oxygen as they can take in, usually without directions as to rhythm, intensity and velocity <sup>and even</sup> of area (thoracic or abdominal), or whether through the nose or through the mouth. And even when there are directions ~~of this~~ <sup>of any</sup> kind they are frequently the wrong ones, with no valid or physiological principle behind them.

Id  
alone  
whether

But because the results of such strenuous breathing are more often than not dramatic, the oxygen-loaded clients are deeply impressed, believing that when they cry, tremble, feel acute anxiety or elation or depression or actual physical pain or partial and momentary paralysis, they are undergoing important changes, especially in the matter of 'getting rid' of 'trash' or 'garbage'.

(Tetanus)

Recently a young man who had confessed to many murders of girls said he always chose dark ones because his mother was dark---and he did it to get rid of his own 'trash'. But the fact is that the more you do certain things, the more you want to do them. The nervous system becomes habituated. This is partly its job, to adapt sensitively to new habits, and support them. Thus it can be habituated to strongly arousal breathing patterns; and the resultant drama, especially if the drama is enacted in a group, where the exhibitionist element comes into play, may influence the organism to live in a state of over-excitement.

And this can be a life-shortener. We have all noticed how over-excited people seem to burn themselves out easily. It is the same process. We have to

remember that when we breathe strenuously without exercise we are pouring energy into the body which that body wishes to use beneficially, if it can. But it must be given time. If we jump up or start talking about our childhood traumas or follow group directions we will not only disrupt that energy and render its full effects impossible, but we shall create for ourselves a new tension, though we may represent this to ourselves as a high state or as a cathartic reaction.

The moment, however, that we allow the organism to enjoy repose in the aftermath of strenuous breathing (first repose has to be learned, systematically), we realise that there is in fact no 'trash' or 'garbage' in the human system, only in our thought-processes, and that we have at our disposal a miraculously subtle, indeed perfect instrument which only has to be refined and realigned in order to work to our entire satisfaction.

This refinement must take place gradually, and over a period of at least ten weeks. Maybe even that period will be too short a time. If we fail to master the subtle elements of the breath before we move into arousal patterns we will have perplexing and distressing experiences, some of which may have a lasting physical effect. Mucal congestion may result. The organism may become so insensitized to breath that even arousal ceases to be achieved after a time. If there is panic during a hyperventilatory experience nausea or depression may continue for a week or more afterwards. And, above all, if breathing becomes associated by the organism with fright or panic, it may set up a protective resistance which will make even the simplest exercises a source of mental distress.

\* \* \*

A dog takes an average of 28 breaths a minute, a cat 24, a horse 16 and a tortoise 3. The higher the rate of breathing, the lower the lifespan. Medical

biologists have concluded that those animals with the smallest oxygen-requirements live longest (the tortoise, the elephant, the human being).

A human being takes an average of 15 breaths a minute, which is close to the rate of a horse. But the fact is that human lifespan is very considerably longer than a horse's. So there must be a difference in the way the human being metabolises his oxygen. He seems to make a little of it go a long way.

As rhinologists---specialists of the human nose--- have pointed out, there has to be a reason why our noses protrude while those of other animals, including our closest cousins, the primates, do not. And the apertures of the nose are by no means as big as they could be. Indeed, they are extremely small compared with the other canals designed for the transmission of oxygen---the windpipe and the bronchii.

And, narrow as these two apertures of the nose are, they seem to be designed more to encumber and inhibit the passage of air than to facilitate it. The inner surfaces are formed into three so-called turbinates, which are there, as the name suggests, to make the incoming and outgoing gases turbulent. They are protuberances shaped like shells and they determine the heat and moisture of each breath before it enters the lungs, in an exquisitely efficient air-conditioning system. Having lost their heat and moisture to the incoming breath, the turbinates are then warmed and moistened again by the hot outgoing breath so as to be ready once more to condition the next incoming shaft.

The fact that the human nose protrudes renders this air-conditioning efficient in two particulars, first, it ensures that the corridors through which the breath passes will be as long as possible, and, second, it ensures that the turbinates, being so close to the outer surface of the nose, will cool immediately after the inbreath has entered, and therefore moisten when

the hot outbreath comes through.

There must be sound physiological reasons, too, for the fact that the nose has two apertures and not one. Western researches have only just begun in this matter, though oriental breath-teachers argue that the apertures have different functions. The Indians refer to the right aperture as the 'sun' aperture, and the left aperture as the 'moon' aperture, while the Chinese refer to them as yin and yang, as we shall see later.

Thus, much evolutionary thought has been given to the human breath-mechanism. It seems that every attempt has been made, over the aeons of that evolution, to refine it, that is to reduce the need for quantities of oxygen rather than increase it.

This is why nearly all the exercises described in this book---as well as in the Oxygenetic process---require nose-breathing exclusively. As we shall see, the mouth is a 'special effects' aperture, required for a sudden rise in oxygen needs (as when we do strenuous exercise or have to respond to subtle messages from the nervous system by yawning, laughing, coughing etc). In Oxygenesis mouth-breathing is used on rare occasions for sudden dynamic effects, and then only as a climax to nose-breathing, and in very small doses.

Needless to say, if a person breathes habitually through the mouth, or heavily and irregularly through the nose, there will negative (but really protective) consequences in the form of lung congestion. Mucus is a device for protecting the air-sacs in the lungs against particles and bacteria and inflammation. It is an essential part of the immune system, clearing the body of toxic substances. And it is amazing what we can do to this delicate process by wrong breathing patterns. The whole immune system may in the end be affected---naturally, if the lifeline has ceased to be an efficient one. Allergies, constant colds (to facilitate the evacuation of toxic material in the stored and over-produced mucus), as well as more serious

conditions arising from the decline in the body's powers of immunological self-surveillance. Asthma is simply congestion glorified with a medical name which unfortunately induces its sufferers to think they have a 'disease'. What they have is chronically disturbed breathing habits. A sufferer once told me, with a certain amount of pride, that he had never once breathed through his nose, and was unable to do so. That is, he had never used the breathing machinery at his disposal, and couldn't benefit from the breath except in a minimal way, rendering it the thinnest of lifelines, instead of the greatest. Of course this affects not simply the immune system but growth, mental and physical. That this person was small and in constant mental distress was no surprise. Yet he scorned the very idea of breathing exercises. This is perfectly logical, for he had never tasted the fruits of proper breath, but regarded it as a deadly strain, a source of panic and fear, a lifeline that threatens constantly to be cut, so weak is it.

Yet where the air-sacs are still elastic, however encumbered with mucus, the asthmatic condition can be coaxed away, gently and patiently, over a period of months or perhaps years.

\* \* \*

In the same way, smoking arises from chronically passive or traumatic breathing, a simple inability to use the breath-machinery in its subtlety and precision. The act of smoking really imitates proper breathing, and arises from a deep frustrated desire for the liberating effects of proper breathing of which the organism, for one reason or another, has been starved since childhood.

Of course smoking creates dreadful havoc in the lungs. We have 300 million air sacs in the lungs, all of which should inflate and deflate regularly to

admit oxygen for the surrounding blood capillaries, and to eject carbon dioxide from the capillaries so that it may be breathed out. Not only does the smoke paralyse the air sacs, so that they no longer inflate or deflate, and lose their elasticity for good (emphysema), but it has a decimating effect on the millions of hair-like cilia which by means of a constant waving motion shift mucus from the lungs to the throat, either to be expectorated or swallowed and passed out through the digestive system.

A smoker will often, in the act of smoking, make an exhale such as he never normally makes. The smoke-inhalation, too, may be incomparably better than his usual inhalations. Thus it is his chronically 'turned-in' or passive breathing habits which have to be corrected, not, in the first instance, the smoking habit itself. Smoking is a substitute for the pleasures of breathing, or rather an attempt to enhance them; and once these pleasures have been mastered the habit simply falls away, as an inhibition of pleasure, precisely as it was once the opposite.

Also smoking does offer the nervous system--- when depleted through inefficient breathing---momentary freedom from a customary, if hidden, state of fret and isolation. For, just as the activated breath may be said, in the words of the Chinese emperor's doctor, to 'communicate with the world', so chronically passive breathing patterns create a sense of <sup>lone-ness</sup> ~~isolation~~, for which smoking offers a temporary bridge or lifeline. Therefore the smoker frequently experiences detachment, concentration, timelessness when he smokes. The fret abates.

In this he is the cousin of the heavy breather, the deep breather, the mouth breather. The same assault is made on the delicate air sacs. Mucus

congestion is the usual result, especially in the case of the mouth-breather. The bronchii can become inflamed, through constant unnecessary dilation, and the body's air-conditioning and filtering system <sup>is</sup> bypassed. *in the nose*

So the concept of taking in as much oxygen as possible, at all times, is against the very structure of the breathing apparatus, which has provided, first, a highly refined air-conditioning and filtering service, and, second, lungs so elastic and extensive that they will respond to every signal from the nervous system with an instantaneous adjustment of the breath. The neurotransmission activity in our brain is said to be more complicated than what would take place if everyone in the world was in simultaneous and constant telephonic communication with everyone else, with world-order depending on an instantaneous exchange of information, and the instantaneous power to translate this information into action. The lungs are the chief support of this action. Not only are they elastic, they cover a huge area despite being contained within the ribcage. If flattened out they would cover the floor of a small apartment. There have to be many air sacs because of their delicate construction. They are so tiny as to be invisible to the eye, and their walls have to be sufficiently thin to permit oxygen to enter the blood capillaries, and carbon dioxide to be received back.

\* \* \*

There is the question, too, of the toxicity of oxygen when the human organism-metabolises it.

For one thing, the so-called free radicals, the 'villains of advanced age', as many gerontologists see them, are produced by this metabolism. As age advances, these molecules start winning their fight against the

protective enzyme, superoxide dismutase, which is also metabolised from oxygen.

Either we produce ever smaller doses of this enzyme as we grow older, or we lose the power to store it in quantity. This allows the free radicals to settle on the body's fatty acids and produce lipofuscin<sup>1</sup>, a pigment that can occupy as much as 30 percent of the human cell, thus rendering even more inefficient the oxygen/carbon dioxide exchange, this time at the cellular level, to and from the bloodstream.

Fixed-structure thinking says that this process is 'programmed', indeed is simply the natural process of growing old, in chemical terms. But it doesn't in any way account for this process---in chemical or in any other terms. Leonard Hayflick established that the human cell can divide and become two fifty times in all, before it dies. That gives us a cellular lifespan of 110/120 years. How is it that we invariably fail to achieve this Hayflick limit? And how is it that so many thousands do achieve it?

The medical claim is usually that longer lifespans are due to genetic or special characteristics. But these 'special' characteristics are precisely the ones we have to examine so that we may extrapolate them and use them for the race as a whole. For an increasing number of people find it ridiculous to retire at sixty or sixty-five, and become aware of a 'second wind' which, because it has no place in fixed-structure medicine, frequently deflates <sup>in self-defense. But</sup> the problem won't walk away <sup>(\*)</sup>.

~~However~~ <sup>Already</sup> By the year 2000 every one in two Americans <sup>was</sup> will be over 50. Twenty years after that, <sup>in 2020,</sup> every one in two Americans will be over 65. Perhaps it will <sup>then</sup> be seen that the <sup>longevity</sup> utility-ceiling which society sets for the human being is in large part the determinant of this lifespan. <sup>He feels old age creep up on because the doctors</sup> →

So far no one has proved that exercise improves the enzymic situation in advanced years, though invariably

---

1. Lipo = fatty, fuscus = dark, dusky.

→ <sup>have</sup> ~~have~~ taught him about it for the age of <sup>twenties</sup> ~~thirty~~ n  
s (don't forget you are in high 20/25/30/35').

it improves health and quality of life. The lifespan tends to remain unaffected. Dr Richard Cutler, the gerontologist, maintains that the key to producing or storing large quantities of superoxide dismutase may well lie less in exercise per se than the attainment of repose, which in people of advanced age is no easy matter, as they their fears grow into ~~terrors~~ terrors.

This is where Oxygenesis comes in. It makes a clear distinction between muscular relaxation and the state of repose. It says that you can be relaxed outwardly but hypertensive, and that while you may habitually relax yourself from the outside in (that is, in the muscles) you can only achieve cellular or primal repose by relaxing from the inside out, and for this certain breathing patterns are essential.

Now during the Oxygenetic process hair color may change, and gray or white hair gradually disappear. This will take two or more years, and requires steady breath practice, as well as exercise and the right dietary principles. Superoxide dismutase is closely linked to the chemical responsible for hair pigmentation in our organisms. Thus certain breathing patterns practiced in primal repose may indeed lay in a store of the protective enzyme, and affect longevity where exercise alone cannot do it. Of course doctors are perfectly correct to point out that sudden exercise at an advanced age may produce a heart attack. That is, until tension is reduced and VO2 Max gradually raised, exercise will not be beneficial.

When we breathe forcefully without guidance, when we suddenly bombard the organism with vast quantities of oxygen, when we habitually breathe in a heavy and grabbing way, when we fail to exhale sufficiently, when we breathe with the wrong muscles or in the wrong rhythm, when we breathe to get heightened effects without having first secured breath-initiation, we are trying to jump the repose-finding phase, with the result that the organism may suffer many of the distresses associated

with acute stress.

The exercises in this book are designed to set that repose principle in motion, through the breath, because it cannot be broached in any other way. Once primal repose has been achieved, strenuous forms of breathing, without movement, may be undertaken safely, and the ecstasies and sense of mastery to which they lead may be enjoyed and utilized.

Oxygenetics

---

1. In Oxygenesis this means not relaxation but the internal destructuring process. This is why it is frequently difficult of attainment by people of advanced age.

2.

Understanding the Bellows

There's another hoary myth about breathing--- and this one is upheld by the American Lung Association and the respiratory departments of most hospitals. Breathing, it says, just comes naturally. You don't have to think about it. Indeed, the more you think about it the more likely you are to disturb it. So the best thing is to leave it in the dark, rather like a comfortable superstition.

In fact the opposite is true. While thinking about it may put the breath at odds with itself for a few moments, not thinking about it, especially in these days of oxygen-shrinkage in the atmosphere and increasing respiratory problems, is downright dangerous.

No, the breath has to be thought about, but in the right way, with the right information. Being both a voluntary and involuntary function, it gives us a perfect opportunity to make our thinking fruitful. That is, a new breathing habit adopted consciously and deliberately will with training become autonomic. So all we are doing when we voluntarily think about our involuntary habits is revising and reforming them so that, once relegated again to the involuntary

function, they are no longer 'passive'.

\* \* \*

Our bodies are equipped with a two-part bellows system in which the two parts are interactive and interdependent. And it is on the way this bellows system is used that the efficiency of our breathing depends. Certainly no breath-activation is possible without an awareness of this muscular structure, and without flexibility in its use.

The two parts are the ribcage and the abdomen. We may call the ribcage, worked by the two-layered intercostal muscles (one layer for contraction and the other layer for expansion) our special-effects box. Its ability to expand and contract at a moment's notice means that we can---to take one 'special effect'--- jump up from bed and within seconds be consuming 100 times the oxygen we needed when lying down: we need that for jogging.

The ribcage is therefore rather like a concertina, its axle the spine. Like a concertina it sucks air into a vacuum when expanded, and emits air on contraction. As we shall see later, the intercostal muscles work in conjunction with the diaphragm, a dome-shaped muscle which rises in and out of the chest cavity, separated from it by two layers of tissue called ple<sup>u</sup>ra, which act as a protective, smoothly yielding wall against the diaphragm. Thus when the diaphragm rises into the chest cavity it gently closes the concertina so that spent air is emitted, and when it draws back into the abdominal area again it opens the chest cavity to create the vacuum to suck air in.

We don't actually see this diaphragmic movement from outside, except in so far as it makes the ribcage or the abdominal area rise or fall. And at this point we have to notice a peculiarity about this arrangement which is precisely the thing that make the ribcage a 'special

effects box'. When we pull in the abdomen, that is contract the abdominal muscles, we make the diaphragm rise into the chest cavity and emit spent air. When we expand the abdomen we draw the diaphragm down again to recreate a vacuum. But there are occasions when we contract the abdominal muscles, that is move the diaphragm into the chest cavity, not to emit air but to draw it in. To make this possible, the intercostal muscles must come into play. They expand the chest as we inhale. Thus the diaphragm is actually inside the chest cavity while we are inhaling---the reversal of the normal process by which the same operation means emitting, not admitting, air. It is this apparent contradiction that create the special effects. We inhale against the diaphragm when we breathe high in the chest. Paradoxically, this allows a great charge of oxygen when it is needed, and clearly the fact that this charge enters the upper rather than the lower lung determines the 'special' nature of its effects.

This will become clearer in the course of the exercises. All we need to note for the time being is that the ribcage or thoracic area must be differentiated from the abdominal area because of the difference of effects. It is a matter almost entirely overlooked by the medical profession, and even by breath teachers. We cannot use one area to achieve the effects of the other. Mixing and confusing the two is the source of all the disturbed breathing patterns known to man.

\* \* \*

Another special effect of the 'special effects box', apart from allowing a sudden increased charge of oxygen, is arousal. When we find ourselves in a dangerous situation, and feel under immediate physical threat, we gasp with an open mouth. That is, we need to increase oxygen supply at once. Simultaneously our

abdominal muscles contract, our shoulders go slightly higher and our other muscles tense. All this means that the breathing is now high in the chest. We are ensuring that we have maximal energy available for 'fight or flight', as the psychologists have called it. To facilitate this, the bronchii in the lungs dilate to make the oxygen passage even easier and more plentiful, an extra supply of blood is sent to the skeletal muscles, and the heartrate increases.

We could even call the ribcage the arousal area, and the abdomen the vegetative. The ribcage is the place where intense regular breathing will induce heightened states, a sense of receiving objective messages 'from outside', a buzz of inner electricity, a sense of great self-command, an illuminated or mystical state. These are some of its marvellous repertoire of special effects.

The mouth is designed to be used only in conjunction with these special effects, since all emergency needs for extra oxygen-supply will involve the chest. For instance, when we yawn it is the intercostal muscles that come into play. When we cry, too, the breathing will rise into the thoracic area and the person crying will give the impressions of 'heaving' with the shoulders. Laughter, shouting, sneezing, coughing all require a similar action, because they too are special effects.

Clearly, thoracic or ribcage breathing has something to do with excitement, while abdominal breathing, relying as it does on the soft movement of the diaphragm into the chest cavity, without the use of either the intercostal or abdominal muscles (we only deliberately expand or contract these in order to admit or emit more air than usual), has something to do with calm.

It is so untrue that breathing just comes naturally that a vast number of people (and they may well be on the increase) breathe, as the doctors say, paradoxically. That is, they breathe habitually in the special-effects area, the area of excitation, and

almost never in the calming area. Yet when they were born they were obliged to breathe in that area, since their thoracic or intercostal area had not properly developed. Thus if we observe animals and small children we shall see the smooth rise and fall of the abdominal area in sleep, punctuated from time to time by a long sighing and stretching breath which involves the ribcage so that the upper lungs will not fail to be exercised in the eight or so hours of immobility.

The effect of paradoxically reversing the right breathing process is of course most traumatic for the organism. Even in sleep the matter remains uncorrected. And, paradoxically again, the person who breathes in this way feels starved of air. The result is constant gasping and heaving, and despite the heaving no sense of relief. The abdomen becomes a 'forgotten' area--- and with it perhaps not only sexual but creative energy. For the paradoxical breath is the most passive of all passive forms. The abdomen may feel over-vulnerable, raw, sensitive to touch. Insomnia, constipation may be frequent because the quiet inner massage of the abdominal breath is missing. There will be continual undercurrents of fear and foreboding (which belong, of course, to arousal). And a tendency to over-excitement (often pleasureable) will sometimes be the result. Ask a paradoxical breather if he or she has experienced unaccountable mystical or heightened states and the answer will invariably be yes.

\* \* \*

Although we use the expression 'abdominal breathing', and though the abdominal muscles are from time to time involved, what we are really referring to is the simple rise and fall of the diaphragm that takes place invisibly. This causes the abdomen to rise and fall. So we often call such breathing diaphragmic.

safely

# The miracle of the breath BREATH TAKING MOMENTS

Breath

~~A guide to safe guide to the~~  
~~activation~~  
~~A guide to breath initiation~~  
A guide to

It was perhaps also 1984 that I hit upon the name 'oxygenesis' to describe my breath recommendations — named 'with thought of the use of oxygen. But I never thought to protect the title ~~with~~ with patenting it. Now if you go to Google & tap the word you will find hundreds of entries, with very variation in quality on the word, and ~~its manner of being written~~ ~~the way of the word~~. But it is mentioned ~~as one of the~~ systems are mentioned — the word I have been obliged to find a new word.....

~~The word of oxygen.~~  
.....?

~~New breath~~

OX initiate  
OX initiation

Oxyignite

Oxyinitiation

Oxyinitial

~~With~~

Oxyinitiation

Oxygni

~~breath~~

Excerpt 'Breath-taking moments'

P. 49 'When people ...' to P. 50

~~... in which the animals live.~~

~~Penny Patterson~~ 'of the famous Koko, the  
gorilla [who <sup>INSERT</sup> lived not far south of San  
Francisco <sup>INSERT</sup>] and learned the American ...'  
to ... Penny Patterson!

## Excerpts Hellborn the Clown

From P. 5 'On the evening of Good Friday ...

looking into each other's eyes ...

From P. 17. 'On the mantel in ...' to P. 22.

'you and Hellborn' + ZA '... de la Fête when  
your name is mentioned.'

↳

# Excerpt Breath Taking Moments

over a period of 25 years and in various countries -

People have called <sup>me</sup> 'breath master' and indeed it is true that I have 'taught' the breath - in Britain and in France, the USA, in Sweden, he is true to me <sup>as</sup> a master of the is greater new and unpredictable, a 'teach' the ~~is~~ ~~is~~ ~~is~~ ~~is~~ a secret within oneself, a presence, the grows, astonishes, is forgettable - values to be forgotten for long.

To MENTION LEONARD

ORR - I knew <sup>him</sup> in London - and indeed we were the main body I felt toward him. It was his initiative - a written, his called 'James' did the actual job - in RR's Carl Lander, the had me to wife the I learned with the belief primary one I had been practicing for many years, about 20 years, and discover the meaning, of the body, of prana, in the divine ~~element~~ <sup>center of</sup> ~~element~~ ~~into~~ oxygen. →

Some Chinese breath teachers say that women habitually breathe higher than men, more diaphragmically, so that the lower wings of the ribcage make a slight spreading movement. This, some people think, is nature's way of facilitating pregnancy conditions. But it is difficult to see how the lower lung can be fully ventilated unless the diaphragm descends fully to make a vacuum for it. And in my experience women breathe in precisely the same area as men when in deep repose, provided of course that the breathing pattern is proper.

This soft and gentle form of breathing connects with the parasympathetic nervous system and the autonomic functions---the digestive and reproductive processes. This is why there will seldom be a change of awareness after abdominal exercises. In the Fire Exercise (described later), the cheeks will frequently flush, tingling or rawness will be felt in the glands of the neck, and there may be some heat in the lower back. But there will be no arousal effects unless the breathing is taken to the point of hyperventilation.

For the abdominal area is where we live, where the unconscious physical processes and immune system are served. Regular breathing in the abdominal area will at once influence the PH level of the blood, after excitement or trauma.

The 'special-effects box' on the other hand connects with the sympathetic nervous system (fight-or-flight) and with the neurotransmitters. Naturally, if breath-teachers begin initiates with this special-effects area, provoking powerful arousal before bellows-flexibility has been attained, some harm may be expected in the form of restless sleep, fear, cramps etc. And the problem which the breath was designed to clear up will not only remain but be exacerbated.

The reason for this is that the bellows system

depends on repose for proper functioning, that is, the soft and yielding movement of the diaphragm which can be relied on to take place even in sleep. Without bellows-flexibility this is impossible. The organism cannot experience primal or cellular (as opposed to muscular) relaxation---naturally, since the lifeline isn't in full function.

And only by being combined with a state of repose will arousal breathing stimulate the immune system to do its silent and invisible work of repair and prevention. When the breath 'hooks up' with this state, Dr Macfarlane Burnet's immunological surveillance becomes a reality which can be felt and observed. For the body experiences warm, tingling sensations, or sharp spasmodic pains, or dull throbbing aches precisely where therapeutic work~~s~~ needs to be done. The immune system is indeed 'surveying' the whole field of the organism and---what is even more remarkable---choosing its therapeutic priorities, beginning with the more urgent<sup>ones</sup> and ending with the least.

Some years ago I <sup>gave breath sessions to</sup> ~~worked~~ with a young psychoanalyst in Rome who <sup>had</sup> ~~had~~ been involved in a car accident several months before. In the second session he experienced acute darting pains in many parts of the body, and these <sup>came</sup> ~~were~~ in what seemed to him a definite sequence. When I asked him if he could account for this he replied that the pains felt like a 'fleeting recall' of the blows he'd received in the accident, except that he was now aware of the fact, through this recall, that he'd been hit in many more places than he'd previously realised. Also while experiencing the darting pains he was aware of a pleasureable component as well, a sense that healing was involved. The only pain to persist in later sessions was in the head, where he'd received the <sup>most</sup> ~~great-~~ ~~est~~ injury. Finally this disappeared too.

Reichian

If a therapist nudges his client awake at the <sup>moment</sup> ~~very~~ <sup>when</sup> ~~point~~ where this process is beginning---on the

grounds that sleep or drowsiness represent ~~to~~  
~~follow the Reichian model~~ 'resistance', this  
miraculous process, based as it is on a superb electro-  
magnetic self-management system, cannot take place.

Reichian

And an exchange of words about phallic narcissism or  
uncompleted mother-severance will not substitute for  
it.

I've <sup>have</sup> heard of Rebirthers <sup>who,</sup> using a simple arousal  
technique, <sup>e</sup>urging their clients to 'breathe---just  
breathe', without instructions as to how or where. <sup>^</sup>  
Thus they ~~will sometimes rebirth a person~~ <sup>some people</sup> in the  
abdominal area <sup>but</sup> where <sup>can</sup> no arousal ~~will be effective.~~ <sup>will do with</sup>  
<sup>take place</sup>

Rebirthers

And many <sup>^</sup> will, <sup>^</sup> like some Reichians, use the mouth <sup>from here.</sup>  
instead of the nose, a disastrous proceeding in the  
early sessions, especially if the client has been  
breathing paradoxically most of his life. The toxic  
situation (which there must be, as a result of ~~the~~  
paradoxical breathing) is worsened, and a form of  
COPD may even come about, if the production of mucus,  
designed to protect the sensitive air sacs against  
inflammation, becomes too great.

I've <sup>have</sup> even heard of a licensed therapist urging  
his client (another licensed therapist) to raise both  
the abdominal and thoracic area for an inbreath through  
the mouth, which is a sheer physical impossibility.

Some Rebirthers and <sup>psycho-</sup>therapists will shake  
a client awake just as he is entering a state of deep  
repose---because they believe not in the power of the  
breath to effect changes in the organism but in the  
power of the <sup>awake</sup> cerebral cortex. On the contrary, it  
is the cerebral cortex that must be <sup>^</sup> 'dethroned' from  
its attempt to monitor and control processes it has  
no power over. As we shall see later, it is the →  
reticular self that must be given its rightful and  
natural command of the organism, through the breath.

with a Ridda warship to keep the lips  
sealed (hence the word 'hermetic' as  
1962 went to Yesudā in 'hermetically  
sealed!

1980

6,2

18

and never shall I...

such things always...

wiping away the tears that collected in little pools  
in my ears. I have never revealed what I experienced

you, for eighteen years, so that I was  
to say the least, ripe to take over the  
most drastic breath. During the two hours  
of which I lay there I wept copiously  
with joy and some conlined, while  
still prone on the couch, uttering still,  
my eyes closed, and I remember Janabai

whose chosen name was Janabai, and in  
the two hours of her first session with me  
in Earl's Court in London, my life ~~was~~  
underwent ~~some abrupt, and~~  
a deeper change than ever before. By  
this time I had been doing daily  
pranayama, taught me by my Indian

→ Nevertheless Leonard Orr, who invented  
rebirth, is a most remarkable man. He  
launched an attack on the breath, and an  
assault on the superstition of old age. That  
brought extraordinary discoveries, a ~~new~~  
revolutionary enlightenment, to thousands of  
people. I know what this meant because  
I was one of his beneficiaries — I was  
rebirthed by one of his ~~closest~~ <sup>closest</sup> associates,

Thus, as my Indian friend warned us, <sup>never</sup> ~~we~~ lie down then panting heavily. ~~from~~ ~~the~~ ~~exercise~~

14.

How to do it

To acquaint ourselves with the bellows system we should lie down in a quiet room and settle ourselves. Settling ourselves means, in breath terms, getting rid of what the doctors call the 'oxygen debt' created by exercise (even the smallest exercise, such as walking from a chair to the bed). The debt is what makes us go on breathing heavily after we've stopped running: the exertion has created a need for extra oxygen which the breathing apparatus must satisfy before the body can once more enjoy repose and minimal breathing.

When we no longer feel the need to take slightly longer breaths than usual we should take a fairly full (but not complete) breath and hold it.

With the breath held, we should retract the abdominal muscles and simultaneously expand the ribcage, thus:

BB1



Almost at once we should reverse the operation, contracting the ribcage and expanding the abdomen, thus:



And we should continue alternately raising and lowering each area until we feel the need of another breath.

This exercise must be done with the breath held. The moment breathing begins (and at first you will find it does, involuntarily) it will assume autonomic control of the muscles. After all, it has had a lifetime of command in this respect. And it is precisely this command that the exercise is challenging.

Frequently the two areas will become confused and lose touch with each other, with uncertain, spasmodic movements, especially if this is the first time the two sets of muscles have been formally introduced to each other. Like two neighbours who have been living side by side for a lifetime and are suddenly presented to each other, they may experience a moment of dizzy confusion at the confrontation.

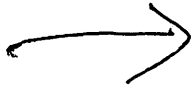
A minority of people simply will not be able to move the areas independently of each other at first. Sometimes the areas will refuse to move at all. The muscles may be impossible to control, quite as if the cerebral cortex had atrophied in part of its motor function.

The two areas may be so locked together, so inextricable one from the other, that it may take weeks of practice to achieve the minimal flexibility.

But without bellows-flexibility there cannot be proper breathing. The special-effects area will be confusing its work with that of the vegetative area, and vice versa. Indeed, the whole body will reflect this stiffness, and the immune system will be functioning at lowest capacity.

It is indeed such a simple exercise that many of those who practice it will think it too simple to contain the secret of a wholly changed life, though this is what it does. Dancers, athletes, singers, top performers in every field may find to their

surprise that their muscles are not immediately responsive to each other, and that therefore their breathing patterns have not been supplying a full service to the organism.



In approaching the breath for the first time we should first become aware of the subtle and manifold ways in which the central nervous system is modulating ~~it~~ to adjust toxic flow, emotion and energy expenditure.

their breath

To anyone trained to watch and hear the breath, every trauma, doubt and anxiety is written ~~there~~ in the sound, the rhythm, the volume and the regularity or otherwise, as well as in the bellows movements.

staccato nature of the breath

Coughing, sneezing, sighing, laughing, crying, gasping, yawning are <sup>all these</sup> effects produced by the nervous system so that the <sup>body</sup> organism may deal optimally with its ever-changing transactions with the outside world.

Breathing needs are signalled by the nervous system through the respiratory center near the center of the brain, and also through the tiny aortic and carotid bodies on the major arteries. The oxygen/carbon dioxide exchange is <sup>in this way</sup> attentively monitored.

In this epoch, responding as we are obliged to do to all kinds of stressful environments, <sup>aid to positioned air,</sup> we require the constant use of emergency-systems, some of which may involve a chronic malformation of the breathing

the makes survival

patterns, a loss of all sense of what 'natural' breathing is, so that the organism may <sup>align on</sup> find a mode <sup>of breathing,</sup> albeit a twisted one, <sup>align</sup> of surviving in desperate circumstances. 'Grabbing' the inhale with open mouth is perhaps the most common of these strategies.

possibilities

A person who has lost his or her mother in childhood may express an undercurrent of sorrow or anxiety in a 'braked' outbreath or a sudden panic-stricken gasp for air which may interrupt sleep or impel the

sleeper to sit up, eyes staring.

Our emotions are a language by means of which we can observe just how subtly the nervous system plays on the breath.

When we cough we unconsciously squeeze our windpipes to an eighth of their usual size so that we may then emit spent air with such force that it will carry unwanted particles and bacteria with it. The speed of the wind through the windpipe during a cough is five hundred miles an hour. A sneeze achieves a similar effect but incorporates the nasal passages, that is the filtering system, as well.

When we yawn we open our mouths to draw in more oxygen than usual, and probably our bronchii dilate as well. We then exhale the breath in an unusually long sighing manner while simultaneously relaxing our muscles. This is in order to facilitate sleep or prepare for new energy-expenditure. When we laugh we expel air in sharp bursts, breaking up the exhale in such a way that there are a series of abdominal contractions, which send the diaphragm repeatedly into the lung cavity to facilitate the shunting outbreath. If laughter is a powerful health-aid it may well be because the exhale is a detoxifying action, and that its forceful emission has something to do with the body's production of endorphins.

In the case of neurosis 'shallow' breathing (let us accept the ambiguous term for <sup>a</sup>the moment) is designed to reduce emotion, as Wilhelm Reich cleverly observed. Strong breathing creates strong emotion, and in the <sup>neurotic</sup>~~neurotic~~ strong emotion creates strong anxiety, which the organism must therefore avoid.

~~When~~ In acute distress we cry. That is, the nervous system attempts to reduce emotion by squeezing the bronchii (in an opposite movement to that needed for arousal <sup>and</sup> yawning etc), thus limiting oxygen-supply, while simultaneously ~~producing~~ <sup>setting off</sup> a discharge-reflex in the

↓  
setting off

I hear so many singers  
whose voices are untidy, and  
uneven, with sudden harsh  
throatiness and unexpectedly  
graceful high notes. Voice  
full of contradictions ~~the~~ ~~the~~  
~~simple~~ ~~is~~ ~~the~~ induced by  
a kind of catarrhal thickens,  
and the slightest breath  
inhalation may transform all —  
and we indicate a ~~very~~ non-musical  
daily diet.

*subided*

eyes. Only when the emotion has been ~~reduced~~, and the convulsive heaves (attempts to take breath against the constriction set up by the bronchii and the throat) have ceased, will the nervous system permit us to return to normal breathing.

\* \* \*

But what is normal breathing?

Really it is the breathing adequate for the needs of any given moment. There is no one breath. As we have seen, the nervous system is constantly modulating it for changing circumstances.

*The rhythm of the breath*

On the other hand we do have long periods of repose and sleep, and during these periods the breath must be the right one if we are to glean from <sup>sleep its</sup> ~~it~~ the full recuperative and regenerative effects. ~~So there is a basic breathing pattern.~~ And we can say that it has to be in the abdominal region, since in repose we won't be seeking special effects ~~unless it is a sneeze or a sigh or a laugh,~~ in which case the thoracic area is momentarily involved.

~~So here is a basic breathing exercise, which should follow the attainment of bellows-flexibility.~~

Lying down, we should ~~now~~ practice raising and lowering the abdomen without moving the ribcage. At first we should do this, ~~as we did the flexibility exercise,~~ while holding the breath. ~~This will make the exercise relatively easy.~~ The moment we incorporate the breath, however, the ribcage may develop ideas of its own and move with that breath despite all efforts to control it. This simplest of all exercises frequently shows people how little command of their own muscular structure they have.

BB2

~~Incorporating the breath in this instance means breathing in as the abdomen rises, and breathing out as it falls.~~ There should be no use of the abdominal muscles in this. It should feel as if the breath is

*for the outbreath.*

breathing  
→ will be abdominal, although there may  
be times in the night when an extra charge  
of oxygen becomes necessary, and then  
rescue will be had to the chest area.

- raising and lowering the abdomen, from inside. This -  
- isn't far from the truth, since the movement of the -  
- diaphragm is what determines abdominal movement in -  
- this case.



Sometimes we shall need another person to observe whether the ribcage is moving, because our breath is locked so deep in involuntary habits that it goes its own way. Tying a scarf round the chest may help us to eliminate movement gradually. This movement may be a slight rise of the ribcage during the inbreath or a kind of surreptitious kickback effect, hardly perceptible, just after the inbreath.

To help ourselves in this respect we should take a gentle breath in the thoracic area from time to time, so that the bellows-system, unused to discipline, may feel no restiveness.

At first, in this exercise, we may have a strong sense of constriction, particularly if we have been breathing paradoxically most of our lives, or half-paradoxically (a bit of this and a bit of that). We may feel that breathing quietly in the abdominal area is simply not enough for us. In this case we have a sure sign that our breathing patterns have been incorrect. The more constriction we feel, the worse those breathing patterns have been. And if we feel 'This can't be the right way to breathe' we should practice this one exercise for many days, before moving on to the others.

\* \* \*

One of the first steps in breath-initiation is listening to the breath. This means learning the difference between the inhale and the exhale, between

the noisy breath and the silent breath, between the long breath and the short breath, between the long exhale after a short inhale and the short exhale after a long inhale.

The inhale and the exhale are distinct operations, <sup>A</sup> and not simply in the fact that <sup>the first</sup> one pulls the oxygen in <sup>while</sup> and the <sup>second</sup> other lets the carbon dioxide out. [The inhale marginally raises the heart rate, <sup>and</sup> the blood pressure, <sup>and</sup> the temperature, <sup>and</sup> the metabolic rate. The exhale marginally reduces all these. The inhale intoxicates, the exhale detoxifies. The inhale excites, the exhale calms. The inhale gives a sense of rising, starting, the exhale a sense of falling, ending. This is why the exhale is a source of special anxiety for many people, creating the fear that if they don't hurry or shorten it they won't get the next breath in.

<sup>has</sup> Thus The anxiety of someone who <sup>was</sup> lost his mother in early childhood is often expressed in a 'braked' outbreath or a sudden gasp for air which may interrupt sleep, ~~as we saw a few pages back.~~ The outbreath here is much like a free fall into space, creating the fear that, going out, the breath will never return. For this type of anxiety <sup>person</sup> the universe cannot be trusted, and constant vigilance, constant alertness are required to navigate <sup>one's</sup> safely through life. There is a feeling of not being able to accept, of constantly fighting, even against oneself, because of the lack of sufficient trust to make acceptance possible.

way

This may produce a fear to fall asleep or lose consciousness. Dozing may be accompanied by sudden starts back into the alert state.

in turn can

We in the West tend to emphasise the inhale at the expense of the exhale, showing that the belief in large intakes of oxygen has been with us a considerable time, perhaps centuries. It belongs to the over-active, over-alert type of <sup>human</sup> society, while the emphasis on the outbreath (it characterises people's breathing in the east) belongs to <sup>more accepting</sup> ~~less active~~ even passive temperaments.

In the course of these exercises we shall be eliminating both the inhale grab, <sup>with</sup> its element of urgency and even panic, and the cut or ~~cut~~ <sup>cut</sup> rushed exhale.

In all breathing the exhale should be marginally longer than the inhale. If we monitor our breath while running, or immediately after running, we shall find that the rhythm and intensity of our breathing is ~~entirely~~ out of our control. This <sup>as it should be</sup> ~~must be so~~, for the organism <sup>must</sup> to deal with ~~the~~ urgent chemical readjustments necessary during and after exertion, without the risk of interference. It gives us a good chance to find out what natural breathing is. One of the first things we shall note is that the outbreath is marginally longer than the inhale, and that more ~~weight~~ <sup>pressure</sup> is put into it. Mastering the exhale is one of the most important steps in disentangling hidden traumas or anxieties from the breath, <sup>Mastering the means</sup> and leaving it ~~untrammelled~~ <sup>alone</sup> to do its perfect work.

after or running

We may also notice <sup>the while</sup> when we are panting heavily after exertion ~~that~~ our breaths are not broken from each other but run continuously from inflow to outflow, without the epiglottis tightening to stop the flow, as it does when we hold the breath, cough etc. The point about this is that the soft <sup>curves or 'arcs'</sup> 'joins' between inbreath and outbreath are usually by no means so soft as they are in such heavy exertion-breathing, where we cannot exercise control. Our basic breathing - <sup>apart</sup> pattern may, in a word, be jagged and interrupted.

In ~~Oxygenesis~~ these joins are <sup>I</sup> called ~~curves~~ <sup>curves</sup> and they are <sup>is essential</sup> ~~most important~~ not only <sup>for</sup> to an understanding of the breath but <sup>for</sup> to the achievement of repose. No arousal breathing should be undertaken, indeed nothing <sup>any</sup> strenuous should be attempted in <sup>any</sup> breath-exercises until <sup>any</sup> this repose principle has been won. We shall see later, when we come to a full treatment of arousal breathing, that curves aren't as easy to achieve as we expected, and that they require some concentration.

from exercise

Understand these curves in both the inbreath subsides to an outbreath, and vice versa

proper

I call these curves or arcs because...

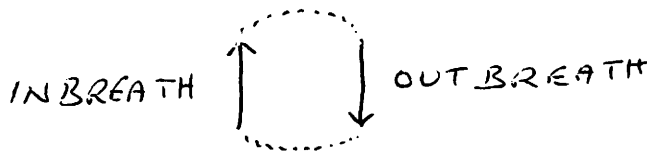
→ this whole breath at the top of the  
inhalation seems to describe as it turns  
into the outbreath, ~~just as~~ and when  
at the bottom of the outbreath ~~the~~  
~~new inbreath~~ ~~the~~ ~~breath~~ ~~comes~~  
when it melts into the inbreath

of a curve,

The best way to find out what the curve feels like is to do the opposite, that is, make an inbreath, close the epiglottis, open it again and make the outbreath, thus: a staccato, clipped breath. At →



The two are broken and separate. Now we should try joining the two smoothly, so that there is an upper curve where the inbreath rises to meet the outbreath, and a lower curve where the outbreath falls to meet the new inbreath:



(By the way, we refer to an inbreath 'rising' because this is how we visualise it entering the thoracic area, toward the top of the head, while the outbreath 'falls' to the point of departure again. But more of this later).

We shall discover a strange thing about these curves, namely that during them we are neither breathing in nor breathing out nor holding the breath. There is a pause, a gap, but a peculiarly active one, in which breath is going on while, paradoxically, it is clearly not doing so. 'Perfecting the curves', as we shall see, when we come to the exercises, is an important step in breath-initiation and one which has preoccupied breath masters since ancient times.

Another feature we may notice when breathing heavily and regularly after exertion is that the breath is noisier than usual, which may give us some ideas as to the meaning of noise as against silence in the breath. The athlete's heavy breathing can be heard by others, whereas his basic breath cannot. He can hear his own breathing at all, or most, times. It is a slight rushing sound in his ears. So we come

→ once we shall see the this requires us to  
force both the inbreath and outbreath.

to the question, how much of our breathing should we hear, and how much not?

The first thing to realise is that a noisy breath differs from a silent one by its velocity. The faster the passage of air through the nostrils, the greater the noise. But noise doesn't necessarily mean quantity or efficiency. After running, our breath is rapid and regular and noisy because we require quick supplies of oxygen. In repose, however, this need ceases, and the breath quietens, until it may become almost silent in the ears.

This silent breath is one of maximum efficiency. There is no danger here of inflaming the bronchii or disturbing the delicate air sacs. The ingress of particles and bacteria is minimal because the inbreath is slight and gradual, and the filtering system of the nose is thoroughly used. And it is the silent breath that achieves the 'hook-up' between repose and breathing that is so essential to the proper working of arousal patterns, as well as to daily basic breathing.

The oxygen/carbon dioxide exchange takes place on two levels, and it is most important that this be smooth and easy. At the first level the oxygen enters the blood capillaries surrounding the air sacs in the lungs, at the second level it passes from the bloodstream into the cells. On both levels carbon dioxide is given in exchange for it. Now if the organism is tense it is difficult to see how that double transaction can take place efficiently. This is something to remember even when we are running. In a tense state we shall run less far, less quickly. We shall feel the fatigue more easily. It is only a matter of reminding oneself that oxygen is essential to every bodily function, and to overlook the key to the whole operation is clearly unwise.

The capillaries, the bloodstream, the cells, all reflect an 'on guard' attitude, indeed they are the seat of cellular (as opposed to muscular) tension: these cells

say, even in outwardly relaxed circumstances, 'I feel uneasy'. For this is the way hypertension, that is tension in the cells, as opposed to muscular tension, conveys itself. Muscular tension is relatively easy to get rid of, but muscular relaxation is often a mask for hypertension. I've frequently noticed this in my sessions with bodyworkers. Their art is inducing relaxation. The body is loose and yielding. But the hidden hypertension may be all the greater for that. Indeed it was the factor that led them to their work.

Practising the silent breath is a first step to conquering hypertension, as it is the 'ideal' breath which the organism should gradually learn to take as its model, though it cannot and should not be used always (a silent breath is of course quite inadequate for physical activity).

Lying down with the eyes closed we should inhale and exhale smoothly in the abdominal area, again without movement in the ribcage, gradually eliminating all sound in the ears. This may induce a tensing-up at the beginning, because the muscles try to do the work of the breath, simulating the external action while the diaphragm fails to move inside. So little or no breath comes through.

BB4

This is therefore an excellent exercise for perceiving that all breath is created 'from inside', not induced by muscular action. Breath and the movement of the diaphragm are synonymous. Therefore all depends on the way this muscle moves into the chest cavity, and out of it again. If we simply raise and lower the abdomen, without much breath coming through, it means that the diaphragm is stationary, and no vacuum is being created in the lungs for the oxygen to be drawn in.

Many people, when asked how breath gets into the body, show some confusion. They say 'The nose pulls it in' or 'It gets sniffed in'. They have no awareness of the bellows-system, and the way a vacuum is created

in the lungs for each breath. But once people become aware of it they see that there really is no need for violent muscular effort and heaving for breath purposes. The soft movement of the diaphragm does all. The silent breath is a demonstration of this, and the more we 'listen' to the silent breath, the more we understand about the nature of breathing in general.

While doing this exercise we should also pay some attention to the 'curves', above and below. We should see that they are smooth, which means that the abdomen must rise and fall with no bumps or breaks.

The behavior of the abdomen, by the way, will tell us a lot about ourselves---whether we feel a secret vulnerability toward others, or confusion as to our role in certain things, or a sustained state of inner alarm, or a sorrow so deep that it has virtually passed into the tissues, no longer apparent to the conscious mind.

As an extension of this exercise we should gradually lessen the extent of the breath, and thus the rise and fall of the abdomen. This undulation should now be very slight. The rhythm should be much like the ebb and flow of water heard from a distant seashore. It should have that regularity, that slight emphasis on the ebb or fading away (of the exhale), and above all there should be a sense of the breath being a phenomenon much like the ocean tide itself, detached and distant.

BB5

This can be done with a slight noise in the ears. But the analogy of the distant tide should hold.

At this point we should introduce a slight pause at the end of each exhale, so that, like the tide, it really dies away into silence for a moment. The organism should be felt at rest during this moment, especially in the pelvic area, with a melting sensation as the breath falls, spent. One should think of this as completing the exhale properly, laying it to rest.

Here we have our basic breathing pattern. This

is how we should breathe at all times of repose.  
If we practice it enough, when sitting or reading or  
lying down, it will gradually pass into the organism  
as a habit functional even in sleep.

4.

The Genius Behind it All

The abdominal area is the seat of defences and fears of which we may be little conscious until we begin to concentrate on that area. We are probably all familiar with the experience, at some point in our lives, of habitually flinching in the abdominal area, feeling an undue sensitivity on touch, even pain.

For this reason some people overbreathe in the abdomen, developing vast bellies which may not be particularly muscular. They may even try to achieve arousal in that area, which is rather more paradoxical than paradoxical breathing. In my experience such people have often suffered object-loss in childhood, particularly the death of the mother, or mental withdrawal on the part of the mother (they amount to the same thing as far as traumatic effect goes). The background is one of severe emotional neglect.

I recently asked a client to do some abdominal exercises and she told me, 'I realise that raising my abdomen to the fullest seems rude to me, reprehensible.' Despite the fact that she'd had several children, that area had remained reluctant to expose itself, which of course put a cautious and self-demeaning mark on this lady's whole personality.

The exercise I asked her to do is a useful one to

introduce at this point. It differs from the previous abdominal exercises (OO) only to the extent that it is slower and the abdomen is raised during the inbreath to its fullest extent, that is with the help of the abdominal muscles. This is a good way of perceiving the difference between breathing 'from inside' and, as now, assisting the diaphragm with the muscles of the abdomen. When the abdomen contracts for the exhale the same operation occurs in reverse: the abdominal muscles are used to draw the belly into a hollow (as deep as the abdomen-in-full-expansion was high). We should breathe, for this exercise, with a fairly long, easy rhythm, until we become tired.

BB6

An extension of this exercise involves the whole pelvic region, and I call it 'the crotch exercise'. Instead of expanding the abdomen upwards or vertically for the inbreath, we expand it in a more downward direction, that is toward the crotch, in such a way that the expansion is felt not only in the sexual and anal area but in the lower back and the posterial cheeks.

BB7

This is a deeply satisfying exercise, the one that gives the frequently neglected abdominal area full 'recognition', sharpening awareness in both the evacuative and sexual systems, and helping subdue the shame traditionally attached to both. (For this reason it may at first cause some mental nausea).

On the ease, contentment and softness of this region sexual enjoyment (and the ability to provide it) depend. Just as breathing has to be learned 'from inside', so sexual enjoyment is derived from a process of inner self-nourishment, such as our society denies people from early childhood. This is the only real aphrodisiac. Sexologists rightly concentrate on social skills in their seminars, that is the ability to make and receive a sexual approach, but frequently leave out of account the simple capacity to enjoy, with which the client may not be endowed. Paradoxical breathers, for instance, invariably have sexual difficulties which they wrongly attribute to

congenital dysfunction, sexual molestation in childhood etc. It is the breathing that has been disturbed by childhood experiences, and the breath, as we shall see, is an essential aspect of the sex-act, perhaps even its key.

Tautness in the abdominal region makes it impossible to abandon the body to someone else. A blocked, dull or nauseous feeling behind the sternum will have the same effect, and the two often go together. Both are due to the lack of a basic breathing pattern on which all breathing forms, from arousal to deep slumber, can hinge. When the lifeline is out of synch, everything else is.

\* \* \*

When people enter sexual contact to prove themselves good performers they often come unstuck because the determination kills the enterprise. If contented lovers were compared with performing lovers it would be found that the breathing of the former is quiet and rhythmic and smooth, while that of the latter is noisy and irregular, with much use of the open mouth long before it is needed in climax. The stroking motions of the hand, the entwining movements of the hips, the sighs, gasps, spoken endearments, the kissing, biting, all have a rhythm connected with the breath.

To perceive the difference between performance and easy enjoyment in breath-terms we should take five quite rapid breaths in the ribcage area (so that the ribcage expands for the inbreath while the abdomen contracts), and then try to repeat these breaths in the same rhythm but without the slightest sound. We shall find that, to keep up the rhythm, we will be forced to turn the breath into a kind of muscular show, with little air actually coming in. The work will be done by the abdominal and intercostal muscles, while the diaphragm within is doing almost nothing.

AB1

This is because sound in breathing means velocity, as we have seen. The greater the sound, the greater the speed. So that for silence we must have a slow rhythm, necessarily. Above all, we need, for the silent breath, that sense of working the breath 'from inside'. Working from outside, through the muscles, will destroy it. And much the same can be said about sex.

Smell too is a source of the deepest enjoyment in sex, and is certainly a mode of sensual recognition between lovers accustomed to each other. Just as some mothers would be able to recognise their children blindfold, by smell, so it is with lovers.

For smell (which will never be right between a couple not suited to each other) is part of the process, in love-making, of 'exchanging the breath'. On the whole, humans have lost this universal animal habit, except in the love-act. If you want to calm an animal or induce trust in it exhale and remain in apnoea (without breath) for a moment or two. If you blow gently on an animal's face it will be taken as an intimate token of confidence and love, and will usually be received with a flattered look of gleaming eyes and ears laid back. A primate, introduced to a human, will beckon him and blow gently on his face, and wait to receive his breath in the same way. He will scent the breath and find out what he wishes to know about the stranger. Fear can be smelled on the breath, being highly toxic in its physiological manifestation. The breath of a disturbed, unharmonious person can never be sweet. The stink in animal experimentation labs is due to the terror in which the animals live.

I once 'took' the breath of the famous Koko, the gorilla who learned the American Sign Language, and it was as sweet as flowers in May, which I took to be a tribute to the care of her owner, Dr Penny Patterson.

Of course between lovers accustomed to each other

and right for each other, the mutual rhythm of the breath establishes itself involuntarily. When people 'melt' into each other's arms, the breath will be unified in the same way.

The breath is also of prime importance in the control of the orgasm. Withdrawal in order to prolong pleasure is much easier when the breath is in charge. With withdrawal the abdomen (in male and female) should be relaxed and an easy breath taken in that area, without movement in the ribcage, until the excitement has subsided and a new cycle of sensual exchanges can be begun. This withdrawal can be internal, that is, without disturbing penetration. The excitement is simply reduced by the breath, by directing the breath to the abdominal area.

Pre-orgasmic excitement will make the breath rise to the ribcage, as more oxygen is required and the special-effects system is touched off. As orgasm approaches oxygen-needs increase so that the mouth opens and a panting breath takes over, high in the lungs, as during exertion or running.

But from the first moment of love-making the breath is the key. Once it begins the breath of the couple 'mingles' and the faculty of smell undergoes a subtle change as if a common breath were now established, a common smell, not another's.

Breath can thus unify, and be a unit between two. In certain 'primitive' voodoo-like ceremonies the breath is frequently used to induce a sense of mastery, accompanied by sexual excitement. This results in random sex which is by no means as random as it appears to the onlooker. The partners are in an identical state and their choice of each other is determined by this, not haphazardly.

In the event of one partner requiring manual stimulation after the other's orgasm, and special fantasies to induce orgasm, the smell of the other person will quickly become that of 'another'. There

will be no breath-mingling because the breath is no longer in unison. Naturally, since the fantasy has taken the place of the lover's body.

The need for special stimulation need not be due to the partners being unsuitable for each other. No 'abnormality' of this kind need be feared, once the breath has been engaged. If the climax is a feared event, then 'unity' can be enjoyed during the preliminaries, and there are excellent orgasm-withholding techniques which prolong these, so that the orgasm is rendered less important and therefore less demanding. It may cease to be 'the climax'.

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It remains true that if a person hasn't found his true breath, it will be difficult to find his true mate. This isn't as arbitrary a statement as it sounds. The body which relies on disturbed breathing patterns, and is inflexible in the bellows-system, lacks full control of itself, in the sense that it doesn't quite know what it wants, what is good for it, or who it is, much less how to recognise, seek or find the fitting mate. As we all know, this cannot be done cerebrally. It has to be a matter of autonomic or 'magnetic' attraction.

The reticular activating system in the brain-stem warns us during sleep of the presence of danger. There is also logic in this warning system. For instance, if you live in a city you will not wake up every time a car rushes by outside. The RAS will let you alone because it knows that, in your present situation, that sound is safe. But go into the depths of a forest and sleep there---and if a car rushes by right outside the cabin door the RAS will have you sitting up and staring in less than a second.

Sigmund Freud talked a great deal about the unconscious; and the shock of his ideas for the west lay essentially in the message, 'You are far from being rational creatures, as you think or flatter yourselves

that you are. You are much more the servants of desires, habits and fantasies of which you are mostly unconscious, and over which you appear to have no control. Indeed, a good way of masking these wild forces is to give them a rational form, whenever they threaten to express themselves. This is a rationalising, but not rational, process.'

At a time---in the first decades of this century---when rationalism was regarded as unimpeachable, and the litmus test of all experience, this message was a great blow to human pride, another Copernican revolution, and Freud and his followers weren't thanked or liked for it.

Recent brain researches have completed the dethroning process. They support the contention that the cerebral cortex is by no means the controlling factor which our civilisation has increasingly, since the sixteenth century, tried to make it, in line with one of the dominant themes of mediaeval thought. In fact, we make decisions before we become aware of them. The neurotransmitters begin preparing for an action before we have consciously decided to make it.

Sometimes we may even tense ourselves for a loud bang or explosion before it has happened, and without prior warning of its being about to happen. This is a warning from the reticular self much like the animal's awareness of approaching danger or storms (for in the animal the reticular self still works, among other

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1. The relationship between thoracic or arousal breathing and the reticular self is particularly apt because arousal or activating is the chief function of the reticular formation. This area inside the medulla receives both information from the sensory tracts and nerve impulses from the cerebellum, basal ganglia and other nuclei. This is the source of its control of the cerebral cortex.

things, through the fur, the sense of smell etc, which it no longer does in the human with the same efficiency).

The nature of memory provides further evidence that the cerebral cortex has a relatively small, though of course essential, function in the overall perceptive apparatus. The two memory sites, at the base of the brain, the amygdala and the hippocampus, present memories to the cerebral cortex already packaged with emotions of sorrow, regret, fascination etc which the cortex has done nothing to manufacture, and of which it can frequently give no rational account whatever.

Indeed the cortex seems to have little choice as to what memories will be presented to it, and in many cases where the memory returns again and again as a simple image it cannot explain why it should have more hold on the mind than any other. Clearly a most eventful life is going on far below the level of awareness, so that we can no longer say that awareness itself provides order and sequence. On the contrary, that other world seems to be hidden from us, and beyond our conscious control, though it is surely what we must mean by the ego proper.

\* \* \*

The existence of a guiding, even wise, presence in every human creature becomes evident in any prolonged breathwork. The way the nervous system works on the form, rhythm and intensity of the breath is the first clear demonstration that a control is being exercised on our organism at every moment, but it is by no means cerebral control. Indeed, such a meticulous, complicated system of control, working through instantaneous messages sent and received along the neurons, and involving something like 400 chemicals in the brain, and a feedback system working through the glands, would be far beyond the cerebral cortex to maintain

even for a moment.

Thus, the objective of any thorough breathing system should be to reach the point, through bellows-flexibility and gradual modulations of rhythms and intensity, where the subject experiences a kind of personal introduction to this alter ego that is in fact the true ego.

This is achieved not by dramatics, not by cathartic or primal screams and enactments, but by silence and immobility. Only when expectations, emotions and thoughts have been silenced will that alter ego, the reticular self, emerge.

For it is tension that expects and demands dramatics from the breath (tension in both therapist/teacher and subject). Dramatics provide instant release, a sense of having arrived at the heart of the problem; but the organism remains as doggedly possessed by that problem as before, if not more so.

I remember a wild-eyed man coming to see me in San Francisco. He said he'd undergone just about every major therapy and personal growth technique known, and devoted himself to nearly all the internationally established gurus. He could do anything and everything, he said. He could scream, cry, rage most convincingly, fulfilling the wildest therapist's hopes. To my astonishment, when I asked him to demonstrate for me his habitual breath, he went through just about every kind of breath on the map.

'You see,' he said. 'I can do anything. The only thing is, after all these years, I'm still not in touch with myself!'

\* \* \*

Just as breath communicates with the inner world, so it is the source of our communications with the outside world; and it is useful to observe how the reticular self, that resident genius in every creature,

processes this communication each day of our lives without our being aware of it.

Throughout the animal kingdom this is so: breath is in all senses a communication. Animals use it to communicate with each other---perhaps more subtly and exhaustively than we yet know.

And we do precisely the same, incorporating sound in the breath by means of the vibrations of the vocal chord---to make language. We can experience the coming about of language from the breath by saying a few simple words or consonants to ourselves, observing what happens to the mouth and tongue, and the velocity of the breath that makes the desired sound possible.

Many of the exercises in this book are this same breath/tongue/lips activity broken down to simple forms. For instance, we shall be looking at a hissing exercise---the 's' we make many hundreds of times a day is here reduced to a single movement.

In speech we modulate the breath in the subtlest way. To pronounce 'A' we make a mini-cough, closing the epiglottis for a fraction of a second, with the breath close behind, ready to flow through and complete the sound. 'B' is the closing and opening of the lips for the breath to pass through at greater velocity than in 'A'. 'C' is the delicate touching of the tongue on the palate in a slight U-shape, to allow the breath to pass through in a momentary hiss. 'D', like 'A', is a momentary closure, blocking the breath, but this time with the tongue full against the forward palate, so that the breath must break through it to create the right sound. The word 'who' requires a sligher and longer breath than, say, 'ha'. 'When' requires a pout that opens subtly for the breath to whisper its way through, and is closed by touching the palate lightly with the tongue. 'Th' is a sound made by air through a narrow outlet, formed by the tongue and the upper teeth. 'Shame' is made by a similar quickly constructed barrier, and is closed by a meeting of the

lips to resist and then permit the outbreath. 'T' is differentiated from 'D' by the breath's greater velocity---it almost pushes the tongue from its cleaving position at the palate, while in 'D' the tongue, in the same position, is visited by a slighter wind. 'H' requires a more open mouth than usual, and a long outbreath without velocity. 'P' differs from its brother 'B', like 'T' from 'D', in that it needs a greater wind-force through the lips. 'U' is made by the sides of the tongue against the palate, followed by a pouted opening of the mouth for a rushing outbreath.

Words and syllables and consonants are, then, breath or mini-wind aided by grunts in the throat. The sound of wind in the branches of a tree, or through an almost closed window, humming high and then low, is a similar action. But unlike wind-sounds, human language is the effect of a deliberate manipulation of mouth-structure and wind-velocity, so rapid and subtle that the cerebral cortex would be incapable of reproducing it. That is, to think out how to shape the mouth and tongue and modulate the breath for certain syllables would create hardly a word a minute. Word-forming is as unconscious as digesting, precisely as learning the language as a child is. The reticular self---that genius we rarely pay homage to---is responsible for all, so responsible indeed that the cerebral cortex may never become aware of what is going, from first speech to last breath.

\* \* \*

Poetry, dramatic moments on the stage, any use of the word to heighten emotion or perception relies squarely on the breath, its rhythm, velocity and intensity, more than on the rational or analytic modes.

An actor with a good command of the breath will hold an audience while another actor inferior in this aspect but superior in understanding, timing etc will

lose it. For the breath of the actor influences the breath of the audience---that is, they are swept along by him, the autonomic factor takes over. An actor who has difficulty with the breath, or is a chronic passive or intuned breather, can never have this strange hyp<sup>h</sup>notic authority. Therefore breath-initiation is of especial importance to performers using the voice.

Coordination of the breath with movement---whether of the limbs or the vocal chords---has to be successful if there is going to be an aesthetic effect on watchers or listeners.

This coordination applies to almost everything we do. If you talk to someone or listen to earphones while jogging, your breath will be out of synch, and you will easily tire. The breath should be coordinated with the rise and fall of the feet, and this will come about naturally if we are properly relaxed while running.

In the same way a dancer cannot hope to achieve proper effect on an audience if, for instance, he or she is holding the breath continuously during performance. A stiffness will betray itself, and only training in the soft, regular, abdominal breath, alternating with arousal breathing, will eliminate this.

A surprising number of singers breathe incorrectly. I have known just two Oxygenesis sessions with a singer make a remarkable difference in tone and projection. If the breathing necessary for singing remains unsupported by proper breathing patterns, especially during sleep, much performance quality is lost.

\* \* \*

Really breath-initiation means being introduced to the reticular self, and yielding to its superb administration. There is some magic at work here. The introduction takes place without words, without

movement. Yet some undefinable wonder has taken place. People say 'I feel I fit into my own skin for the first time'.

All the rigorous breathing exercises in the world, all the dramatic ravings under a mule-driving breath fanatic, cannot replace this most moving of sea changes.

11.

SPECIAL EFFECTS

7.

### The Arousal Breath

No breath-initiation is possible with the basic breathing pattern alone, however stabilised. Our breathing apparatus seems to demand an equal division of labor between the abdominal and thoracic regions, and it is to the latter---the special-effects box---that we now have to turn.

What is arousal? When suddenly frightened we open our eyes wide for clearer attention and observation, we open our mouths to admit a plentiful, if short, gasp of air, our abdomen contracts and we breathe high in the chest, our bronchii dilate to facilitate the new demand for oxygen, extra blood rushes to the skeletal muscles and the heartrate goes up. We are ready to 'fight or flee'.

When we induce a similar physiological state in an utterly immobile position, lying down with our eyes closed, the energy thus aroused has only one avenue of escape---back into the body, where it works in various ways. Therapeutic effects sometimes result. Heightened and sometimes ecstatic states are induced. The brain may suddenly become optimally efficient as an information<sup>^</sup>-receiving apparatus (much like a radio in that the information comes from 'out of the blue').

All this is achieved by not fighting or fleeing.

In an objectively dangerous situation we would be standing or in some alert position. But in a prone and composed state the organism uses the breath for inner action, as opposed to outer action.

We ruin this internal action if we seek dramatic or cathartic effects, and twist it into outer action again. Also if the organism is invited to enter fight-or-flight situations artificially it will soon become used to this form of momentary emotional release, and return to it again and again, at home as in sessions. When placed under stress, however artificially this may be induced, the adrenal gland becomes used to manufacturing hormones at an accelerated rate, and to targeting its synthesised chemicals at certain other organs to protect them. If repeated too often, this depletes the gland, especially in vitamin C, and wears out the cells. This means that it can no longer deal efficiently with real stress, or fulfil its vital function as part of the immune system (healing inflammation etc).

\* \* \*

At present the medical profession tends to relegate all arousal techniques, without specification, to the area of 'hyperventilation'. It is a word that covers a multitude of meanings, though its physiological one--- the insufficiency of carbon dioxide in the organism--- remains the basic definition. But there seems to be little agreement about symptoms.

Before we examine hyperventilation---and its brother, the 'tetany effect'---we should remember that all special effects can be taken too far. Laughing, coughing, sneezing, chronic paradoxical breathing, if continued indefinitely, will produce drastic toxic results.

If we take arousal breathing too far it can become hyperventilation or tetanic paralysis. This is why the arousal exercises in this book must be followed with extreme care. The number of breaths advised

should never be exceeded, unless in the presence of a breath master. The exercises I am recommending are of a preparatory nature. They are also designed for people who cannot find a competent breath teacher, and who must therefore approach arousal very gradually, over a period of months. Thus the emphasis in these exercises will be on the power to self-monitor, and how to secure this.

\* \* \*

At this point we should return to our earlier distinction between stress and tension, which are often wrongly lumped together. Tension is essential as a means of self-protection under threat or in danger, or for the accumulation of new energy. Stress is a mental state which goes together with tension but is by no means synonymous with it. What we have to do in the Oxygenetic process is to perfect tension so that it is available to us when we need it, and not in situations for which it is quite inappropriate. What we have to do with stress is to destructure the fixity which is its chief mark. Many people have said that the breath can heal everything. But this is only true if the destructuring process has been successful, and this may take a considerable time, and involve treading many different paths.

Later in this book I shall be talking about the work of Emily Conrad Daoud in Los Angeles. Her 'micro-movement' workshops induce motion in the body where no motion was thought to be possible before. Incorporating such movements into one's life after the breath has been activated is probably the best destructuring procedure one could undertake. In this way the two extremes, the two poles between which the organism seems to operate most beneficially, that of total immobility and that of vigorous motion, is achieved. The subtlety

of the immobile experience is matched and balanced by the subtlety of the micro-motions.

Emily, by the way, has some intriguing breath-patterns which she uses in her group work and which, despite their frequent use of the mouth, are perfectly safe, since a) movement is involved and b) abdominal breath is used.

\* \* \*

Clients often say 'I feel a peculiar link with the ancient world through the breathing, as if I knew what it was like to be ancient.' Usually they can't define the feeling much more than this. Yet the feeling is precise, a kind of sensory conviction without images or historical reference.

We associate a sense of bodily form with the ancient world, certainly Greece and Rome, if not Egypt. And that the ancient world was fully informed about the functions of the breath seems evident from language. 'Spirit' is derived from spiritus, the breath. 'Inspiration' comes from inspirare, to breathe in, and 'aspiration' from aspirare, to breathe out: these words adequately define the difference between the inhale and the exhale, as it appears through special-effects breathing. The Greek pneuma meant air or spirit, and perhaps approximated in meaning to the Sanskrit prana. In Arabic rih means 'air' and ruh means 'soul'. The Greek psyche is related to psychein ('to breathe') and phusa ('bellows'). In the Greek view the soul entered the body with the breath, which came 'from the whole', carried by the wind. Thus Greek gods were often the offspring of virgins impregnated by the wind. *Botticelli*

Here we come to what is perhaps the chief destructuring element in the arousal breath, and that is the state of

*the spring?*  
*BOTTICELLI?*

elation. Of all special effects it is the most disruptive of fixity. Just as the special effect of laughter clears the head, induces a satisfying discharge-reflex in the eyes, exercises the abdominal muscles to the point where they ache (we 'hold our sides'), *with laughter* releases congestion in the nose, brings a healthy flush to the cheeks and endows the whole body with a sense of ~~contentment~~ and easy communication with the world--- *At,* all fixity is gone---, so it is with Oxygenetic elation on a deeper, subtler, more enduring level.

THE TWO-PART BREATHING SYSTEM

SPECIAL EFFECTS

thoracic  
inbreath  
mouth  
intoxicating  
purposive  
sympathetic  
inspiring  
therapeutic  
exciting  
left nostril

AUTONOMY

abdominal  
outbreath  
nose  
detoxifying  
transforming  
parasympathetic  
aspiring  
vegetative  
calming  
right nostril

CHAPTER BREAKDOWN

1. THE BASIC BREATH.

- i) Fixed-structure thinking has discouraged bellows-flexibility. Myths about the breath: overbreathing. 'Breath comes naturally'. Oxygen not an unqualified good in any quantity.
- ii) The two-part bellows system. The meaning of the upper part and the meaning of the lower part. 'The upper---special effects; the lower---basic breathing.
- iii) How to make the bellows flexible. Becoming aware of the breath and how the nervous system constantly acts on the breath, modulating and conditioning it according to ever-changing needs. What is normal breathing? The distinction between the inhale and the exhale, the silent and the noisy breath. The 'curves'.
- iv) The abdominal exercises. The abdomen and sexuality. Smell, 'exchanging the breath' in animals and humans. Control of the orgasm through breath. The functions are all controlled by the reticular self. The breath elicits this 'alter ego'.
- v) The importance of the exhale. Ten exhale exercises. Curtailed or incompleated exhale often the cause of hyperventilation, rather than the inhale. The exhale menaces a disturbed organism with the threat that there may not be another inhale if it (the exhale) is too long.
- vi) Meditation and kundalini practices on the basis of disturbed breathing patterns are unwise. The use of the breath in ashrams, often mistaken. The oriental meaning of meditation the opposite of what that word (from meditare, to ponder) means for the west. Dhyana, meaning the cessation of all outward impressions, is achieved in Oxygenesis as the amniotic state. The basic breath is a necessary support-system for all 'special effects'.

11. SPECIAL EFFECTS.

vii) The arousal breath. Its connection with hyperventilation. The physiological definition of arousal. How it is used in Oxygenesis.

viii) The therapeutic effects. Superoxide dismutase and senescence. Ageing in men and women has a common, not a gender-determined cause. Oxygen and the human cell. Oxygen and the enzymes.

ix) The meaning of the 'tingles'. Arousal electricity. How to monitor arousal. The arousal exercises.

x) Breath retention and its importance a) for metabolism b) for the proper management of energy and c) as a follow-up from arousal. Involuntary breath-retention bad, voluntary breath-retention good, because in the former the primal repose is missing. Combined with light-visualisation, breath retention most potent for effortless performance and influence.

xi) What are 'optimal powers'? In the Oxygenetic process they are seen as the reticular self made manifest, once the breath has destructured the organism sufficiently for that self to assume control without interference from the cerebral cortex. Signs of the 'emergence' of the reticular self.

xii) The importance of elation in the destructuring process. The ease with which, once the breath has been activated, inner elation can be secured within moments. Meditation---the misunderstanding of this in the west as a 'haven' experience which may actually lower the quality of daily life by contrast. The Oxygenetic process tells us, on the other hand, that everything is already supplied to us that we could possibly want, and that beyond-life goals originate in suicidal longing. True meaning of meditation dhyana, i.e. 'cessation of all outward impressions', which in Oxygenesis is the amniotic state. This is not withdrawing in effect.

xiv) Oxygenetic elation a) induces satisfaction with immediate circumstances b) charges these circumstances with a power often wrongly sought as 'other-worldly' and c) provokes a new deployment of energy and

initiative. This may be accompanied by a sense of receiving information (the 'antenna effect').

xv) The Oxygenetic process suggests that objects, bodies etc are simply the shapes, colors etc of spirit. This is why the ancient world identified spirit with breath and made it the same word. It is also perhaps why we associate elation with certain periods of ancient history, and why in Egyptian, early Greek and Etruscan sculptured heads there is a common rapt smile, absent from late Greek and Roman heads.

BREATH TAKING MOMENTS will use the breath exercises as a means of exposing the theoretical and physiological background. The Oxygenetic process will therefore unfold for the reader in the form both of a practical experience, through the exercises, and an elucidation the effects of these.

Exercises will be referred to as BB1/2 etc (Basic Breathing exercises), AB1/2 etc (Arousal Breath exercises), RB1/2 etc (Retention Breath exercises), and AN1/2 etc (Alternate Nostril exercises). These will be listed as an appendix with a brief description and a page-reference.

LENGTH: 60/80.000 words.

ILLUSTRATIONS: some color plates, otherwise B/W action photos. Diagrams.

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No 112: In a cheerful mood, remembering how  
 my father, a Wisconsin iron welder, used up  
 off me his little finger I hold <sup>to</sup> that I was  
 still unable to walk and so I grew up, useless,  
 I tipped ~~at the~~ <sup>metaphors of</sup> dishes of the sink-tray,  
~~off a very heavy, out and washed the~~  
 they wash - the floor, brush, & washes the  
 matter. So put his toys down the floor,  
 sand off. In case letter to father? my  
 female elicits my signature & <sup>under</sup> my  
 endorsed letterhead, they explain to the  
 Mental Health Institute, Illinois job,  
~~Chief is a good a lecture course on the style~~  
~~of Paragraph - the House. Chief writes~~  
~~offering to take me all 15 packets &~~  
~~the 16 of these they plus Chief came via~~  
~~at the office and by the way a group~~  
 called Wince Agency Paragraph - the House [ ]

No <sup>prints actual factors</sup>  
 Chief begins ~~prints~~ <sup>prints</sup> ~~abstractly~~ <sup>abstractly</sup> as  
 a <sup>son</sup> ~~series~~ of emotional release. I <sup>step</sup> ~~take~~ <sup>the</sup>  
 prints, <sup>only like</sup> ~~oil~~ - and - drip <sup>del</sup> ~~del~~ of the Rites,

San Jose chapter 7 its

→ my classmate says → the ~~paragraphs~~ Freedom  
San Jose Late-Night Paragraphs are cancelled

I find my entire party - production to my Standard  
days are up to the size of total paper and  
placed by the firm.

No... During meeting of the local vest control  
committee, a since I am not vocal citizen & house  
owner, I ~~met~~ <sup>had</sup> ~~the~~ <sup>met</sup> describe the chairman  
as 'the chairman', a deputate to the Union's  
Nomenclature Right <sup>Group</sup> is waiting outside & we  
Brief is with them, they drove us to a car  
about an <sup>ad</sup> <sup>up</sup> <sup>all</sup> ~~drive~~ <sup>in</sup> ~~circle~~ <sup>the</sup> ~~photo~~ <sup>up</sup> with  
a cassette playing. Intensely ad saying 'She  
is a spiderwoman, a chairman, a WOMAN,  
I am a spiderman, a spider chairman, a DUDE,  
She is a spiderwoman, a chairman, a WOMAN,  
I am a spiderman, a chairman, a DUDE'  
Brief puts back the way of principal  
from certainty of brief.

No... I have a day off for tulip -  
delivery and Brief refuse me sex, I get all  
the ~~trav~~ <sup>trav</sup> ~~was~~ <sup>was</sup> high-heeled shoes ad <sup>ad</sup> <sup>burn</sup>  
socks (at 98° - the shade) ad <sup>burn</sup> <sup>burn</sup> the  
on the lawn, invite my male neighbors meet.

until the blaze, they had intended to this house,  
the explosion, it attracts the police, we  
inform <sup>the</sup> the woman stated the fire -  
~~demonstration of sexual self choice protest~~ give  
sexual exploitation, the woman - five nights  
house we visited (with the wife), they saw the  
relates take up after a week, they return with  
a deputati from the Gray Right League, that's  
~~we~~ ~~all~~ ~~and~~ ~~male~~ ~~bisexual~~ ~~and~~ ~~they~~  
~~themselves in~~ <sup>banished</sup>  
in houses and have ~~continued~~ ~~and~~ ~~the~~  
close sex with ~~the~~ ~~women~~ <sup>the women</sup>

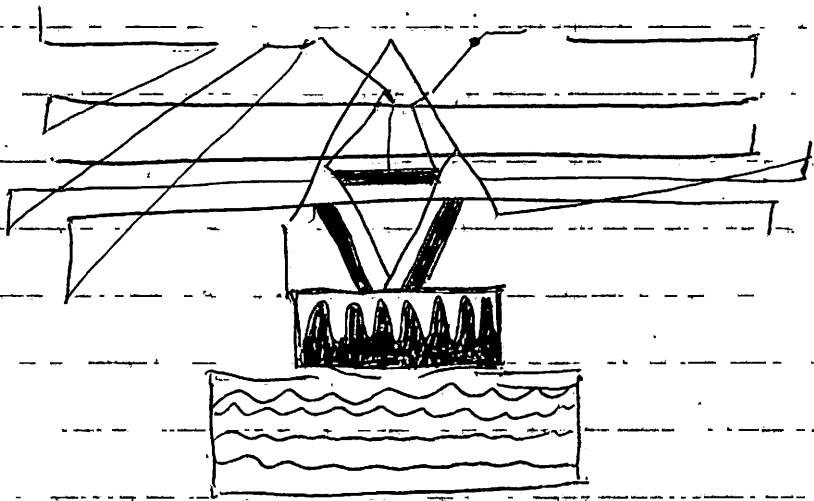
No. I feel a woman cheer he is ~~ready~~  
individualism and should cultivate <sup>that</sup> extra-marital  
relations, the days could we have sex with me like I  
drake my pipe, make a childhood fantasy  
dreams; this, I say no, this is my - strategy  
to avoid the central issue, ~~help~~ individualism,  
the phone wife & tells I have sex with her  
twice a week in the office, wife phone he  
to find & reports ~~with~~ ~~sex~~, they hate  
- wife's control my bedroom with  
at night, the put & speaks on my window

ad. speak = the car to relay the coded  
bits, the wife she has me of unpermitted,  
(a <sup>financial</sup> ~~conceal~~ of malpractice insurance he lost any  
for, the police work me for ~~disturb~~, the ~~night~~ ~~trav~~  
~~att~~ by relaying my sexual noises to the  
applies between 2 a.m. & 4 a.m. call  
knowing

~~No more. I'm sitting in a small dark cage  
in State Craig, which is in female pt. a  
where I have to look at <sup>believe</sup> ~~the~~ ~~chick~~,  
~~delicious~~, by ~~friend~~ ~~del~~ ~~has~~ ~~del~~ ~~del~~  
but we ~~Brif~~ ~~del~~~~

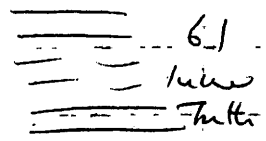
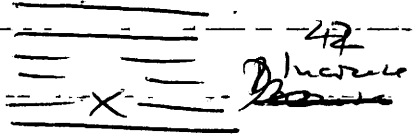
# PSYCHIC READING.

"People come because they are in a problem,  
and they come in order to get out of it."



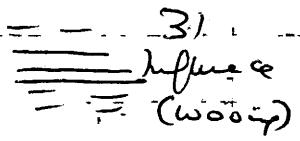
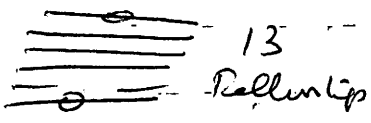
# Ellen Bisenberg

Did he fuck  
me?



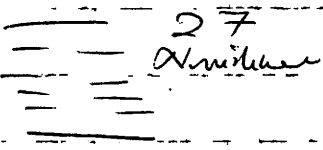
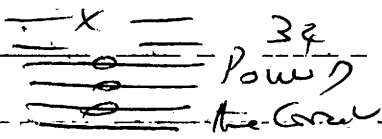
8-2: Scheme doc. ideal is to have 10 pairs  
of stories across approx. 2000 pages. L.H. / R.  
Coul. 60.

What is the  
att. to this?



9-1: Open relationships. Secret agreements by definition.  
9-6: Warm attachment of the heart. Lack of love. We  
ally ourselves + their vulnerabilities.

Bisexual  
att. to



9-2: Goals, Kaccen open to be used as a substance.  
9-3: An open man with the power to use. Openness  
to culture is dangerous. It must receive the energy force.  
9-4: The ledge of your soul is no ordinary level. It holds  
a working model of yourself + the removal of history  
doesn't even = the end. Retention gives way.  
9-6: It is important to know one's education and  
what we do not explicitly try to do. But if we  
decide not to continue with it, help is there.

31  
x

His letter

31  
Lynce  
(10007)

33  
Retire

6-6 - Try to influence others + talk + not just behind  
it.

His influence  
I see good w  
end!

x  
2-1  
Bring them!

12  
Stand still

9-1 - A warning to hell in the path to evil. A  
wild punishment. It prevents his being further, so could be  
06-55. Can't eat easily but perfectly clear. We had to  
leave, so we must be ~~fixed~~ time and important. By  
being aware of the resp. when consumed or avoid

mistakes.

What is the nature  
of the relation  
the law?

50  
50  
Caldin

23  
splitting open

- 9-2: Good: the trip. Consider one evening...
  - 9-3: Part of the phenomenon. Of course = the end.
  - 9-4: Part of the trip when prices must be specified.
- One can calculate this rationally.

I give - paper at the ~~clubs~~ African  
Review: Club in vinda on the Psychological  
Implication of the PLESIANTHROPUS<sup>1</sup> ROOT  
OF THE HUMAN MIND, pointing to the  
the kills barbaric show on airplanes <sup>tried</sup>  
their over-sized brains <sup>to use weapons</sup> ~~for~~ of the air.  
~~to kill a man~~, while the  
lectures ~~on~~ a depiction of ~~the~~  
~~Few~~ ~~who~~ ~~are~~ ~~barbaric~~ ~~in~~ ~~their~~ ~~own~~ ~~right~~  
<sup>and</sup> ~~to~~ ~~the~~ ~~rich~~ ~~and~~ ~~not~~ ~~collected~~  
in the SIF 500, <sup>if</sup> they ~~don't~~ <sup>of</sup> speak  
of ~~yourself~~ ~~as~~ ~~a~~ ~~man!~~ and ~~that's~~  
a notice <sup>of</sup> ~~jealousy~~

in the Berkeley campus

No 120 Emily is lecturing for the WORMS  
(Women's organization for a Revolutionary Movement  
Society) while I, coincidentally am lecturing at  
the same building (for the Berkeley campus)

for the CRUMBS (Club of the Revolution  
of ~~the conditions~~ <sup>of the conditions</sup> Male Balance and Sanity )

~~After several days of work in the CRUMBS~~  
~~at the CRUMBS, water was provided, Emily~~  
and I went to the camp, she drove her  
Acura Rover to the side of my Toyota,  
I drove my Toyota to the back of the  
Rover, this continues until midnight  
until time or car are wrecked, or ~~take~~  
~~home~~ find a hotel near the campus, take  
a double room and ~~stay~~ <sup>stay</sup> Nos 5, 16 and  
42 until dawn, ~~and stay~~

Sex is not a release, love is  
a release but sex isn't love.

Bo  
Be  
Bi  
Bo Bo  
Bo Bo

XXXXXXXXXXXX

①

XXXXXXXXXX

7.

It wasn't always like this. ~~Now was~~

~~But~~ ~~always~~ ~~like~~ ~~this~~ And it has taken considerable courage on my part to enumerate even one of the failures, let alone a little red ink of them! Also there are here verbal between us: ~~those~~ ~~the~~ ~~that~~ ~~there~~ ~~is~~ ~~that~~ ~~part~~ of the animal that is articulate, experimental and, I believe, curious.

Of course failures are of people who never practice them. And this is the point

of my thesis, 'a descent into the  
frigid world of surrogate sex' There

is no further biological conflict between the sexes. Since the chances of survival are theoretically skin, and since ~~they~~

~~is~~ ~~the~~ ~~basis~~, ~~indeed~~ ~~the~~ ~~very~~ ~~definition~~

~~of~~ ~~sex~~ we call 'the future', ~~that~~ ~~is~~ ~~an~~ ~~abstract~~ ~~concept~~, on which our progressive processes depend (we copulate ~~to~~ ~~to~~ ~~talk~~ ~~it~~ ~~the~~ ~~future~~),

VERY  
slow

The ~~much~~ <sup>very</sup> ~~may~~ of love collapses. ~~Future~~  
~~begin~~ with the heart of love is a flight  
is the piece — and there are no legs  
that you blue but cluttered up with  
the machinery of war, I need satellite  
and the bits and pieces of failed  
flight.

[Emily wasn't always like this. And I feel  
 it incubated in me to tell the story and  
 truly was <sup>for the first time</sup> I have taken considerable courage  
 to say that to.....

It began a crucial day at  
 Bryn Mawr = ~~September~~ <sup>June</sup> 1971. (The <sup>first</sup> time  
 Americans I got to explain the <sup>process</sup> to  
 Russian people) - America ~~was~~ <sup>is</sup>  
~~the academic year with a crucial day~~  
~~every year~~ <sup>in the US means the end,</sup>  
~~not the beginning of a new academic year. In the~~  
~~US, the death of the year is the year of~~  
~~retreat and death (American women~~  
~~degrees and go home - ~~some~~ people~~  
 get their degrees. But you Bryn Mawr  
 and Haverford College (the 100 - students)  
 had a crucial day, because  
 of a leak - the main hall at Haverford.  
 (in 1876 prediction had come true -  
 the Haverford did indeed break its banks  
 and flood from the reflecting, spilling several  
 tons of ~~special~~ long-life food stored for the  
 junk-food addicts and this the wall) the

' Junk-food addicts in our class as a way to  
 addicts in the same class  
 on creative etc.

→ I right to <sup>point</sup> ~~part~~ at the use of America  
~~rights~~ and say, the 15 million illegal  
residents in the US who right to be treated  
equal rights like residents (the ~~rest~~)  
~~and that is a man take the oath~~  
~~and that is wrong~~

the famous graduation hall with us. Ruf and  
 I had a ~~some~~ ~~been~~ ~~here~~ ~~was~~ ~~the~~ ~~fact~~  
 had arranged the ~~arrangement~~ <sup>improvement</sup> - I find it  
 to imagine - if we had both been attending  
~~class~~ ~~lectures~~, group meetings, ~~being~~ sexual  
 for release seminars, free molestation  
 parties, hands-on therapy sessions - the dark  
 and - the <sup>NUDE</sup> nude, coke - and - feeling right  
 - an underground passage <sup>a gas station</sup> at Ardmore, Pa. <sup>(the famous</sup>  
<sup>seamy room)</sup> 'blind' <sup>delight</sup> encounters (i.e. copulations  
 with a pre-selected but unknown <sup>partner</sup> ~~stranger~~  
 blindfolded), and other student activities  
 for years. There were also lectures and  
 classes shared by the two colleges, and  
<sup>that</sup> I was doing a psychology course <sup>we</sup>  
 Ruf was working in Ph.D. and aiming  
 for a biochemical course, it seems  
 unthinkable that in four years we had never  
 seen to us knowledge clapped eyes - and  
 the.

The credit claps eyes - and the  
 we were studying side by side, with nervous  
 + constrained, with idiotic <sup>stupid</sup> ~~stupid~~  
 - from and under words,

in a mad mad mob all around, ~~at~~ <sup>into</sup> the  
~~hands of a master hand~~ ~~in~~ ~~the~~ ~~we~~  
This tall young woman, ~~the~~ ~~impl~~ ~~blond~~  
hair <sup>casual</sup> ~~Butter~~ like shoulder in ~~flashing~~ ~~waives~~  
~~(was) the idiot~~ ~~had~~ ~~had~~ ~~agreed~~ ~~I~~ ~~set~~  
~~television coverage~~ ~~wave~~ ~~the~~ ~~flashed~~ ~~in~~ ~~the~~  
blindly I just (an idiot to the had agreed  
television coverage), stood just a little  
under my height (6' 1 1/2") and she ~~or~~ looked  
searching to catch their eyes. They were  
almost on a level. In this, we fitted.  
And we knew at the moment ~~the~~ ~~we~~ ~~fitted~~ -  
the ~~we~~ ~~would~~ ~~fit~~. And we did fit.

~~Are the two birds or pigs~~  
until no eye was met during the  
graduation ceremony. Bird or pig  
involved with a young man who had the  
best - fortunate nickname I've ever  
heard - Pig-Eye Longgals. He  
was a massive <sup>muscular</sup> flexer-haired, huge  
cheeked specimen - with the charm  
I think was of a virgin girl (she had

recently been reported in the paper. Quif  
advised that he and one never did with  
human being, including me, perhaps because  
he was so thoroughly ~~white~~ <sup>decent</sup> all the way  
through, and to work with, one ~~was~~  
~~up against~~ the ~~harsh~~ ~~journalist~~  
~~the~~ ~~press~~, the ~~press~~ would have to take  
~~account~~ ~~disproportion~~, the 1974 Decency Case  
which showed that ~~statistical~~ <sup>decent</sup> indecent  
people outnumbered by 84 against 12.  
With a population of ~~with~~ the population of  
Pennsylvania at ~~million~~, the ~~made~~  
~~approximate~~ ~~with~~ ~~decent~~ people, of those - it  
then 85% could be expected to be  
female. Also, as one told me once  
the we were trying to get high to cut  
other's hair (this was the Height - Ashby  
hippie period - 5' and my hair was kept  
<sup>way</sup> down long ~~black~~ ~~shades~~) - we were ~~helpful~~  
unsuccessful, then we did get high  
to our bedroom - 'I <sup>fell</sup> <sup>+</sup> loved George Goble',  
decently as ~~well~~ as I fell - I was with  
you utter lack of it!

'Bronchitis' was actually because of his  
and inflamed condition  
In the 'Big Eyes' was due to the swelling of  
his eyes, the result of chronic pulmonary  
angestis. ~~his work was~~ ~~asthma~~ ~~his work~~  
chest was ~~not~~ <sup>for</sup> ~~accountable~~ <sup>asthma,</sup> ~~to this chronic~~  
condition, but, in his gym instruction and  
dates that he, to his strength and manhood.

~~But~~ ~~Big Eyes~~ But finally died his word.  
He is, <sup>at</sup> ~~during~~ this time of his angestis  
got worse & worse ~~but~~ <sup>it</sup> cleared up on  
graduation day. He is now living, I  
believe, in Richmond Va., at the  
head of a firm devoted to the

construction of highways on air-jets <sup>(you get</sup>  
~~for the first time, skin-like)~~

~~then eliminates ~~the~~ 'slip' problem~~  
~~Vapor is ~~just~~ soil, said to be yielded~~  
~~at the rate of 5 cars a year.~~

~~the~~ ~~the~~ ~~the~~ ~~the~~ ~~the~~ ~~the~~ ~~the~~ ~~the~~ ~~the~~ ~~the~~

So you Paul & I ~~met~~ <sup>met</sup> I came to  
know the brilliant attorney (Gus Spilman).

the bed laid his loose fingers in <sup>dollars worth</sup> half a  
hilling of his father's (pork)  
shaves, ~~which was <sup>for</sup> ~~the~~~~ the I told him  
the way for the, or hearing me out, at the  
age of 10, the expression 'get stuffed,'  
which happened to follow immediately upon his  
expression 'Eat your food and get to bed,'  
gave me a clip on the ear which set  
me flying down the stairs (they were  
cement - his was a stone dwelling -  
Tennessee), with the result that my voice  
~~deepened from soprano and became unable to~~  
~~sing soprano in the local Calvinist choir,~~  
~~and, worse, my sexual function was so~~  
~~altered that the idea of all 'direct'~~  
~~sex so that I ruptured my balls and was~~  
never capable thereafter of the idea of  
'direct' or opposed to fantasy sex. I  
cannot, therefore, look forward - the fact  
that I am too weak, or at any other  
time one will. The last time I saw  
Philip, the 1st, was on a graduation day ...

This is why I can describe her as a small  
a small ~~and stout~~ and 12/16-haired,  
with common bones, and a rather  
tall

Heather, Spilma all use  
for the priorities - until I pointed out the  
by father was a circumstantial work.

'If it is a gashy deposit,'  
Rip said.

'It used to be. And they've killed  
trades!' I said indignantly.

'Would the fact that made of  
to supplement?' Spilma asked.

'Possibly.'

'We could see the firm that  
erected the dwellings in Tennessee,'  
he said. 'But the time lapse is too  
great. However, the firm has proceeded -  
as in the notable industrial trials, due  
a John's tiger has been accounted  
of this searchings 20 or 30 years after  
the work - and I hope to know all

the ~~time~~ for the build the dwell;  
is still aimed, - that it sold - it is  
a key endorsement, which should sell  
be the to afford '4 or 15 million'  
'15 million?' I shrieked. 'How  
can anyone be with the real?'

By the time you pay my fees,  
ad cost-time, and investigation ~~research~~  
procedures, and witnesses for your child's  
days, you will see that this is enormous  
whole meaning, rather than a slight grabby  
you are to be a pipe in his mouth. The  
your fee - I've - it. This was 'I shall  
never know' he added to Philip.

'He has an imagination,' he said.  
'Don't take me seriously,' he told me,  
clipping a hand - my shoulder. ~~The job~~  
~~It's not~~ I said + a long ~~time for~~  
I stood a <sup>no</sup> ~~part~~ ~~foot~~ like this he. ~~He~~  
~~best~~ ~~in~~ ~~unfailing~~ ~~at~~ ~~times~~ ~~and~~  
~~we~~ ~~could~~ ~~not~~ ~~the~~ ~~work~~ ~~to~~ ~~have~~ ~~been~~  
~~into~~ ~~30~~ ~~is~~ ~~didn't~~ ~~make~~ ~~a~~ ~~pipe~~ ~~and~~

→ 'Kha could I? I said + a logh.  
'L'or, I anyji after all!

could have popped it out of the window head  
first in his little flight!

Reale Realty Inc settled at  
a price of \$300,000. So, just before  
we landed, Rip & I were worth a cool  
almost - billion.

75  
30  
2250

(1)

~~75~~ 75

A ~~2~~ FOUR-WEEK PRACTICAL CLASS  
IN THE HEALING POWER OF THE  
BREATH

We cannot take for granted the long and  
subtle process of oxygenation, ~~in a class~~  
~~also~~ which requires individual sessions ~~spread~~  
~~over a period of 4 weeks~~ but we can  
revolutionize your breathing patterns.

Oxygenation dispels <sup>two</sup> the most popular  
fallacies of us two — the one we need to  
take in 'as much air as possible', and  
the other people breathe 'shallowly'.  
It aims at efficient breathing, ~~with~~  
<sup>with health or</sup> which ~~is~~ optimal performance in work,  
sport, ~~relationships~~ or intimate life is  
possible. The auto-immune system — which  
we depend for more than our doctors etc  
cannot function without it.

Rejuvenation

# MAP (2)

## I Place

The "map" of participants

Tr = He writes thoracic/vertical BLACK

Ab = He writes abdominal WHITE

Dia = He writes diaphragmatic RED

~~Ver = He writes vertical BLACK~~

## II Quality

Con = Congested BLACK

~~His = Hissing and effortful BLACK~~

hi = light WHITE

Ten = Tense ~~RED~~  
~~BLACK~~

## III Exhale

~~h<sub>2</sub> = h<sub>1</sub>~~

Com = Completed WHITE

Cus = Cusped RED

Min = Minimal BLACK

## IV VO<sub>2</sub> MAX (digging level)

Min = Minimal BLACK

Max = Maximum White

Med = Median Red

CLASS I a) 1<sup>st</sup> HOUR PRACTICAL b) Explanation

~~THE BELLERBAND~~

→ questions

~~THE BELLERBAND~~ ALL NOSE Breathing

- a) 1] Observing the breathing and making the biographical "map" of students. ~~THE BELLERBAND~~  
2] The 2 relaxation points. ~~THE BELLERBAND~~  
RELAXATION EXERCISE  
3] THE BELLERBANDS -

FLXIBILITY EXERCISE

a) without hands

b) with hands

- 4] ~~THE SIX EX~~ ABDOMINAL BREATHING WITHOUT MOVING THE CHEST IN ANY WAY. MONITOR HOW MUCH YOU MOVE THE CHEST NO HUGE LONG DEEP BREATHS

- 5] The 6 exercises @

6)

1] Explain the 4-Phase map. i) Place  
ii) Quality iii) Exhale iv)  $VO_2$  MAX.

2] Explain the BELLOWS SYSTEM.

The 2 FUNCTIONS — i) abdomine —  
life: <sup>parasympathetic</sup> transformation, ii) ribcage —  
special effects — <sup>↑</sup> purposeful, sympathetic.

The special effects of EMERGENCY SUPPLY — 100% more.

3] The way the nervous system works in the breath — cough, sneeze, yawn, sigh, crying, laughter.

4] The difference between the IN-BREATH and the OUT-BREATH: this was the meaning of the 6 exercises you did. Diff. between certain western breathing. THE IMPORTANCE OF THE EXHALE. Most suffocation — UNTRUSTING — BREATH comes from incomplete exhale. ↓ Smoking a device is breathe. AUTO-IMMUNE →

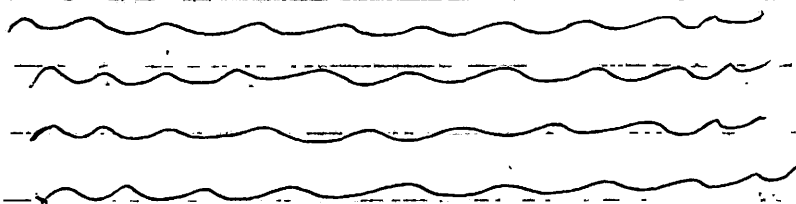
→ SYSTEM depends on this

NICHOLAS

Common Tactic practice

BREATH

WITHHOLDING ORGASM



Diverse common practices of  
Nicholas and Irene.

Unified thoracic breathing keeping to

each other's rhythm, side by side,  
naked,

Monitor each other, lead into lovemaking  
if appropriate

## Class II

i) Silent breathing

ii) Importance of nose-breathing

iii) The repose 'hook-in' = Relaxation —

The difference between muscular and cellular repose — 'in the outside' and 'in the inside out'

i) Breath + repose = superoxide dismutase

But Breath + tension = hydrogen / free radical

(Oxygen toxic)

v) Abdomen — calm

Thoracic — thoracic

## Class III Oxygenesis = regeneration 'in-former'

the reticular self-guidance, the subsidiary  
input of the cerebral cortex, the therapeutic  
action of the optimum functioning anti-immune  
system

## Class IV Breath monitoring. See how you hold

your breath, control the exhale, snatch the in-breath.  
Make 'noisy' breaths. Nose breathing. Repose.  
(2 relaxation pts). Resume of all previous

A highway cop ~~stop~~ pulled us  
in for speeding, he looked in the  
they window ~~stared~~ he ~~stared~~ to ~~stare~~ to me and  
~~tried~~ <sup>for me</sup> ~~you~~ to ~~help~~, I said, 'What the fuck  
do I look - the driver - the driver?'

'He's not the driver', I said. ~~He's~~  
~~deeply~~ ~~convinced~~ ~~that~~ 'He's' driver, I  
could be driving <sup>at</sup> the speed - or worse. ~~At~~  
~~the~~ ~~moment~~, ~~when~~ ~~we~~ ~~were~~ ~~driving~~, I added.

'That', he said, 'may be the  
I can find ~~him~~, take what I need,  
2. Steer heads! ~~Two~~ ~~on~~ ~~the~~ ~~2~~ ~~eyes!~~'

'~~That~~', he said.  
'~~And~~ ~~that~~ ~~the~~ ~~idea~~!' he said

~~that~~  
~~He's~~ ~~the~~ ~~one~~ ~~in~~ ~~the~~ ~~driver's~~ ~~seat~~

~~Spurred~~ ~~by~~ ~~the~~ ~~fact~~ ~~that~~ ~~he~~ ~~was~~ ~~driving~~

I explained <sup>the</sup> ~~the~~ ~~fact~~ ~~that~~ ~~he~~ ~~was~~ ~~driving~~ ~~the~~ ~~car~~  
He did - a ~~man~~ ~~with~~ ~~his~~ ~~cap~~ ~~and~~ ~~took~~

~~at~~ ~~me~~ ~~with~~ ~~his~~ ~~mouth~~ ~~open~~. ~~Then~~ ~~he~~  
started ~~writing~~ ~~up~~ ~~the~~ ~~ticket~~, ~~off~~ ~~jump~~  
he a long-suffering look + pursed lips.

'I'm going to have to <sup>at the station</sup> - say I'm the beggar  
of this,' he said.

'The name is 'an'!' he called, dilly-dilly with  
his up.

'Brief the Spruce Taylor.'

He looked up. 'I know the Spruce Taylor'

'The famous Mervett's case - Philadelphia!'

"No less," she said, clearly getting tired

of a strain. "I'll say it's a case in  
six weeks."

"I've been afraid to find any depth

ever since!" he said. "The kinship?"

He turned to me. "She's five years old

& she always comes & plays in bed &

coming between me & my wife - I

tried to touch her little with my hand -

scared! But I give it to the kid -

kissing and fondling, just as doctor's

natural demand!

"It's natural, a right!" Brief

said, + c dille took it to the court road.

'Mervett's natural too, the G'

she's got hold of it!

'The case is say a nice case'

→ 'A head!' Rip said, 'the  
'the' as he said the 1st time. 'the' as he said  
2 times = no H<sup>+</sup> at all!

'Yes James!' the man said, 'the  
ing is the 1st thing H<sup>+</sup> goes? It's for 2  
front - two -!'

'OK OK' Rip said, 'If you got it  
minute I'll tell you! It's up to you for  
the 1st part of view - we can't see  
the 2nd at all!'

'James!' he said, 'the 1st part of the back.  
'And the 2nd -?'

'happy!' said.

'Good' - only he said, 'the 1st  
coming out of your mouth?'  
'It's the 1st part of the 1st part, [A] V

tickle his nubby legs and dangle  
them on his knee -!

'Write me!' Ruf said + the  
dir hie of fancy, King, and the  
Jaco de + the full spread-Taylor de  
free gaze, ~~with the way, so~~  
'a depend on you table, and if  
you knee', asked -!

'No come - Ruf!' I said.

'Dance a path + his no child -!'

'No or you say?' he turned  
the dark-green square + he now  
'It's just impossible! ~~They see~~  
the way table + the the way of least  
one witness of the party, he  
up del dangled + tickled in the  
cistic of me ad view any place else!

~~That the witness are~~

'It's different' I said. The  
witness are fixed!

'By how the', the up said  
ordis + him, 'I can't have fair

that with the digging of interest, stand  
to read

2. In deamed yll! 'Rip  
said = thundring voice.

'I'll tell you something else' the  
cop said 'I've got this the depth, the  
14, and the one in the back of the  
head I don't know how many feet  
and we are in bed.'

'How wretched!' Rip said,  
putting his face in his hand.

'~~How~~ 'The devil you say!' I asked  
L.

'Oh you know, I covered it  
a fake, I said if you did want options  
die etc so late. But the brain  
are nothing!' 'I can't register -  
draws! No this is I draw too! I  
draw the: my wife! And I desire  
to me! I desire by no depth!'

'Sound to me like you draw  
two depths!' Rip said, and by his

need.

'The deal you try you Xia we are war!' she expressed, still with:

'Anae'

'OK'

'I gave her a look to see whether it + was her

she or done away I said 'the hell did you give her the very first news of!'

'Did it + you + you hit, what?' she returned. 'Three days had you ticket made at my date, it's been paying a large sum you had wishes!'

'But did the copy book of your piece?'

'Sure they do! But if you <sup>disturb</sup> ~~confuse~~ the ~~hands~~ <sup>the</sup> she'll <sup>do it</sup> ~~do it~~ ~~die~~ ~~pay~~ ~~it~~ ~~and~~ ~~that~~. <sup>She's</sup> <sup>the</sup> ~~hol~~ ~~entire~~ ~~thing~~. I mean, he can put me down if I push it ~~to~~ ~~the~~ ~~ground~~ ~~of~~ ~~spies~~ ~~to~~ ~~hell~~!'

'Well, I said, going to the toilet  
he'd had me shaking my head in words  
'of eating one round the wall!'

'It's a Spanish Tap, she said.

'He's young, not a big round wall!'

~~2<sup>nd</sup>~~ <sup>1<sup>st</sup></sup> on the eve of round 1 healt.

stuff in place, those days for I <sup>was</sup> ~~was~~  
~~acting~~ to get closer to the <sup>scientific</sup> experience the  
as participants in, as if it were  
swallowing thick bile. ~~I would swallow~~

to keep he will disposed ~~to~~ <sup>board</sup> ~~intended~~  
to keep swallowing, until a <sup>was</sup> ~~judge~~ ~~to~~  
inflamed. I threw up.

~~It's a part of the 1<sup>st</sup> or 2<sup>nd</sup> stage of  
high <sup>1<sup>st</sup></sup> ~~experience~~, and ~~falls~~ ~~few~~ ~~are~~  
~~concerned~~ ~~to~~ ~~fall~~ ~~so~~ ~~the~~ ~~by~~ ~~as~~ ~~if~~ ~~it~~ ~~is~~  
~~to~~ ~~be~~ ~~as~~ ~~scientific~~ ~~to~~.~~

This experience was so important  
the news of it never reached the  
more recent medical journals. And it  
is peculiarly <sup>cognate</sup> cognate with the limited

① Why was the first pause - the 8-10 sec -  
involuntary? I don't remember

② Why do you feel like waking - pause  
between breath - why do you do it? To feel  
the completed whole or because of fatigue  
in because of enjoying it the way? (not habit  
of ~~previous~~ <sup>previous</sup> trials) (inertia?) (proprio - little fatigue).

③ Adrenaline not going down of the breath -  
are you pulling breath - is the whole as well?  
By it. (Not aware) -

④ eyelids pinching me I spoke before - why?  
electricity? (~~the~~ <sup>some</sup> electricity?) = cheek)

⑤ A little traumatic - esp. e the pauses.  
(I still dislike the math on the lecture - the result is)  
dislike is just before ~~the~~ making the the well (running).

⑥ When the pause ceased is you went into a  
continuous rhythm was the pleasure the?  
What were the sensations? (feels  
of electricity) (feels)  
AAVVVV

⑦ The very long pause - the sensations - after  
the long sigh and the swallowing.

When you have not yet heard, take first  
breath after passage and walk and  
the sensations?

"yielding"

Peace, information, travel, internal therapy,  
mastery, joy, wonder, <sup>celebration</sup> autonomy, melting.  
Tenderness, visions ("all  
elements, the whole experience")  
\* mastery & pleasure  
in having the machine go  
smoothly

Who did the voices hear for you? - outside.  
(like the car)

"blue eyes" in - German accent -  
the meaning of the car - ("it held  
the whole experience" - an addition -  
encompassing the piece).

Oxygen's work to be the the

from its resistance. There is always  
- STRUGGLE, <sup>in the machine</sup> made by the breath -  
against the breath always tries to get  
behind the surveillance, the  
credit mark, the deep sleep - that  
it is.

'How do these 6 exercises do for you?'

Musky (which means 'not needing  
to control'). Control was for few the  
you don't have the mastery

Flexibility (leading to mastery)

Well Being (particularly in letting it  
all out & getting it all in).

Perceptions, Control, etc  
used in this as effects. (A sense)

FITTING INTO YOURSELF.

would be impossible to say of which I was to  
become and a week or two was many  
Technical facts since it could be possible  
to say before the road with a question  
and chemical analyses so complicated as  
to alienate his interest etc. I shall  
therefore break it down into simpler parts  
and, in one stroke, expose perhaps the  
most significant biological reference of  
the age by saying that only two or three  
were involved, <sup>1000</sup> thousands of miles for  
read the hundreds of miles for  
themselves.

Brief had clear of the male  
head. I mean, the head of the male  
rat. Even the the head had been  
modified in certain respects - to  
reduce the impact of immediate  
external stimuli, ~~and~~ of means  
of saving certain the of body,  
oral and visual parts were  
his head was by no means in the

side change - nice question for  
at least eight scientific disciplines  
were involved - We do not have  
the neural, collating wire, and was  
also at least a ~~being~~ ~~change~~ of  
the ~~is~~ ~~the~~ the superior facts  
governing the head's emotional life.

# CLASSES

oxygen — already achieved  
in few minutes!!!

Ancient techniques of the math  
can not be applied with knowledge,  
ad gain a background of long practice.  
The oxygen must be produced  
to the benefit of the math — know  
any benefit at all.

Dear Mr. McDonald

I was shocked by a national - level  
of mine called Dark - you know me.

I read if it's doing wrong by itself.

Very interesting work, How to STOP DYING  
IN CALIFORNIA, with a preliminary letter  
of enquiry.

Be - I do feel the this is a robbery case  
commercial the DNA, ~~not~~ and the  
~~a game~~ is the matter of with  
control & its gear. How to - is

I enclose a summary of valid.

A D

Thoughts & emotions are part of the mind are synthetic, and the oxygenic breath reveals the same these decisions are made, and the power of decisions lies. It is known as the cerebral cortex, in which the verbal, this is the meaning that people say, after oxygen, it felt like I was at the self, and determined the things we:

Paradoxical  
Introductions work the same  
Behaviors

without cracks or holes  
lines of matter into a

\$175 a case

# Schenck

But to return to the experiment. The basic thing is that the HV - certain electrical impulses as part of the body can be kept alive, they served, provided the ~~work~~ <sup>work</sup> in a head-like is maintained artificially. In the case of Roon IV (the name) <sup>the principal</sup> ~~derived from~~ ~~the~~ <sup>character</sup> a <sup>sketch</sup> invention by, well we say, Mustiney-Holster, ~~is one of~~ is Rat organs on Vacation - the IV refers to the fact the ~~ing~~ at the South stage was the experience (provided) rat parts were packaged separately, sent to various parts of the world but not only still alive but in radio-like with the rat's neuro-transmission function. The parts served were arms, legs, heart, kidney, <sup>at</sup> liver ~~and~~ while the digestive tract remained at 'headquarters' <sup>in Sonoma Co., CA</sup> + the head, they ~~separated~~ - separate laboratories. The head was also modified - HV is,

both ears and the tongue were removed,  
together with, as I said before, some modification  
of the reflexes, ~~and~~ optic and oral nerves,  
but apart from this the brain and the ~~base~~  
its stem were left intact, being essential  
to the whole experiment. As for the female <sup>sent</sup>  
the two severed parts were ~~sent~~  
to various parts of the world - <sup>in wire</sup> the spinal  
column, ~~with the nervous system~~ and the  
tongue and the liver, <sup>was</sup> to the famous Dr.  
Mac <sup>Grude</sup> ~~Grady~~, ~~whether~~ famous is <sup>the</sup> ~~not~~ <sup>(word)</sup> ~~impaired~~  
of some, like that year, and ~~the~~ the  
~~devised~~ <sup>indicates</sup> the extraordinary '26-war' involving  
a thousand 26's - two armies equipped  
with 'radial' or electrical charged claws  
the created the equivalent <sup>letter</sup> of ~~radio-~~  
active ions.

(checked 'the-the-wickies' for his  
wild practical jokes!)

~~the~~ ~~the~~  
But the non-input element

→ head, this was ~~substantly~~ held (as a subsidiary part of the experiment) in Curcassone, France, where there is an excellent ~~cell~~ cloning station with the right kind of facilities for the observation of 'responsive patterns' in the head, following the ~~stimulation~~ <sup>of</sup> ~~constant~~ ~~external~~ stimuli in the male head. For the two heads were in telepathic contact with each other by dint of the parts and organs of their bodies, wherever they were, being packaged by the, nourished by the, and stimulated by the.

the sexual organs (of both the male & the female rats) were at the genetic center in Sydney, Australia, which he judges the most advanced technical machinery for artificial insemination etc. ~~It was at~~ ~~that~~ ~~at~~ ~~the~~ ~~time~~ ~~this~~, the early stages of the development of the organism is such that (and this was an adult believe in the possibility) that the female organs will be separated off for each other and, also like the organs, displaced by thousands of miles, but it came to nothing. It belongs to studies fifty or more years in the future. As it was, the female organs remained attached to the womb, at Sydney, and, and of course, at the same site as the male organs.

Now I tell the road the

progeny - in the form of six healthy rats - have been produced in the female and by means of chemical influence the brain head - Southern Cross the reader will concede

the Rouv IV was indeed the experiment of w-time  
And when I saw the control of this chemical  
induction was almost entirely in King's hands,  
~~my respect for him~~ He would not have  
no power & reasoning. The intensity of my  
respect for the ~~King~~ I actually believe that  
# Rouv IV could not have happened without  
him. She daily administered chemicals  
to the head, inducing fever, anguish,  
tenderness, pain, horror, beardiness,  
anguish, an urge to commit suicide so desperate  
that the fringes of eastern face contracts into  
a thousand happy wrinkles (but, alas, it is  
within the power of a head detached from the  
rest of its body by thousands of miles to commit  
suicide as anything else! - a thought, this,  
~~was necessary~~ enough words of Nietzsche Holsti  
for any a hundred). At first her choice,  
'hobbies' was Lophocyst, the chemicals  
administered were crude one-doses,  
producing immediate cataclysmic effects,  
and without apparent rationale. For this

Institute of Crosscultural

The danger of the concept

the absolute = the west

Being 'completely resolved' -  
working at 'the works' etc.

A fighting ideology - working  
against debt or dirty articles and  
working for a kind of permanent universal  
state of rest or harmony - the work  
thing for the children of postcolonial

Oxygen is by the relation = she  
have for job? why do you hear it? she is  
telling you? she are the codes, the  
symbols! If you had a drunken or crazy  
mother, she is the reason! who is the  
signal being given by the oxygen?

More good - to the

1) Sweet - spirited but not  
intellectual - low spiritual energy

2) Be. Dutta love & child -  
love

3) Beardsley & letters -  
was identifying how to handle  
the snow etc. of the world - intellectual.

1) The practical spiritual & practical -  
of the world - the way to  
energy & - I believe that energy -  
the way to a good teacher of the  
sweetness & refined - each other  
the 2. Be the "utterance" - in a  
5 in detail - yet the heart -  
connects to them.

A in India, with 5 the  
practical guide.

The world tells us the future  
The practical & practical work  
Dutta was to feel emotional & intellectual &  
them, despite infirmity.

1] Label the poem

2] The reader's wish

3] The author's wish to  
disturb

4] He does the same to

5] He has the child feel  
the same

The particular anxiety of his eyes  
to go to Brazil ~~to land at 11 AM~~ ~~to feel~~  
~~my eye the I've done it by~~ 1 - the  
week of my ~~waiting~~ ~~to~~ ~~be~~ ~~by~~ - 1/2  
ried my eye ~~longer~~ —

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The meaning of the experience — and  
surrogate sex — and the good thing.

I had for some time been interested in  
S. M. Zuckerman's work on the behavior the  
observed at Lund 200, and ~~at~~ those  
deprived sexual habits he attributed to  
the entire behavior, etc. situation, would  
where these habits were due to the  
fact that (like us) they were confined,  
deprived of contact with nature and isolated  
within a ineffective family unit.

~~At the time~~ ~~the~~ ~~time~~ ~~the~~ ~~time~~ ~~the~~ ~~time~~ ~~the~~  
After the ~~time~~ ~~the~~ ~~time~~ ~~the~~ ~~time~~ ~~the~~ ~~time~~ ~~the~~  
Rooftop IV finally  
proved ~~itself~~ ~~successful~~ ~~and~~ ~~had~~ ~~been~~ ~~was~~  
giving a series of lectures on the exact  
analogy between the life of the modern  
human being and the of the zoo animal  
How this would - the technique

BARBARA

JULY 5<sup>th</sup>

(5-30)

Institute of Consciousness

It is a mark of living in ideology, the  
the ideas go low, however banal, however  
~~the~~ much the work of the people, however  
abundant, hurt, especially if there is ~~an~~  
of ~~the~~ affluent popular, either in a small circle  
considering itself delicate in society or large,  
are advanced, in the same way of someone  
dignified, with the ~~in~~ do not show the he work  
not yet be acquainted with the new, or he  
unable to think in the new way. This is the  
mark of ideology, its ideas are always fashion  
and until they are fashion. He is already  
compromised, the cause being the ideology,  
(i.e. guns etc)

~~Oxygen~~

## The Breath of Life

Opening sentence: One of the greatest influences of  
an oxygen-depleted times in the breath comes  
naturally, ~~and the way that~~ but there are  
breath exercises, and systems of breath, in yoga  
~~and aerobic~~ or athletic techniques, as we  
denies. But ~~the fact~~ the idea that most people  
cannot lose the property, and can never have lost  
property, is the only way gaining currency —  
a ~~the~~ breath - problem (like by) ~~is~~ usually  
by force themselves in the attitude of doctors and  
the pulmonary departments of hospital. These  
problems never get solved — because knowledge  
of the breath ~~is almost~~ is so tiny in western  
medicine the little can be embedded except  
sedatives.

1) 16 times we in to the melt - 1  
get better schedule

2) work hard the melt

⇒ Hospital center

# OXYGENESIS

## CITY SPORTS

### ATHLETES!

Is your oxygen debt excessive, your performance level inconsistent, your staying power insufficiently predictable? The

~~Breath is the key of the key.~~ Without

flexibility = the relationship of the intercostal and abdominal muscles, with their principal relaxation induced by the breath, without proper breathing

patterns during rest, the nervous system cannot easily adjust to the unusual, 52

performance level will not be optimum  
 $V_{O_2} \text{ Max}$ , or maximum oxygen

utilization capacity, .....

use the muscles,

MR .....

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6X4

CLASS AD

The breath does not come for free, in  
a way of us know, soberly - unhappy  
delivered the possibilities & the delivered  
to the child kind the the breaths  
become cataclysmic very early, and  
when often are not reflected in  
the outside world, which is a problem,  
a thrust, a world of unexpected villains etc.

Soberly must be learned if the  
urgency is to perfect potential  
= i) work ii) emotional life  
iii) health

1) The breath re-creation is  
meditation etc are well supplied  
with re-creation how it is very long  
for the best with the best  
texts,

2) On the steps to direct - the work

They did learn the math in it  
the etc - how, & the math, etc,  
of the receiving

## Revised Experimental Psychology

Each psychology has a part of the  
picture, and the essential  
complete  
parts of the reconstruction

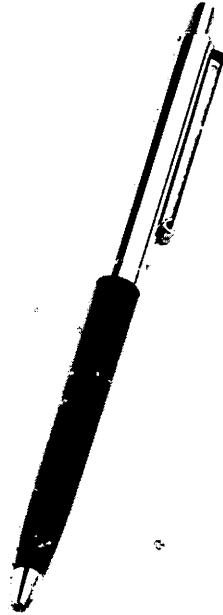
The math, of a complete  
understanding of the nature of the  
math as the small or  
principal, formal and self

There is now the athletic man  
the math, with some potential  
performance

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RANDI MYRSETH  
DPA

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"  
walked off -  
a SNIT "

When we breathe with a rushing sound in  
our ears, we seem to be hearing the noise  
of the breath. We perceive it, as if were,  
'from the outside.' But in the following series  
of exercises we reverse the process and  
make sure that the breath makes no sound  
whatsoever.

The sound of rushing in the ears  
denotes velocity of the breath, and to  
some extent volume. We ~~can breathe~~  
frequently breathe in this way or tense  
~~although it is by no means~~ But in the  
silent breath we cannot be tense. A  
certain amount of concentration is required -  
to dilate the nostrils slightly, and to do  
moderate the speed and volume of the  
breath that it makes no rushing sound  
in the ears whatsoever.

To habituate ourselves in this we  
should first take a long inhale, visualized  
as coming from the feet about 15 the  
head, curving at the top (down under  
the scalp) and then descending down the  
body to the feet again. We may do

lying down or sitting upright (S1).

We shall find that we enjoy contact with the water when we are in repose. And we may discover

also that while muscular relaxation is relaxing for the outside - i.e.,

what we may call cellular or internal relaxation is for the inside out.

And it is accomplished here if the weather is accompanied it is better.

This is particularly valuable for people who suffer from frequent back pain, arthritis, inflamed joints

usually in rheumatic fever and sciatica. If we are <sup>in a</sup> ~~in a~~

constricted position of a length of

time, of instance during a car

journey, this ~~kind of exercise~~ <sup>method</sup> ~~is~~

~~is~~ ~~most~~ ~~useful~~ is most useful.

On the whole exercise may

how we do use using the other methods.  
Some people will digt of it - will  
sleep - for the other method is  
sleep-inducing, and useful of unwell.

In the lying exercise (A )  
we should take a long while there  
in the audible breath, and no noise  
should be heard at all -  
just a very light and gentle pressure  
of the breath on the tongue and  
teeth. ~~the 'sniffing' exercise~~

~~the~~ The 'sniffing' exercise  
( — ) is equally possible with a  
sound in the ear - the delicacy of  
which the breath is possible will  
surprise us, and contrast sharply with  
the rather brutal breaths we  
inhabit go in to, especially during  
acute stressed situations.

We should do the snuffed  
inhalation, followed by the silent inhalation,  
in this way  $\text{P}(\text{---})$ , and then the  
snuffed inhalation and the snuffed  
inhalation ( $\text{---}$ ).

When we do the braked-  
undyspneic breath on the inhalation ( $\text{---}$ )  
that sound should hardly be audible  
at all, and the same with the  
braked-inhalation exercise ( $\text{---}$ ).

The heaving, <sup>snuffed</sup> exercise ( $\text{---}$ )  
should be done, too, with a barely  
audible sound, which will mean that,  
at least of the first inhalation, the  
breath voice will catch on time to  
time.

We should do the blowing  
exercise ( $\text{---}$ ) in such a way that  
no noise whatever is made — just

the open mouth and protruded lips, and  
a quite silent breath.

Next, the abdominal  
'cover-breath' ( — ), with its power,  
can be done in silence with great  
satisfaction. An silent breath. Tension  
the body forward - tension with the  
vital breath, and discharges sudden  
stress - breaths in unusual circumstances.

We will never breathe in  
silence of how the - for how long, except  
in sleep. I often wonder if at one  
time at least a couple of centuries  
back, people didn't breathe silent  
most of the time when not exerting  
themselves. But we, for a several  
years, are habituated to healthy  
patterns designed to deal with  
unexpected external situations, shock

of me kind or another, and danger, chatter  
over a imagined (and the imagined kind  
is perhaps even more dangerous of the  
human system than the real ~ physical).

Now we come to me, the more  
spiritual exercises in this book, containing  
the more the contains the greater mystery,  
though to find it may seem long. ~ ~ ~  
I call it 'Mystery the curve.'

Breathily, still it is the Hertzian curve,  
we ~~under~~ ~~trite~~ deeply witness the  
upper (in whole - its - whole) and the  
lower (ex whole - its - whole) curve,  
trying to look deep into the soul  
desire we wish to be found there.  
May different experiences - on the  
zero to life - Transformation - may  
result - In this, it is all case it  
is - a natural, beautiful to get those  
curves <sup>or</sup> [growth and energy as letters,

ad iten can be done here = the siler  
with, we will become aware perhaps  
that the ~~can~~ doing the curves we are  
writing ~~is~~ holding our ~~is~~ holding, now holding  
the with (if there is no ~~there~~ - look  
a = breath - relation), it is as if the  
body goes into a fourth state, as for  
as the with is increased, and the  
yogis begins ~~to~~

Abdomen = A

Thoracic = Th

Siler = S

L ille = L

BR = Breath Relation

Alternative Vastel = AN

tricks  
I planned ~~to~~ <sup>to</sup> ~~do~~ <sup>be</sup> ~~at~~ <sup>with</sup> ~~the~~ <sup>the</sup> ~~right~~ <sup>right</sup>  
digits ~~of~~ <sup>of</sup> ~~my~~ <sup>my</sup> ~~finger~~ <sup>finger</sup>. ~~After~~ <sup>After</sup> ~~all~~ <sup>all</sup> ~~10~~ <sup>10</sup> ~~tries~~ <sup>tries</sup> I ~~succeeded~~ <sup>succeeded</sup>.  
~~to~~ ~~make~~ ~~it~~ ~~up~~. ~~And~~ ~~Jerry~~ ~~...~~

'kitten,' I squeaked, 'did <sup>did</sup> ~~you~~ <sup>you</sup> ~~just~~ <sup>just</sup> ~~have~~ <sup>have</sup> ~~a~~ <sup>a</sup> ~~hand~~ <sup>hand</sup> ~~in~~ <sup>in</sup> ~~that~~ <sup>that</sup> ~~injection~~ <sup>injection</sup>? Is ~~the~~ <sup>the</sup> ~~try~~ <sup>try</sup> ~~to~~ <sup>to</sup> ~~kill~~ <sup>kill</sup> ~~me~~?' I ~~mean~~ <sup>mean</sup>, ~~oh~~ <sup>oh</sup>, ~~going~~ <sup>going</sup> ~~to~~ <sup>to</sup> ~~with~~ <sup>with</sup> ~~you~~ <sup>you</sup> ~~know~~ <sup>know</sup>, ~~how~~ <sup>how</sup> ~~do~~ <sup>do</sup> ~~you~~ <sup>you</sup> ~~do~~ <sup>do</sup> ~~that~~ <sup>that</sup> ~~the~~ <sup>the</sup> ~~ref~~ <sup>ref</sup> ~~in~~ <sup>in</sup> ~~collaboration~~ <sup>collaboration</sup> ~~with~~ <sup>with</sup> ~~George~~ <sup>George</sup> ~~Manning~~ <sup>Manning</sup> ~~that~~ <sup>that</sup> ~~is~~ <sup>is</sup> ~~it~~ <sup>it</sup> ~~not~~ <sup>not</sup> ~~like~~ <sup>like</sup> ~~as~~ <sup>as</sup> ~~the~~ <sup>the</sup> ~~next~~ <sup>next</sup> ~~examination~~ <sup>examination</sup>? (by word were all stored).

'He used me?'

'He used me! My head a ~~suicide~~! ~~Manning~~ ~~George~~ ~~Manning~~ ~~will~~ ~~be~~! I ~~will~~ ~~be~~ ~~heard~~ ~~down~~!'

'He was you telling me? ~~Yes~~, ~~he~~ ~~told~~ ~~me~~ ~~that~~ ~~you~~ ~~had~~ ~~been~~ ~~examined~~ ~~for~~ ~~all~~ ~~of~~ ~~Jerry~~ ~~says~~ ~~it's~~ ~~going~~ ~~to~~ ~~be~~ ~~over~~ ~~crossed~~ ~~bull~~!'

'~~Control~~ ~~Butter~~ ~~Herb~~!' I ~~retreated~~ ~~down~~ ~~the~~ ~~stairs~~ (I ~~was~~ ~~at~~ ~~dinner~~) ~~at~~ ~~Manning~~ ~~and~~ ~~he~~ ~~told~~ ~~me~~ ~~except~~ ~~where~~ ~~the~~ ~~wind~~ ~~was~~!'

'~~That~~ ~~is~~ ~~it~~ ~~is~~ ~~the~~ ~~end~~ ~~of~~ ~~the~~ ~~world~~!'

~~17~~ I said 'if a person is  
educated person. ~~Let me see~~

~~'And what is supposed to be voice?'~~  
She said. 'I'd better come and see you!'

~~'Zu better had!'~~

~~'I'll get Jerry to <sup>suppose</sup> the best is  
but it'll be right now!'~~

~~The news came. I told a newspaper  
I'd had to. And that had given the  
order to I felt like crying. And I had  
on Jackie (eyes) (I was in the dark of wood).~~

~~The evening was a. No - phone-  
call. An ~~extra~~ ~~at~~ ~~the~~ ~~house~~  
that to comfort myself by staring at  
me but this made it worse because it  
reminded me of ~~the~~ ~~with~~ ~~the~~ ~~by~~ ~~performance~~  
with a woman could hardly recall the  
coffee or ice. This time tears really were  
my eyes. She had ~~been~~ ~~at~~ ~~the~~ ~~time~~ ~~!~~ I  
And I now have a hard date to remember.  
I can't even see it with her in the dead  
eye. I can't even agree to it. God bless  
you.~~

~~If my hand I were doing~~

By the way

→ Use frozen compass!

'Frozen ~~compass~~ compass?'

Don't because the compass will feel  
compass to ~~right~~ sign on the dotted line!  
I ~~moved~~ said "The compass has to sign  
waiter line!"

'Not happened by voice?' she  
said. 'Listen, I - go to the desk.'

'I'd better head.'

I put the phone down & fell  
like crying. I didn't see all I had.

## America the analytic culture

but in my the male/female differences disappear. <sup>A</sup> culture requires these differences, indeed, conditions them — the equal, unequal, whatever. In the analytic culture they replace feelings.

### LEMITATION - Stephen Richard

America publishes go. a few propositions that are entirely false:

i) A look here to justify 'that' of making money, a group promise that it will make money.

ii) If we are making money we have the right = the we're

doing.

America is the money-justifying culture, therefore the anti-culture. It cuts through cultural energy as 'destructive' i.e. non-money.

put it back:

where the wind lies

~~the Ad members by the afternoon - but, to the  
Ad days we got back for work like the same  
time, had a drink and work straight after.  
So we could pop down to the 1st  
day to the dinner, the take of the number  
that we'd left of. ~~with the truth~~  
was all in <sup>RUINI</sup> ~~the~~ ~~hand~~ ~~of~~ ~~the~~ ~~CRAP.~~  
in the wings of office. Truth, ~~CRAP.~~~~

Damie came in and gave a  
fort on look full) animal empire. It  
gave me a night to life. I jumped  
up at the dinner, <sup>felt</sup> ~~felt~~  
up and got a bottle of tubers. It  
was made on ice to be held with it  
I could add some ice-cubes, ~~cheap~~ <sup>the 1st</sup>

~~Don Perquer~~ ~~the~~ ~~Don~~  
I work off I shall never know. At all 20  
Perquer ~~just~~ ~~up~~ ~~the~~ ~~deformation~~  
Don Perquer ~~the~~ ~~front~~ ~~of~~ ~~the~~ ~~ceiling~~  
because <sup>TRICK</sup> the cork flew at the ceiling  
after (the best it kept) ~~and~~  
(before) Damie jumped ~~and~~ ~~got~~

it looked, <sup>it is</sup>  
I poured myself a drink, ~~and~~  
fell and on just out to see it back  
then I saw Damie ~~with~~ ~~give~~ ~~me~~ ~~an~~  
he <sup>is</sup> ~~affronted~~ ~~late~~ ~~4~~ ~~3~~  
I said, 'Wahne joi he pal?'

I got this water-bowl and filled it with champagne, and put it down ~~in the~~ <sup>on</sup> the bench.

LUSH  
"Lush, I said ~~affectionately~~.

He lapped it like a lunatic. He kept stopping and smelling it, ~~not~~ <sup>and</sup> wondering if it was good, and always deciding ~~quite~~ <sup>quite</sup> ~~that~~ <sup>that</sup> the ~~best~~ <sup>best</sup> ~~was~~ <sup>was</sup> ~~not~~ <sup>not</sup> ~~yet~~ <sup>yet</sup>, ~~until~~ <sup>until</sup> ~~the~~ <sup>the</sup> ~~last~~ <sup>last</sup> ~~drop~~ <sup>drop</sup>.

He ~~settled~~ <sup>settled</sup> ~~in~~ <sup>in</sup> ~~the~~ <sup>the</sup> ~~chair~~ <sup>chair</sup> ~~and~~ <sup>and</sup> ~~he~~ <sup>he</sup> ~~gave~~ <sup>gave</sup> ~~me~~ <sup>me</sup> ~~a~~ <sup>a</sup> ~~look~~ <sup>look</sup> ~~that~~ <sup>that</sup> ~~was~~ <sup>was</sup> ~~not~~ <sup>not</sup> ~~good~~ <sup>good</sup> ~~at~~ <sup>at</sup> ~~all~~ <sup>all</sup>.

I calculated and took a few generous gulps. ~~Hoped~~ <sup>Hoped</sup> ~~you~~ <sup>you</sup> ~~could~~ <sup>could</sup> ~~give~~ <sup>give</sup> ~~me~~ <sup>me</sup> ~~one~~ <sup>one</sup> ~~drop~~ <sup>drop</sup> ~~and~~ <sup>and</sup> ~~put~~ <sup>put</sup> ~~it~~ <sup>it</sup> ~~in~~ <sup>in</sup> ~~my~~ <sup>my</sup> ~~per~~ <sup>per</sup> ~~for~~ <sup>for</sup> ~~eyes~~ <sup>eyes</sup>, ~~as~~ <sup>as</sup> ~~you~~ <sup>you</sup> ~~had~~ <sup>had</sup> ~~occasionally~~ <sup>occasionally</sup> ~~done~~ <sup>done</sup> ~~before~~ <sup>before</sup>.

I ~~settled~~ <sup>settled</sup> ~~down~~ <sup>down</sup> ~~in~~ <sup>in</sup> ~~the~~ <sup>the</sup> ~~chair~~ <sup>chair</sup> ~~and~~ <sup>and</sup> ~~he~~ <sup>he</sup> ~~gave~~ <sup>gave</sup> ~~me~~ <sup>me</sup> ~~a~~ <sup>a</sup> ~~look~~ <sup>look</sup> ~~that~~ <sup>that</sup> ~~was~~ <sup>was</sup> ~~not~~ <sup>not</sup> ~~good~~ <sup>good</sup> ~~at~~ <sup>at</sup> ~~all~~ <sup>all</sup>.

I finished the bottle and got up. As soon as the bottle cork popped & Lamine jumped up. ~~He~~ <sup>He</sup> ~~stair~~ <sup>stair</sup> ~~before~~ <sup>before</sup> ~~he~~ <sup>he</sup> ~~stair~~ <sup>stair</sup> ~~down~~ <sup>down</sup> ~~with~~ <sup>with</sup> ~~Moorcock~~ <sup>Moorcock</sup> ~~eyes~~ <sup>eyes</sup>. ~~He~~ <sup>He</sup> ~~gave~~ <sup>gave</sup> ~~me~~ <sup>me</sup> ~~a~~ <sup>a</sup> ~~look~~ <sup>look</sup> ~~that~~ <sup>that</sup> ~~was~~ <sup>was</sup> ~~not~~ <sup>not</sup> ~~good~~ <sup>good</sup> ~~at~~ <sup>at</sup> ~~all~~ <sup>all</sup>.

~~And this time he ~~didn't~~ ~~was~~ ~~drank~~ ~~it~~ ~~of~~ ~~a~~ ~~cup~~  
~~of~~ ~~ad~~ ~~licked~~ ~~the~~ ~~hot~~ ~~dog~~. ~~He~~ ~~was~~ ~~a~~ ~~sleep~~  
~~at~~ ~~his~~ ~~bed~~ ~~had~~ ~~his~~ ~~hand~~ ~~in~~ ~~his~~ ~~hand~~.~~


I finished that little of two ~~to the~~  
~~of~~ ~~of~~ ~~pencils~~ ~~getting~~ ~~lost~~ ~~in~~ ~~the~~ ~~box~~, ~~I~~ ~~was~~  
~~was~~ ~~sure~~ ~~that~~ ~~a~~ ~~pencil~~. ~~I~~ ~~just~~ ~~threw~~ ~~Jamie~~!  
~~but~~ ~~while~~ ~~it~~ ~~lay~~ ~~down~~ ~~on~~ ~~the~~ ~~floor~~ ~~next~~ ~~to~~ ~~me~~.  
~~To~~ ~~make~~ ~~sure~~ ~~I~~ ~~did~~ ~~of~~ ~~it~~ ~~all~~ ~~for~~ ~~a~~ ~~pencil~~,  
~~anatomical~~, I ~~gripped~~ ~~the~~ ~~by~~ ~~knives~~ ~~at~~  
~~heaved~~ ~~down~~ ~~by~~ ~~my~~ ~~feet~~ ~~at~~ ~~about~~  
~~didn't~~ ~~fit~~ ~~it~~. ~~I~~ ~~was~~ ~~stunned~~. ~~The~~ ~~door~~  
~~could~~ ~~well~~ ~~be~~ ~~changed~~ ~~in~~ ~~an~~ ~~instant~~.  
~~and~~ ~~was~~ ~~in~~ ~~the~~ ~~middle~~. ~~It~~ ~~wants~~ ~~we~~ ~~can~~.  
I ~~moved~~ ~~closer~~ ~~to~~ ~~Jamie~~. ~~He~~ ~~is~~ ~~so~~ ~~close~~  
~~was~~ ~~so~~ ~~warm~~. ~~I~~ ~~felt~~ ~~his~~ ~~arm~~ ~~around~~ ~~me~~, ~~and~~  
~~by~~ ~~hate~~ ~~is~~ ~~his~~ ~~fur~~. ~~And~~ ~~A~~ ~~to~~ ~~be~~ ~~at~~  
~~like~~ ~~a~~ ~~lizard~~. (H)

~~I~~ ~~didn't~~ ~~hear~~ ~~any~~ ~~more~~ ~~from~~ ~~the~~ ~~door~~ ~~to~~ ~~the~~ ~~chair~~  
The porch door ~~was~~ ~~open~~. I heard people.  
I blinked awake. The light was still on.  
I ~~thought~~ ~~I~~ ~~saw~~ ~~Bruce~~ ~~and~~ ~~George~~ ~~McIntyre~~.  
~~and~~ ~~Ferry~~ ~~was~~ ~~staring~~ ~~down~~ ~~at~~  
me. While they were doing so, I ~~thought~~ ~~I~~ ~~was~~  
in bed. I heard Bruce say 'My God!'

→ Then I decided to join Jamie on the  
floor. I felt my genital had shriveled  
to nothing. I was in a state of panic for the  
~~injection had~~ I'd been operated on during  
the long sleep of distress. I like you by parts,  
pulled them down. Betty was interested  
snapped in to the floor like Jamie. I  
by some kind of ~~fell out of the~~ <sup>ad</sup> ~~was~~  
I fell cold, so I missed closer. He was  
he was in a trance. I fell asleep in a trance

# OXYGENESIS

① SEESAW MOTION WITH-  
OUT BREATHING.

② 

HUMAN ICE-HIBERNATION  
OR "CRYOGENICS"

euphatically. It might have been <sup>a</sup> dream, or rather, I know it wasn't a dream because it had the ~~characteristics~~ ~~of~~ a dream.

He switched the topic of what they were. The point is wasn't a dream. I lay there with my eyes closed and slowly became aware of my situation. I was amazed that Jackie hadn't ~~jumped up~~ ~~talked~~ ~~frantically~~ ~~the~~ ~~whole~~ ~~of~~ ~~he~~ ~~heard~~ ~~this~~ ~~ear~~ ~~note~~ ~~that~~ ~~the~~ I realized he was drunk. He was still stretched out, breathing heavily.

~~Then I opened my eyes and to the dismay~~ ~~I~~ ~~then~~ ~~realized~~ ~~the~~ ~~my~~ ~~parts~~ ~~were~~ ~~free,~~ ~~and~~ ~~my~~ ~~limbs~~ ~~fell~~ ~~down.~~ ~~My~~ ~~limbs~~ ~~seemingly~~ ~~were~~ ~~refused.~~ ~~As~~ ~~my~~ ~~arms,~~ ~~my~~ ~~left~~ ~~arm~~ ~~was~~ ~~still~~ ~~clinging~~ ~~the~~ ~~dog,~~ ~~and~~ ~~my~~ ~~head~~ ~~was~~ ~~not~~ ~~resting~~ ~~on~~ ~~his~~ ~~head~~ ~~but~~ ~~was~~ ~~resting~~ ~~in~~ ~~his~~ ~~arm~~ ~~for~~ ~~until~~ ~~he~~ ~~moved.~~ ~~Then~~ ~~I~~ ~~remembered~~ ~~I'd~~ ~~engaged~~ ~~my~~ ~~parts~~ ~~and~~ ~~lowered~~ ~~my~~ ~~limbs~~ ~~before~~ ~~falling~~ ~~asleep.~~

Also my ~~head~~ ~~was~~ ~~in~~ ~~Jackie's~~ ~~arm~~ ~~and~~ ~~my~~ ~~arms~~ ~~were~~ ~~resting~~ ~~on~~ ~~his~~ ~~head.~~ My arm was ~~and~~ ~~did.~~


I was painfully still and moved slowly into the sitting position. The knock-out

injection ~~that~~ ~~had~~ ~~given~~ ~~me~~ ~~needed~~ ~~to~~ ~~be~~ ~~weering~~  
of. I took a shower. ~~the~~ ~~door~~ ~~to~~ ~~the~~ ~~office~~.  
A notice on the door said the clinic was closed  
for repairs thru August. I went inside and saw  
that the building of Austin had been begun.  
Thompson's calculation was that they would ~~5~~ <sup>how</sup>  
have been at work for a three day ~~run~~  
down the repair notice.

My office ~~had~~ <sup>should have</sup> been cleared of the  
alterations. ~~to~~ ~~stand~~ ~~by~~. My files had been  
moved to Lisa's office. My furniture was  
stored in the basement. I checked <sup>it</sup> all.  
~~the~~ ~~document~~ ~~was~~ ~~not~~ ~~to~~ ~~be~~ ~~there~~ I wished  
I was angry. But ~~there~~ <sup>I</sup> ~~was~~ ~~not~~ ~~the~~ ~~energy~~.

I walked out to my car and there  
was Jerry Riva, looking very big. He'd just  
popped.  
"Well how are you?" he said. <sup>We</sup> <sup>flushing</sup>

hard with my ~~sock~~  
"Did you come to my place?" The  
night I had with my husband ~~last~~  
"The evening I did that ~~at~~  
I was ~~not~~ ~~be~~ ~~mentioned~~ ~~to~~ ~~you~~.  
the

George  
 Emig  
 Harry Schmidt  
 George M. King - Holsten  
 Mike ———   
 Lucy "  
 Jack Turner  
 Susan  
 Jerry Riven

deduced  
 (+ paper)  
 stones  
 that

→ The clock said 4:45 and ~~it was~~  
 it was <sup>night</sup> ~~morning~~ and not afternoon. But  
 a half-hour later <sup>dam</sup> ~~the~~ started coming up  
 and the morning paper ~~was~~ <sup>crumpled with</sup> A ~~the~~  
 page.

~~I~~ started feeling <sup>real</sup> ~~very~~ hungry <sup>last FRID</sup> & I pined myself <sup>some</sup> ~~the~~ <sup>way</sup> ~~at~~ ~~with~~ ~~some~~ ~~date~~ ~~in~~ ~~an~~ ~~apothecary~~. I ~~found~~ <sup>still</sup> ~~was~~ ~~struggling~~ a bit. I had to sit down ~~way~~ ~~for~~ ~~minutes~~. Also I was very jumpy. I think ~~of~~ ~~had~~ ~~to~~ ~~scratch~~ ~~himself~~ ~~and~~ ~~jumped~~ ~~on~~ ~~it~~ - ~~gun~~ ~~had~~ ~~up~~ ~~heard~~, ~~the~~ ~~door~~, ~~top~~ ~~was~~ ~~opening~~ ~~paper~~ ~~head~~ ~~lined~~ ~~in~~ ~~was~~ ~~in~~ ~~the~~ ~~way~~. A ~~young~~ ~~guy~~ ~~had~~ ~~picked~~ ~~up~~ ~~two~~ ~~people~~ - ~~in~~ ~~the~~ ~~middle~~ ~~until~~ ~~the~~ ~~police~~ ~~made~~ ~~him~~ ~~for~~ ~~SWAT~~ ~~for~~ ~~it~~. 2 just outside's ~~defect~~ ~~and~~ ~~my~~. I know ~~to~~ ~~contact~~ ~~up~~ ~~people~~ ~~for~~ ~~in~~ ~~the~~ ~~parts~~. I had a guy his dog was old and he tried to ~~strangle~~ ~~me~~. 2 police came and said ~~that~~ ~~just~~ ~~seized~~ ~~a~~ ~~prison~~ ~~cell~~ ~~in~~ ~~of~~ ~~the~~ ~~ventilation~~. It's always the contradictions of ~~jobs~~ ~~in~~ ~~the~~ ~~world~~. ~~He~~ ~~could~~ ~~a~~ ~~man~~ ~~who~~ ~~utilizes~~ ~~cattle~~ ~~love~~ ~~his~~ ~~dog~~ ~~to~~ ~~kill~~ ~~the~~ ~~old~~ ~~Army~~ ~~strangler~~ ~~man~~ ~~for~~ ~~killing~~ ~~it~~ ~~(the~~ ~~dog~~ ~~on~~ ~~actual~~ ~~ground)~~?

I called up my shrink and told him the story ~~if~~ ~~was~~ ~~in~~ ~~and~~ ~~he~~ ~~said~~, 'Take it easy, I think you should go to work. Maybe you need an organized work.'  
'What does that mean?'  
'In a clinic some place. Forget anything and let some nice box on unwise.'

begin now of a few days!

~~'Sandford'; I found myself saying ~~that~~  
I realized I had not been telling  
him. He asked if he was like my sister the  
I did. He ~~said~~ <sup>said</sup> ~~the~~ ~~disappointed~~ ~~in~~ ~~heart~~  
~~devastating~~ ~~OR,~~ ~~pleasing~~ ~~to~~ ~~me~~ ~~to~~ ~~be~~ ~~known~~ ~~of~~ ~~my~~  
~~function~~ ~~role~~ ~~in~~ ~~Room.~~~~

~~When I put the phone down to my  
eyes. My watch was just away - I was  
by hand. On my wrist - a ~~small~~ <sup>small</sup> ~~injury~~ ~~just~~ ~~at~~  
~~the~~ ~~back~~ ~~of~~ ~~my~~ ~~hand~~ ~~at~~ ~~the~~ ~~top~~ ~~of~~ ~~my~~ ~~finger~~ ~~inside~~.  
I was too afraid to leave  
I ~~decided~~ ~~not~~ ~~to~~ ~~go~~ ~~out~~ ~~of~~ ~~the~~ ~~house~~. I~~

peaked through the window, ~~like~~ ~~an~~ ~~agony~~  
~~photograph~~. I let Jamie out of a piece for  
time to time but didn't go with Li. 20  
night I locked all the doors before going to  
bed. I put the chairs across in case  
Bing tried to use the keys. I was afraid  
I was ~~just~~ <sup>just</sup> ~~undressing~~ ~~with~~ ~~the~~ ~~door~~  
lights ~~on~~, when the bedroom ~~door~~ ~~was~~ ~~open~~  
in the sunrise headlights ~~of~~ ~~the~~ ~~car~~ ~~below~~  
and Jamie ~~was~~ <sup>started</sup> ~~was~~ ~~parking~~. I peaked out of  
~~the~~ ~~door~~ and saw an unfamiliar car. I  
watched - was just out and walk - to  
the porch. I could recognize Li. He was,

~~→ He also said, the way injectors~~

→ provide a <sup>the</sup> injection the axioms  
re-structure.

He knocked <sup>in the door +</sup> with his knuckle, but I didn't move.

Then he called at my house. "I was my shrink."

I went down stairs if it was all I could do that I opened the door to stop Jackie tearing his piece, (which probably says <sup>SAYS</sup> about the shrink) and of the

~~had the highest suicide rate of any profession~~  
My ~~friend~~ <sup>friend</sup> ~~had~~ <sup>pointed</sup> ~~best~~ <sup>and</sup> ~~close~~  
crooked grey hair, and very thin lips and a sharp nose, with rather wide glistering eyes that settled on to things (particularly clients), ~~on the stage,~~ and revealing there of a <sup>long</sup> ~~long~~ <sup>intention.</sup> I was used to this. In fact I ~~was~~ <sup>was</sup> ~~used~~ <sup>used</sup> ~~to~~ <sup>to</sup> ~~hear~~ <sup>hear</sup> ~~him~~ <sup>him</sup> ~~talk~~ <sup>talk</sup> ~~like~~ <sup>like</sup> ~~that~~ <sup>that</sup>.

The first thing he said <sup>he hid it down</sup> ~~was~~ "What's this I hear about you at the doc?"

"The doc you mean?"

"The wife called me up - a sweet. ~~Off~~ Five years of marriage - she says, and how this!" (He got up <sup>and</sup> ~~and~~ <sup>started</sup> ~~started~~ <sup>walking</sup> ~~walking~~ <sup>around</sup> ~~around~~ <sup>with</sup> ~~with~~ <sup>his</sup> ~~his <sup>hands</sup> ~~in~~ <sup>his</sup> ~~his~~ <sup>pockets,</sup> ~~carrying~~ ~~Jackie~~ ~~to~~ ~~school.~~ ~~Heinrich~~ always did this she did to ~~water~~ ~~very~~ ~~careful~~ ~~point~~ ~~which~~ ~~she~~ ~~took~~ ~~down~~ ~~you~~ ~~matter~~ ~~defenses.~~~~

"I mean," he said, "it isn't usual of you to lie in the flow - the way of a woman Raphael with your genital showing - it?" He swung round, fixing me with his ~~little~~

Viennese searchlight. 'Did you know her?'

'No with?'

'The dog?'

'Was drunk!'

'~~And~~ the supposed genital?'

'I wanted to see if I could get a rise

at myself.'

'Got a rise!' he said.

'I wanted to see if there was any life in

my balls.'

'And she died of find!'

'None.'

'Hence the uh the dog?'

'I drank a little ~~and~~ ~~of~~

of champagne and ~~found the rise~~ he

drank a little too.'

'Zigzag you do (a little) champagne?'

'Yes. Dr. Peruvian.'

He sighed, a rather blue type his

lips, and set down again.

~~'Why have the uh on the~~

~~in a year?' he said.~~

'I wouldn't have done it normally.'

I said, 'but I was lonesome. And I needed

nursing. And then was up the day.

'Nursing, you see,' he said. 'I've said  
the wife a <sup>salary</sup> ~~salary~~ nurse! A day is a  
substitute ~~in your place?~~'

'No, no, no,' I said. '~~That's your~~  
~~opinion to bring an nurse, and you can't~~  
~~write it.~~ I mean, she <sup>got</sup> ~~understand~~ the  
injection <sup>type</sup> ~~injection~~ will do.'

'Injection?'

'Yes, the girl says. Reason is give  
this highly potent sedative or rather it  
was to his wife -'

'Racine is,' he interrupted. 'He  
gave a sedative to his wife?'

'I gave her one. She is - an  
intravenous injection. She jolted by  
in. Her look! I hope of sleep.  
'I can see it. Just by justice. She  
said of husband's doctor made this  
up ~~so long~~ ~~injection~~. She's a

bochevint

remember!

~~Did I not see you?~~

"No, but..."

To make an exact simile?

~~What?~~ 'Exact simile?'

'Yes. The subject looked at

of 3 days. I'm still in progress a ball.

Did while I was with the water as you

document:

'He!' he said. 'No or how a

document:

'I think it was a <sup>waiver.</sup> ~~waiver.~~

\_\_\_\_\_: 'A waiver?' he asked, severely

in free up. ~~Yes or no?~~

'Yes. I was on the word 'should

I decide to write simile! ~~\_\_\_\_\_~~

~~instead of \_\_\_\_\_ with \_\_\_\_\_ forms~~

it is the ~~George~~ <sup>pleasure</sup> ~~nothing~~ - No to

written he to draw cells in the  
work at or had - fite - i - fite col

he said because actions are going to

be used. ~~the Room informed~~

'Where ~~what~~?'

'~~As~~ Appointed ~~arrived~~' →

They're going to be used instead of ~~the~~  
~~expense~~ ~~to~~ ~~bring~~ ~~or~~ ~~instead~~ ~~of~~ ~~that~~,  
they wanted  
~~and~~ ~~only~~ ~~to~~ ~~get~~ ~~iced~~ ~~coffee~~ ~~for~~ ~~the~~ ~~U~~  
can get iced coffee in ~~ways~~!!  
~~sign~~ ~~a~~ ~~medical~~

'Because he' he said my

friend, ~~during~~ ~~his~~ ~~trip~~ ~~to~~ ~~the~~ ~~area~~  
~~also~~ ~~did~~ 'You said iced coffee?'

'~~Yes~~' ~~he~~ ~~was~~ ~~telling~~ ~~me~~ ~~that~~

'He said or said the iced coffee of the  
~~expense~~ ~~because~~ ~~that~~ ~~it~~ ~~was~~ ~~alive~~ ~~and~~  
they had the same ~~to~~ ~~right~~ ~~the~~ ~~best~~ ~~of~~  
they did before they died, a American  
citizen'

He gave ~~the~~ ~~me~~ ~~the~~ ~~long~~ ~~the~~ ~~long~~ ~~the~~ ~~long~~

'I see, he said. ~~Yes~~' ~~When~~ ~~the~~  
coffee came alive again, 'yes?'

'That's it' (I was glad he was  
getting <sup>when</sup> it). ~~So~~ ~~that~~ ~~they~~ ~~were~~ ~~looking~~ ~~for~~

→ 'Good Lord!' he murmured close to  
Christy.

duicides:

'Did you wish you to commit duicides?'  
he asked in a ~~strong~~ <sup>harsh</sup> voice.

'Yes! And in the case I'd wake-up + say

~~'And I'd wish to see you today~~

experiment!

'Yes!

He coughed and leaned forward. 'Because

me,' he said. ~~As a result of the~~ 'I would like to see you  
the other is life, like the ice corpse.'

'Yes, I would. But, doctor, I would  
have signed the medical  
form to complete!'

'Yes, yes!' he said, looking down at  
(of course it was a lot of unadvised material to  
absorb).

'And tell me,' he <sup>added</sup> said. 'The injection  
did you have to commit suicide if you were  
going to be kept back to life? What's this  
part. And what would a medical  
be required if the intention is to resuscitate  
you?'

~~'I don't want to wake up  
with my head in a tank of liquid nitrogen.'~~

The one they used the waver for!  
used it? The one of medical ~~extra!~~

'My god!' he said ~~quickly & firmly.~~  
~~And he certainly was not going to let it go.~~

'Well!' he said, 'it's his he has  
won by it. No, it's with the door!

~~'I have to go back now, but  
is that the door. I don't want a group of  
geneticists coming to get me! I want to see!~~

'What?' he said. 'I want to see  
you?' he said. 'In a minute you. And I  
don't want to be bothering you.'

'I feel fine about it,' I said.  
'It's all right,' he said (rather  
cryptically).

And he stepped out into the night.

#

#

had intended to use the  
was a tranquillizer of me. I suppose it  
slipped into my bed and ~~was called~~  
good night. ~~My father~~ ~~stayed.~~ I was  
a ten of a pair the before, but I believe  
the with the support of my stick I could



'Hes, hes,' he said to some one  
behind me,

Two more two guys in white coats.

Ran on behind ~~the~~ the.

'By my lord you!' she shouted  
at me.

The white-coated guys strode  
forward and seized me in a way  
I could've sworn.

'Lift your face!' I screamed,

~~to the guys~~ trying to frighten the off.

'The coats <sup>me on an ax</sup> ~~to separate~~ the

~~would be used to back to safety!~~

'Lift your face!' one of the white  
coats said, ~~to the guys~~ to all.

~~the first time the doctor, the doctor.~~

'You're OK!'

~~frustrated~~ with an outline of  
straight the repeated ~~was~~ me I was just  
to put the off, ~~being~~, 'Be OK with

~~Yell, in Australia - Jack part -~~  
~~trials - trials - Red Cross!~~

~~By goddamn me eye:~~

~~I heard one of the boys,~~  
~~Prig, "How he been like this try?"~~  
~~before he could get [what]~~

~~'It was a injection!' I was~~  
~~was a axon! I was~~  
~~was!~~

~~(But by this time he was a big~~  
~~downstairs, between the two men, of legs~~  
~~kicking. While the her life dead~~  
~~was part's Jamie - the better to~~  
~~keep his for default's me.~~

~~In the lounge downstairs I felt~~  
~~with injection go in, and the~~  
~~lyric was not of me. I wanted to cry,~~  
~~my hand the world turned so suddenly~~  
~~you can't by one of our with allow-~~



[She was just about to disappear again when I called her back.

'Who', paying for all this?' ~~I asked.~~

'I did know,' she said. 'I've only just come on.'

'Perhaps you could inform your wife while they're

do-freezing my back/oh!

BREEZILY.

'Will do!' she said ~~travelling~~

When she came back with the breakfast

~~Tracy (they did me proud, even the coffee was fresh)~~

she said, 'No bill's going to your wife.'

'No means me, right?' ~~because here~~

~~again 'back' ~~at~~ ~~the~~ ~~time~~, ~~with~~, ~~the~~ ~~break~~~~

it's my house, they pull me down the stairs -!

~~(the I am and about -)~~

'I think you'd better <sup>cool</sup> cool off,' she

said, taking my pulse. 'The wife' came up

at lunchtime. So we went to wine and

beer!

'It was the shock of wine,' I said.

'If he's gone on with the Roof crowd

it's finished. But they're not going to get

me to commit suicide!'

'Dead wife,' she said. 'No just

eat up your breakfast and we'll see what

to you!

~~And she was at the moment a flash. (When~~  
I tried to use the phone ~~at the side of my bed~~ I  
got the operator, who ~~said~~ <sup>tried to</sup> ~~the~~ <sup>by</sup> line went at  
present: ~~function~~. I called the nurse and said,  
'Are the Snick's going -? I need to phone my  
business partner.'

'I have to see the doctor first. He  
doesn't want you disturbed!'

~~'I feel of the injected ...'~~

~~'No injected ...'~~

~~'As business partner, a check of ...'~~

~~'And you ...'~~

~~'The doctor ...'~~  
~~she asked with a ...~~  
~~eye. I think you'd better get ready to go~~  
~~now.~~

One thing made me <sup>need</sup> feel (word) As

~~the nurse moved ...~~  
~~to ...~~  
~~the nurse's ...~~  
As I finished ...  
and opened the ...  
course ...  
to ...

#

#

+

+

+

Part of oxygen is consumed + the  
generated by means of the breath of electricity  
we know the <sup>a small</sup> electrical field demands all  
bodies. Dr ROBERT BECKER back in the sixties  
noticed the thin electrical field that is  
saturated when a limb was amputated. A  
stimulus can completely regenerate lost parts, and  
it was clear that <sup>body</sup> electricity is involved in this  
process. He found that other animals, <sup>in need</sup>  
considerable in the <sup>regeneration</sup> lost <sup>limbs</sup> <sup>regain</sup> a  
limb, could do so, at least to some extent,  
if they had electrodes implanted in the region,  
and keeping it. How of electricity. This  
is being developed today by many others,  
Professor Goldstein at UC at Hayward,  
trying its use in with computer-feedback  
of symptoms and computer-directed electrical  
treatment.

The breath, however, can induce those  
regenerative currents of inside the body, using  
its own resources, and the difference for  
medically-applied electricity is that the  
current is directed to the body part of the

body since is a distortion, and, perhaps remarkably,  
 is a chronology of trauma, which the most urgent  
 area is treated first, in a declining order. This  
 shall probably would not always be immunologic,  
 I, if Dr MacFarlane Brown is right, the body  
 body maintains a constant immunological surveillance  
 which ~~protects~~ ward off disease, to which we are  
 prone not because of an outside factor of 'infection',  
 as we see type (and as the medical ~~profession~~ still  
~~think~~ <sup>largely</sup> think today) but because of a depletion  
 of the anti-tumour system. In oxygenated  
 terms, a disease like AIDS is essentially a  
~~that~~ breakdown of the electrical field.

Reich measured body-surface electrical  
 of certain breathing patterns, but and found a  
 sharp rise, but did not effectively relate this to  
 as therapeutic action of the organism. The  
 concept of 'prana' <sup>(intellectual)</sup> (in of course) precedes the  
 of a healing force, ~~and a kind of tuning,~~  
~~since it for the body by means of the breath,~~  
~~and it is the breath of which enters the body~~  
 of means of the breath. Surely of the same  
 concept is in the Greek Leonardo  
 de Vinci is ~~prophet~~ <sup>as said</sup> that the

public electric was caused by air, etc = fact  
the way things = terms of the Greek concept,  
newer to 'electricity' = no current working model (6)

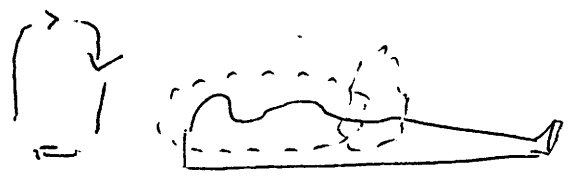
(1) See Leonardo da Vinci, Criderford.

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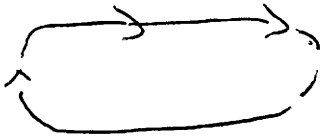
One, the work ~~substantive~~ subtle  
frantically exercises, ideal she is so  
more to speak, a need to ... is the  
I call the 'Buddha Brothers' this is  
now, still worth, it's the historic  
own, with the mind in contact - the  
2 curves, the model will show the  
2 curves. The origin seem to achieve  
= - for moments an unpremeditated 1/200 -  
less, a sure) not being - substance -  
Buddha advised his followers to do  
this, as a way to complete understanding -  
As said earlier could be perceived in  
these 2 'gaps', the one is with  
= - truth in it - truth. (Requiem)

location this is his 'Resting', but also in  
 of pairs show we should be by. If the  
 'Buddha birth' is done in the abdominal  
 region it will involve a process at the  
 end of the whole net birth, is void -  
 sure) effort. In the thoracic area  
 this is voided. The difference between  
 the 2 is:

abdominal



thoracic



One of the ~~most~~ <sup>chief</sup> difficulties in making  
 down medical chauvinism, but it exists, lies  
 this is the fact that ~~most~~ ~~people~~, ~~and~~ ~~all~~ ~~of~~  
 most doctors, and perhaps most scientists, see the  
 present period as one of unprecedented knowledge  
 and clinical development against earlier periods  
 (~~especially before~~) of ignorance and superstition.  
 One aspect is the contrast + a 'cave-

dweller's period. It is procedure. But there is  
no evidence of a cave-dwelling culture procedure  
to the development of Christianity. ~~But the period~~  
of ignorance and injustice did precede modern  
development in medicine. However, this was  
because all the ancient medicine (which included  
surgery and even, it has been hypothesized, transplants)  
was taken in the neolithic era, like the  
batter and used ancient ritual.

Then the original call 'Christianity'  
medicine was an attempt to ~~retrieve~~ retrieve  
ancient knowledge, still practiced by Jews  
and Arabs. ~~There was a~~ Indeed, Arab  
culture was the only available 'bridge' to  
the ancient world after the Renaissance.  
Men like Leonardo da Vinci, who is popular  
today, had no sense of 'being up' a 'new'  
world, but they did feel they were 'being up'  
an old one. So you can see how the  
of the massive Xian reaction just all  
this ancient — helped the predation of the  
tribes that invaded the Roman empire, took  
it over, etc being converted. L. da Vinci

once said - that he felt like a man who  
arrives at a market at the end of the day, when  
there is almost nothing to sell, and nothing to buy. He  
saw his own time as one that closed a great  
epoch (which was called the Middle Ages), but  
as one that hesitated a few.

I suggest that we are still involved in the  
Renaissance, which was all to be destroyed by the  
classical establishment (of which science was part),  
with its excluding material - 'physical' analysis  
of substance, that is a too crude to be divine, or  
connected + loved. It was this dualistic doctrine  
that made the invention of the devil - 'classical'  
- a proposal or love - making. Science then  
has had regrettable results - separates  
'receptions' for 'the injured.' Religion will  
science etc. Love your 'facts.' It dips  
describes the information that Xiang introduced,  
and which paper is disappearing in a lifetime.

Far from breath systems, or a sense of  
breathing or connected with what we would call  
altered states, mystical ecstasy, health etc,  
deceiving, the Middle Ages actually eschewed,  
and it turned its back on the accent on this  
~~at the Xian Foundation~~ by Lordly nakedness,

and deironizing water (Azabelle of Spain, ~~and~~  
~~the the~~ when told by Columbus the Indians  
bathed themselves w/ it, gave an order that they were  
to do so (on frequent), so it turned to be  
an ancient principle of 'secrets'; the breath by  
exchanging the air itself, in tiny windows, and  
houses that kept warm, dark, windowless.  
The attitude the fresh air, especially night air,  
was dangerous survived, <sup>totally</sup> in Italy and France, well  
~~into~~ into the fifties of this century. Roman  
palaces, on the other hand, were open to the  
light and air, with nice courtyards and  
fountains, while the beds moved ~~with~~ in  
~~long~~ loose clothing. The typical  
Roman (and Italian) sites were remarkable for  
~~the quality of air, the~~ temperate climate and  
above all ~~the~~ ventilation, chief among them  
Rome itself, placed near the sea but not  
in it, so the wind is down and dark the  
inland mountains and the sea exchanged  
air - the ~~hot~~ <sup>warm</sup> mountains to the cold sea,  
the warm sea to the cold mountains, a cycle  
to the time of day.

Our very misuse of our environment

since the eighteenth century is a result of this  
evidence. The attitude is encapsulated in science —  
which experiments first, and measures the damage  
afterwards — ~~the latter~~ in space, for technology,  
animal experimentation, ~~or~~ chemical production.  
Now, it could have been done by people whose  
operations were properly ventilated. This seems  
an absurd statement — but not to those (the  
majority) who have not yet been 'ventilated'!

GEORGE LEONARD -

The Ultimate Athlete

---

Monday and Friday

---

Joanne ~~† Jodetter~~

<sup>Book</sup>  
Dahl Koetter's

4316361

was waiting for me. She looked to  
the bathroom.

Emily ~~was in~~ ~~cloudy~~ ~~at~~ ~~the~~ ~~door~~

We were married in the. When she was married to  
me. with the wild blonde hair ~~littered~~ the  
appearance of a <sup>van</sup> ~~big~~ hole, ~~that~~ perfume filled the  
room, ~~making~~ ~~me~~ ~~with~~ ~~friction~~ ~~giving~~ ~~the~~  
~~down~~ ~~at~~ ~~the~~ ~~depth~~ ~~of~~ ~~the~~ ~~first~~ ~~teardrop.~~  
One he then she was  
on ~~down~~ in a little spring case, as the

dog had come up chattering then almost  
'~~Missy get!~~ I said, 'how's James?'

'I think James took Li -'  
'Li think?'

'Right James or Mike. We went to the  
house for the first time.'

'By Mike? He seems like - his nose  
= 20 inches all ~~of~~ of a sudden!'

'D'is wrong, though! He sat - the bed  
and took my hand, and I could hear the sound of his

to see her so ~~truly~~ and optimistic, with the  
little twinkles <sup>fun</sup> in his eye. 'He was

ready to ~~start~~ eat you alive - I had to  
dissuade him - you'd eat a piece in the

paper but how you needed cats & dogs as  
companions.'

'26' you!' I said. 'But ~~you~~ all the

had been settled:  
 'But really, the way you're accepted  
 the his own life's masterpiece —'  
 'Yes!  
 'But you go. I see he just can't  
 believe we're not going to make a deal very  
 soon!  
 'Right', I said. 'The way we go to work?'  
 'I see you!' she said + a little laugh.  
 In the end she said: 'Don't you disappoint?'  
 I shrugged. 'Well, I'll not let you down.'  
 'But bygone or bygone?' ~~to go with~~  
 'I got nothing but.'  
 'No more of this?' she said.  
 'I'll not wake close the door,  
 the light behind my eye.'  
 'I'll let her do it.'  
 'I'll stay in your arms.'  
 'I will be a real state man yet.'  
~~long~~ she said:  
 'Little word! I'll reject you just  
 for love to give to me on my own terms!'

'I've got your Shrike's prescription!

'My Shrike?'

~~'He said you was the phobic, he said~~

~~of me~~

'No's girl!

'Believe in me when I tell you!'

'Don't die, she died.' She died!

I was saying! On the still let of ~~the~~

look to divine I can't trace you, I see to

be full of light, my eyes are blinded -!

do yourself with light.

'No, no!' I hurried 'to Godless

way!' 'Right!' she yelled

The nurse came in with the man

and, smiling at him, put it on the table.

'Get on with it - the nurse,' said

him. 'I'll be close the table.'

'I don't want to see!' I said

to the study, with the writing, & the

order

do get up and I mean in the

time began to read of the news, I was  
up - that - total choice.

'Will do you say to the high man?'  
the other up. 'Shall I with words a part  
of mine?'

Instead of ~~was~~ entering he I found  
myself behind he is a delicate position  
the of legs were threatening to collapse under  
me, like a blind man, uttering with  
control in my own movement, I felt  
the seat behind and in a moment we  
were entered.

I gave her (with words) was  
—, there we sat the things I wife  
being concealed by the horse - I jumped  
part of the ground from under and  
down heavily down to - do - bit of  
of reading.

'Be careful!' 'Be <sup>so</sup> careful.' 'Be

was a 'one rule'!

'Was my wife?' I said.

'Mental sex is illegal!'

I think it seemed to both of us  
Brodie had been stressed all these weeks - the  
the contact we'd made with the district court,  
and the ~~the~~ ~~had~~ ~~been~~ several under-achievers  
had set in of which we were very now serious.

~~then he had the house on computer at~~

then produced frantic activity in us - ~~the~~  
there was the joy of knowing it, the  
awakening of the ~~total~~ dream. No climax  
was rational piece - almost, for all I  
knew, I needed it. ~~But I had to wait~~

~~before the I didn't say the climax,~~  
whether it was enjoyable or not I can't  
say. ~~That we knew~~ It was <sup>almost</sup> 150

was a release of pent-up force to  
be very serious.

My legs almost gave way. I  
had to dive off the bed and ~~the~~ ~~the~~  
~~the blankets over me~~ quickly pull the  
blankets over me, particularly in the worst  
was coming in. I was astonished at how

graciously help recover her. She stood there with a smile handing the menu card back.

'We'll have the fish,' she said.

We took time to use the bathroom. I waited a little, then we went to the terrace. I waited in the ~~at~~ afternoon air with ~~great~~ relief. It was dry, spicy. I

~~'Well, it's a nice day if you're~~  
~~rich as I am,' she said, smiling.~~

~~No, No~~

We went back with Emily. Life was going OK again. ~~We both~~ We were like Trojans.

The wine we chose was ~~an~~ a delightful ~~At~~ ~~was~~ vintage.

She said if we dined, 'I'll be here

~~news~~

~~'About Susan?'~~

'I have news of you,' she said, 'Harry Schenck and Lucy committed suicide.'

'What?' I stopped. I was dead.

~~I had to hold on to the table.~~

She said, 'Yes. I know, she was

always ~~just~~ ~~interested~~ ~~she kept a~~

~~the~~ ~~to~~ ~~be~~ ~~in~~ ~~a~~ ~~part~~ ~~with~~ ~~her~~

And I think he will have gradually worked -  
to it. I know, he found out he'd missed  
the NPP.

'the NPP?'

'The NPP? Piece of paper. <sup>Dr's</sup> ~~the~~ we use  
can come up <sup>save</sup> ~~later~~ <sup>times</sup>, then <sup>it</sup> ~~it~~ <sup>chopped</sup>.  
~~the~~ ~~Michie~~ ~~block~~ ~~is~~ ~~lost~~ ~~it~~, ~~then~~ ~~it~~ ~~chopped~~  
~~the~~ ~~block~~ ~~is~~ ~~lost~~ ~~it~~, ~~then~~ ~~it~~ ~~chopped~~

~~the~~ ~~block~~ ~~is~~ ~~lost~~ ~~it~~, ~~then~~ ~~it~~ ~~chopped~~  
~~the~~ ~~block~~ ~~is~~ ~~lost~~ ~~it~~, ~~then~~ ~~it~~ ~~chopped~~  
also as a representation of the. And,

one with lung, always turning him away  
for life, it was too much for him, he  
gave it!

'Suicide!!' I said - 'Lung!  
~~the~~ ~~block~~ ~~is~~ ~~lost~~ ~~it~~, ~~then~~ ~~it~~ ~~chopped~~  
I - !'

She put her hand - under  
'I know,' she said. JH

# >

I agreed with him I should keep  
on = the nursing home till the end of  
the week. Then I said and I could return  
to the clinic <sup>by the</sup> ~~work~~ ~~before~~. [Also him was to

# + + + <#

return home, <sup>she</sup> we agreed ~~that~~ we would go  
on with <sup>our</sup> marriage negotiations - she with  
Jack Tru and I with In Ann, and meanwhile  
we should  
live as before. It seemed the right thing to  
do. Also George M - Holsti felt it  
unfair to de live to his wife and

children, He was cut up by her Lucy's  
death because apparently he'd been seeing her  
~~quite~~ <sup>quite</sup> a lot in recent weeks, in fact  
he'd been thinking of setting up house top the  
- hard - hard way. Lucy, (so Paul told  
me) on the first was as with she - he  
~~didn't~~ <sup>needed to</sup> do the worst of members.

'with' two figures! I said  
reminded of. 'the same Lucy was!  
So my plan worked. I'd decided to  
pitch up again with Paul (frightening as, I knew,  
was like fasting again - thunder), and at first  
my plan had been old - bro - bro. Feeling the  
return of public existence, I'd determined to:  
have acted with the matter I wanted it, <sup>or</sup> <sup>or</sup>  
~~enjoyed it, benefited by it at all~~ hot. And  
when the moment came I wanted it so badly



one of the windows I felt I saw the walk of the  
who depended on how he walked, very loose,  
unbelted, which I'd never seen before in life we  
doubted he better than anything else'd worn.

I wanted to know if she had ~~been~~  
Schwendt had required medical — before they'd  
done it. I hadn't dared ask how they did it.  
didn't want to know. I didn't want to know  
the picture in my mind.

And a suspicious <sup>you</sup> was in the silence of my  
little room — had <sup>thought</sup> the best of me  
because she and George had this <sup>other</sup> <sup>explanation</sup>  
how?

It was not of the justice to talk to  
anybody about it. They'd put me away a second  
time — and not in hearing how she did a nut house

Had my life been long of long, and  
Schwendt's? Had George. Meeting - Holstein  
undenial Schwendt's, more by <sup>feel</sup> <sup>his</sup> -  
we falsely — He he isn't in the office of  
a NPP any more?

There were some of the things I thought  
it in the long hours.

'Z' is very quiet, by day - more to do  
me. 'D' is not to read a verbal file -

vision?

I shook my head.

'The music repeats,' she said. 'Have you

any interests?'

'I've got plenty of interests,' I said, giving

her a little of my long dark hair on my left, and

stood, before I saw the man. She would have

made ~~a nice~~ <sup>a nice RIPE</sup> contact with her a <sup>RULE</sup> mile, I

don't date strangers. Apart from the effort involved,

all the usual hesitation, you never know they're

getting it (it could be worse - a worse).

That evening I called Ruf, she →

'Isn't it great!' she said. 'I've just

taken Jamie for a long walk!'

'Write, Ruf,' I said. 'I've got to see

you. Can you drive over?'

'My car,' she said. 'But what's so urgent?'

'Let me talk to you.'

She came with me in less than a hour.

Jamie came with her ~~and~~ <sup>but</sup> he had to stay

in the garden. ~~He~~ <sup>He</sup> strolled ~~at~~ <sup>at</sup> to him and he went

wild. He made those <sup>and waiting</sup> ~~crooning~~ noises that

denote joy in my canine brothers.

'Write Ruf,' I said. She was ~~was~~

in my room again. ~~I've got to see Ruf again~~

→ was already told at my house

'I have some questions.'

'Go ahead.'

'Did you know the Coopers Meeting -  
Hester invited me to dinner a few days ago  
and I was there in the afternoon?'

'He said he wanted a check with you,  
but I didn't know he'd actually had it!'

'He talked me the possibilities)

Some anxieties, Riep.

'I mean the CRYOGENICS idea?'

'No Riep. I can't get people to  
ice to sign \_\_\_\_\_ He talked about  
decisions, He talked about getting people to sign  
before the cabinet officials.'

new

well; you know George, I ideas sprang  
EARS! I've been up to sign  
as of his ~~idea~~. I've been up to sign  
before the !'

'Ernie, when you came to the  
injector ~~me~~ and I'd had the injection  
did you get me to sign a document?'

'Yes I did.'

'Was there a document - the document'

Heid said... 'Should I decide to commit suicide?'

She stared at me. She came and sat on the bed where I was lying. And she took my hand.

'Honey,' she said. 'You can't go on talking like this. Heinrich is really worried and so am I and we both want you back working. ~~and~~ We want you well. And the talk's going to start all the nervous <sup>is</sup> rolling you.' Then I started to

think he she squeezed my hand and went in a thin voice. 'Yes I did get to my <sup>drunken</sup> <sup>past</sup> <sup>an</sup> divorce settlement. I wanted up with you. I felt you were better off with Susan, and

with she and Jerry River, when I was going to with, wanted the whole thing cleared up. As for the phrase 'if I should commit suicide', ~~and after~~ ~~it was~~ I would really tell to Heinrich about

~~possibilities being stationary~~ this. 'OK, OK,' I said, 'but after <sup>the way</sup> <sup>clears</sup> ~~that~~ ~~with~~ ~~George~~ ~~and~~ ~~my~~ ~~agony~~ ~~and~~ ~~was~~ ~~Schmidt~~.' ~~Heid~~ ~~said~~ ~~...~~ ~~suicide~~ ~~...~~

'Like,' she said. 'you want to get out of here? If you want to get back to work, you want to work?'

~~I said 'I want to work like you had before'.~~ ~~On that case~~ ~~I don't care about this~~ ~~that~~ ~~you~~ ~~worry~~ ~~talk~~

~~I don't care about this~~ ~~that~~ ~~you~~ ~~worry~~ ~~talk~~

~~I don't care about this~~ ~~that~~ ~~you~~ ~~worry~~ ~~talk~~

~~is going to take you away from these structures?~~

~~Wings - I thought that the birds had a whole set of the  
wide long lines of the eye, and then it was right!~~

~~↓~~ ~~the go up. I was near Roov's Garage.~~

~~I tried of cat and dog exercises and I do it all~~  
I try <sup>all of us</sup> (the) people = Roov does new tricks.

1. studying the cat and dog proximity - ~~the was~~  
~~looking down at me, standing by the door - they we~~

discovered <sup>we</sup> they would jump a whole series of stages  
and ~~the~~ <sup>make</sup> V and VI ~~the~~ <sup>over</sup> ~~the~~ ~~entire~~ ~~distance~~  
~~to the~~ ~~that~~ ~~they~~ ~~could~~ ~~do~~ ~~it~~ ~~in~~ ~~one~~ ~~jump~~ ~~or~~ ~~two~~ ~~!~~  
~~well~~ ~~previous~~ ~~experience~~ ~~for~~ ~~the~~ ~~next~~ ~~!~~

~~It~~ ~~helped~~ ~~the~~ ~~steps~~ skip ~~one~~ ~~five~~ ~~steps~~ ~~steps~~,  
and ~~the~~ ~~specimen~~ ~~and~~ ~~the~~ ~~specimen~~ ~~increases~~  
with ~~each~~ ~~stage~~. ~~It~~ ~~is~~ ~~not~~ ~~how~~ ~~long~~ ~~it~~ ~~will~~ ~~take~~  
~~to~~ ~~do~~ ~~it~~ ~~with~~ ~~you~~  
~~So~~ ~~maybe~~ ~~we~~ ~~saved~~ ~~the~~ ~~whole~~ ~~lot~~ ~~of~~ ~~time~~ ~~and~~ ~~money~~ ~~!~~

So I don't think you should feel you've failed  
I ~~wasn't~~ ~~failed~~. And you should be dis-

appointed ~~because~~ if you ~~are~~ ~~involved~~ ~~in~~  
~~it~~ ~~is~~ ~~not~~ ~~your~~ ~~fault~~ ~~!~~

Roov ~~was~~ ~~right~~ - for ~~him~~ ~~is~~ ~~not~~ ~~the~~ ~~main~~ ~~point~~ ~~!~~  
~~was~~ ~~right~~ ~~to~~ ~~do~~ ~~it~~ ~~that~~ ~~way~~ ~~!~~ ~~But~~ ~~the~~ ~~main~~ ~~point~~ ~~is~~ ~~the~~ ~~point~~ ~~of~~ ~~the~~ ~~exercise~~ ~~!~~  
~~I~~ ~~said~~ ~~today~~ ~~do~~ ~~it~~ ~~the~~ ~~way~~ ~~that~~ ~~you~~ ~~do~~ ~~it~~ ~~!~~  
~~It's~~ ~~not~~ ~~the~~ ~~point~~ ~~of~~ ~~the~~ ~~exercise~~ ~~!~~

~~It's~~ ~~not~~ ~~the~~ ~~point~~ ~~of~~ ~~the~~ ~~exercise~~ ~~!~~  
~~It's~~ ~~not~~ ~~the~~ ~~point~~ ~~of~~ ~~the~~ ~~exercise~~ ~~!~~  
"A ~~German~~ ~~said~~ ~~to~~ ~~me~~ ~~and~~  
the ~~other~~ ~~day~~, ~~Disappointment~~ ~~is~~ ~~a~~ ~~devastation~~ ~~!~~ ~~It~~ ~~attacks~~ ~~first~~ ~~and~~ ~~then~~ ~~the~~ ~~sexual~~ ~~energies~~ ~~!~~

~~It~~ ~~is~~ ~~not~~ ~~the~~ ~~point~~ ~~of~~ ~~the~~ ~~exercise~~ ~~!~~ ~~He~~ ~~said~~ ~~the~~ ~~point~~ ~~of~~ ~~the~~ ~~exercise~~ ~~is~~ ~~the~~ ~~point~~ ~~of~~ ~~the~~ ~~exercise~~ ~~!~~

"He did!"

~~"He did!"~~  
She said it was <sup>whole</sup> ~~nothing~~. "You OK now?"  
She stood there <sup>looking at</sup> ~~me~~ <sup>for</sup> ~~me~~ <sup>at</sup> ~~me~~ <sup>me</sup>. "Are you OK?"

"Yes," I said. "I'm OK!" ~~now~~. ~~turning~~ ~~fast~~

~~to~~ ~~stand~~ ~~before~~. "I do care in the Room, big!" →

"I'll call ~~and~~ ~~turn~~ ~~me~~, I'll feel the ~~case~~

is ~~not~~ ~~for~~ ~~me~~ ~~up~~ ~~with~~ ~~me~~, ~~but~~ ~~you~~ ~~have~~ ~~in~~ ~~the~~ ~~case~~  
was ~~of~~ ~~a~~ ~~few~~ ~~minutes~~ ~~ago~~, ~~and~~ ~~it~~ ~~was~~ ~~the~~ ~~case~~ ~~was~~  
and ~~do~~ ~~a~~ ~~few~~ ~~minutes~~ ~~ago~~ ~~that~~?"

"Ah!" I ~~laughed~~. "It's ~~good~~. I will

look ~~at~~ ~~you~~ ~~of~~ ~~excitement~~!" I said.  
A ~~little~~ ~~of~~ ~~her~~ ~~was~~ ~~there~~ ~~holding~~ ~~hands~~ →

# → ~~which~~ ~~was~~ ~~actually~~ ~~this~~ ~~case~~. ~~When~~ ~~she~~ ~~was~~

~~annoyed~~ ~~she~~ ~~could~~ ~~hardly~~ ~~breath~~. ~~My~~ ~~appetite~~ ~~had~~  
~~disappeared~~. I'd ~~eat~~ ~~by~~ ~~lunch~~ ~~and~~ ~~it~~ ~~was~~ ~~an~~  
~~trick~~.

She ~~was~~ ~~said~~, "Are you OK?" "You were

"with ~~me~~ ~~with~~ ~~me~~?" I said. ~~She~~ ~~was~~ ~~not~~

~~you~~ ~~are~~ ~~not~~ ~~OK~~ ~~are~~ ~~you~~ ~~joking~~?"

By this time she ~~was~~ ~~laughing~~ ~~at~~ ~~me~~ ~~and~~ ~~she~~ ~~was~~ ~~laughing~~

and ~~laughed~~, leaving the ~~room~~ with an ~~inviting~~

~~twice~~ ~~the~~ ~~cutt~~.

I ~~didn't~~ ~~know~~ ~~how~~ ~~long~~ ~~she~~ ~~was~~ ~~laughing~~ ~~and~~ ~~she~~ ~~was~~ ~~laughing~~

and I ~~was~~ ~~there~~ ~~that~~ ~~afternoon~~ ~~but~~ ~~just~~ ~~a~~ ~~few~~

~~minutes~~. ~~And~~ ~~the~~ ~~case~~ ~~type~~ ~~we~~ ~~were~~ ~~seeing~~. ~~Or~~

→ 'I know, I know. And we're  
all hearing the - kind.'

→ - a word by the ROOV  
could be perfectly, soon, become,  
It made contact ~~so trivial~~, which,  
+ + + trivial.



~~an answer phone had ~~not~~ informed all employees~~  
~~accidents. [Only] few the <sup>Survivors will</sup> had lost customers~~  
They the sudden closure <sup>? the clinic</sup> was vanished by <sup>the</sup> ~~the~~  
security calls ~~we~~ <sup>separating</sup> ~~the~~ <sup>dozens of</sup>  
she said ~~that~~ ~~occurred~~ ~~at~~ ~~the~~ ~~time~~ ~~of~~ ~~the~~ ~~accident~~  
people ~~there~~ had hung up anxious enquiries ~~to~~ ~~see~~  
~~if~~ ~~we~~ ~~were~~ ~~returning~~

Mike Borovitz called ~~me~~ ~~last~~ ~~Monday~~  
evening and ~~told~~ ~~me~~ ~~he~~ ~~had~~ ~~been~~ ~~waiting~~ ~~for~~ ~~me~~  
~~at~~ ~~the~~ ~~office~~. ~~Would~~ ~~I~~ ~~like~~ ~~to~~ ~~invest~~ ~~in~~ ~~his~~ ~~next~~  
the Life Magazine? I said 'I'll think about  
it' ~~and~~ ~~he~~ ~~said~~ ~~he~~ ~~wanted~~ ~~to~~ ~~open~~  
~~a~~ ~~shop~~ ~~to~~ ~~catch~~ ~~the~~ ~~Bellevue~~ ~~environmental~~  
~~and~~ ~~ecology~~ ~~freaks~~.  
~~He~~ ~~had~~ ~~found~~ ~~a~~ ~~cheap~~ ~~site~~ ~~in~~ ~~Oakland~~ ~~he~~  
~~abandoned~~ ~~it~~ ~~because~~ ~~it~~ ~~was~~ ~~in~~ ~~a~~ ~~black~~ ~~district~~  
~~and~~ ~~he~~ ~~was~~ ~~near~~ ~~the~~ ~~University~~ ~~of~~ ~~the~~ ~~South~~ ~~west~~  
~~and~~ ~~he~~ ~~was~~ ~~near~~ ~~Mills~~ ~~College~~. ~~He~~ ~~said~~, ~~'It~~ ~~will~~ ~~be~~  
~~ten~~ ~~years~~ ~~before~~ ~~they~~ ~~can~~ ~~afford~~ ~~to~~ ~~open~~ ~~the~~ ~~shop~~ ~~thing~~  
~~but~~ ~~the~~ ~~non~~ ~~renewal~~ ~~of~~ ~~state~~ ~~applies~~ ~~themselves~~ ~~to~~ ~~the~~  
~~the~~ ~~of~~ ~~animals~~, ~~and~~ ~~as~~ ~~for~~ ~~the~~ ~~Mill~~ ~~estate~~, ~~with~~  
~~the~~ ~~students~~, ~~the~~ ~~area~~, ~~all~~ ~~they~~ ~~set~~ ~~is~~  
~~five~~ ~~first~~ ~~year~~ ~~students~~ ~~would~~ ~~eat~~ ~~five~~  
~~animals~~ ~~if~~ ~~it~~ ~~tasted~~ ~~better~~! ~~He~~ ~~said~~ ~~he~~ ~~had~~  
~~this~~ ~~shop~~ ~~on~~ ~~Solano~~ ~~Ave.~~ ~~was~~ ~~popular~~.  
Bellevue. He said, 'To get with the ecology freaks  
there! I told him to go ahead and see

We kind of money we were talking about.

So life was contrasting nicely with the ~~business~~ keepers whom the had gone before.

Drup was itching to know that to the extent why I'd been lying on the floor <sup>the time</sup> with Jamie.

'~~What~~ <sup>Are</sup> you it: actually?' he asked ~~then~~ the first evening of my ~~retirement~~ <sup>retirement</sup> of ~~middle~~?' middle?

'I won't <sup>ever</sup> ~~be~~ <sup>with</sup> ~~you~~ <sup>women!</sup>' I said. 'I gave Jamie a bottle of champagne and I drank a rather little. And then before I fell asleep I made a physical enquiry <sup>into</sup> ~~the~~ <sup>how</sup> ~~the~~ <sup>aspirated</sup> ~~my~~ <sup>my</sup> phallic ~~aspirated~~, <sup>was</sup> ~~indeed~~ <sup>always</sup> ~~a~~ <sup>not</sup> ~~good~~ <sup>there,</sup> ~~idea~~, fell asleep with the dipping up of it!

~~He~~ ~~laughed~~ ~~like~~ ~~a~~ ~~night~~ ~~of~~ ~~the~~ ~~day~~ ~~and~~ ~~did~~ ~~not~~ ~~stop~~ ~~until~~ ~~the~~ ~~morning~~. ~~Drup~~ ~~was~~ ~~in~~ ~~poor~~ ~~condition~~ in the morning. ~~He~~ ~~was~~ ~~in~~ ~~poor~~ ~~condition~~

She said 'overcast, hooked - fixated <sup>medicos,</sup> ~~medicos,~~ ~~at~~ ~~the~~ ~~overnight~~ ~~grumpy~~ ~~dealers~~ - ~~Drup~~ ~~has~~ ~~had~~ ~~enough~~ ~~of~~ ~~the~~ ~~game~~ ~~has~~ ~~a~~ ~~taste~~ ~~of~~ ~~the~~ ~~monastic~~ ~~life~~.' ~~Drup~~ ~~has~~ ~~had~~ ~~enough~~ ~~of~~ ~~the~~ ~~game~~ ~~has~~ ~~a~~ ~~taste~~ ~~of~~ ~~the~~ ~~monastic~~ ~~life~~.

'~~It~~ ~~stopped~~ ~~me~~ ~~from~~ ~~taking~~ ~~vows~~,' ~~he~~ ~~said~~ ~~with~~ ~~a~~ ~~clap~~ ~~of~~ ~~his~~ ~~hand~~ ~~he~~ ~~made~~ ~~Jamie~~ ~~keep~~ ~~up~~ ~~by~~ ~~holding~~ ~~the~~ ~~split~~ ~~fracture~~ ~~of~~ ~~his~~ ~~two~~ ~~passions~~ ~~of~~ ~~the~~ ~~ground~~.'

Yes, this was the life. I arrived at the office ten minutes earlier than he was.

everybody looked as  
ad despite ~~little more than the~~ ~~low was a~~  
light on a new pin. Susan came in and we  
just started to eye a side the. ~~Staleness~~  
~~in the air. The, we knew, would spoil the~~  
~~later frustration.~~

The all-clear of ~~the~~ <sup>new</sup> building operation to  
start had been given the previous week, and the  
demolition crew arrived the afternoon to break  
down the rear wall of my office. [The noise and  
dust] gladdened us both. There was no chance  
of contact with Susan, though we both tried to  
'accidentally' take a few minutes of ~~the~~ <sup>the</sup> ~~time~~, but  
the ~~rest~~ <sup>non</sup> of clients was too great and an  
emergency was brought in for the freeway which  
required immediate operation.

The contractors were on good on their promise.  
The work was over in two weeks flat. A spacious  
streaming operation room, big enough to operate a  
horse, ~~if necessary~~, was the result, and a  
widened driveway at the side of the clinic <sup>struggle</sup>  
so the emergency case could be brought ~~from~~  
road instead of passing through the other rooms.

Life settled back in its former routines.  
Jerry Riva was still anxious of Susan and I  
to marry, and so I think was Riva, but she

(Chris)  
She's!

didn't want to interfere with the (eye shared,  
there was a sort of contradiction. I urged her to  
settle her on affairs, she had dropped Jack Turner,  
to my relief, ~~but~~ had taken up again with Jerry,  
~~so that there was the possibility that we would do  
a sort of exchanging with a change in domestic  
ties. He seemed silly of Chris to move to their  
house and down to us. Nevertheless we agreed  
that the marriage settlement should go through just  
the same, in case one of the two couples felt  
strongly at any time that they wanted the move after  
all. The property would certainly change hands  
before, therefore we decided to do physically.~~

One evening about a month after the new  
dinner was ready Chris invited me out to drink  
at a little French place - Concord and she and  
we were sipping on coffee said, 'Lee, do we'll have  
to say.'

'OK.'  
'Lee', a very big job waiting for you -

Roov: 'turn' 2 excitement during they are  
like a hot glow. I gripped her hand.

'But I don't know if I'll want to take  
the responsibility' she added. 'If you do, we

shall all understand!

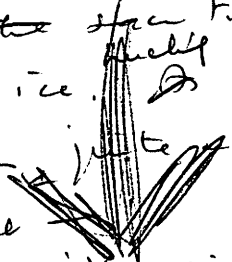
'Tell me what it is!' I said.

'I asked me some time ago when you were  
in your detention state if ~~they~~ <sup>After</sup> Schenck and Lucy  
had signed medical warrants for the use of their bodies  
after death. Of course the question came to a mental  
state of mind at the time. It is surprising how  
unbalanced conditions can intensify bits of ~~some~~  
like the truth. Because, as it turns out, Schenck  
did, like a great number of geneticists, <sup>his body</sup> ~~is~~  
shy, but not to Stanford University. And the ~~university~~  
~~is a part of the project~~ <sup>is a part of the project</sup>

~~his papers~~ enticed us.

I was beginning to trouble. →

'~~Cleaver~~ <sup>Cleaver</sup> saw to it - with a presence of  
mind ~~and~~ typical of the extraordinary man - I know  
man, ~~insects~~ - but, he's the of ~~genetics~~  
~~but of a man who sees the world for~~  
of which I give up to believe a genius ~~is~~  
a fountain of ideas ~~has~~ <sup>new engendering, ever fighting</sup> - ~~any~~  
man, ~~the~~ <sup>After which</sup> ~~speaks~~ to it that they were inevitably  
put nice. ~~As~~ <sup>As</sup> they were found by one of their  
children ~~just~~ <sup>just</sup> ~~accidentally~~ <sup>accidentally</sup> within minutes of  
the act



'He did the deed?' I wanted to ask.  
gas. ~~is~~ <sup>is</sup> ~~the~~ <sup>the</sup> ~~fact~~ <sup>fact</sup>. So they ~~there~~ <sup>there</sup> ~~are~~ <sup>are</sup>. And the

for a time - LV (clear) had we  
no, After death we waited <sup>12 hours</sup> clean  
boilers (the units) with the  
fallen damage is open -  
neurotransmission -

1) see, 1 said, 2 types

1112

→ 'But we 2?' But we do  
1 come - ?

→ 'Y - had we asenic!  
' Right? 2.5 the 1st

point is, a George says, Harry signed the paper with  
Luey's consent & saying it probably would be all right,  
and will use, if we hope to materialize, he try to  
back to life! But the interesting?

~~'My God!'~~ The tips, my fingers were flying  
out. all?

Can they can both be kept back to  
life! (20 or 21 in Rth steady before  
off!)  
He - He - maybe they would like

He! 'The way, Luey, she said. 'The  
th. it can be chemically adjusted, the  
depressive state ~~leading to suicide~~ can be  
reversed <sup>needed</sup> ~~adapted~~ with a <sup>dose</sup> mega-endorphin

~~dose~~ of endorphins? Easy!  
'My god!' I said ~~got again~~ <sup>one more time.</sup>

~~Don't, me this - they'll have to  
go through the RCOV experience. Isn't that  
ridiculous? 20 or 21 entering the legalities?  
Nobody can be seen to his way back to  
life unless that's the experimental thing, or being  
financed federally for! So if they're  
going back to life as an incidental phase  
in another experiment it's OK!~~

'My god,' I said.  
She signed. 'It's a heavy responsibility,

I know,' she said.

'That is!' I asked, my fingers tremble so violently I thought they were going to drop off.

'Would you be prepared to shoulder it?'

'I see, no one can do it. Or will do it.

We can't even think of approaching me. He explained how to go through the conditions he have held for the hearing: ~~it is, as he has~~

~~used as a condition of admission. Then the only way for it to go through~~ But in this way - he

asked me to serve for Harry and Lucy in the part the things the Roov experienced, and that can't

be done in a hospital - only in a clinic. It has to be a special experiment on the same terms

as what we did with the other exiles. ~~They~~ and they must be exiles long!

~~But I said, 'I would - I would - I would -'~~

'Little,' I said, wanting to know the time, wrote a thousand notes. 'I would - I would - I would -!'

'Well, then to do it? And how else? If it's all done at your clinic, which the federal authorities already

know about or know the locations of Roov,

the job can be done, and no one else, nobody  
 can undo it, ~~totally a tall thing~~ ~~the~~ ~~to~~  
 if it isn't done ~~within the~~ in these strict  
 terms ~~we will get~~ ~~and~~ ~~it~~ ~~is~~ ~~not~~  
~~the~~ ~~place~~, ~~as~~ ~~described~~ <sup>After</sup> ~~they~~ ~~and~~ ~~they~~  
 will be with a rage! ~~the~~ ~~one~~ ~~we~~ ~~have~~ ~~found~~  
 by hand, ~~kind~~ - ~~a~~ ~~cell~~, with Drif, ~~the~~  
~~to~~ ~~pass~~ ~~over~~ ~~the~~ ~~typical~~ - designed to  
 be hypnotic ~~with~~ ~~the~~ ~~use~~ ~~of~~ ~~persuasion~~ -  
They will as if they "feel" right!  
to feel it! to feel the cruelty of the  
kind! Do you see how anthropomorphic  
it is! Do you see how dead they are! Do you see how  
feels as more! And this is going to  
be 2 times longer than life! Do you see  
how you are going to do it?  
 'But - 'I could hardly get 5-5-5  
 in one minute, 'I - have anger -  
<sup>let</sup> <sup>kn-</sup>  
you with let have anger! 'I can  
cut with a scalpel and - 'I can  
cut with it!  
 'Ssh!' she said, but it was not.

— it's all holding —! Let go!

'Did you see ~~that~~ this is all evidence of what  
I told is down and out, few more remarks —

'You've attacked to look! And she  
did she say? s-s-s-say?'

'She said she'd think it over. But  
you're not <sup>truly</sup> ~~doing~~ <sup>it</sup> ~~the~~ course she's got  
to support her. But did you see! Well  
to support you in the same way? I'll be there  
at least waiting for you and encourage you and  
worry <sup>clearly</sup> ~~to~~ start dropping you here in  
N.P.P. circles.'

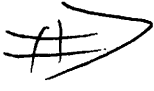
'My god!' I ~~stood~~ <sup>was</sup> ~~by~~ <sup>my</sup> ~~side~~, ~~and~~  
~~of~~ ~~the~~ ~~point~~ ~~to~~ ~~be~~ ~~of~~ ~~the~~ ~~group~~. 'But  
I repeat — the house meeting — and — the —  
~~house~~ ~~trip~~! This first — long — it'  
Long — ~~the~~ ~~house~~!'

'I'm not off and I'll tell you a little  
more about it,' she said.

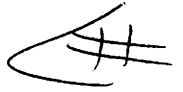
And she did.

~~That with the intention of having to be~~  
~~to~~ ~~let~~ ~~you~~ ~~to~~ ~~be~~ ~~available~~  
for writing to write numbers. [I don't want to work]  
dazed and unhappy — just like at all over ~~the~~

I would like to know more on earth.



+ + +



Of course the NIPP business was almost. I knew

she was only using it as fuel. I was well aware,

we in my stoked state the the circumstances -  
choice <sup>Here</sup> Room ~~to~~ <sup>copying</sup> ~~at~~ <sup>with</sup> ~~the~~ <sup>place</sup> could  
~~be of every thing~~ <sup>new</sup> become public, and the same  
applied to the people involved ~~to~~ - the participants  
will take the credit. With help by name could  
be introduced in five, ten years ~~time~~.

~~To find, brief had told me, knowledge~~

~~be logical of the actual entity, his head call  
of the nuclear meeting ~~is~~ acquired, ~~highest~~~~

~~to surprise the work of other. A logical  
logical team ~~is~~ <sup>will</sup> be carrying out ~~at~~ <sup>at</sup> your clinic~~

~~with <sup>with</sup> ~~the~~ <sup>not</sup> ~~long~~, and the <sup>will</sup> ~~will~~ <sup>give</sup> ~~for~~  
<sup>precise direction</sup>  
to work ~~with~~ <sup>with</sup> me in nominal charge  
as if ~~they~~ <sup>not</sup> ~~long~~ were normal activities.~~

~~The surveys she had agreed to do the  
work was to ensure already marked a ~~+~~  
normal operation, and ~~the~~ ~~area~~ ~~could~~ ~~be~~ ~~seen~~  
marked while in the Cat and Dog Clinic.~~

I was happy the then,

7th my commitment was great to the

the. I was to see the copy was done

covered. Ring 1 was on the inside of the roof  
exposed. The program was only live/ing -  
guys who had lost the job or drunk too much  
or for no reason or another ~~that had been~~  
could specially perform a question. I don't  
had to know precisely what ~~the setting or~~ decisions  
should be made, (by me?) They could help  
had the fun to be perfect. So it ended with  
we ~~having to do precisely what we had to~~  
~~do~~ at having to do what the buying I  
niff could be done. The 1 difference  
on the 1 public - actually how a knife - my  
had. Ring was the world's oldest ~~thing~~  
~~intention~~.

Susan did nothing. On work  
entered a woman. The type of she was  
going to the place - the South morning of  
September type in we close 1/2th,  
and no contacts. were as frequent as  
they could be with a contact since I  
didn't and at least two questions  
a day.

On the way of Sept 3 ~~the first~~ Ring

look me and down to the Meeting. He is  
a <sup>word</sup> ~~cut~~ of a <sup>but</sup> ~~just~~ in his work,

'celebrated' dim. [Nancy was there <sup>again</sup>,  
the <sup>as days</sup> ~~just~~, detached, practitioner ~~to~~  
~~she~~ ~~on~~ ~~to~~ ~~go~~ ~~every~~ ~~night~~. It seemed ~~to~~

down and I were the guests of honor.

~~As we all came.~~ <sup>Cleaver</sup> ~~George~~ showed me  
a <sup>five</sup> ~~five~~ <sup>per cent</sup> ~~the~~ cable ~~tells~~ ~~him~~ from O.S. <sup>says</sup> ~~tells~~  
<sup>because</sup> ~~he~~ ~~was~~

~~but~~ he was a NIPW, and then <sup>the</sup>  
document itself. He seemed to be

tells me — 'and you, she knows, one  
day...'

of the knitted <sup>pieces</sup> of <sup>chess</sup>  
hope ~~and~~ <sup>in</sup> <sup>of</sup> <sup>heart</sup>. I would  
a few words with <sup>down</sup> <sup>alone</sup>, and <sup>what</sup>  
the other if I might walk with <sup>to</sup> <sup>in</sup>  
the garden a house, and I would <sup>to</sup>  
say - for <sup>the</sup> <sup>to</sup> <sup>prepare</sup> <sup>in</sup> <sup>for</sup> <sup>the</sup>  
next day's work.

When we were walking in the darkness  
and I took the light to a spot  
between the tall redwood trees.  $\rightarrow$  [A]

~~I pointed at one of the trees.~~

~~'That went to a couple of centuries old,  
honest.' But it's not there~~

~~'That there,' said, pointing to a  
spot on the ground, 'the way we were  
all here together of dinner, do you remember?  
just there long ago I — well, we found  
couldn't see it and the. But it's we  
were away for the party of club in  
year.' I did know if I noticed!~~

~~'Yes I did,' she said.~~

~~'We could never see it and the.  
'Do you know why?' 'Yes for this?'~~

~~'No?'~~

~~'Because I did not see it this  
the whole day getting kind of colors~~

turner. I've seen her way before. ~~The~~

~~If he had to be doing, etc. it's not really~~

day - then I know. ~~It's the same thing -~~

~~Hoshi been to jail - he is - another~~

~~APP.~~

~~'What's the...'~~

~~'What's Peace Pigeon'~~

~~'That's what he's interested in. I know~~

He's using in some. ~~But~~ <sup>and</sup> you'd be doing

things, but letting or stills color equip-

ment color surgery he used because we

went <sup>to the</sup> ~~by~~ ~~schedule~~ and hang back

with us, in the <sup>night</sup> ~~day~~!' I repeated in

the darkness. Study in the very spirit.

Now long col I had had control,

'In the so, dark!'

'Yes!'

So the in the face of mind <sup>is</sup>

which we ~~started~~ <sup>begin</sup> <sup>our</sup> the work. ~~for~~ <sup>real</sup> the day.

~~around.~~ [The rear wall of the dogical room  
 was open so that the vehicle containing the  
 Schmidt, ~~was the~~ <sup>partially</sup> ~~could~~ <sup>eat</sup> ~~could~~ unload  
 its contents ~~the~~ <sup>with</sup> ~~being~~ <sup>seen</sup> ~~from~~ <sup>outside</sup>.  
 A cool misty scent, ~~excellent~~ <sup>pleasant</sup> drifted in.  
 It was no, these ~~to~~ <sup>not</sup> ~~the~~ <sup>of</sup> ~~the~~ <sup>the</sup> year, ~~at~~  
 The breeze that stirred the trees was cool  
 than was as gentle as a <sup>viter's</sup> ~~cat's~~ paw. ~~to~~  
~~dogical~~ ~~room~~ ~~was~~ ~~to~~ ~~arrive~~ ~~at~~ ~~the~~ ~~entrance~~  
~~with~~ ~~the~~ ~~first~~ ~~vehicle~~, ~~and~~ ~~to~~ ~~exit~~ ~~by~~ ~~the~~  
~~side~~ ~~door~~ ~~equally~~ ~~used~~. [It ~~was~~ <sup>had</sup> ~~been~~ <sup>acknowledged</sup>  
 that the ~~date~~ <sup>operation</sup> ~~this~~ ~~would~~ ~~take~~ ~~a~~ ~~maximum~~ ~~of~~  
 eight hours, a maximum of ~~ten~~ <sup>had</sup> ~~hours~~ ~~as~~  
 my assignment's purpose, having studied the ~~truly~~  
 diagrams of a full month. (Susan was <sup>truly</sup> ~~an~~  
~~intuitive~~ ~~slips~~ ~~gave~~ ~~us~~ ~~our~~ ~~course~~.)  
~~On~~ ~~the~~ ~~vehicle~~ ~~When~~ ~~we~~ ~~heard~~ ~~the~~  
 crunch of the gravel ~~under~~ ~~the~~ ~~thick~~ ~~wheels~~  
 of the ~~first~~ ~~vehicle~~ ~~at~~ ~~it~~ ~~revelled~~ ~~very~~  
 along the side of the clinic, ~~we~~ ~~soon~~ ~~all~~  
 looked at each other and ~~realized~~ ~~realized~~  
~~we~~ ~~were~~ ~~in~~ ~~front~~ ~~of~~ ~~it~~. <sup>partic</sup>  
 As the vehicle turned ~~it~~ ~~the~~ ~~partic~~  
~~and~~ ~~looked~~ ~~along~~ ~~toward~~ ~~us~~, ~~describing~~

the room, finding the eucalyptus trees and  
telling us the spicy scent of the ~~leaves~~<sup>BALMY</sup>  
morning outside, I suddenly remembered I  
hadn't fed Janice this morning.

But that's not what I was worried about. And when  
Lena & I were woken up, we'd be with us,  
and never look of anything.

64 + 16 = 80

Psychology  
resps

...ing evidence.

only  
But

Thoughts and feelings are synthetic. They  
The oxygenetic breath ~~is the~~ ~~the~~ ~~place~~ ~~step~~  
~~which makes the choice the~~ ~~to be in the level~~  
~~where the~~ ~~decision~~ ~~we made~~ ~~before~~  
~~they~~ ~~are~~ ~~known~~ ~~in~~ ~~the~~ ~~central~~ ~~cortex~~ ~~is~~  
~~at~~ ~~the~~ ~~power~~ ~~of~~ ~~decision~~ ~~lies~~ ~~is~~  
~~Thoughts and feelings~~ ~~before~~ ~~not~~ ~~before~~.  
~~are~~ ~~the~~ ~~consequences~~ ~~and~~ ~~effects~~ ~~of~~ ~~their~~  
~~decisions~~ ~~not~~ ~~the~~ ~~cause~~. ~~Examination~~

of the <sup>type of</sup> ~~the~~ central cortex will be 37  
illuminating ~~but~~ ~~not~~ ~~but~~ ~~not~~ ~~revolutionize~~.

[oxygenetic] effects as they've a specific  
ensuring process involving the whole  
personality. A study requires to be  
conducted <sup>for</sup> ~~the~~ flexibility of the breath ~~is~~

~~guaranteed~~ flexibility of life is  
essential of <sup>the</sup> ~~optimal~~ <sup>52</sup> ~~factor~~ of the  
anti-immune system. [A person under-  
going his introduction to .....  
careful & sustained guidance, as the  
leader of - practitioners + his experience

TAKE OUT 10 WORDS

Healy and Lodgeville

P. 30

= 80

Do you have a sense of  
feeling a ~~strong~~ envelope

~~... ~~envelope~~ ? Do you have a sense of  
envelope in the <sup>area</sup> ~~area~~ behind the sternum, ~~is there a~~  
envelope?~~

... personally.

~~Smoking is an attempt to reach the  
breath, ~~keeping the habit is also not~~  
a simple indicator that the breath  
is of minimal effect in the auto-ventilatory  
system, ~~is~~ indeed 'isolation'!~~

~~Smoking is an attempt to reach the  
breath, ~~up patterns, the habit is~~  
a simple indicator that the breath <sup>proper</sup> because  
of being an effort to escape in ~~isolation~~  
But, <sup>in order</sup> ~~arising from~~ 'in-turned' breath, it  
<sup>the subject</sup> ~~isolates~~ ~~even further~~.~~

Smoking is an attempt to achieve  
proper breath patterns in the part of a person  
whose breath is chronically 'turned in'.  
But the habit <sup>state</sup> ~~of~~ increases ~~the~~ ~~turning~~  
in ~~states~~ this, <sup>as</sup> ~~isolating~~ ~~just~~ ~~states~~ ~~the~~  
~~also~~ soothes it. ~~breath~~

Here are <sup>two</sup> Oxygenis ads, <sup>(corrected)</sup> a  
slightly enlarged, <sup>the</sup> <sup>spring</sup> feature is, the Healing  
and Bodywork section, the second is the Psychology  
Therapy section.

1. Healing and Bodywork

... words.

2. Psychology and Therapy

... words.

Please ~~use~~ pick up my logs  
for the previous number.

I urge you to please not stone  
my ad as the water of the pot as you  
did in with cases in the last issue.



# America

The freedom an illusory fact,  
the fact itself is given to be  
channeled into ideology. There are  
many ideologies after the spirit  
has been or practices reform.  
The answer as group activity begins  
the ideologists fact use it  
play, not the work of the group, is  
notion fixed, is to fix it: the  
ideology and not the human being,  
who is 'value' and is this value-  
less is the authority. Ideology is  
the necessary ~~substitute~~ substitute  
is a theory of a political class  
They are RULES of how to

do it, and go either side of these rules  
a grade. The system of education is  
established and we've not work 'the  
the heart' etc' in 'the sixth center' or  
the other rule is established. There is  
no 'move into the minimalist position'  
of and read. Is divide the use  
needs explicit, being expressed  
& "ground" etc. & univocal.  
The system of relationships we  
being 'shared'. This is it for?  
what lesson is being learned? It is  
the ideology of relationships, which  
is the Strayer = the US version  
of the rich of autonomic relationship.

New knowledge, new attitudes etc  
the America society without changing it =  
the new things become part of the ideology.

# Effects of Atheism on the Nervous System

Ideology comes with in the system.  
Ideology begins to end + the proposition  
The human being will cease. Done.

He is NOT AN AUTHORITY.

Then there is horizontal authority  
not vertical.

Report of others - name of it

NB begins + the corpse =  
medicine - X-ray - BARRON  
medicine - some have the iper  
the modern medicine developed at  
of justice -

then no knowledge in medicine  
) the birth ~ electricity. here  
as man in the end began the cut  
by for the moving & living system

# BREATH TAKING MOMENTS POWERS

The immune system rejects transplants because it is on the alert for foreign proteins. We are all (unless we are identical twins) distinct for each other in a protein-exposition and this is used in the immune's detective system. It compares with foreign invasions.

One of the proteins on hemoglobin is hemoglobin, the part of the red cells which transport oxygen to the cells. It is in charge of the (basic processes) the oxygen is thus closely connected with the immune system.

~~But of the breath~~ Chemicals, like transplants, are also to some extent rejected. But the breath is the one thing that is its own of oxygen-transporting, is already part of the body's functioning.

The electricity in the air is the active surveillance of the immune system heightened of the breath. By parallel to the 'special effect' box.

## TOP PERFORMANCE

- If the regimen fails to
- 1) metabolic oxygen supply
  - 2) achieve physical repose when it need it, especially during sleep
  - 3) secure

I've frequently been astonished at the catastrophic breaking patterns of top performers - opera singers, track stars, professional jiggers, movie makers, actors who have to sustain sometimes two performances a day, with rehearsal preceding the real thing after TV or film commitments.

The most striking contradiction is actually that the athlete or performer -

John Burjett.

341 Toyon Ave

Los Altos

94022

no dependence on

attraction 'tamed ='  
~~post~~ fertile \*

influence 'tamed  
at'

influence - leadership -

\* mystical sexuality -

The male child-rearing practice is  
irrelevant to their development. The  
essential feature of the pre-feminine  
woman is the she kneels with  
the post-fertile period, in the case  
of women of it. 20 great women - the  
Catherine de' Medici, Queen Elizabeth I,  
Rosalind, Lucrezia Borgia, or Catherine

Jane Austen, George Orwell, M<sup>me</sup> de Staël, George Sand,  
St Clair, Theresa Neumann, May Sadek Raddy,  
and the great swim-leader of the 18 & 19 who  
guided ideas were in the political arena, who  
do by exception, by deliberate way, the material  
of their lives, a rebellion. —

---

Levitation — *ipso facto* (a sense)

~~May~~ May, ecstatic state in virtue  
weightlessness. Breath-holding exercises, if performed  
with proper initiation, and gradually, result in this  
state for time to time, as well as in levitation -  
dreams so vivid that the subject cannot believe,  
on waking that he is unable to fly. <sup>Critical</sup> Organ-  
withholding in the love-act may do the same.  
And this sense of lightness may be also so great  
that the subject has the impression of leaving the  
ground, or actually does leave the ground.

This whole question has got caught up,  
however (again because) the genius - in  
this case, Mcherishi) with enlightenment, and  
will get some people doing the the ~~work~~  
you 'fly' the most enlightened of us.

But of course it has to be dealt with being  
enlightened, if the very simple need (in the genus  
also as well) everyone is already enlightened,  
just as there is light. Then Cord is set up  
as a special requirement, if special people:  
and the whole western problem - of territoriality,  
competition at all costs, plundering - is reassessed  
again. So the the adhesion with the excluding  
~~Community, Materialism, the market, the state, the state~~  
with ~~Materialism~~ actually exacerbate the situation.  
Paradoxical, the more the spec declares  
itself competitive, and hence the more it  
humbly, Rapine, in the last competitive  
- the end.

## Oxygenesis

My system derive from 2 source =

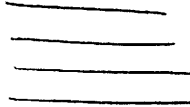
- i) the Indian from the first type use pranayama and indeed use with -  
use of extreme control and control the breath is increased; I practiced these various pranayama on a level of 20 years
- ii) the hyperventilatory technique (relaxing, center breathing, breath system etc), My system is based on i) ~~breath~~ the going beyond the pranayama and ii) ~~pranayama~~ avoiding the dangers of hyperventilatory system.

~~Ad/extra~~

Wither hath-initiation kundalini  
practice & prolonged meditation may  
lead to grandiose hallucinations,  
agoraphobia, depression and physical  
distresses. The sensory deprivation  
involved may also excite a hearing  
cutis-vestiti (age, initiation,  
vehement self-assertion, intense  
sexual fantasy etc) to reestablish  
sens-connection.

Oxygen for -

attitude improves



Oxygen + Performance is  
No near helplessness

ORDER & CONTROL

is a demand in a controlled world

Restrain customer drive

the "no-decide" thing.

Meet their need, not yours,

To sell - picture

system working

Business problem = customer  
opportunities.

If you get ~~the~~ <sup>the</sup> ~~death~~ ~~will~~, ~~you~~ ~~get~~  
everything else follows.

If you don't get it right,  
the host is killed.

Your presence in the path  
of death is the killer.

## BREATH-TAKING POWERS

### Senescence

The disease comes about from the lifelong  
accumulation of <sup>the "death-toxin"</sup> ~~the~~ toxin. This toxin is  
connected with other toxins, & more proper, it  
is the end-expression, toxicity is a neutral  
form. It is the neutral form of toxicity. Naturally  
a <sup>business meeting</sup> ~~what a~~ <sup>lecturer</sup> I heard recently described  
a COVID ~ 'Cop Out Date' approach leaves  
the fear increases; and when a person begins  
to die off like flies, it is much like the trip -  
the afternoon to a mortuary.

Breath-initiation, once it takes place,  
removes this is dead an extra step, is the

words of Lord Tennyson (who describing his own  
ecstatic states) 'death is an almost laughable  
impossibility' and 'the loss of personality no  
extinction', but the only true life!

When the breath is passive or 'turned-  
in', as it is in most people, the death-toxin  
can rage. And its ~~the~~ bedfellows; disease and  
mental distress, fill the hospitals and mental  
institutions, where the death-toxin is actually  
described by the doctors (most) who have in  
themselves) as a natural reflection of a real state  
of affairs. People always die, they must die,  
and death is the cessation of life. In some  
poetry doctors - except the 1. someone initiated  
into the breath it isn't. In some way, for him  
in the (that it may never be resumed or realized)  
death has been superseded, and so the concept  
of the physical and the non-physical being inter-  
changeable and basically identical states take the  
place of the death-toxin.

The sense of death being a 'laughable  
impossibility' is within reach of -  
for normal notice to anyone who has

wealth - retention.

Breath is full of paradoxes, and one of them is the 'irrational' wealth - holding is deleterious, while voluntary wealth - holding, when ~~accepted gradually~~ it can be performed as perfectly as with other things, but very beautiful but in the most extraordinary manner.

Here again the reason lies in the matter of repose. Voluntary wealth - holding (to that, the clearest, to make a effort, is wrong) is necessary in tension, while wealth - retention, once it has been mastered, is the very opposite = it is the delivery of the family above the physical becoming. The mind itself is, without a dogmatic force which has no foundation and is essentially the same thing as the universe.

The wealth can achieve itself and there is no need of grandiose enterprises and a feeling the so-called 'high' consciousness - that is the way which,

since consciousness can only be no-thing —  
though the material of consciousness may  
differ. There is no need to try to cultivate  
- 'higher' self. or to try to 'liberate'  
(usually in sexual desire, hate etc)  
into a spurious state of ecstatic love.

If ideology is the correct  
distinction of the work, it is only to see  
how Indian doctrine has been turned into  
rules and hierarchy and 'upward  
striving STRIVINGS', thus given and  
masters are high, and disciples at  
different levels of so-called 'enlighten-  
ment'. I have also seen — that a  
Mechanical device — the 'a-idea' of  
you can cultivate 3' instead of 1" —  
are the usual more enlightened, despite  
the fact that Indian doctrine explains

The alchemist, trader, or the other  
distinction of 'enlightenment'.

'I've got a 'high' self, or  
a 'high' consciousness than the divine  
one you already have (for the presence  
of the 'high' also describe the self  
as divine !!) you are in danger of  
developing "superiority" prevalent lower  
self. lower consciousness will all tend  
to come up and bite you just when  
you think you are peacefully - Cloud  
Nine.

The human organism has been  
endowed with certain visceral electro-  
chemical functions which are precisely  
the same in most creatures. And the  
brain can unlock the same ecstasies

and the same case, mostly in the  
foot, the vapour, the liver, the  
murder, the thief, the ~~profane~~  
degenerate, as in the one who drives  
up in other forms, shaves his head  
and calls himself Ruma.

A few things remain the truth,  
like its effects infinite. One of these  
is habitual drinking. Another is habitual  
drug-taking (use of the needle). Another  
is excessive sexual indulgence.  
~~Another~~ Another is smoking (though it  
is the last of all the vices).  
In all these things the regimen has  
adopted practices which surround  
control of the truth. The system itself  
is taken over by the effects of drink,  
drugs, ~~and~~ one-sexuality. Control

and therefore mostly become insignificant.

Countless people the world over have  
a gun, and believe that the gun is the  
key to the world. In fact, of the keying  
of the gun, another gun is a big light - and  
needs a 'mark' at all. It is another way  
of forfeiting the truth - itself giving up  
its own worth of someone else to control.  
But it never can be controlled of someone  
else.

The true meaning of 'gun' - the  
Indian doctrine is to <sup>FAK</sup> the 'teacher'.  
'Gun' means, essentially, the true self.  
It is your self, and the outward appearance  
of the gun, the physical entity - the  
gun is, is not a seeing, an illusion  
which we should not, indeed cannot,  
cling. The concept of truth of the gun  
is not the gun self, is outside yourself,  
is existing physically, is dependent on

yourself and now that is to be the case of  
the gun, or the y will only be of me at  
all.

The basic teaching of the gun-dharma  
is thus paradoxical. It says, 'Never  
follow a teacher, with the meaning, except  
to waste like the water in the hole of y.'

~~The Buddha said to his disciples~~

~~'Look to the truth, this is all y have to~~

~~do. The only way to defeat the words~~

~~is to~~

Emily =

'Here', an amniotic state that we never leave. We're really oceanic beings. It's almost as if no basic language, no basic gesture, is a fluidity. We're almost fish out of water. It shocked me - it didn't have anything to do with anything I learned. It's certain death. Love anything to do with movement. This was the wall of movement underneath movement. It was as the world, it was a world of waves, it had to do with a perpetual rippling that is taking place, as if we ~~felt~~ saw the body just as complete movement.

We learn through the peripheral, not through the focal - the actual seeing.

Equip for the study to see culture  
on the finished, the part, by America.

But it was simply form. We work  
form all the time. We do it with every,  
with, with ed type, with transaction ed  
and with no most fixed habits. In  
fact, we use no habits to work form.

Culture can also be diff. etc.

But American culture is not a  
culture in this sense = its form is the  
analysis of fixed forms. It views

the changing forms of lively cultures  
as fixed the way we look, a finished  
one = and they are form up.

So this = large field of evolution  
its formlessness, the it just means  
analysis.

Language not self "baked"

Breath: - It is focal, but peripheral.  
It is a symptom of the breath. The desc-  
ription is breathing type the closed forms  
etc. however, with language.

Note that all language is breath.

America thus inherits its ideology.

But this is not culture: it is fixed form,  
while the America yearns for.

BAKED BREATH = RATIONAL language =  
the way America has chosen to live.

## BREATH-TAKING MOMENTS

The Way to optimal

~~Development~~  
~~Performance~~  
Power

Greek PNEUMA means air ~ spirit,  
~~in the same way spirit.~~ In Old German

spiritus sanctus was called ATUM, meaning  
breath. Arab RIAH (Air) RUH (Soul).

Psyche, meaning soul, is related to psychein  
(to breathe) and PHYSA (bellows). In the  
Greek view the soul enters the body

with the breath and is from the stone, and is carried by the winds. These Greek gods ~~and~~ were of the the offspring of virgins impregnated by the wind. We see a man 'breathes life' it ~~is a statue he carving it~~ a stupor in a piece of work.

Pneuma, as we could expect, is close to prana, and the prana means the ~~electrical force~~ <sup>subtle energy</sup>. The ~~idea~~ <sup>was</sup> ~~lost by the air~~ entered the region from the breath, and became <sup>a</sup> ~~the~~ electrical force of man's metabolism. Leonardo da Vinci.

RESPONSE BREATH'

An in<sup>air</sup> ~~in~~ <sup>to</sup> ~~the~~ <sup>the</sup> ~~ingest~~ <sup>ingest</sup> ~~away~~ <sup>away</sup> animal ~~by~~ <sup>by</sup> ~~he~~ <sup>he</sup> ~~was~~ <sup>was</sup> ~~used~~ <sup>used</sup> by the number 3 breaths a minute. A dog has 28, a cat 24, a horse 16, and the ~~response~~ <sup>response</sup> is an upward scale of ingest. A ~~fact~~ <sup>fact</sup> is, the

Ingen - lived ; u, h n p 3. 20 hours by  
L a l c 15.

The quicker the breaths the quicker  
the nervous system uses up its resources. We  
all know the nervous, or - sensitive, advanced  
people seem to age quicker than others. Bernoulli  
observed the - the unusual Tardus lake - the  
act - in - time system, & many of the operations,  
- chief CUTER, believe that it is the main  
ingredient of the ~~'disease' called senescence,~~  
or the depletion of the reserve system that we  
call senescence. Most people die because  
of the failure of the reserve, while the rest  
of the system remains intact. Had the  
reserve system retained its efficiency, all  
systems would have collapsed.

Human beings ~~are~~ <sup>take</sup> ~~brother~~ or  
the average 15 breaths a minute, in  
many people 15, if not more, it is  
underlying, because, the excitable  
disturbances of are expected to be in part.

~~But in the way of reducing~~

~~nothing to the minimum~~

this all of course increase during exertion.

But <sup>it is</sup> the unnecessary breathing

is injurious, depletes the system. ~~And the~~

~~ways of breathing, and the~~

~~ways of breathing, and the~~ But the rapid

breathing of the athlete - physical work is

forming he is required, the exertion, his

system. It is the breathing that we use

required the cause lies in the nerves, and

exertion = the lungs. It sleeps oxygen-

intake ~~take of - see demand~~ is reduced

of a little or 10% of normal requirement -  
because the body is in repose. Then, more  
repose, less oxygen-consumption. ~~But~~ The  
less repose, the more oxygen-consumption.  
<sup>in sleep</sup> Meditation ~~is a~~ <sup>or the</sup> sleep,  
<sup>we</sup> to reduce the <sup>or</sup> ~~the~~ <sup>the</sup> same amount.

# BREATH TAKING MOMENTS (A Chapter)

THE TWO-PART SYSTEM: WAYS OF DIVIDING THE BREATH.  
SPECIAL EFFECTS

AUTONOMY

THORACIC  
INBREATH

ABDOMINAL  
OUTBREATH  
RIGHT NOSTRIL  
NOSE

LEFT NOSTRIL  
MOUTH

~~SILENCE~~  
~~FAST~~  
~~RHYTHM~~

~~NOISE~~  
~~FAST~~  
~~RHYTHM~~  
INTOXICATING  
~~THERAPEUTIC~~

DETOXIFYING  
TRANSFORMING  
~~VEGETATIVE~~

PURPOSIVE

ASPIRING  
(aspiration = kṛathā -)   
VEGETATIVE

INSPIRING  
(inspiration = kṛathā -)   
THERAPEUTIC

CALMING

INCR  
EXCITEMENT

We can give 2 lots of water - wt  
when we give one by a second.

Yoga =  $\frac{Sun \& Moon}{Mandala \& Karmas}$

hence left & right nostril system.

# Levitation

For me, breath can move mountains.  
~~Myopia did not. Myopia is just the~~  
~~Pyramid built because not all~~  
~~condensates would just rise up.~~  
~~The air that the breath can move people~~  
~~in the air. I'm not of V do the eye~~  
retina exercises ~~and~~ V will rise in the  
air. I myself haven't rise in the air  
because I haven't dehydrated myself. I may  
time to be simple activist. I no  
doubt  
don't mind. Myopia is why I will  
work. But if I go -h I shall live  
to come down again. And I'd like this  
I shall be my more enlightened the I  
come down again. Human beings are  
naturally identical in the way the

arguing as he is. And you may say, is it  
the if the light shines only in me  
or if it shines light in all. The shine  
= justice, wisdom, enlightenment and  
wisdom and virtues. = With a will  
in the ~~pro~~ <sup>those</sup> ~~century~~ he turned and  
killed. The light is needed - it  
over, to special people. If it was  
= Mohammed, if it is = Required  
in the Messiah. The it is there =  
we are ad - despite appearance -  
the sure for the sake - price by  
his father has to say things to last  
it is the goal of all he is doing -  
to provide the father the he used  
the way of the light, and the

the eye can also be effort, we  
the realistic <sup>it is =</sup> effortlessness thing.

This is by the 'cave', the  
judgingly 'heard,' his keener for  
eye, while the method of seeing  
It is simple and clear.

---

Because of the breath we have lost and  
of the sensitivity since the animals have  
retained. This extends to every cell of the  
body. I remember Koko touching her head  
and making a pained grimace after she'd  
been sitting in the sun a few minutes. It  
wasn't a hot day - but it was midday.  
I doubt if my husband has any workers  
of the oocyte is harmful and it's not  
in this bodies. Because, the collapse

of the truth, mental desisting took over  
= the brain - type mind is the chicken  
o that the egg here?

---

### SMOKING

A section on smoking = it  
begins in 'imitating' a child  
broth of which he is not capable. Thus  
drinking = the worst drug regime  
= chronic health patterns. Altho'  
emphysema is largely caused by smoking,  
the basic cause is provided by the  
smoking. I have had a check up the  
(at the age of 62) the doctor has ~~found~~  
found real evidence of frustration ↓  
The dir 7b is to produce the clean ⊖

---

to give up smoking. A cerebral directed  
statement will mean little. The desire

increase for the cells - especially the cells of the lungs. Once the air - sacs have started inflating & deflating properly once more, long the work is done. The deleterious effects of smoking will begin to be felt immediately, as however, extreme nerve tension etc. There is no the reaction - useful - this is - the cell we remember how good it was to smoke.

---

### EFFORTLESSLY

The ideal procedure, in any field of work or human endeavor, is to do one can be done effortlessly. This cannot be the case if the health is disrupted. So the first thing to be learned, is a first approach to

the health, is taking the opposite of  
the health. It is perhaps the most difficult  
part of the whole process, because the <sup>modern</sup>  
man, as soon as it sees a schedule,  
a goal, a purpose, begins to be  
percepting, and ~~to make himself the~~  
~~the is done + effort~~ to see failure  
or inefficient effort that it always  
exists in the opposite. Of course  
that he to be a creature, but this  
~~implies the relaxation~~ is not achieved  
in a state of tension. When we are  
most deeply controlled - & it is  
the need, a work and being 'lost'  
is someone's conversation - a healthy  
is at its best fragile.

---

If you go to a teacher and ask "What  
is your?" and he shows you, you have the  
wrong teacher. No teacher can do it  
with + you to find you way - you are  
very child is so no else. - A math.  
specific the facts to analyze and  
it - the math problem & his  
child series by series, should not be  
involved + the math. So groups  
and small series or is to valid.

# OXYGENESIS

1] THORACIC BREATHS —  
5 NOW AND THEN.

2]

## BREATH

In speech we use delicate air  
breath is the subtle way - just many  
if we look people go thru life either  
we consider that this breath is subtle,  
and how that they are capable of  
channeling this capacity of the develop-  
ment of potential powers. When we  
pronounce A we make a slight ~~to~~ mini-  
cough, closing the throat of the front  
of a second ed, with the breath close  
behind as it passes over. B is the  
closing ed part of the mouth of the  
breath to pass over. C the delicate  
touch of the tongue on the palate  
is a slight U-shape to allow the  
breath to pass over is a hollowing  
thing sound. D, like A, is a

moving down, during the walk, but this  
with the tongue held against the front  
palate, so that the breath must work  
up to its outlet the right side. And  
so on. 'Who' requires a slight and  
long breath than 'Ho'. 'Who'  
requires a point the opens slightly  
of the mouth to pass, and is closed  
by touching the palate lightly with  
the tongue. 'Th' is a sound made  
of air that ~~comes~~ a narrow  
outlet formed by the tongue and the  
upper teeth. 'Shame' is made  
of a similar quick contracted  
breath, and is closed by a meeting  
the lips and skin around the ~~perimeter~~  
penis <sup>repress</sup> the ~~mouth~~. ~~'Stain' is a combining~~  
~~of~~ 'T' is differentiated (Tm')

of the ~~force~~ force ~~with~~ velocity, the breath -  
u almost pushes the tongue to its cleared  
position in the palate, <sup>side</sup> ~~side~~ it is  
~~almost~~ visited by a slight wind. 'H'  
requires a more open mouth than usual, and  
a long ~~time~~ <sup>time</sup> ~~with~~ <sup>with</sup> the velocity. 'I'  
differs from its look 'B', like 'T' <sup>for</sup> ~~for~~,  
of a <sup>greater</sup> ~~extra~~ wind-force than the lips.

'U' is made by the side of the tongue <sup>touching</sup>  
the palate and the <sup>partial</sup> opening of  
the mouth is with the breath is more <sup>open</sup> ~~open~~.

Words and syllables and <sup>or</sup> ~~or~~ <sup>or</sup> ~~or~~  
etc, the, breath <sup>is</sup> ~~is~~ <sup>is</sup> ~~is~~ <sup>is</sup> ~~is~~ <sup>is</sup> ~~is~~  
forms of the throat. <sup>is</sup> ~~is~~ <sup>is</sup> ~~is~~ <sup>is</sup> ~~is~~ <sup>is</sup> ~~is~~  
wind <sup>is</sup> ~~is~~ <sup>is</sup> ~~is~~ <sup>is</sup> ~~is~~ <sup>is</sup> ~~is~~  
a almost closed wind, becoming high  
at the low, is a similar action. But  
unlike <sup>is</sup> ~~is~~ <sup>is</sup> ~~is~~ <sup>is</sup> ~~is~~ <sup>is</sup> ~~is~~ <sup>is</sup> ~~is~~  
the result of a deliberate manipulation  
of mouth-structure and wind-velocity, so  
sure and subtle the ~~is~~ <sup>is</sup> ~~is~~ <sup>is</sup> ~~is~~ <sup>is</sup> ~~is~~ <sup>is</sup> ~~is~~ the cerebral

cortex could be important, organizing it.  
The details self - the genius by it side  
every ~~center~~, ~~being a ~~single~~ center~~ -  
is responsible for it, as responsible the the  
central cortex may have become above,  
he is going on.

DB

Dear David

I will tell you the anxious state  
being represented by Dr. Lee, the way of  
dealing with the work - and of  
how the minimal course (i.e. please  
enquiries, which I always initiate) the  
he does not get in work. ~~He described~~  
~~that as a "small" book, & did to~~  
~~say it was a "big" book. He never~~  
acknowledges, never writes. It took  
4 1/2 months to get the negative  
noticed - the first draft of the  
P.M. has no content by ~~Dr. Lee~~ Dr. Lee  
I've been submitting copies of a long  
time (+ Dr. Lee's help & approval),  
within 2/3 weeks (1 week + full letter,  
no 2nd draft included).  
The ~~work~~ exp. worked as I have  
one ~~of the~~ physical unit - for each a  
he would still be ready and helpful.

Please do, understand the 1st entry - 10

of yourself with the criticism. I will get  
as feedback as well, ~~and~~ <sup>of course -</sup> ~~do not~~ ~~be~~ ~~concerned~~  
how. ~~That's~~ worse than a eye who tells

you do any specific step - ~~of course~~. But  
this is definitely wrong, ~~with~~ ~~the~~ ~~best~~  
~~being~~ ~~to~~ ~~do~~ ~~the~~ ~~work~~  
~~on~~ ~~the~~ ~~skin~~ ~~to~~ ~~find~~ ~~answers~~.

Please ~~to~~ help ~~to~~ ~~do~~ ~~the~~ ~~work~~ <sup>please</sup> ~~to~~ ~~do~~ ~~the~~ ~~work~~  
On the work

~~Handwritten scribble~~

help - it all at  
key to the work you  
= N7. May die  
fill, who says etc.  
And it like to be left alone  
do the job. If that's the  
you think I will be doing,  
fine, by questions or  
answers.



knows a lot of it - the way known to the  
 the Chinese knew. Did it can hardly be -  
 Chinese doctor because he knows at the  
 Indian experience. For instance, for the  
 Indian pharmacy and Chinese services  
 and Oxygenation will have 3 entry  
different experiences, that these will course  
 be overlapping. I believe that the with  
 the Chinese - the Indian system are  
 made of the unprecedented disturbed  
pretty patterns by the war (China or  
 far being this way).

Lin Shi = Broth One Two Three  
 took. 1) soldier breathed in his throat  
 in the kettle - he'd almost eating  
 for a while in his brain. Storm -  
 brightest dark state, a great effort of  
 mind to the skeletal muscles, and

a dilatation of the bronchi to bring in more  
oxygen, an amount essential to survival,  
~~but in situations the following are~~

under certain circumstances. Oxygenation is

not getting the ill worth of the ill

feeling, the ill objection, the ill

organic state. but the "it says" is

~~an~~ optical functioning possible.

---

One of the remarkable effects of

stimulating the retinae self of means of the

breath - apart from greater exertion,

- Improved memory & work performance - is

the decline of death - preoccupation.

Is there any objection read of any sentence  
analyzing no 1 no 2?

Is no rel begins, ends or ends, of h?

Is the place where saying 'die' is part of any  
rel?

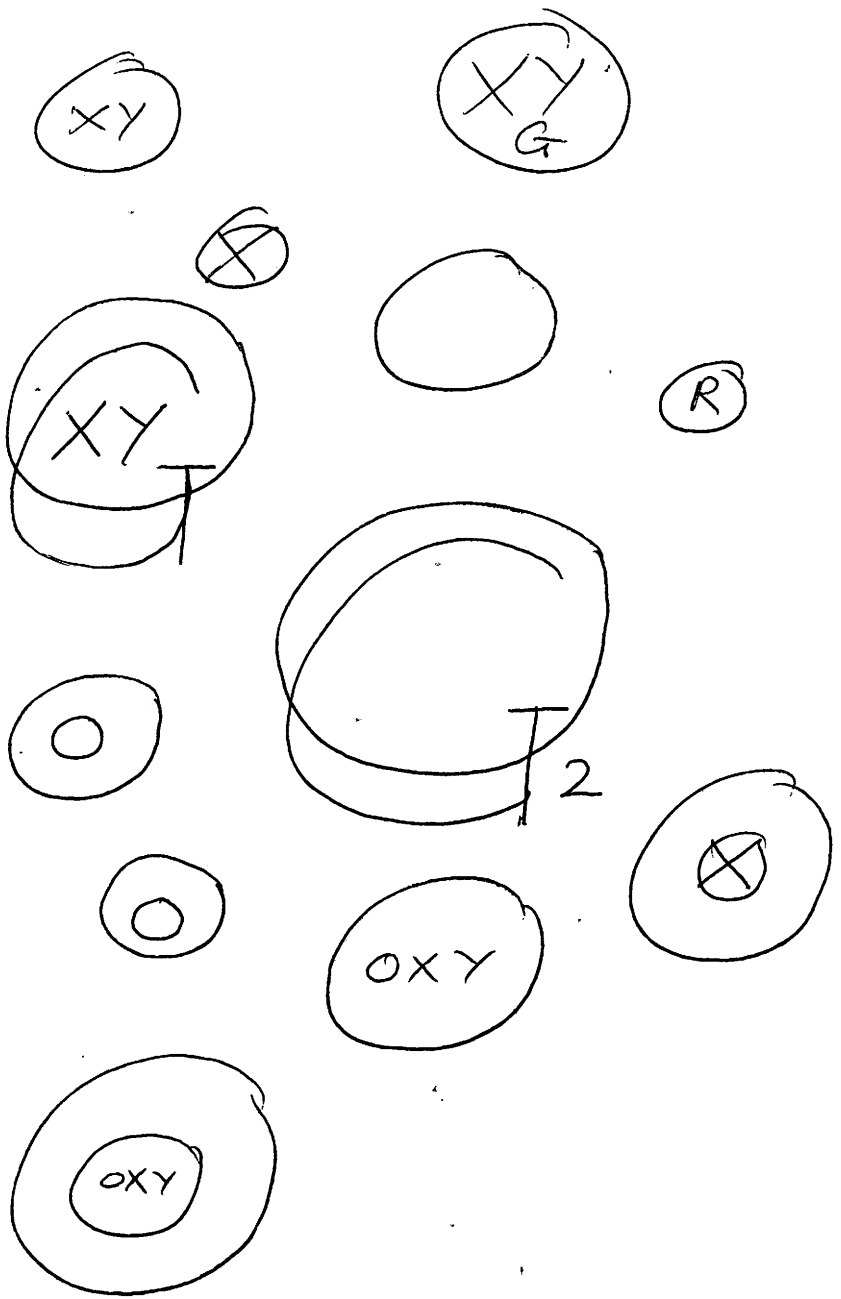
What are the needs of me, if any?

What is she truly not - friend who is not to me?

Why didn't she tell me she she could look at,  
what she would be etc.?

Why didn't she invite me to call her up, promise  
to visit etc.?

Carol's context = Intentionality =  
aggressiveness



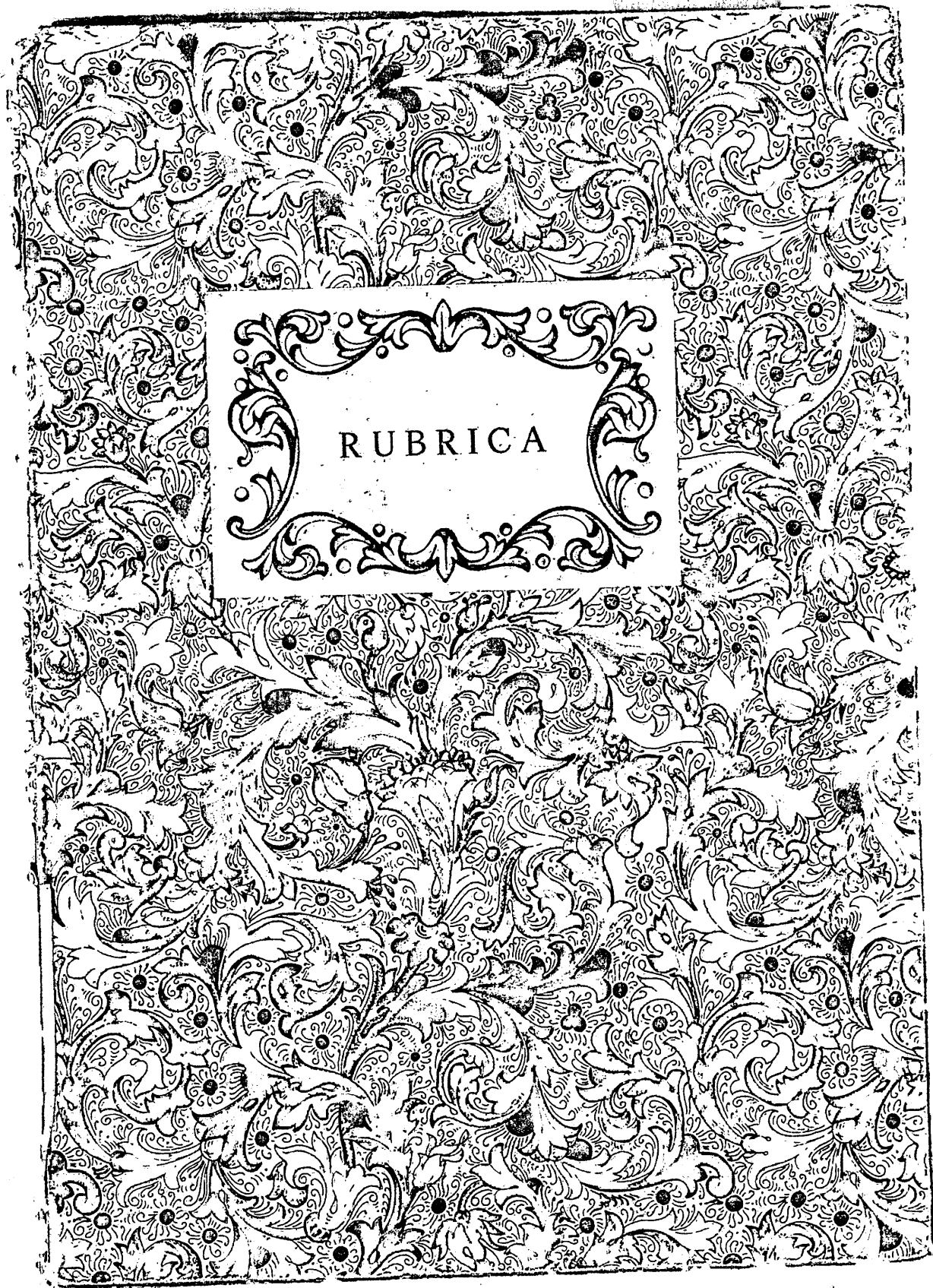
Friday, Aug. 3. noon - 1 p.m.  
"New Horizons"

Monday Evening - Aug 6<sup>th</sup>  
8 p.m. at SHARED VISIONS  
"WAVES OF WONDER"

KPFA 94-1  
~~~~~  
~~~~~

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Monday Sept. 3



RUBRICA

NOTES FOR RETURN:

RUSS MIXER w.d. maybe like training

Suggest it also to GARY.

And to "JERRY" 494.6949.

Contact JOHN BOWANDER

Miles Bath

Bob Bachtal as trainee??

It'd be the Buzz is always less while  
breathing than when you have stopped. Remember  
to fall in ~~to~~ not to breathe during hys, or  
keep it until after the end of the hys is  
forward, and then come in of a long breath  
when the head for air is felt: you can't  
breathe long or plentifully so soon after such a  
thoracic run (he seems to do this anyway).  
NB I'd you find breathing difficult it is often  
wind or locked gas. He had an amazing  
experience — like going back to the sun, as  
tense as staring at the sun, without it  
burning, hot fluorescent purple color like  
the fire explosion itself; and a great light  
feeling — losing mass. After 1<sup>st</sup> run (+  
Low BREATH) powerful but not breathing  
tough & thick (no fear); after 2<sup>nd</sup> it was  
a vibration — and faster — a much  
higher frequency, and that's when the sun  
appeared. He also felt the same energy  
well up his back — as if it was breaking  
through gradually till it reached the head.  
And suddenly his ears popped — his ears  
could add hear better.

and the expansion will be accustomed to receiving the breath, as well as ~~the~~ better fitted to it: the equilibrium will grow, as the breath penetrates further and further into the life. He began the first thoracic was very controlled: the abdomen is still not free. And he has a tendency to become cataclysmic: I reminded him at the peak of a man to decide between the thoracic and the abdominal area, i.e. either he breathes rhythmically in the thoracic area, & breathes freely and easily in the abdominal area. He did - peculiar solar plexus breath (i.e. the above breathing) and wants to keep it up to see it and means that the diaphragm is moving - for the first time - a Breath Release - he feels immediate benefit on many levels - I see now why the thoracic breathing looked so controlled. I asked him to work on the thoracic breath in the life of his new expansion.

9. HE WANTS ALTERNATE NOSTRIL.

He says a lot seems to be happening in the sense of energy. Explained DISPERSION also same as FIRE ASANA, SAVANASANA and ALTERNATE NOSTRIL: I explained possible raptures of kundalini rise, and importance of the pranava sexual energy not being recognized and released.

not really aware of the room.

8. Sense of smell now so acute that it is almost unbearable. Sinuses opening up. Voice has also changed (being on the phone all day he can really tell it isn't an 'usual sounding'). I explained that we had reached the self-territoring stage of the process: we could now devote our time to ~~perfecting~~ perfecting this. In this session, when he wondered (as he did last time) 'What should I be doing?' (which means a run is losing its effect) he should commence walking. An asked what degree of tingle should be attained: I said it must stop short of a THROBBING. I also said he must put directions into the breath when tingling or about to tingle: I wish to feel wideawake, joyful, active, do good mental work today etc etc according to his state; for the head, the neural headquarters, must always be involved in a full experience. The heart of the experience is TRANSCENDENCE, which includes a sense of MASTERY. Any disappointments, sense of failure, sadnesses, reluctances, omissions where there should have been commissions — all will be dealt with in this way. By the beginning (i.e. after the Oxygenetic process, when he is beginning to use it on a regular basis, alone) he may find irritation or discomfort have first to be overcome by the breath; but after some months this will pass away,

a smell has become much more acute. I explained  
the LION BREATH: i) flexibility of the face -  
to INCLUDE it - the nose & the body because it  
is often said to get a tingle & become subject  
to the breath ii) the presence of the 'Buddha  
smile' induced by meditation iii) to flush  
the head with blood - a blanketing of facial  
expression will influence the 'neural HQ'.  
iv) to suddenly climb to a extra tingle  
effect - which is a powerful vibration - I call  
it the 'five ladder'. He achieved the lion  
breath easily, and experienced a most dynamic  
effect - immediate warming, and powerful vibration,  
and he was already tingling despite us having done  
his previous nose-breathing - this of course 2 or 3 runs  
of 5 Lion breaths. When we did thoracic +  
lion's breath: v. much aware all the time but  
he realized he was somewhere else while  
being there; he showed at one point -  
he felt things unlocking at this - he  
also became aware of how many smells  
he was aware of - almost could count the  
diff. flowers - smoke etc. Predominantly  
right nostril. No strain in the lion breath.  
He had also reported PEPPERMINT heat,  
& Lion Breath. Has ~~not~~ <sup>just</sup> slept before  
in session but this time diff went. "I felt  
like I was almost numbed & excruciated  
in a certain way but not rigid, v. much  
alive! He was FLIPPING & so on, &

BOB BACHTOL - CONT.

short runs + 'If the tangle has diminished, slow my rhythm; otherwise remain still.' He seemed to go higher and higher with each run, until the abdominal breath tranquilized and facial expression showed rapture. He felt a 'split' - here and yet not here. He also felt he was inhaling while exhaling and vice versa, after a thoracic run. My soft runs pleased him. During splits, it looked like 2 weeks back 'at the planetarium' - up in back and all round above projected a ceiling the stars like 'looking <sup>at</sup> st 7 volcanos' - and again he saw the people eye. The feeling was 'exceedingly and excitingly calm'; no negativity or anxiety. On Wednesday night I woke up feeling I was about 15' above my body, and the body was vibrating very intensely, so much that the bed was shaking, after only an hour of sleeping. I had no time to give him alternate nostril. I gave him i) 20 thoracic followed by 10/20 croch breath ii) all the light exercises - since I will ask him about next time. I gave him for LION!!

~~7~~ Ask him about light exercises and the upper exercises etc., for 2 sessions back. Give him soft thoracic, not in runs but his own self-constituted complete run. ~~Also the lipid with massage.~~

~~8~~ He says lipid with massage didn't seem to be effective. He says he tangles in the THIRD EYE region - in public too, at the approval cause. And the impression the something was trying to grip 15 upper but wasn't. I last for tangle his down

experienced strong tug up all new body a thoracic breath: could 'see' without eyes being open, for a second. A different awareness but no awareness. 'light': Color, light.

a sugi (a similar) initiation, taking done an extra run of thoracic breaths. On 4-16-8 + LIGHT said he got a 'silv-yellw' light above head; a little diff getting it down but it did get one. On 4-16-8 'creekpit' light less intense but 'warmer'; in creekpit felt 'almost levitating'. I switched into light & he reported light like starlight, almost 'blue' - almost a vibration. I gave him 8-32-16 hold up himself in CENTER of light for the hold. Gave him late-elimination light, and INFLUENCE exercise - (into the other mind). The thoracic breath is much too labored and prepared, there is too much concentration & movement and the muscles. It looks as if the breath isn't really going in. (Gave him) 4-16-8 <sup>+</sup> light and also 4-16-8 'creekpit'; 8-32-16 with 'becoming light' in the hold, sustained a center of light;

- 2) INFLUENCE then 3) HATE elimination. To be done in all times, in public etc.
- 3) NO THORACIC breathing, whatever. 4) CROTCH high and warning. Saw purple eye.
- 6) ~~Teach~~ Teach alternate nostril <sup>secretary</sup> and densitai whole session to inspecting and de-efforting thoracic breath. Make it direct and subtle to do this. It is still rather physical, and the breath still doesn't seem to quite go in. He reports tingle up spine for run 2 short runs. ~~It has to~~ The ~~same~~ appearance of insufficient breathing doesn't come from lack of vigor in the inbreath. I also adopted

W: (408) 986 8500 1887 WOODSIDE RD APT 103  
Ext 332 REDWOOD CITY 5322  
BOB BACHTOL: CA 94061. H: (415) 365 7300  
W: (408) 245 7300 B

1. Largely flexible: no spinal assistance in see-saw.  
Abdominal with slight uterine kickback. Anxiety when  
chest conformed and held. Sleeps hands clasped ~  
chest and breathing abdominally. Dreamer.
2. Flexibility impaired by heavy abdomen: no breakfast -  
too heavy meals infrequently. Suggested more frequent and  
light meals, and breakfast.  
20 thoracic - war vitality - hands - 1 up, no triple (impaired  
exhale). No anxiety. Ballooning effect in hands.  
Strong excitement and energy afterwards: sense of plane  
or runway waiting for take-off.
3. An exhale session. No exhale anxiety.  
4-8-16 male 'deep nipsos', even did.  
6-12-24. Saw altered design in technique.  
CURVES taught: also 4-16-8, ~~6-12-24~~, 8-32-16.
4. Show him the legs bent under body as it  
lies back - i.e. stretch the chest muscles.  
Also put his hands in wings of uterine &  
crotch, digging in. (Betterment on eating).  
- ROTCH; 4-16-8; 8-32-16; 20 thoracic breaths  
night and morning.
5. To teach 2 in alternate hostile breathing.  
Perfected thoracic breath, which is tight and over-  
organized: He has no lateral movement of the  
wings. Suggested 2 weeks in which he got  
this over flexible: suggested in that breath  
moving the wings laterally with the help of the  
hands. Continue it + 4-8-16 lunghead.
6. Two weeks later, because of the above  
exercise. ~~Suggested~~ On 19 Jan had a dream of



MILES BARTH

6731563

1. Small flexibility. Over-breathing: abdominal  $\rightarrow$  thoracic  
inbreath, slow. Sleep easily. Decidant left upper back on  
an 'islet breath from feet to head'.
2. Abdomen reluctant to expand. Exhale impaired  
and ribcage downward movement depleted. 5/20:  
Thoracic breaths of small effect: no negative reaction.  
Support incomplete exhale/inhale. Require exercises  
necessary.
3. Acute reluctance in thoracic to remain stationary.  
Flexibility still minimal. Cuddled prone exhale  
successful. Also gave versatility - exercises - inhale  
 $\frac{1}{2}$  in the  $\frac{1}{2}$  noisy, exhale  $\frac{1}{2}$  silent the  $\frac{1}{2}$  noisy.  
No anxiety in 4-8-16. ~~From~~ He heard heart-  
rhythm on third 4-8-16: 'I point in' the on  
the harmonization of the heart rhythm with  
the breath rhythm proper energy storage and  
maintenance depend. He gave the repair  
the better you are aware of the heart rhythm.  
Strain in the thoracic breathing. Thoracic  
breath becomes fixation and with emphasis  
on exhale, and fully relaxed abdomen.
4. Teach CROTCH BREATH. His begin work is to  
get the abdomen into FULL RELAXE —  
upwards in the thoracic breath and downwards  
in the abdominal or crotch breath. Gave  
20 thoracic breaths and twenty crotch in  
waking, and 20 crotch in sleeping. Gave  
focus in ribcage of thoracic breath to  
emphasis on solar plexus movement. Still

no reaction in thoracic breathing, some slight tremor-  
feeling in lips. I believe this is because of minimal  
relaxation. His work is to achieve this through abdominal  
relaxation. Gave him the dead man. CURVES.

5. In thoracic breathing at first the exhalation was  
controlled. The catch breath went too frenetic. In  
both cases we still came up against the reluctance  
of the abdomen to relax. The thoracic exhalation  
was impeded by failure of full expansion - the abdomen.  
Prolonged thoracic breathing produced reactions: the  
tingling extended through the body, not particularly in  
head except in mouth (head sensitive) lips being pursed;  
felt for a while 'more awareness - automatic respira-  
tion'; had a tendency to try to over-analyze experi-  
ences and not then relax; experienced great  
lightness, and definitely felt that the thoracic breathing  
after long period of repose much more natural -  
a sensation, 'this is the way it's supposed to be!'.  
Worked on to put a belt under his 'wings' and  
in various situations notice when it tightened, it is  
when the breath came up: e.g. diff. phone call.  
Carry on with 4-8-16. Candleflame. (This  
session shows a vast improvement in relaxation).

6. Gave him pause at the end of the exhalation, in  
quiet abdominal breathing. I connect this with the  
doctor's fear of sleep apnoea, which is related  
to his not knowing that it should be a pause at  
the end of the exhalation. Gave him 4-8-16-8,

~~6-24-12~~ 6-24-12, 8-32-16. Doan's find hold  
difficulty (found 'expand ribcage' useful),  
but some in exhalation (problem), being a beginner in  
this respect). Gave him alternative hostile  
breathing: and connected it + a little lecture on  
the importance of the hostiles, because he said  
he was surprised at the amount of air going  
in there just in hostile - more than he got  
from two! For homework, the retention above,  
and alternative-hostile sitting up, and 20  
catch breaths waking and sleeping.

F. Continued diff. in getting the ribcage down so I  
am giving him gain the belt and the wings,  
snaps to monitor it. Cannot get the dull  
expansion of abdomen: CROTCH: so I feel, he  
will CAVE. I said we always discourage the  
thoracic breaths when we see they are going well  
(he finds great pleasure in the thoracic) because we  
have to be sure that the environment is TRAPPED  
in the digestion-sexuality-elimination triangle -  
it is like seeing the air flaps, water, ~~and~~ fuel  
feed etc in good order so that nothing happens  
once in the air. Because we have to put our  
emphasis in the kundalini - as it being TRAPPED  
there is bad. In thoracic breathing we HAVE TO  
RING THE CHANGES (alternative subtle +  
interior forms). : His CROTCH improved immensely  
of the way. Gave i) Belt and his wings ii) Do 20  
same THORACIC and 'RING THE CHANGES'  
iii) CROTCH breath with the thoracic (10).

(The discipline of always ending + the CROTCH -  
because we limit time - the  $\Delta$ .)

SF 94109

Tel: 6732293

BRUCE DAKS:

1. Total inflexibly (allergic, candida, background of precipitate drugs, in youth, hepatitis), the movement is slight, the there is clearly potential. No problem in the degree of practicing required, and he tries approx 2/3 movements, falls into deep sleep. The respiratory system has clearly been dormant all his life. When he enters the situation changes immediately: he is charged with energy and the see-saw goes relatively well.

2.

MILES BARTH CONT.

8. Said we were going into avenues of light + breath, premonition, and information-receiving. He had said to be able to visualize with 1 point of the visualization is a essential function of mind - happens all the time. He agreed: had a experience - his fears of some light which frightened him and I agree he 'cannot' visualize CERTAIN THINGS now, a censorship. On 4-16-8 + LIGHT found little - a slight light in right eye. 'COCKPIT' no light but beginning to feel the kind of experience I am to get. On LIGHT-holding - 8-32-16 felt PULSATION. I gave him the INFLUENCE routine, also MORALIZATION - CANCELLATION (HATE-ELIMINATION) LIGHT. Does we to sharpen

the inherent faculties which are: ATROPHY  
due to the automatic (job, money etc)  
theses are called by doing on the man the get  
you in proper management. I say there is -  
CONVEYOR BELT of OPPORTUNITIES the  
goes on all the time and only INBUILT  
faculties are left in avail ourselves then.  
Gave him: i) 4-16-8 + light ii) 4-16-8  
"cockpit" iii) 8-32-16 + light in body  
thorax held iv) INFLUENCE v) MORAL-  
IZATION exercise vi) THORACIC 'rising  
the changes' vii) CROTCH

9. All thoracic. He said he preferred the  
COCKPIT to all the light exercises, because  
he is more successful - projecting light above  
him, less successful getting up into light. And in  
the exercise he found it easier to keep light  
in body than to project it upwards. But not  
'important'. I said this is the self-monitoring  
session: either you will fall asleep or lose  
awareness or have a total body-tight, &  
in any of these three cases I want you to  
give way to the situation and cease  
breathing. In the room he had several  
diff levels of awareness: he stopped a run  
because it seemed right, tingling a  
little. The stronger physical experience at  
beginning - something like waves in the  
body - of medium pulsation, a little slower  
than heart-pulse. He experienced

AMNIOISIS development, at 1 or 2 3: at one point a distinct internal image) - picture - a magazine, C  
a photo of India sculpture called 'Buddha in feet', an imprint of his foot: it transformed to lotus design in his feet - reverse + hip toes opposite rather than next to each other. Also was non-breathing while awake - half-awake.

10. Came in the LION BREATH: explained it. He found that it immediately evoked a new awareness, more than any other breath. Excitement and heightened energy: and on the second run, 5 had a definite impression that, for the time being, it was enough! Then began nose-breathing and asked him to stop at the slightest total tingle. I then completed with 5 lion breaths. After period of rest, I initiated nose-breathing again. Experienced many diff levels of awareness - vivid visual imagery - unusual because images are not that vivid. Several times went into AMNIOISIS - was there and then drifted out - some still ~~at~~ alert, some not. A diff. quality of sleep for usual - not a total loss of awareness. Had one particularly striking image of a family member - his baby child his wife is carrying: a vivid impression of the child will look like. It looked much more like his wife than himself (she is due late September). Lion breath - overall he felt v. stimulating in terms of awareness, so the the experience

This week intrinsically diff from last week, mainly  
- terms of alertness immediately following the  
breath, intensely wide awake and relaxed.

11. I said ~~not to~~ the lion BREATH -  
please don't use it more than once a week  
I fear that it will reduce the ~~inefficiency~~  
and we don't want to lose the SUBTLETY  
of the nasal effects; a short run not  
necessitating the back trip; getting used to  
short runs will rob us of the deeper  
effects, the experience and the distillation.

This experience through the life (the day) @  
WISHES (for joy, vitality, etc) should  
be addressed to the breath at the beginning of  
a run before the tangle. Remember that -  
the tangle we experience transcends a  
method, and we are DEPERSONALIZED  
(as we do mentally - when we depersonalize  
fear or anxiety - so the breath does for us).

Reminded him that we always finish after  
the lion breath with nasal thoracic and  
groove the crotch. He said the experience  
we have relaxing and stimulating - at  
retire in the lion breath there was a flash  
of light in the hand; he asked me if I  
knew if he wasn't breathing a several  
seconds, aware of internal energies,  
but was aware. He felt that the lion  
breaths I gave him ~~the~~ just enough; but  
they didn't nearly as much augment his

state on last week. Felt depleted & less in because  
of the ~~work~~ work etc circumstances of the previous  
week. He says his abdominal breathing = the  
pauses is autonomic and yet <sup>he is</sup> aware of it:  
in the anxious he felt over-entirely aware  
of it, & it is: feels controlled of the mind  
but it isn't. BUT he couldn't recollect  
snoring, though he did!

12. This time ~~try~~ try to intensify the experience (he  
experienced strong tingling after I gave him the largest  
in of his breath): keep him to do his own breathing,  
not to wait for me. Posture; give awake;  
Savangasana; perfect the lion breath and the  
crotch breath. Pointed out that = this time of  
relative upheaval (for him) he should remember the  
retention and light exercises. Asked him to  
breathe thoracical until universal tingles: then  
I would give him breath, & I wd expect him to  
start breathing again when the tingles diminished.  
This time got a THROB - but he has had  
it before (this he formerly described as WAKES)  
He said he had a) needed use throbbing from  
the nose breathing tho' the lion breath didn't  
diminish it. On next run throbbled again -  
a distinctive and new sensation + this  
lion breath associated + the color WHITE,  
a feeling of being wrapped in light cloth  
like a humming; energized in a certain  
sort of fixity - paralysis.

## Herbert DUNNE

1. Good flexibility - exercises unfamiliar with introduction. Ribcage involuntarily rises on abdominal inhale. Target seesaw, hold in chest of abdominal breaths, candle flame.

DAV, D) TAHERI

283.1489

1. Striking inflexibility - did the seesaw and asked him to do i) belt-exercise while wearing the abdomen ii) belt-exercise while breathing in the abdomen iii) abdominal breaths without the ~~belt~~ belt, but + pause iv) seesaw.

2. Because of a certain nervousness in the school - asked him to use tepid-milk massage of the nostrils. I gave him the CROTCH-BREATH: belly a little reluctant to collapse at first. He had digginess on first run of thoracic breaths (5) but not on second. After 10 or so a slight interference with the vision. Again on 20 thoracic, slight dizziness. NO TINGLING at any ~~moment~~ time. In ends of the fingers a tug hit of tugging. After thoracic + crotch a little tugging - in hands and in face below the ears. Gave him i) seesaw ii) CROTCH practiced in day, + 10 at night & 10 at morning. ~~NO~~ NO THORACIC.

## NICHOLAS FINK (CONT.)

attraction = die the Laugel privilege, and this pleasant surprise was accompanied by a tendency to invert this the 'relationship' — and he wishes to marry someone his own age. So there are strong and conflicting forces in the heart area. The second nun had a much better look. This 'moved my digestive tract a lot.' He shouted from the abdomen — 'it was an attractive grey the ~~color~~ you could paint a room with. It had a soft pink edge to it, toward the top, by the head, the beautiful rose-pink of a flower. He sees his dad's shout a 'releasing' energy. The 'yelp' of the first nun was yellow. Neither of these nuns had much anxiotic effect. Much laughter in all nuns. A lot of vigor. His breathing seems very deliberate, over-humorous. By 'releasing' in shouts etc he is destroying the effect of the breath; he is transacting and the result is necessarily a lack of depth. Age 3<sup>rd</sup> nun his arm felt 'incredibly stiff'. He seemed to be 'coming down' to a 'lower tugg' which was the most he had reached before: the higher tugg was a fine-edged tugg; fingers in both felt afterwards as if they were making motions.

JOAQUIM & CLARE FERRERI

PAGIANO À PATERNO

(SOARES)

50060 PELAGI (FI)

ITALY

TELE: 055/830.1066

GARY SCHOENER 563.6291

1. At v. first view he appears to have a fast panty breath, short and without pause. Seesaw: some flexibility but a certain gingerly or frail movement. Has the yoga tendency to like long 'deep' breaths when doing any kind of exercise. His breath is also very loud, almost a snore, in long breaths. He feels he's not doing the CROTCH breath properly because of a village kickback. Potentially reacting in three: tendency to slow up rhythm because of yoga background. I say, tendency of yoga schools is to produce long, deep, noisy breath and these great in-charges of oxygen are extremely irritating to the nervous system. Asked him to i) do the crotch breath 10/20 x night and morning. ii) practice the silent night abdominal breathing with chest movement when lying down. iii) 'scary': NO thoracic breathing. Says he learned more in a single session about the breath than he did from all his previous lessons put together.

2. Gave him the silent breath - excellent for repose; and pointed me a tongue & anal passage to the fact that noise = the breath is VELOCITY. His nose seems tight; in-judicious he is involuntarily closing the epiglottis; asked him to massage the nostrils + little finger dipped in tepid milk. Gave him hissing breath; shunting breath; humming breath; candle flame; his ~~breath~~ SEESAW is vastly improved. Gave him AHL exhale exercise; SEESAW; CROTCH 20 x night and morning. (His observation from week: more aware of breath; final deep sleep at work expanding abdomen)

inhaler etc which didn't feel natural but if he encountered  
as a breath it worked: after taking a thoracic breath  
he wd find it difficult to get abdominal breath; the  
quicker his breath the shorter the abdomen (1).

3. Said he didn't massage testis with tepid milk because  
he doesn't drink milk. He demonstrated the  
exhale exercises v. well. His crochets breath was  
effortful but when I asked him to take at the  
effort then was a marked improvement - I had him  
'copy' it for awhile - the trachea, trachea etc. His  
Dorsal thoracic breath is good - I feel fluid &  
warmth, and v. slight ~~to~~ tingling in hands.

After several runs of ten Thoracic CURVES.

I asked him for 5 Thoracic visualizing UPPER  
CURVE - as a space open area of blending

light. After longish thoracic run tingles almost  
everywhere - and in mouth: said he was

particularly interested in the tingles working  
IN THE FACE. After 20 CROUCH feels

subtle diff. in the tingle - and more in  
the lower areas. I'm still worried about

the degree of noise in his breathing, as if  
the epiglottis was closed. 4-16-8 3x,

4-8-16. 3x. Pointed at difference.  
~~8-32-16~~ 6-24-12, 8-32-16,

12-64-32. Asked him to 16-8  
6-24-12, 8-32-16, and 4-8-16.

~~3x~~ in public situations  
ii) 20 CROUCH night and morning.

iii) tepid - milk massage.

4. Said hostile massage didn't seem to make any difference. But the breath does seem less hoarse (I wouldn't remark on its particular position in another client). Noisiness began a second run. I stopped in and mentioned this, then continued + the run and it was better (I said he seemed to be doing something + the epiglottis). After both runs the abdominal breath seems partly: a slight improvement in this after the second run. Then a sudden v. quick parting breath in the abdomen followed by an heroic leave - there are disturbed patterns. The organism demonstrates great need for ambiosis. After 3<sup>rd</sup> run a spasm shook right arm + leg at the moment I thought he might be going into ambiosis. A few seconds later there is a pronounced ambiosis. And a 2<sup>nd</sup> run, even longer, followed by a longer one, followed by 4<sup>th</sup>, then a ~~short~~<sup>run</sup> of abdominal breathing and an undecided state - ambiosis or sleep? The undecided state persisted to sometime Monday drift. At end of last run became hoarse again but once considered it. He told me that in first run his mind wd drift off in daydreaming. Tingling - arms turned into pure warm. Enjoyed daydreaming so much he profound in his breathing. Word-images <sup>or</sup> weather, something in between - thought-impulses: no illumination - just random thoughts of neutral value. DID NOT LOSE AWARSAES. No ambiosis. He wasn't thinking about abdominal breathing: I suggest to

like the his daily breathing pattern. He still not find  
it's rhythm. He says he's aware of this. Gained  
L1GHT + 4-16-8: ~~at~~ he achieved white  
light, it got higher than he intended it: succeeded  
in drawing it into the body but as a thin tube.  
Second time I asked him to make hole body since  
+ it - & he succeeded.

5) ~~5)~~ Say CROTCH worth clearing up the 'area behind  
the eyes' and energizing: did 20x each time.  
Gained 8-32-16 + L1GHT. Bright  
white light - he brought it down & accomplished  
4-1/2 hrs. Gained COCKPIT (he called  
it 'projecto-awareness exercise'). Two  
BEING - 4-16-8 3x. He said he  
was looking for his region being protected  
against the people's states as he is particularly  
sensitive to other's thoughts. I said when  
e.g. you've had a drink and are OVER-  
VEGETATIVE, go to the ~~parasympathetic~~  
(abdominal), the OVER AROUSED  
~~to~~ sympathetic function (THORACIC),  
and the OVER AROUSED go to the  
parasympathetic function (ABDOMEN).  
Gained BEING 8-32-16 3x. He  
now reports strong and full light, no  
'tube' any more. THORACIC RUNS -  
these are effortless and easy: he says he  
enjoy these above all of the effects;  
also if tetany etc. should be allowed - dice  
relatives and do the 'paralysis' etc

was ju'n drugg, a childhood-background, 'coming out.'  
Humerick; LIGHT exercises in public  
places. NO THORACIC work. CROTCH  
as well as he likes. The FIRE BREATH  
is shanicher. Lo x is rising. ~~The~~ The  
breath worth as a ASANA: steady.  
↳ thoracic RWS, by EMPHASIS  
RELAXE made tingling in face —  
slight variations in rhythm & intensity  
create different tingling effects. On  
diff. areas parts of the body were  
tingling but not the whole at once.  
Has a tendency to arch spine of the crotch-  
extension = the crotch-breath. Will practice  
eliminating this.

6) He said he was coming to the end of his ~~strip~~  
wishes: I pointed out he hadn't reached the  
peak. He asked what this was and I said I didn't  
like to pre-empt a client's experience with expect-  
ation. He urged that it might have a contrary  
provoking effect — hi, so I described AMNIOSIS,  
and said that he hadn't so far achieved it because  
of his SURVEILLANCE. ('I must witness everything,  
I must be involved in it') I gave him the  
LION BREATH, after telling him to make his  
own decision — maybe leave the process  
6 mths/1 year, or come once or twice a month.  
His continuation of nose-breathing and Lion  
BREATH had a liberating and over-liberated  
quality. His habit of going for thoracic to

a hearing disturbed abdominal breath (stertor)  
a slight and tranquil one. Trace in Luthie  
thoracic breathing, was only. His whole  
breathing pattern is effortful, but mind-  
effortful, not muscle-effortful. He said  
he could see it. The Pen ~ 10  
LION BREATHS I gave him at the  
end of the hope thoracic run. IV  
was a triumph to the breath — the  
mental surveillance was knocked out!  
And he could only believe me —  
intelligently, he had no real doubts.  
A) Address i) SOFTENING the breath, and  
taking away the SURVEILLANCE; and  
ii) give him MONITORING systems for  
knowing the thoracic breathing, and  
to relax the muscles during. (He  
decided NOT to end this way: let it  
wait for me to come back to California).

## CHRIS MARIE HORTON

1. Stop feelings of anger - was directed of just others. Anger has diminished + drug lithium: depression has taken its place. Abdomen heaves rapidly - an involuntary spasm - about 8-10 spasms - then she relaxes. Was unaware of what was taking place until I asked: 'one inhale' during spasms, the exhale. This spasm started on the 3<sup>rd</sup> day of the first and last EST training: nervous breakdown the year after. The spasm happens she tho't 'I'm in' to the idea of relaxation; it happens with music but in a great variety of ways. It doesn't happen = sleep. Wakes up 'frozen in ~~the~~ fear'. No matter how short the sleep, the same horror. This preceded the lithium etc. The fear is abandonment, isolation, being alone. When one fears one experiences great tension eg in the arms, already there. Used to scream in her nightmares. Raped when 19 by a cop. Met him on beach in Florida, then saw him in lounge. Found it hard to get up because afraid of what is facing her. 5 years ago divorced, now feels the great upheaval. He drank too much. Two sons (husband cheated during 2<sup>nd</sup> pregnancy). On rising, difficult to go to the john - too afraid to leave her bed. This has not changed with lithium. Has been on lithium for a month, on navel (5 mg) of a few previous. She 'wants' go home after work: a strong desire to leave. Gets 11 hrs needs at work because she is

lady he because she's scared because  
who's in there to take care of you. An  
orphan. In her childhood no one was  
there she thought she'd have been. The  
waiters and cooks of restaurants 'look  
up to her' tempering - tried of her of  
5 years, v.v. superior. The restaurant  
is the only place she has - because  
the v people; food is how she can  
control, she she clings to. Raised  
by foster parents she married when she  
got married because she was pregnant,  
at 20. A child's father  
dependent: both the husband & she had her  
back to orphanage. At 18 had a  
job, paid her board but still could  
be confined to the house as a pun-  
ishment for a month or so. Two  
year a tuberculosis. Before she went  
in medicine her fear was 'in her  
mouth' - in the gums (she had had  
gums) and teeth. Also used to  
experience a 'wring me' for - a few  
of wryty' & a few of wryty'. A piece  
of paper 'weighed a 1000 lbs.' wryty'  
= job hard. She held her life  
tight by means of the mouth - felt  
so nervous if phone rings, if someone  
asks her to do something, it is the end.

HARRY ELWIS

665-7734

1. Medium flexibility. His ribcage wants to use abdominal breathing: I suspect an element of paradoxical breathing. Note a strong awareness of his presence. SEESAW quite good. Seemed all set to lose track or even fall asleep. All in all, without specific traumatic defects, the whole respiratory performance is disturbed. He may be a excellent candidate for ambiosis because he spaces out so easily - indeed, snore asleep. ~~Seems~~ snore-sleeping traumatic. Deeply unconscious. His breaths are painful little starts, with a strangely shortened INHALE like a pant - and a long exhale: also a MOUTH BREATHER. This explains his strongly self-protective attitude, which affects middle and constant anxiety. The breath seems to be too, in sleep. Suspect drug - background. He doesn't smoke. Is his state of deep fatigue due to the enormous physiological effort and strain involved in transactions. I suggested he is in v. deep fatigue and he assented.

2. V. good seesaw. I kicked off again present, with thoracic, which he does with v. little breath activity: so that he gets neither dizzy nor tingling. He soon fell into a ~~rather~~ sleepy state - and I believe immediate brief ambiosis! Already began to look healthier and more collected in the face. Goes out continually: spasms, a longer ambiosis followed by hip snore, then sleeping took up thoracic again. After this new, deeper snore,

but brief, then a new one, also brief. An excellent  
introduction to Oxy. if the region can make it! -  
the anoxia and sleep, rest the body and assure  
it against digressions. This is the case perhaps  
when there is deep need for rest, so sleep, the it  
takes precedence over all else. Sleep more  
prolonged, and deeper. Right out. Spasms  
with arms. Most of the session it went this  
way, ~~with~~ I asked him, <sup>in his</sup> experiences were:  
images on his 'left' side <sup>(printed paper)</sup> ~~which~~ coincide  
with the breathing stopped; they 'interfered'  
with the inhale; he would not perceive the  
he was holding his breath he a 'thrust' would  
come in & then the breath would start up.  
The images were vivid but were then erased  
totally. Only recalled spasms in hands. The  
thoracic breath seems like 'unnatural'  
and 'inefficient': and it didn't initiate  
response to the extent of the abdominal breath.  
Gave in the "CROTCH BREATH". The 2  
relaxation points - anal passage & tongue  
tingled strongly in the hands in the crotch  
breath. I worked in to do 10x crotch  
night and morning; also to breathe thru  
nose exclusively. No thoracic breathing.  
(He said <sup>in this</sup> is remarkable that his  
swimming is more efficient, & he played  
tennis for first time in a long period and it  
was as if he'd always been playing it). I  
asked him to constantly put his attention to

ABDOMEN. And it includes the - hiked breath causes  
out-of-cycle or tense. Calvinists?

3. How do you cough, sneeze, laugh, yawn.

JOAN BOHANDER (707) 887.1672

1. A-little-in-g-thin-er-not-a-little-in-g-thick: V. small flexibility: great FRAILTY. He says he feels old, small energy, his energy is a end, toxic, etc. Yet he looks good. 'I feel tired, ever exhausted, with very little reason to feel that way. I've chosen to do a self-chakra therapy.' Doctor did tests - not yet ready. I ask, why do you look so good? 'My body is singing. My body is enjoying the music.' 'I smile' - happy, legs inside and relax. It doesn't look like he's a thin input to do - but then we try I walk do - 'I feel I don't have the energy.' A snoker - a pack of cigarettes. Gave him CROTCH breath - shows an excellent expansion - of the abdomen. Also the THORACIC breath shows great promise: hands tangled first in the abdominal breathing - but then 'my hands tangle all the time' feels MORE ENERGY than when he came in, and BODY HEAT feels good. Asked him to do CROTCH breath 10 or 20x morning and night.

2. Suggest exhalic exercise. He had forgotten the crotch breath. As thoracic breath created tingling in both hands and legs. I gave Tongue and anal passage. I gave the nature of the CURVES. He prefers a slow rhythm in the thoracic breath; above all to feel WARMTH. Rising breath; silent breath; shunting breath; candle flame; 4-16-8; 8-32-16 (he finds the EXHALES difficult - in the course of 3x8-32-16 he managed a count of .6 on the exhalation); point out the holding pad in tension, good in repose.

JK

4-8-16 3x; last utmost discomfort in the  
hold; remembered times under water - will I  
make it back up to the top? He has 2  
questions: 1) is sex - she happens in my  
hands if climax even too quickly &  
app. 1 club 2) Tibetan 'HEAT-  
HARA' - (1 day Indian heat - walk)  
3. Says he has a difficult time with the exercises,  
hands to HARDS. He can make a hold of 16  
fairly well but 32 is decidedly uncomfortable.  
Suggested that this due to not finding proper depth  
level. Also said expand storage during hold:  
tried 4-16-8; it is in the MAKE the the  
triggers discomfort felt; 6-24-12. Says he  
likes doing things he can't do well -  
which means he can so rarely do any -  
thing new. He says in water is always  
floating, a little stiffer - and seems to be  
related to his Tension. Went into  
A.M. Niosis 1st time (he described Amniosis  
as 'spacing out'). He says 1 space  
was 106. After another run, 3rd amniosis,  
followed by 4th (which I measured as 20 seconds),  
another run + 5th (18 seconds), followed  
at once by another (22 seconds), another short  
run + short amniosis, a run + short  
amniosis merging into another one, 5th longer  
duration (perhaps 20 sec +), + another, +  
another + another, then these each divided  
by a short abdominal breath until a long

abdominal breath + analysis, the eyes fixed. He  
thinks he sniffed breath very shallowly in these intervals he  
really wasn't aware of rather low breathing or not.

He also also didn't know his hands touched.  
Said he felt 'very peaceful' - the experience. The  
tongue gradually died down but there was quite a bit  
all over his body, except <sup>more</sup> concentrated hands & feet.  
Means by 'spacing out' not being here now but taking  
a dreaming like the future. He 'spaced out' -

- the sense that he is OUT of the interesting state:  
it is less real. I gave him THE DEAD MAN -

I say to him divine to WITNESS causes  
the TENSION: he says 'yes!'. When  
the witness is real there, the it is  
quite effortful, & the effort under the  
taxis. I say dead man will divide

witness from thinking: left 40 mins  
I witness but I am not thinking.

4. Told me he did dead man and achieved v.  
peaceful state: he didn't sleep. A sense of great  
happiness. Like a blissful state, he  
CANCELLED this session and just talked.

4. Went straight into thoracic news. Two  
very large thoracic news, which closed  
naturally. After first, he seemed not to  
sleep but perhaps lose awareness. My impression  
of the breathing is that there is a tendency  
to make it a pant, and the the ~~is~~ inhale  
is insufficient so the a shorter than necessary  
so whole results. I believe that if he can

achieve a better exhale. There will be more  
room in the lungs of the inhale, the explan-  
ation is possibly the deep-laid tension —  
since the breathing is, I think, gradually easing  
up. Sept. Said "I was very peaceful".  
No memories. It felt I could go to sleep very  
early. It was a half-sleep phase - "I was  
here". Twice he found himself day dreaming —  
and brought it back. He kept trying to stay  
& she was happy. When the mind resolved  
he brought it back. It felt really good —  
the body felt warm & comfortable & tingling &  
it felt good to be there with it, & several  
times it felt as if he could float up & it.  
Probably because he wanted to be happy. He  
felt his breathing was a little forced —  
today (yep). It felt he was doing it.

As if he is trying to make something happen.

5. Today I want to incorporate light into the  
retention exercises. 4-16-8 3x. A

yellowish light, it got bright in the hold.  
Didn't like the idea of 8-32-16 — so

Took 6-24-12 ✓ and this still doesn't  
feel as comfortable to take so long in the exhale.

4-16-8 COCKPIT ✓ Gave him an  
impulse, since he has been involved in so  
much dynamic and deliberate disordered  
breathing the LION BREATH. He did it  
with minimal movement of the face, and  
unable to enunciate the 3-vowel stage

✓ = good response

of the intake, as if it wanted quick & long; and the  
Exhale was a ~~long~~ <sup>long</sup> ~~long~~ <sup>long</sup> out-puff of air. (It was a  
difficult process for him, and it revealed to him a  
peculiar degree) inflexibility which would not otherwise  
have been apparent. Hitherto the process has  
really been abeyance: I had the familiar feeling  
of not being able to get hold of him. But this  
gave me the entrance: I had the focal point  
for recovering the body's vitality and flexibility,  
for a complete reinvigoration, and rejuvenation;  
like being in immediate touch with life instead  
(as he is now) of being several steps behind,  
in a kind of delayed-action contact which  
suggests to me extensive drug-use. He has an  
ineradicable tendency in thoracic breath to go  
a fast in periods, I imagine as a result of  
the 'dynamic' breathing he has got to be involved  
in. If I set him to a very slow rhythm it may  
have opposite quickening effects in his region!  
When I ~~tried~~ <sup>tried</sup> to give him the lion breath during  
a thoracic run he ~~failed~~ <sup>failed</sup> to respond, &  
by impression on the horse a barely conscious of what  
I was doing, & perhaps unable to do anything  
about it. So I let it go, and he was the usual  
condition of half-sleep, deep down time to time.  
He says he 'didn't get the message' when I  
gave him the lion breath. The whole  
experience felt better than before: more relaxed;  
didn't feel breath forced or that he was trying  
to get somewhere. Says he doesn't think of

He lost awareness like on the edge, & always came  
back to feeling like the body feels. Started to  
daydream once he picked came back. He came  
back: the sense of his awareness coming back  
to the mind. He doesn't mind this because if he  
'knew this' he's asleep, & he prefers to awake.  
The 1 refer to losing awareness. He isn't deep.  
He says 'I don't know why I'm getting it.'  
Somehow, he says, his mind's set is the  
'I will get more out of Intero = happening if  
I am present to it'.

6. He said he enjoyed the BEING 1/2 hr.  
exercise here. I gave him several short thoracic  
runs & perfected the LION BREATH. I kept on  
correcting his thoracic breath - kindly for SHORT-  
NESSES of WHALE: I asked him ultimately to give  
an extra pull at the top of the inhale to 'get it  
over the hump' into the exhale. I told him I  
would give him LION BREATH at the end of his  
first long thoracic run but he didn't appear  
curious when the time came. <sup>AP 10</sup> 2nd run  
wasn't so good by nasal breathing of LION BREATH  
and started doing it - experienced powerful tingling,  
rather BUZZ. At the end of a session  
- which he seemed to sleep, go out etc.  
He said 'I don't know what we're doing, but  
it feels good.' He experienced again v.  
peaceful floating. There were times when  
the 'awakened mind' was 'doubtful fall  
asleep' (however, he moved). He

achieved some tingle the before: the lion  
breath seemed very powerful. 'Maybe' could  
have gone a bit more lion breath. It  
made his light-headed but this wasn't  
uncomfortable.

7. I still couldn't get the LION BREATH. It is somehow  
too quick for me - the whole experience of getting AOV  
into short form of the intake; the whole is feeble.  
On 3<sup>rd</sup> or 4<sup>th</sup> run seemed to go right out - didn't  
hear my continued breathing. No use giving  
him the LION BREATH too early - a sense -  
he needs to have gone at several times.

Again went well. 'I felt light & tingly, &  
got tetany after his breath which was OK,  
but this time I moved with it, the  
breath felt more relaxed, despite my  
having a cold.' Didn't feel he lost  
consciousness, he had some dreams while  
being awake, can't remember (says it  
is because he didn't try to keep them).

'More like a daydream'. The breath seems  
to be less effortful. I ask what does the  
use of you & he said 'effortless space, it  
feels good'. I ask what do you feel due the  
lion breath? 'It - hot & well - do it  
right! Does it feel good or bad - 'it  
felt good! Relaxation? - 'my body  
seemed to like it.' 'Why do you come here?'  
- 'I've been in the habit recently of SLOWING,  
and I do this because I feel it right to be

doing. The breath interests me. It is  
essential of meditation and health - but  
THAT'S ALL AFTER THE EVENT (of  
actually coming here).

8. Again he is today to get it - a partly  
strutted, so I gave him a prolonged inhale  
("running it along the spine") and this  
seemed to work better. THE LION BREATH  
is VERY STRAINED AND OUT OF SYNCH.

'I felt much more relaxed' this time. 'I  
wouldn't try to make anything happen! No  
sleep, no awareness. When on the peak  
of the next 2 a little daydreaming but  
mostly I am just aware of the tingling and  
energy, and I was in a state of waiting,  
to see when you go off to happen. Again,  
it felt good. You still feel good!  
Changes in his life? 'Nothing dramatic.'  
'Anything undramatic?' 'I - not sure the  
the breath is doing is the other things are  
doing! He can't answer it, it really  
feels OK. I - getting more insight but  
this has been going on for a long time. He  
didn't do much this time (because of  
cold). His mind, he says, always  
wants to superize. But (it's read  
a book once). But he can only say it  
feels good - 'I fuck it up then I  
try to explain it!

9. Perfected the lion breath. It was

I think quite diff. for Jim to fairly open mouth and do / speak of his action, as if there had been too much justification. N.B. I WANT HIM TO QUICKEN THE PACE SO THAT HE DOESN'T FALL INTO QUIETISM AND YET AVOID THE INEFFECTUAL PART: it will be here he will have to concentrate — in finding the compromise. He did some excellent breathing (chestal/thoracic) today: I was most impressed at the change and wonder if we talk about 'enlightenment' (hey! claim to his election) the gross to such 'illumination' heights wasn't the very thing preventing the enlightenment!) wasn't connected with this. It seems the only little by little, and amorphous, does the organism find an ever deeper level of repose. He said his 'excellent breath' was due to 'your Zen stick'. 'I did it how because it was FUN, and so it went well!'

(415) 949. 1554

RUSS MIXER (~~408~~) ~~7367137~~

1. In the seesaw there is frailty and a sense of hesitation but the muscles are essentially flexible. On first thoracic rib he tingled most in the feet, but some in the hands. Asked him to do the seesaw and scarf round the ribs. Gave him anus and tongue red. paint.

2. Did the seesaw: v. good but not quite sure enough; feels he can't get the chest up far enough; his abdomen far enough down. Explained I didn't know what people mean by 'deep' breath - 'ip' style and show it was much more efficient: a 'deep' breath is usually just a hoisy and nervous one which takes in far less air than a normal 'shallow' one! Gave him HISSING exercise - 1 point at the time

is initiated in hospitals but too late, for emphysema: it is an excellent guard against this - it gets rid of it all - and to inhale it all! All inhale problems are exhale problems! I gave him CANDLEFLAME: at first one he had an

extraordinary exhale but suddenly + a large stopped - the wind, he said, interfered & said he wanted to cut it off & inhale. ~~Did not need to~~ (in fact he said, he didn't need to inhale all the time).

The 2nd time comfortable: he saw the relaxation was the key to it. He has an excellent exhale - young and agile. The SHUNTING exercise.

He feels (what the candleflame he says he reaches a point where he is not used mentally knowing so little air, but his body's OK - 'it's rather like dying!'). The LUMBERING exercise.

Gave him 4-16-8 3x. 4-8-16 - He  
found this surprisingly easy - no 'death'  
feeling! Also said he cd do 4-16-8  
indefinitely. 8-32-16 3x: in  
relation felt very calm, v. peaceful,  
v. happy. Gave him ALL the above  
exercises as homework.

3. Told him CURVES, SILENT breathing,  
Cough, sneeze, laugh, cry, sigh, yawn. I asked  
him to move the curves v. clearly, he  
said 'It's a moment of silence - it's not really  
breathing.' Something stands in the way of his  
thoracic run - by final conclusion after looking  
at the muscles the the math & back again is  
that there is a deep unduly up tension to which  
I haven't paid sufficient attention: must give di-  
aphragm passage & tongue again - and perhaps the  
dead man. 4-8-16 + light - Beeswing:  
had purple/lavender light above head, & it  
got light coming into the body. Gave him  
BEING - and he found a white light the  
was blueish. In COCKPIT got a multi-  
color arrangement.

4. Reported the - THE DEAD MAN he  
felt creep - not the 'hug' )  
thoracic breathing but like creep -  
frustration. Waves going through one.  
For the thoracic run I want to  
impress on him that he can choose -  
and he will choose automatically -

very different rhythms and it need not always  
be vigorous, need 1 or 2 breaths. He now  
has a collar around his throat. Note  
the night 3-4 times he found his own  
rhythm while on the night rhythm etc. He has  
a tendency to chase himself - this comes  
~~from~~ from (oral intake) a lack of  
response. Will give him Thoracic to do at  
home. But not on the day of his next session.

Gave him 20 Thoracic night & morning +  
CR 7000, light exercise. DEAD man.

He told me after we stopped working  
Thoracic he became very heavy - '1 or  
hundred pounds' - yet there was no pressure.  
Nothing could move him. It was a very good  
relaxing - it was having a place of my  
own, very content and rested. Also  
like being tickled, enjoyable because you  
can do it to yourself. Also  
a light in the frontal head above  
the brow, as if whole head was  
spread and light could come in and  
come out, as if the scalp was like  
a VETH, a membrane, and as if  
light was being shown thru' it. Some  
muscular spasms like the V  
just awake she fully asleep, but

They try work under less intense they  
gave great relief. At one time he  
felt he was leaning his head right.  
Another session - 'feels' I would  
mistaken - as direct, not lying  
in study, I felt I'd be lying it  
down, & sitting up - but, He spaced  
out a few times (AMNOSIA) -  
see people's faces - & was gone  
to a little world. I think I  
learned the the breath - the chief  
mechanism of getting rid of tension.

5. Taught him the LION BREATH - 'a great  
breath, this, against the sloughs of despair.'  
3 runs - in the first run got a general  
tingle, fairly respectable; 2<sup>nd</sup> time he  
experienced blissful free light (ocean)  
generalized throughout the body - it felt  
very good; pretty strong tingle; in fact he  
had underestimated it - how a pair of  
turning tingles into tickles, if it had  
been more intense it would have been  
distressing; 3<sup>rd</sup> & last was pretty strong  
tingle and he was more relaxed and  
he spaced out and fell asleep.

6. Gave him five upside down and sevagustasane.  
Said in "dead man" had remarkable

experience - everything I wanted all under his  
trees, rocks, sky - all wanting with them. The  
'cockpit' - he used it - afterwards (this was at  
work) his mind fell so smoothly. Gave in  
mus + Lion Breath etc I led him back into new  
new excitement - so the water in 'I had  
be starting up - I should set in. I'd Re-  
heard to get things - it died for good (the  
same + all the news); because he  
'didn't get' during a little the night before -  
waves of energy moving like a typhoon -  
at one point - protective cocoon -  
(fairly easy); the dull images of  
animals - cells etc - hair standing  
up again - body v. sensitized -  
the dial became the other last  
is implicit - 2 people - the  
re-experiencing, the other intensity -  
the tongue was like hair standing up,  
in an instant. At the time felt body  
in different positions - is a mechanical  
reaction - as if being moved. For which  
image like teeth being flossed - but all  
the bones were being flossed! very cleansing  
- images (mundane - 'must do my work') -

let on the cleansing process & developed  
the images died: a brush, sandpaper  
the work between the tones, at the back  
etc. A lot of colors - like the tones  
are diff colors - red blue green yellow.  
'So I had a lot of synaesthetic experiences'  
- the first one I could describe was  
dittin' it a telephonic meeting, and  
could actually heard voices, in English,  
but 'I didn't pay much attention'. He  
believes chlorine gas poisoning both 2  
days ago produce congestion. (The  
swimming by the way is much better -  
for breathing). Felt a '2-part exhale'  
~~in the morning~~ in the morning -  
just an extra bit of exhale. He got  
2nd trial much more easy.

## NICHOLAS FIAK:

1. Crochets breath a little weak. Makes him ache higher, two solar plexus. Experiences elation in thoracic, after v. quick series. Tingles lead v. smooth & / feel v. smooth - all over the body, least in the legs - like a fireball racing here and there - in the jaws tingle persisted - tingle a sharp knowing device & the smooth part is the lawn known smoothness - a 'real earthly thing, and meditative, powerful - character: Two second time round - we have refined, the first estate, the solidity of tingles - 'it came up, with me rubbing - all over body - blue silver - and I began to get a hush & could get all the syllables - like ENKIKSTAR, & then we stopped before me, if I were wearing a large cape & held my arms out, it was like that, like dusk between the stars & I heard myself say 'It is I between the stars'. He feels at home in the stars - gets a sense in meditation. 'There before you said LIGHT is station then was a gold angel, free in his wings'. He said 'I am your potential'.

2. 4-16-8; 8-32-16 with light inside body during hold; unusual 'electrical whips' coming in but usually an intense blue aura which goes to white right away. 4-16-8 cockpit (went straight up to cockpit in hold): blue-white light; around outside a kind of red body-like color; but still light. 12-48-24 - ~~same~~ but the light wants to go. Again did cockpit - showed in - front of light: someone said 'I'll put a veil of light <sup>over</sup> you but he said no & became a dark of dark itself so he said

yes to the veil and received the information that he is  
light or nothing: 'the wa pretty scary'. After  
few thousand breaths a little dizzy - looked  
into reflect. In second man asked wind to  
come in - a waft came in, so small compared  
+ wild wind outside. Let out a very loud  
WHOOP - a shout - very loud - but it  
dissipated the energy - the vibrations. So  
you have to build it up again - because you've  
given it out to the world. (Here is, you see,  
a basic principle of Oxygenesis) Edge gears  
& chin fell. Dr. Eldon's face on a ship -  
tingling electric - 'usual' pressure on left  
lower rib or left solar plexus. Kind of  
dreaming awake, perhaps amnesia, dissip  
CROTCH breath: floatup piece, soft  
paper feeling.

3. Opened + 4-16-8 + light 3x. Then  
~~3-3-2-16~~ 4-16-8 putting the light in  
at once ("being"). The COCKPIT. Then  
hissing 3x, then breathing 3x. Tingling  
again. On 2<sup>nd</sup> man got FIXITY - and  
didn't move; this accompanied by powerful  
Bvz2. Started 3<sup>rd</sup> man but stopped - the  
body just didn't want to do it. Felt it  
was because neural is being gone than' at  
the moment - an affair of the heart etc + a  
lady 20 years <sup>this</sup> senior. His hand tingled  
was a v. brief 3<sup>rd</sup> man. 'I'm a star  
traveller' came to die - it felt real

Can't wait to say the: Sometimes 'feel' ...  
thoughts - form - into - stellar space: it is 'real'  
comfortable! there. Finished a critical work. Now  
a wonderful session but I felt it was repeated:  
things going on unseen. (Even the critical under  
hand, feet & back muscles tingle again). Also  
a critical saw color and heard - happy voice  
'Today something is being accomplished and this  
session ~~was very~~ has been very helpful in  
this ~~is~~ (this is a very very exclusive - note  
above - which I had read ~~the~~ the). Part  
of it is 'the joy' of being - Maria, where the  
energy is so good!

4. The lion breath was most ugly: the epiglottis  
closed down and a disturbance rattle noise  
emerged reminding me of sickbeds and  
deathbeds. He got a strong tingle but said it  
didn't feel v. good. No wonder! We then  
went through the lion breath again, and work-  
ing it, he improved it a lot. He says  
the it is an open and simple breath,  
work satisfying - the relation it at once  
creates. He said he felt his 'difficults'  
in the first run was corrected + the heart  
shakra, & the the lion breath is corrected  
with this (yes yes!). He said he'd  
been tested for AIDS & it had been  
negative & he was feeling great relief.  
Also as a woman, after the he who has  
become - friend has caused much love

CONT ~~of~~ E.

JOHN NESMITH A. 626: 9163

1. Breathing is both areas, restlessness and non-activity. Congested, 'heart' in lungs, smokes 20 a day. But showed a surprising degree of flexibility in the seesaw. He also did the crotch breath at once - a most intelligent organ: tingles in fingers, head, along the top of shoulders, down the legs from the knees down; slight feeling of hyperventilation followed the tingles. I also gave him 2 runs of 5 Thoracic Breaths: diggy after first, pronounced digginess + flush after the second. A fast heartbeat - he is in AROUSAL: indeed, he remains in the chest constantly wishes to take more, especially when the abdominal breath is slight. With each run of 5 crotch breaths the digginess becomes less. Gave him i) scarf-mad-increase and ii) 5 CROTCH at night + morning: if diggy during 5 did do more; if after, wait for it to disappear + then do another 5.
2. Has had hepatitis. Takes 5/6 gm Vit "C" a day, in tablets. Quite good crotch and thoracic breaths - latter still create digginess after a few. But had several runs, between which the digginess disappeared rapidly. A little tingling in the hands. Gave him the tripping breath, (the shunting breath, slant-whole-hoing-whole + vice-versa, candleflame (which he found 'natural'), 1/2-slit 1/2-hoing whole-2-slit - 1/2-hoing whole, + repeat vice-versa. Complain the shoulders + back of neck tense.

for the month (after I had told di the holders & neck  
move to 'help' & 'substitute for' the madagascari inhale).  
Gave di 4-16-8 3x, told di to move prokels  
of Terain while holding. Said he 'worked at' the  
Terain successfully during holds. 8-32-16 3x.  
Seems to enjoy all these exercises, but difficulty  
maintaining the 8 of the inhale, comes too quickly.  
Homework 10 CROTCH night & morning, and  
4-16-8 at all times.

3. Went straight into thoracic res: after 2<sup>nd</sup> - and  
praged - men he experienced tingling up to forehead  
with digginess and tingling in the ~~ears~~ ears. I asked  
him did he feel euphysema and he said yes: I  
said the lungs have a terrific power of recovery, and  
quoted John Brander (M.D) as saying - few days ago  
the - his experience breathing therapy made a  
huge difference to the picture of the lung, so much  
you could hardly recognize it. On 3<sup>rd</sup> res - which  
was longer - experienced less digginess, and the  
tingling kept to spread to the toes and the head.  
Gave di the SILENT BREATH. Said it  
was efficial because noise was velocity - and  
really not v. hard oxygen. Explained that  
Terain may inhibit SO<sub>2</sub> production (Richard  
Cutler) He stopped 3<sup>rd</sup> res in sleep; and he  
did the same + the 4<sup>th</sup> - this time he tingled  
up to knees, and in the head, with a feeling  
of PRESSURE on the forehead, between the  
eyes. In waiting, I went thru laugh,  
crying, coughing, sneezing, yawning. Then

another man: I like the way he self-monitors.  
In pauses he tends to OPEN MOUTH. Seemed  
again 5<sup>th</sup> man to drift off - enjoying silent loop  
draughts of air. The deeper he goes, the more  
his mouth seems to fall open. A suggestion of  
ecstasy in his face. The breathing seems to  
slow and deep to be that of repose; there may  
have been a few seconds of amnesia.

Said he experienced waves, jaw seems to  
drop in to neck & that's why it opens; continued  
to tingle in hands and legs and feet and a  
little bit between the eyes (taking the  
place of the 'pressure'); he says for a  
few seconds 'went a step down' - he  
knew this for coming back for it, a sense  
of a diff. awareness or lost awareness -  
a new sensation. Gave him the CROTCH  
and he experienced dizziness that was 'less  
painful & uncomfortable' than the dizziness  
for thoracic breathing; but no ~~more~~ more  
tingling or overall. ~~XXXXXXXXXXXXX~~  
Gave him 4-8-16, 3x: the sensation he  
got from this was 'a sensation' of no  
sensation; quite ~~un~~ comfortable. Didn't  
have fear in the old. Explained THE  
CURVES.

## WORK + HARRY OLDFIELD

My breathing sequences:

- I
- |   |                       |    |
|---|-----------------------|----|
| A | The Rising breath.    | 3x |
| B | The Shrinking breath. | 3x |
| C | The candle flame.     | 3x |
| D | The tree              | 3x |

- II
- |   |         |    |
|---|---------|----|
| A | 4-16-8  | 3x |
| B | 6-24-12 | 3x |
| C | 8-32-16 | 3x |

- III
- |   |                 |    |            |
|---|-----------------|----|------------|
| A | 4-16-8 + LIGHT  | 3x | (BECOMING) |
| B | 6-24-12 + LIGHT | 3x | (BECOMING) |
| C | 8-32-16 + LIGHT | 3x | (BEING)    |
| D | 4-16-8 COCKPIT  | 3x | (CREATIVE) |

- IV
- |   |                  |                                      |
|---|------------------|--------------------------------------|
| A | CROTCH BREATHING | } MEASURE PERIODICALLY<br>THROUGHOUT |
| B | CAVE BREATHING   |                                      |
| C | THORACIC         |                                      |
| D | LION             |                                      |

I II III and IV A & B should be measured AFTER the BREATH-RUN FINISHES.

IV C and IV D should be measured DURING each BREATH-RUN.

## LESLIE PEAKE

1. Depressive. Suicide an option but too fearful. Some drinking. NR paradoxical. Flexibility minimal - extreme hesitation. Abdominal area frail. ~~NR~~ - enormous vulnerability.
2. Taught the crotch breath. Extreme hesitation in the seesaw: movement minimal. On a few thoracic breaths digginess, some hand-tugging. Abdominal area as if paralyzed. Practice:  
1) Seesaw 2) Candle (x 4) 3) Hissed exhale  
~~4) 4-8-16~~ 4) CROTCH.
3. She did an 'excellent' crotch breath. Asked her how diff. breath has made - i) she gets up + more energy ii) better able to control the tendency to cry, in the sense, managing the emotion, her better is pushed to crying. 1 unit in 'guidance': and the Reticular Activating System. The seesaw is still frail and tentative. Excellent hissing breath. Gave her ~~4-8~~ 4-16-8 → 4-8-16: Inis dirk relaxing sound a little uncomfortable. Also 6-24-12. Also 8-32-16. On THORACIC BREATHING some digginess and a slight headache: sinuses started draining. She has bad circulation. Gave her a homework 4-16-8, 6-24-12, 8-32-16, and 4-8-16; also 'belt round wings'; CROTCH 20x night and morning; no thoracic breaths. Explained 'I am all I need to be' etc.
4. She didn't do the 'belt' - finger. 1. Thoracic breathing the belly hardly moves: so we do the

CROUCH: breath and find that it does move. Back to the thoracic we find a little more flexibility - but not much. It seems held up by the solar plexus and down a kick back actually while the ~~thorax~~<sup>abdomen</sup> is going up. Gave her postural thoracic breathing + advice to sleep, cease, and it happens the way. Melted into abdominal breathing early. Possibly amniosis, possibly dx, possibly none. No traumatic manifestation. She described it as dozing. Simply 'forgot' to breathe. Denies amniosis, simply 'drifted' like before she goes to sleep. But she doesn't drop off easily during day. Tingled like an electric shock in hand, behind ears and in the jaw: it was really like an electrical current. No images. She was fascinated by hands = jaw situation. Gave her i) belt ii) all retentive.

5. In thoracic breathing, ceased, as I had advised her, when sleep etc approached. She said the thorax is constantly moving, however she breathes. I said she awaits breath release - in the air I want of the diaphragm, and in the life I want! Tranquil abdominal breathing followed thoracic, with amniotic respiratory to it didn't move it. Tranquil period followed by long breath. Interrupted her rest + another new. [NB should mention CRRVES] I think the body experiences great difficulty in going into amniosis. But I thought I observed an amniosis just 10 secs. In deepest rest, almost a Buddha smile! hand in heart: she entered

the serum in a depressive mood. She said she slept  
several times very briefly: + dreams, e.g. a horse tamed  
it: a man: Her mind was drifting a lot - things  
kept popping into the mind. It was 'all ~~the~~ kind  
of noise: except that the CROTCH breath made her  
shoulder hurt. She was cold for a while - then she  
became warm, and still feels comfortably warm. Her  
blood circulation.

6. I talk about FEAR. Use to try to understand  
it, a trace a cause for it, but help to become  
like an ache or a twinge in the body, and withdraw  
from it precisely as you might find from a ache.  
But don't PERSONALIZE it - I love this person,  
they don't love me; it ~~is~~ because of my parents;  
the world is hard, ugly, untrustworthy. For  
personalizing creates SCENARIOS. This is the  
story: this person did this, and I like a lot did  
that, and the result is going to be like it always  
is, the dog-house, the wall, the pain, the  
horror: CUT THE CELLULOID - take it  
cutting scissors and cut it, continually, until  
scenario-making ceases to be an inner pastime.  
I asked Why we cry? i) because this was  
recommended by Jean as good for depression: do  
not sure that's happened: things might be happening  
of which she is mentally aware. ii) 'what you have  
said isn't the benefit' - social loss - except  
what she has experienced - her organism iii) 'I  
cry less' - 'I can choose if to cry or not. Gave  
her THE LION BREATH Game her 4-16-8 +

LIGHT. Couldn't get the light. No good at visualization. Also because he was COUNTING. I said forget the counting, & the next man, and EXPERIENCE the light.

1 explain light connected with Gaze on THE CURVES: they too are REPOSE. ~~broken~~ breath is TENSION. I then gave her some thoracic runs to

move the CURVES, and ~~thrust a forth~~ used the vign in the inhale <sup>POPER</sup> quickened the rhythm, & she to move the CURVES

opening the top of the head into a kind of 'arena'. But she didn't feel it. 'We did she feel like the curves? 'I just took note' she! 'Like a rest - position'

Excellent! Like being in the air - diving & jump. Did you get a hint of the Buddha yoga here meant? 'No. Not really.' Gave her as homework -

dead man (she says it gives her a surprising energy); crutch; 4-16-8 + LIGHT - until it does actually induce the mind to stop blocking - 0.

7. Asked how she got on with the fear-technique. She used it in SCENARIOS to make her upset or mad. Did I dead man in the previous 2 weeks: but didn't get the take amount of energy - tho' v. relaxing and she was amazed at how quick the time went. The 'conversation' I describe as

# LESLIE

belonging to him. She has had all her life. / Day all this we are doing is two realigning and trip - and the one trip is in the breath - and all religion provides it - JOY - and it is also DISPERSION (the dispersion of 'Article', as it naturally and continually arises, not an ONE operation but the provides 'enlightenment'). So try associating with the tongue all these things - joy, mastery, transcendence, dispersion, whatever word you like to give it: and therefore the mind will not put objections just as the experience itself arises. And if we have joy, love, or how laughing! - then we really no problems. Breath links us to the PRIMA SOURCE where the joy and dispersion (the love) we made.

I wish to keep her before the end of this session the she controlled by a feeling of darkness or eclipse it is always noted - 'I cannot do': and to stop and analyze what it is I cannot do; I cannot have the much holes in the love of the person. But do not? Have I let the proper force at work (magnetic influence, the use) the tongue in Thracian man, putting up with self-enhancement than the light exercises? Also

savangesane, for balance (Since she cried on 2<sup>nd</sup> Thracian man) + pointed at the ~~the first time the joy was in TEARS~~. Ended session feeling 'real drugged' - do I / had her to close her eyes again and simply lie there. On 1<sup>st</sup> Thracian man tongue real v / Pump - esp hard head (latter felt: a trace).

Next Session (No. 8.)

# ~~XXXXXXXX~~ LESLIE

Aft. the Lion BREATH. (I gave her at the end) the sun, she experienced laughter (I didn't notice this). 2<sup>nd</sup> run wasn't as strong for Tuglip - tho' different: the face (her expression did change - she doesn't know why). This time she CRIED. She doesn't know either why she laughed or why she cried. Cannot. session + a headache, and this head's changed in quality. Could be too much sugar, a protein-lack, or stress, or release of stress.

8. I gave her the FOUR BASIC PARTS OF THE PACKAGE — The Silent Breath, the Crotch, the Thoracic and the Retention (with a vital light). I explained the retention's achieve immediate and longterm marvels (quoted Williamina & Roosevelt). More run + Lion Breath (this is closed and inexpressive). Come to FIRE ASANA. She said 'I don't know' to 'What on the like?' Tinged mostly in the hands but over all as well. 'It didn't go very well: I felt I didn't do it right: But she doesn't know that she didn't do right. Didn't do it enough. Why? Too lazy? Probably. Cried. I asked 'What did despair?' She said 'It's a bad day I feel' - not going to make it work! She just wanted to 'get done with it! ~~Because~~ At those times when she needs the breath the most it is hardest to mobilize effort. She has no solution - so. H.C. I said my solution

(CONTINUED) UNDER W)

# RACHEL

also emphasized that with the alternation) the autonomic or parasympathetic (non-aware) breath and the sympathetic or thoracic (aware) breath the organism could achieve a harmonious balance which could be re-induced in stress etc at any time.

9. Do the thoracic; and explain the mechanism 4 breaths — the SILENT, CROECH, THORACIC and RETENTION to play with and alternated all time so the the can MONITOR the effect is required at any given time. Says she feels an enormous amount of energy — 'I can feel I'm draining it out, very painful, I can feel it'. She is holding it back, and yet somehow diminishing it as opposed to 'moving freely' with it. I said it drains out through tension.

She said of a few moments ago when she was aware but behind the energy there was tension (because the energy wasn't there as a work): 'as if I'm squeezing it to death, or I'm being squeezed to death'. But she doesn't get nightmare impressions: 0

I said let you were once schizoid and she said oh yes I experienced life as hostile — I said isn't that nightmare enough? She says at a gut level I have never transcended this 'intellectual' I have.

She could get the sea, though good encounters with strangers, but the world wasn't really like that. I say if there is this orientation to the world, it is enormously fatiguing to the organism. I say no refeeding or ~~recharging~~ recharging process — from outside — hope, excitement, possibilities of adventure, which makes me feel

CONTINUED UNDER ~~THE~~ V.

(Isidore avoid WORDS, MIND), She says  
this man v. rooted in his energy; 'the  
far' I asked 'can you handle sex.'  
I've been a snip low! She says yes  
the way new partner. No walk +  
this man DEPLETED - he - he vol +  
he helped her walk tired her.

LEFT-HANDED TANTRA ('mysteries'  
mysteries', I said) - I want explain this a  
week)

### SESSION.

8. She said she'd had a lot of energy in  
the upper area of body, above pelvis, and no  
energy in the legs at all. She said she'd  
done some "pelvic" breathing (from h. to clow -  
+ visualization in legs etc). I said no,  
costal breath. She did costal breath and  
I thought it was good. She found it easier  
than hitherto today because a gas-  
condition she is prone to relieved during  
day so the her abdomen feels less heavy.

Then thoracic - I taught her the curves.

I taught THE SILENT BREATH a bit  
one needs the work at the moment. I  
emphasised the give the sensitivity and  
subtle organization she had a marvellous  
opportunity of allowing the breath to set  
the organization on its proper course. 1

hardly could have been created fear. She was fear  
the friend to put her through the catalytic change —  
+ then she has nice meetings from time to time.

8. 'When I'm physically exhausted - by fear & nature'  
I do abdominal or whole breathing, but I feel the  
4-16-8 is too much for me. Even feels it make it  
worse. After that I said I'm tired and the  
nerves after this is just a way to THE COALS  
and meanwhile the energies will be upset. I  
said truly kundalini disturbed of sexual  
energy detached - it goes down to SELF  
RECOGNITION. This is a 'relation' + a way,  
but no sex yet; the teacher says go + the  
feeling out of the moment. My embraced  
for the first time the other day and she  
experienced his enormous vitality and has  
an unrestricted & more expressive body,  
& she relies IT IS A QUANTUM  
LEAP to be + someone like her —  
a qualitative leap (she hasn't had  
sex for 6 years) = she knows it requires  
the body letting go. It all needs to  
let go. She lets herself experience for  
a few moments and then just stopped —  
was with her head in her body did  
it. She has a lot of fantasies  
about him & at the same time she  
thinks the difficulty is allowing her  
body to let go. 'What could happen?'

Also the energy seems much greater,  
and the sleep correspondingly worse.

disappointed at not having more physiological  
benefit, though she feels her body is stronger. }  
Says she needs to know more about the  
abdominal function - get the body used to it.  
Says I didn't give her the BELT or SCARF.  
So I gave it to her. I told her to accept  
hypnosis in a new way - that the breath  
induces the organ to work off its own  
therapeutic work. I say let the breath do its  
gradual and safe work, it's on chronology &  
time, otherwise you will have another experience  
- that you feel the DESTRUCTURING has been  
too cataclysmic & too fast. Gave her  
4-8-16 to balance the 4-16-8 (which  
may have caused the upsurge) energy -  
to the system, since she enjoys doing it at  
home). She says it shows if you have a  
strong will or not; also a lot of negative  
feeling from past have been coming up - before  
we ever started Oxygenesis - derive to one  
people, those who have ~~wronged~~ wronged her:  
I believe. Also gave her 8-32-16.  
Just me. But she says the 8-32-16 +  
the 4-16-8.

7. 11:45 am. seems too early - it doesn't  
leave her time and her trigger a FEAR  
REACTION. The dealing <sup>is that she</sup> has ample  
time. Spent several hours yesterday dealing  
with fear. The organ is emanating a lot  
of fear: it comes out in situations the

anything prolonged seems to induce fear, and she wants  
to prevent this. Give her 2 + 3 runs of 5  
thoracic breaths, then CROSS, then 4-16-8.  
do only the enjys 4-16-8. 1 then gave her  
4-16-8 + THE LIGHT: but it was simply too  
effortful for her; it is precativo. Give her  
the HISSING exercise -

5. The candle flame breath; the shouting breath;  
~~the~~ 12th pr. 8 = 32-16. Her take Valium.  
But now find Chinese herb effective. Says  
she feels better about her body since a discussion  
1 yr session. Says her body relaxes if she  
keeps out of the YAWC-mode. Yang attention  
differs from the her Kanke decisions. Because  
decisions are difficult for her. 1 say decision  
means 1) time distraction of stimuli + 2) using the  
brain; which CLOSE the rig again down.

'During the brain work - great fear of the unknown!  
After quite long thoracic run (at 1 can 20!)  
tingled protruded in hands + stomach area  
and also in the arms tho' less strongly in  
the head. After 3<sup>rd</sup> run still getting tingles  
in hands + around heart. Had explained  
of fear "turning" in eye tho' how they  
began tearing with turning. Her writing  
an AMA 2 ~~next~~ different. Ended  
the session + hissing and shouting.  
(She felt need to LAUGH during  
thoracic).  
6. "Discouraged" with the secrets, the breathing:

relaxation occur in the upper abdomen, and then it moved down to the pelvic area, in the front. 'I could feel the breath working'. The night after the session she did sleep. She feels excitement, intensification of energy in the solar plexus that keeps her awake. This is 'new' energy to come after after 7 year course in transformation in the same group. Factors hold up her energy don't become released. Body was damaged in this process - had 'perfect health' before - good digestion, no nicotine, no hypoglycaemia - but day-in-day-out trauma & conflicts + people including parents so much stress to the body 'degenerated' to this present state. Her friendships went through a dramatic change. Ended + bad feelings with the process - the woman in charge changed her life - after all, R. had many psychological problems. But too much all at once. The woman was a good psychologically as a guide but she had no physiology. R. was schizophrenic - v. neurotic - her parents abused her horribly. i.e. I think she had the affected physical - & it is better than schizophrenia. She is difficult to persuade about this: but sees it - that the woman did indeed save her life, and the fact her present situation is relatively simple and easy to manage.

One of the v. more events by M.H. because

RACHEL (MILL VALLEY) 381.6014

1. Minimal flexibility: 'complete' yogi breathing distorting rhythm and diaphragm. "Breathing ~~is~~ <sup>classes etc</sup> ruined by breath."

Sleep depletion; minimal blood circulation.

Breathing pattern - inhale opens abdominally and completes thoracically.

Abdominal area immobile, sensitive, cautious.

Traumatized pelvic area.

2. Excellent flexibility - she breathes thoracically; minimal thoracic/ribcage she breathes abdominally.

'Controlled' about 2 functions - but this is the mind.

Tendency to mouth-breath: I explained that this is due to a feeling of not having enough air - due to inefficient oxygen-metabolism - which then creates protective mucus in the lungs, against bacteria & particles not filtered by the nose - then creating congestion in the nose, which makes nose-breathing even less desirable.

She will practice breathing thru nose during mouth:

Dr 1 care: 20 control on sleeping and waking.

3. It takes her hours of lying down to get herself to the point where she could sleep. Her blood pressure is good but if it has a tendency it is to the low. In the CROTCH there is still a kinkback - the thoracic area is the inhale. The CAUSE

4-16-8 Had a soft floaty feeling.

After 1<sup>st</sup> of second session felt afraid - ~~drop~~ the mind (SCENARIO). Cut the scenario. R

4. 5 hours after 1<sup>st</sup> session felt body relaxed & sleep. "As she lay down she felt

PO Box 104  
SAUSOLITO

RAE HURLEY: 94966 332.9254

1. 'A little bit of this and a little bit of the!'  
Neglected abdomen. "Spinal muscles  
involved. Effort. She asked me in the  
effect of being slumped at with a the  
respiratory system. Abdomen reluctant to  
expand. Gave her as homework i) the  
seesaw and ii) hand-cloped. n - ribcage  
and abdominal breathing is a smooth rhythm  
so the no kinkback take place in the ribcage  
on exhale.

# SALLY STEFFENSEN

1. "A little bit of this & a little bit of that":  
Flexibility: medicine to nil.  
Unwanted by father: continued upstage  
of dance.  
Kundalini experience - krias electrical  
explosion from the base of the spine.  
'Cannot love by husband ad to -' - source  
of great dance.  
No support available: abdominal area ~~dormant~~  
dormant.
2. Must practice simple abdominal breathing + hands  
clapped over chest, and diaphragm.
3. NB: 'traumatized - mind' - "because to the  
wasted to ~~the~~ aborted". Sessions greatly  
improved; taught costal breath. Also candle flame -  
v. short, fear of losing inhale, curtailed exhale.  
Also hissing breath. Also 4-8-16:  
during 16 cannot count, the mind disintegrates.  
Also skinning exercise.
4. Reminder - 'tongue and anal passage': Also cellular  
relaxation means in the inside <sup>out</sup> ~~out~~. Tendency to keep  
eyes open. Gave her 3 inhales/exhales to test  
breath-management - 4:8, 4:16, 4:32: in  
have enough - the air does of 32? Says her  
breathing has improved impressing - after 3<sup>rd</sup>  
session this happened. The timbre of her voice changed  
to greater resonance, quality of life improvement ('I  
feel collapsing - cd watch by husband's energy -  
the kind of trauma; not a great direction. in  
the sense of singleness, personal focus').

'I know the breath was a key: I was v. informed.'  
Feeling tension in the jaw let her feel in the  
anal passage. Showed difference between  
cellular ('from inside out') and muscular  
(tense up). Talked about paradoxical  
breathing: I showed there is still done. She  
moves in managing people in 'strange  
vibrations' they often have: yes! This is how  
paradoxical breathing can DEFORM the body.  
Did the "crotch breath" correctly (was doing  
out a v. long abdominal breath). She still  
has a slight thoracic kink: so I asked her  
to put the belt under the wings ~~the wings~~  
for abdominal breathing. Did 4-16-8,  
8-32-16. At home: i) do 'belt' and  
'wings' (sitting, ready, phonics) ii) crotch breath  
iii) 4-16-8, 8-32-16. (I point out that  
the HOLD is a MINI-FAST in its  
effects, therapeutic).

5. Asked to do the thoracic breath, she had  
no idea what this was. She didn't even  
connect the "seesaw" with the thoracic.  
I explained that the thoracic breath was a  
special exercise - paradoxical - repress-  
designed for special effects, & belonged to  
awareness while abdominal breathing belonged  
to the autonomic. Her thoracic breath  
was a v. long exhale - she would go  
into abdominal breathing - let it finish  
& some things fell into an even rhythm.

Tingled strings in the hands, tingling in the face, strings under the mouth. Tingling in the feet, legs, chest, abdomen + a tugging down sensation, both arms, legs in the chest. Some dizziness also 2 way though, but she isn't sure. The crotch breath was feeble at first, and the breath broke. On correction, it became smooth but there is still instability to let the abdomen collapse. Gave her i) the bell-and-the-wings exercise ii) crotch breath-tingling to eliminate any pelvic movement. She still has a thoracic rick. iii) 20 thoracic breaths night and morning. NB she must work on collapsing the abdomen in the crotch breath. A reminder not to do any breath exercise with the digestive system full.

6. Her crotch breath is weaker than a sloppy abdominal breath. Cannot get the release because she says 'the abdomen has no tension'. I point out that this is because she isn't stretching properly - the inhale. 4-16-8 once, 8-32-16 once, 12-48-24 once. Repeat ~~12-48-24~~ 12-48-24, 12-48-24 to expand ribcage in the hold. Gave her 4-16-8 + LIGHT, 3x. She didn't see any light. Gave her COCKPIT ~ CREATIVE LIGHT (4-16-8). I urged to be more BRISK in her approach to the breath (she had felt this need for some time). Gave her 20 thoracic but interrupted her because she didn't keep herself there: RHYTHM MANAGEMENT of utmost importance. I tell her, because Atomic you get frenetic and out of control easily. The breath became easier but there is still a tendency to PANT. She reports LIGHT tingling and heaviness. CONT under XY.

# SALLY STEFFENSON (TRAINING)

1. WED JAN 8. 'What is the basis of oxygenation, from which all else springs?' She gives personal growth forms - reflex, undisturbed, relationships with the feelings. And I feel he until she gets rid of mentalization - until all not work + executives, doctors etc - she will work if she really wants this. Highly precise training (eg anatomy).

2. SUN. JAN 12. She says how the the cortex work is the basis of oxygenation.

I ask is this the first step = vision then? No.. I ask why we the ~~vision~~ distinction and the Reichians vague and Oxygenate note: why is it specific, and they work? I draw her attention to the fact the people coming to Oxygenation want within the chemical approach of the doctor, not the head approach of the personal transformational schools. She at last says she I tell her the the answer must be.

\* Physiological, the SEESAW. So I ask, what is the basis of the seesaw? She says, Thorax + abdomen function is appropriate. What is the principle, I ask, the divider the 2? She says, the flight - a - flight connection + the Thorax.

\* I explain: I can divide the respiratory system into 2 parts - Thoracic and the abdominal 2) the abdominal is connected + the parasympathetic nervous system, + the Thoracic + the

sympathetic.

So: my second question: how do we determine the nature of a person's breathing? ~~the answer~~

From the answer.

How can we feel the breathing if the person isn't breathing? What is the answer exercise going to show us about a person's breathing?

3. WED. JAN 15. She answers the above question: by the degree of flexibility in the alternation. So

my next question was: what am I going to develop first of these two areas? She says choose less flexible.

So what does 'flexibility' mean? She says i) how isolated from other muscles ii) how they work together.

I say 'flexibility is the perfect harmonization of the abdominal & intercostal muscles', and the perfect ease with which this is done. The muscles WORK TOGETHER perfectly.

1. the answer they have heard and the for the first time.

She says 'I could work first in the abdominal area' by question 'what area first?' 'Why?' 'Because it helps me to feel.' 'Why?' 'Because it is connected with the parasympathetic h.s.' 'What is para-sympathetic h.s.?' 'The vegetative -' 'What is it?' I tell her, the autonomic function.\*

She says, abdomen important because i) greater control ii) greater relaxation iii) it is usually more paradoxical. ~~What~~ other reason? She says it is more in the thorax. I tell her SAFETY.

last, the do I mean by the! No says altered state happens in thoracic cage. Why does avoid it? A person might get stuck in there - but get out of fight-or-flight mode!

\* mention AROUSAL. So how we create a pattern:

i) Why do we use ~~control techniques~~ the thoracic area in Oxy? ii) Why ~~control techniques~~ above

\* all do we use intoxic breathing patterns here & not in the abdomen? She says, for electricity.

But why not give this chance? Because the 2 areas have to be perfected first. Why?

Because electricity snaps not available until he happens. So the element is it that is

\* missing before? with REPOSE (even by abdominal breathing) the region cannot sense

i) safety in animal techniques and ii) electricity, I tell her. Why do we use REPOSE?

I point out hyperventilation is getting rid of too much carbon dioxide. ~~the~~ In running we do the

same, can reach TETANY. We have mini-tetany in thoracic breathing. In Oxy,

we reach those control and oppose, by means of thoracic breathing. a type)

\* Hyperventilation that is highly beneficial!

But, again, what is oppose in this case? Is it muscular relaxation we are after? No: it is the relaxation only the breath can achieve!

\* CELLULAR relaxation.

SATURDAY JAN. 18.

4. Give: 2 ~~stages~~ stages of oxygen-carbon d. exchange - a) lungs b) cells. MITOCHONDRIA.

Then HYPERVENTILATORY techniques do NOT conform to this principle because they do not first attain the RELAXE.

\* a ~~CELL~~ CELLULAR relaxation. I mention THE CAVE \* as the place where the melting feeling takes place during breathing (relaxing from the inside out). Perceived 300 million air sacs FINE, but huge area for maximum intake: it combines utmost subtlety + utmost volume. THE NOSE air-conditioning the intake. Air sacs combine SUBTLETY because of their size +

\* VOLUME because of their number. What is subtle with the ribs: 1.20g when the breath manages the body and not

\* viceversa. ACTIVATION means this: breath becoming subtle + advancing forward. The hyperventilators do it envisage the resp. system. Also the breathing patterns are like: transform the patterns are never coincided; they can never apply reverse: so the HYPERVENTILATION takes place IN

\* TENSION, is likely to produce the body into extreme AROUSAL.

5. Wed. JAN 22. Talk about AROUSAL. First you will be bringing people great joy and liberation. So transcendence is possible: it is the lazy man's way - point back always to the breath. Transference does strong takes place because of AROUSAL produced by the breath. We need the VERBAL response to this. WHAT IS AROUSAL? It concerns the thoracic area. Yes, because the ribcage is the fight-or-flight zone. How does a person in anxiety walk? Learn how

\* to recognize anxious people. No moral analysis: - ~~that~~ their nervous systems are doing the best they can to protect them and make the world manageable. Anxious

6. ~~SUN JAN 26~~ is related to abdominal loss.

6. SUN JAN 26, ~~what are some like in anxiety?~~ Does abdominal loss mean a transition to the loss of the breast?

\* What is the origin of the THORACIC breath? She says it creates  
\* bodily electricity. Why? A) She says it induces  
cellular relaxation. I say we already know that. We  
know we're of the tingling is the effect (we  
can't be in tension - eg in jogging). I say another  
reason is she is (the long slow breath during tingling  
it will spread - "well" it is. She says you'd be  
~~single~~ <sup>single</sup> those 'j' - hold'. I say panic during tingling  
is of course is harmful. I pointed out the  
distinction between oxygenation & relaxation etc:  
i) not hyperventilating and ii) not formal - it is  
heavy on the adrenal system & create habitude.

\* B) AMNIOSIS = lost awareness = PRIMAL REPOSE, y  
said 3 features - i) non-breathing ii) non-moving iii)  
non-awareness. 'Security' and utter yielding trust  
of the world.

F. WED JAN 29. ELATION. She says endorphins  
Excellent. I say Norma Cousins says <sup>making this</sup>  
word to describe: but he didn't see the <sup>making this</sup> ~~making this~~  
\* creates a perfect relationship between the  
abdominal muscles and the breath which is  
like a TONIC, better solution than a holiday:  
a 'good' laugh, by struggle ahead for laughing.  
In the words it has a marvelous effect - the  
IMMUNE SYSTEM - Tears, hiccups (coughing &  
nose-blowing).

\* I talk about the FAST, &  
cosmic nourishment: I say the fast induces  
total oxygen dependency, and i: I experience in the  
breath the same certainties & joys as in the fast. The  
sense of movement, ecstasy, and the end of 'death'

W: 333. 4448

H: 731. 3124

TANYA SYDNEY

1. No flexibility. There is a high degree of paradoxical  
beliefs. She says she is aware of a 'grey block' behind  
the sternum, and she gets there. 'deep breath' is meditation  
she hears a little 'click' in the area. But she soon  
gained <sup>some</sup> flexibility, and above all the first abdominal  
breathing, + hand clasped over the abdomen, was good.

- i) seesaw exercise.
- ii) tie scarf around nape.

Featured an effects of Cosmic Unbalance: 1 foundly after  
depletive effects of CN the marvel of the fact that I could  
get this in THE BREATH. CURVES

8 FEB 2 SUNDAY.  
8 July do call the Oxygenatic with a 'mini-fast'? \*  
into what 2 parts does the Oxygenatic process fall? i) correct-  
in of the daily breath ii) activation. What is activation?  
In the similar to the fast? DUCUNT FATA VOLENTEM,  
VOLENTEM TRAHUNT (SENECA) 'The <sup>Power</sup> guide him who will,  
and drag him who won't'. Activation = the breath is used  
for the first time. The function of the CURVES (repose).

What is the reason for breathing abdominally when supported?  
(It gives full attention to AUTONOMIC functions in which all  
performance depends: it is NON-EMERGENCY breathing).  
Why the pause at the end of the exhale? What is sleep \*  
apnoea? What is the function of the nose? Do we \*  
breathe through the nose at all times? Why should we  
breathe mostly through the nose? What are the effects  
of mouth breathing? What is its feature in the \*  
personality - helplessness, anguish, passivity? How  
does thoracic breath work in terms of THERAPEUTIC  
effect: CHRONOLOGICALLY, in terms of first urgency  
and <sup>then</sup> long-laid patterns. What is the difference

\* Centives the silent and the noisy breath? VELOCITY.  
 We in the function - ) i) the COUGH - 500 u.p.l.  
 \* ii) the yawn iii) the sigh iv) the sneeze v) the gasp.  
 \* vi) crying. I explain the the thoracic breath  
 \* achieves - sense ) TRANSCENDENCE, liberation  
 etc. (I refer to African tribe which use a breath - it  
 dance) (referring to mini-fast procedures), or MASTERY  
 the death/conflict/injured feeling overcome. the  
will is absent it's absurd of these  
 hyperventilators and relatives + Reichians to  
 leave the daily breathing pattern in its Traumatic  
state. NO BREATHING ON THE BASIS OF  
THE WRONG PATTERNS CAN BE RIGHT -  
Pranayama et aughting. The para-  
sympathetic system is the INBUILT MACHINERY  
 \* for the GUIDANCE OF THE POWERS (SENECA)  
 just as the sympathetic system is the Machinery  
 \* via the thoracic breath ) the active stimulation  
 \* of this ~~is~~ guidance. The CURVES are  
 \* non-inbreath non-outbreath non-held.  
 Each of CURVES means tenor.

9. FEB 19K

(I mentioned in last session  
 - private - the Oxy. goal is TRANSCENDENCE  
 of the phenomenon to DWELL in the phenomenon)

\* Also NOTE - "red flag" is dignities: always  
 respect it. Talk about I AM ALL I NEED  
TO BE, I HAVE ALL etc. Explain the  
 really the process is teaching the ABILITY  
TO SELF MONITOR. We send people  
 available to judge this breath etc etc times,

without being  
encouraged & somewhat  
else.

on a particular area.

disperse hatred  
? - particu-  
lar -  
Exam.

initiate therapeutic action, plug in guidance,  
 detoxify\*, relax, concentrate, self-enhance is  
 a depressive tendency, self-empower is self-  
 doubt, project to others, <sup>in the presence of</sup> magnetize <sup>others</sup> toward  
 self, self-encourage, find clarity, increase  
 metabolism\* (\* e.g. after too much of anything -  
 coffee, wine etc), deaeruginish, <sup>appropriate</sup> wound-  
 healing, banish incipient cold, release congestion,  
 clarify mind, <sup>disperse</sup> release hate, influence the people's  
 decisions towards oneself, stimulate attention of  
 favorable kind toward oneself in chosen people,  
 find <sup>calm</sup> repose, induce animal and sexual vigor,  
 lead stimulus to the nervous system, induce a mood  
 of surrender, ask for specific guidance on current  
 work or current problem, transcend current  
 emotions, <sup>or egoistic</sup> heal the rifts of the day, switch  
 apparent misfortune into good fortune, overcome  
 loneliness (e.g. in foreign place), overcome  
 jet-lag, compensate for lack of sleep,  
 ensure clear and active morning before  
 sleeping, rejuvenate <sup>find</sup> immediate inner  
 contentment of a superficial nature,  
 overcome effects of alcohol immediately,  
 while still in company, de-amuse the  
 ones still in company, induce immediate flexibility in  
 the face, obtain tugging effect at  
 short notice

FEB 23

10 of the function of the LION BREATH.  
 When it should be used, when not. Follow  
 it always + base <sup>the same</sup> breathing, the vocal o

U

The nature of the LION BREATH triangle. Thus it differs from the nasal-breath triangle: it is the more TRANSCENDENT. How To

\* JUDGE THE AMNIOTIC STATE: i) invisibility, + a facial appearance) repress, ii) no abdominal movement whatever, without being held, iii) flickering fingers, usually index & second finger iv) no 'breathing': the long it lasts. You now expect results to be felt in the course of the following days: until now you haven't mentioned it; how you refer to its 3 properties, and say: 'The key has turned in the lock'. You also ask the client NOT TO DO MUCH the rest of the day: NOT in order to endure this/this sleep but because the organism likes to cradle and absorb and calmly witness the experience it has just had; also to pick up signs of new experiences that result from this. It can be compared to: setting a the

\* rails. The LION BREATH opens & makes flexible the FACE: remembers that the West CLOSES the face, assaults it with worries & anxieties, and — like in way part — Oxygenesis PREPARES the organism for the SMILE of the illumination — the head & face have a special — to be flushed + blood etc — for this is the Headquarter.

# 11. MARCH 5. Before dealing with a) Oxygen 2 I had given her (previous page) and c) the attending information for Training

Session 8 | Talk with PERSONALIZATION.  
Recorded.

12 March #8 Talk about why session must be a development. People wish to feel they are gradually developing. She did also but told the truth that be allowed to go its way as on a dancer's day - but always be set to WISH. I read the first session of Chris Marie Horton. How would you approach this lady? Sally says 'I'm aware of mixed feelings towards her: sympathy and hostility'. So you should choose if to work with the person.

13. MARCH 12 Go into session behind varied rhythms, and why chosen. The diff between the hoary and the silence breath? In old people could you expect VO2 Max to go up on regular exercise? By how much does it usually go down in the elderly each year? Does regular exercise guarantee greater SO2 production however? Note CUTLER's research on the key-factor of TENSION is inhibiting SO2 production. The TINGLING and THROB you feel DURING breathing is LESS than it actually is. Told her to relax client on entry; and the breath will evoke all kinds of states at the beginning which you didn't know it was experiencing - irritation, distortion, sadness, elation.

14. MAR 26 Where do I look most during a session (as the teacher)? What do I look for? Also SALIVARY STIMULATION. What does the teacher do with his own tongue? NB →

giving the rhythm is the secret of the enterprise  
Good timing as in music v. important if not essential  
You don't give the client new breath way time  
The story = you have to judge; Or sometimes a  
long breath, a strip of the breath, is the preliminary  
of an oasis of a transcendence. And you may  
"temp" repeatedly so as to prevent early  
ambiosis and thus secure a long end some  
one later. ~~I felt light and tingly, and  
got a little tingly with his breath, and  
it felt OK!~~ This session I talked about

- \* i) relaxation - the way make deep tension!
- \* ii) the fact that we observe a client not only  
with our eyes but our ears iii) we watch the  
abdomen and sometimes the face for signs  
of repose, ambiosis, half sleep or deep  
sleep, or the inner question 'What am I  
opposed to be doing next?' which means  
the the imagination is ready to yield its  
own guidance - and the leader is how he  
\* Image completely outside. iv) Asking a  
client about 5<sup>th</sup> - 6<sup>th</sup> session 'Why are  
you here?' so that you may both be clear  
about the nature of the drama taking  
\* place. v) For the secret of the process  
is discovering what the drama is -  
all imagination has a drama by means  
of which it evolves and without which  
there would be no life, no movement  
\* vi) Tension and Obvious mental

surveillance we often identify. VII) Remember that  
for a sensitive region or someone undergoing  
vital kundalini crises 4 breaths should be  
alternated to suit the needs of the region at  
any given time — first and foremost THE SILENT  
BREATH (which teaches the region's SUBTLE  
requirements of the breath); the CROTCH (for  
autonomic evolution); the THORACIC (for  
necessary excitation — goals — elation —  
mastery — transcendence); RETENTION  
15. MAR 29 What do I do + my own body (as  
teacher)? NB a client will get cold inwardly in  
the first session. Cover them if they are uncovered.  
Never give a fast rhythm in the first run or  
an emphasized exhale. NB that there are  
both powerful forms, especially when combined.  
The long breath with emphasized exhale is  
sometimes even more powerful. NB. the  
breath and salivary stimulation.

## RACHEL (CONT.)

Energy constantly draining out. I said it's like  
energy LEAKING. ~~Strongly~~ by when the mind is  
seen in this way the region leaks: ~~there is~~  
reparation there is RECOIL from the time would  
demand energy. The technological world produces V  
this leak. She said 'this is my EAST  
present' — finding out what the LIFE DRAMA  
is. After a thoracic run felt vibrancy in  
MANES

chest and also in wrists (she says latter 'Kundalini'), What a discovery! she says 'I've been living in this hell of nearly six years!' The most important lesson so far, she says.

10. Said he feeling had not wanted her to come but her rational mind said 'Belto go - then on my 2 sessions before he leaves -' And she felt good, nice here. I said I didn't see why she not wanting to come was 'feeling', the coming 'rational'. I said the feeling might be the shoulder before the thoracic breath. She also said that the last few days of doing the thoracic & the cervical breath were responsible for v. unusual sense of sleepiness in the evening. Most nights she doesn't relax particularly - at sometimes e.g. in the day, she feels deep rest - it is now that 'the body sabotages it'. I talked with the HALF 2 on 2 between sleep & waking - the Rajneesh calls the NEUTRAL Zone - his exercise of thinking BACK one day. In meditation the head nods & she stays there sitting - because the moment she would lie down sabotage would happen. It feels 'like a conspiracy': if it happens 5 times a year that all conditions favor

Deep two will be 4 and the 5<sup>th</sup> time unexpected  
hoise etc. I said this always happens when the  
shock nerves system was intensely concentrated on  
a mass of desirable events. I c'drugged  
state we sleep thru' all wise - i.e. the nerves  
system is concentrated. I said Oxy means in  
all toward that help-sleep (a. v. Regueon;  
'ing 48 sec of silence needed of enlightenment.'  
Grade he several short runs - how to either  
end run & wait of pain & discomfort to pass,  
or to breathe thru' it; usually by TINCKLE -  
this is you yardstick not 'I think I've breathed  
enough'; 'Maybe the pain means I should stop!  
He feels 'broaden' between runs - i.e. the  
breath is having effect. He can't wait  
coming here - she now feels she made a good  
choice in coming but a decision - making difficult  
(which gets her hooked into 'as I do up night &  
wrap'): ~~total~~ NR transformation puts NEW  
~~NEW~~ VALUES INTO THE ~~PUNIT~~ SELF-PUNITIVE  
HABIT - you punish yourself + new gods.

never try to deal + the situation during depletion:  
it will work. A technique which offers you an end  
to this is a fraud: 'nothing I have <sup>ever</sup> said or recommended  
will suggest the this will end the depletion'. The  
depletion will go on. Like drinking, don't analyse it -  
this will enhance its power. Enjoy it and develop  
the wrath between the smokes. Likewise the things  
are going well. **DO NOT GO INTO EUPHORIA:**  
hold back; it is NOW you should be doing all  
the wrath you can. Put go out and take advantage  
of the good life when it comes: hold back and do  
all the wrath you can; 1 day 'Depression' make  
Hollywood. It gives us mental depression and  
economic depression: it gives euphoria, the  
happy ending, the perfect blueprint. Rich will change  
big better for how on, because euphoria is the  
other side of the coin to depression; they are exactly  
proportional to each other. Once Hollywood starts,  
drunk; suicide; promises. Hollywood = good  
guy/bad guy, good life/bad life. The things  
that's wrong will not disappear - the negative has  
to be convinced the 'it can do without it', it has to  
be given the strength to do it - and on those  
'bad' days its whole energy is concentrated on  
saying she can be saved; it is in an emergency  
situation and cannot devote itself to building  
its strength; this has to be done on the good days.

9. I repeated that Oxygen is in a system  
the ended crisis, ended the drama, since  
the crisis and the drama are what we

call life. A little on the immune system  
could function without being put under constant  
challenge, could not detoxify without toxic  
wastes to be dispel, so the life requires  
the crisis and the drama, big or small, to  
make its movement forward. Oxygenation is  
a system of management, so the the philosophy  
the blueprint doesn't COLLAPSE in crisis,  
and the organism doesn't wish back into the  
conditioning that will make no sense of it at  
all. Sense is made of the organism - (t) of  
the crisis. And misfortune is seen on the  
walk of fortune, suffering the other side  
of bliss, indeed a form of it. & B the  
stress - good and bad are no views of  
things, not things in themselves. I said in  
socially says 'You are nothing, mind is  
everything': the breath induces the opposite  
as an unchanging experience. It awakens  
the guidance that is neither feelings nor  
the mind, nor egoism in consciousness.  
(Amazing how the Lion Breath reveals  
the nature behind it (1) the client):  
the face sometimes expresses pain,  
anxiety, reluctance is open, joyful,  
passivity, distress or nervous,  
disharmony, shame). I point out  
therapeutic function of the therapeutic  
breath: e.g. bringing up, dealing  
+ hidden ingestion, ejection -

river problem - sluggish circulation etc.  
then you will get hot. be able to get to a  
tangle. 1<sup>st</sup> man: seen 'a long time ago';  
she was tense in the sense that she felt she  
couldn't see too long a time elapse before taking  
up the breath egg: (whole disadvantage) letting  
the person breathe too early; the  
tangles in all runs were stumps all over - the  
high breath felt 'great'; could have gone on  
aft I stopped to why not too long. 'My  
impression is like fucking the fire' (i.e.  
the high breath).

## SALLY STEFFENSON - CONT.

Gave her an exercise: i) voice breath ii) belly mud wigs iii) 4:16.8 + light, and COCKPIT, as usual a pm. iv) <sup>20 TH.</sup> night's exercise.

7. Suggest ONLY thoracic, try for amniosis. When you breathe gets frenetic it spins into work etc) control. In thoracic breathing there still is too little activity of the abdomen. Distinction between vigor and effort. Talk about CURVES, see you are not breathing in, not breathing-out, nor holding you in the.

The tennis ball on concave ceiling. In first thoracic wind soon lost all control and the breath was moved into the abdominal area and became a kind of helpless CROTCH! The second - it happened again: Must report continued (active) tension in the abdominal area. Suggest hissing standing up.

A possible amniosis on second run, and prolonged, with open-mouthed inhale ending it. Gave her strong ventral exercise + light. She confirmed AMNIOSIS, a second to, she said she saw a wave of image <sup>with</sup> distortion: but she says it is off an "instant" of unconsciousness. She says she does feel her breathing has improved & has the "luxurious" feeling. Also gave her an exercise to stretch thorax.

8. Says 'light' exercises 'enjoyable': intensity not strong. I suspect she is SIMULATING it - she says she is proportionate to light' (my suggestion) but she feels stimulated by the light: that is the word that arouses my suspicion. She says she is 'fluorescent': the 'cockpit': 'day NO - cockpit is light FALLS ON ONE, illuminated body | an illuminating all this, light drawn in: body: exhale via head is | an becoming light. So - i) light shines on me ii) I am light iii) I become light. In thoracic breathing I tell XY her the + directs the RYTHM must be as regular

either a melonoma. After 2<sup>nd</sup> thoracic run (she had  
tingles all over for the first) she got a 'subtle pre-  
energy' for the torso legs which went up the body,  
& left side of brain & behind left ear had  
her attention a while - a place. His chugs feel  
has been 'blocked'. Diff. training spell, 'headache'  
in the area, feel released in the area. In  
center of chest & right shoulder: an energy move-  
ment a 'release' of area. Amniosis: says

awakened not lost ~~at almost end of last~~  
because) the observing self the way waiting for it  
to happen, yet the breath was 'deeper' - a more  
natural inhalation! Also I'm v. visual stuff -  
last week felt an 'explosion' in left side of brain,  
accompanied by bubbles dispersing on left to right.

9: I determined that she wasn't getting sufficient  
in the depth of the fire: it was remaining 'the  
breath' for her (she <sup>had said</sup> ~~asked~~ in the last training  
that she didn't really understand. In the ultimate  
goal of Oxy.: is) this time I talk briefly  
about non-dual Mithraistic religion, not  
the dual way, and how Oxy is to do +  
TRANSCENDENCE of the phenomenal in order  
to DWELL in the phenomenal. I don't adopt  
in this session a new approach: 'gradual  
climb' in thoracic runs + pauses but I  
say 'only follow my next rhythm, only respond  
to my next rhythm, if the tingling is NOT  
all over the body'; then 'only respond to  
my rhythm IF the tingling has died down'

In this way you can determine the degree and deviation of the tingle. Reported effect in left hand & shoulder & arm - the tingle involved all this area, ~~this~~ this is the first time it has happened, ~~all~~ the first time she did the thoracic she felt a similar disparity in left & right side, the left side lower than the right (she didn't tell me about it in first thoracic working). It was a geometrical thing. All feels much subtler this time! No 'ambiosis' - 'Ani' still watching it too hard!"

10. She said she didn't seem to get the tingle at home. I said it doesn't come in all states - esp if there is no response at the time. 'You've had three years to start learning rhythm and do the own SELF MONITORING. She ceased early on first run. She has a tendency to CHASE rhythms - i.e. FRENETIC. She must avoid PANTING. Also the abdominal area tends to be under-functional. Also her abdominal working between runs extremely irregular, as if controlled by 'meditation'. But I could be wrong. She said 'an interesting experience & I do it know if I went into 'ambiosis'. Something like tetany in left side, left ear: a 'ungrippin' quality - the left eye. ~~There~~ however activity between left and right sides. Her evened out with following runs. No sleepiness, no loss of awareness, this 'almost'. She cannot stop to mind, she says.

11. She said she had been 'in control' in last session - family problems. We decided she is having ambiosis at home, delayed. She

described experience during her prolonged thoracic  
breathing - she feels her experience of a kind  
of wave between the ears is to do with hearing  
disability - she feels it to be v. significant.  
So learning like the LION BREATH today was  
very timely.

11. She notices that the breath & Freezer 5 years  
ago her breath became v. full & free - when he  
walked by. Year went by & her husband &  
a large gathering had the same phenomenon - at  
a motorcycle, drinking crowd! She means  
certain kind of people have a certain intensity  
of life. Again went like the LION BREATH  
BREATH - she came to it by quiet  
preparation, doing it NON VIOLENTLY.  
Gave her 3 thoracic runs + Lion  
Breath. She said it changed the  
'vortex' of energy for while it  
left her brain. Her 'concentration'  
was shifted to the left (that is,  
the masculine, linear). The trigger  
felt safe & good. And in new place.  
like new places. And front thoracic  
area. Getting it and the others!  
The lion breath intensified immediately  
but essentially didn't know she is  
did (is. focused in it). And the  
certain breath is the end by it up the  
7.
12. Gave her thoracic + LION, and →

## LUCIANO ZAJDFZNAJDER

1. Abdominal breathing + v. slight thoracic Zickback. Was restricted + open mouth (abdominally). I. see - saw inflexible abdominal movement, reluctance to rise. Depressions which make it difficult to sustain life - a wave up and down - with the lower showing poor or reluctant initiative, low-par relationships, uninvolved work-ideas etc.

Between violent movements - fr = wrath, stroke, anything.

2. Perfect abdominal movement with no movement whatever in thoracic area. Text of Tendency is: overbreath hoarsely. On slight abdominal breathing feels a 'stun', almost an electric on left side of face. He feels left side of the body is more dead, cold - in session during thoracic breathing. Indigestion + headache developed in thoracic and crotch breathing. Breathing v. broken - no curves. Tangled crotch with.

pointed at the PELVIC REPOSE and LION BREATH go together: LION will SHOW TENSION have ABOVE ALL; so movement of it during the breath. I pointed at the the LION BREATH - the persistence of the oxygenation experience because it is LIKE ANIMAL - the breath the face the movement all have together, and this is in the PERFECT HARMONIZATION OF REPOSE AND TENSION. Notice, I say, the tiger, the lynx, the lion when attacking prey - they

## Use for MANES

COUNT but + the whole organism (the human demands this inadequate counting + the cerebral cortex). They are in refuse - totally aware - at every instant of the hunt. If you to chimpanzee said the number is reasonable, you life governed by reason, the you work be aware and curiously / space agility, the organism is confused = it will of the hierarchy to release the animal intelligently - help, and then we say the animal is free and must be restrained by reason! I face the animal is a state of refuse - quill (the lion sleep 20 hrs a day)

13. Again gave her horacic nerve + lion breath for self-monitoring. The lion with down vs up in control is still lost, and it becomes breath - ic ~ helpless in the whole. Her weaknesses are i) LOSING RHYTHM and ii)

GENERATING INTO A PANT.

So SUSTAIN LENGTH EVEN IN FAST RHYTHMS.

I say, 'Remember the you question 'Are we through?' means 'I feel I'm through': at this stage of self monitoring the organism will declare its state clearly. She says 'my animal (i.e. the lion breath) means for 'I can' as opposed to 'I can't' - this has been her preoccupation this week' (think into

tear) : ~~the~~<sup>in</sup> tears she says ~~that~~ 'I've been more  
alive in my mind than in my body.' At last!!!  
'When I'm + freer than I DON'T FEEL A THING -  
I try to work up a feeling - and it how do I feel  
anything - e.g. ecstasy - was remembering.' 'I  
could not know it in the mind but not in  
the presence!' 'In this session I saw the agony,  
of his ecstasy - I saw his face as pure light -  
~~what a look~~ 'What I've noticed  
when I go into it down I have to allow a deep  
exhalation - & then it down (the WTA curve  
and up again!' 'He is in a joy euphoria  
in the INHALE and the upper curve.'  
'The yes-no in me has been the war.' I ask  
'What do you mean by yes-no?' 'A child is  
in the yes-head, then they go into the age 2  
phase when the no-state starts, with individualization.  
The no-state ~~and~~ 'I can't' become confused.  
'At the beginning of this session when the tongue begins  
my body SHIFTS) and reached (became aligned -

(ISCADOR - an anthroposophic remedy by  
Rudolf Steiner composed of mistletoe. Produced  
by WELEDA)

3. Refer mainly to left side - feels  
reluctant to be left to the  
official central control. But with  
control with feels "good" - very  
alive & alert, + awareness of the  
amplitude of perception, the  
defensive perceptual inhibition. Has  
been having headaches since may be  
due to the cord can write. Still  
and slightly in the second  
series. The control with is  
taken. On thoracic weather the  
face feel warm. Did not find  
purged thoracic weather -  
"remarkable" - as well as the  
left side, the left  
side has become more peaceful. His  
relationship was like a servant for  
him - it was feeling the child.  
The child felt "protected", "warned",  
"nurtured". The air the center

in these mountains a field  
 of the child and love. When  
 he is the white man? When  
 he is asked he says, 'I don't know'.  
 'I promise me, you will help me  
 the first cigarette and he  
 feel bad. He needs of  
 'I am in the need of 'warmth'  
 'It is a pleasure denied. He  
 'hadn't directly put them as a child  
 'he would be the one who saw  
 'he would be the one who  
 'cries, 'I'm not a relative  
 'remember this - he says  
 'his wife's job + death were.  
 'He has a strong death wife,  
 'which descended in the + the  
 'relatives with. But he needs  
 'Oxygentic because relatives  
 'was not present in effect.

Amnesty International is a worldwide human rights movement which works impartially for the release of prisoners of conscience: men and women detained anywhere for their beliefs, color, ethnic origin, sex, religion or language, provided they have neither used nor advocated violence. Amnesty International opposes torture and the death penalty in all cases without reservation and advocates fair and prompt trials for all political prisoners. Amnesty International is independent of all governments, political factions, ideologies, economic interests and religious creeds. It has consultative status with the United Nations (ECOSOC), UNESCO and the Council of Europe, has cooperative relations with the Inter-American Commission on Human Rights and the Organization of American States, and has observer status with the Organization of African Unity (Bureau for the Placement and Education of African Refugees). Amnesty International was the recipient of the 1977 Nobel Prize for Peace.

I'm sure every day so much is  
 reported & I... He looks  
 like the way he feels as  
 a result, & the death was  
 even for their side to...  
 with sadness of desolation,  
 since I... the body  
 cry; the revolt with  
 reduce this to...  
 better. He has been  
 impressing his way of  
 being - he doesn't...  
 the factor of oxygen...  
 him - indeed... become  
 sceptical. But decided to  
 feel depressed (which happened  
 because he stopped...  
 breath). He... can't  
 tailor... method...  
 position...  
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