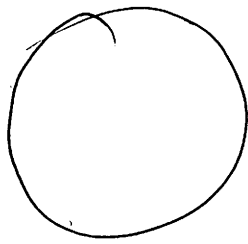


OXYGENESIS
Various papers / OPA

3
③ Oxygenesis
Various papers /
OPA



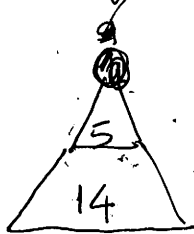
MONDO



ASSISI



20



2



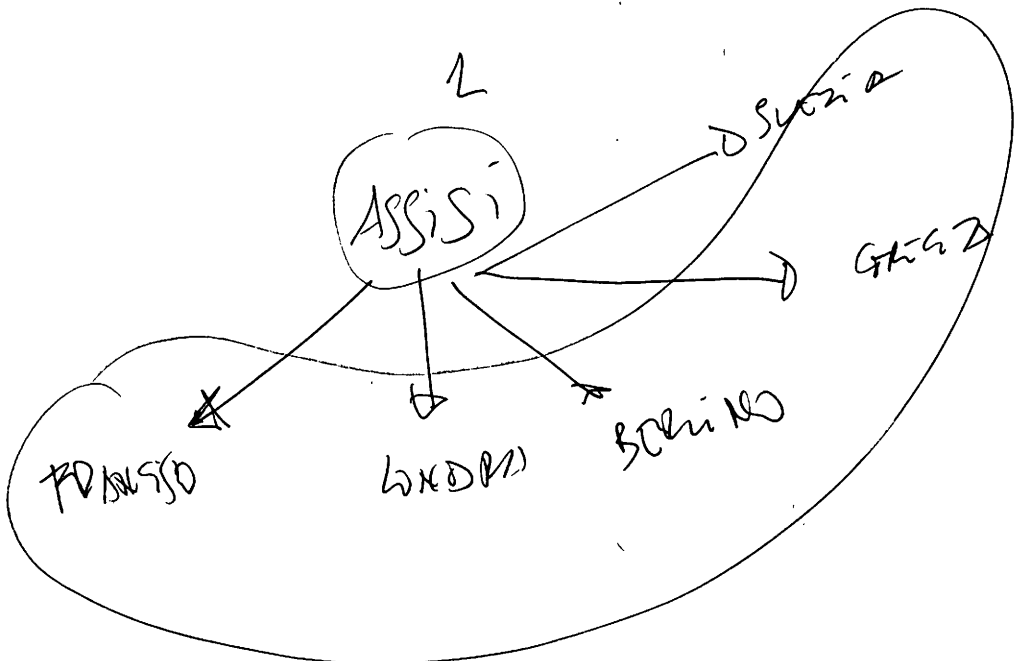
→ Svezia

→ GRECIA

→ PERUSSO

→ LONDRA

→ BERLINO



WORLD OXYGENESIS CENTERS (Contacts)

USA

New York: Barbara Kennedy, therapy group (see Oxy File).
Boulder, Col: Anna Lee.
San Francisco: Ursula Sequoia.
Chapel Hill, North Carolina: Julia Putnam.
Little Rock, Ark: Shane Hart.
Ormond Beach, Florida: Anne Williams
Dallas Texas: Carole Hill Smith

3

GREAT BRITAIN

London: Dr Desmond Biddulph, Ramana Health Center.
Justine Sharma
Harry Oldfield
Annette Rowdon
Sussex: Ruby Tonks
Leslie Rowdon OBE

11

AUSTRALIA

Sidney: Abigail
David Miles

1

JAPAN:

Tokyo: Takashi Sawada

1

EGYPT:

Cairo:

1

FRANCE:

Paris: Patrick de Guise
Mario Parrinello

1

GERMANY:

Berlin: Anita Ludke
Tai Chi teacher

1

AUSTRIA:

Vienna: Christina

1

15

SWEDEN:

Lund: Marianne Arnback
Stockholm: Red Cross

1

DENMARK:

Annette's friend.

1

SPAIN:

1

LATIN AMERICA:

1

SWITZERLAND

ZURICH HERR KURT.

1

INCMTAX1

2 Jan	Olive oil	168.000
5 Jan	Arr Italian Design Succ	1.158.900
13 Jan	unspecified	1.850.000
✓ 10 Mar	Gambacorta	135.235
✓ 10 Mar	Office stove	160.000
✓ 11 Mar	Gianni (taxi)	220.000
✓ 12 Mar	FIAT repair	393.000
✓ 12 Mar	Gasolio	176.000
✓ 20 Mar	SIP	885.000
✓ 23 Mar	tyres/repairs	570.000
✓ 26 Mar	massage	50.000
✓ 28 Mar	tyres	270.000
✓ 2 April	massage	50.000
✓ 6 April	massage	58.500
✓ 7 April	Marconi traction	55.000
✓ 8 April	Gasolio	496.611
✓ 10 April	office carpet	145.000
✓ 29 May	SAI insurance Argenta	400.850 ✓
✓ 18 June	SIP	219.000
✓ 21 June	deposit Assisi house/1st rent	1.300.000
21 June	unspecified	650.000
29 June	Insurance Red Hawk	186.560 ✓
3 July	mattress/bed	152.000 ✓
3 July	gasolio	586.000 ✓
7 July	Lucio/ENEL SIP	738.694 ✓
17 July	Gambacorta	280.000
21 July	'SPIAGGIOLA' deposit	50.000
25 July	MUSICAPRO	500.000 ✓
25 July	PETRINI rent	650.000 ✓
4 Aug	Rosignoli/tyres	210.000 ✓
10 Aug	FIAT repair	70.000 ✓
20 Aug	Hotel Agipmotel	174.900 ✓
20 Aug	FIAT Rozzano (alternatore)	210.910 ✓
21 Aug	PETRINI rent	650.000
1 Sep	Hotel Fior di Mare	537.000
2 Sep	Hotel Fior di Mare	50.000
13 Sep	Hotel di Mare	45.000
13 Sep	'SPIAGGIOLA'	643.000
17 Sep	SIP + 500.000 self	1.020.500
23 Sep	Gambacorta	314.000
26 Sep	Touring Club Umbria Guide	35.000
22 Oct	Buffetti (printer table)	538.000
1 Nov	massage	167.000
1 Nov	floppy disks	20.000
2 Nov	SIP	335.000
12 Nov	dentist	300.000
14 Nov	massage	25.000

BOOTH INFORMATION

I SAN FRANCISCO

A DIAGRAM OF
RESP MUSCLES

① Oxygenation of Performing Artists: These produce amazing results for actors, instrumentalists, singers, conductors, composers, artists of every kind.

② Oxygenation for Leaders, executives etc. All those who rely on performance to achieve their ends, and a complex and fragile nervous system.

II ITALIAN RETREATS:

① ASSISI (Sacred music etc).

② SAN GIMIGNANO (renaissance)

III MUSICAPRO FESTIVAL REFERENCES

Musicians.

Leo Rudoi,
MFA.

IV PRIVATE SESSIONS

The personal journey is incredible: with their physiological transformation there is no quest

IV

Share \$600

V
LMP
COPY!

EXPERIMENTAL ORGANIZATION

constructed it on the basis of his observation
hundreds of people, ~~who have come to~~
~~in the last few years~~ ~~to~~
~~Sweden~~, He began He took his
work to ~~the~~ California S.F.
where he ~~worked~~ ~~for~~ 6 years.

observation. Each person is unique in his
breath, and until he understands what his
breath is, what it is doing to his organism
will be able to master its unbelievable
forces. So little is known about the
breath today in either the East or the West
that people easily plunge into breathing exercises
that are harmful. Understanding the breath
is a slow, cautious journey and cannot
be undertaken without first removing
all the usual concepts about it.
Wherever breathing exercises are
offered without careful introduction
and observation of the your own
respiratory system they should be
regarded as potentially harmful.

M. K. has based his system on
many years of experience & self-experiment

be the case of the person was really inside!
~~But more~~ But this is usually not the case.
On fact, the more outside people assume help
to be the more helpless people are inside.
To know what your own life is about is to be
given courage. ~~You can't be taken for a ride so~~
~~easily any more.~~ You exercise judgement & you
~~aren't afraid to express the judgement.~~ It's just
easy to be influenced by other people & caught
up by their wishes & designs

This is why performing artists of every kind —
Singers, actors, dancers, musicians, — have found
Oxygenesis so useful. They find themselves on
the stage alone, frequently faced by hordes
of people & without inner autonomy they're
lost, even the greatest ones. You will always
find that the breath is the culprit of any
loss of nerves in the performer. Flexibility
of the breath means flexibility of the life.
It doesn't mean intensive breathing, or breathing
exercises & any form of aerobics — only
understanding the breath by means of analysis

Stress ^{etc} are simply the results of non-activeness

It will give you
a new ~~means~~ ^{manner} of perception.

Oxy genesis will reveal to ^{an} your inner guidance which is superior to anything you will find outside of you. We can only lead our own lives if we have this. Until then we are entirely in the hands of outside forces

People who complain of stress, fatigue, pessimism, low self-esteem, a sense of imprisonment, ~~a conviction of abandonment~~, acute distaste for other people, boredom and apathy, a sense of being ugly ^{or} unwanted or abandoned — all of these things simply demonstrate unawareness of your own objectives. Many people activated in this way by Oxy ^{realize} ~~find~~ that the work they do, the friends they have are uncongenial to them, they began to ~~make startling life changes~~ renew their life in a diff. way. The whole of our education whether from the school or media is dedicated to the idea that knowledge & the good life come from outside. This ~~is~~ indeed

Oxygenesis

A human being has to be activated. He cannot just come on this earth & follow a blind course, expecting everything to fall in place as he or his parents or his teachers believe it should or might. It is the claim of Oxy. that only a masterful use of the breath, under safe & careful guidance based on many years of experience & experiment can activate a human being to such an awareness of his own life that for the first time he can say that he is living it as opposed to being moved mechanically by outside forces -

Our breathing patterns are distorted. Oxy
analyses &

Useless to use the breath without the mind
& we use the mind in a particular manner
not for its reasoning faculty, not for painful
effort, but for a ^{part} level of monitoring which is
the key to the Oxygenetic process.

Within moments of a cert. level of breathing
pattern we can take a completely diff. attitude
to something that frightens us, or pains us or
presents us with difficulty. The organism has
a remarkable ability of detachment, even from its
own distresses which usually requires months & years
to acquire. It takes a long time because we believe
that only the mind can do this work. But the
breath working with the mind achieves it
in a moment.

Comprehensive Brochure - Oxygenesis

1. Our center in Cassio, ^{or some} retreats, courses with
holidays attached

Wise-power
Stress reduction
Heightened perception
mental powers
concentration
artistic ability
originality
well-being
self-belief
Life objectives

Package for immediate
recovery from energy
loss, morale depreciation,
tiredness

Sickness

~~Our power~~ ^{methods} breathing are the key to good health
tolerance, ~~the amount~~ amount of perseverance

The power to moderate unwanted habits

Ram Alexander - Santa Fe

This is not a mental process. ^{is} It is a physio-
effective to a certain pt. But it doesn't change
the organism. O: is convinced that the info.

centers built into the human organism have atrophied & can be brought into use again by certain techniques

Everybody believes something about the breath.
Deep breathing

Our courses & private lessons are not devoted to huge quantities of the organism. In fact, they're devoted to economizing of the air we breathe in and the calmness of the respiratory system. Nothing can be accomplished in breathing without relaxing the muscles involved in breathing & connecting them to the various portions of the nervous system. Only Oxy provides a detailed analysis of the functions & effects of breath on all the occasions when it is used by the human organism.

People have called Oxy a whole new culture in itself. We can't go on with the old life once we've done the work. The new system of breathing we learn will insure this for us.

... ..
... ..

MA. Philosophy

From the time when R. was studying philosophy at Oxford Univ. he was thinking about the origin of perceptions which led later to the doctrine behind Organicism. This Ox. has been thought out slowly & carefully in many countries thru many experiences until it is a complete canon of knowledge.

His book, the Wrong Brain will be a detailed description on this. His other books - when he was studying Italian History & culture - ~~had to do with the preparation of the~~ Renaissance was

20 years of thorough of Pruneyama, working in theatre with actors & 100's of charts in ~~California~~ 6 yrs of work in San Francisco

2 studying Italian Ren. & Ital. people to get an idea about how an organism should function with maximum intelligence

OXYGENESIS

CORSO FISILOGIA DEL RESPIRO
FESTIVAL MUSICAPRO ASSISI 1987

Un Giorno nella vita di un respiratore:

1. LO SVEGLIO

Respiro adominale generoso
Quando piu sveglio respiro completo
Sbadigliare
In caso di depressione, problema ecc. respiro silenzioso
osservando il problema.

2. Prima del primo colazione

Bastrika (5/10 respiri toracici, poi riposo, seduto, 3x)
Respiro del fuoco (5/10 respiri adominali, seduto sui
ginocchii)
Sarvangasana

3. Durante il gioro

ricordare i due punti relax (lingua e canale anale)
Tagliare il film
In ogni tanto respiro silenzioso (seduto, sdraiato)
In uno stato vegetivo il respiro toracica
in uno stato eccitato il respiro adominale

4. Per concentrazione, equilibrio

4-16-8 (3x, seduto o sdraiato)
4-8-16 (3x, seduto o sdraiato)
respirare toracicamente molto leggero, osservando le
curve, poi leggero adminalmente osservando le curve.

5. Perfezione del respiro

z-z-z-z-z (3x, seduto)
spinto (3x, seduto)

6. Prima di dormire

respiro completo
respiro silenzioso
respiro adominale generoso

Non deve fare questi esercizi subito dopo mangiato: aspettare
almeno un ora.

Se girasse la testa, sentissi mancanza di fiato, pizzicasse la

mano STOP e ricominciare quando piu riposato

Il respiro non deve essere mai forzato: al contrario, deve essere sempre voluto con piacere.

Il respiro senza piacere non e efficiente

Per Hatha Yoga rivolgersi SCUOLA SELVARAJAN YESUDIAN; Zurich.

OXYGENESIS FOR PERFORMING ARTISTS
125 Crescent Road
SAN ANSELMO
CA 94960
USA

Monday

(CAN I HAVE MY OWN LIFE?)

8.00. Unweeling & suffering

The 4-16-8 for REPOSE in the hold.

Language of the organism = What it does

2.45. Relaxing inside to different positions?

4-16-8 Alternate X-O-ST-E KUNDALINI Δ

WAKING UP

SILENT BREATH IN A CROOKED

POSITION (ACCEPT)

Language of the organism: What it does

This is Oxygen: the worst will

benefit the most The person who

drinks smokeless water + night

or paradoxically a low killer disease

or disease is DOING MORE Oxy

~~or position~~ listen, answers.

CONDUCTORS

- 2 -

Take away ^{music}, rehearsal's public.

4] 1st CLASS FOR ALL CONDUCTORS. $\sqcup \cap$ etc. BASTRIKA.

FIRE BREATH: sitting, lying. THE PAUSE. THE CURVES.
QUOTE conductor no asks, the we have this equilibrium does it
mean we don't pay any more, with no suffering, entering the
terrain and images of say Mahler's music. I say the you pay
for a coffee or a meal do you hear you hear each time? The
paying becomes of no consequence. Animals - 25, 16 etc; water
a minute. SILENT BREATH, with PROBLEM.

5] The CAVE. Bastrika & Fire Breath sitting and lying.

6] Bastrika / Fire Breath sitting and lying: FISCHI PER
FIASCHI. 4-16-8 and 4-8-16 sitting, without nostrils.

7] Continue 4-16-8. Δ (K), alternate nostrils,

and LYING.

8] Bechale exercises: hiss, shunt, candle flame, sitting
& inhaling thoracically. Then COMPLETE BREATH, and
all exercises LYING, using complete breath. (They then
feel the thoracic breathing is not sufficient).

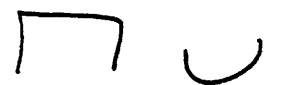
9]

CONDUCTOR'S CLASSES

SILENT/NOISY BREATH

3 MODES OF BREATHING.

Paradoxical breathing AND
FIGHT-OR-FLIGHT/

2]  Silent breath. BASTRIKA. FIRE BREATH. THEN SAME LYING DOWN. HOW

TO REVERSE (REQUIRES EQUAL CONCENTRATION WITH BREATH). I AM ASKED, Does achieving

equilibrium mean we don't have to enter the terrain and to speed up the music, we don't have to pay with our suffering! No, I say, we

pay: only paying is nothing, so have that paying for a coffee in. Equilibrium not based on system, protective system, but paying without representation.

3] INTERIM CLASS (ONLY 5). CURVES & PAUSE



The ecosystem
'physiology'

The conductor who conducted + his body twisted up: the only way he knew. How to correct this?

To need to make switches of 6 rather
try to be wrong due to this

The Training

Muhle - just for me to get
a cassette. It will be the one of need -
if you go on the impulse, instead of doing
1) Performance, Memorization. Performing knowing
the sees, the friend, the master, the food, very
the reliable, the sympathetic. If you
have someone tragically ill or unhappy
they will detect also the performance,
the strained desire to help. The belief
the help is ever possible, and thus the
vanity. Performance = vanity. [A]

2) The dog: thoughts about sleep class: an
extraordinary, embarrassing vanity which
makes people speculate. This is because
you live in a 'voluntary' reality and
strive for a 'another' reality, so if you use
Oxy of the you will find yourself
drastically blocked, and you - those that
I shall use they be surprised to see how
diff oxy has become = if hand will
be turned against you because oxy
cannot be changed.

[A] # 2 must be entirely withdrawn: let of artistic person being entirely withdrawn. I have to sit down & work myself out, the diff between performing & doing, performing and communicating? ~~of doing & just~~
~~performance with a precise performance - a performance~~
~~of your judgement of the piece~~ Bron Jay a doctor - the dying woman had to say stop, leave the piece!
 I have to leave people (to do it) in this piece, because you may not understand his lines & this piece.

3) Tanya. When if you say with a tightness of the mouth 'It's how of my husband', which is a justified reaction of mine: Cal. wd naturally have, it means you're too interested, and feel implicated in all the things and you have to face it face pressed to be my uncle of husband, and it should have been. become performance again. Extraordinary variant? saying you didn't want to 'awake' Tanya? you let her to be a detractor? then there's an attempt to 'plant the seed'? I can't awake anyone, so die by. Did you think a explicit performance because this is how it looks to them - a will of it all over a summary and chord (and, above all, superficial, and false).
 Now a) Tanya's index + 2
 and b) your letter effects of the two were to be 3.

'No my business' is an attitude, part of the subject design. It means you can't think it. The subject looking - certainly doesn't delight - you, as it delighted the 2 people playing in the drama, (I deliberately fed you + details on the next few days) ~~to show you the way piece of information~~ ~~was 'serious' individual~~ ~~blatant~~ ~~it~~ ~~but~~ ~~almost~~ ~~as~~ ~~if~~ ~~you~~ ~~are~~ ~~in~~ ~~business~~

The danger of mindy me's in business is the ^{one} ~~one~~ ~~is~~ ~~the~~ ~~idea~~. And me's way of not mindy me's, one business is to offer unrequested & unrequested advice, which is received as a postpositive prescription, and likely to be regarded as i) based on vanity / or ii) a sexual advance under the usual pretense cover.

The advice is 'garbage' - & of course the relief of 'getting rid of it'. Suffering is a path (rather like a course in dance movement ~ artillery logistics) - for that it is & you've learned something. All this pretense claptrap cannot be given to the world as 'new' unless it's 'enlightening' towards many philosophers name of those in. I don't think it is people as the same time as you move then doing the 'intel' with + the 'matter'. I feel quite happy that you will use your feet - we get beyond this stiffness - of mind & certain of body, because whenever you do exercise your feet, it is worth paying to watch you teaching

the young in this way. (2 week way marriage, a
perhaps a week's dead drunk, etc.)

2 we in the end realize that is the way
we looking at it in the wrong way, so you were therefore
to leave the wrong way, and, being unknown to yourself.
despite the you call you 'observed' (which is simply a
self-censor, and not a move at all), you call it
real. But you can't understand that - saying you
know. But you can say is 'I disagree' because there
is the you have been taught on 'thinking'. If I asked
you to tell me the meaning of the above, you could
produce a cordille with - work) California
responses.

~~The censor: the self~~ I see you as an
intensely vain person, a terrific show-off. The
obvious self-criticism mixed in with it, & vice-
versa.

'Personal' remarks addressed to you are
are dangerous - you cannot know the difference
you may be touching, but you are informing everyone
and detaching me in sight. Until you are sexually
proposed, you should avoid this.

People have a coming awareness (at least
they do in the Americas) that morality is connected +
sexual conflict.

If you read Ouspensky's Chap IX (v)

'The Secret of the Miraculous' in 'New Model of the
Universe' you will read the extraordinary echoes

TRAINING

in the manuscript, how, clearly (for him), I felt the idea of the artists who had ~~shown~~ ^{striven} to express the infinite richness, variety and beauty of the soul or of eternal life as compared to the small and insignificant earthly life. But these echoes are going on all the time, and he doesn't hear them, so he has to call it "shit" or "garbage" or "insignificant" because he isn't seeing it right. And "suffering" is something of his to get through, learn from, gain by. It can be the echo.

Oxygen likes these 15 real survival-
needs and to harmony, and every firm
alarm system and emergency escapes

Oxygen sees the these ~~so~~ devices
for harmony, and real survival needs, and
even no large emergency strategies.

(which may even go so far to disturb
the body)

It likes the + the serenity which every
creative has, even the mad. In doing this the
structures cease gradually to be emergency
system.

Oxy sees the structures (metaphors) are
linked to the serenity which every has,
~~even the~~ however disturbed, and in this process
the structures gradually cease to be emergency
system.

In my opinion and eye is no ?
the structure will actually take the form ?

(1)

I did at all mean by 'release point' the point
 where emotion, energies, desires, distresses are released.
~~that is deep & easy to obtain, usually just verbal~~
~~means. It is not the right setting, and release with~~
~~one does so and a lot of you persist at the distance~~
~~area long & easy. But the person has~~ ↓
 oxygenesis it is, in fact, the opposite, making the
 point it shall ~~active & passive~~ ~~but in emotion~~
~~contact~~ contact is made with the very source of
 those emotions etc. Most people, in my opinion, so
 tough life with us making the contact, especially
 professional and academic people who over-tax their
 cortical function, and transpose weights into therapy.
 In all inner structures this is the most difficult
 to break down, because it fears to give way to
 low-critical sources, ~~of and because the condition,~~
~~the knowledge, the center or situation it is~~ Much
 condition is the result of this fear, so the
 naturally, when a great career ~~has been based on,~~
~~the reputation of being a brilliant mind,~~ or a
 solid source of income, or a sense of a ordered life
 then there is ~~in the head,~~ ~~in that fear,~~
 where there is ~~in the head,~~ ~~in that fear,~~

One of my most remarkable experiences = Oxygens
 is discovering that the level of services I've created
~~the validity of classical psychology (just for the~~
~~months for~~ the actual demonstration of the principles
 of classical psychology, especially Freud. In fact it
 began to seem to me - and studied Freud, Reich,
 Jung and Otto Rank more closely - that all psycho-
 analysis had locked upon the discovery of breath,
 which is that it was always conscious, in its
 principle of disposure, on the first steps of life
 at birth, for which all anxiety sprang.

A simultaneous course of Oxygens and
 analysis ~ some valid verbal therapy would
 bring mind, be ideal, and the pushed to yield
 results. For as they turn = Oxygens the
 with and the subject feel a need to talk about
 a certain way of anxiety - and the then verbal
 disposure is being handled by a therapist who
 knows ~~(like Karen Horney)~~ precisely what I'm
 doing, there is a clarity of perception = the
 subject will produce short cuts.

~~The hardest~~ As in analysis, the subject
must be able to perceive the process he is helping
with. If he ~~is~~ is 'sceptical', (which would
mean the his response is fragmented and self-
inhibited) if he simply doesn't believe in the
process, the process cannot take place because
the mind is extremely powerful, and produces
the chemical setup necessary for any current
emotional situation. An emotional 'scepticism'
(highly prevalent among scientists) will block
the most lasting effect of oxytocin and
will as analysis. As in analysis, the
subject has to emerge in oxytocin, no longer
needing the Teacher, and even ~~it happens~~
~~sometimes - reactions take place outside his influence,~~
in his mind, but this should not take place
at the end of the process, when the subject
has perfect command of his breath.
It is so with the cannot be done
alone, focusing a analysis cannot be done
alone. It is much like working - the teacher

①

③

an actor needs the director to show him how he is
 looking, ~~reference~~ to the ~~potential~~ audience, ~~how to be~~
~~crafted~~ and mean how to make he mean to convey
 is being successfully conveyed, in other words, the
 degree of mastery with the audience; feels he is
 achieving. Once the performance is ready, the director
 can go home, and his job in the room is to perfect
 or correct a point here & there in the performance.
 In oxygenation, after the main process is done, the
 subject might have to check in "later time"
 to perfect and correct the work.

It may seem absurd that the work
 majority of mankind might do is how to
 breathe, and is therefore ignorant of the most
 important bridge to our energy to use that we
 know, but it is the case. A glance at
 presidents, celebrities, and especially doctors
 and scientists, ~~who~~ naturally show distortions
 which have determined the structure of the
 upper trunk and make any discovery of the release-

paid in private. On trusts, interests, ~~action~~ ~~action~~
unrestrained, purposes of any kind, Oxygen provide

a remarkable utilization of resources, an economy
in this use and above all a clarity and order
in approaching the artistic material. The clarity,
despite war a great error, has been using before.

May Some writers who have heard of Oxygen
have avoided it on the grounds that it is
producing clarity and order, it will take away

this 'delusion'. But of course this delusion is
an illusion if it is only sickness. The

True delusion is a slave to the two pieces
and distorts the vision. It falls into, by itself,

but a passionate guide such requires skill
never power to sustain it. But it is difficult

to see this if you have based a successful
career on a part of you that you believe to be

sick and mad. A TS Eliot once said,

the man who suffers and the man who writes
must be distinct, and this is never possible when

orders and makes the destiny the frontiers.

(12)

(4)

The 'voluntary' initiative + a better source than organic disorder. To reduce the need of artificial control (e. control necessary in the case of 'undues and excesses'), and ~~with~~ ^{means the} work at flood-tide no high taxes or ^{disturbance} ~~scarcity~~ the organic + any excess the flood is going to come, or must be controlled, or is illusory.

I find the most prevalent and the falsest - assumption today is that the ~~life is~~ human life is governed by the cortex, that is to say by conscious will and desire. I have recently met a scientist who disbelieve in this, he believed that, when he did his research, were dancing it as absurd. There is no evidence - brain research to support the contrary. Classical psychology has helped this prejudice - stimulation by its invention of the ten 'mechanisms' - which swept under the table ~~just that~~ ^{almost} everything the gods or in - human being. Freud

said that all thought takes place in the unconscious - but the world would want to hear that the thing takes place in the conscious. Who is the thinker? Is he the same as the unconscious? Or is logic to. This is Freud. He does not help the course? Like pygmalion -

analysis, Dreyfus is a design to do something. The end to reveal that in ~~attain~~ the order and not chaos is attained, and that this order is the precise opposite

~~of my control, self-differentiation, and~~

critical control. The make so my for the word. In the use there can be no functioning. Writing is function in disorder is - with to find the word until so far has ~~escaped~~ eluded the search.

This is my third method. Use - weakness.

of the victim is ~~exactly the~~ like place
 however, and in fact felt in the change of
 attitude in the people towards me. The new
 situation is rightly estimated, we all know,
 but - on the contrary - so strong and solid, the
 no change is felt = 'what we become we
 forget.' This is we forget or we're always
 like this. A wounded limb, health of the
 organism, like extraordinary little time is
 an act itself on a absolute permanent condition,
 while the previous state may be turned into a

unwounded part.

In ^{feeling} not ~~regarding~~ ~~as~~ a victim, the
 victim is elicited in others and this makes a
 new response.

Working + a psychotherapist on the level
 people I realized the ~~was a~~ she was
 eliciting the victim while oxygen is over
 despoising it. The ideology on 'it happened'
 in childhood as a result of frozen attitude for
 and scientific language is a attempt to

BREA H

MIS. NOIMER

MISNOMERS.

OXYGENESIS

BZZZ

TINGLE

TROB

VIBRATE

PINS AND NEEDLES

ON THE SURFACE

IN THE CELL

RELAXATION:

MUSCULAR, FROM THE OUTSIDE IN,
CELLULAR, FROM THE INSIDE OUT.

THORACIC
INTERCOSTAL MUSCLES.

SOLAR PLEXUS

DIAPHRAGM.

"CROTCH"

ABDOMINAL

ANAL PASSAGE

COLON

BELLOWS

"SPECIAL EFFECTS BOX"

SACRAL

2 OXYGENESIS

ACTIVATE
ACTIVATION

A "RUN" (CYCLE)

BREATH RELEASE

ALTERNATE NOSTRIL

DISPERSION

TRANSCENDENCE

MASTERY

NEURAL HEADQUARTERS

SPINAL COLUMN

FLOATING

COCKPIT

LEVITATE

THE INFLUENCE EXERCISE

HATE ELIMINATION

FLEXIBILITY

THE CURVES

THORACIC
THE WINGS
^

INHALE / INHALATION

EXHALE / EXHALATION

~~DOWN~~ BREATH HOLDING

3 OXYGENESIS

REPOSE

VERSATILITY EXERCISES

STRAIN

EFFORT

TRYING

ACHIEVING

FULL RELEASE

BELT

SLEEP APNOEA

"THE CAVE"

THE "SEE-SAW"

VISUALIZATION

PULSE

ATROPHY

INBUILT FACULTIES

"I can all I need K be"

"I have all I need K have in order
K be the I want to be."

PRE-NATAL

UTERINE CANAL

AMNIOSIS

4 OXYGENESIS

SELF-MONITORING

SUBTLETY

DEPERSONALIZATION

NASAL

ORAL

UPHEAVAL

IMMUNE SYSTEM

SUPEROXIDE DISMUTASE

FREE RADICAL

Max Oxygen Utilization Capacity

DEPLETION

TRANSACTION (+ WORLD)

AFFRONTARE
FRONTeggiARE

AROUSAL

PELVIC AREA

CHRISTINA :

Management: Prof. Adam GABOR

A1010 Vienna

FLEISCHMARKT 24

VIENNA Austria

Tel: (0222) 5122461
5120100

Signon FÖGÜ

Università per S di Puglia

i) Lajos.

Centralino

ii) Signon.

domanda riguardante diversamente

Per il 12 mattina deve partire queste

lettere

My phone:

813185.

BREATH BOOK

The BREATH BOOK should go for
the meaning of REPOSE, and the futility
of techniques since that is explicit
the remarkable power inherent in this
ACTIVE PROCESS. There were here
made inactivity and repose DEATH,
and activity LIFE: ~~activity~~
~~activity~~ the meaning of the
yogi is absolute stillness is absolute
activity is lost to it; and largely
it is incapable of dual state. Even
in deep, even in apparent happy
situation of maximum relaxation,
it evades the western conception.
ONLY THE BREATH CAN
CAPTURE IT. Everything "FALLS
INTO PLACE" with the breath: this
is the experience.



CREATIVE PROCESS CONSULTANTS

3618 Sacramento Street, San Francisco, Ca 94118 (415) 652-3714

11.16.1984

Dear Jeff Samuels,

As I mentioned to you on the phone, the enclosed pamphlet on Oxygenesis won't give you very much idea of the process itself as it's designed for the people actually undergoing it. Nor will it mention depression directly. This is because I think that depression is best resolved into other factors, and these have to be looked, rather than the end-symptom itself. cut

I see three features of depression: i) The world is all grey ('I have no role'). ii) There's no future ('I have no hope'). iii) Life doesn't feel real ('I'm not properly here like other people').

These mean for me loss of security. It is much like a temporary loss of immune system.

Only when security is supplied as a physiological reality will the depressions become tolerable and then diminish. In my opinion no verbal or analytic forms will do it because this is really a cellular condition.

It is achieved by Oxygenesis by

a) amniosis, in which the organism, perhaps for the first time since the prenatal condition, is i) utterly immobile ii) not breathing iii) not cerebrally aware. It might be called, if we wanted to be psychological about it, the 'reappearance of the mother', in the most genuine physiological sense, a reentry into the womb (especially important in the case of object-loss in childhood (death, suicide of mother). Amniosis is induced by the breath (it may be a long haul of months in extreme cases). That is, security is now experienced, not visualised, hoped for, talked about, imitated.

b) the elation principle, induced by regular thoracic breathing. It is customary for clients to burst out laughing during a session and not be able to specify anything funny. Endorphin production is probably enhanced (a property of oxygen), just as the emphatic exhales using the abdominal muscles which we call laughter has a powerful detoxifying and toning up effect on the whole organism. This was what cured Norman Cousins, in my view.

c) abdominal rehabilitation by means of the breath. That is, the parasympathetic or autonomic function, as opposed to the arousal or sympathetic function which is distressing for the depressant. Abdominal breathing apparently affects the PH levels of the blood. But such breathing has to be learned. No one lacking in 'bellows flexibility' can properly do abdominal breathing, and in my experience most people lack this flexibility. Therefore abdominal breathing in a group is usually misguided because not learned from basic physiological



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- 2 -

principles of the 'bellows system'.

d) the electrical charge induced by arousal breathing with its invigorating and therapeutic effects on the neurotransmission function. Thoracic or arousal breathing increases the charge of blood, and the oxygen on the blood, via the vertebral arteries.

Lastly I ought to say I'm much opposed to hyperventilatory techniques in the treatment of depression. The results look spectacular but are paid for in the depression that necessarily follows euphoria. It is like overusing one neurochemical and then being temporarily depleted in it. In my experience euphoria and depression are frequently two sides of the same coin, an escape from each other. One should try to induce the very opposite of primal, cathartic, regressive, violent behavior---namely, a greater stillness than the organism has hitherto achieved.

Hope this is enough to give you an idea of what Oxygenesis tries to do.

Sincerely,

Maurice Rowdon

T H E O P A W O R K S H O P S

- 1) COMPLETE BREATH. ✓
- 2] BASTRIKA.
- 3] BASTRIKA LYING.
- * 4] CROTCH (FIRE BREATH) ✓
- 5] CROTCH LYING
- 6] 4-8-16 SITTING
- 7] 8-32-16 SITTING.
- 8] " " " LYING
- 9] WAKING
- 10] CUTTING THE FILM. (K)

- (Expansion) →
- ① Silent breathing without movement - move the breath.
 - ② CROUCH.
 - ③ SHUNT ~~ANALYSIS~~.
 - ④ NOSE
 - ⑤ SWITHBACK
 - ⑥ Coordinate + the breathing
 - ⑦ PASTURE
 - ⑧ HISSING

GROUP B:
1-FIGHT-OR-
FLIGHT

THE MUSICAPRO WORKSHOP

- ⑨ BREATH + MIND
 (Alternate vocal lips + ^{pronance} + metal claps).
 ⑩ BREATH (EXHALE)

II

① THE 'DEEP BREATH': we lie down and attempt a 'deep' breath, which we find to be simply a noisy one. We talk about the popular fallacy about 'deep' breathing being desirable and 'shallow' breathing being undesirable. The smoker aims at deep breaths he otherwise starves himself off. But the aim is efficient breathing, efficient oxygen metabolism. In fact the west probably breathes too much.

Asking people to take a deep breath is meaningless, though you hear it all the time in classes. 'Just breathe naturally' doesn't mean anything either because the moment people think about the breath it goes out of synch. You have to first show people WHERE to breathe in order to show them HOW to breathe. The respiratory system is divided into two distinct parts, and there are three modes of ordinary breathing, which we shall examine later. Proper breathing depends on a proper understanding of these physiological facts. We must realise that as animals our breathing has been deeply disturbed, and often traumatised early in life, so that we can no longer talk about 'natural breathing'. Otto Rank described birth anxiety as 'dyspnoea' or gasping. This refers to the crucial changeover from blood nourishment to oxygen nourishment which the baby makes soon after birth.

OXYGENESIS falls into two parts: 1) the correction and stabilisation of the breath and 2) the use of the breath to revolutionise the life, the mode of thinking, the habits, the conditioning. In a short workshop we can only do the first, but our most important work lies in the second field, which requires private sessions, because the breathing patterns of each individual have to be observed so carefully, and the technique built upon them. We cannot send you away with your lives revolutionised but you will derive lifelong benefits, both in health and level of performance, if you remember what we do and practice it without fail. You will have the advantage of knowing that most of your fellow-performers do not know how to breathe, and, and, must do with effort and technique what your organism can do with ease.

② THE SILENT BREATH. NOISE MEANS VELOCITY. This breath immediately secures insight into THE DEGREE OF TENSION. We cannot breathe silently all the time because we have degrees of oxygen-need which change with the moment. But at any time we can 'melt' our bodies into rest by means of it.

③ THE CANDLEFLAME BREATH. ④ OBSERVE THE BREATH REPOSE. We shall have to distinguish repose from

CA

10 The cave

11 Cellular - muscular relaxation =
silac breath

~~XXXXXXXXXXXX~~

12 Performance preparation

- 1) Bastuka 3x
- 2) Five breath 3x
- 3) Savasana
- 4) Silac breathing
- 5) Alternate nostril

4/8/16
4/16/8

6 full
breath

13 Why the ferns attain repose
it induces total oxygen
dependency: a natural state of

oxygen self - But it will
to be stable - and habits

return of food But to stop
itself

CAN I HAVE MY OWN LIFE?
= IT IS NOT ME.

14 Silac breath OBSERVING PROBLEM

15 CUTTING THE FILM

16 Kundalini - exploiting the
power in the Δ for artistic power

(illumination - God - is the usual Ajitans).
= essence = i.e. not me

17 WAKING UP.

(do I do anything to
make this impossible?)

relaxation. We can only understand this distinction THROUGH THE BREATH. We must learn that the breath is a barometer of our thoughts, our will, our state of nerves, our mood, and that we have the power to change these things with the breath. In Oxygenesis we have TWO RELAXATION POINTS: the anus and the tongue. These will give us at any time a report on our nervous state. Relaxation is resting-from-tension, superficially. It is, so to speaking, induced from the outside in, by a certain position, sitting or lying or leaning. Repose is from the inside out, and can be achieved in any position. It requires training. We can only hint at that training in a workshop, for true repose requires an overhauling of habits which takes a considerable time to achieve.

- (5) (5A) THE SEESAW (5B) THE SWITCHBACK.
- (6) THE AUTONOMOMIC USE OF THE BREATH:
 The sneeze,
 the cough (500 miles an hour),
 the laugh (endorphins),
 the cry (restriction of the bronchial tubes to avoid excess oxygen),
 the fight-or-flight response,
 the yawn (you shouldn't rise from your bed until you have stretched and yawned; never suppress a yawn).

(7) THE NOSE
 BREATH QUALITY. We cannot have quality of OXYGEN METABOLISM unless we breathe through the nose. Only for EMERGENCY SUPPLIES do we breathe through the mouth. The nose is supplied with turbinates which comprise an AIR-CONDITIONING SYSTEM without which the immune system will deplete seriously. The first symptom of this is MUCAL overproduction. The nose is our FILTER SYSTEM protecting us against bacteria and particles. STICKS OUT.

(8) HOLDING THE BREATH. When we do this in order to think, or in anxiety or apprehension, we are trying to engage POWER in the breath. We shall see that it is highly beneficial to hold the breath when in repose, but extremely damaging---it can lead to heart problems---when in tension. We have special breathing for tension but it isn't breath-holding. Many people hold their breath during sleep. This is called sleep-apnoea. Doctors on the whole don't understand this: the sleep apnoea at the top of the inhale is harmful, but that at the bottom of the exhale is reposeful. One of my clients in California, a dancer, would hold her breath in performance not only for prolonged periods but during the most difficult steps. Holding the breath is only bad in this case if it is done on the basis of ignorance, because the body will be in tension. Once you can recognise tension, once you have done beneficial breath-holding exercises (we shall do this toward the end of the course) we are able to hold our breath without tension.

(9) THE INHALE AND THE EXHALE. In medicine there is no real analysis of the breath on a physiological basis: to analyse the

(18) SILENT BREATH IN A CROOKED POSITION

(19) DISTENSION exercise - arms high, the collapse body, feel a shiver.

(20) NOSE: i) Air conditioner ii) alternate - hostile breathing.

3.

breath we first have to differentiate between the INHALE and the EXHALE. The first charges, the second discharges. The first stimulates, the second reposes. The first intoxicates, the second detoxifies. With the outbreath strong poisons are being ejected partly through the breath. The Indians usually call mouth-breathers 'disgusting' breathers because they are always toxic. (10) SHUNTING EXERCISE

THE PAUSE. This is one of the most important features of the breath, and the one never mentioned either by yoga or the medical profession. It must take place at the end of the exhale, and supplies the organism with what we might call MINI-DOSES OF REPOSE on which the whole autonomic process depends for regeneration and an efficient immune system.

THE ELECTRICAL BREATH. This is demonstrated by shaking out the hands: an immediate tingling results. In other words the electrical content in the blood is stimulated. The same is achieved by the breath, and has a strong therapeutic effect. However, a person has to be initiated into the use of this electricity over a long period, and this cannot be done in a workshop. **WARNING:** only the number of exercises advised should be done, and never exceeded except under a breath master. Going it alone produces extremely bad effects which even a breath master may not be able to remove afterwards.

1 / **'DEEP BREATH' - SILENT BREATH (See II)**
THE TWO AREAS. The respiratory system is divided into two areas, the THORACIC and the ABDOMINAL, which are two sets of muscles connected with each other and interdependent. In order to make that interdependence work properly we first have to DISTINGUISH BETWEEN THEM.

The first is connected with the SYMPATHETIC NERVOUS SYSTEM and the second with the PARASYMPATHETIC NERVOUS SYSTEM. The first is connected with TECHNIQUE, the second with AUTONOMY. You will notice among performers that there are some with technique and some with autonomy but only in the case of a few is there a balance between the two.

THE THORACIC AREA; we characterise the thoracic or sympathetic area by FIGHT-OR-FLIGHT, or what in Oxygenesis is called AROUSAL. Some people spend their whole lives in arousal, up in the head, neck and shoulders, with frequently EMPHYSEMIC results. All catarrhal or asthmatic symptoms are due to confusing the two areas. **PARADOXICAL BREATHING** is now a worldwide phenomenon as is HYPERVENTILATION, especially among the young. Hyperventilation is lack of carbon dioxide.

THE ABDOMINAL AREA: this is the area of the AUTONOMIC INTELLIGENCE, including the digestion, the sexuality, the liver and kidney functions, the colon. It provides the opposite of arousal, namely REPOSE, which we shall learn to distinguish from relaxation. Relaxation is resting from tension, but repose is what we call AMNIOTIC in nature, containing the healing and

regenerative processes. Naturally great performances cannot happen unless the two are in proper balance, and the aim of Oxygenesis for Performing Artists is to secure that balance.

standing, when leaning, when running or heaving, when sleeping, when resting, when thinking. The need for occasional THORACIC BREATHS (observe this in animals and children when asleep). The occasions when we breathe through the mouth.

THE USE OF THE TWO AREAS IN PERFORMANCE. As there is plenty of business and action in most performance the breath will tend to rise into the thoracic area, and we may experience at times giddiness, panic, fear, desire to giggle, uncertainty, insecurity, loss of interest, even agoraphobia. Putting ourselves in a position to COMPENSATE ABDOMINALLY, for instance by leaning against something, and especially by sitting for a moment (we may incorporate this into our business during rehearsal), we can adjust the situation in a moment.

THE CROTCH BREATH, with the use of the scarf or with hands clasped over thorax.

THE ABDOMINAL BREATH, i.e. without stretching the abdomen to full expansion.

THORACIC BREATHING in order to judge DEGREE OF AROUSAL. The PARADOXICAL BREATH and its consequences (the chief one being persistent fear, which is reflected in depleted FUNCTION--- digestion, sexuality etc). There is never enough air, and so this is frequently accompanied by MOUTH BREATHING. This mode of breathing eliminates all possibility of an AUTONOMIC CONNECTION with the audience.

LEARNING TO DISTINGUISH THE THORACIC FROM THE ABDOMINAL. Thoracic breaths will AROUSE (after too much drink etc, when the AUTONOMIC part is too strong), while ABDOMINAL breaths will calm the organism (after too much AROUSAL or excitement). You may try it in the sex act.

THE INHALE AND THE EXHALE. The problem of the one is always the problem of the other because the two are indissolubly harmonised. The CANDLE BREATH is the best for ensuring repose. The SHUNTING BREATH will secure adequate inhale-exhale and exercise the muscles.

THE EPIGLOTTIS and interrupted breath. This interruption may take the form of CUTTING OFF or CURBING (making a noise).

THE CURVES are the test of breath quality.

THE DIAPHRAGM. Our experience of suffocation when we've

eaten too much. The importance of COLONIC IRRIGATION to liberate the diaphragm. An extremely delicate organ on which the entire breathing apparatus depends. It moves but slightly. THE ACTION OF THE DIAPHRAGM when 1) breathing thoracically and b) breathing abdominally. The parts of the lung which are thereby served.

THE LOWER LUNG and its connection with the autonomic nervous system. The western world suffers from DEPLETION or STARVATION of the lower lung, and therefore experiences continual gasping, suffocation etc. Neither the thoracic nor the abdominal areas

are developed in the human primate.

THE AIR-SACS OR ALVEOLI. When we realise their delicacy we use the nose and thus maintain the filter system, and we are careful about what air we breathe. Before a performance a visit to a place with trees, or the use of a depollution unit, is important. But no breathing with effort. A position of repose and an easy movement secures proper oxygen-metabolism, but effort and strain make it impossible.

THE MITOCHONDRIA.

THE DEAD MAN: the difference between relaxation and REPOSE. It provides insight into the enormous electrical charge stored in the cells, the degree of restlessness in the organism.

POWER EXERCISES. 1) 4-16-8 and 4-8-16. 6-24-12 and 6-12-24. Observe the emotions, any element of panic etc. 2) Incorporate with LIGHT: a) the creative b) the magnetic. 3) The Alternate Nostril exercise. 4) Incorporate with kundalini principle.

THE COMPLETE BREATH. This gives the organism a tremendous charge. We now see how this 'yogi' breath as it is sometimes called cannot be done without first training the respiratory muscles. Most pranayama and yoga asanas are done in the west without knowledge, so that the change produced is minimal, hardly more than what a few aerobics classes or swims would do. Yoga means balance, and the mastery of the breath by the will. There cannot be balance in the organism unless the two parts of the respiratory system are harmonised.

THE HEALING COMPLETE BREATH.

THE AFFIRMING COMPLETE BREATH.

THE DAILY HEALTH EXERCISES: 1) Bastrika. 2) The fire breath.

THE DIFFERENCE BETWEEN PRANAYAMA AND OXYGENESIS.

MAAs

Collapse of secretin

method - i. human

(eclipsed in ~~part~~ part

i. need several times let

up - part - or have

taken up - part for

the turnover of oral).

DORTE HOLST 14 10 60 - 1148

Lucio DEL MAESTRO 329

LIVIA POLIDORO 216

CASCINELLI FRANCESCA

Giuliano Mariotti

SILVIA ZAMBINI

LORENZO LUCIANI

ALBERTO RICCI

Michele Montali 168

Di PERI, Francesco 113

SOSANNA TORTELY 247

~~Susanna~~ 91

POZZATO ANTONIO 209

CHIARONI ROSE

DELLAVALLE BARBARA → 324

ROSATI ANDREA 326

DIDEMBOURG Monique 451

Franz Lukas Schuymer 42

Julia Ströbel 144

APPROACH SILENT BREATH

- 1] DIALOGUE AN INNER action. FORGIVENESS;
- 2] From OUTER TO INNER (4-168)
Don't RUN — stop, inside, use all
your INNER influences. No use of
all we do is here;
- 3] Seeing my clients I see each a
UNIVERSE — which has in all this
knowledge that exists. In the 'infinite',
the 'unknown'. Diff. with — the the ?
Yes, and this is the diff. between Ben
& work. b) when you hear a 'Tender' tell
you you have 'imperfections', that you should
seek help etc. ask what is his
problem? He is doing it of himself —
he is blaming himself — & sees himself
is wrong also. DON'T ASSUME YOU CAN
BRING OTHERS GOOD.

2nd GROUP

1] $\square \cup$: Diff. Nasya / Sine Breath.

Rates of breathing (animals): control can break through the usual cycle. The abdominal breathing.

2] Bastika & Five Breath sitting and lying. THE CAVE. FISCHI-PER-FASCHI. The walking POSTURE.

3] Relax. $\square \cap$

4] $\square \cup$ Bastika / Five Breath sitting and lying. FISCHI-PER-FASCHI. The PAUSE (now SLEEP / REST BREATHS)

THE CURVES. We discover the the organ don't give - dance but its one differing! A dialogue is being between the suffering self & the breathing self. We 'feel the organ then' the mouth, to the first time, not as a cerebralised organ

but as itself.

5] 4-16-8 4-8-16 - The Nose - Sleep Aphora
heart & mouth.

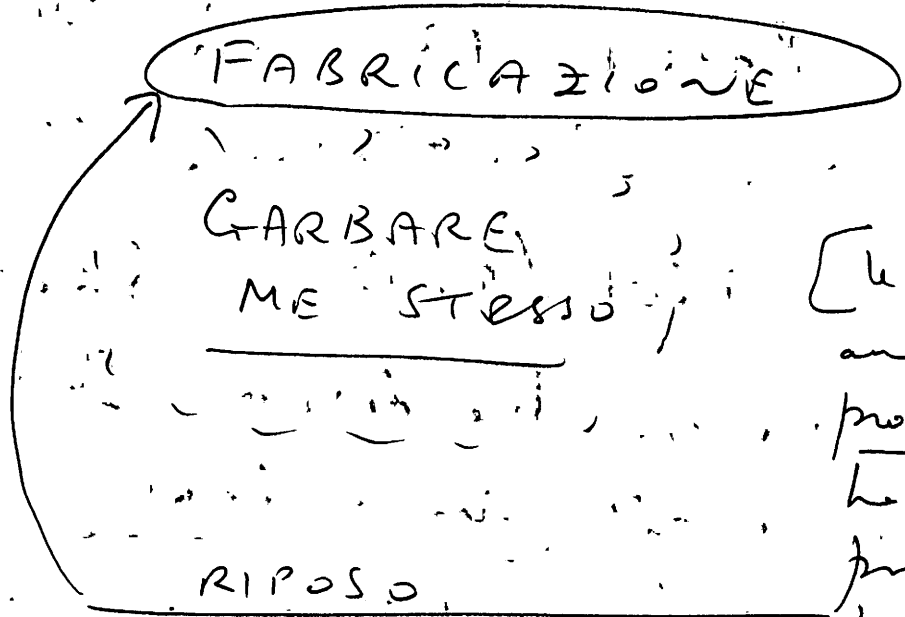
6] Why did we stop the breath (the ^{crooked} conductor)!

~~The squeeze/curl etc~~ In a more develop MUSCLES
 from so low THE WINGS. (Squeeze, curl etc)
 then COMPLETE BREATH^(sitting) Ricchi-p-tissoli
 lying. Complete breath lying. Silent breath is
 good if you have.

7] Recap: Shunt/candle/liss, Complete Breath

8] Shunt/candle/liss, lying: Dialogue (in vocal
 breath). COLLAPSE posture. Savungarane. 4-16-8+

9]



[Lavoro is
 analyze
problem is
 having to
 prepare the
 system. is
 manage the
problem & then
 is not done
 then the work
 Analyzing the
problem & its
prelude the
scripture.

There is a BLECTRICITY
 around people & this is proper &
 the LIGHT. Did this?
 OFFICE, MARSTR, Job etc
 is closed & put out.

Se gira la testa, senti mancanza di fiato, pizzica la
mano STOP e ricominciare quando piu riposato

Il respiro non deve essere mai forzato: al contrario, deve
essere sempre un piacere

Il respiro senza piacere non e efficiente

OXYGENESIS FOR PERFORMING ARTISTS
125 Crescent Road
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CA 94960
USA

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(075) 816641

Se gira la testa, senti mancanza di fiato, pizzica la mano STOP e ricominciare quando piu riposato.

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SANDRO PANI STARO

OSPEDALE NEUROPSICHIATRICO S. SALVI VIII° REPARTO

VIA S. SALVI 42 50135 FIRENZE TEL. 055/670080

Maria Grazia Dalpasso (DALPASSO) TEL. 079-309992

Regione LI MUCCI, 79
07100 SASSARI

Se gira la testa, senti mancanza di fiato, pizzica la
mano STOP e ricominciare quando piu riposato

Il respiro non deve essere mai forzato: al contrario, deve
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'Center of the Cyclone'

Bhagwan Shree Rajneesh, 54, is the Indian guru who founded a controversial commune in Oregon with 4,000 members, eventually taking political control of a nearby town. Last November he was deported from the United States on charges of immigration fraud. After brief stays in India and Nepal, the bhagwan flew to Greece in February and settled on the island of Crete. Last week the Greek government expelled him, and after Britain denied him entry, he headed toward the Caribbean. Just before he left Greece, the bhagwan met with NEWSWEEK'S Carol Reed at a luxurious Cretan villa. Excerpts from the interview:

REED: In the course of your world tour, are you hoping to find a place to stay more or less permanently, a place to establish another ashram or commune?

BHAGWAN: In my heart of hearts, I have found the place. That is my place, my home. I'm not thinking about establishing another commune. Communes will be established more and more around the world. I would love to be a visitor to my people around the world. I don't want to stay in one place. The few days that existence will allow to me will be my days of wandering amongst all my people.

Is your organization (with current assets of \$40 million) financially sound enough to found another commune?

In the first place, I don't want to establish another commune. And in the second place, I'm sorry to say I don't understand anything about finance. I don't have any bank account. I have not even touched money for 30 years. I have been in America for five years; I have not seen the dollar bill. I live totally trusting in existence. If existence

wants me to be, it will manage. If it does not want me to be here, it will not manage. The people who don't trust in existence trust in money, trust in God and trust in all kinds of idiotic things.

Do you think your people around the world understand what happened to you in the United States?

Except me, nobody understands it. For the simple reason that the United States has been so cunning, so fascist, and forced me to do things. I

judge to release me with only one condition—that I would not be able to enter America for five years. But once I had accepted the guilt, they [also] fined me \$400,000, [which was] not part of the negotiations. All these liars. Cunning people.

No, my people do not know the whole story. I am going to tell them. That is one of the purposes of my world trip. So everybody becomes aware of the ugly face of the American government. It is a fascist gov-

change in my inner consciousness. It is utterly silent and utterly rejoicing. Even the American jailer said, "Thousands of people have been in the prison. You are the only one who is getting out of the prison-looking better, healthier than when you entered. What is the secret?" I said the secret is simple. I enjoyed the whole scene. It was a great learning [experience]. They tried to harass me: they did not allow me to sleep. They put my cell between two television sets and the sets were going as loud as possible from early morning until midnight. They made arrangements that after the television sets were silent, then inmates would start talking from one cell to another.

I rested and my rest is something that you cannot disturb. I am the center of the cyclone. And I am looking better because [they] refused me vegetarian food. [They said] "There are no special arrangements, you have to eat whatever is available." I asked just for milk, fruits or vegetables. [They] said, "No, whatever is available and is given to every prisoner is given to you." So I was not eating and I saw that the prisoners were more human than the bureaucrats. Seeing the situation, they started bringing their milk, their fruits to me.

I lost eight pounds, which my physician wanted. That's why I'm looking good. And a tremendous feeling has arisen in me. Even if you throw me into hell, you cannot disturb my paradise. Wherever I am, my paradise will be with me. You can kill me, but you cannot kill my spirit.

Do you sometimes fantasize about the future?

It is impossible for me to fantasize.

Bhagwan Shree Rajneesh



GREENBERG—VISIONS

A tremendous feeling has arisen in me. Even if you throw me into hell, you cannot disturb my paradise

will give you one example. They arrested me without any warrant. They did not tell me why I was arrested. Their answer was the points of their guns. Whenever a government goes mentally bankrupt, this happens. Then they forced me into jail to sign under a false name, David Washington. I refused. Because they had nothing against me, before the trial, the government attorneys came to my attorneys, which is a rare thing. Always the weaker party goes to the stronger party for negotiations. They came to negotiate the case before the trial began. The negotiation was that if I accepted that on two small grounds that I was guilty, then I would be allowed to leave the jail. They would allow the

ernment. It tried to kill me. They had put a bomb in the room where I was to come back from the court to take my clothes. Something went wrong and it did not go off. Immediately after my release, the bomb was found exactly under my chair. I am not against the American people; I love them but I am against the bureaucracy and the politicians. They are the most dangerous people in the world today, with the greatest power, and I don't think they have any brains.

How do you feel personally after being forced out of the United States?

As far as I'm concerned, I simply feel great, just as great as I was in the midst of the commotion. There is no

Songs of Love Gone Wrong

Robert Cray's 'bad influence' boosts the blues

Basic styles and fads may come and go, but like an unfaltering heartbeat in the body of popular music, the blues always seems to endure. Punk and new wave bands may have captured the musical spotlight in recent years, but back in the wings, a new generation of American blues musicians has been adopting—and adapting—those universal plaints of love-gone-wrong for the 1980s. Backed by the enthusiasm of audiences overseas, singer and guitarist Robert Cray is making his way toward center stage in what he hopes will become a full blues renaissance.

Cray, 32, can take a traditional blues chord progression, wrap it up in a cry of the heart and send it straight to your gut with an insistent bass. And yet he is not a blues purist. Some cuts from his albums, "Bad Influence" and "False Accusations" (both on the Hightone Records independent label), suggest the influence of Muddy Waters, B. B. King and the languorous laments of Percy Sledge. But interspersed with these are blues songs informed by the music of the past 10 years: blues played to funk rhythms, or embellished with intricate chord changes and startling dissonances more evocative of contemporary jazz. Cray, in fact, finds the blues label a bit limiting. "It doesn't fully describe the band if you say we're a blues band," he says. "My music incorporates a lot of music styles."

Weaned on the masters: Though born in Columbus, Ga., Cray considers himself a Northwesterner, since his family finally settled in Tacoma, Wash. He was weaned on the records of Ray Charles, Sam Cooke, Waters and King that his father, a career Army man, brought home from the PX. Later the sounds created by The Beatles and Jimi Hendrix inspired Cray to buy a guitar. At 20, Cray formed a five-piece band and began playing in smoky little coffeehouses and clubs in the Pacific Northwest. Three years ago, he took his band to England and played to an audience of 60 at a small club called Dingwalls.

Now Cray's resonant baritone and his inventive, blues-based guitar riffs are packing houses from Seattle to Tampa—and from Newcastle to Kyoto. A critics' poll in Japan's Black Music Review voted "Bad Influence" best record of the year, and some ardent admirers there have started a Robert Cray fan club. Last fall Cray and his band played London's suburban Hammer-smith-Odeon Theatre and won backstage

plaudits from Mick Jagger. And "False Accusations" zoomed to the top of the British independent records chart shortly after its release. Cray's tour of the British Isles and Europe this month will include a St. Patrick's Day stop in Dublin, his first appearance in West Berlin and club dates in the Netherlands and Belgium. Cray is already looking forward to the summer jazz and blues festivals sprinkled throughout Europe where audiences, he says, "are really into blues."

Yet Cray has not hit the big time in the United States. He, like many other young blues artists, is hampered by the distribution and promotion limitations of small, independent record companies and the unwillingness of most radio stations to risk air time on new acts. "Bad Influence" has sold some 50,000 copies (excellent sales compared with most blues albums, but far short of sales of more popular genres), and in the past five months, "False Accusations" has sold 25,000 copies in the United States and another 40,000 abroad. Still, Cray says he is willing to be patient with American audiences. "Blues is not the biggest-selling music in the business," he admits. "I just want to play the music I enjoy and, hopefully, we'll get more people to enjoy it, too."

MARILYN ACHIRON with ELISA WILLIAMS
in Denver



GEORGE BECKER

Toward center stage: Cray in concert

Foreign Exchange

Country	Selling Rates	
	Banknotes	Transfers
Algeria	—	4.74 dinar
Australia	1.4010	1.4275 dollars
Austria	15.50	15.70 schillings
Belgium	45.40	45.80 francs
Canada	1.3930	1.4110 dollars
Congo Rep.	347.00	345.00 CFA franc
Denmark	8.1675	8.2570 kroner
Finland	5.0530	5.1200 markka
France	6.8165	6.8780 francs
Germany	2.2225	2.2370 marks
Ghana	—	89.00 new cedi
Greece	151.00	139.00 drachmas
India	11.80	12.15 rupees
Israel	1.18	1.48 shekel
Italy	1,492.00	1,525.00 lire
Japan	178.75	179.50 yen
Kenya	12.60	15.80 shillings
Kuwait	0.2705	0.2850 dinar
Lebanon	18.95	20.80 lire
Morocco	8.8140	9.1325 dirham
Netherlands	2.5100	2.5300 guilders
Nigeria	—	— naira
Norway	6.9665	7.1240 kroner
Pakistan	11.80	15.85 rupees
Portugal	144.50	149.00 escudos
South Africa	1.8950	1.9740 rand
Spain	137.25	141.00 pesetas
Sweden	7.1500	7.2200 kronor
Switzerland	1.8500	1.8950 francs
Tanzania	—	— shillings
Tunisia	0.6890	0.7100 dinar
Turkey	541.00	575.00 pound
Uganda	—	— shillings
Zaire	—	53.70 zaire
Zambia	—	— kwacha
*Republic of Egypt	0.6595	1.2080 pound
*Great Britain	1.4775	1.4500 pound
*Ireland	1.3700	1.3500 pound

* U.S. dollars per pound

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OXYGENESIS

CORSO FISILOGIA DEL RESPIRO
FESTIVAL MUSICAPRO ASSISI 1987

Un Giorno nella vita di un respiratore:

1. LO SVEGLIO
 Respiro adominale generoso
 Quando piu sveglio respiro completo
 Sbadigliare
 In caso di depressione, problema ecc. respiro silenzioso osservando il problema.
2. Prima del primo collazione
 Bastrika (5/10 respiri toracici, poi riposo, seduto, 3x)
 Respiro del fuoco (5/10 respiri adominali, seduto sui ginocchii).
 Sarvangasana
3. Durante il gioro
 ricordare i due punti relax (lingua e canale anale)
 Tagliare il film
 In ogni tanto respiro silenzioso (seduto, sdraiato)
 In uno stato vegetivo il respiro toracica
 in uno stato eccitato il respiro adominale
4. Per concentrazione, equilibrio
Alternate nostril
 4-16-8 (3x, seduto o sdraiato)
 4-8-16 (3x, seduto o sdraiato)
 respirare toracicamente molto leggero, osservando le curve, poi leggero adminalmente osservando le curve.
5. Perfezione del respiro
 z-z-z-z-z-z (3x, seduto)
 spinto (3x, seduto)
6. Prima di dormire
 respiro completo
 respiro silenzioso
 respiro adominale generoso

Non deve fare questi esercizi subito dopo mangiato: aspettare almeno un ora.

Se girasse la testa, sentissi mancanza di fiato, pizzicasse la

mano STOP e ricominciare quando piu riposato

Il respiro non deve essere mai forzato: al contrario, deve essere sempre voluto con piacere.

Il respiro senza piacere non e efficiente

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FESTIVAL MUSICAPRO ASSISI 1987

Un Giorno nella vita di un respiratore:

1. LO SVEGLIO

Respiro adominale generoso
Quando piu sveglio respiro completo
Sbadigliare
In caso di depressione, problema ecc. respiro silenzioso
osservando il problema.

2. Prima del primo collazione

Bastrika (5/10 respiri toracici, poi riposo, seduto, 3x)
Respiro del fuoco (5/10 respiri adominali, seduto sui
ginocchii)
Sarvangasana

3. Durante il gioro

ricordare i due punti relax (lingua e canale anale)
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In uno stato vegetivo il respiro toracica
in uno stato eccitato il respiro adominale

4. Per concentrazione, equilibrio

4-16-8 (3x, seduto o sdraiato)
4-8-16 (3x, seduto o sdraiato)
respirare toracicamente molto leggero, osservando le
curve, poi leggero adminalmente osservando le curve.

5. Perfezione del respiro

z-z-z-z-z (3x, seduto)
spinto (3x, seduto)

6. Prima di dormire

respiro completo
respiro silenzioso
respiro adominale generoso

Non deve fare questi esercizi subito dopo mangiato: aspettare
almeno un ora.

Se girasse la testa, sentissi mancanza di fiato, pizzicasse la

(415) 5690747

became v. of in my voice of
 divine woman ^{some} & ^{to} ^{the} ^{of}
 woman. ^{to} ^{keep} ^{you} ^{always}.
 will ^{to} ^{keep} ^{you} ^{always}.
 I will ^{not} ^{leave} ^{you} ^{behind} -

divine woman
 not yet ready
 while she is away of
 will be done by ^{between} ^{of} ^{her} ^{life}
 fight for America -
 struggle for America - will
 be a great struggle because

superstitions want to
 give a divine gift to
 men still small & sick
 to hate of God Diff.
 to accomplish - America
 because you have given to
 her. They have allowed of
 to go to far. So the fight will
 be a diff. because they have
 gone to very end.
 To M. L. will see nothing of
 they fear will come true - L.
 will come back to you because the
 will ^{small} ^{of} ^{the} ^{world}
~~will~~ ^{will} ^{be} ^{the} ^{time} ^{of} ^{the} ^{cap.}
 of his loved. This is said by

Barbara WINDSEY

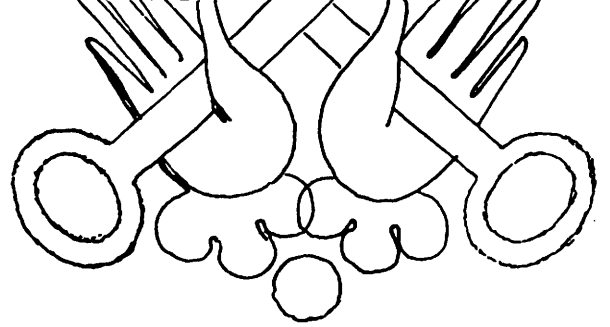
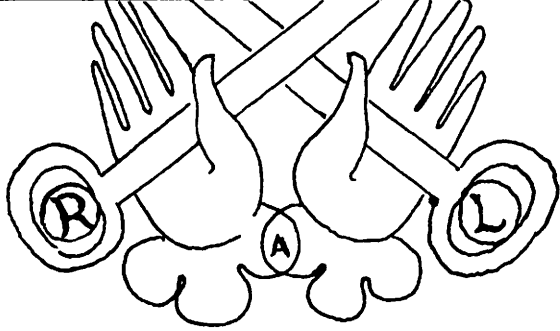
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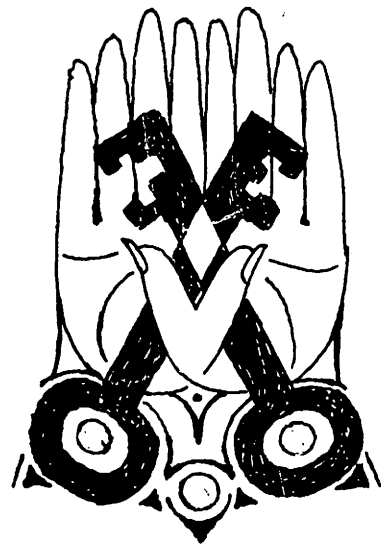
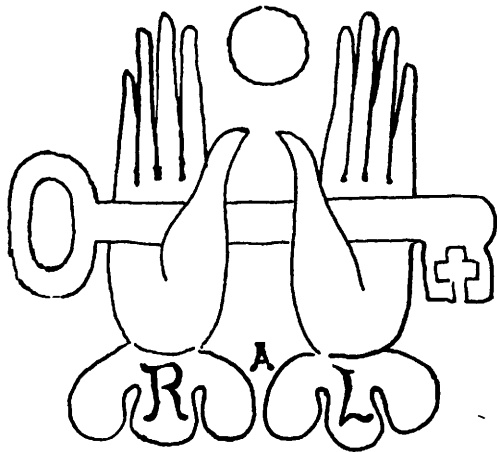
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Intensify the light on your Re Birthday



The moon never beams without bringing me dreams of my darling Nanolee! You free of chaos and confusion for your re-BIRTH



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**A BREAKTHROUGH IN ACHIEVING
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OXYGENESIS FOR PERFORMING ARTISTS

OXYGENESIS is a dramatically effective breath-activation system developed by British director-playwright MAURICE ROWDON. He has successfully used this method with actors, singers, dancers and directors in England, Sweden, the U.S. and Italy, where he conducts a special course for singers together with the brilliant tenor Lajos Kozma. Maurice Rowdon has an MA from Oxford in Philosophy and was lecturer at Baghdad University, Iraq, in English Literature. He has published twelve books, chiefly about Italian life and the Renaissance, while the latest of them is about animal intelligence. He is also the author of a monograph called *Oxygenesis: the Secret of the Breath*. One-day workshops are conducted in the Bay Area by Maurice Rowdon assisted by Karen McChrystal MA and Dachiell Oddson, his associates in OPA International.

"Onstage the performer is alone with his nervous system. Yet he rarely pays attention to its key conditioning factor—the breath. When he does it is usually in the vaguest terms—'diaphragmic' breathing, 'deep' breathing, 'natural' breathing, none of which convey the slightest sense in terms of the physiology of the respiratory system."

"Oxygenesis examines the physiology of your breathing, that is the patterns adopted by your respiratory muscles, before any rhythmic, much less any intensive, breathing is attempted. Breathing exercises on the basis of patterns adopted since childhood and entirely unexamined are an absurdity."

"The physiology of performance is the physiology of the breath. Everyone has a unique breath, which has to be discovered, and which, when discovered, is in the nature of a physiological revelation. Exercises will never achieve this."

"Once activated, the breath is virtually a new organic function, a new vehicle for metabolizing, perceiving, imagining. Most people are passive breathers, quite unconscious of their own patterns or the effects of these patterns on the body. Most people believe that proper breathing comes naturally. In a performer this is a disastrously wasteful defect."

"The human nervous system is in crisis. This has produced chronically bad breathing patterns in the mass of mankind. Few people today realize that these patterns stand between them and the fulfillment of their ambitions. No performing artist can will himself to success or perfection without an enormous strain on the nervous system which leads ultimately to dysfunction, especially in success. Many performing artists rely on externals to keep their nerves intact—smoking, drinking, prescription drugs, compulsive exercise. These are all efforts to bring the organism into repose. But only the breath can induce repose. I refer to cellular repose as opposed to muscular repose. It is cellular repose that provides certain artists with their ability for effortless and captivating performance, for the right timing and immediate recovery. All other states of repose—induced by movement or exercise—are transitory and superficial and will not support the performer at a time of crisis or high demand."

"A performer must have ease and he must have intimacy. He must belong to himself. But without repose, which only the breath can give, these treasures cannot be attained."

"Flexibility is the key to performance and flexibility depends on animal vigor, animal detachment. I mean by 'animal' the fullest operation of the complete intelligent being, as opposed to the operation of the conceptual faculty."

"If an actor or opera singer were to conceive his moves, his lines, his business and his projection in terms of his breath, he would already have crossed a great divide: the performance would begin to look after itself in the most wondrous way. For the breath determines, guides and informs the organism. In most people it has been reduced to a minimum fueling function. In singing, the breath is the very essence of the whole procedure, and I don't mean the breath required to make the sound—that is but a small part of it."

"The popular fallacy is that we need to take in as much air as possible and that we breathe 'shallowly'. But 'shallow' breathing and 'deep' breathing are two sides of the same coin. They are required by each other, and encourage each other. Too much rather than too little breathing is the rule in the west today. Yoga and pranayama will do nothing to alter this. You cannot do exercises beneficially on the basis of the wrong physiological practices."

—Maurice Rowdon

**For further information about
our workshops call
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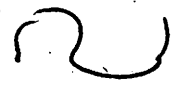
OXYGENESIS
Maurice's Notes

NOTEBOOK

- 100% Recycled
- A4 (297 x 210mm)
- White
- 60 sheets




KEVIN

1. His muscles are engaged and need time to coordinate . He perceives 'light' in one thoracic breath. He has no tug-up, no digging, no hugg from the neck.

1 practical thoracic breath / moves / 'light' in the head - the thoracic in-breath / solid ~ candle breath / and 1 gave in the 7-

7 breath as 'daily kit'

2. Give in 'spread wings' - the thoracic muscles - ribs - of the in-breath. Then 'try 3/4 breath in a minute, just to the abdomen (after 'pulling' breath high to the head).

Give in me 4-16-8 in-breath, 'light' - here a series with 'light' . He tends to use abdomen when doing thoracic breath. - The abdomen is reluctant to play.

Its part is the muscular relationship

Give thoracic breath, quite ^{crisp} with 'light' in the upper curve.

Give in 4-8-16, series.

Returned to thoracic breath but without any effort, a light easy breath with quite a pause between each out-breath and start of in-breath.

Now a strong thoracic breath without any effort whatever.

There is suddenly a quite striking change in the performance of the abdominal muscles.

Valeria Cristofari:

A tendency to paradoxical breathing. The muscles are engaged: the abdominals go suddenly into stop - start - are - we? mode, while the spine and upper back try to help. The abdominal transpires to have been virtually pulled out of action: this area of repose and vegetative repair has been unusable as an aid, it seems, for some time.

On a later run when I asked her to keep the breath (in hold) right to the top of the head, she had almost a 6 sec cramping ache feeling in the cheeks, the teeth, the back of the neck and the ear area. And a metallic ('vaginal') taste in the mouth.

I taught pulling the air into the top of the head (as above) and then the curves into which we are flung if the breath in hold, like from a springboard.

KEVIN

-2-

The nine months in the 7-month.

Final five months

The five months with relaxed pelvis.

Explain the the 2nd session

Aale Clinic

Jill

11:30 a.m.

1/15/2008

for [unclear] [unclear] [unclear]

[unclear] [unclear] [unclear]

[unclear] [unclear] [unclear]

While not changing your attitude towards
yourself at all: the animal side
be set aside, the human, marginalized
into the 'darker' or 'instinctive' side, but
to comprise all of the life that you are.

The Mud App 'Mojave', let the ^{music} ~~voice~~ see
to be an animal expression, ~~perfectly~~
understood

Step 1 the only way out of
materialism, playfully help, is
things ^{being aware of yourself as} ~~self-awareness~~ as a animal
having the helix like all this.
The use "knowledge" occupies a
different place, and "type" as
navigating tools, if there is no
sense of a place of - the helix
then we naturally know of a
slight different relief for
animals designed by the he
religions is right.

Filices Power - Med People 920 Pow 5 ①

G G Conlon "The Villagers"
Medical
LIBRARY

- ① The Wandering Scholar - Waddell 879 WAD
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- Peter Abelard - V. Chazell 942 CHA
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William G. Seward

920 CHEK Chekhov Anthology

877 PET. Petronius

Lyotard: The Post-Modern Condition (Manchester)

The Mayo of Sean O'Casey (exp. Silver Tassie)

The Medieval Latin lyrics trans. by Helca Waddell

Other works by Helca Waddell

I had Almost Forgotten - C. B. Cochrane

Max Beerholm - And Ever Now (1920)

920 JERO Jerome K. Jerome - My life and Times (1925)

Radclyffe Hall - The Well of Knowledge

Vera Brittain - Radclyffe Hall - A Case of Obscurity? (1968)

920 HOLL → Vyvyan Holland - Son of Oscar Wilde (1954)

Christopher Milne - The Buchenwald Place (1974)

Cowden-CHARKE - Recollections of Writers (1878)

Vyvyan Holland - Time Remembered. Also "Son of Oscar Wilde"

Andre Maurois - Israel: A picture of the Victorian Age (1927)

Vivian Noakes - Edward Lear: The life of a Wanderer (1968)

Diary and letters of Madame d'Arbigny by her niece

"Dorothy L. Sayers" - The life of a Cambridge woman (1981)

Dorothy L. Sayers - The Man Born to be King

The Mind of the Maker

"Journal of the County Curator" (Diary of Francis Kilvert 1870-9)

JIM BARRIE - Works of also "The Little White Bird" (also

Kennington Gardens)

GERTRUDE TREVELYAN - HOTHOUSE (also Oxford)

Richard Aldington - All Men are Brothers

Peter Abelard - Helca Waddell (see above corner)

Dorothy Sayers - Gaudy Night

Charlotte M. Yonge - The Heir of Redclyffe

Life Times of Anthony & Wood - Andrew Lincoln & Piers
Trivia - Logan Pearson Smith

The Changing Face of England - Anthony Collett

The Sacred Wood - T.S. Eliot

Boward et Pécinchev - Planchon

Principles of Literary Criticism - Richards

The New Leviathan - R.G. Collingwood

See the 2 F. M. P. S. O. W. books

Santal / The Flower beneath the Foot / Concerning the
Reception of Cardinal Powell - FIRBANK

History of English Prosody - Saintsbury

Anglo-Saxon and Norse Poems - NORA KERSHAW

The Age of Anxiety - W.H. Auden

The Journal - Kierkegaard

Donald Windham

Gore Vidal's first book "Lion and ..."

Polanyi: The Great Transformation

G.E. Moore: The History of Religion (New York 1919)

Natural Progesterone - John R. Lee MD [Jon Carpenter]

Robert Powell - Dialogues in Reality (San Diego)

The Secret Science of Miracles [Polynesian magic]

- Max Freed on Hong Devons Publications

The Chinese Sexual Yoga Classics or "Art of the Bedchamber"

- Douglas Wile SUNY

Bagdad Sketches - Freya Stark (Marlboro '92) [OUT]

Iraq 1900-50 - Longrigg, S.H. OUP '53 [OUT]

W → Iraq: the Supergun - Gerald Bull (Jaddan H's Dr Doom) PAN '92

W → Iraq: the Babylonian ... Iraq - a country study - Richard F. NYROP 920 Bull (Wash. DC)

W → Iraq: land & two rivers, Young & Wheeler Gilman '80 915 674 956 71RA

Iraq returns: a first hand account of the revolution: Vantage Press '82 [OUT]

FAIRBAIN - a nation

Donald Mackinnon "The Borderlands of Theology"

THE UN-CONSCIOUS

The Evolution of Mad Apes

A certain bogus word entered our language, ~~the psychologists~~

At the end of the 19th century...

The psychologists dragged in a certain word which, though it was accepted (initially) at once and world-wide, has bedevilled thought in the human mind ~~as a reflection of the human physiology~~. [To describe the host of things that went on in that physiology which were neither 'physical' nor, properly, 'mental' there seemed to be only way of nominating - by saying that they were not well thought conscious. So all these things were said to be - to hibernate to, to store themselves in - the unconscious. It was a remarkable piece of deception, chiefly self-deception: where did the faeries go in the winter time - the memories, the behavior patterns, the traumas, the temporary forgotten experiences and where all the dark animal variously described as libido and id (at least there were bold flights into the medical safety of Latin, not negatives)? Did they lodge in the hippocampus, the amygdala, the memory organ, the brain? But how could they lodge anywhere? They were invisible! The physiology of the memory is enough of a mystery, since memories and tendencies and wounds, not visible in the form of inflammation or scar tissue ~~could~~ ^{could} be traced inside those organs, but 'un-conscious' began a million ~~not~~ physiological, philosophical, ~~theological~~ not to say metaphysical and theological problems of which, in fact, no mind in the psychological department of medicine ~~was ever~~ ^{was} equipped ~~at the time of the unconscious~~ ^{at the time of the unconscious} ~~to deal with~~ ^{to deal with} ~~the~~ ^{the} ~~unconscious~~ ^{unconscious} for.

This is where the single animal in the first 3/4 of anything - directly. No he can say who his thoughts & feelings

are. An animal study of this kind must therefore keep close to
its own region, which is very deep. I am biased for the
abstractness of the academic approach, which is a crucial
'I' and reflexive kind of hand held up in the air as they
solicit attention on the same level as the subject itself

[The following text is extremely faint and illegible due to the quality of the scan. It appears to be a continuation of the handwritten notes on the same page.]

SPORTS WORKSHOP

where we have to find what the function of oxygen is when it is in no time, and to find out what the system we were given is used to use the oxygen and turn it to carbon dioxide is work up properly, and indeed it is

So I am going to start + the function of the 2 systems

Kettichawle ✓

Kali

Lakshmi

Sir Harry ←

Zhu

Turinaud ✓

The Bodyguard ✓

Billy ✓

Arthur Trout ←

X

LYNN (2) Myra Barnes

Cry before w/and' after show. Performance satisfied yr but the other things, e.g. recording, being on the night clubs, on the road, the vagabond life - wanted to connect: this life keeps you in state of adolescence. She wanted to be a creative woman. When she says she felt completely centered in herself: ~~that~~ she felt communally identified be, she stood in full height.

When 'week' she feels she is the one doing all by herself to be. You hear tightened up?

Yes. Tighten up on a wonderful idea,

no joy, on love, ~~feeling~~ ^{on} ~~inspired~~ ^{anger}

I now have my clue.

I have the breathing silently. She does so thru' the nose. With no force nature - the mouth she tingle all over, chiefly arms & chest. She is in an anxious throes - few times he pulls herself awake before to breath. She breathes thru' nose. Extreme sensitivity. Excellent muscle resilience. Support yogi full mouth, and breath holding.

Francis Gordon : Crevice

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"nothing can be done except
on the basis of a stable price."

Did you place the order?

Am I fixed for say end

of this week? I will join

with you on this

your order of 1000 of

like Feb. takes units

Verice - so I will order

fix 20 units

THE EVOLUTION OF MAND APES

RELIGION - only animals are capable of it.

- The greater love the animal has, the bond of which
no sacrifice, even death, is too high. The hippopotamus
(2), the pain of their being alone, this need to see, touch,
be with their loved-kin at all times. The cow runs up
up the hill to greet the owner - & the hippopotamus,
— They do not resist, they yield to all the requirements
of their own nature, and the outside them.

Humans are the species that has adapted for
religion in the pure sense.

We ~~must~~ can only return to the animal kingdom:
the moment we 'ascend' into the non-animal kingdom
we are lost in 'whose will will win?' We are in
in a community of nations, people, provinces, but one
of species.

LYNN EMBLEM Ask the 'Average Astronaut' 'I will never achieve with
obstinacy. He will insist in the cerebrum. Example of driving: everything
must be put into automatic pilot. The first thing is to feel absolute
confidence in his own, and not employ vigilance: if this stops he is
vigilant physiologically; vigilance is lodged in the reticular activating
system, again not in the conscious will. I must sharpen it. You
cannot direct yourself. You do direct it but you do live. Session 3:
Why/how did you stop singing (was it really you could go on or you stop did
all we got to go on, you will?).

LONGEVITY

Being the 'great' age will soon, however, be a matter of 'strength': it will become a matter of pride and achievement - it will be the new success - to reach the Haysfield limit at least. Instead of the Xian theology which shows a steady decline into, finally, a judgement. The middle-aged heart 'I don't want to be old, but have to then, rather...' etc is a part of their theology and is now fulfilled.

THE HEART AND THE BREATH OUT OF SYNCH

The heart and the breath get out of sync with each other. When they are brought together there is the sense of the someone inside watching it of them.

Our civilisation is based, has always been based, on the slave population: the males have then the generation developed the slave organisation: the women (who have been told the we are 'free') are not so developed, & the contrary they supplied the non-slave atmosphere of the home, that came from the.

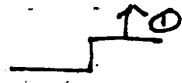
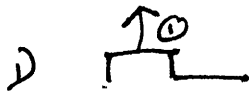
Traveller

A Maxwellian discovery the his extraordinary ^{instinctive} ~~instinct~~ is always with you, in your ~~and~~ at any time ~~can be used~~ - a constant ~~and always reliable~~ vehicle, resource, intelligence, tranquillity, inspiration, company, encouragement. Only a little patience is required to build it into the system.

Oxygenic can go far beyond the analyst in getting an immediate insight into the whole course of a person's life. The moment someone shows me his or her natural breathing pattern I know the person: ~~they will be able to put it in satisfactory words but my experience is that this is because there is too much knowledge in their quick impression of it to be expressible.~~ the link instance he connects the breath is the connecting of the life. No form is involved because the breath does it. No emotions have to be involved, no analysis of the emotions or endless descriptions of failures or humiliations or desires, the breath simply being with it a new system of living: it isn't life that changes so much as one's ability to navigate it.

SESSION GUIDELINES

The light is the achievement

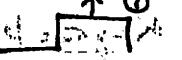
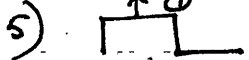


1) attention to the muscles. Insert & expansion.

2) ~~attention~~ attention to easing the breath: minimal effort.

3) attention to problems: how the heart reacts, the question, ① triple heat ② increased pulse, ③ alarm. All symptoms of this nature must be reported, hence the breathing pattern closed for the moment; this applies to all sessions.

4) Abdominal breath: ~~the curve~~ the release and long pause.



5) preparing the muscles a

*
SMILE

fracture before the breath comes in the thoracic spread the wings, raise the shoulders, "pull into the head"; in the abdominal extend to the crotch *

6) the "seven" breath, with no leastest pause at both ends. This is the breath that calms. You will see that the breath cannot take place with ease if the muscles are relaxed: there must be no straining to pull or lengthen the breath, so you go to seven by increments, meaning you apply the hump with the oxygen the require in order to do the pattern properly.

7) 4-16-8 (holding in) power; 4-8-16 (melting with the world).

8) ~~strong~~ Thoracic or abdominal breathing with attention to the curves. The curves contain the 'secret' of the breath. The curves are perfected, in the head and at the bottom. Try to observe the quality of a curve.

9) A strong thoracic breath curving into silent breath that is held but lightly and pleasantly braked.

10) Thoracic breathing with the smile: become aware of it pulling up the head, let it increase the smile, deeper it, with lips and eyes.

11) Thoracic breathing with the smile while gazing at something as if to observe it, look up for something, concentration. What is happening? Describe what your experience is.

Preliminary discussion:

- iv) Yw syste is rubbing
- for too much seized breath.
- i) undigil adaptive skills the usual.
- ii) nothing of alveoli
- iii) NOT MAX breath w MIN breath.

M^v Caudy waly.

- i) The swift noisy breath / ^{thoracic} The noisy exhale.
- ii) Repeat points.
- iii) Repeat slow ^{= slow} thoracic - relax abdominal.
- iv) Whole breath slow - begin abdomen, ~~the thoracic~~, then wings, then high chest.

Heart synth.

- v) Relax all lying position - legs anywhere.
- vi) Thoracic slow in, slow out.
- vii) The '7' breath ~~normal~~ normal.
- viii) The '7' breath silent.
- ix) The candle breath ~~etc~~.
- x) The ~~non~~ thoracic fast breath, exhale candle.
- xi) The thoracic candle - the in pipe.
- xii) Whole candle breath again.
- xiii) The candle breath abdominal.

Directions as to sleep, and waking send
 breath to abdomen: think of it, and sitting.
 This is for relaxed position.

SESSION GUIDELINES

2.

- 12) Bring the light into it: the light never grows as you gaze, your gaze may help the light; relax the eye into the smile and you may find that the smile and the looking, the light are almost the same.
- 13) 4-16-8 and 4-8-16 with the light (for a time - travel, etc)
- 14) To come close to the secret that lies within breathing now in holding the breath but in the pace of metabolism we begin minimal abdominal breathing. We aim at those a few breaths a minute.
- 15) We now learn to deal with the body in crisis, namely when it 'cannot' (but in fact 'won't') sleep. To induce the muscles to rest thoracic breathing: it may not require a handful of breaths; during the breathing stretch legs, rest spine well down on bed, throat and sphincter. ~~Make this~~ Then abdominal breathing; then minimal breathing; always following directions for the body - its need, for example, of a thoracic breathing for time to time.
- 16) 'Information' breathing: planting the feet first.
- 17) We should use crisis-package before performance, and we stand up do the 'collapse' with the hands touching the floor and heavy breath, in order that the body acclimatizes at use to action. If we are 'bleary' three thoracic breaths seated, or more, will help us to a ~~state~~ ^{state} of alert and inspired readiness. In emergency we can do it standing, or walking.
- 18) These breathing patterns must become so habitual that they form an almost unconscious part of daily life: waking, falling asleep, during a difficult time (in public or otherwise), at pleasure, information, inspiration, and especially in situations (perhaps in a dangerous foreign country) that create fear: it must be the lifesaver. You will need to "plug in" periodically to source with another session.
- 19) The silent in-breath and the 'candleflame' out-breath with

1) give and smiles. Remember the Sturges and the early greek "smile" *

2) The lion breath for one the nose-breath simply will not do the things it is expected to do it. A-O-U! Spreading the mouth. Extreme caution, and remember the using the Techniques is always the most beneficial. The filter is true of all non-critical behaviors. For emergency supply the mouth is used - from laughter* to extreme physical exertion.

* yawning, sneezing, crying.

REMEMBER: 'to the top of the head' means to the back in the lying position.

THIS IS NOT OXYGENESIS (since it is NIGHT-MANUFACTURE).

The package: / Training is the package for waking up,

winding down. Choose not necessarily the straight way.

Lying on the side fully relaxed you will be a bent leg, a slight incline of the body to one side or the other, an incline of the head to one side or the other. Even if

the breath is slightly impeded, this position is the desirable one in the first stage. A thoracic breath of the utmost gentleness, an abdominal breath of the utmost relaxation,

like gravity suddenly engaged. How is my heart behaving? is my digestion all right? or I asking? In the heart space

is the form of a few thoracic breaths of a calm, digestive always the lower temp, i.e. abdominal breathing. It will

wake do it in or the sleep, in time, until you are free to do the thoracic breath with the temptation. A dim tingle

is preferable to dramatic, engulfing effect.

Is the rhythm satisfactory for you? is it too fast, too slow, too intense?

Is there any discomfort in any place? do you detect any part? you the is it relaxed?

* (19): In 3 stages: i) the first breathing is with nose and hearing the silent mouth within the curve: the eyes gazing behind the lids, as if searching for something but without strain; ii) the same breath (always remembering the double smile), only when you melt within the curve you

[PTO to way ahead for 4.

I am before in Kantian: We left the world into a
 any power. The visioning...
 Reason was always under attack: Ockham
 said that if you can't do it, don't do it.
 But he is always like to misunderstand what Plato:
 he is taking visioning to pieces, he is a...
 He is the mind, not the...
 natural philosophy is the 18.
 So philosophy has descended to get...
 saying because reason can't...
 Kant could demonstrate... He tried
 to do it by reason but fell on his own petard.

...
 ...
 ...
 ...
 ...

THE EVOLUTION OF MAD APES

Everything from a
drink ~~the way~~ ^{to} the exhilaration?
to heavy exercise
is an effort in this
direction. →

The human is a accident and mistake being, unlike all
the animals. The only way he has of defusing the state the
of happiness ^{in his limits} ~~is~~ ~~the~~ ~~accident and mistake~~ ~~just~~ ~~to~~ ~~let~~ ~~it~~ ~~be~~
to revive. But he has lost as an animal. I'm not referring
to the theology of the animal (showing the the Mediterranean

religions since have produced the destructive 'western' mind)
as the creature of 'instinct', or the 'dumb' creature, or the
'blind' or 'unconscious' creature, based on the doctrine of
the human as low-animal, and spirit as low-animal, but
the knowledge we have lost, and which formerly guided us,
and which is an intellectual inheritance any more than the
disposition of the mother breast to offer sleep to the newborn
child, and the impulse of the child to seek and suck the
breast, is intellectual. A whole culture, unknown and
unexplored, is awaiting us, and this book is a turning
of the first page; a mapping out of what has to go, to make
way of what has to come unless we wish to lose ourselves
in a real wisery that living itself we the act of breathing,
become a model.

which we all carry about with us, meaning the creature of 'instinct',
the 'dumb' creature, the 'blind' or 'unconscious' creature, that
there we do not feel pain and be aware as we do
it is the theology we are all knocked up on, that we may
not fight against it, and its strength lies in its underlying
a creative with which we are so distinctly different from
ourselves because we 'evolved' from the animal state,
and because — here is the theology which produced the
being of the human a low-animal — spirit or God.

→ great law = the prob. slipping on the nine dream worlds ...

or grace is achieved not by the renunciation of the animal in
as other. While science will have none of this in its theories,
and while it shows, plainly and clearly, that the physiological
degree of all ^{vertebrates} is the same, from brain-structure to
the spinal nerve chemically of nerve channels to ~~the~~ blood
circulation, nevertheless accepts as a very basic of its
explanation and view of the human the very same
theology. This is a reason of this anomaly (we should
note that this was a thousand animal deaths in laboratory
experiments every thirty seconds): science began with theology,
and was launched by the very people who taught the
non-animal theology, and, should intended, anomaly of an
anomaly, the science could vindicate the theology
the way it has. And this, it has done!

But the theology, in fact, all theology, has fallen
out of repute. And on the other hand, we are going to make
a remarkable discovery — that all knowledge, all
civilization comes from theology, of the simple read the
theology, written or spoken, is the very basis of the
~~civilization that comes out under~~ set of guiding
principles that determine each civilization in its
individuality.

This lays us ^{up} against another science-anomaly:
the science has supposed to have knocked religion out,
and to have ended since and for all the life that was
based on religion, visions, visitations, apparitions,
illumination, inspiration, revelation, we like to call
them

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~~and it is the key to all~~ ~~the decline to most people is~~
~~of a minimal level. To let and therefore~~
~~declines rapidly in a sense with 'old' age.~~

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because of the way you find. The way you find happens because
you are looking for something. So ~~any~~ ~~find~~ ~~cases~~ ~~what~~ ~~for~~
~~the~~ ~~you~~ ~~seek~~ ~~what~~ ~~since~~ ~~will~~ ~~direct~~ ~~the~~ ~~mind~~ ~~in~~ ~~the~~
~~act~~ ~~of~~ ~~thinking~~. If you are looking for a stick as a defence
you will be looking not at the inner nature of the stick,
its bark, its veins, its receptive sap, etc, but only at its
power to defend you. But its power to defend you isn't
the truth about it, any more than its veins are. They
are simply what your mind requires to know. Hence,
'knowledge' is a means of self-navigating. I will
call a means of navigation true, and the theories within
it that lead you to combine certain things - in such a way
that you could use them to defend, to eat, to play with etc.
An animal mind, especially the human one, are
devoted exclusively to the problem of navigation.

Science didn't at once kill off religion. In the nineteenth
century was characteristically one of science, but the churches
were full. ~~It was~~ ^{But by} at the end of the century its highly
sophisticated tools, its degrading machines, its ~~operations~~
its miracles of light and radio sound and locomotion,
made humans who could honestly say with Nietzsche,
'god is dead'. But the proposition 'science has killed
god' could have been uttered almost of Nietzsche. Science
doesn't look for god, it doesn't ~~even~~ ^{even} look for ~~truth~~
~~the~~ ~~truth~~ ~~to~~ ~~anything~~ ~~like~~ ~~the~~ ~~usual~~ ~~sense~~. It
analyzes, ~~attempts~~ to see if something will work. If
it works it can be called true, if not it can't. You
can't call human experience something that works, a soulful
theoretic. It isn't a means of navigation, and science
is concerned solely and specifically with human navigation
(invention).

The fact is that by the end of the nineteenth
century we may people who had no religious

no experience of god, angels etc. ... I had been brought up
to regard as true. she would be proved, and 'proved' meant
whether it worked or not. But if you could pray for
something and get it at once, and your experience could
be repeated in millions of cases, you could have proved
the efficacy of prayer, and would be on the way to proving
the existence of the power to show you pray ed.
But there was no such experience. Nietzsche himself had
no such experience. He had no experience whatever of
anything that could be described as gods and angels and
visions, and 'god is dead' was therefore his perfectly
sound proposition of fact. He denounced Christianity
as a hoax. True in many, if not most respects, it
was and is. But it was, and is, also a religion. And
Nietzsche never asked himself whether his own
proposition, 'god is dead', was not itself a deeply
Christian demand.

Christianity itself has always been obsessed with the
idea of demonstrating the existence of god as an
irrefragable principle of navigation. And of course god
had a problem with this idea of 'proving' god
to exist. It has never succeeded. But why has it been
at all among the religions, (to him, this puzzle? Precisely
because rationalism is its very basis. And rationalism,
~~cannot show that it too is a religion~~ ~~the~~ ~~navigation~~ ~~technology~~ ~~it uses~~ ~~have~~ ~~was~~ ~~the~~ ~~the~~ ~~so-called~~ ~~cardinal~~ ~~studies~~ → Now
on civilization has never self-examined rationalism. Even
Nietzsche, who should have looked at it very closely, ~~is~~
turned away — he so to speak denounced Socrates for
it. The name of a moment saw that was the clearest
thing about rationalism, she it kept in doctrine, that
it was religious. He simply did not a lot of scholars

Bring light into the curve. (It travels into your eyes, smile is made ready by the smile, and whenever the smile will receive; in the next stage the in-breath too is silent, and this gives us a chance to see that we are relaxed all over the body, and this time we draw light from the curve down the trunk to the face and into the whole body, ending in a final melting sensation in the cortex as the out-breath disappears.

ADDENDA:

1] The supplicatory breath: put I am young, I am fearless, I am successful, I am wealthy into the top of the breath, whatever you feel you want to be and aren't, I needn't know what this is: take a few moments to prepare the message you want to give to your own breath. The effective ones are radiant, fearless, happy, healthy, joyful. *2

2] The information breath: the question must be prepared & before the run, a series of runs, and ~~forgot~~ remembered from time to time, during the runs, then forgotten entirely. The answer, if it comes at all, will come at any time, but usually soon after the breath, even during the breath, but all depend on whether you have reached this stage, a possibility we cannot influence. *3

*2 In choosing ^{these words} we must always avoid negatives, as in affirmations. It is the actual breath that takes this, not to speak, flying. Likewise all negative goals must be avoided, however positive the words. The breath will help lead to the weather if it tries to help lead to the world. The reason is the disharmony is at re-created. ~~Breathing's tension is most harmful, since the breath nourishes the condition it finds~~
Breathing rhythmically while in tension creates more tension because another breath is suitable for tension, never a rhythmic one. A client did obessive rhythmic breathing in order to attract someone she was in love with, and had to abandon, try to forget, all she had learned. Overcharging with breath is as dangerous as over-charging.

SESSION GUIDELINES

*³ When you are properly plugged in information may present itself during the runs. But information is only presented when it is available, that is necessary for you. It will present itself and actually remind you of something hitherto undone — and in the way make a key difference to the future. The moment you stop, the information will disappear: luckily, striving is ~~at least~~ ~~is~~ possible once rhythmic breathing is into its stride: however, it is possible in the preparatory, build-up stage, and therefore can near the whole process, and shut down the information source.

The 7-breath: the pause at the end of each run is actually the curve lengthened: it is holding the breath — this will destroy the effect of this breath, in its calming of the whole organism.

NOTE:

The affirmational breath, in stages: i) the breath with the light brought into the upper curve of a forceful in-hale ii) the breath with phrases inserted into the light: beginning with the in-hale and then down in the exhale; iii) take away the phrases and concentrate on utter repose, because the phrases being intentional create a state of tension and effort, and the phrases have to be accompanied by utter repose, because they are nothing but variations of the light, and this can only exist with repose; iv) return to the phrases.

NOTE: I THE INSPIRATION BREATH: when you need ideas/new scope for a book, a patient;

II The Artistic Breath! 4-16-8: But you hold the light above your head — and go up into it, you see your self bathed in this light, like in an open capsule (x)

Rajinder [daily habits]

Working: I feel tired but too excited to return to sleep. On days when he can go on sleeping like Sinto he still doesn't — he wants to be + his kids, him to — by bed. If he does sleep a bit, a kind of nightmare, likes 7 hrs. Forces himself to sleep now sometimes. But usually — the afternoon. No tea or coffee. Bowl of cereal + toast, fruit mid morning. May have tea, a egg + toast. More coffee. Drink alcohol if he has any — at 6 or 7 p.m. — then 8.00 — 8.30 p.m. No alcohol after ^{the} then enter.

Uses breath techniques in exercise — 2 days a week. Uses ~~4-16-8~~ 4-8-16 + light, to relax, he uses the star + energy @

The Evolution of Med Ages

Religion

1st 2 chapters

'Religion' - the very name - has had a perfect embodiment for the science - is - the - truth - and - discloses - to good ideas, over the last three centuries.

But, since all things have to do with the physiology of the animal, and the habits of the animal, we can't delegate the word to the varieties of its practice it covers. ^{as if they were in abstraction from physiology.} ~~a~~ thought a number of thought forms, like nearly all human activities - its connection with thought isn't the sustaining or initiating connection. Thought comes at the end of experience, not as a movement, or giving ordering or explaining of the experience. And it is the thought of a religion that is attached, the theology - not the theology that has passed it - no lives in the form of what we now call doctrine, but the thought that did the work, a persuaded dissociation. ~~Two~~ Two ~~aspects~~ aspects Christian theology of good error, self-contradiction, confusion for the beginning, ~~since it came from faith~~ thought were chiefly by its obsessive desire to discard and renounce ancient Greece, while taking its ~~thought~~ its civilization as the very basis, the only available basis, of the 'new' world. So all the heaven, hell, purgatory,

limitless of the soul, judgement, attainment,
redemption, grace and above all the principle
of renunciation (of flesh, pleasure, sex, the senses)
have come under scrutiny and of course effective
since of course because the experience
of a soul is her death is killing of her back
then the myth languages like Tree or a
dead tree.

In a "fall" of this sort - meaning
fall of civilization (since its religion has
collapsed) - there is always a plundering of
the past, in the sense of deconstruction,
revision, ~~and~~ analysis (= the cold dawn of
waking up' for an experience). ~~The teacher~~
~~fills with people between~~ it is an every
day war - still to appear original,
a revolutionary effort to take the
words & notions of the past and with
completed false analysis (because the experience
that created the words is missing). (It
happens every day in the ~~past, in the~~
every branch of the academy, to the point of
creating an industry of revision (revision of
word repetitions, words, theories, beliefs).
It is the way all talk happens - and

within the delirium is encapsulated the
(incursions) tones of the next rise.

When this dusk of delirium is all come
to earth we shall see that in fact delirium is
is a fact of survival in all animals. This
is why people rave, injure themselves, dance to
death, commit suicide (many as high as
figures as the actual traffic accidents).

In some way, any way, a path must be
found to heal experience which has no
value, but which supplies all kinds of death
ecstasy or peace or sense of mystery — or
N medium if that is not one himself, is
desperate, chooses

The Tragedy is that this survival hit —
his tapping in to a power that endows an
extraordinary resilience and power, overcoming
pain, fear etc — becomes, in us, another
adventure of destruction, this of the simple man
the Christian theology embraced, mostly
unknowingly, a doctrine of soul total
renunciation that it is valued, and achieved
in the course of a thousand years or so,
almost the destruction of what the theology
was pleased to call the carnal (as opposed
to the spiritual).

Certain scientists do claim that we are in the middle of the 'sixth extinction', the fifth having been 250 million years ago (under identical conditions to now preserved), and that if any animal survives it will be the human, as the lone jaguar did in the fifth extinction, may be right, though the highly abstract analysis required by all rational enquiry never gets at more than a fragment of the key to the truth.

But we do know that we are the daily witnesses - and ourselves are doing perpetually - an enormous destruction with our cars, our radiocasting, our chemical pollution of earth, sea and air etc etc (a story so true that it now makes us yawn). But that this destruction was caused by Christian theology, ~~rather~~, was its deepest and most valuable part since as Don Scoter's, pulled us back how this destruction was to take place, isn't likely to be accepted by any one ~~at least~~ in his right, that is, ⁱⁿ his heart, mind. But ~~there~~ ^{there} is why ~~to~~ ^{to} live with this work, to unearth the heritage which we serve, and ~~the moment we have thought the theology they~~

which daily makes us unhappy because of its 'pressures', its 'stresses', its 'hardships', its ~~errors~~ 'violence', its ~~lack of order~~, its 'lawlessness', its 'sickness', its 'madness', its 'war', its 'injustice', its 'inequality'. ^{was} ~~but~~ ^{me} these themes of complaint so familiar to us ~~was~~ is a part of the medieval legacy we alone have adapted ourselves to and in desperation try to survive in, despite the odds against us.

I shall be dealing with the absurd term ^{too} 'medieval'. The so-called Middle Ages laid ^{down} a trail in very great detail, ~~very exacting~~ every aspect of our present thinking, and to ~~for~~ ^{top} oppose those ages with the so-called 'modern', as if the latter were some kind of revolution for an enlightenment after, is to ~~create~~ ~~bring~~ ~~the~~ ~~confusion~~ ~~we~~ ~~live~~ ~~in~~. ~~any~~ present-day analysis of the ~~behaviors~~ ~~we~~ ~~walk~~ ~~to~~ ~~find~~ ~~it~~ ~~is~~ ~~because~~ ~~of~~ ~~the~~ ~~ideas~~ ~~we~~ ~~have~~ ~~inherited~~ ~~as~~ ~~fixed~~ ~~and~~ ~~unquestionable~~ or behavior impossible.

One of the things we have to forget, ~~as being one of~~ ~~the~~ ~~most~~ ~~fixed~~ ~~theories~~ is that when we inherit ideas they are conscious. By we of course no more conscious, no more self-induced than salivation. Mostly we can never become conscious of them. We can only do so now because these unconscious modes fragment like a civilization falls, and now has done that. It is less difficult during a fall, like the present one, to look into ~~at~~ the history of our thoughts because these thoughts no longer hold our minds in total. A ^{crisp} ~~word~~ like 'we have moved to the front of knowledge' derives from the proven theory which was dreamed into the 19th century had much deeper origins in Christian heresy, with its picture of a man up on a cross grace from sin by effort: if we didn't have this inherited operative ~~that~~ 'move on' mind simply move on it

says, with normal philosophy is it.

In the same word the human mind is a product of theology and its ^{lost way} subsidiaries - philosophy, ethics, science, pursuits, are all intellectual in some religion, of course ^{the} Christian. From the beginning the Xian religion was a linking one, and so it has produced a civilization which, finally, is entirely dependent on theology, and has carried theology into life on the very basis of everything we do. The religion developed like this because of its ~~doctrine~~ ~~the~~ ~~practical~~ ~~doctrine~~ ~~of~~ ~~renunciation~~, its ~~obligations~~ and rather crude doctrine of renunciation, which denounced the animal and pinned the senses, the desires, the lusts, the instincts, the impulses to the animal, setting the human ~~in~~ ~~the~~ ~~class~~ ~~of~~ ~~animal~~ aside. But he who could no longer be said to be an animal at all. This part the whole process was theology, is a human animal that already showed a serious inclination to think ~~itself~~ ~~to~~ ~~far~~ ~~into~~ ~~degeneration~~ to the point of its inherited functions deteriorating. The course of theology is a pure theological heritage.

Isaac Ben Solomon Israeli
(9th from Egypt - died in Tunisia or Anistolia)
animals is classified for consideration as they do not belong to the world of "rational soul".

Aristotle

The rational soul was the key to

1) the human's right to own the earth and the animals as a human accessory - itself of no value.

When we look around to us to day, in the household of genetic manipulation, we see the results of the human

philosophy and was guided by ^{the} ~~the~~ ~~two~~ ~~ideas~~ in the
comprehension of the ~~human~~ ~~condition~~. A ~~wrecked~~
~~habitat~~, ~~destined~~ ~~to~~ ~~collapse~~ ~~the~~ ~~idea~~ ~~of~~
knowing the 'anti-habitat' was available to
the 'inner' habitat too. It is true. A 'spiritual'
elitist rational self-awareness and the logic
way to endurance, were put aside, and the
'human' too, (~~you~~ ~~of~~ ~~you~~ she designated
'energy' was taken into account, and had
retained itself, and the logic was debated
itself.

As we enter the twenty-first century... the idea that
the elapse of time contains an 'advance': future
time coming after present time is better than present time
than a present time coming after the past is better than
the past. How in earth any moral principles could have
been extracted from ~~an abstract concept~~ a concept is
beyond fathoming. Again, we must seek logic in
sense in the human deeds. He must extend his
decent system, and the time-progress idea,
was coming from a respectable religious progeny
(progression from sin to grace), was an excellent
corollary to the idea of knowledge being in growing
superior process, with each epoch (~~the~~ it
could be a month) looking back with pity at a
previous one. It completed the picture of
creation as a series of extensions of the system to
the valid idea that the system did not work.

Ms Xutubic Lieven

Chairperson

Development & Control Committee

London Borough of Camden,

Town Hall,

Euston Road N.W.1.

...poetry, music,

"The early soft feelings that we can't afford to live with under a naked light bulb shine is now."

Tennessee Williams - a letter to
Marin Sv Just April 27 1955.

some of the

... of the ...
...
...
...

epiglottis

the larynx fatty lit.

the is the

Religious faculty

The Evolution of Mad Apes

The religious faculty is a natural part of all animal physiology. But in the human animal, while ~~the~~ still ~~the~~ ~~faculty~~ is a natural one, ~~it shares with the~~ ~~faculties~~ ~~the~~ ~~inherited~~ ~~human~~ ~~characteristics~~ has to be evoked by special ~~means~~ ^{techniques}. I shall be showing how these ~~means~~ ^{techniques} are, and we will find that they are the triggering of techniques for civilization, ~~just as we will find that civilization~~ ~~itself is a~~.

This faculty has ~~been~~, like so many other inherited faculties (the growth of fur, claws, etc), eroded and requires a special technique for its revival. I shall

be examining this technique and its connection with what we call civilization; the moment we examine either of these — the technique of the revival of the religious faculty or civilization — we shall find that the one is intimately connected with the other, and that the technique is in fact the starting point of all civilization: thus, historically, we find that no civilization has arisen without a vision or religion (if the ~~old~~ vision became organized into a religion) as its starting point. In other words, all civilization begins from a kind of new assembly — a group and then a crowd and then perhaps thousands or millions of people (maybe for sleep from each other across oceans and mountain barriers) come together in agreement with a single human's vision of a new life, or a new way of living, under new guidance.

Lipstick

11th - 14th August: group address, me-to-me session. 90 mins,

120 hrs. Gym. Post. Liche. Patient facilities, in a luxury setting, £140 a night (incl. all facilities). Rapinder has been asked to produce set-ups (smoking & weight-pollers).

Acupuncture / Physio / Oxygenation / This is a BBC production. Courses can be set up due outside a television or text. A course of sports injuries? (there are 8 anti-smoking weeks) '101' at Forest Hill? This doesn't include chances at Clampton etc. A possible 10-year adventure. Talks happen on Friday nights, 120 people arrive: here is a catchment area. If you suggest hospitaling to a client you can get £300 a go. NB The homeopathist has worked with horses - this is a vast horse establishment nearby: acupuncture / mind water etc of courses is always available.

Chasing

CHRISSEY

ILLEY

1) Balance

2) flexing

3) high front vowels (and displacement)

held by the tongue
goes to the body

4) Traces may be the microphone

5) concent sign of our do we pass

6) have largely believed it
required just me and me

was lost to little 2 1/2 yo

Assault of Complete disruption and even
the same SORROW

7) highness manifests with
the task like to illuminate

8) Planning a TV program about

importance grows and its balance is a desire of self assertion, so the
the organ vacillates between the two. If the two will become
greater. The client expands, does with the work. The organ
remains in an emergency world, a fight-or-flight mode, while
the abdomen is left abandoned, it looks after autonomic function
via the lower lung, sleep, calm, careful and mostly unconscious
planning, intuition, digestion, the nervous system. Oxygenation is
reorientation of the whole life so we can't be careful what we
breathe. When we stop the way very slowly.

4-16-8 with light. 4-8-16 with light held in abdominal area.

Thoracic with smile and light, these ~~are~~ become identical.

The crotch with 2/3 abdominal breath a minute. The
sever-breath, noticing the waves.

The Artistic breath?

^{some}
Two are the things I have to mention

i] The object of oxygenation is not to produce a state of trance, a
mystic to do that. Your mind with its endless possibilities, trances
finds something and then does all we do, is balanced from
inside, you wish to cover the existence of the endless
possibilities world by concentrating on it. This has become
hanging on to it, instead of moving on, not to avoid it
or leave it to be taken as a facet, not the ^{whole} ~~facet~~.

ii] Are you unusually supple? The fluttering hands, the
detachment of the head, the dense crushed words, the dense
returning to the base, are these connected with my attention?
The 'wings' (the arms), the inchoate talk, the REM
sleep fluttering of the eyes, also exaggerated? This is a
~~patient's~~ article but it will keep you at a emotional
level and oxygenation emotional. Last not the
first expression of the organ, the surfacing and we
are getting under the surface.

iii] Let me describe to you the oxygenation in its own

I am a trained philosopher.

as the end product.

of philosophy. This is how we get to the word we use and the definition. Philosophy is really an invitation, it teaches you how to open doors, philosophy led deliberately into psychoanalysis and psychotherapy, then Nietzsche, and then how it became like philosophy, purely mental. I call my philosophy psycho-philosophy because, as I believe, it is the first to say the thought is a mental but physiological ~~activity~~ ^{thing}. How does his connect with it. Always to something simple: we cannot move your understanding of Paul into any of the brackets, the inspiration breath in the ~~the~~ inspiration breath, hearing those which produce guidelines. ~~the~~ All of that will see another set of designs, jewels. So again I have to go sideways. You jump the lead, a then stay there!

iv) we cannot influence the organism via thought (words) or emotion: both end products. we find out what the end product is, not ~~usually~~ ^{by} ~~analysis~~ ^{moral} analysis (good/bad?, life/long?, rich/poor?, sane/mad?) ~~like~~ ^{by} the analysis. This is the heart of philosophy, it is by examined perception, the facts of your perception. THE GUIDELINES ARE ESTABLISHED IN THE PHYSIOLOGY. To be happy.

v) I'm telling you in this because you do not see a heart to know it all before you can act.

vi) You will also see up at the therapeutic will in happening. In the same way you have to use guiding power in this to in the off emotion breath.

vii) the crotch breath. What does she report? The, the 4-16-8 no life, the 4-16-8 light, the 4-16-8 artistic, the 4-16-8 influence.

viii) REMEMBER: I am trying to prevent the will taking me because this will once introduce terms into the system. it will be allowed to work on its own. This is what we are trying to do: protect the motor system & then leave it alone. B.C. the 'inspirational' breath — leave it to work. Don't ~~look~~ ^{look} to be mentally inspired.

ix) "hell is paved with good prayers": you may find your life

By concentrating + you will in no time. The will of the actor of itself,
never the life. This is why we try to get your motor system
working well, because it will change work of your life. That is,
be careful how you work + rhythm, the will can do easily
enter. If you wish to influence your work better of, if you have
strongly demand you will, if you continue your self to 4-16-8,
One do not have to be a specialist effect, a good person will

WILL IS DEFERMENT

The 4-16-8 within your system, the will of the actor of itself,
never the life. This is why we try to get your motor system
working well, because it will change work of your life. That is,
be careful how you work + rhythm, the will can do easily
enter. If you wish to influence your work better of, if you have
strongly demand you will, if you continue your self to 4-16-8,
One do not have to be a specialist effect, a good person will

The theoretical description of the same subject of space,
the will of the actor of itself, never the life. This is why we try to get your motor system
working well, because it will change work of your life. That is,
be careful how you work + rhythm, the will can do easily
enter. If you wish to influence your work better of, if you have
strongly demand you will, if you continue your self to 4-16-8,
One do not have to be a specialist effect, a good person will

MAI - ARE

Want an essay to take into the hour?
The physiological in medieval theology, expanded

The hour of the physiological -
medicine became of the -

(quite unoriginal indeed
and original people too)

This is why it has been left to
the other animals are deeply religious
creatures and the the religious faculty has

evolved up in the human ~~brain~~ ^{brain} does

~~it mean~~ ^{small} this is the 'faculty'?

It means the other the religion

they contain the sources we need

independent activity of the will,

which will give us all the experience

which are ~~described~~ religion.

Who in America was with the

by the in the doctrine of dogma is the

collected word was a ~~some~~ ^{some} abstract

of the physiological level, with an

In full describe the unit (time)

an acutely to the machine

described, a day of is order,

the with very little paper by
for in you.

I have played, important of
money (this) in the world

therapy, and a - full for long
a therapy, an idea

of many the a therapy in 1981
day - offering) ^{the} ~~at~~ ~~unit~~

organization to provide, with a day

short in by writing the world

in the next therapy I described

- 1981 a album & have days

called Oxygen. It is free

power - the / the beauty of

ETHOLOGY

Ethos - "character"?

Religion, was a reaction of it, of a ~~kind~~ a kind of personal offence to the modern (= fashionable) mind. This is because it (God, guilt, sin, hell) offers a threat to the freedom from restriction, which comprises the chief illusion of a ~~total~~ fall of civilization. This ~~is~~ ^{is} the part and its values and habits as far 'behind' the own is seeing nothing at all the in time, yet it is the very thing ~~is~~ ^{is} necessary, since the new ^{with it} civilization, ~~the~~ ^{the} new happy restrictions, comes about.



Chap 3

End



This is a ~~key~~ ^{key} difference between an animal study of the animals by a human and an animal study of human ~~of~~ ^{of} human. ~~In the latter case~~ ^{In the latter case} the ~~animal~~ ^{ethological} study ~~can~~ is obliged to describe its animal subjects from outside, ~~since~~ ^{since} ~~most likely~~ ^{since} the humans have never broken or tried to break the code of animal language in order to ^{know} see the thought within. In the case ~~of~~ ^{with} an animal study of human ~~is~~ ^{is} ~~concerned~~ ^{concerned} it can be a ~~real~~ ^{real} as opposed to a ^{purely} deductive study. It does not have to interpret ~~handwritten~~ ^{physical} gestures or movements as meaning certain thoughts. ~~It is~~ ^{It is} ~~then~~ ^{then} ~~communicate~~ ^{communicate} for an animal can communicate thoughts to its subjects (but an animal study does not have a real audience) so it can make a history or topography of thoughts ~~in~~ ⁱⁿ ~~its~~ ^{its} ~~basis~~ ^{basis}.

instead of ^{ly} pure/visual evidence ~~of itself~~

In a word, it ~~can't~~ start from the self. When we come to study philosophy for the first time there is no big step to take, and when it is taken you can't be -philosophic. These steps are best described as a ~~acknowledging~~ ~~at the end~~ ~~behind~~ of the first principle you study in Descartes, you will find the first steps encapsulated in Descartes' most famous no-line, cogito ergo sum. That is, I exist because I reflect. ~~I cannot claim to exist because I reflect~~, when I reflect I prove that there is an 'I'. Otherwise I have no evidence of my existence. I have no reality other than I can say is outside me. All I have is my impressions. But an 'I' lies behind my impressions, otherwise I wouldn't say I have them.

A lovely, justom statement which is uniformly understood by people outside philosophy as a ~~way of~~ saying 'I am intellectual' ^{by thinking can't claim to exist.} and that the self is 'I exist'. NOT at all. The human's concern about their reality is so fragile, so unstable, ~~and varied~~ ^{so} ~~and~~ disturbingly changeable, as to constitute nothing but mere impression in one's mind (since it can't be proved to exist), is in fact the cause of philosophy to come into existence, at an early stage of Hellenic life. The wandering philosophers of ancient Greece to be so in contact with the villagers and town folk who listened, fascinated, to their philosophy purported to be whisper wisdom hence its name. But its wisdom was never ~~the~~ ⁱⁿ fact, a ~~self~~ ^{self} Nietzsche, and perhaps Schopenhauer before him, squared faced, because it never properly discovered that its origin lay ~~not in a new~~ ~~truth~~ in the tragedy of erosion, ~~and~~ ^{and} the reality-displacing cancer which ate the animals (we learn that the hole is close to human).

~~the board saw that didn't~~ ~~the philosophy~~
was ~~for me a happy~~ understood the I ~~unlike~~
believed in an ~~easy~~ ~~pure~~ ~~thinking~~ ...

have to experience it. ^{the influence} ^{highly}, that I wanted to be ^{colored} ^{the defective theme of} ^{Christ church}
philosophy don and ^{at Oxford} I was shortlisted for a job. ^{Christ church}
But that I was ~~only~~ ~~ago~~ ~~on~~ ~~an~~ ~~academic~~
~~call~~ ~~was~~ ~~years~~ ~~ago~~ ~~in~~ ~~physio-philosophy~~, ~~basically~~
a ~~mode~~ ~~of~~ ~~thinking~~ ~~the~~ ~~beginning~~ ~~from~~ ~~the~~ ~~human~~ ~~as~~ ~~an~~
animal, ~~and~~ ~~difficult~~ ~~to~~ ~~do~~ ~~with~~ ~~his~~ ~~holistic~~ ~~physiologically~~
under ~~such~~ ~~thought~~ ~~the~~ ~~thinking~~ ~~alone~~ ~~'pure'~~ ~~thinking~~ ~~will~~
do ~~do~~ ~~little~~ ~~good~~ ~~to~~ ~~us~~ ~~say~~ ~~Nietzsche~~ ~~used~~ ~~psychology~~
its ~~existence~~ ~~—~~ ~~a~~ ~~study~~, ~~the~~ ~~could~~ ~~be~~ ~~two~~ ~~or~~ ~~three~~ ~~'rungs'~~
below ~~philosophy~~ ~~and~~ ~~applied~~ ~~itself~~ ~~to~~ ~~the~~ ~~physiological~~ ~~picture~~,
to ~~same~~ ~~of~~ ~~kind~~ ~~as~~ ~~we~~ ~~take~~ ~~a~~ ~~pure~~ ~~interest~~ ~~in~~ ~~an~~
~~human~~ ~~mind~~ ~~as~~ ~~the~~ ~~argument~~ ~~human~~ ~~beings~~ ~~not~~ ~~as~~
rational and detached observations but ~~symptoms~~ ^{of distress} ^{Nietzsche}

An ancient study of human mind began in a traditional

~~way but not in any~~ ~~method~~ ~~any~~
knew that the mind had to speak for itself, that it could
not find it ~~about~~ ~~itself~~ ~~in~~ ~~this~~ ~~way~~, ^{that the person mind, his own} ^{being} ^{with} ^{mind, is}
human ~~being~~ ~~knows~~ ~~about~~ ~~an~~ ~~experience~~, ^{has} ^{been} ^{related}
^{to} ^{the} ^{along} ^{this} ^{time}

This was an animal study of human mind

The way we see have, we humans, of looking
inside fellow animals is to enter the minds, not to
observe their movements, and this we can only do by
entering our own. It is a matter, now, of taking
psychology up a few rungs, to a new philosophy, which
is ~~really~~ ~~not~~ ~~philosophy~~ ~~at~~ ~~all~~, ~~more~~ ~~like~~ ~~the~~ ~~physio-~~
~~philosophy~~, ~~beginning~~ ~~from~~ ~~animal~~ ~~performance~~,
for the physiological picture, and this can only be captured
from within.

the board... I would have had a wonderful Alice in Wonderland
life, more particularly the the author of the philosophical work-
dispute was at Acl college, and Alice ^{atmosphere} character for the
quad and the vast rooms, since he seized
in his didic work.

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Wednesday 35
Thursday 54
Monday 54

RAJENDRA

V. He did 16-32-48 — got the schedule OK in the 2nd leg, but was "leaked in" in the 1st leg. He said the state of his happiness was such that he had been 'naughty', his breathing I described as 'choppy', partially obstructed nose; said his wife smoked 20 a day and he had been joining in with, sometimes 5 an evening, he felt conscious of restricted lungs. He said he had a tendency to self-destruct, didn't want a child to be too clever ~~because~~ because Shandra, as if it would be in competition with her he didn't wish his, so he kept a low profile. Now he was experiencing resistance to the release Oxygen was giving, and while working positively, he Yoga, he candidly, had got near to touching. I gave him several massages, then decided to give a formation-breath. He put up a question, second time, ^{the first question up} got an answer immediately after the question: he said it had been a 'dark' question. I wanted him to confirm the true form answer came without any prompting or intimation. He said at the time it did... I wish to confirm the way it came — a horizontal light, image! He said after he had had amblyopia the hold a drawing of her! able to move a big reclining Buddha — it was a temple at Bangkok. She had been with Smiley.

VII I gave him the strong thoracic leading to vital breath with seeking eyes. Again, the information breath; then the inspiratory breath (I need inspiring in my work); then the artistic breath, and in the first the light stayed in head a very intense primary red; in the second the bluish green light, very peaceful & very lovely.

VIII The Moon Breath: the Sunlight Breath. 4-16-8. The Sunlight Breath 4-16-8. 4 times each. Thoracic one (Sunlight); thoracic one (Moon).



RAJENDRA

(difficult or despair w/)

4-8-16. Sunlight, 4-8-16. Moon 4 times each. Thoracic muscles
with snail, with sunlight. Information worth: put the question into
the nerve and then you have got to go up, being at certain excitations
that estimated, sleep. ~~Thoracic~~ For the Anterior, with 4-16-8:
bring into the light. Describe the various functions of the inorganic,
a general state of inspiration (raise the subject), the affirmative
with the initial desirable states like youth, joy, influence into the
cells. Finish with AOU to order to galvanize: with use of low
axonic motor passing, as the bellows box, in work up. End
with 2 breaths a minute.

h'sha

Handwritten scribbles and marks at the top right of the page.

Faint handwritten notes on the top lines of the page, including the word "Structure" and some illegible text.

Mr. Mamedos

2/2/11

Stephen Grewing II

IV Ag's pain 7 went three weeks. He experienced a 'stopping' when doing quiet abdominal breathing, to a minimum of 4-6: the lowest he reached was 4/5.

1. ~~_____~~ Bellows Box (_____)
2. _____ the S
3. ~~_____~~

Stephen GAWTRY

I The clay mask the splits and the blue sky above. While only disappears when he begins to concentrate his attention on it. Some curves but the concept isn't there yet. * 'I take to it as if it was the most natural thing in the world'. * theme of II

II The muscles are not in sync: the chest doesn't want to move, it seems permanently at the height of expansion, while the abdominal is flexible and smooth. He says he feels they are better than the first time. Most of the session mechanical. A short thoracic run, without any 'smile', 'light' prepared for it, had him in a strongly anxious state, in the sense of tension, in the tugging of the feet, tension esp. of the legs, and a sense of "self-consciousness" in which he was between two extremes of his head/thoughts and his sexual area, a sense of being exposed while he compared to his nervous crisis ("nerve war") when playing onstage in a band, 'as if I were in a golfish bowl'. He said he also associated the experience with not 'allowing myself to be me'. He agreed that this physiological operation, it was doing something, while demonstrating it to the mind as a problematic experience: a sense of demediation went with it.

III We should leave the mechanical stuff, the fact of non-synch situation in the muscles, aside for the moment: * we first give i) 4-8-16. ii) Then we put light into it. iii) Then we go to the thoracic for the curves, and the 'pulling' of breath into the head: iv) ^(Put in the smile; v) then we put in the) ~~the use of feet, legs & the breath of the head~~ and with the downbreath spread the light into the body. ~~and tie in a further~~ ~~light~~ * All of ropes: noisy breath not deep, this breath deep (he can't hear it). We are getting the muscles to accept this idea so the the metabolism at the cellular level is right. So first, dilated breathing. This meeting was disturbed by health care incompetence: he was sent away in the building but by now: late stage, he v. nervous.

RAJENDRA

I 1 p.m. ~~The~~ Wednesday 1.00 p.m. The serpent ("ugly higger") that comes into the head on the breath reaches, for the first time, the top:

ii) I suggest 'startup + 7 breath' and see if he reaches 7 and if he doesn't indicate that this will always show in the degree of repose in the body: we wait to achieve the 7 breath easily, and then other breaths can be done into a any tension. The 7 breath contains a secret the Sufis won't tell: it is the curve. I think they say simply a "pause" ii) Try retention 4-6-8. Try putting light into it, see how it goes. iii) back to thoracic breath, pulling light into the head. [Show that each person gets entirely different paths but we could do for someone + eu plexus + eu wave.]

iii) Session II light only reached to chin nose on hole but with succeeding stages (4-16-8, plain; ^{curve} light, light into curve) he found it easier to the top of the head and then on the mouth. (a) either a straight thoracic man or a 4-16-8 or 7) diffuse in success parts of the body: volume of waves: curve he found himself going up on to see from a cliff and a waterfall place that wasn't quite a "place" because get radically happy to be going up into the glittering flash of the sea, and remembered that he had been happy in the place despite it must be a very pleasant place. He will have light, he said, that he would have closer his own guardian of the place, but as like being presented with their happiness (b) decision to fast for time (c) He had been practicing thoracic man during the week and his muscular performance was all the different: the thoracic abdominal simulator was excellent. V. highly motivated. He said he had been trying to concentrate on the abdomen and (b) in the next session I must have him show the muscles not to chase the thoracic wave as when to breathe the muscles of the

iii) a) open with 4-8-16-8 being the exhale. No light. Explain the hold as melting into the outside as again 4-16-8 as pulling the outside in. [b] the slow abdominal or sleep (one) inducing breath: the breath to cease with call if his is required by approach it by stages: first breathing fully abdomen, then release + gravity in exhale, the 3/4 per minute. [c] The silent breath in inhale and exhale (the candle) [d] We use the 'happiness' theme (his cliff experience) as a belonging mechanism of we feel greatly disoriented

RADENDRA

a alienated (i - foreign place either actual or simply felt) [e] Finally a
strong therapeutic method in "affirmations" - This is to enhance the light which
in the true affirmative, you will go on to feel it writing it down a 100 times. E.g.
"I am radiant health", "I am in wonderful health", "I am radiantly successful":
we are approaching another kit with this, it isn't itself the final kit.
But it can be used because the words of it, by pinpointing, open up a
new radiance important for all human transactions.

IV (Suggest affirmations) (a) a word only: 'radiant', 'health', 'wonderful',
'joyful', 'happy', 'jigful', in the word it is not key phrases but
supplements to the word. From this to (b) a question: the word to be asked,
then I leave it and allow all forget it. In these 2 things we are getting the
system used to a new code. (c) Incorporate smile. [Extract 4-16-8. To
8-32-16: then + light; then + smile?] But perhaps whole term should be
dedicated to thoracic movement by abdominal minimal breath.

In this session the day after was for him a 'exciting' meeting, he
was 'aware of my body for the first time'. He couldn't get a sense of
release or pleasure from thoracic movement, so I put him into the abdomen.
In a time, then did some very sharp thoracic movement + light + affirmation
and he said it started to work then. He fell into unconscious several
times and told me at the end that he felt he had slept 40 mins out
of the 60 mins, he had in fact, as I told him, slept for periods, the waves
better measurable in seconds and minutes. He said he had the
impression of he is a doctor because when I touched his chest, he
felt immediate relief then, as if it having come open. He asked
me if he would get his 'release', meaning from the words of the
feeling partly expressed as 'they aren't allowed to be happy if I

'feel' happy & all is going well?'. I interpret this as not having
been touched of life by my own. Under Claudia's vast presence.
He goes on to the people who criticized Claudia not to hear from
them some criticism of Claudia which would have destabilized him,
but they never obliged. In his case life is always suspended,
it doesn't properly take up residence. He said the above statement
about happiness had been his affirmation.

M^r Gudyowaty

Second Session

What I want to do is to change his attitudes. I want to change them so that he will be able to handle his work, which means I want his attitudes to change towards his body.

If he can handle his work with ease, he can handle life, and vice versa.

At present his body is telling me 'I associate refuse with sleep'. But refuse doesn't come from sleep. It must be there in the waking body too. When I put him in a refused breath he falls asleep; it is automatic for him, but not automatic. He is tired, yes, but he doesn't fall asleep when he is standing up or sitting down, or even when I am talking to him while he is in the lying position. He falls asleep in the silent breath. We must get the body to use the silent breath while wide awake.

When you are in a hurry, tense, stressed ^{state} you cannot think clearly. To work or learn think clearly. To think clearly we must be in refuse.

Tests of champion athletes, those who lift huge weights as well as runners, show that their minds are in refuse. They

have to be clear of all thoughts like 'I must win, I must make a effort'.

Effort can be made tensely, and it can be made in refuse.

So we are not ashamed when we are asleep, we are happy that the body has laid in a store of energy, and that it feels good. We can't always lie down every 2 hours, we must take planes, taxis, quick meals: but it must all be done on a basis of refuse. I work

in theatre etc, I must change modes. Completely when I talk to a publisher, rehearse a play, convince a producer to do a play, and this can all be done on the basis of we always do this myself. This is my

M^v Radgowski

II Session CONTINUED

is my degree of relaxation as shown in the 2 relaxation points, and she is the state of my breathing, and I will find the my breathing exactly mirrors my state of tension.

It is also v. important of the heart that it supports the system. It must be calmed, so calmed that it cannot be alarmed (made irregular) by sudden unexpected event.

Your body does a huge amount of electrochemical work, thousands of messages are going to and fro. To work pay attention to this service. It is ^{an} intelligent one. The intelligence isn't up in the ~~head~~ head. It is in the cells. In these actions, performance depends on automatic response. Who does automatic work?

It means being done by the cells, glands, blood, chemicals, electricity of the body. We are not conscious of this huge activity but depend on it utterly. If our functions ~~made a noise it would~~ were replicated in the form of a factory, ~~that we~~ and each part made a noise, it would be deafening, it would be heard for miles around, every minute of just one year.

People wake from sleep when they started it. It is quality of sleep the count, and the best quality of is obtained by slow diaphragm breathes in the abdomen.

He isn't using his thoracic area because it is an area of trust for him. So he must use what he has, the abdominal area: the area of vegetative life,

II Session continued

repose, all the autonomic work. The thoracic area is the area of alarm, planning, sex, fight or flight, organisation, the sun, while the abdomen is the moon.

If we stay down in the abdomen, this is where we have to do the time being, we will have to repose the upper thoracic area.

I ~~see~~ ^{see} my work increasingly as sports therapy, because we are all like sportsmen who must be ready for the competition. It isn't the best way to live but it is one way of living and that is all there is to it. The champion's mind is at REPOSE (rest) while body is in maximum exertion. The same model should be adopted for working schedules.

Give Lin a seated equivalent of expelling carbon dioxide through pursed lips: he blows it all calmly, right to the bottom of the lungs, and it will not create strain and get red in the face.

An air-improver/fan. ~~fan~~

The brain demands $\frac{1}{4}$ of the blood in our bodies: so there is great activity here, and the blood must be properly oxygenated.

Amaka?

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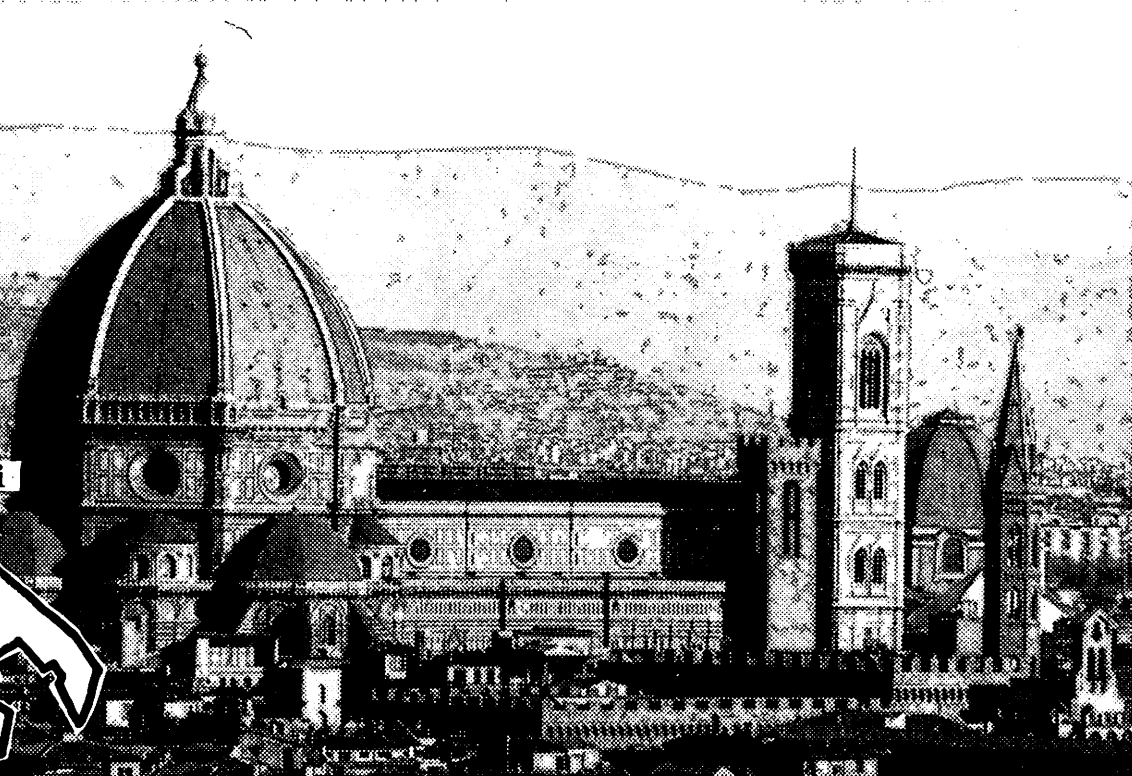
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ASSISI

Assisi lies 424 metres above sea-level on the slopes of Monte Subasio, just over 100 miles from Rome and the same from Florence. Birthplace of St. Francis, Assisi was declared international city of peace by the Pope last year, when he met there with other religious leaders from all over the world.

The province of which Assisi is truthfully the heart has the reputation of being Italy's most mystical area, while Assisi's peaceful vibrations are a tonic to body and soul. Pilgrims have been coming here for over 500 years, and miraculously the town's medieval character has been maintained so that when you walk along its narrow lanes you know what it felt like to be alive at the time of St. Francis. The tree where he preached to birds is still there. So is the place in the rocks where he slept. He inspired ordinary people to take more joy in life, and to an astonishing extent this joy is still felt by the newcomer to Assisi today.

HOW YOU WILL LIVE

Not in medieval but in Hollywood conditions - sunken baths, marble walls and parquet floors, with spacious terraces. Your home is a one-time villa built by Assisi's wealthiest citizen this century, and its bath-taps were once solid gold. Celebrities from all over Italy dined

here. The rooms are large and generous, and a treat just to be in.

You will have breakfast and one hot meal each day at the villa, while other included meals are specified in the itinerary below. The food is rustic Italian but special too. Italian dishes can be both simple and gourmet, much like Italian life. You already know gnocchi, fettucine, lasagne, ravioli, pizza, involtini, saltimbocca - but our kitchen turns them into special experiences, as they so often are in Italian homes.

You will eat in the banquetting hall with its painted ceiling, comfortable armchairs and french windows leading outside.

Vegetarian food is available (we've been providing succulent meatless dishes for years).

The villa also contains a Fitness Club, fitted out with sauna, hydrotherapy, a gymnasium and solarium. All you have to do is step out of your room. There are weights, exercise bike, etc. A physician is there whenever you want him, and you can also have Japanese acupuncture, straight massage or shiatsu.

THE MUSIC

Assisi's annual summer music festival is fast becoming one of the most important in the world, second only to Vienna's. Its honorary president is world-famous Anton Dorati who had his debut as a conductor in America in 1937. Ten years later he became an American citizen and took Dimitri Mitropoulos' place as conductor of the Minneapolis Symphony. He has been resident conductor of the London Symphony Orchestra, the BBC Symphony Orchestra, the National Symphony of Washington and the Royal Philharmonic of London. He wrote a special "Sonata for Assisi" to celebrate 25 years of collaboration with the director of Assisi's music festival. So you know the festival's in top professional hands and can call musical celebrities from every part of the world.

The festival is in two parts: courses for professional musicians in every field, and evening concerts that are the equal of anything you will find in New York, London or Vienna.

Here's a wonderful opportunity to see the musical pro (the festival is actually called "Musica Pro") at work

- from the inside. You can sit in on any of our master-classes for opera singers, violinists, pianists, orchestral conductors etc., under some of the finest teachers available such as Barry Tuckwell, Peter Goodwin, Alain Meunier, Gyorgy Sandor, Gervase de Peyer, Michel Debost, Zoltan Pesko. This is a grand chance to see the world's future musical stars developing their techniques, because many of the young people who take these courses are pros, already established in their field. —

You will also have a free pass to the evening concerts;

For Group 1 (July 15-27) the opening concert will be a gala evening with the Budapest Symphony Orchestra playing the Liszt "Christus" oratorio, with the Bratislava choir. There will also be piano recitals (Ravel's Printemps, Bach's Concerto Italiano), and the Melos quartet playing Ravel with soloists Tucker, Debost, de Peyer, Costantini (eight concerts in all).

For Group 2 (July 23-August 4) an organ recital (Messiaen), Ravel's ballet-opera "L'enfant et le Sortilège" and (subject to confirmation) the Pina Bausch dance company performing Daphnis and Cloe and other Ravel ballets. On July 30 the world-famous Yugoslav infant-prodigy Stefan Milenkovic (ten years old) will be playing the violin with Lydia Kajnaco at the piano. There will also be a choral concert and another ballet performance, this time from the Hungarian Albia Regia company (seven concerts in all).

For Group 3 (July 31-August 13) the famous Virtuosi ensemble will play Bach and Rameau. The Melos quartet will accompany the world-famous soprano Elizabeth Schwarzkopf in a Lieder concert. On another evening Ravel's Spanish Rhapsody will be sung, with the fine Assisi Choir. Corelli, Wagner, Telemann, Mozart will be performed in a concert given by two chamber orchestras. The last concert (Ravel and Mussorgsky) will be performed by the chamber orchestra of Florence's Maggio Musicale Festival (eight concerts in all).

KEEPING FIT

You can actually participate in one of the festival courses under Maurice Rowdon, who teaches his miraculous breath-technique Oxygenesis, which will not only enhance your holiday by correcting your breathing patterns but send you away with a life-package for stress and health management.

THE FLAVOR OF ITALY

When you go for a short holiday in a foreign country it's most important to have someone on the spot who has lived in that country for years, knows its culture intimately and yet belongs to your world. Oxford-educated Maurice Rowdon is such a person. He has published many books on Italy. He'll be talking to you about the Renaissance, and where Assisi and St. Francis fit into it.

DAILY ITINERARY

Day 1: Departure from San Francisco for Rome.

Day 2: Morning arrival in Rome, where you are met by your tour manager. Your air-conditioned motorcoach will transport you to your hotel in Assisi. A meal will be served on arrival, and a get-acquainted reception dinner will take place in the evening.

Day 3: A visit to Assisi and then St. Francis's retreat in the hills, followed by lunch at "The Stable," a restaurant among the pine trees with a splendid panorama. An afternoon guided tour of Assisi, including the Basilica of St. Francis with its fabulous art-treasures collected by the American art-historian, Perkins, then the ancient Temple of Minerva and the underground Roman forum. Dinner at the hotel and a free evening.

Day 4: Maurice Rowdon's informal introduction to the historical background of the tour, and his tips about what to look out for in the guided tours. This is followed by a short art-history lecture which will highlight what you are going to see the next day in Perugia. In the afternoon you'll have your first breath of real air in the Oxygenesis workshop. The rest of the day is free to visit master classes or explore the area, followed by the first evening concert.

Day 5: A morning guided tour of Perugia (Umbria's capital city), with lunch, then to Gubbio, another medieval hilltown of prime importance during the Roman empire, where you will have another guided tour. Back to the hotel in time for dinner and the evening concert.

Day 6: The second Oxygenesis workshop, followed by lunch and then a visit to Italy's ceramic capital, Deruta. You'll see pottery being made and hand-painted. From there we take you to nearby Torgiano to visit the wine museum and cellars. Dinner at the hotel and evening concert.



Day 7: A guided visit to splendid Orvieto. After lunch in this town built on a cliff, you'll visit another cliff-town, Bagno Reggino, better known as the "dying city" because its edges are crumbling daily. On the way back, you'll visit the ruins of an ancient Roman city which few tourists know about. Dinner at the hotel and an evening concert.

Day 8: A second art-history lecture, reviewing the art you have already seen in Assisi and Perugia, and what you will be seeing in Florence. Your third Oxygenesis workshop follows. Afternoon is free for master-classes or private exploration. Dinner at the hotel and evening concert.

Day 9: Enjoy a free day for last minute sightseeing of Assisi with dinner at the hotel and an evening concert.

Day 10: Departure for Florence. We take you for a flying visit to famous San Gimignano with its 13 medieval towers (lunch at a country inn), passing Lake Trasimene with its memories of the most famous battle in ancient Roman times, involving Hannibal and the elephants. Your evening is free.

Day 11: A guided tour of the Uffizi, Pitti Palace and the Signoria, followed by lunch at a typical Florentine restaurant. The afternoon is free for shopping.

Day 12: Departure for Rome, with a free afternoon and a gala dinner-party hosted by the tour manager, followed by a farewell to the mother of all cities in the form of a Rome-by-night bus tour.

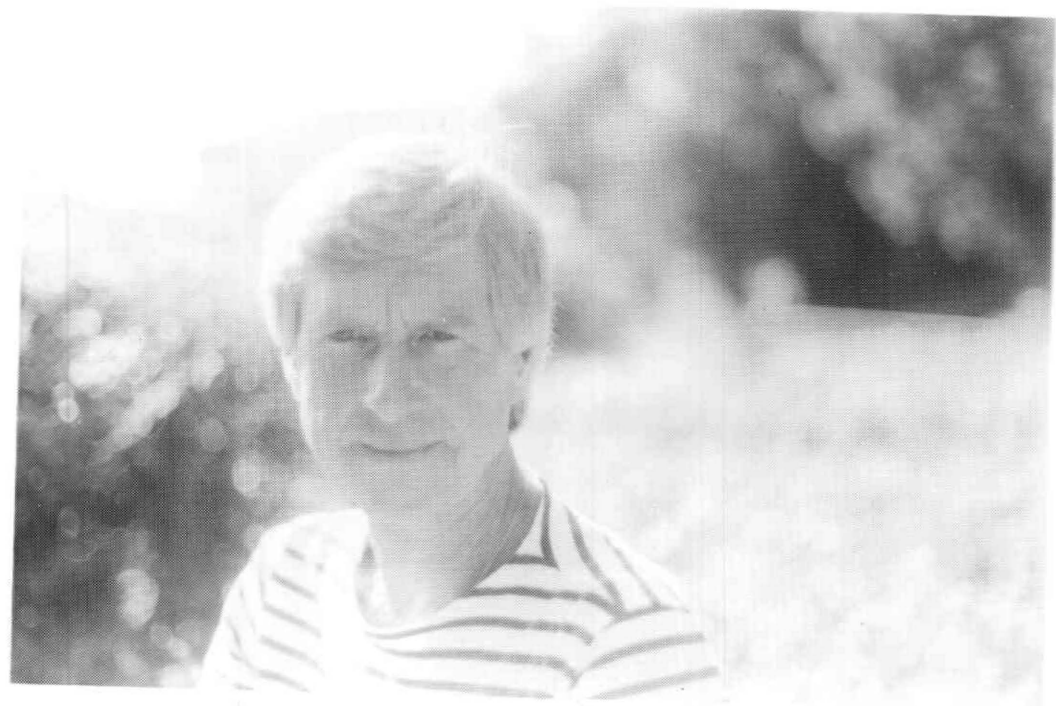
Day 13: Morning transfer to airport for your flight to San Francisco. SEE YOU NEXT TIME! CIAO!

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OXYGENESIS

The Secret of the Breath

MAURICE ROWDON

OXYGENESIS

The Secret of the Breath

MAURICE ROWDON

**Creative Process Consultants
San Francisco**

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1.

Understanding the Breath

To anyone trained to watch and hear the breath, every trauma, doubt and anxiety is registered there — in the sound, the rhythm, the volume and the regularity or otherwise, as well as in the muscular movements of the thoracic and abdominal regions.

The central nervous system constantly acts on the breath in order to adjust toxic flow, emotion and energy expenditure. Coughing, sneezing, sighing, laughing, crying, gasping, yawning are all effects produced in the breath by the nervous system in its effort to protect the organism in its confrontations with the world.

Oxygenesis is a fascinating reversal of this process. The breath is made to act on the central nervous system, to rehabilitate it, initiate 'ego-strengthening' in the Freudian sense, and accelerate the efficiency of the auto-immune system.

Cellular Evolution

It is doubtful whether the breath is today understood even in the East, where more attention has been given to it than anywhere else. Certainly its reintroduction as the chief restructuring mechanism in our physiological system is long overdue. At a time when the oxygen in our atmosphere is daily shrinking, efficient breathing patterns become essential, not only for our optimal performance as human beings but for our survival.

Oxygenesis involves 'VO Max' or maximum oxygen-utilization capacity. Its effects are not only physical — they are a specific evolutionary process involving the whole personality and taking place on the cellular level. One of the most striking results of this process is rejuvenation. Paradoxically, this takes place in the very young as it does in the aging. Some people who go through the oxygenetic process report that they *fit into their own skins* for the first time. In the young this feels like becoming themselves after having been the product of others, as if they'd taken a divergent path since birth.

Many of the physical weaknesses and dispositions we are aware of in our organisms are traceable to the fact that the nervous system isn't in proper charge. Frequently in the pulmonary or respiratory departments of hospitals therapists notice that people with COPD or Chronic Obstructive Pulmonary Disease seem to have their lives governed from 'out there' — by habits and patterns over which they feel they have little control. Oxygenesis is a design to rehabilitate the nervous system in this respect, by putting it in charge of the organism it belongs to.

Putting the Nervous System in Charge

A person undergoing his introduction to breathing techniques of

this intensity requires careful and sustained guidance. It cannot be done in a group. The one-to-one relationship is as important in Oxygenesis as it is in psychoanalysis.

What *can* be done in a group is instruction in daily breathing patterns, and awareness of the highly individual patterns which one has been following quite unconsciously hitherto. In hundreds of sessions in four countries I have never once found a person aware of his breathing patterns even when his breathing was sound. So-called 'yoga breathing' seems to be as wide of the mark as any other. I've noticed that in ashrams quite the wrong breathing exercises are done to induce 'meditational' states. It is as if a whole culture of the breath fell out of civilisation quite early, perhaps in Egyptian times.

Millions of people take an annual holiday but fail to derive more than a tiny percentage of the full value of the light and air because of inadequate breathing patterns. The most widespread prejudice (supported by many hospitals) is that since 'shallow' breathing is wrong all we need to do is to take in vast quantities of air in 'deep' breathing. This will exacerbate rather than remove difficulties. For one thing, it will do little more than increase tension in the organism, and tension is the very factor obstructing maximum oxygen-utilization. For another, toxins are produced in the metabolism of oxygen which may not be successfully combated if the breathing structure is disturbed.

Two processes are involved when we take an in-breath. The blood is supplied with oxygen, and secondly that oxygen is exchanged for carbon dioxide in the cells. If the intake is insufficient (which may be the case equally with 'deep' as with 'shallow' breathing) and the cellular transaction inefficient, chronic disturbances must take place in the physiological system. In the case of emphysema the exchange-activity between the air-sacs or alveoli and the blood capillaries surrounding them has gone wrong. The air sacs lose their elasticity and the walls collapse. Doctors on the whole believe that smoking is the most important single cause of this and other forms of COPD but the fact that ten times as many American men as women are likely to develop it indicates that smoking is by no means the only factor — stricken breathing patterns may play an equal part (and may be the cause of the smoking).

Much of the amnesia we sometimes experience, or the faintness, the sense of vulnerability to infection, the discouragement or unlocated sense of loss, may often be attributed not to shallow breathing but to inadequate oxygen utilization at the cellular level. It is this, not massive intakes of air, that has to be learned.

Breathing needs are signalled by the nervous system through *the respiratory center* near the base of the brain, and also through the tiny *aortic and carotid bodies* on the major arteries. The oxygen/carbon dioxide exchange is attentively monitored. But the modern organism, frequently acting under the shock or a self-punitive cortical 'censor,' requires these computer-like bodies to engage emergency-systems rather than simply keep the required balance.

A state of constant inner panic will frequently induce a feeling of

suffocation, and the subject will then open his mouth and try to 'grab' the air. It is an ineffective emergency measure and if used again and again will affect the balance of the entire organism.

Learning How to Use the Air we Breathe

The oxygenetic process turns on this contradiction: it temporarily over-uses oxygen in relaxation, in order to reduce its use later. Thus, the object of the process is far from being the breathing itself. It is certain effects that are sought.

Among other things, Oxygenesis excites the production of protective enzymes needed to fight the so-called 'free radicals' which result from the metabolism of oxygen. These are unattached molecules, and some longevity-researchers believe them to be responsible for much cellular waste. When they react with unsaturated fatty acids they produce lipofuscin, a pigment that can occupy as much as thirty percent of cell-space. They are therefore a decisive ageing agent.

In Oxygenesis the sense of at last getting all the air one needs is due to *the effective use of oxygen*, rather than to increased intake. When we breathe gladly and freely, and feel we are getting all the air we need, it is because we are using that air to full effect, and the satisfaction is a cellular response on the deepest level to the new liberating condition.

2. Navigating through an Impossible World

Bruno Bettelheim describes how autistic children frequently depict themselves in their drawings as sitting inside machines which they operate with their own hands, in order to navigate safely through a well-nigh impossible world. These are often ingenious structures. Autistic children can indeed be strikingly intelligent. One, in an interview after successful treatment, declared that he'd behaved autistically for fear that he would be 'left' if he demonstrated his intelligence or his ability to cope for himself.*

We are all similar to autistic children in that we surround ourselves with structures. When these are of a strongly (one might say chronically) protective nature they at once manifest themselves in the breath, and the fact that we live in a well-nigh impossible environment, however much our parents may soften it for us, means that our breathing becomes disturbed in childhood, even if it has been sound in the early months of life. Protective, inner structures become necessary. However, if they are based on acute alarm or

* Bruno Bettelheim, *The Empty Fortress*, 1967.

anguish, they will interfere so drastically with efficient oxygen utilization at the cellular level that a spectacular decline in the capacity of the body's auto-immune system to ward off infections, allergies, depression and killer diseases (among which I class senescence) may take place, gradually or otherwise.

Oxygenesis intensifies *immunological surveillance*, whereby the body continually scans its own disease potential. According to the theory that we are surrounded with, indeed bombarded with, the possibility of every conceivable disease,* our only protection is a constantly alert immune system. This system is therefore more essentially the key to disease than any 'outside' source. When the system is depleted, infections, allergies, killer diseases result in strict proportion to the depletion. It would therefore seem that *the rehabilitation of the immune system* must be the primary aim of any valid therapy today.

Why Inhibit our Breath?

When we adopt protective inner structures, and especially when we base our pleasure-systems on them, our breath will be modulated by our nervous system in a special way. It may seem strange that our own nervous systems should make us breathe in ways harmful to the organism, but this is the reality.

In the case of neurosis, as Wilhelm Reich noticed, shallow breathing has a special function. It reduces emotion. For, in the neurotic, strong emotion creates strong anxiety (to this extent we are all neurotic from time to time).

Higher oxygen-intake, on the other hand, produces stronger emotion. This is why a sudden enlargement of oxygen-intake may produce cataclysmic effects, even a life-crisis. And it is why Oxygenesis is a gradual, subtle and cautious process, by means of which breath capacity is enlarged simultaneously with the capacity of the organism to bear it. This means that the enlargement process must be monitored carefully, and constant reference made to what I call the relaxation point.

The Relaxation Point

If there is a state of tension, any bombardment of the organism by large quantities of oxygen will have negative results. This is why so many joggers look strained and sometimes sick. The excessive incharge feeds the rigidity of the organism rather than softening it. We must learn how to run before we run. And this means learning easy and graceful motion, that is, a state of *cellular relaxation* (which is perfectly compatible with muscular tension). Likewise, in the oxygenetic session the breath cannot take effect until *primal relaxation* has been reached. This happens in ever deeper layers. The breath induces relaxation when properly modulated, and this

* Sir Frank MacFarlane Burnet, *Immunological Surveillance*, Pergamon Press 1970.

relaxation induces easier breath, in an interactive motion. But in extreme tension or distress the breath cannot possibly have this effect. It will indeed create further tension or distress, often so filling the nostrils with mucus that reduced intake is obligatory.

For the nervous system must do its job of conditioning the breath to its needs. When we are in acute distress, perhaps after losing someone close to us, it reduces the emotion by squeezing the bronchials, limiting the oxygen-supply and producing discharge-reflex in the eyes (tears). Only when the intake has been reduced, and the emotion lowered, can the subject breath freely in order to invite the relaxation point.

Some 'A-personality' research claims that stress has a deteriorating effect on the immune system. Gerontological research too confirms the idea that relaxation may be key to the body's production of superoxide dismutase. It is even possible that it may help the body lay in a store of this enzyme.

But 'relaxation' is a word that begs many questions. For it cannot be had, except in a superficial way, without proper breathing patterns.

The Electric Body

In an oxygenetic session the 'self-scanning' process is intensified to the point where it may actually be felt as a mild electrical current at points where the subject may or may not have felt previous distress.

Some years ago I oxygenated a young psychoanalyst in Rome who'd 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 in what seemed a definite sequence. When I asked him if he could account for this he replied that the pains felt like a 'momentary 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. On further questioning, he said that while experiencing these darting pains he'd been aware of a pleasurable component as well, as if a healing process was taking place. The only pain to persist in later sessions was in the head, where he'd been hurt most. Finally this disappeared too.

If a greater charge of blood is sent through the vertebral arteries, and the blood is itself charged with more oxygen than usual, the brain fluid (where the blood vessels are) will naturally respond, and a striking invigoration of the neurotransmittory functions will result. The subject experiences *a quickening of the intelligence* both on the conscious level and in the matter of the organism's feeling in charge of itself (both therapeutically and psychologically).

For me, this process is much like the subject *being introduced to himself for the first time*. This can be very moving for the observer. The face may change. I say 'face' here and not 'expression' because

of the impression I receive that it is the subject's real face for the first time.

This is especially remarkable when the subject is burdened with 'tough' or (in both male and female) 'macho' attitudes. A look of tenderness may steal over the features, and twenty years seem to vanish in a moment. But the old rigidity will return if the process isn't completed in subsequent sessions. Long-term oxygenetic influence on the nervous system isn't the work of an hour.

The Antenna Effect

An 'antenna effect' may also result from the quickening of the electro-chemical activity in the brain. Not all subjects experience this. I find that the erudite or very imaginative invariably do. They find themselves being fed with information during a session in such a way that it seems to be objective and from outside while being specifically apposite to their own problems, indeed an answer they may have been waiting for. A writer may suddenly 'receive' a turn in the plot of the book he's writing, and for which he may have been waiting days or weeks. There may be an extraordinary enlargement of ideas for a scholar or thinker which directs him to an entirely new avenue of speculation. Truthfully these are 'inspirations,' that is, closely linked with the breath.

3.

The Fear of Surrender

The anxiety of one who has lost his mother in early childhood is often expressed in a 'braked' outbreath or a sudden panic-stricken gasp for air which may interrupt sleep. The outbreath is much like a free-fall into space, in that it creates the fear than, going out, the breath will never return. For this type of person the universe cannot be trusted, and constant vigilance, constant alertness are required in order to navigate safely through life. There is a feeling of not being able to surrender, of constantly fighting, even against oneself, because of the lack of sufficient trust to make surrender possible. Here too the nervous system is wise. The transactions with the outside world into which such a person might fall if unprotected would be highly dangerous. So the organism learns to be alert, and this alertness manifests dramatically in the breath.

This condition may produce a fear to sleep or to fall unconscious. Dozing may be accompanied by sudden starts back into the alert state. That sense of a free fall into open space is directly connected to a childhood sense that the mother's arms are not there to save one.

Since in this case a sudden charge of oxygen may produce strong distressful emotion, and the nose quickly become obstructed, making further rhythmic breathing impossible, the nervous system

has to be coaxed gently and patiently, so that it can monitor the new process and learn the language. The breath is perhaps the most subtle language there is. It is certainly the least known. On the other hand, only the conscious part of the brain is ignorant of it. The rest of the nervous system seems to hear it with relief, this language, once the initial alarm has been overcome.

This is one of the reasons why Oxygenesis has to be secluded. *Every nervous system is unique.* The four hundred chemicals present in the brain may not differ from person to person but their distribution or ratio in terms of each other, and certainly the organism they are serving, do differ. My experience is that everyone is a universe to himself, so that their rhythm, speed and nature of any rehabilitation by means of the breath must differ with each individual too. This is what requires the close and sustained scrutiny of only one person, in Oxygenesis.

The Nervous System as Guide

There is only one guide for the way oxygenetic sessions should go and that is the nervous system of the person involved, which will signal all its requirements, fears and therapeutic designs through the breath.

It will be found that in the most extreme distortions of personality or health, in psychosis or schizoid behaviour, the nervous system is still doing its job wisely. The sense of unreality that goes with psychosis is a protection from the reality which the patient would find impossible to bear.

The nervous system is constantly monitoring the state of the organism and the situations in which it is being obliged to perform. Our emotions are the language by means of which we can observe this monitoring. They protect us in our transactions with the world, softening and sustaining our role, and securing as full an expression of our needs as we can allow. Anger is as protective as any other emotion. It arises from confusion and vulnerability, which require a compensating assertiveness. If there is too much anger, in frequency or intensity, it is much like mucus-production in the lungs, which is designed to protect the bronchial tubes from particles and bacteria, but which may go into chronic over-production when the vulnerability is, for one reason or another, too great. An obstruction results, and the system cannot function smoothly, with disturbances in the breathing patterns.

Thus, there are times when the nervous system is obliged to push the organism to an extreme, in order to signal the need for urgent remedial action.

In this respect the nervous system is much like a separate person inside us. It serves our organism with meticulous care and understanding, but its electro-chemical components are those of every other nervous system, as well as being common substances known throughout nature. From this inside/outside quality of human

neurotransmission we derive a) telepathy and racial or morpho-genetic experience, and b) 'direct' knowledge or what used to be called inspiration.

When a person is said to be unbalanced (and we all become unbalanced from time to time, in unexpected situations) this neuro-transmittory service has confused its inner and outer functions, and the cortex receives mixed messages.

Emotion — a Symptom, not a Cause

Expressing emotions resulting from this imbalance will never remove the imbalance. You can invite a chronically angry person to express his anger, or a murderous person to express his murderousness, but the nervous system isn't getting the solution it is urgently asking for, namely the removal of the cause of the anger or murderousness.

We often hear that it is important to 'let go' or 'give up' or 'share,' rather than 'hold on.' But in times of personal crisis it may be essential *not* to let go. Tension frequently has an important organic function, in that it inhibits and concentrates energy not yet ready for action. Without the extreme fear that precedes a battle engagement no soldier could properly protect himself when the bullets start flying. This is why heavily structured 'macho' types so often crack up in battle.

If we share our problems and hurts too soon with another person we may be drawn into *their* solution and not our own.

Also we are supposed to 'relate' well to other people, as an unquestioned ideal of behavior. But in the case of acute depression or object-loss in childhood the sense of isolation imposed by the nervous system is essential to safe self-navigation.

If we habitually exorcise distress or psychological pain we may destroy the design our nervous system has already built into its transmittory service, and which may not be known to the conscious mind. Great finds in thought and experience, great 'revelations,' frequently result from sleepless nights and long inner travails. The 'long night of the soul' precedes awakening. Lives of saints and thinkers testify to this. In the case of physical pain, if we rush to remove that pain chemically we interfere with the work of the immune system, which is signalling for help, not exorcisation.

The Perfect Nervous System

The nervous system can never be monitored or observed if its effects are seen allopathically, that is in terms of 'good' or 'bad.' Much self-blame, and proportionate self-inflation, can result from this ethical view of a non-ethical subject. Actions and emotions and decisions *end up* by being good or bad in their consequences, but in their beginnings they simply derive from the constant effort of the nervous system to cope with the outside world effectively, by means

of the organism it has been given to serve. This isn't to say that self-blame, guilt or remorse are to be outlawed from the human system. They are as essential to human survival as fear and anxiety.

Once the nervous system is actually *felt and experienced* to be a unique, perfect and indeed miraculous machine, once it has been contacted, the ethical question simply falls away.

At times the messages of this machine have to be deciphered. Unravelling them is part of the work of an oxygenetic session, though this process is seldom verbal or rational. Sometimes the unravelling may take place in the unconscious, so that only its results are seen.

The Release Point

A release-point is reached in Oxygenesis which isn't at all an emotional release. The subject simply finds that certain powerful emotions, like fear or anger or self-pity, which may have bedevilled him for years, are behind him, with little more than a shadowy or momentary appearance in the sessions, hardly enough to cause a change of facial expression. There is no going through of 'business' or getting rid of 'garbage.' From the point of view of Oxygenesis there is no 'garbage' in the human system. Our waste products are, in fact, outside the metabolic system once they have been produced; they simply wait to be evacuated. Once evacuated, they are produced again, being a natural and essential function of life.

It is the same with emotions. Strong emotions signal a strong nature. In Oxygenesis the nervous system is contacted by means of the breath in such a way that one's emotions can be surveyed not only forgivingly, as in the psychoanalytical process, but as the landmarks of a self which *manifests* to the conscious mind rather than *originates* from it.

Surrendering to the Design

Thus there can be no development in the oxygenetic process until the breath gradually wears down the mental will. Too much effort in breathing will obstruct the relaxation point, besides rendering the breath itself ineffective. Over-alert people, erudite people, deliberately unemotional or cerebral people, frequently delay this confrontation by all kinds of strategies devised by the watchful mind, but, if they persist with their sessions, there is no way in which the breath cannot conquer their conviction that the self is merely a product of conscious decision and intent. We know from brain researches how small a part in the total nervous function the cortical area of the brain plays. We know that memories supplied to the cortex through the amygdala and the hippocampus are already tinged with fascination or regret or darkness or desire, and that the conscious mind has done nothing to devise their particular sentient quality.

To many it is a literally 'unnerving' discovery that the conscious part of the brain is largely analytic in function, and that the material

it is provided with has been manufactured elsewhere (and according to a design of which the conscious mind may know nothing). The strongest attack on the conscious or rational mind as life-originator, or the seat of the self, was made this century by Freud. Current brain researches will be a second.

But it is bad news only for the nervous system which has never made a proper link with the organism whose every movement and thought it is organising.

According to Oxygenesis, that link can be made through the breath, if the process is handled with subtlety, patience and caution. Hence the sensation so many subjects have of being introduced to themselves for the first time, or fitting into their own skins, or getting their real faces. Hence too the fact that they feel reverberations through life in the form of events and happenings which are only seemingly from 'outside.'

MAURICE ROWDON, a British citizen, has an MA from Oxford, where he studied metaphysics (concentrating on theories of perception), political science and economics. He has published twelve books on a variety of subjects, the latest of them (ELKE AND BELAM, Putnam) on animal intelligence. He has practiced various forms of yoga since he was initiated by the hatha yoga master Selvarajan Yesudian eighteen years ago. Among these forms were pranayamic exercises which, together with his more recent experience in rebirthing, led him to develop the system he now calls Oxygenesis. He serves on the governing board of the Ramana Health Foundation (England), a financial institution for the promotion of new therapies.

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“The human nervous system is in crisis. Saving it is our only means of survival.”

— Maurice Rowdon

OXYanalysis₁

Analysis isn't association. That is, it doesn't produce a story line.

For analysis *in the breath* I have to be in gear before it is effective. It is no good me praying to move while the car is immobile and the ignition hasn't been switched on. The power to change things depends on igniting and transmitting the power *physiologically* so that the whole of me moves.

So if it doesn't work at first I do not create a story line by saying I have failed. Putting myself into gear means listening and watching for the required state, not willing it, since willing is a state of immobility (sitting in the car wishing to move without turning the ignition key). The difference between a car and a body is that the body has a million transactions to look after every moment, of which thought and will and wish are *end products*, not *initiating products*.

Thought and will and wish initiate only action but it may not be, and usually in the case of the human isn't, the right one.

The right action for a human organism is the one which has the backup of *motor* not *wilful*-control.

Story lines, the fruit of association, are the seeds from which a strangling undergrowth may grow to suffocate the organism's *changing and adapting prowess*.

The will proposes, the breath disposes.

The power to analyse is the power to define.

Oxygenesis

Breathtaking Moments

When you ask people what they think "breathwork" is about they frequently tell you that it involves deep breathing. It seems to them perfectly natural that we should breathe as much as possible, given that fresh air is good for us. And we've all heard of "shallow" breathing. And the fact that shallow breathing is considered bad seems to imply that its opposite, namely "deep" breathing, must be correspondingly good.

To most people it would seem unthinkable that 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 maximal-oxygen school, grow dizzy within seconds of beginning to breathe regularly in the thoracic area.

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.

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, velocity or area



Stress isn't the same as tension. It is felt to be imposed from outside. Work conditions can be "stressful". Stress holds the attention. It differs from being a simple muscular tension in being a mental fixity. As complex structures multiply around us every day we require ever more destructuring. Oxygenesis destructures the organism in minimal time. It requires no movement, no external props, only a place to lay the head and the power to breathe, which comes about after muscular training. It destructures principally by means of a process of elation.

(thoracic or abdominal), or whether through the nose or through the mouth. And even when there are directions of this kind they are frequently the wrong ones, with no valid physiological principle behind them.

But because the results of such strenuous breathing are more often than not dramatic the client is deeply impressed, believing that when he cries, trembles, feels acute anxiety or depression or actual physical pain or partial and momentary muscular paralysis he is undergoing important changes in the matter of getting rid of traumatic states. But all such symptoms can be echoed beneficially in a state of repose, without any likelihood of hyperventilation.

When we breathe strenuously while immobile we are pouring energy into the body which that body wishes to use beneficially if it possibly can. If

we jump up or start talking about our childhood traumas or follow any verbal directions at all we will not only disrupt the energy and make its full effects impossible but we shall create a new tension.

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

Oxygenesis brings the mind by gentle degrees to an awareness of its own nature. It specialises in a revolutionary non-creative process. It activates us to receive information, not invent it. It requires the least, not the most, effort.

A human takes an average of 15 breaths a minute which is close to the rate of a horse. But the human lifespan is much longer than the horse's. So there is perhaps a difference in the way the human metabolises his oxygen. He seems to make a little go a long way.

To anyone trained to watch and hear the breath, every alarm, doubt and anxiety is written there — in the sound, the rhythm, the volume and the regularity or otherwise of the breath as well as in the way the bellows-box works.

Coughing, sneezing, sighing, laughing, crying, gasping, yawning are all effects produced by the nervous system so that the organism may deal optimally with ever changing conditions, inner and outer.

Oxygenesis

In a cautious but for many doctors revolutionary article September 10, 1982 issue of the *American Medical Association Journal* Dr Walter M. Bortz II, the 1983 President of the American Geriatric Society came up with the idea that exercise in the 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 does the trick as the fact that the organisms 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 decreased 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".

Breathing needs are signalled by the nervous system through the respiratory centre near the centre of the brain, and also through the tiny aortic and carotid bodies on the major arteries. The oxygen/carbon dioxide exchange is attentively monitored. There are many emergency strategies. "Grabbing" the inhale with open mouth is perhaps the most common of these. A grieving person may experience a braked outbreath or

Millions decline at the very time when the active breath should be initiating a new phase of life. For Oxygenesis the post-fertility phase in a woman is the phase of new fulfilment. The female anatomy undergoes a change in the glandular system which directly promotes a different energy, provided the social directive to feel old after 40 is not obeyed. This social directive arises from the medical analysis of the body as a fixed structure, which has produced the equation *female=fertile*.

a sudden panic stricken gasp for air which may interrupt sleep.

When we cough we unconsciously squeeze our windpipes to an eighth of their usual size so that we may then emit spent air that will carry unwanted particles and bacteria with it. Every type of breath has its function and its speed.

Shallow breathing of the untrained type is designed to reduce emotion, as Wilhelm Reich cleverly observed. Strong breathing tends to create strong emotion when there is no

proportionate exercise. Strong breathing too must be trained.

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 oxygen-utilisation 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 or she would opt perhaps for the greatest fallacy today about the breath — one which was surely produced by passive breathers, namely that we should get as much

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."

The breath* is a lifeline in a much greater sense than passive breathers can realise. It can stimulate the organism to escape its passive tendency to fall into fixed structures, so that a persistent sense of current achievement is reached. The mind is always up to date.

*This refers to the active or initiated breath.

oxygen as possible. And he would have many yoga teachers, aerobics teachers, breathe-away-your-stress teachers, athletes and even performers behind him. It is difficult for us to realise that oxygen may be highly toxic.

Oxygenesis makes a clear distinction between muscular relaxation and cellular 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 from the muscles, you can only achieve cellular or primal repose by relaxing from the inside out, and for this certain breathing patterns are essential.

Our word "spirit" is from the Latin *spiritus*, the breath. "Inspiration" comes from *inspirare* to breathe in. These words actually describe the effect of the inhale and the exhale, as Oxygenesis demonstrates:

The way the nervous system affects the rhythm and intensity of the breath and the muscles that are involved demonstrates for us that a control is being exercised on our organism at every moment. But it is by no means cerebral control. It is too swift, too meticulous and complicated, sending and receiving intantaneous messages along the neurons, involving something like 400 chemicals in the brain. This is far beyond the slow processes of logic and causality. **The existence of a guiding, even wise presence in the organism becomes quickly evident in oxygenetic work.**

The ancient Greek word *pneuma* meant air or spirit, and perhaps approximated in meaning to the Sanskrit *prana*, which refers to the divine energy behind the air rather than the air itself. The Arabic words *rih* and *ruh* sound almost the same — the first meaning "air", the second "soul". The Greek *psyche* or mind, spirit, is related to *psychein* ("to breathe") and *physis* ("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. In Botticelli's "Spring" the female figure has the wind close by, an intended mystical hint by the painter. Breath is the breath from intelligence itself, from the source.

©Maurice Rowdon

Maurice Rowdon has taught his system for many years in Northern California. He has published over a dozen books and his booklet *Breathtaking Moments* describes just how Oxygenesis works physiologically. One- and two-week workshops take place in Provence at La Luciole (Firefly), an 18th Century farmhouse in a superb showgarden with pool. Our guests stay in nearby Cucuron, a charming village in the Luberon foothills, 45 minutes from the international airport at Marseilles.

We also hold introductory weekend workshops in London.

If you would like to book please phone UK 0181 858 2937 or France 490771240.

OXYGENESIS

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You breathe in slowly for 7 beats, pause one, breathe out to 7 beats, pause one etc. 4-8 times. Seated or lying.
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A candle flame is close to your nostrils, it mustn't so much as flicker Seated or lying.
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edit

edit

STUNT - COLLAPSE

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No breath rhythms should be attempted while in a state of tension. This can be measured by the breath. If an inhale is short (2/4 beats) it indicates a degree of tension. Let this subside so that the breath may gradually lengthen; conversely, lengthen the breath gradually and repose will grow.

There should be no strain in any breath rhythm or in holding the breath. At the slightest sense of effort or strain at once bring the breath to a halt and try again. Strain indicates lack of repose and no breath rhythm or hold can work in this state.

As a preliminary to all breathing, relax the throat muscles and the cervical area. These are your two reference points to answer the question 'How relaxed am I really?'.

At the slightest dizziness or tingling of the hands any strong rhythm should be suspended. In any case no strong rhythm should exceed five in number.

None of the above breath-positions should be attempted while digesting.

THE NON SMOKING COURSE

On one of my courses I happened to mention 'repose' and 'peace'. One of the participants said 'I'm not looking for either. I take a cigarette to charge myself, give my energy a boost and it does that. I can't afford to stop. That's the nature of my job and in any case the way I am.' What Oxygenesis supplies is action on the basis of a nervous system that gets the repose it must have in order to function efficiently. This repose is secured by the right breath. You don't have to go into meditation or lie on a bed. That is, it is *cellular* repose, not muscular. The breath simply gets into automatic pilot and does the work. We should note that sports champions must, in order to lift weights or run a hundred metres, have their minds in a state of repose such that they are entirely without distraction. In fact it had been found that in their moments of greatest 'effort' their brains are on a alpha level equivalent to a state of deep meditation.

1. I would like you to imagine a circle round yourself, an invisible circle, a protective circle that will keep smoking on the other side of the line, other people's smoking and your own smoking. I would like you to be clear that if you smoke you momentarily step outside this line, and that other smokers are stepping inside your circle whenever *they* smoke. This is only a little act of imagination. Try to remember that if you smoke you step outside this circle, and after you have put the cigarette out you step back into the circle. What you are doing here is cultivating a certain feeling round you, a certain immunity. This is because, while the mind isn't the key element in giving up smoking, it still is an important ally to have .

2. In other words I would like you to create the idea of an immunity around you. Like a young tree you have to be protected by a fence during the next few days. This fence is the circle of immunity you create round yourself. Inside this circle the air is clean, your lungs feel grateful to be able to metabolise oxygen without disturbance, your clothes and hair are free of smoke smells. Inside the circle we never allow smoke-smelling objects of any kind. Ash trays, packets of cigarettes, matches, must be kept outside your circle, and since your circle moves with you these things must be removed from where you are likely to go, at least in your home. These things won't do the trick of stopping the need to smoke but they will help the breath

understand that proper oxygen metabolism, such as you are learning, provides infinitely more pleasures.

3. When with close friends or work associates who smoke you must be try to be aware of this area of immunity of which you are the centre. It is only a feeling but it helps. That is, you will work among them or converse with them normally, you will observe their smoking and smell their smoke, but your invisible circle will be there for you, impervious to their influence. You don't disapprove of them smoking, you don't invite them to stop, you aren't disgusted by the smell of their smoke, you simply live within your invisible circle and feel immunity without any criticism whatever. You don't even look back on your own smoking, with regret, you simply observe that you once did smoke. And when you give up smoking it is a very simple thing that has happened to you. All you have done is omit to put smoke into your breath. Your breathing has simply continued without this addition.

4. When you are with other people who are smoking you simply observe this from within your circle, that is to say from a great distance, even though the actual distance between you and them is two or three feet. In your circle you don't feel envy because you have already begun another life, a life which they will probably want to have sooner or later.

5. Remember that while all is different within your circle it doesn't cut you off from the outside world because only you know about it, and it is invisible, and it does no harm to anyone. In fact it brings you closer to other people because what they do doesn't provoke a feeling of envy or opposition in you. You simply have nothing to do with their habit, only with them as friends or work associates. In other words you try gradually to dissociate all your other habits from the smoking one.

6. I would like you to believe that when you say a cigarette relaxes you that it is in fact the type of breath you are using that relaxes you. And I would like you to perceive the problem of smoking as like any other problem: it is something that is asking to be turned round. Secondly, though the problem may appear to be one that concerns health and well being, it is no more of a problem than any other one, such as a work problem that, say, prevents you from achieving great health in your work, however you overstretch yourself. The breath can do this, but the oxygen metabolism must be maximal. This doesn't mean that you need overloads of oxygen but that you provide the breath and the breath then supplies you with the wherewithal to enter cellular repose at any time. Thus we find it is untrue that smoking relaxes you. It palliates the tension but it takes you further from cellular repose and the

THE NON SMOKING COURSE 11

A resume of the events of the last few days.

This is a physiological change. It isn't to do with mental determination because resolve dies easily under stress, grief, over-work, crisis, namely under the life people have to live now. It is made physiologically by the breath. At the same time, the mind is part of the physiology and must go along with it. If the mind doesn't know what's going it can't be a fully cooperative function.

Please close your eyes.

This is where it begins: there is no turning back.

"I am never going to smoke again."

I asked you last time to put a circle round yourself with in which you feel safe and your own self that belongs to you and is choosing the life you lead. Now I am going to ask you to think of this circle as *a breathing space* around you. I indicated to you last time that within the circle you have pure air and your lungs feel happy, and now I want you to think of the circle as an *actively* breathing space. Also, just as we say 'count ten', to give ourselves breathing space, perhaps in a difficult situation, so we must step back within our circle or breathing space, and I shall be teaching you some breaths which will help this. If your breath is your own, then you can decide things with your breath, that is you will be led by your breath and not purely mental decisions. As I said in the first session, your breath is as unique as your fingerprint, and now I would like to say that if you try to decide things purely with the mind it will not necessarily be consulting this fingerprint, and therefore it will not go very deep in helping your life.

This is where it begins: there is no turning back.

"I am never going to smoke again."

Now I want you to think of your breathing space, your circle, as *a work space*. We usually refer to a work space as if it were a dead or inanimate thing, a matter of inches and feet and degrees of work-friendliness. But I want you to think of your true work space as your breathing space, your circle. And again I would like to emphasise that this space doesn't cut you off from other people. It puts you nearer to them because they feel in you something that draws into being *their* breathing space, which may not exist but is intrigued by your degree of composure. But this space doesn't cut you off from your own energy either, nor does it cut you off from other people's. You can be running and working at tremendous deadline speed, but still be living within this space. In fact it concentrates your energy, gives

it potency. Think of the sports people. They are required to void their minds, be remote from their surroundings, in the time of concentration during which they throw a javelin, a ball, or lift a weight, or sprint a hundred metres. In fact it has been found that their minds are at alpha levels equivalent to a state of meditation. They cannot be rushed, even though they are expending vast energy.

This is where it begins: there is no turning back.

“I am never going to smoke again.”

Your work space is also a space of influence. You can influence others to work with you and for you, and appreciate you, simply by having this breathing space around you, and in this way you can build a remarkable serenity in yourself even while in the midst of other people's stress, even in the midst of anger. This doesn't mean that anger or stress will cease for you. They are natural components of all animals. But the anger or stress is subtly altered.

This is where it begins: there is no turning back.

You may notice that I didn't add that little sentence about I shall never smoke again. This is because a problem, when it arises, like smoking, is always asking to be turned around. This is what a problem is, a signal that something has to be turned around. A problem isn't a decision on the part of implacable fate to hinder your life. It is saying, turn me around please because I need some kind of liberation in this area. Nor is a problem outside. It is always inside. It requires a new step, it is a liberating step in disguise. And your breathing space, your breath, gives you the chance to bring it into being. Just as smoking is about the breath, just as it is a manipulation of the breath, so now your own properly aligned breath is the solution that smoking was looking for.

So we have gone beyond saying that it is healthier not to smoke than to smoke. With the breath we can ensure that there are no consequences of a negative kind from the smoking. The power of recovery in the body is immense, and oxygen is the primary source of recovery. The alveoli of the lungs respond at once to the aligned breath.

So now I am going to go through one or two breaths for you which are suited to different occasion and states and needs. Remember please that the breath is a flexible and constantly changing thing which is adapted to your state of the moment, and we aren't learning fixed routines. You will always be consulting how you feel before embarking on a breath, which means principally that you never embark on a special breath until you have referred to your circle, your breathing space, and put yourself at rest, in a chair, standing up, wherever you are, because a breath pattern done in tension increases the tension.

experience of amniosis. It create the kind of energy which depletes, namely what we call nervous energy.

7. Let us say that you experience a sharp sense of disappointment over some news and at once you need to smoke. Then the smoking will ease the disappointment, console it. But within your circle of immunity there is no need to oppose or try to remove any emotion that you have. Within your circle you don't have to go against any of your body's feelings, even the desire to smoke. You leave it where it is. You observe it and let it pass. Only cellular repose provides the ability to observe one's feelings and accept them, and let them dispel as they came. There is no need to fear our own feelings and wish at once to engage in a ritual action such as smoking. This ritual action doesn't remove the feeling, only intensify the importance of the ritual.

8. These are simply thoughts but they are thoughts that help to undo all the many mental habits that surround all ritual, and the breath can then do its work by going onto automatic pilot and knowing exactly what to do in order to manage the swift changes in the nervous system. Oxygen metabolism, after all, is the service that guarantees the strength of the nervous system and its ability to overstretch with safety..

OXYGENESIS

Referred by ~~Dr Rajendra Sharma~~

at the Hale Clinic
7 Park Crescent
London W1N 3HE

Two
~~Three~~ sessions.....£

Received with thanks

OXYGENESIS

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Lying, you breathe in with the abdomen raised very high, extending to the crotch area. The chest should be as flat as possible.
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The candle flame visualised close to the nostrils while breathing abdominally. It mustn't flicker.

NOTE

All breathing must be measured by the pulse. '16 beats' means 16 pulse beats. This is discernible in the actual breathing.

No breath rhythms should be attempted while in a state of tension. This can be measured by the breath. If an inhale is short (2/4 beats) it indicates a degree of tension. Let this subside so that the breath may gradually lengthen; conversely, lengthen the breath gradually and repose will grow.

There should be no strain in any breath rhythm or in holding the breath. At the slightest sense of effort or strain at once bring the breath to a halt and try again. Strain indicates lack of repose and no breath rhythm or hold can work in this state.

As a preliminary to all breathing, relax the throat muscles and the cervical area. These are your two reference points to answer the question 'How relaxed am I really?'.

At the slightest dizziness or tingling of the hands any strong rhythm should be suspended. In any case no strong rhythm should exceed five in number.

None of the above breath-positions should be attempted while digesting.

Maurice Rowdon began devising his breath system nearly twenty years ago, after long practice of daily pranayama or yoga breathing, which he learned under the Indian teacher Selvarajan Yesudian in Switzerland. From 1981 he taught Oxygenesis in Berkeley Ca. and San Francisco, as well as in Italy where he has led workshops. He has published twelve books, both here and in the States, his last being on animal intelligence. At Oxford he read philosophy as his main subject and took two degrees for his MA, the first in history. He is currently finishing a non-fiction book called *The Evolution of Mad Apes An animal study of humans.*

- ⊕ *Oxygenesis brings about a state of 'cellular' repose within moments, and this can be made the resident mode of the body.*
- ⊕ *Once activated, the breath is virtually a new organic function, a new vehicle for metabolizing, perceiving, imagining, working, handling crisis. Until then we are passive breathers, unaware of the very source of our life and energy.*
- ⊕ *Oxygenesis examines the physiology of your breathing. Breathing exercises on the basis of patterns adopted since childhood and entirely unexamined are an absurdity.*
- ⊕ *We are all required to perform. We performers must have ease. We must belong to ourselves. Without activating the breath we can't achieve this basic necessity of all work and health.*
- ⊕ *Oxygenesis initiates flexibility, and flexibility is the great stress-destroyer.*
- ⊕ *The popular fallacy is that we need to take in as much air as possible and*

that we breathe 'shallowly'. But 'shallow' and 'deep' breathing are two sides of the same coin. The one produces the other. Economical breathing, which must be learned step by subtle step, is the basis of both well-being and longevity.

⊕ *The human nervous system is in crisis due to intolerable pressures. This has compounded wrong breathing habits inherited at birth with wrong emergency ones provoked by necessity*

Whatever we are doing with our breath we are doing with our life.

If I observe someone's bellows box (as I call our breathing muscles) I can see the forces at work which we call our 'nature'. Now we can't decide on our own natures. They have been there, apparently, since birth.

What we *can* do is to see if the bellows box is working as it was meant to. And, miraculously, we only have to adjust it, in the subtlest manner, with neither strain nor striving, and our 'nature' seems to become our own for the first time.

Oxygenesis is thus a journey of discovery. When we begin making changes in our breathing system – a system we may never have thought about or questioned because we were told it was 'natural' – we find changes going on in our lives which make our previous self seem somehow surrogate, conditioned from outside.

People who do Oxygenesis say things like 'I have my own face now', 'I fit into my own skin', 'I'm content to be me'. They still can't see their own 'nature' – this is always

hidden to us – yet they have been on a journey to the source.

How does this happen?

Oxygenesis deals with that marvellous *motor control* which takes us through each day by doing the things we are used to doing without any orders from us. So ingenious is this motor control that we can drive a car while listening to a friend and answering him as well as half-listening to the radio too and not only steering, braking, accelerating the car but reading the road signs and following them. It is all done automatically or, more exactly, *autonomically*.

And the great supplier of our motor system is oxygen – or rather the metabolism that exchanges oxygen for carbon dioxide within the organism. This isn't a simple matter of fuelling the body. If oxygen is a fuel it has so many properties, can be used in so many different ways, that the word 'fuel' should properly read *source control*.

Repose is the key

During their training hours sportsmen are really setting up motor systems, whether they are weight lifters or runners or pole jumpers. These require *a state of calm*, not tension through effort. This is so that the organism may do its automatic work without any interfering anxiety or doubt or self-criticism on the part of the mind. Any human performance whatever, including looking after a baby, can only be on the basis of what Oxygenesis calls *cellular repose* if it is to succeed.

Maurice Rowd
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Maurice Rowdon's

Oxygenesis / green

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a dramatically effective breath initiation

/ red

"and one man in his time plays many parts"

- Our breath is 'automatic' but it has been automated wrongly. This is a specific human biological problem and we will get out of it only by means of a process that starts with the breathing muscles.
- The cell called the mitochondria, present in most human cells, is sometimes called the 'building brick' or 'evolutionary cell' of the body. It speaks a language our bodies cannot decode. *It is also in charge of the oxygen/carbon dioxide exchange.*
- Our cells are informed with our own particular and individual intelligence but we are disciplined to believe that intelligence lies in the mind. On the contrary, we have at our command an intelligence that is custom-built for ourselves. Not only performance but interpretation undergoes a sea change.

Come to see Maurice Rowdon at the Hale. He devised his system in Northern California in 1981 and taught it there for many years. He has worked closely with actors. He has published widely on both sides of the Atlantic.

The Hale Clinic
7 Park Crescent London W1N 3HE
Bookings (the medical director's office): 01425-461740
Enquiries: 0208.874.5361

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OXYGENESIS

Referred by Dr Rajendra Sharma

at the Hale Clinic
7 Park Crescent
London W1N 3HE

One session.....£60.00

Received with thanks

Maurice Rowdon 40 Glenluce Road Blackheath London SE8 7SB

Dr. Rajendra Sharma

MB, BCh, BAO, LRCP(I), LRCS(I), MRCH, MFHom
MEDICAL DIRECTOR

The Hale Clinic
7 Park Crescent London W1N 3HE

All Enquiries & Appointments Telephone: 01425 461740 · Facsimile: 01428 727875

E-Mail: 106011.2545@compuserve.com

REFERRAL TO: Lynee Crawford & Maurice Rowdon

DATE : 3rd July 1998

PATIENT'S NAME : **Beatrix Bathurst**

DATE OF BIRTH : 01/08/15

PRESENTING COMPLAINTS : Shortness Of Breath associated with a chronic bronchitis, worse in the winter. Marked abdominal bloating.

PAST MEDICAL HISTORY:

CURRENT DIAGNOSIS :

DR SHARMA'S OPINION : This long standing patient of mine and my late father's cleans houses for a living and I suspect, at the age of 83, struggles with the work and the associated dust. She is concerned that she may have food allergies.

CURRENT TREATMENTS :

COMMENT / REQUEST : I rarely ask but if there is some concession on fees that can be made to this lady I would be very grateful.
Lynne - I would appreciate your advice on remedies and would you please give her a full a list of food intolerances as necessary.
Maurice - I would appreciate your teaching her what you can in as few sessions as possible.

PLEASE INVOICE

PATIENT X | DR SHARMA

Maurice Rowdon began devising his breath system nearly twenty years ago, after long practice of daily pranayama or yoga breathing, which he learned under the Indian teacher Selvarajan Yesudian in Switzerland. From 1981 he taught Oxygenesis in Berkeley Ca. and San Francisco, as well as in Italy where he has led workshops. He has published twelve books, both here and in the States, his last being on animal intelligence. At Oxford he read philosophy as his main subject and took two degrees for his MA, the first in history. He is currently finishing a non-fiction book called *The Evolution of Mad Apes An animal study of humans*.

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During their training hours sportsmen are really setting up motor systems, whether they are weight lifters or runners or pole jumpers. These require *a state of calm*, not tension through effort. This is so that the organism may do its automatic work without any interfering anxiety or doubt or self-criticism on the part of the mind. Any human performance whatever, including looking after a baby, can only be on the basis of what Oxygenesis calls *cellular repose* if it is to succeed.

We know from experiments that in their moments of greatest effort sportsmen, far from being tense, record alpha levels of repose in the brain that are equivalent to a state of meditation.

Only a fraction of our daily life depends on the conscious will. It is simply a physiological fact that most of what we have to do is taken off our hands by this remarkable motor system we have inside us. It walks our legs for us, it does several jobs at once for us, it blinks our eyes for us, it breathes for us.

We say we do these things 'naturally', quite as if somebody else was doing them for us. Yet we 'learn', we 'train'. That is, we induce our 'nature' to take on tasks we could never manage by means of our cerebral cortex or will.

Happily we don't have to tell our arm to raise itself when we're drinking a cup of tea or coffee, any more than we have to arrange our mouths to salivate.

Reworking the Motor

This is why we give our motor system so little attention – because no amount of thinking will alter it. So it invariably works at half strength. It may be given to breakdowns which we cannot understand – small, hardly noticeable lapses as well as major ones which we then call panic or stress. It isn't that panic or stress can be avoided. But they can be contained and rehabilitated *autonomically*, though only if the system is working as it should – that is, if the right physiological conditions are

there. Stress and tension can't be talked or persuaded away. They can be trained away, physiologically.

We can only perform properly *if there are two selves* at work – one performing and the other at perfect rest. This discovery is called in Oxygenesis 'the dialogue'.

Why 'Cellular' Repose?

A certain subsidiary cell within most of our other cells controls the oxygen/carbon dioxide exchange. This is why Oxygenesis calls the repose it achieves 'cellular'. The cell is called the mitochondria. Some biologists call it the 'evolutionary' cell. Some even call it the 'building bricks' of the body. It speaks a code unknown to our organisms – the only foreign code we allow. A breath-master at the court of a Chinese emperor was once asked by the emperor 'Why do some of my courtiers look young and have vigorous sex lives at a great age, and others not?' and he replied 'They have the breath and the breath communicates with the world.' It isn't likely the emperor understood what he was told. In Oxygenesis this extraordinary tapping-in process brings us, if we have a mind to seek it, information that is both intimate to ourselves yet about the world in the most practical and immediate sense.



introducing to the UK

MAURICE ROWDON'S

OXYGENESIS



A dramatically effective
breath initiation

Appointments:
The Hale Clinic

7 Park Crescent London W1N 3HE
Tel: 01425 461740 (Medical Director's Unit)

General enquiries:
Tel: 0181. 858.2937



FOREST MERE



SPECIAL OFFERS

NIGHT BREAK 4 NIGHT BREAK

£50 off
Twin & Triple
rooms

Arrival Day - 4pm Onwards

Departure Day - 4pm

Although you must vacate your bedroom by 10.30am in order that we can prepare for in-coming guests, you are invited to stay until 4pm. Changing facilities will be available. Includes luncheon on the day of departure.

Stay Includes:

- Introductory Treatment Consultation
 - 2 Full Body Massages
- 1 Facial or Neck/Shoulder Massage
- 1 Eastern Scalp Massage or Postural Diagnosis
- 1 Thalassotherapy Hydro Pool Session (*Salt Water*)*
- Complete Exercise & Relaxation Programme
 - Free use of all the facilities
 - Breakfast - Luncheon - Dinner
- Evening Lectures & Demonstrations

Price	Single	Twin	Triple
Economy	£479.95	£399.95	£399.95
Standard	£499.95	£449.95	
Superior Courtyard	£539.95	£499.95	
Superior Lake View	£569.95	£539.95	

All prices are per person inclusive of VAT. Limited Availability

(Saturday night supplement £29.95 per person incl VAT). All prices are per person.

WEIGHT LOSS PROGRAMME

Sunday 30th August - Friday 4th September 1998

Sunday 13th September - Friday 18th September 1998

Forest Mere has created a special intensive weight loss programme that guarantees improved fitness and weight loss. An intensive programme with a high level of personal instruction and advice.

Optional extras include hypnotherapy and food allergy tests.

This Break Includes:

- Consultation • Full Diet and Nutrition Plan
 - 3 Full Lymphatic Body Massages
- 3 Thalassotherapy Hydro Sessions (Salt water hydro-jet massage to ease aches and pains, to heal, restore and energise the body - good for cellulite)
 - Daily Life Style Programme
- Accommodation with en suite facilities and colour television
 - All meals in our elegant Light Diet Room

Price

Inclusive Price Per Person

Single	£499.95
Twin	£399.95

*All prices are inclusive of VAT.
Limited Availability.*

The Celebratory Opening Stay

Join us to welcome the new Forest Mere. You will be part of a very special and exciting period, the re-opening of the most advanced health farm in the United Kingdom. This is a unique opportunity to join many of our celebrity friends and other guests enjoying total fitness and pampering.

Arrival 3pm - Departure 11am

Sunday 16th August - Friday 21st August 1998
 Sunday 23rd August - Friday 28th August 1998
 Sunday 30th August - Friday 4th September 1998
 Sunday 6th September - Friday 11th September 1998
 Sunday 13th September - Friday 18th September 1998

Sunday - Friday

5 Nights Stay

Stay Includes:

- Introductory Treatment Consultation
 - 4 Full Body Massages
- 4 Facials or Neck/Shoulder Massages
 - 1 Serail Bad Mud Treatment
 - Free use of all the facilities
 - Special Dinner / BBQ
- Evening Lectures & Demonstrations
- Complete Exercise & Relaxation Programme
 - Breakfast - Luncheon - Dinner

£100 off

Price		Single	Twin	Triple
Economy	£599.95	£499.95	£499.95	£399.95
Standard	£649.95	£549.95	£549.95	£449.95 / £349.95
Superior Lake View	£699.95	£599.95	£599.95	£499.95

All prices are per person inclusive of VAT. Limited Availability.

3 Nights Stay

9th August - 9th October 1998

Choose any 3 nights of your choice

Arrival 2pm - Departure 4pm

Stay Includes:

- Introductory Treatment Consultation
 - 2 Full Body Massages
- 2 Facials or Neck/Shoulder Massages
- 1 Thalassotherapy Hydro Pool Session (Salt Water)*
- Complete Exercise & Relaxation Programme
 - Free use of all the facilities
 - Breakfast - Lunch - Dinner
- Evening Lectures & Demonstrations

£50 off

Price		Single	Twin	Triple
Economy	£399.95	£349.95	£349.95	£299.95 / £299.95 / £279.95
Standard	£429.95	£379.95	£379.95	£329.95
Superior Lake View	£459.95	£409.95	£419.95	£369.95

All prices are per person inclusive of VAT. Limited Availability.

(Saturday Night supplement £29.95 per person incl VAT) All prices are per person

To claim £50 or £100 off from advertised price a deposit must be made to secure offer before 1st September 1998

*Thalassotherapy Hydro Pool Session will only be available from the 24th August. Guests will be offered a Serail Bad Mud Treatment or 2 UVA Solarium sessions in exchange until that date.

Discovery Day

Available Monday 27th July - Friday 18th September 1998

Seeing is believing, and believe us, the new Forest Mere is certainly worth discovering.

The Discovery Day gives you a wonderful opportunity to discover the new facilities and services at Forest Mere.

Stay Includes:

- Introductory Tour and Coffee
- 1 Thalassotherapy Hydro Pool Session (*Salt Water*)*
 - Free use of all the facilities
- Unlimited Use of Sauna & Steam Rooms
 - Complimentary Clarins Gift
 - Buffet Luncheon
- Tea and sandwiches prior to departure

Price

Monday - Friday £49.95

Saturday - Sunday £59.95

Prices are per person & inclusive of VAT.

Limited Availability.

Full payment required when making reservation.

(1 hour Full Body Massage can be booked in advance at special price £24.95)

*Thalassotherapy Hydro Pool Session will only be available from 24th August. Guests will be offered a Serail Bad Mud Treatment or 2 UVA Solarium sessions in exchange until that date.

NEW

Men's Day

Stay Includes:

- Welcome & Introduction to the facilities
 - Full Body Massage (55mins)
- 1 Thalassotherapy Hydro Pool Session (*Salt Water*)*
 - Complete Exercise & Relaxation Programme
 - Unlimited use of Sauna & Steam Room
 - Buffet Luncheon
 - Unlimited use of all the facilities
- Supervised workout in Life Fitness Gymnasium
- Complimentary Decleor wash bag and product
- *Optional activities: Golf, Clay Pigeon Shooting and Tennis
 - * (These activities carry a supplementary price)

Special Introductory price

Price

Monday - Friday £74.50

Saturday - Sunday £84.50

Prices are per person & inclusive of VAT.

Limited Availability.

All gifts while stocks last.

Forest Mere Health Farm

Liphook, Hampshire, GU30 7JQ

Tel: 01428 722051 Fax: 01428 723501 www.forestmere.co.uk

Forest Mere Loyalty Voucher

**20% off
any future stay**

All guests staying at Forest Mere until Friday 11th September 1998 for any length or type of stay will receive a 20% discount on any future breaks valid against any stay at Forest Mere, Henlow Grange, or Springs Health Farms.

The voucher must be used before 1st May 99.

Excludes 2 for 1 offers.

Non transferable.

Limited availability.

Extra **LONG** *Week-End*

Thursday 6th August - Monday 28th September 1998

Thursday - Sunday or Friday - Monday

Arrival 6pm - Departure 4pm

Stay Includes:

- 1 Full Body Massage
- 1 Facial or Neck/Shoulder Massage
- 1 Thalassotherapy Hydro Pool Session (Salt water)*
- Free use of all the facilities including 25m indoor pool, fully equipped Life Fitness computerised gymnasium, floodlit Tennis Court and Bicycles
- Complete Exercise and Relaxation Programme
- All standard meals including Luncheon on the day of departure

Price

	Single	Twin
Economy	£379.95	£329.95
Standard	£419.95	£369.95
Superior Courtyard	£439.95	£389.95
Superior Lake View	£469.95	£419.95

All prices are per person inclusive of VAT.

Limited Availability.

NIGHT BREAK 1 NIGHT BREAK

An opportunity to sample Forest Mere
Available Sunday - Thursday nights inclusive.

Stay Includes:

- 1 Full Body Massage
- 1 Facial or Neck/Shoulder Massage
- Unlimited use of Sauna and Steam Rooms
- Free use of all the facilities including
25m indoor swimming pool, fully equipped Life Fitness Gymnasium,
Tennis Court and Bicycles
- Complete Exercise, Relaxation & Hiking Programme
- All standard meals including Luncheon on the day of departure

Day One . Arrival 3 - 4pm
 . Introductory tour and programme plan
 . Commence treatments and use of facilities
 . Three course dinner

Day Two . Full day at the Health Farm
 . Departure 5pm

Although you must vacate your room by 10.30am changing facilities are available.

Price

Single	Twin
£149.95	£139.95

Prices are per person inclusive of VAT. Limited Availability.

Only available on specific dates allocated by our Reservations Department.

Cannot be used in conjunction with any other stay or offers.

Reservations can only be made a maximum of 4 weeks prior to date of arrival.

Mother & Daughter



**Sunday 30th August -
Friday 4th September 1998**

Arrival 2-4pm Departure 4pm

Stay Includes:

- Daily Massage
- Daily Facial
- Clarins Skin Care Consultation
- Unlimited use of all leisure facilities
- Complete Exercise and Relaxation Programme
- Standard Breakfast, Luncheon and Dinner

Price

	Economy	Standard
Mother	£124.95 per night	£134.95 per night
Daughter	£79.95 per night	£89.50 per night

Prices per person and are based on two people sharing. Inclusive of VAT.

Minimum of three nights stay.

Cannot be used in conjunction with any other special offer.

Limited availability.

Triple rooms are available for a second Daughter.

OXYGENESIS

Breath Positions to practice

- 1..... **Bellows box flexibility without breathing.**
Lying, you raise the chest and lower the abdomen simultaneously, and vice versa, holding the breath and using your hands to help you, one on the chest and one on the abdomen.
- 2..... **The Seven breath.**
You breathe in slowly for 7 beats, pause one, breathe out to 7 beats, pause one etc. 4-8 times. Seated or lying.
- 3..... **The abdominal breath.**
Lying, you breathe in with your abdomen raised, your chest lowered, then vice-versa, again using your hands to help you.
- 4..... **The crotch breath.**
Lying, you breathe in with the abdomen raised very high, extending to the crotch area. The chest should be as flat as possible.
- 5..... **The Candle Flame breath.**
A candle flame is close to your nostrils, it mustn't so much as flicker Seated or lying.
- 6..... **The Compact breath (4-16-8) (8-32-16).**
Breathe in for 4 beats, hold for 16, release for 8, at least 4 times. This draws in strength. Seated or lying.
- 7..... **The Melting breath (4-8-16) (8-16-32).**
Breathe in for 4 beats, release for 8, hold for 16. This creates functional harmony. Seated or lying.
- 8..... **The abdominal Candle breath.**
The candle flame visualised close to the nostrils while breathing abdominally. It mustn't flicker.

NOTE

All breathing must be measured by the pulse. '16 beats' means 16 pulse beats. This is discernible in the actual breathing.

No breath rhythms should be attempted while in a state of tension. This can be measured by the breath. If an inhale is short (2/4 beats) it indicates degree of tension. Let this subside so that the breath may gradually lengthen; conversely, lengthen the breath gradually and repose will grow.

There should be no strain in any breath rhythm or in holding the breath. At the slightest sense of effort or strain at once bring the breath to a halt and try again. Strain indicates lack of repose and no breath rhythm or hold can work in this state.

As a preliminary to all breathing, relax the throat muscles and the cervical area. These are your two reference points to answer the question 'How relaxed am I really?'

At the slightest dizziness or tingling of the hands any strong rhythm should be suspended. In any case no strong rhythm should exceed five in number.

None of the above breath-positions should be attempted while digesting.

introducing to the UK

Maurice Rowdon's

Oxygenesis



a dramatically effective breath initiation

“and one man in his time plays many parts”

- Athletes' brains record a state of meditational calm while their bodies are engaged in the greatest effort. Here are the two selves that Oxygenesis brings into play, the performer and the automatic 'motor control'.
- Our breath is 'automatic' but it has been automated wrongly. This is a specific human biological problem and we will get out of it only by re-aligning the breath.
- Oxygenesis is a voyage of discovery in a territory that has never before been charted. There are astonishing new facts. For instance, one of the goals of breathing is non-breathing (we are neither breathing nor holding the breath). This happens when we are in a state of breath metabolism.
- Unaccountable feelings of exhilaration whatever the circumstances are one of the Oxygenetic surprises.
- Economy of breath not 'deep' breathing is the goal. We breathe too much—this is an emergency measure to handle states of alarm, i.e. we haven't equipped ourselves with the right motor control.
- The cell called the mitochondria, present in most human cells, is sometimes called the 'building brick' or 'evolutionary cell' of the body. It speaks a language our bodies cannot decode. It is also in charge of the oxygen/carbon dioxide exchange.
- When this exchange is in a state of excellence so are our powers of performance (which depend on powers of automatic invention).
- Our cells are informed with our own particular and individual intelligence but we are disciplined since birth to live as if this intelligence lay in the mind, the imagination, the 'I'. On the contrary, we discover that we have at our command an intelligence assembly custom-built for ourselves.

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For enquiries and appointments:
The Hale Clinic (Medical Director's Unit)

OXYGENESIS - BREATH INITIATION

OXYGENESIS, a new and subtle breath initiation, is being introduced to the UK at The Hale Clinic by its creator Maurice Rowdon, who is part of the Medical Director's dazzling '101' team. He is a Londoner who has spent most of the last fifteen years travelling and developing his system. An Oxford-trained philosopher, he has created what he calls 'physio-philosophy', with its emphasis on animal function, and has published twelve books, the last on animal intelligence. After working with myriads of people in Italy and Northern California he came to the conclusion that most of us don't know how to breathe correctly any more. We puff and blow and pant, take deep or shallow breaths according to the latest wisdom, but what we aren't told is that each of us has his own unique breath which has been stressed and distorted to meet everyday outside performance demands.

Maurice Rowdon through Oxygenesis goes into your personal breath pattern, your personal breath distortions, and together you and he undo these distortions. In this way you find your breath, and a great discovery it is. You will learn that there is a huge menu of services which oxygen provides if you know its secrets. It brings what you need to know in order to minimize fear, insomnia, pessimism, panic, stress. Sufferers from asthma, hyperventilation, claustrophobia, even obesity, find themselves using less not more oxygen. Clients report an increase in energy (including sexual energy), creative drive, confidence, concentration, self esteem. A boost to our daily sense of pleasure may be one of the first results.

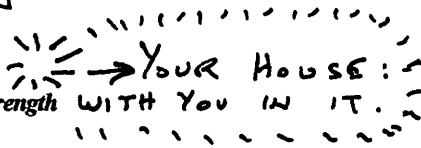
This oxygen-provided menu of services has been known since ancient times in India and China but wisely kept under wraps for fear of misuse. Maurice Rowdon's Indian teacher declined to give him the 'secrets of the breath' but added 'You will come to them yourself if you leave it to time'. And he did come to them, in a seemingly accidental experience after years of yoga-breathing exercises or pranayama. In 1981 he was ready to start building his initiation system for Westerners which unlike yoga-breathing relies neither on exercises or mental control.

'Whatever we're doing with our breath we're doing with our life,' says Maurice Rowdon. 'The fact that we breathe automatically doesn't mean we breathe beneficially, let alone naturally. We are missing the most essential life supply.' He is currently finishing his book *The Evolution of Mad Apes An animal study of humans*.

For appointments: The Hale Clinic
 Medical Director's Unit
 7 Park Crescent, London W1N 3HE
 Tel: 01425 461740

PRESS ENQUIRIES: LISHA SPA Tel/fax 0171 352 1540

OXYGENESIS

- 1.....Bellows box flexibility without breathing.
You raise the chest and lower the adomen simultaneously, and vice versa,holding the breath.
- 2.....✓.....The Seven breath.
You breathe in for 7 beats, pause one, breathe out to 7 beats, pause one etc. 4-8 times.
- 3.....The abdominal breath.
You breathe in with your abdomen raised, your chest lowered, then vice-versa.
- 4.....✓.....The crotch breath.
You breathe in with the abdomen raised very high , extending to the crotch area.
- 5.....✓.....The Candle Flame breath. [SMILE: LIPS AND EYES]
A candle flame is close to your nostrils, it mustn't so much as flicker.
- 6.....✓.....The Compact breath (4-16-8) (~~8-32-16~~). → 
Breathe in for 4 beats, hold for 16, release for 8, at least 4 times. This draws in strength
- 7.....✓.....The Melting breath (4-8-16) (~~8-16-32~~).
Breathe in for 4 beats, release for 8, hold for 16. This creates functional harmony. + MOON.
- 8.....The Information breath.
Put the question into the upper curve in a strong thoracic breath-run; dismiss it from the mind.
- 9.....The Inspiration breath.
Put the desired subject into the upper curve in a strong thoracic breath-run.
- 10.....The Affirmation breath.
Put the affirmation into the upper curve.
- 11.....✓.....The Mental Performance or Artistic breath (4-16-8). FOR WORK.
'Rising into the light' during the hold (16).
- 12.....The abdominal Candle breath.
The candle flame visualised close to the nostrils while breathing abdominally. It mustn't flicker.

NB THERE IS NO INFLUENCE
BREATH.

NOTE

All breathing must be measured by the pulse. '16 beats' means 16 pulse beats. This is discernible in the actual breathing.

No breath rhythms should be attempted while in a state of tension. This can be measured by the breath. If an inhale is short (2/4 beats) it indicates tension. Let this subside so that the breath gradually lengthens; conversely, lengthen the breath gradually and repose will grow.

There should be no strain in any breath rhythm or in holding the breath. At the slightest sense of effort or strain at once bring the breath to a halt and try again. Strain indicates lack of repose and no breath rhythm or hold can work in this state.

As a preliminary to all breathing, relax the throat muscles and the sphincta muscles.

Only Nos 5, 6, 7, 11 and 12 above can be done in a sitting position and in public areas. The eyes should be closed except optionally in Nos 5 and 12.

At the slightest dizziness or tingling of the hands any strong rhythm should be suspended. In any case no strong rhythm should exceed ten in number.

TO: **CHRISSY**
FROM: **MAURICE**
DATE: 1.12.98

TWO PAGES ONLY

HEREWITH (PAGE 2) OXYGENESIS PRACTICE SHEET:

You will see that I have ticked Nos 6,8,11.

No.6: i) This will of course, for your purposes, have *the light* incorporated. It is difficult to keep to the hold of sixteen pulse beats if you are applying the light to a specific subject, so you must allow a certain flexibility here, I mean you may overrun the sixteen beats, which is all right; ii) Since nothing is achieved by the breath without repose it is useful to do three or four compact breaths without the light at the beginning. This calms the nervous system; iii) We are agreed that no will is involved here since will equals tension, which removes all efficacy. Walk into the stable with the unspoken intention 'I am going to ride this horse right now' and you run the risk of creating fear and possible resistance. Walk in with the intention 'I am going to make a fuss of my lovely horse' and acceptance will be demonstrated; iv) Will, however, may become surreptitiously involved by imposing *too many runs* (I'm going to damnwell make a round 100). That is, change and interchange the subjects to maintain lightness of touch.

No.8: You will remember what a thoracic run is, i.e. you are breathing into the thoracic or upper area so that the chest will rise for the inbreath while the abdomen drops. The upper curve of the inbreath, that is when the inbreath seems to rise to the top of the breath and at once become outbreath, is the moment when you need to put your question, and again the matter of the will has to be studied and comes into play if you *retain* the question. You must ask the question again and again, if you feel it necessary, by repeated breaths, but it must always be in the nature of throwing something away, and above all the question is dropped from the mind the moment the runs cease. The answer will be provided at once, in the course of a few moments or minutes or in the course of the day. You may test the sureness of the source when you forget something and need to remember it, I mean outside the context of breath runs. If you simply put the question 'up' and leave it, the answer will come, even in a dream. By now you will see what an enemy the will is in the matter of your abdundant physiological archives, *but it must be kept alive for all navigational purposes*. In breath runs we are not trying to navigate the habitat. I want to speak to you some time about the new things that are likely to happen to the way you work, and have already (I think) started to happen. You require a certain new vigilance. This is to do with work not in the sense of professional knowhow.

No.11: This is most important for you, in keeping alive a state of new ideas and approaches, so that the oppressive cloud of drudgery doesn't conceal them. You may drudge but this breath frees you from its effects. You rise into the light and seat yourself there and bask in it, during the hold of sixteen pulse beats of course. A minimum of four runs.

OXY HOPE

①

Camilla, Jonathan
Ross

General Trading Coy

(0171) 730.0411

Decanter / Cafeter ^{£55} 50
Wine Toaster

enjoy a

A Necessary Initiation.

OXYHOPE

need to know the right
moment to strike and to place
the money, need to ~~know~~ ^{know} fully stretched professional
life.

Oxygenesis is for people who need to think in emergencies
have the people's needs decisions
a ~~under~~ storm, need to decipher events and decisions -

relation

professional life, need to prepare themselves in a simple
and quick manner for meeting, ^{given} need to be high and
full of new ideas at a critical time, need to be able
to induce work ^{at a given time} need to plug in to source of information
the are intimately ^{relevant} the help (meaning also the work
self), need to be able to override at short notice a
sense of foreboding, crisis, apprehension, weakness, need
to be able at short notice to accept their own feelings
which may be chaotic, panic-stricken, 'inappropriate',
need to derive ~~maximum~~ optimum performance without
effort, need to be equipped with ~~the~~ ^{any} extraordinary
means of services, ~~the the proper maintenance of~~
~~motivation of oxygen supply~~ need to know how
to breathe hot ^{and} ~~air~~ ^{and} ~~feeling~~ ^{and} ~~regulate~~ ^{but}
for ~~any aspect~~ knowledge far beyond the ordinary
and capacities hitherto unsuspected.

Maurice Rowden works in the Medical Division, TCU
at the Hale Clinic, Regents Park, London, ...
He worked with his own breath over a period of
seventeen years, and devised Oxygenesis in N.
California over a period of five years. He began
teaching Oxygenesis in ~~1985~~ 1985.

For appointments call: For general enquiries call:
..... The first session is 1½ - 2 hrs and costs £80.00.
Subsequent sessions cost £70.00. ~~The number of the sessions~~
~~required depends on the patient's needs of the client~~

→ need to be able to turn the apparently ~~unfavourable~~
setback into advantage ~~without any~~ ~~cost~~ effort,
mental or otherwise,

→ need to ensure ^a basic health pattern, which can be
safely strained,

→ this can be flipped once the breathing apparatus has
been shown how,

→ and continues to deeper and elaborate work.

OXYNOPE

2

Oxygenesis is a physiological process but ~~clear~~
~~advance is on the basis of~~ this must be geared to a
clear analytical understanding of ~~our~~ ~~nature of doing~~
~~anything we ever want to do, choose, work is the way~~
~~one does, and at the same time~~ ~~we~~ ~~work~~ ~~with~~ ~~this~~
~~analysis the subject~~ what one is moved by, that is the
memories and pictures that make up how we wish to be,
what work we wish to accomplish, why we have chosen them,
so that it becomes physiologically clear, once the breathing
patterns we being examined, whether the wishes are consonant
with the desires, the work with its goals. ~~the~~ ~~desires~~
what we see and how we are motivated by way not, in
analysis, what we see, and what we wish may not
be what we try to fulfill. By the analysis of our
perceptions will do this; ~~while the~~ ~~psychologist~~ ~~is~~
~~analyzing~~ ~~the~~ ~~not~~ ~~an~~ ~~analysis~~ ~~of~~ ~~the~~ ~~stories~~ ~~we~~
~~devise~~ ~~about~~ ~~ourselves~~ ~~but~~ ~~an~~ ~~analysis~~ ~~of~~ ~~what~~
~~we~~ ~~see~~ ~~and~~ ~~how~~ ~~and~~ ~~feel~~ ~~things~~.

How we see and how and feel things. ^{it means}
looking, ^{through} ~~with~~ our own perceptions, into a world that would
not be as familiar to us as we earlier thought, and we
desire. ~~The~~ ~~breath~~ Maurice Rowdon draws from this
first analysis that he requires to guide the breath in
the first moments. It gives us a key to the life
that will now unfold.

~~Philosophical~~ ^{because} ~~with~~ Philosophical analysis alone will do this,
to avoidance of moral and medical paradigms.

Maurice Rowdon is an Oxford-Trained
philosopher. ~~He studied under Donald Mackenzie and~~
~~specialised in Kant.~~ After publishing over a dozen
books on the subjects he is finalising a philosophical
work called The Evolution of Man: An Animal Study of

which begins for ~~the premise to humans~~ the premise that the distinguishing characteristic of humans is the way we as impaired species. It is the key characteristic that humans have (chiefly by means of philosophy) concealed from themselves, chiefly to make their survival possible. Rowdon traces the human ~~condition~~ destructiveness to their failure to recognize how an impaired animal ~~thinks~~ ^{thinks}, and to studiously avoid ~~this thinking~~ this thinking: we have in fact adopted it ~~in the 3 millenia~~ as the highest form of thinking, with ~~the result in the~~ ~~class~~ resultant ~~class in being~~ ~~today~~ class in every aspect of the habitat as we applied inadequate knowledge (i.e. knowledge drawn from an impaired view) to ourselves and, tragically, all the species.

Oxygenesis ~~too~~ begins from ^{one} the physiological aspects of this impairment, the human breathing system, which the nervous system is 'unusually' distorted, and thus unable to derive ^{the proper} benefits from ~~life~~ ~~the~~ ~~key~~ ~~basic~~ ~~factor~~ element ~~in human life~~ or which life depends almost wholly upon, and which it cannot survive for more than a few seconds, oxygen.

Rowdon has initiated, in this work, a new philosophical school which he calls physio-philosophy, to denote that it has tried, always unsuccessfully, to appear to be the thought of a non-animal or floating 'mind'. The greatest philosophers have always tried to remove it from this special stance, though since no true knowledge is attainable, ~~and~~ ~~of this is to that~~ These men have ~~written~~ ~~not~~ ~~themselves~~ ~~in~~ ~~order~~ (even Descartes) ~~and~~ ~~to~~ ~~the~~ ~~order~~

~~to ~~prop~~ talk about~~

(even Descartes) have made themselves the basis of this study -
~~Plato~~, it was ^{Plato} ~~the~~ ~~ancient~~ 'Greek revival' that produced
(Hegel, Schopenhauer, Kierkegaard and Nietzsche, and
~~endowed the~~ ~~old~~ ~~philosophical~~ ~~doctrines~~ the model rather
~~than~~ Aristotle, and ~~endowed~~ the philosophical 'doctrines'
could be inspirational in nature, *

Existentialism was also to have an analysis
with its 'nausea' but it remained, in time its
traditional philosophy, the derivation of a mental state.
Physio-philosophy examines every aspect of the human
mind in its ~~entire~~ ~~the~~ ~~light~~ of its original biological
condition, and the novel is a remarkable reflection
of what we have called 'life', 'existence', and
'culture.'

* In each philosophy a new 'system' is found, and
this inspires a new way of looking at life: a
phil. doctrine is always, not speak, the first
line of its kind, so the essential quality. This is
to act as an academic philosophy: ~~philosophy~~
is a collection of systems that are ~~of~~ ~~the~~ ~~same~~
connected with each other, and really the story of
man's thought. Philosophy in the proper sense should
read like a novel of ^{unfamiliar landscapes,} ~~ideas,~~ ~~and~~ ~~it~~ ~~should~~ ~~inspire~~ ~~rather~~
~~than~~ unfolding like a new life.

Some points about Maurice Rowdon's Oxygenesis

- Peace of mind is hardly important. We must almost think of it as a luxury. But a state of peace which is constant even when unconscious, even in panic and turmoil—this is surely an important prize. Oxygenesis, without effort or words, plants it in the organism. For instance, with a few breaths the person who has experienced Oxygenesis can feel a sense of belonging even in a place where he or she is feeling acutely alone.
- Athletes record a state of meditational calm in the brain while at the height of effort. Here are *the two selves* that Oxygenesis brings into play, the performer and the 'motor control', namely the trained automatic part. Our breathe is 'automatic' but it has been automated wrong. That is a specific biological problem in the human and he will get out of it only by having a very special experience or by taking steps to have that experience.
- Contrary to popular fallacy it is *economy of breath* not 'deep' breathing that is the goal. We breathe too much—this is an emergency measure to handle states which alarm the organism, i.e. we haven't equipped ourselves with the right motor control.
- Oxygenesis is a voyage of discovery in a territory that has never before been charted. There are astonishing new facts. For instance, the goal of all breathing is *non-breathing* (we are neither breathing nor holding the breath). This is a state of *breath metabolism*.
- People often say 'I feel I have my own face now' or 'I belong to myself' after doing Oxygenesis. This is because the body's fuelling system has hitherto been out of synch, with the breath in emergency mode. Unaccountable feelings of exhilaration *whatever the circumstances* are one of the oxygenetic surprises.
- The cell called the mitochondria, present in most human cells, is sometimes called the 'building brick' of the body or 'the evolutionary cell'. It speaks a language which our bodies cannot decode. It is in charge of the oxygen/carbon dioxide exchange. When this exchange is in a state of excellence *so are our powers of performance*.
- This is because our cells are informed with our own particular and individual intelligence. But our discipline since birth is to live as if our individuality lay in the head, the thought, the imagination, the 'I'. It is astonishing to discover that we have at our command an intelligence assembly custom-built for ourselves.



→ All the states we are taught to
shun or overcome like anxiety,
panic, a sense of turmoil, fear
are perfectly natural in the human
animal; require a key to be
turned in the physiology so
the fly can accept it, not
marginalized for a brief period
of therapy euphoria.

Maurice Rowdon
40 Glenluce Road Blackheath London SE3 7SB
0181 858 2937

Elsa Mcalonan
marie claire
2 Hatfields
London SE1 9PG

1.2.98

Dear Elsa Mcalonan:

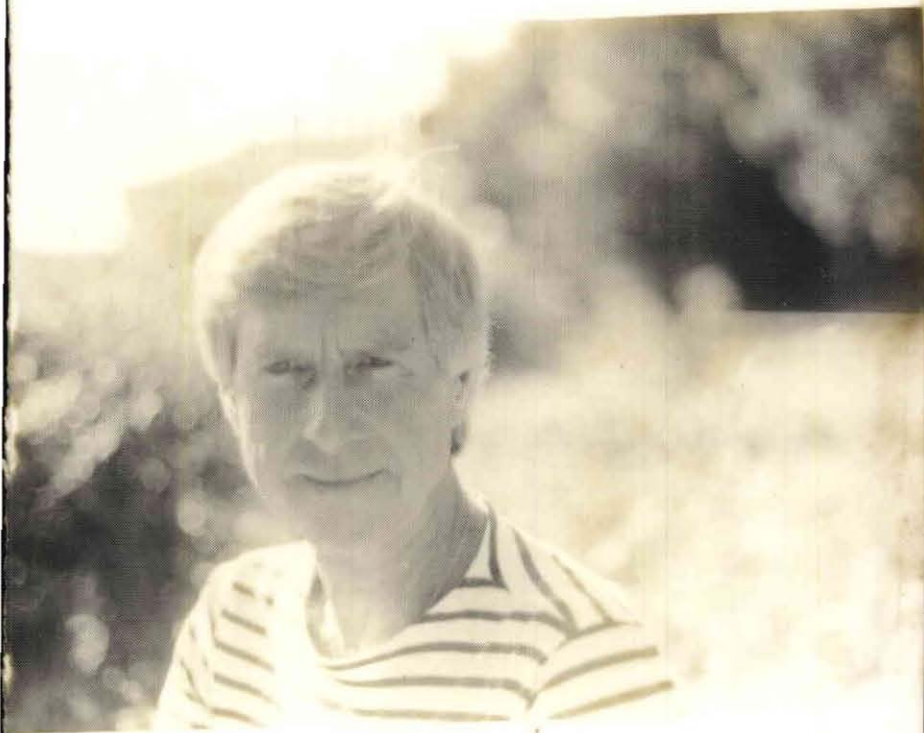
I'm told you're temporarily overseeing the health features and I want to try and interest you in Oxygenesis, a breath system I devised in 1981 and which I shall be introducing to the UK from this spring as part of the medical director's team at the Hale Clinic.

I enclose some background both about me and the system. My clientele hitherto has been predominantly professional.

What I would suggest if this interests you is that I give you one or more sessions at the Hale, since of course only tasting is believing. And it's fun not formidable.

Many thanks for your attention.

Yours sincerely



2x5

We know from experiments that in their moments of greatest effort sportsmen, far from being tense, record alpha levels of repose in the brain that are equivalent to a state of meditation. –

Only a fraction of our daily life depends on the conscious will. It is simply a physiological fact that most of what we have to do is taken off our hands by this remarkable motor system we have inside us. It walks our legs for us, it does several jobs at once for us, it blinks our eyes for us, it breathes for us.

We say we do these things ‘naturally’, quite as if somebody else was doing them for us. Yet we ‘learn’, we ‘train’. That is, we induce our ‘nature’ to take on tasks we could never manage by means of our cerebral cortex or will.

Happily we don’t have to tell our arm to raise itself when we’re drinking a cup of tea or coffee, any more than we have to arrange our mouths to salivate.

Reworking the Motor

This is why we give our motor system so little attention – because no amount of thinking will alter it. So it invariably works at half strength. It may be given to breakdowns which we cannot understand – small, hardly noticeable lapses as well as major ones which we then call panic or stress. It isn’t that panic or stress can be avoided. But they can be contained and rehabilitated *autonomically*, though only if the system is working as it should – that is, if the right physiological conditions are

there. Stress and tension can’t be talked or persuaded away. They can be trained away, physiologically.

We can only perform properly *if there are two selves* at work – one performing and the other at perfect rest. This discovery is called in Oxygenesis ‘the dialogue’.

Why ‘Cellular’ Repose?

A certain subsidiary cell within most of our other cells controls the oxygen/carbon dioxide exchange. This is why Oxygenesis calls the repose it achieves ‘cellular’. The cell is called the mitochondria. Some biologists call it the ‘evolutionary’ cell. Some even call it the ‘building bricks’ of the body. It speaks a code unknown to our organisms – the only foreign code we allow. A breath-master at the court of a Chinese emperor was once asked by the emperor ‘Why do some of my courtiers look young and have vigorous sex lives at a great age, and others not?’ and he replied ‘They have the breath and the breath communicates with the world.’ It isn’t likely the emperor understood what he was told. In Oxygenesis this extraordinary tapping-in process brings us, if we have a mind to seek it, information that is both intimate to ourselves yet about the world in the most practical and immediate sense.

introducing to the UK

MAURICE ROWDON’S

OXYGENESIS



A dramatically effective
breath initiation

Appointments:
The Hale Clinic

7 Park Crescent London W1N 3HE
Tel: 01425 461740 (Medical Director’s Unit)

General enquiries:
Tel: 0181. 858.2937



Maurice Rowdon began devising his breath system nearly twenty years ago, after long practice of daily pranayama or yoga breathing, which he learned under the Indian teacher Selvarajan Yesudian in Switzerland. From 1981 he taught Oxygenesis in Berkeley Ca. and San Francisco, as well as in Italy where he has led workshops. He has published twelve books, both here and in the States, his last being on animal intelligence. At Oxford he read philosophy as his main subject and took two degrees for his MA, the first in history. He is currently finishing a non-fiction book called *The Evolution of Mad Apes An animal study of humans*.

- ⊕ *Oxygenesis brings about a state of 'cellular' repose within moments, and this can be made the resident mode of the body.*
- ⊕ *Once activated, the breath is virtually a new organic function, a new vehicle for metabolizing, perceiving, imagining, working, handling crisis. Until then we are passive breathers, unaware of the very source of our life and energy.*
- ⊕ *Oxygenesis examines the physiology of your breathing. Breathing exercises on the basis of patterns adopted since childhood and entirely unexamined are an absurdity.*
- ⊕ *We are all required to perform. We performers must have ease. We must belong to ourselves. Without activating the breath we can't achieve this basic necessity of all work and health.*
- ⊕ *Oxygenesis initiates flexibility, and flexibility is the great stress-destroyer.*
- ⊕ *The popular fallacy is that we need to take in as much air as possible and*

that we breathe 'shallowly'. But 'shallow' and 'deep' breathing are two sides of the same coin. The one produces the other. Economical breathing, which must be learned step by subtle step, is the basis of both well-being and longevity.

⊕ *The human nervous system is in crisis due to intolerable pressures. This has compounded wrong breathing habits inherited at birth with wrong emergency ones provoked by necessity*

Whatever we are doing with our breath we are doing with our life.

If I observe someone's bellows box (as I call our breathing muscles) I can see the forces at work which we call our 'nature'. Now we can't decide on our own natures. They have been there, apparently, since birth.

What we *can* do is to see if the bellows box is working as it was meant to. And, miraculously, we only have to adjust it, in the subtlest manner, with neither strain nor striving, and our 'nature' seems to become our own for the first time.

Oxygenesis is thus a journey of discovery. When we begin making changes in our breathing system – a system we may never have thought about or questioned because we were told it was 'natural' – we find changes going on in our lives which make our previous self seem somehow surrogate, conditioned from outside.

People who do Oxygenesis say things like 'I have my own face now', 'I fit into my own skin', 'I'm content to be me'. They still can't see their own 'nature' – this is always

hidden to us – yet they have been on a journey to the source.

How does this happen?

Oxygenesis deals with that marvellous *motor control* which takes us through each day by doing the things we are used to doing without any orders from us. So ingenious is this motor control that we can drive a car while listening to a friend and answering him as well as half-listening to the radio too and not only steering, braking, accelerating the car but reading the road signs and following them. It is all done automatically or, more exactly, *autonomically*.

And the great supplier of our motor system is oxygen – or rather the metabolism that exchanges oxygen for carbon dioxide within the organism. This isn't a simple matter of fuelling the body. If oxygen is a fuel it has so many properties, can be used in so many different ways, that the word 'fuel' should properly read *source control*.

Repose is the key

During their training hours sportsmen are really setting up motor systems, whether they are weight lifters or runners or pole jumpers. These require *a state of calm*, not tension through effort. This is so that the organism may do its automatic work without any interfering anxiety or doubt or self-criticism on the part of the mind. Any human performance whatever, including looking after a baby, can only be on the basis of what Oxygenesis calls *cellular repose* if it is to succeed.

my breath power 6x78 years
 I myself called
 remember the name
 cause to use - now
 July the
 wind
 Pacific
 for the
 1982
 took
 will
 all
 of the
 variations
 the name

OXYGENESIS

contact at
 in the air

Breath takes place

Oxygenesis begins from strictly physiological principles. While a great deal is known today about the metabolism of oxygen, and various aspects of the breath, little has been done either by medical science or oriental breath-teachers to analyse the key role of the thoracic and abdominal muscles in the determination of breath.

Breath takes place

Oxygenesis begins with the examination of the relationship between the intercostal and abdominal muscles. Only after flexibility of response has been obtained (between arousal or sympathetic energy produced by thoracic breathing of varying kinds and autonomic or parasympathetic energy produced by abdominal rhythms) can the breath be 'activated' from its usually passive to an active role. 'Proper' breathing, in Oxygenesis, means 'the right breath for the right moment'. It is possible that the bulk of western mankind have the wrong breath, that is, the least efficient one for the requirements of the organism at any given time, more especially in the ~~season~~ ^{of the oxygen}

This is the reason, according to Oxygenesis, why hospitals are taking in an increasing number of hyperventilation cases, especially among young people, who complain that their breath simply ceases at times, with ensuing panic. The medical solution is, in most cases, to invite the patient to breathe back into his lungs his own rejected carbon dioxide, whereas, in Oxygenesis, it is only necessary to reduce the panic by engaging the right muscles. Recently a woman in hyperventilatory panic was told by a hospital worker over the phone to breathe into a paper bag, and she died.

Many aspects of the breath perplex hospital practitioners unnecessarily for the simple reason that no norm of breath has been established by medical science. Quite erroneously the Pulmonary Association teaches that the breath 'comes naturally'.

Practitioners are puzzled by sleep apnoea which they frequently observe in their patients. The question to be asked, according to Oxygenesis, is whether the apnoea takes place at the top of the inhale or the bottom of the exhale. If the former, there is a traumatic background, if the latter the effects are restful and beneficial unless the pause is unusually prolonged. For retention at the top of the inhale is harmful when involuntary, but beneficial when voluntary (i.e. in the form of an exercise).

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- ⊕ *Oxygenesis initiates flexibility, and flexibility is the great stress-destroyer.*
- ⊕ *The popular fallacy is that we need to take in as much air as possible and*

that we breathe 'shallowly'. But 'shallow' and 'deep' breathing are two sides of the same coin. The one produces the other. Economical breathing, which must be learned step by subtle step, is the basis of both well-being and longevity.

⊕ *The human nervous system is in crisis due to intolerable pressures. This has compounded wrong breathing habits inherited at birth with wrong emergency ones provoked by necessity*

Whatever we are doing with our breath we are doing with our life.

If I observe someone's bellows box (as I call our breathing muscles) I can see the forces at work which we call our 'nature'. Now we can't decide on our own natures. They have been there, apparently, since birth.

What we *can* do is to see if the bellows box is working as it was meant to. And, miraculously, we only have to adjust it, in the subtlest manner, with neither strain nor striving, and our 'nature' seems to become our own for the first time.

Oxygenesis is thus a journey of discovery. When we begin making changes in our breathing system – a system we may never have thought about or questioned because we were told it was 'natural' – we find changes going on in our lives which make our previous self seem somehow surrogate, conditioned from outside.

People who do Oxygenesis say things like 'I have my own face now', 'I fit into my own skin', 'I'm content to be me'. They still can't see their own 'nature' – this is always

hidden to us – yet they have been on a journey to the source.

How does this happen?

Oxygenesis deals with that marvellous *motor control* which takes us through each day by doing the things we are used to doing without any orders from us. So ingenious is this motor control that we can drive a car while listening to a friend and answering him as well as half-listening to the radio too and not only steering, braking, accelerating the car but reading the road signs and following them. It is all done automatically or, more exactly, *autonomically*.

And the great supplier of our motor system is oxygen – or rather the metabolism that exchanges oxygen for carbon dioxide within the organism. This isn't a simple matter of fuelling the body. If oxygen is a fuel it has so many properties, can be used in so many different ways, that the word 'fuel' should properly read *source control*.

Repose is the key

During their training hours sportsmen are really setting up motor systems, whether they are weight lifters or runners or pole jumpers. These require *a state of calm*, not tension through effort. This is so that the organism may do its automatic work without any interfering anxiety or doubt or self-criticism on the part of the mind. Any human performance whatever, including looking after a baby, can only be on the basis of what Oxygenesis calls *cellular repose* if it is to succeed.

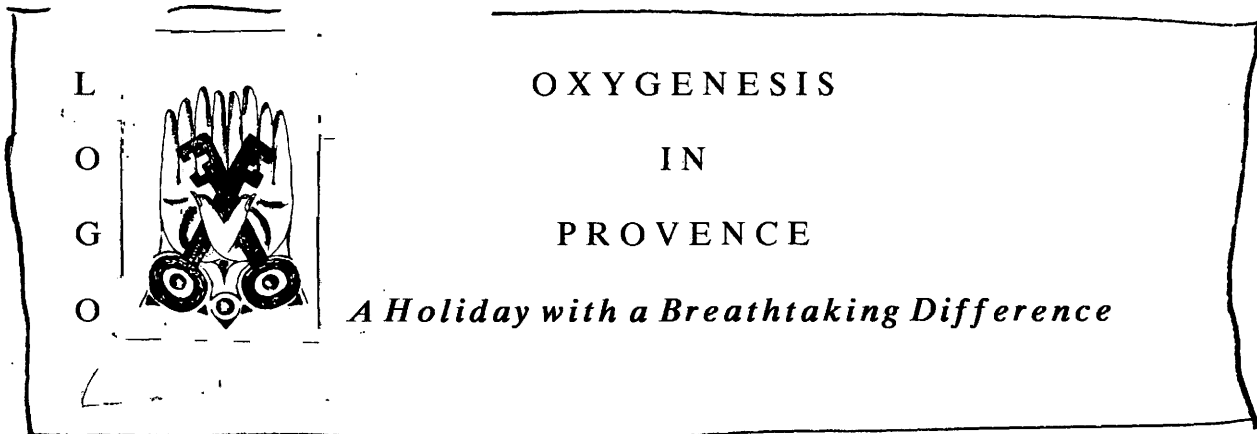
TO: Astaseia Sheldon COMMON GROUND
FROM: Maurice Rowdon Tel/fax FRANCE (33) 490771240.
DATE: 9.4.97

TWO PAGES

I appreciate your sending me Common Ground which I received this morning. It seems to me that my ad belongs to **Time Out and Retreats**, as you suggested.

I am sending you a copy of the logo by post in the hope that it will reach you in time to use. I am also faxing it to you in case this is enough to take copy of.

I would like the copy to be titled (left column) in this form:



By the way I would like to have a PO Box number with you if that is possible. ***Please note that I am at present in France and not the UK.*** The text will follow on the next page.

s t a n d b y f o r n e x t p a g e

Maurice Rowdon

44 Brookwood Road London SW18 5BY U.K.

tel: +208.516.3836

e-mail: rowdoxy@aol.com

→ can it be put under his name fantasy or id,
stealing my key scene, & Joe
Lomax (document to do the film)
and I was left gasping, as we
demanded to be.
31.01.05

Pat Lomax
The Bell Lomax Agency
James House
1 Babmaes Street
London SW1Y 6HF

ACADEMIC
BACKGROUND

Dear Pat Lomax

We had a pleasant realistic chat on the phone last week during which you bade me write you a letter outlining what I have done so far.

I came to you if you remember looking for a new agent now that my agency David Bolt Associates is defunct, due to David's illness.

Past publications and media activity

I have hitherto published novels and non-fiction---of the latter mainly titles that were commissioned ~~up front~~. My publishers have been Chatto and Windus, Heinemann, Constable, Collins, Weidenfeld, Gollancz, Macmillan and in the States Putnam, St. Martin's Press, Praeger, in Germany S.Fischer Verlag. I was ~~put on the map~~ launched as a writer worthy of investing in by Victor Gollancz with my first book on Italy, ITALIAN SKETCHES. I became a specialist in every aspect of Italian life, more especially as I lived there a great part of each year.

I was + David Higher Associates

I have no way of ~~saying~~ ^{assessing} what my sales were, except that George Weidenfeld and others would never have gone on commissioning me if they hadn't been encouraged by these. I took two, even perhaps three years of earnings from what accrued from the Venice book.

at the time, my editor was David Bolt, ~~the~~
Told me to be

Ken Russell was frustrated by it

in his ~~step~~ ~~lip~~ ~~was~~ (a ~~enjoyable~~ ~~was~~ ~~that~~
the ~~debut~~ to a ~~typical~~ ~~wise~~, ~~business-~~
wise) ~~he~~ asked if he could just film my
ply for stock to finish & I should have said yes. →

After that I called me next
morning - would I like to do a
book - Mchler (the title of my play -
Ken Russell pilched, title ~~is~~ ~~not~~ ~~key~~ - scene in

Implying her the George
Widefeld ~~was~~ ~~at~~ ~~a~~ ~~corrected~~ ~~the~~
~~in~~ ~~the~~ ~~name~~ ~~to~~ ~~still~~ ~~not~~ ~~mentioned~~
me and my relationship +
the film and I passed her a
few edit cards & I would
join it. George was turned up
at a production of mine & the

of my articles in television (BBC Omnibus, ~~was~~
the fall of Venice, based on my book + ~~Widefeld~~
of the title - I scripted it and ~~fixed~~ ^{approved it and} ~~fixed~~ it
as a production of mine - Venice).

I worked + was ~~for~~ ~~a~~ ~~news~~ ~~...~~ ~~...~~ ~~...~~
in leading to book of mine.

→ The review amounted to 'acclaim', ~~the~~
I was ~~fit~~ ~~to~~ ~~...~~

→ To say that I took full advantage of ~~the~~ ~~offer~~ ~~of~~ ~~...~~
of ~~more~~ a publication ~~by~~ ~~my~~ ~~with~~ ~~my~~ ~~articles~~
the ~~work~~ of the media. There is ~~say~~ ~~ing~~ ~~of~~ ~~the~~ ~~time~~ ~~the~~
was ~~not~~ ~~at~~ ~~all~~ ~~live~~ ~~a~~ ~~book~~ ~~congratulated~~ ~~because~~ ~~of~~

Oxygenesis brings the mind by gentle degrees to an awareness of its own nature. We specialize in a revolutionary **non-creative** process which activates us to receive not invent information. This requires the least, not the most effort, which is why it combines so well with a holiday. And the Mistral gives us the best air in Europe.

Maurice Rowdon has taught his breath system for many years in Northern California. He has published over a dozen books and his booklet Breathtaking Moments describes how Oxygenesis works physiologically.

Ever since he got his Oxford MA in Philosophy he has devoted much time to examining the way our minds work. "Thinking is automatic and conditioned. The moment we perceive something our thoughts have been decided for us. The sense of freedom we get when we speak our thoughts is the pleasure of responding to a reflex, just as birds take joy in the movement of their wings."

It is the reflexes hidden in the way we see, hear, smell, feel that decide our thoughts before we speak. We may be astonished to discover that some of these believe in pollution, in the erosion of animal life, in the poisoning of our food sources and not least in our own unhappiness.

But we need reflexes like air. They work our eyelids and the bellows we call breathing and the reticular system at the base of our brain which wakes us in danger. These are good reflexes but those we find lodged in our perceptions fail to work to our benefit.

Oxygenesis takes us on a journey that provides a wholly new picture of life, like the promise of a new civilization.

"A free intelligence service is available to us every moment. It not only designs and works our glands, neurons etc but decides on the birth and death of each consciousness. This very intelligence is willing to impart new designs to those who have the keys of entry."

One- and two-week workshops. La Luciole (Firefly) is an eighteenth-century farmhouse in a superb show garden with pool. Guests will stay in Cucuron, a charming village in the Luberon foothills, and they will enjoy a delicious Mediterranean cuisine. Optional excursions, guided tours, exhilarating hill walks. 45 mins from international airport Marseilles. Phone/fax France (33) 490771240 or write Oxygenesis 40 Glenluce Road London SE3 7SB UK.

The Fall of Humans

is that it is so cheerful, so lightly written, so encouraging about the human, above all so understanding of him and her, how he and she got there, how he and she were obliged (by themselves) to get there---that I feel it was written for me, and chose its own style, and I had little to do with it.

Doubly strange, this, in a history of *the most viciously and unrelentingly cruel animal that ever was known.*

PHOTO

After all, *someone* has to speak up---ask what we're going to do with the last 5-~~10~~ years of life vouchsafed to us, assuming that this is the truth but it is better to believe the worst news, not the best, just as it is in battle: if you suspect the enemy, in this case nature, has made silent and carefully camouflaged preparations to launch a shattering and final attack on you you had better believe it. You can scorn the intelligence-report as asinine but you will be a worse ass not to act on it.

And someone has to offer an alternative to yet another war, this time a defensive one against our very environment. Someone has to offer another personality, another presence.

After all, it is so easy to cease being human, namely a creature who made constant war on his surroundings and the other animals therein, and *even tried again and again to decimate himself with increasing fury until from the handfuls of men killed and maimed in the mediaeval wars the figure went up to the positively mad figure of millions upon millions in our own day.*

And this the human called an 'evolution'?

What kind of animal is it that has even lost the key to its own mating habits, which have completely gone off the moorings (and started to go at least two centuries ago), no longer taking account of the birth of children, much less of that chrysalis formerly called 'the family'.

Even Christendom, despite its deadly mediaeval 'intellectuabilitas' (i.e. everything in life including 'God' must be passed through the poisonous sieve

I wrote like mad, my commissions in the day and my original work ^{wi} on the evening, and I was as healthy as a sapling. And it was all a fakery, and I knew it.

The books however sincere and sometimes inspired were saying by their very appearance on the market that all was well with the world, and I think we knew, deep inside, that it wasn't.

So we were creating something that was dead before it started because it was telling a falsehood---that the world was a place for books and thought and frescoes and basilicas and play productions and films and television projects, and it ~~wasn't true, and~~ it didn't feel true, it felt as if everything we did was an *act of nostalgia for a world that had long since gone.*

We must have known that this world we have today had already started (which indeed it had). But we predicted nothing. To some degree we foresaw the world we have now but only in a mild surface way. I said in ^{one book that} ~~one book that~~ ^{in the late 50's} green parties would come into being one day, political parties based entirely on the state of the habitat---and the Times Literary Supplement, in an otherwise fulsome review, singled this out as the only trace in my writing of 'crank' thinking.

HITLER'S SHOWBIZ DIARIES

(1968-1978) I kept a diary of those endless media transactions in which Hitler seemed so uncannily the spirit within them. Projects started in talk and the talk sometimes ended in a play or a television programme or a film but it wasn't necessarily you who executed it, though your talk had brought it into being.

For every drop of action the gate-toll was days and days of meeting and jabbering. It was as if we were filling the air with more and more air because we were doomed by the future and knew it, which made us do it even more.

And we had to remember that whatever we did actually get to do--- television or film or play---might have been talked into being by others unknown to us, viz. the American producer who asked me to overhaul a film-script he described as 'a cwt. of shit in a 5 lb. bag', though he didn't even look at my version and shot the 5 lb bag.

The strange thing about

PHOTO (me and Guglielmo)

This picture was taken by the closest friend of my life in the silent wooded hills close to Mill Valley in N. California.

So who exactly is the human?

In the Eighties I always used to characterise him as *The Animal That said It Wasn't*. In every ghastly short-lived civilisation we know about, with the exception of Egypt, we hear of animals being 'sacrificed' so that the movements of their entrails would show what the heavens or gods had it store for us. The ~~idiot~~ emperor Julian ('the Apostate') burned so many sacrificial animals that any place he went was almost always black with smoke.

The only civilisations we hear of that didn't make war on neighbours *as the basis of their survival* succumbed quickly to invasion. The ancient Greeks put it with their usual sang-froid: 'war is to get what you haven't got and want.' There were about 50.000 ancient Greeks and they had a slave population of the same size. As they treated animals so they treated humans. That was and is always the case.

But from the stories the human tells us about himself ---how wise he is and how far beyond all other animals he is in his prowess---you would think that the earth and skies and seas had come into existence for his delectation alone. And indeed that is not only what most civilisations we know about believed: it is what the majority of humans today think too, without question, *the less educated they are*.

Surely the sooner we disinherit this human the better, not just because his stories about himself are so damned silly but because he has landed us in the worst calamity that has ever befallen the planet.

If we wish to know the human we must study not his silly stories about himself ('history') but *his adaptations and mutations*. ~~And this is what I have done.~~

And this is precisely what I have done over very many years. I took a degree in history and felt that I hadn't got myself anywhere as a person. So I dedicated myself over the next three years, for my second degree, to the misery of philosophy, which nevertheless *taught me how to think*.

And once I had learned to think I at once found 'history' a tale told by an idiot.

REVIEWS of some of my books:

Just look at them! And all about me . At that time I was 'represented' by one of the ~~fancy~~ 'top' agencies of the time and every generous commission that came my way seemed to prove that I was alive and thriving.

The advantage of standing on your head, that is upside-down, is that when you are standing on your feet, namely the right side up, you are not so sure how 'right' this right side up is. You are prepared, that is, to see that right side up as dubious, and sometimes downright wrong.*

**No one with high blood pressure, not to say essential hypertension, should attempt any inverted position of this kind.*

PHOTO THREE

The planet is under certain sentence of death. We organised that death. And we are every moment making it worse. But we could not survive without that death---we must use our cars mustn't we? switch on the light? fly in planes? are we to cease using the internet? And these things are the greatest carbon creators.

So we are choking to death and we can only survive if we continue this way. And of all helpless statements this must be surely be the most helpless ever uttered.

We continue to condemn the skies and soils and seas and all animal life (and of course our own) to certain death but we MUST have it so *in order to get through the last ~~5-10~~ years* that are said to be available to us.

Yet we mustn't write ourselves off as fools. The fact is that we simply cannot *experience* these facts, only think about them. It is our nervous systems that guide us and determine every second of our lives, and these systems keep telling us *that things are really all right*. Our glands, our bloodstream, our nerves and our digestive and breathing apparatus MUST go on saying what they have been saying for millions of years, namely that THE HABITAT IS STILL THERE INTACT.

So the warnings we get about the dire effects of unfiltered sunlight, which have been blared at us from huge posters for at least a decade (the Australian one went 'FRY NOW PAY LATER'), go no deeper than any *thinking* does. It is our nervous system that decide on what is true for us. While the sun continues to warm and cheer us up it's the same old sun we always knew. It's a lie but *for our skins* it's the truth.

And we want these last ~~5-10~~ years that remain to us because (you never know) we might get a break. It will have to be a miracle but miracles happen don't they?

Do we want to go on being this 'human', a creature which doesn't know what moves it and cannot control what it moves?

WEBSITE

www.whothedevilamI.com

finding
out
who
I [encircled, slanting]
am

Watch out for this book:

© WHY WE WRECKED THE PLANET 2006
The Fall of Humans

Why the fall of humans? And what has it got to do with our wrecking the planet, unless I am stating the obvious---that all of us are for the high jump, and very soon, which we all know?

Above all, what has the fall of humans got to do with finding out who I am?

But first let me introduce myself.

PHOTO ONE In this photo my legs are comfortably bent so that my back is perfectly arched and at ease. Thus my trunk tends to protrude.

PHOTO TWO Here my legs are high but not straight, so that the line of my trunk is straighter and drawn in. If I straightened my legs I would simply achieve the maximum flow of blood to my head, which would be of limited use, i.e. . relaxation would be difficult for long.

In each book - including new one

The Fall of Man

short blurb

excerpts chapter title



Quote

chapter

to order

War book



1) quotes

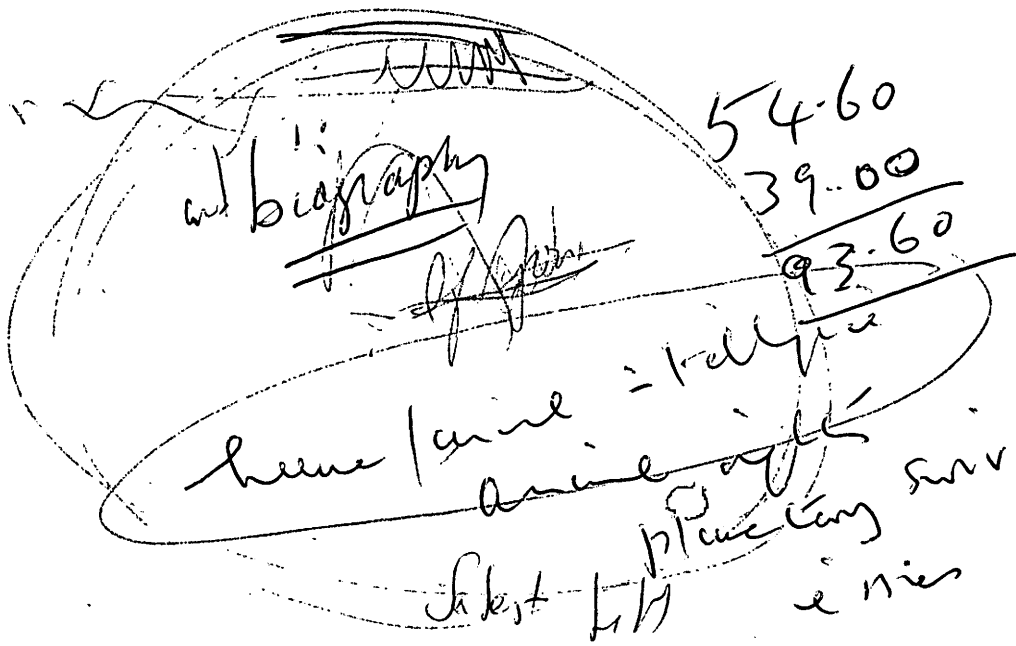
2)

do he he liked to go,
And did.

Aristotle lay & lived today
at the heart of the 'house'!

Aristotle was the basis of the
wrecking - anything that suppressed
'the animal within' was the guide.
It was a self-justifying licence
that produced every aspect of the
world we know today.
And it is Aristotle that determines today
the mode of my life in his.

The earth was simply the
L his delectation in the
chase of - formally - God. He could



don't know how

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Why are

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short description

chapter title

Early on Sunday

Oxygen

Why we
Wrecked the
Planet
The Fall of Human

Old age - do you really need it?
you believe in it?

hermetic journey

When oxygen becomes
- pollen & honey, do
does it really? why - did you
believe in it? 'natural'?

HERMETIC

SPIRITUAL JOURNEY

Animals

Planet-earth
Survival of the fittest

SPIRITUAL Religion
= Animal people
= Gurus
= read - futurism

This if you are one of the way of us

who

of the explainable), was enough of a civilisation to see that unless you made the family, namely the containment of mating habits, the key to and core of your social system it would go the devil.

Here we draw nearer to an understanding of my title **WHY WE WRECKED THE PLANET**, which shows in detail that it was on behalf of a deeply ardent and well-meaning and inspired plan to convert the whole world to Christianity in the interests of that world. For whatever we do, whatever we think, is always in terms of the religion we have been brought up in, whether we stay close to that religion or scorn it or abandon it. Religion, whether we like it or not, is the former and framer of minds, and those minds can never throw it off.

Bad news for atheists? Not at all. My book points out that Christian thought planted the idea of atheism, i.e. 'there is no God', for the first time in the history of religions. And that chilling idea that we are alone came---let us hold our breath to receive the news---from over-devoutness to a God becoming ever more remote, until He had no more interest in human affairs than a meteor flashing dead in the sky. Wriggle out of your religion as you will but it will catch you by the tail and hold you all the harder.

// A

DATE

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1939/1961/1967

ARCHAEOLOGY

Cassell Nod Company
1946

by author

author

author

author

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manuscript
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by author

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9.37 12.56 → early 21628 528328

2A

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author

author

I worked extensively in the theatre (my play agent is now Micheline Steinberg), writing and sometimes directing and producing my work. I worked for BBC television in a 50-minute Omnibus called *The Fall of Venice* and based on my book of that name---I scripted the film and 'fixed' it production-wise on-site in Venice. Ken Russell came to one of my plays, *Mahler*, and fell in love with it, to the extent of doing a film on the basis of one of its scenes and thus preventing Joe Lowsie and I making it. God forgive him. I now see Lowsie and myself as silly plodders next to this demon who never paid a cent to anyone if he could help it. He came to me in the first place and said let me just film your play and the idiot in me, always forward, said no I want to do a script.

This was all before 1980 (as you say, any publisher can delve into it in a trice---by going to Amazon or to my name through Google). At the end of that year I went to California, intent on revolutionising my ideas and beginning my research into the subject of *who is the human?* that would involve the biggest publishing project of my life and is only now ready (see below).

Recent publishing submissions

Last year I contacted Faber and Faber with a book on WW2 and Julian Loose responded at once. Within ten days he had read the whole and suggested a meeting. When we met he started off by asking a) would I work with them on the ms. to perfect it? and b) would I write a sequel about the pre-war years? I said yes to the first and a maybe to the second.

We then began 7 months of work on the script, which engaged the warm interest also of the book production manager Gavin Cargill. The blurb seemed to be prepared, we discussed the use of a photo montage for the jacket, all seemed to be at the ready when---the rest of the board said no. Julian was utterly devastated---more importantly, ~~perhaps~~ he expressed 'complete bafflement'.

I am aware that this is ^{may be} not an unusual experience, now that editors are in effect readers. But for even the ~~publishing~~ ^{production} aspects of the book to be worked on

~~until they say~~ i.e. well

represent the firm's decision etc.

Religions may seem very different from each other. The Chinese and the Chaldean, the Minoan and the Egyptian, they all talk a different language—sometimes it is a stark difference, sometimes a close similarity, as in what we now call ‘the middle East.’

Not for nothing did the Kabbalah, the Jewish ‘book of magic’, as it is frequently and quite mistakenly called, ‘conjure’ angels from the silences so that the silences began to speak and above all care for humans in the form of these spirit human presences in the sky.

Indeed, the Kabbalah was one of the deepest influences on Christian thinkers. The marvellous conversations between the Jews, the Christians and the Arabs were wrecked by Isabella and Ferdinand of Spain who feared for the integrity of Christian doctrine. Their reckless act of simply moved the divine conversations to Italy, where the Medici family took them up as the source of the New Thought or Rebirth or ‘Renaissance’.

But Christianity remained disabled at the heart. Discord was its theme, leading to a refinement through the centuries of lethal weapons unprecedented in any other civilisation we know of. This was the legacy from Isabella and Ferdinand.

But what is this?

A special announcement.

Suddenly this quaint thing we call ‘knowledge’ and carry about with us, and ‘learn’, made me ask a question: ‘What is it we have to learn and other animals don’t? And what exactly *is* learning?’

I thought of how we learn to drive a car. If we had to think up every move of the hands and feet when we drove we would never be able to manage it.

Driving must become *automatic*. We must be able to talk while driving, listen to the radio, conversations, lose ourselves in a daydream, particularly if we know the road well. We frequently end our journey without the smallest remembrance of it.

Do we see now why we call other animals ‘automatic’?

But, much more significant, do we see that *we humans strive at all times to become the animals we say we ceased to be?*

So it is with all human knowledge whatever. At school and university we must absorb large areas of what we call facts, meaning, as Einstein said, what thinking has brought into being (he said, First the theory, then the facts').

And what is this?

Another mirror?

Yet another image the human has of himself?

This one dies many decades before his due biological span.

He succumbs to death by submitting himself to the idea of an irrevocable decay that sets into the body a socially agreed number of years.

This is called old age.

Do we need old age? Do we know how to avoid it? Will this story told by witches round a caldron reach out and get us too?

The doctor and consultant, with their Theory of Decay, will gladly help you to your early demise. Complain of your leg hurting after exercise and the answer will come pat as a hiccup, 'You must remember this is a 34-year-old leg, you aren't twenty any more, you know.'

And what is this?

YET ANOTHER HUMAN?

This one can't breathe. Non-breathing goes with old age.

No one can tell when the human lost the natural breath but in over 20 years of being a Breath Guide I have found only two people, a man and woman, who had an inborn peaceful breath, both of them born and brought up within the sound of the wash of the sea, he on the Aegean, she on the Adriatic.

Gasping unfiltered air makes for a gasping life.

There are some people, happily very few, who breathe through the mouth and whose lungs therefore suffer from receiving air unfiltered by the intricate cooling and cleansing system of the double-barrelled nose.

There are others who breathe, as the doctors say, 'paradoxically.' That is they pull air in through the thoracic or upper-lung area, leaving the abdomen to lead a life of its own. This creates a constant state of alarm. He or she will often debate fearfully before entering a café alone.

And there are those who breathe only by means of the abdominal muscles. This means that their emergency system (for running, strong emotion, nervous tension, performance in any field whatever) isn't strong, which early favours the sedentary or home life.

double click for excerpts from
Breathtaking Moments.

The advantage of standing on your head, that is upside-down, is that when you are standing on your feet, namely the right side up, you are not so sure how 'right' this right side up is. You are prepared, that is, to see that right side up as dubious, and sometimes downright wrong.*

*No one with high blood pressure, not to say essential hypertension, should attempt any inverted position of this kind.

PHOTO

our nervous systems must go on being animal, for dear life. It must tell us its reassuring story whatever the state of the earth, the constellation. Our glands, bloodstream, nerves, our digestive and breathing apparatus *must* go on saying what they have been saying for millions of years, namely that *the habitat is still there intact and everything is all right.*

Warnings the dire effects of unfiltered sunlight, which have been blared at us from huge posters for a decade now go no deeper than any *thinking* does. It is our nervous system that decide on what is true while the sun is shining and warm and cheers us up it's the same old sun we always knew.

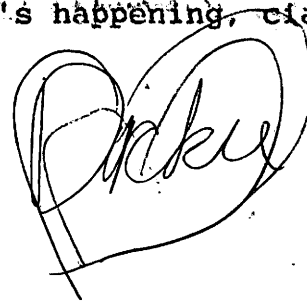
Our nervous systems tell us lies and must do so and they keep us out of *living a calamity.* .

Maurice Rowdon

Dear Verena

I always think the people who have the hottest and most unaccountable rows are those fondest of each other and you and Dachiell have got into something more accountable to the full moon which apparently has been giving a lot of distress especially on the roads where drivers with bared teeth could be seen on the very day of your mutual missive's. It may be selfish on my part but I would be very sad to lose friends who are such fun and who don't belong to the Mediterranean mind-bog---such do *not* grow on trees, which is terrible when you think of what the Mediterranean once was, what religions and civilizations it cradled and what morons seem to be drawn there now, and I also think of what you have both done, and how you have drawn from the old Mediterranean to make your hermitage, and why the back of the house looks so like Grantchester and the vicarage clock *is* still set at a quarter to three and there *is* still honey for tea, because England was made by the Mediterrean too. No, you are too precious to lose, both of you. And no, Dachiell wasn't annoyed or angry or irritated with you for being so good as to call her about the present Canadian incumbents, I was there in the sitting room at the time you and she talked and I can be a witness of that. It was actually a time when she was telling me how you paint and how she would love to see what you are doing, so the skies were quite clear from that point of view. She was so devastated by your fax, which fortunately for the full moon but not for us all came only as the first page, and she was unwise enough, but then I warned her beforehand, to reply in kind. You must agree however that it is jolly and fun to be unwise from time to time and thank god women haven't been buggered up *completely* yet by this epoch and society and can be as unwise as men. We are still looking forward to your visit and to coming down and picking you up, I've just survived a deadline which was yesterday afternoon, how it all got done I don't know but there it is, as my mother used to say.

Can you believe it Mr Brown, I have a phone at last, there's still some business to clear up with all the banking crud but now things are starting to move---I've been touching up the walls today, will continue with that tomorrow, I clipped back the vine at the front door, tacked the new rose against the window so it can grow up, I've nagged Mr. Picca until he's blue in the face and now he's embarrassed he can't get here because his truck is broken down, I've got Mr. Daziano on stand-by and the ceiling repair is now supposed to happen Wednesday, I've got the taxi man Francois coming over to possibly paint the ceiling of the bathroom and my bedroom and if there's money to put some tiles above the entry so that poor shutter will stop getting wet and swelling, I've got the menuiserie by the throat to fix the shutter in your ex studio, I haven't worked up the nerve to call Madame gabrielle about a land exchange because I'm not sure what to ask for and I don't feel very confident yet, your letter arrived today and I'm going to get Daniel to witness it demand and will send it posthaste, now I have to get the electrician, I've talked to the Swiss agency lady and I have to get the nerve up to talk to Tortel the tough frenchman about policing the house, I haven't done anything about Ninnet who didn't answer our letters of course, I've been correcting Knife and finally I can't tell if it isn't kind of boring, God I hope not, I probably need to get on with the actual writing only I'm tired. Last night I did some breathing runs when I couldn't sleep and fell into the most lovely deep sleep, woke up, did some runs and fell into the most lovely deep sleep, woke up and did same again, something is RIGHT in my head so I can do the breathing at last, I forgot to tell you Castel asked for some sessions next time you're here, I told him you're starting your practice again in London! You got a letter from the Common-ground ad, Pamela Dalton, las Brisas, rancho de la Luz 27, 29650 Mijas, Malaga, Spain, she wants info about Oxy sessions and workshops!!!! Have you had time to send your bumpf out to the people who called? I'm not calling mother yet because I'm funny on the phone with her, a little after her silly fax about the trials of growing to the grocery store everyday for two kids during the war while full-time Fufu baby sat us, oh my God. Going to make popcorn now, can you fax me my mobile number and how to use it, with the next discount telecommunications thing, let me hear what's happening, ciao



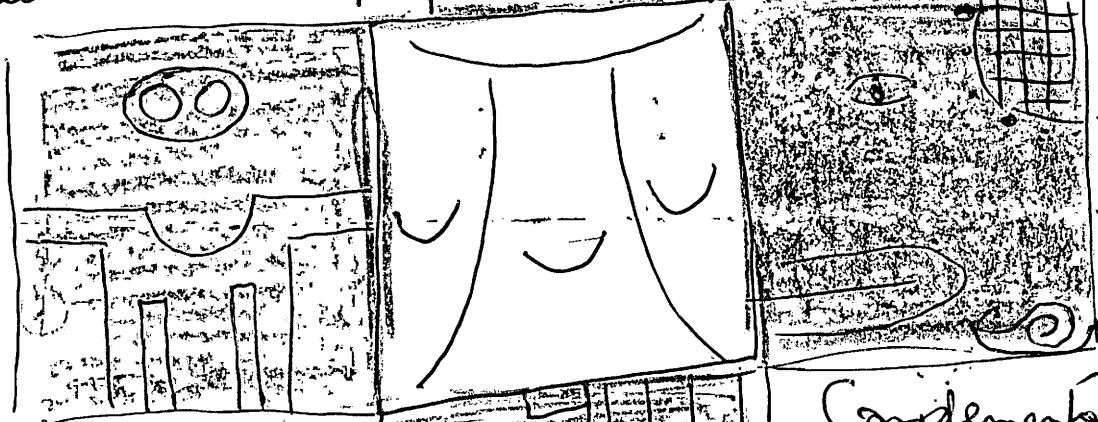
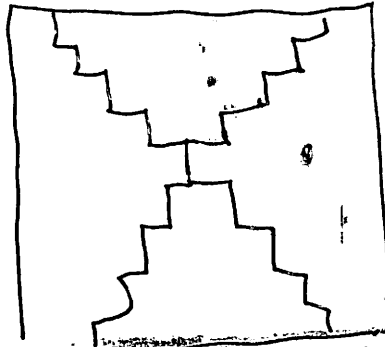
... Electric Wizard

Wizard Enchant & Timelessness
Receptivity

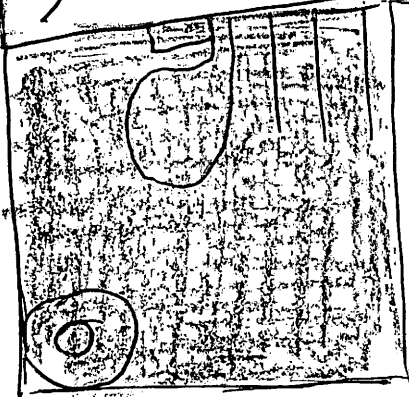
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(Outside the limits of time & space)

Guiding Force

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Endlessness
Reflect
Order



Challenge
Seed
Flourishing
Awareness
Target



Complementary
Energy
Serpent
Lifeforce
Survive
Instinct

Beatrix Holden energy

Hand
Know Accomplishment
Healing



Subj: Re: Friday
Date: 11/22/02 3:43:08 PM Central Standard Time
From: Rowdoxy
To: Dachrow

Dearest Dunkie: it makes my head quite dizzy just to read all the things you're doing so what it must be for you I do not know. I wonder what opera you are seeing and why is Cathie going in jog outfit? Last night I slept wonderfully, also gave myself more air, today a good quiet day where all the schedule fitted and having started early continued early and it is only twenty past nine now. The rain comes in heavy avalanche showers than holds up and if you are quick you seize a walk then. Had a baked potato and poached eggs tonight, it was organic the potato but not as good as the ones you get down the road but I might just have overcooked it. I had this with cucumber. I am in that sort of mood this evening, very down to what you eat and where did I leave the scissors sort of thing, very drowsy. I think the thermograph sounds a dream and I hope you come back well supplied with all sorts of other medical results and tests. I call Voytec and he switches it to message every time, I am talking to Tim tomorrow, I believe he gets fed up with him too but I tell you one thing Voytec will get it done in his time and nobody else's. I may go to Joan and Shura's for a visit Saturday but haven't told them yet as I'm not sure. Chrissy called up this morning and says Henri is turning inner and inner and inner. Meanwhile people are behaving like lunatics in C's life too. She does nothing but work ever. How dreary can this letter get, if I go on trying I shall know. Isn't it marvellous and unheard that people go on living their lives and their lives are seriously to be led as they are whether all fun or not, I mean like where you are. Does that sentence make sense? I am reading in my leisure moments Thackeray and Bernard Shaw. Lots of love and hugs and I hope I shall be better awake when I talk to you tomorrow, a whole bunch of grapes was right. Hugs and kisses M.

And we want these last 5-10 years that remain to us because (you never know) we might get a break. It will have to be a miracle but miracles happen don't they?

Do we want to go on being this 'human', a creature which doesn't know what moves it and cannot control what it moves?

PHOTO UPSIDE DOWN

In this photo my legs are comfortably bent so that my back is perfectly arched and at ease. Thus my trunk tends to protrude.

but not straight, so that
the line of my trunk is
straighter and drawn in.
If I straightened my legs

I would simply achieve the maximum flow of blood to my head, which would be of limited use, i.e. .

PHOTO ONE

In this photo my legs are comfortably bent so that my back is perfectly arched and at ease. Thus my trunk tends to protrude.

PHOTO TWO

Here my legs are high but not straight, so that the line of my trunk is straighter and drawn in. If I straightened my legs I would simply achieve the maximum flow of blood to my head, which would be of limited use, i.e. .

If we wish to know the human we must study not his stories about himself, not his 'history', but *his adaptations and mutations*. And this is what I have tried to do over the many years.

PHOTO (me and Guglielmo)

This picture was taken by the closest friend of my life in the wooded hills close to Mill Valley in N. California.

In the Eighties I used to characterise the human as The Animal That said It Wasn't. In every short-lived civilisation we know about, including Egypt, we hear of animals being 'sacrificed' so that the movements of their entrails would show what the heavens or gods had in store for us. The idiot emperor Julian ('the Apostate') burned so many sacrificial animals that any place he visited was black with smoke.

Growing bold gracefully

STEVE PRYER



One should not judge restaurants or chefs too hastily — patience and time can work wonders

HOW GREAT is the divide between proficiency and excellence? And how long does it take to leap from one to the other? Was Casanova a great lover during his first sexual encounter or merely over-eager and ham-fisted like the rest of us? Mozart was a child prodigy but is it reasonable to compare his pre-pubescent skills with the genius of The Marriage of Figaro, Don Giovanni and The Magic Flute? Even William Hague's address to the Tory party conference when a precocious teenage twerp cannot be compared to his latterday orations. Well, OK, there are exceptions to every rule.

Before a visit to **PUTNEY BRIDGE** last week I was perplexed. This 140-seat, Riverside restaurant, with a large bar downstairs, opened two years ago to a fanfare of praise for its architecture and design, and a barrage of criticism for its food and service. Would this visit again be a case of love the place, hate the food?

The view — rippling shafts of reflected sodium light glazing the Thames, enraged drivers crawling over Putney Bridge, cursing the closure of the Hammersmith crossing (go by Tube, it's easier) — lifted the spirits. Voguish surroundings — uncluttered walls, polished wood floors (beware, it is slippery to leather-soled shoes) and items of art by Léger, Frink and Picasso — add to a sense of occasion. But could



Love the place and — at last — the food: Putney Bridge Restaurant, now transformed by head chef Anthony Demetre (below right)

a new chef and management team deliver the needed culinary volte-face? A tip-off at a recent wine tasting from the sommelier at Chez Bruce in Wandsworth (where chef Bruce Poole has just been awarded a much-deserved Michelin star) brought about this trip to Putney Bridge. "I've eaten there a lot recently," he said. "You will be surprised, the food is very good." High praise from someone who should know.

New chef is Anthony Demetre. He arrived with an arm-long CV. Relatively short stints at Harvey's, L'Ortolan, La Tante Claire, Lucknam Park, The Castle Hotel, Taunton, The Greenhouse, The Four Seasons Restaurant and RSJ on the South Bank could easily prompt a censorious view. "Always be careful of employing anyone who's had too many jobs," was my father's advice. My notes, kept from a meal at RSJ when Demetre was there, read: "Inventive but unaccomplished. Sauces lack flavour and finesse. Lamb overcooked."

However, a three-year-plus stint as head chef at L'Odeon and now his transfer to Putney Bridge have, in footballing terms, lifted him from aspiring Conference player to near-Premiership status. Raw talent alone, it appears, is seldom enough. Experience and hard graft make a difference.

The dinner menu — not cheap at £37.50 for three courses, excluding service — has much to entice, with some clever twists on classical preparations. A starter of pithivier of snails with two sauces, soubise and bourguignonne retained a lightness to the puff-pastry tart that moist snails could readily destroy. This was well matched by the wine-and-butter-rich reduction of the sauce bourguignonne (served

separately). The soubise — béchamel infused with onion purée — although perfectly good, was a less vibrant pairing and confused the dish. For my taste, it could be dispensed with.

Lightly spiced red mullet soup with fresh spaghetti and coriander proved vigorous, the spice enhancing the fish flavour. Adding a simple pasta is neat. My companion's only criticism: "It could be a few degrees hotter."

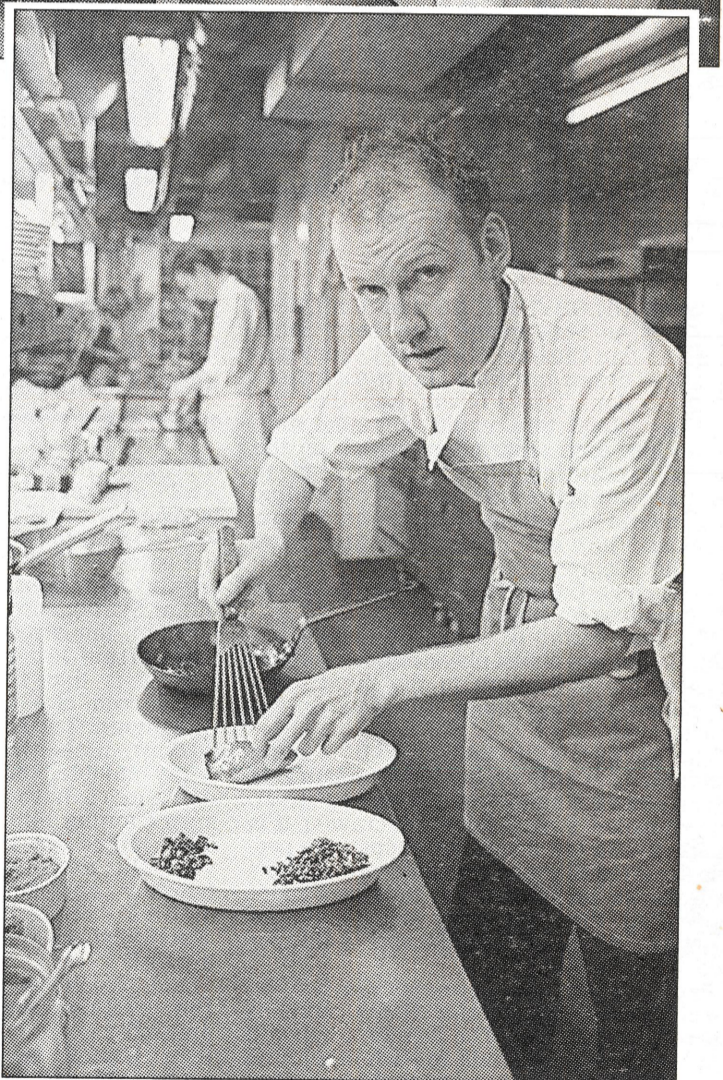
A main dish of roast Scottish lobster with sweet spices was declared "unusually good" and "beautifully presented". It was certainly several notches above boiled or grilled, although an £8 supplement seemed hefty.

LIKE many drivers, I instinctively swerve to avoid bunnies lolling across a country lane at dawn or dusk. But killing is one thing; cooking and putting on a plate another. It's difficult to resist that moist, soft-textured meat when it's decently prepared. Demetre's assiette of rabbit with a purée of carrots, jus spiked with Chardonnay vinegar, was a vast improvement on many previously confronted attempts. The meat, shot through with anise, was cooked and served with precision, the jus a fine counterpoint.

A pudding of lemon feuilletines and rhubarb scented with orange flower water again showed a deft hand with pastry. The lemon filling had the requisite zest and potency but the rhubarb, given its near infancy, surprisingly lacked sweetness. For those prepared to abandon the calorie chart, warm Valrhona chocolate mouelleux and almond milk sorbet is a humdinger not to be missed.

A comprehensive (and, apparently, expanding) wine list has many good, ready-to-drink bottles. Mark-ups are high but not gut-wrenchingly so. Guidance from the sommelier narrowed the field to a crisp, full-fruited 1997 Chorey-Les-Beaune, Domaine Maillard (£16 for a half) and a drinking-now 1993 Château La Croix Ducasse, Pomerol (a little steep at £35). Six dessert wines and seven ports — all of varying vintage and price — are available by the glass.

Putney Bridge was universally harangued for slow, dim-witted service when it first opened. The new team are



Brush-off: Health Education Authority's current campaign

visibly working hard to kill off that view with charm and attentiveness. I hope they achieve it.

Only one gripe: although we may have been a little slow in ordering, it was nearly an hour from when we sat down to the moment our starters arrived. So what? Surely Casanova got his timing wrong some days.

Pictures by **DANNY ELWES**

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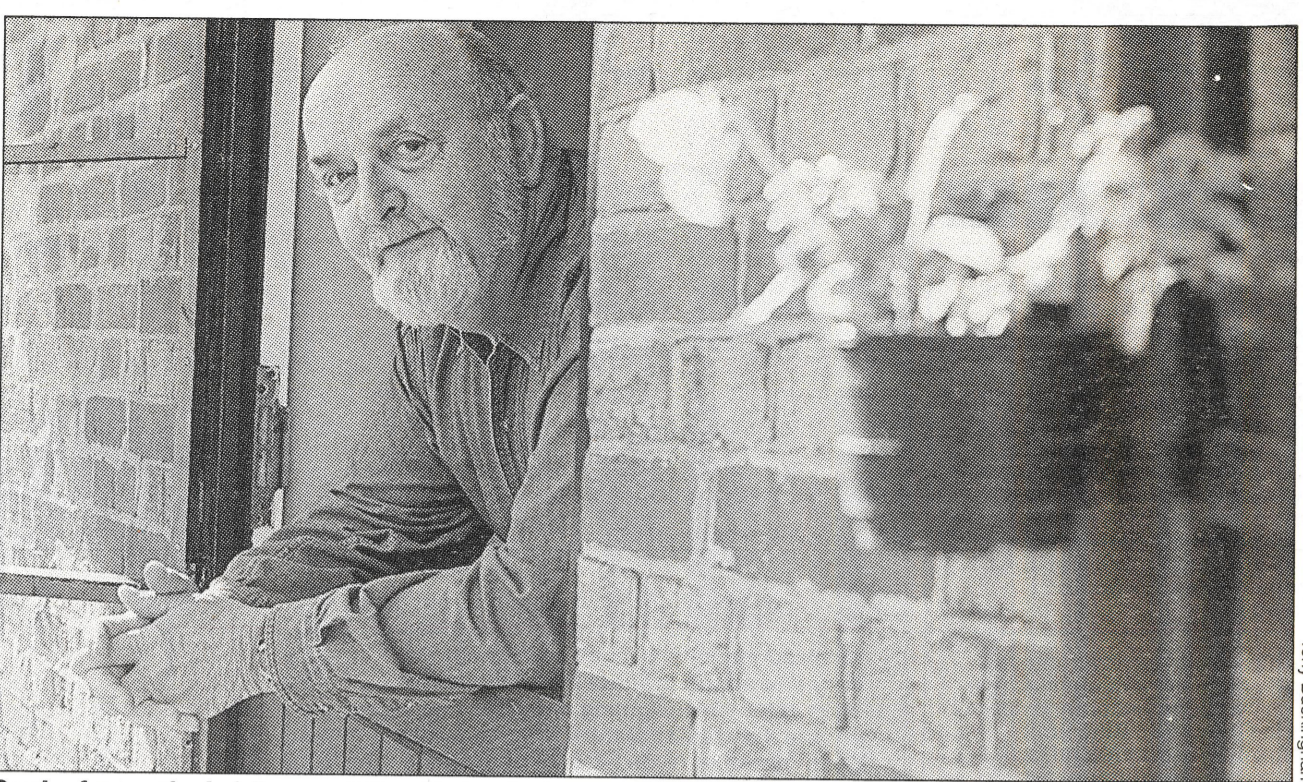
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● **FAY MASCHLER is away**

Quitting... it's as easy as breathing



Smoke-free: retired civil servant Alan Clark, who has kicked a 45-year habit with the help of Oxygenesis

TAKE a look at someone smoking, or observe yourself doing it. There's the long deep inhale as air is sucked into the lungs, a pause as the breath is held, and an enormous discharge. "It's an extraordinary breath," says Maurice Rowden, who has invented a breathing therapy called Oxygenesis. "It would never normally be done otherwise. Smoking provides smokers with pleasures which he or she takes to be the pleasures of smoking, but they're actually the pleasures of the breath."

Addiction to cigarettes has been linked to many things, but never reduced to its simplest element: an intake of air. The theory behind Oxygenesis is that smoking is always the result of a misaligned breathing technique, and that smokers are compensating for the fact that unnatural breathing patterns make them mentally or physically ill-at-ease.

Most Eastern philosophies and religions have breathing techniques which are designed to alter the state of consciousness, but the idea that you can change your mindset via your breathing is not one most Westerners entertain. In pranayama (yogic breathing exercises), slow breathing — inhaling for four heartbeats, holding for a few beats, and releasing for six or eight beats — is used to relax. A series of short inhalations straight into the belly is

which promotes dizziness, sweaty palms and the feelings of fear.

Oxygenesis is not about consciously altering the breath in any of these ways, but about discovering what your natural breath is — traumatic experiences, stress, or tension may all have helped to muck it up. Rowden assesses an individual's physical state by listening to them talk, and then lies them on their back to practise different breaths. On enter-

ing what he terms "the state of repose", clients feel so relaxed they frequently fall asleep. "People usually relax themselves from the outside in using muscle control," Rowden says. "Breathing is relaxing from the inside out. It's only through this type of relaxation that you can achieve a cellular or primal repose."

After experiencing this state, Rowden claims, the body will tend towards it naturally. Countering years of misalignment may require a few sessions and home practice of different breathing techniques, but all the time you are working towards an unconscious understanding of what your body needs, rather than conscious intervention (ie telling yourself to "breathe deeply" every time you want a cigarette or feel stressed). "Breathing is an automatic thing," Rowden says. "Putting it under conscious con-

trol would never work. Oxygenesis is about your body finding its proper automatic level: when you're exercising or talking, you're going to need a lot more air than when you are at rest. But once the system is in a state of repose it deals with stress on automatic pilot so it no longer needs to smoke."

The proof, in the end, is in the non-smoking. Rowden developed this breath system 20 years ago, has practised in California for the last 12 years, and seems to have a constant supply of clients.

"When I met him he had me in fits of laughter," says Alan Clark, 60, a retired civil servant, who tried Oxygenesis at a non-smoking week at Forest Mere health farm in West Sussex. "He's a really strange guy and I said 'Maurice, are you for real? I can't be sure I believe in any of this, it sounds like mumbo-jumbo'. But it wasn't mumbo-jumbo at all because I understood what he was saying. And after 45 years of smoking, I have finally given up."

● **Maurice Rowden practises at The Hale Clinic: 0171 631 0156.**

On the eve of No Smoking Day, **KATE REW** investigates a technique which claims that simply getting your breathing pattern right could help you throw away those cigarettes

Brush-off: Health Education Authority's current campaign

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Brush-off: Health Education Authority's current campaign

The reposeful breath

LIE on your back. Put one hand on your upper chest, the other on your abdomen. Breathe into your stomach so your abdomen rises and falls while your upper chest stays flat. Aim for a slight breath — imagine there's a candle right under your nose and the flame mustn't flicker. Then slow the breath down, leaving as long a pause as possible between breaths. "The aim is to make a little oxygen go a long way," Maurice Rowden says.

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The insider's guide to what's on By MADDY COSTA hot.tickets@standard.co.uk

TONIGHT ONLY

Music

Serious Samplers: Most people know of drum 'n' bass as electronically created music with ridiculously rapid rhythms. There are some musicians, however, who are virtuosos enough to play that fast on a drumkit and bass guitar. Squarepusher is one, and the brothers Mark and Mike Mondesir are two more. The pair haven't played together in seven years, but this new project should be fluid, jazzy and impressive. Spitz, EC1, doors 7.30pm, £7.50, 0171 392 9032.

Rothko: This uncompromising London trio use a drum machine on one song, and usually it doesn't work. Otherwise, they limit themselves to playing on bass guitars only, conjuring up rich, sinuous and oddly seductive music full of gorgeous melodies. They'll be previewing their forthcoming album A Negative for Francis Upstairs at the Garage, N5, doors 8pm, £6, 0171 607 1818.

Classical

Song Offerings: The first in a brief season of 20th century music by the acclaimed Nash Ensemble celebrates the work of unconventional composer Sir Harrison Birtwistle. They're joined by wonderful American soprano Claron McFadden for The Woman and the Hare, Birtwistle's latest collaboration with librettist David Harsent, which receives its world premiere. The programme also features his tricky Duets for Strab for two flutes. Purcell Room, SE1, 7.30pm, £7/£10, 0171 960 4242.

FROM TONIGHT

Film

Anything Goes!: Back in the early Thirties, Columbia studio was making sordid B-movies with up-and-coming stars like Humphrey Bogart and Bette Davis. The introduction of strict codes of practice in 1934 suppressed all naughtiness, and many of those early films have since been largely ignored. A fabulous rediscovery season begins with Ben Stollorf's Night Mayor, in a double bill of



political flicks with James Cruze's Washington Merry-Go-Round (above). National Film Theatre, SE1, 6pm, £6, 0171 928 3232.

Dance

On The Road To Baghdad (above): Sadler's Wells is being transformed into a theatre in the round for the first time ever for Green Candle Dance Company's new production, a staging of a picaresque novel by Güneş Güneş. The fantasy plot sends a young woman weaving through the history and folklore of Istanbul; more than 50 dancers are choreographed by Fergus Early, to the strains of luxurious Turkish music. Sadler's Wells, EC1, 7.30pm, £5-£17.50, 0171 863 8000.

Theatre

Gogol's Gamblers: In an attempt to bewilder London's fringe fans, this is a King's Head Theatre production playing south of the river. Charlie Wood directs Joe Spence's new version of Gogol's dark comedy, which was highly praised at last year's Edinburgh Festival. Handsome Tam Williams stars as a card shark trying to cheat several equally sharp acquaintances



Angela Lubiano

received plaudits from all corners and is bound to sound brilliant live. Imaginative, often astonishing lighting and film projections ensure that seeing Darren Emerson, Rick Smith and Karl Hyde (above) on stage is visually engrossing, too. Astoria, W1, tonight and tomorrow, 9pm-2am, £16, 0171 434 0404.



Obviously Born Slippy is going to be everyone's highlight, but real fans know that there's Beaucoup more Fish in Underworld's musical ocean. The third album has



Lady in waiting

Jean Cocteau was so inspired by Edith Piaf's voice that he wrote several plays with the fiery singer in mind. Take the Fire weaves four of these compelling pieces, including the forceful monologue Le Bel Indifférent, with a jazzy score from Huw Warren. With the brilliant Amanda Harris (left) starring as a daydreaming woman waiting for her lover in a seedy hotel room, the results promise to be thoroughly absorbing. Lyric Studio, W6, from tonight, 8pm, £10, 0181 741 2311.

out of their cash over a few games of poker. Battersea Arts Centre, SW11, 8.15pm, £10, 0171 223 2223.

Jazz

Laka Daisical: Performing for two nights as part of the Women In Focus festival, this stern-looking singer offers what promises to be a sharp, sassy blend of cabaret and jazz, accompanied by several vocalists and a five-piece band. Eclectic violinist Anne Wood and Caribbean singer Stacey-Jane Douglas support tonight; tomorrow, talented singer Andrea Oliver and funky folkster Louise Mills are on the bill. Jazz Café, NW1, doors 7pm, £12, 0171 344 0044.

FROM TOMORROW

Art

The Elders: Caribbean art gets some welcome exposure in an unusual double bill. The Foundations of Brother Everald Brown's work Funkster Louise Mills (see Jazz)



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are in his Rastafarian faith; biblical imagery and ancient symbols infuse his paintings. He also creates highly covetable musical instruments, including a lavishly patterned, star-shaped guitar. Stanley Greaves studied in America and his paintings are influenced by European art, particularly Magritte and the surrealists. South London Gallery, SE5, 11am-6pm, 0171 703 6120.

Jonathan Pike: Romanticised decay is this British artist's main subject. He paints pastel-coloured buildings in Italy and France as well as dilapidated East End houses. In Stepney, windows are boarded up with corrugated iron; elsewhere, women peer from bedroom windows over a garden full of rubble. WH Patterson, W1, 9.30am-6pm, 0171 629 4119.

Photography

20th Century Illusions: Zsuzsi Roboz's surreal photo-collages reflect on the art and literature of the past two centuries. Territory II is typical of her approach: Edvard Munch's screaming figure appears before a graffiti'd building accompanied by a thought-provoking quote from Camus. David Messun Gallery, W1, 10am-6pm, 0171 437 5545.

LAST CHANCE

Theatre

Barefaced Chic: Fascinating Aida's three glamour girls, Adele Anderson, Dillie Keane and Issy van Randwyck, doll up once more. With Tomasz Starzewski's decadent dresses and neat direction from Clarke Peters, this is better-than-average comic cabaret. They veer from mocking the Zeitgeist, including an absurdist homage to Little Chef, to raising their gorgeous sopranos for melodic torch songs. Haymarket, SW1, 7.45pm, until 13 March, £10-£22.50, 0171 930 8800.

BOOK NOW

Music

The Beta Band: Arguably the strangest quartet on the planet at the moment, the alternative B-boys have been a bit quiet of late. They'll be releasing an album in June, however, and promote it at a rare live show. It's bound to be hypnotic, wiggly and thoroughly brilliant. Kilburn National, NW6, 18 June, £12.50, 0171 625 4444.

P.S.

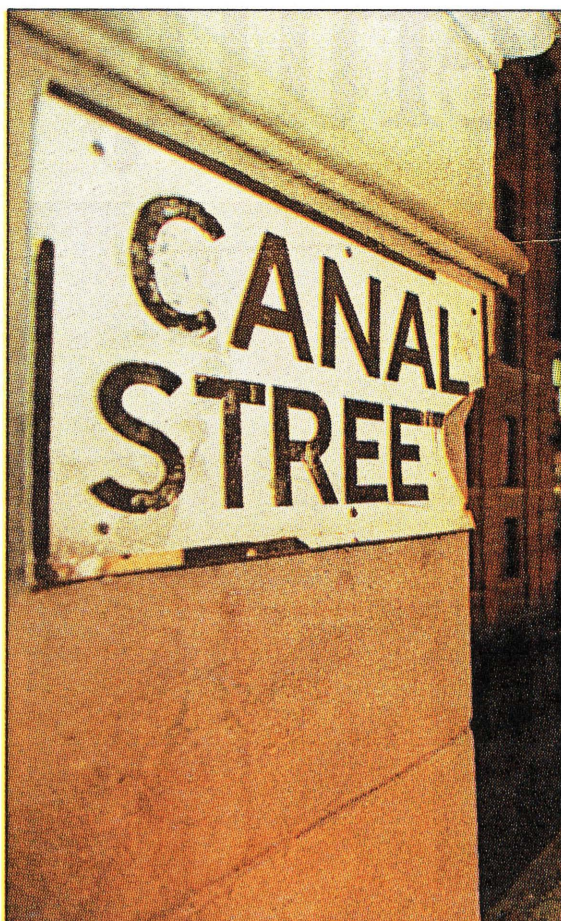


Tickets are long since sold out for the in-store appearance by Belle and Sebastian offshoot Loooper (above) at the tiny Rough Trade in Portobello tonight (8pm). You could hang around very quietly outside and strain to hear the whispered narratives and surprisingly dancy beats of new album Up A Tree over the traffic noise, but local police take a dim view of such seeming loutishness. Probably better to book now for the proper live show at the Improv, W1, 24 March, £8, 0171 387 2414.

LAST WEEK'S OPENINGS — WHAT THE CRITICS SAID

Table with columns for film titles (Beloved, Festen, Three Days of Rain, Macbeth) and various media outlets (Evening Standard, Daily Mail, The Times, etc.) with ratings (Good, OK, Awful).

Advertisement for Vidal Sassoon hair salon, featuring the text 'hair wanted' and 'Model for Vidal Sassoon Schools and get a stylish haircut for £4.50.'



Hanging out in Canal Street: gay guys say the area is livelier, friendlier and more glamorous than Soho. More straight people are choosing to spend time there, too



Gary Roberts

It's gay up north

Canal Street has been celebrating its new notoriety in Channel 4's Queer As Folk. TIM LUSHER checks out how Manchester's gay area compares with Old Compton Street, Soho

THE OBVIOUS place to film Queer As Folk might have been Soho, but Channel 4 decided its racy gay drama just would not work in London. The problem was that the characters could not plausibly bump into each other often enough on the capital's sprawling, anonymous gay scene to get the soap opera intrigue truly frothing. So, instead of letting the prapric Stuart, lovelorn Vince and puppyish Nathan loose on Old Compton Street, writer Russell Davies chose Canal Street in Manchester as the backdrop for his frisky tale.

The idea certainly works on screen but how do the two urban playgrounds compare in real life and, more to the point, does Manchester's gay village beat Soho in the fun stakes? The answer is probably yes. It is more compact (just a dozen bars and restaurants strung along a single pedestrianised street, which makes it perfect for pub crawls), it is more stylish (no dodgy sex shops), the people are friendlier and the lofty 19th century warehouse architecture is 10 times more appealing than the grey hotch-potch of London's West End. And the beer is cheaper too — £1.80 a pint.

Paul Graham, who presents Gaytalk on BBC Greater Manchester Radio, reckons there is no contest. "The further north you go, the more people talk to each other," he says. "If someone is new to Manchester, they are more likely to get help. In London, there's more of an attitude."

Mark Evans, who owns the bar and restaurant Velvet, agrees: "Canal Street is wonderful in comparison. It's more glamorous up here. If you dress up on Old Compton Street, they all look at you. We do not take it too seriously up north. There's a nightclub feel to the whole street and most of our bars are open late most nights. In London, things seem to close down early and people get shunted into smaller, darker, underground places." And are people friendlier? "To your face, yeah."

Naturally, people have things other than matey socialising on their mind in Canal Street. "Blokes are much more attractive and stylish up north," enthuses Ruben, a 19-year-old hairdresser out drinking with his

colleagues from the Toni and Guy salon. And apparently they make better boyfriends. "Half the people in London are just tourists there for the night — you are not going to find someone to go out with," says brewery sales rep Simon, 25, who hangs out at Manto, one of the youngest, funkier bars in the street.

The flipside, of course, is that the village can also be incestuous. "I do not go out with that many people, but the ones I have I keep running into," says Marc, an 18-year-old aerobics teacher and biomedical student. "People can get very bitchy."

Last Wednesday, the village was unusually quiet, but then United were busy thrashing Inter Milan and it was also one of the campest nights of television in recent memory — Ruby West interviewing Liza Minnelli and Bette Midler. But for the last couple of weeks, Canal Street has been celebrating its notoriety thanks to Queer As Folk. Graham says people are either mad for the series or mortified by its portrayal of underage sex. "I have never known something provoke so much reaction," he says. "Everybody seems to be enjoying it, but it's

not an accurate depiction of life here," says Evans. "They are all happy and well-adjusted, but life ain't like that on Canal Street — it's full of sad, lonely geezers." Pretty similar to Old Compton Street, in other words.

The only other subject as hotly debated in Canal Street is how straight the area is becoming, something that is not an issue for Londoners used to city-wide pockets of gayness.

At the start of the decade, the network of cobbled streets near Manchester's Piccadilly Station was seedy and run-down, with a just a handful of old boozers such as The New Union and Rembrandt — spiritual homes to the handlebar moustache. Seven years ago, Manto opened with floor-to-ceiling windows and stacks of up-front attitude, the young club crowd loved it and a rash of other Continental-style bars like Via Fossa, Velvet and Metz

quickly followed. Oliver Peyton has hauled the street further upmarket with his restaurant Mash and Air. Now, with four huge new loft developments under way and hetero-hangouts like The Slug and Lettuce



Setting the scene: the stars of Queer As Folk

muscling in on the action, some fear the pink postcode is in danger of losing its identity.

Tony Cooper, who manages Via Fossa (the current UK Gay Bar of the Year) says: "At the weekend there are thousands of people walking up and down the street and unfortunately more and more are straight. Big businesses have seen the power of the pink pound and want a share. More bars have opened up and not many have kept a tab on the kind of people they let in. A lot of people say the village will never be the same again."

Some of the bars are fighting to hang onto their gay image. Mark Evans, who rather optimistically describes the design concept of Velvet as "like Christine Keeler's bedroom", insists: "We choose who gets in. There's no dress code but we like cheekbones and kind faces."

Nevertheless, Marc and his friends stick to the other, gayer end of the street, drinking in Manto. "I can see the area becoming completely straight in a couple of years," he says. "All the bars say they are gay, but they are very mixed and just after your money."

Others are happy to see the area becoming as mixed as Soho. Among the thirtysomethings drinking in Metz (motto: "Don't Discriminate — Integrate") are Andy and Carol, in from the suburbs for the evening. "It's not threatening here, whereas in some parts of town there are gangs of blokes everywhere. My mum, who is 65, came here with her sister, who is 68, had a meal and then went to the New Union for a beer on the way home. She had the time of her life and was very taken with a guy in a mini-kilt she got talking to. My dad nearly had a heart attack when she called him for a lift, because he remembered what it used to be like."

It sounds cosy but not everyone thinks the new straight crowd fit in. "The girls are more frightening than the blokes, especially the Salford girls," says Nathan, a rugby prop. "We sit and talk about what hair products we use, but they talk about what new scars they've got." Maybe drinkers on Old Compton Street should count their blessings after all.