

PUBLICITY
1] OXYGENESIS / PROPOSAL
(~~INCLUDING MASTER
COPY CHAPTER FROM
"BREATHAKING MOMENTS"
WITH CREDITS PAGES~~)

2] ACTIVATION

3] OXYGENESIS AND
DEPRESSION

ACTIVATION

A study of physiology will elicit, when the code is once recognised, a complete picture of the organism's readiness to be activated, its immediate and progressively sustained response. Whether we're talking about the reticular formation in the medulla oblongata or the PH level in the blood or the mitochondria or the amygdala or the hippocampus, we shall find the parts of a system designed to be activated to the fulfilment of its natal aims. * Once the activation takes place the organism understands exactly what it has to do, for the precise reason that it came into existence as form in order to do just that perform just that function. Without activation this cannot take place. It is the equivalent of baptism, or what in the ancient world was initiation. Baptism degenerated in the Christian world to a mere external formula; but historically it was activation, which it was the right of every human being to have, though every human being didn't claim it. [It is a cellular, primal, autonomic response: thus verbal or cerebral approaches will not elicit it. It depends on tuning the nervous system. Once tuned, the nervous system accepts a new guidance which is as far from the cerebral cortex or consciousness as a function can be.] A subtle but pervasive well-being enters the organism which may not be conscious, but which manifests to others. This works gradually but thoroughly through the life-forms chosen, and the machinery of the cells that evoke and fulfil the life-forms. If the breath remains unactivated the life remains unactivated. All the breathing exercises, all the pranayama and so-called 'deep' breathing will not produce activation on which all efficacy of behavior depends. Only a precise formula of breath will do this. Only arousal under special surveillance and control will do this. This formula is the hub of Oxygenesis.

* blue-print, DNA code

Psychadelism is a desire for the apocalyptic without activation. So just the brain, acting under chemical stimulation, does it. The actual autonomic responses grow steadily weaker, until euphoria and cerebral shadow-life take over. Chemical inducement can alter the electromagnetic structure of the neurotransmission but it cannot activate the life that it is induce the proper guidance mechanism which will make euphoria (with its aftermath depression) unnecessary, and cerebral surveillance redundant. The Leary doctrine is arousal at all costs, at all times, under chemical inducement, and this is disastrous for the human organism, which consists of parasympathetic as well as sympathetic nerves. The psychedelic formula is an attempt to activate by a dangerous and depleting process of cerebral manipulation, so that the reticular self (that which is activated by Oxygenesis) goes further and further into abeyance, and the organism looks more and more outside for events, and surfaces for judgement, and manifestation of change instead of change.

Nor can the race be activated by health systems.

twist

* euphoria ad
cerebral shadow-life like
one with degree
depression (the
chemical depletion results
for euphoria) ad
the richness
= between

(over)

~~Whether~~ whether or not we consciously know
what our natal arms are,
we all know

Activation is really self-identification. [Your unique organism from its birth has certain things it wants of this life.] [You can call it DNA if that is your symbolisation.] The cerebral cortex is entirely unaware of this, as it is unaware of most organic processes. Only the reticular self knows what these wants are and cannot convey them to the cortex because they cannot be analysed or verbalised or even rendered conscious] (that is, given fixed form even for a moment). Activating this self is the work of Oxygenesis. [The objective is thus beyond health, success, happiness, well-being, harmony, serenity, liberation, enlightenment. We don't come on the earth for these things. We come to fulfil our objectives] *deeper* at whatever cost to health, happiness, success etc. This is why the [success formulae, the wealth and power formulae break down: they frequently produce even greater misery than before. These things are secondary needs required by the unactivated personality.] This will look after all health aspects, success, happiness or otherwise in its due time.

[Unactivated success is misery, unactivated serenity is artificial, unactivated happiness is momentary, unactivated liberation is illusory.]

Baptism in its real setting, in ancient times, involved intense concentration (not mental, however), the passage of at least three months and a process of one-to-one activation. There has to be a constant witness for this process, and this witness must begin the process and remain till the end. He or she is by *ni* means, however, a 'baptist'. The baptist is the breath itself, and the witness simply the necessary observer. Once activation takes place the organism will choose whether to sacrifice health for a time, or success, or happiness; or whether to accept these; according to the plan already built into the cells for fulfilment or non-fulfilment.

Pre-activation plans are cerebral; post-activation plans are far beyond the consciousness and can only be recognised by events outside one, where they relate to oneself. There are many ways of resisting or refusing activation. The organism may not be ready. In this case it will put everything from erudition to beer-drinking in the way. It will show itself insensitive to the breath. The breath won't 'work'. But even the attempt to activate will produce...

How is it that former epochs with healthy food and unpolluted environments produced greater sickness, premature death etc and a deep belief in old age (seen frequently to start at 40). Cerebral surveillance was the key to such epochs. The process began in ancient Greece, and was developed to an extreme point in Christianity.

The organism has to be aroused but with extreme care and concentration. [The organism seeks and thrives on arousal but this must be administered according to the chosen rhythm and evolution of that

inbuilt architectural pattern.] Group breath jamborees are euphoric affairs, and may satisfy starved social needs, but there is no activation and in fact activation may be delayed. for the simple reason that each organism is a remarkable universe to itself and requires special charting in the company of a witness who learns the chart together with the subject. This cannot be done in a group.

Religious people of the greatest deboutness may still not be activated. Their system may still be a cerebral clinging, which will manifest in the berath and in the movement of the body's bellows system. 'Believing in God' is not a cellular or primal or autonomic state. Cerebral religion has been easy for the est to reject, because it does not manifest in special powers, as activation does.

The organism may either be put under its proper guidance mechanism by means of activation, or it will search endlessly for guidance outside the organism where it cannot be found, it will look cerebrally everywhere and in everything for the clue, the key, the denouement which will give the organism what it believes it is looking for, namely serenity, harmony, well-being, spiritual liberation etc etc. In this sense any spiritual quest, by being a quest, is on the wrong track. The only real quest is entire self-immolation to the breath, the lifeline that not only secures the organism its bare survival but constantly nourishes, inspires with new information, suggests new courses, teaches the code by means of which to interpret the chimeras 'misfortune' and 'fortune'.

Blin

You may cling to erudition, rationalism, science, religion for a safe haven. Or to beer or to smoking or to sex. All these things are safe havens in the pre-activated stages. Once activation has taken place they may all be had just the same, except that they will take a key-place in the fulfillment program. There is no fear, now, that things will 'go wrong'. Every second, every millionth part of a second, things are going right, according to growth-programs, in cells, wings, stems, winds, rocky formations, blood systems, neurotransmission functions. The universe continues to function so that today it is observably the same universe as yesterday. All activation means is that the proper guidance technique is switched on. It is what people have always called God, and what religion again and again has tried to turn into a cerebral formula, that is a power system. Activation looks fearfully unpredictable, any guidance but that of the conscious mind looks risky. Even the priest is chary about giving up life to that unforeseen and unpredictable plan. Even he may, though faithful, lack faith enough to know that things can only go right, not wrong.

Or no
 place at
 all.

The unactivated

'Old age' simply means an unactivated organism in the very years when it should be activated. Death occurs when the program has been exhausted: but, given that, the lifespan is amazingly flexible. Disease is an attempt again and again to activate. And killer diseases are a decision on the part of the organism to give up this body as bent on not fulfilling the program. Thus activation is of prime importance to those who fear killer diseases, or are suffering from them. The ~~psychologist~~ analyst's conclusion that cancer-sufferers are frequently brilliant and successful in their 'outer' selves but neglected and unseen in their 'deep' selves points precisely to this the activation principle not being fulfilled.

There is no 'surrender', no 'letting go', only a progressive dialogue with the breath, with the lifeline that supplies everything---all solutions and suggestions of the most deeply authentic order---all the time. This lifeline can be used passively, as it is by most people on the earth, or it can be activated to its intended role.

The desire for success, for money, for power, for happiness & for security do not in any case succeed in letting the life be not activated. An organism cannot be pulled into success or happiness if its total work is not better known, nor is it marginally fulfilled.

Activation in youth (it is, in the 20s) means an advantage ~~that~~ ~~is~~ ~~that~~ ~~is~~ beyond all formulas, all exams, all prizes. Above of these things is the activation.

Why ~~the~~ 'self-destructive' - the desire to die - or more it is a step in freedom - using the potential for death - why does it happen or will it happen - why does it? Because the organism is

seeing the paper - its image - and
be so good at filling the people? and -
the success - the happiness - but it
cannot be ours. Only the actualized
life process is ours, and is free from
the duplicity, unaware, eternal self-
destruction.

Activation

~~Securing health~~ ~~health therapy~~, ~~exclusive~~
~~health~~ ~~prescriptions~~, will never secure health in
the ~~best~~ ^{purpose} sense. Any ~~the~~ activation will secure

an suggestion entirely on its own side - and so
lead to the any health-culture (and a all
suggestions, at all times, must ~~be forward~~ ^{undergo} can
be resolved to advantage. The suggestion is

countering disease, ~~at~~ potential ~~disease~~ ^{studies}, as the
time, and to of a picture) 'perfect health' to
argue in to of ~~another~~ ideology which will
create a acute stress. An immense system the
then no fraction is a dead one. For health means

~~to be~~ ^{not} freedom from ~~the~~ sickness, ~~to~~ ^{to}
ability to ~~handle~~ ^{handle} ~~sickness~~ ^{sickness} ~~is~~ ^{is} ~~critical~~ ^{critical} ~~difficulty~~ ^{difficulty}. ~~To~~
advantage, by the ability to ~~the~~

~~the~~ ~~ability~~ ~~to~~ ~~see~~ ~~sickness~~ ~~as~~ ~~an~~ ~~embarrassing~~
~~reflexive~~ ~~principle~~ ~~attempt~~ ~~to~~ ~~maintain~~
handle sickness critical difficulty to advantage.

O X Y G E N E S I S

THE MIRACLE OF THE BREATH

A Popular Course in Breath Activation

Most people breathe incorrectly. When the breath is out of synch the organism is out of synch. The organism can function 60-70% but not 100%. This is true for athletes and performers as well as for business people and professionals in any field.

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

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

breathing is ignored, relegated to an involuntary function, and comes to reflect rigid and over-structured adaptations to stress and trauma, thereby perpetuating them.

Without the activated breath, no diet, exercise, healing system will have full effect. In advanced age all the exercise and intensive breathing in the world will not achieve longevity or the successful combating of those 'villains' of senescence, the free radicals, if the breath is not metabolising the oxygen efficiently and laying in a store of the protective enzyme, superoxide dismutase (the 'heroes'). This efficiency is not possible with passive breathing. So-called 'deep' breathing is an aspect of so-called 'shallow' breathing: both are pre-activation.

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

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

directly promotes new creative energy, provided the social directive to feel finished after forty is not obeyed.

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

In many therapies, arousal is used to provoke primal or (hopefully) cathartic shows of emotion. These, however, merely introduce a new ineffective behavior to the organism, indeed, a new fixity. Since the organism is always happy to form a habit, screaming for 'release' will become enjoyable, but no basic destructuring takes place.

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

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

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

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

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

2.

MAURICE ROWDON'S PROFESSIONAL CREDITS

3.

KAREN MCCHRYSTAL'S PROFESSIONAL CREDITS

OXYGENESIS WAS SYNTHESIZED FIVE
YEARS AGO BY MAURICE ROWDON.
AFTER TEACHING THIS SYSTEM IN
ITALY, SWEDEN AND BRITAIN HE
CAME TO CALIFORNIA THREE YEARS
AGO AND ENTERED A PARTNERSHIP
WITH KAREN MCCHRYSTAL MFCC
(CREATIVE PROCESS CONSULTANTS).

1.

INTRODUCTION TO OXYGENESIS,
A BREATHING TECHNOLOGY FOR
THE CONTROL AND MAINTENANCE
OF AN OPTIMALLY FUNCTIONING
AND PROLONGED LIFE.

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4.

FIRST CHAPTER FROM ROWDON'S PROJECTED BOOK

BREATH TAKING MOMENTS

5.

BONNIE WEISS'S PUBLICITY PROPOSAL

KAREN MCCHRYSTAL MFCC, a native Californian, has a BA in political science from Stanford University and an MA in clinical psychology from the Western Institute for Social Research.

She has worked as a writer and editor, having edited several community newspapers, a San Francisco arts magazine and business journals. She has worked as a journalist both in Europe and the USA.

For the past three years she has been a practising psychotherapist, specializing in the creative process and life transitions. She has been fully trained in the Oxygenetic process and now includes this in her clinical work.

Depression

One of the most valuable practices in depression is to see it for a "higher" point. Then people who start to meditate find value in the fact that it is not the essence of the self. The depression itself the fear that it will never end, and the sense that it is not the self, essential state but a passing symptom. In oxygenation this is obtained physiological, with mental effort - even awareness the organism develops as individual which is witness certain states with almost a full participation.

discovery. The organism can observe
itself in this moment. The mind
can simply observe the process, leaving
the self as it is with the
program guide in 1st deg. Physiological
we know this to be the case. We are
still in the world and analytic
systems to change ~~the whole~~
rather than we are neither we live
= the physiological camp - there
~~the cell, DNA, and cell is~~
an intelligent unit. To observe
the process, ~~to observe it~~
~~all faults~~ and be observed
and changed + new health all
= no, in the same amount,
is indeed a multitalented "piece",

Being alone
- the stage

Some give
to breath
/ Heilbrunn

The primitive working Tools to
carry on the life

What is Oxygenesis? at the 3 month course.
c) We give the
BASIC is the
DIALOGUE, workshop,
d) the
medical
yoga, (7
steps of vocal
hygiene, etc.
the person)

e) It induces ANALYSIS
of the popular fallacies about breath.
It induces the stage + training
of the physical detachment = Flexibility
of birth trauma (Rask) e) Detachment =
Antony Shaw's remark

IV STOICISM

I. This is essentially about BEING IN FRONT OF AN AUDIENCE.
 -----How to feel comfortable on stage
 -----How to feel ease in interpretation
 -----How to prepare for performance unconsciously in the daily functions
 -----How to approach with ease interviews, photo sessions, new directors, deadlines, difficult parts, under-financed productions, over-financed productions, work with stars and with peers admired and feared, work with amateurs.
 -----How to feel ease in conflict, self-doubt, loss of courage, unemployment, stress, nervous debility, ailments, anxiety and depression of an apparently unprovoked nature.

With the
support system
this detachment
- access to
workshops
; incarnate
of the
people's lives -
not possible.

II. We are talking about PHYSIOLOGICAL EASE, which we shall also in the workshop call SUPPORT or AUTONOMY, and associate with THE RESPIRATORY MUSCLES OF THE ABDOMEN.

III. This EASE makes SURVIVAL possible:
 a) survival of rehearsal collapse (momentary)
 b) survival of performance collapse (spasmodic)
 c) survival of production collapse (permanent)

IV. INSECURITY of interpretation or performance is LACK OF SUPPORT. Therefore we work, through Oxygenesis, on the SUPPORT SYSTEM in the human physiology. We look not to the outside, not to muscular development, exercise, mental analysis etc, essential as these may be, but to the inside, where the breath BRIDGES THE GAP BETWEEN DEATH AND LIFE.

The difference between DEATH and LIFE, between UNCONSCIOUSNESS and CONSCIOUSNESS is INTENT. Oxygenesis ~~also~~ works on INTENT as PHYSIOLOGICAL, even CELLULAR. It is concerned with the performance of intent.

To finalize, We study THE PHYSIOLOGY OF PERFORMANCE at its root and core, THE RESPIRATORY SYSTEM.

V. There we say OPA or OXYGENESIS FOR THE PERFORMING ARTIST. The breath is simply the vehicle of Oxygenesis. What the process does is to undertake a journey of SELF ANALYSIS which the breath induces. But the analysis here is PHYSIOLOGICAL, not a MENTAL DIASLOGUE.

OXYGENESIS takes a minimum of 3 months in weekly sessions. It cannot be done in a group. It is NOT essentially 'transformation' but more likely opening the gate to the self gradually, which can be disturbing and pleasureable and sometimes ecstatic. The self here can be conceived as inside or outside. It comes winging in on the breath. The process, being undertaken for the first time, and in terms of a unique organism which will have unique experiences, must therefore be long, secluded and witnessed individually.

However a workshop can initiate an understanding of THE RESPIRATORY SYSTEM and therefore a BASIC PROPER BREATHING PATTERN for the performing artist.

5. SELF ANALYSIS is particularly important for the performing artist because he is ALONE WITH HIS NERVOUS SYSTEM ON THE STAGE.

The objective of this self analysis through the breath is DETACHMENT. But just as the action of the breath isn't mental, so this detachment isn't mental detachment but much more what we might call ANIMAL DETACHMENT. You may see in a cat stalking a mouse or bird, and turning away without a further thought when the prey moves out of reach.

FLEXIBILITY is therefore an essential part of DETACHMENT for the performing artist.

6. The importance of Otto Rank's statement that 'all anxiety is birth anxiety (dyspnoea)' lies in the fact that this concerns THE FIRST BREATH. Now our first breath is OUR FIRST TRANSACTION WITH THE WORLD, often a panic-stricken one in alien hospitable conditions.

Our first transaction with the world is thus A BREATH TRANSACTION.

It follows that whenever our transactions with the world are critical WE RETURN TO THE ORIGINAL DISPNOEA, that is we enter PHYSIOLOGICAL DYSFUNCTION.

We can only undo this by means of the breath.

WHAT MORE OF A TRANSACTION WITH THE WORLD IS FACING AN AUDIENCE?????????

From Antony Sher's YEAR OF THE KING:

'To the King's Arms for lunch, but I'm terribly restless. Keep thinking back to a similar lunch here two years ago, with Gambon before KING LEAR opened. We chatted and joked as always, but he wasn't quite with me. A man with something else on his mind. I think the only people who can know this feeling are those in the performing arts, sport, bullrings and death row.'

Chekhov to his wife: 'Art, especially the stage, is an area where it is impossible to walk without stumbling. There are in store for you many unsuccessful days and whole unsuccessful seasons, there will be great misunderstandings and great disappointments. You must be prepared for all this, accept it, and stubbornly follow your own way.'

7. The decision to become an actor or a dancer or an opera singer or a concert soloist or for that matter a writer or painter or sculptor or composer is all too often one that takes us to drama school or dance class, that is to the STUDY AND TECHNIQUE of the matter, but not to PREPARATION OF THE ORGANISM. The same applies to stars as to lowly members of repertory companies, it applies where it succeeds and where there is disappointment. Again and again performing artists reach a successful level but their nervous system can cope no better than it ever did and oftentimes a good deal worse because of the new and increasing pressures.

Here we can beneficially look at the STOIC PHILOSOPHY of Zeno, Cleanthes and Chrysippus, the three chief exponents. The doctrine has two important facets from the point of view of Oxygenesis:

a) Its notion of FIRE being the creative force, which ultimately cools to MATTER, so that the manner may be said to INCARNATE the fire; for the human organism THE BREATH is this fire or rather a bridge to it, a safe bridge.

b) The notion that it is what we give our ASSENT to that determines our lives, not PAIN OR PLEASURE. We cannot see PAIN as evil or PLEASURE as good unless that is the nature of our assent to the experience. We may seek pain, disregard it, use it, according to the nature of our assent. Thus STOIC came to mean, in popular usage, the man resistant to suffering, but in fact it means the man who doesn't suffer. The STOIC is a man who has all the same feelings as other people, however much of a peer he may be he cannot avoid the full gamut of human feelings, but the difference lies in the way he remains an untroubled witness of these, without scenarios of good or evil. One might say that the stoic is therefore the opposite of the moralist, though Roman stoics like Marcus Aurelius tended to take the ethical part of stoicism to the point where it was moralism.

The relevance for the performing artist is strong because he cannot afford to take a fever or a flu or a sore throat or weakness of the legs or backache as a reason not to perform. Thus his work predisposes him TO USE RATHER THAN FIGHT OR REJECT THE APPARENT PAIN.

The artist who won't go on doesn't belong in the performing arts. He is to this degree a STOIC or not.

But this stoicism cannot be induced by mental attitudes. It is a physiological matter; and so the greatest performers, what the Italians call le bestie del palcoscenico, have an amazing inbuilt PHYSIOLOGICAL EASE that rides all ills.. Read Olivier's autobiography for an astonishing succession of ills.

What Oxygenesis says is that stress and tension and anxiety are only 'wrong' if OUT OF CONTEXT, but they aren't wrong or evil in themselves. Only the person following the pleasure principle, namely my life must go right and I must feel right or I must be a perfect being, feels this is so, and so is PHYSIOLOGICALLY RESISTANT TO OXYGENESIS.

The foremost 'beasts of the stage' are terrorstricken by fear of corpsing, drying, voice failure, back failure, insomnia, missing a 'great' moment, stumbling, dropping props etc Performing means not conveying experience but SYMBOLIZING EXPERIENCE PHYSIOLOGICALLY and a preparation of the physiological basis is essential. However it is not part of current curricula and OPA is a beginning.

Now is the winter of our discontent
Made glorious summer by this sun of York;
And all the clouds that lower'd upon our house
In the deep bosom of the ocean buried.
Now are our brows bound with victorious wreaths;
Our bruised arms hung up for monuments;
Our stern alarums chang'd to merry meetings,
Our dreadful marches to delightful measures.
Grim-visaged war hath smoothed his wrinkled front;
And now,---instead of mounting barbed steeds
To fright the souls of fearful adversaries,---
He capers nimbly in a lady's chamber
To the lascivious pleasing of a lute.
But I,---that am not shap'd for sportive tricks,
Normade to court an amorous looking glass;
I, that am rudely stamped, and want love's majesty
To strut before a wanton ambling nymph;
I, that am curtailed of this fair proportion,
Cheated of feature by dissembling nature,
Deformed, unfinished, sent before my time
Into this breathing world scarce half made up,
And that so lamely and unfashionable
That dogs bark at me as I halt by them;---
Why, I, in this weak piping time of peace,
Have no delight to pass away the time,
Unless to spy my shadow in the sun,
And descant on mine own deformity:
And therefore,---since I cannot prove a lover,
To entertain these fair well-spoken days,---
I am determined to prove a villain,
And hate the idle pleasures of these days.
Plots have I laid, inductions dangerous,
To set my brother Clarence and the king
In deadly hate the one against the other:
And, if King Edward be as true and just
As I am subtle, false, and treacherous,
This day should Clarence closely be mew'd up,---
About a prophecy, which says that G
of Edward's heirs the murderer shall be.

MAURICE ROWDON is a British writer and has published twelve books. His novels include HELLEBORE THE CLOWN, OF SINS AND WINTER, PERIMETER WEST (about West Berlin) and AFTERWARDS. His biographies include LEONARDO DA VINCI and LORENZO THE MAGNIFICENT. His history works include THE SILVER AGE OF VENICE (which he made into a 55-minute BBC film) and THE SPANISH TERROR, a study of sixteenth-century religious persecution. His travel books include ITALIAN SKETCHES, A ROMAN STREET and THE COLLINS COMPANION GUIDE TO UMBRIA. His latest book, ELKE AND BELAM, was on animal intelligence.

His publishers include Putnam, Regnery, Praeger, St Martins Press. In Britain they include Chatto and Windus (2), Heinemann (1), Gollancz (2), Weidenfeld (4), Collins (1), Constable (1), Macmillan (1).

His first play, set in the Northwest Territories of Canada, was directed by Peter Cheeseman, and featured Anton Vogel and Robert Powell. Rowdon later directed this at the Mercury Theatre in London with the same cast. His second play, MAHLER, with Vladek Sheybal in the title role, was produced at the Arts Theatre in London under the direction of Peter Watson. Rowdon later directed it himself at the Studio Teater in Munich, Germany, where he was director of English-speaking productions for a time. While on the governing board of London's only Black ensemble he wrote CHRISTOPHE which James Earl Jones took on option.

Rowdon has an MA from Keble College Oxford and after leaving Oxford he became Lecturer in English Literature at Baghdad university (Iraq). He later began living in Italy, where he still has a farm. For the past three years he has been resident in the San Francisco area.

OUR AIMS

1. To initiate a training program for future teachers of Oxygenesis, first in California, then nationally, in a pyramidal structure.
2. To influence hospital staffs and the respiratory departments of hospitals to revolutionize current medical attitudes to
 - a) Smoking.
 - b) The causes of asthma, emphysema, COPD.
 - c) Obstetric breathing (the Lamazs method is entirely inadequate).
3. To run workshops under trainees for
 - a) Quit smoking.
 - b) Rejuvenation.
 - c) Stress in housewives.
 - d) Hyperventilation and other symptoms of disturbed breathing patterns.
4. To initiate centers in California and nationally, and in Europe.
5. To conduct lecture-demonstrations nationally after publication of BREATH TAKING MOMENTS and the production of cassettes.
6. To introduce training in Oxygenesis to Club Mediterranee and other leisure networks, to accompany yoga classes already in function.

Oxygen is death: physiological realities.

The worst creature is in the air but
Oxygen plants it not as an
idea, as subjective a state of mind
but a physiological force. The
health is a means of ~~indulging~~
restoring the organism to each
and expressing the will it, make
it feel good and happy to express
itself in unbounded unique
ways. Oxygen provides a
bit will be used every day
to injure, revive, ~~injure~~,
injure. Fear, infections,
drugs all become a form of
adversity to the opposite.
The elation principle is here
= oxygen is a poison.

6.

OUR AIMS



a new age promotion-management-coordination service

Date: October 18, 1984

To: Maurice Rowdon and Karen McChrystal From: Bonnie Weiss

Re: Proposal for Publicity Campaign for Oxygenesis

I suggest the following approach:

- Raise your visibility and credibility in the Bay Area via a media campaign to get you radio, t.v., newspaper and magazine coverage.
- Do a mailing to selected health practitioners, clinics, hospitals, and holistic health centers and to performing artists, their teachers and training centers.
- Hold a series of free lectures whereby you can give people a strong sense of who you are and what you do. These lectures would be timed so that they occur shortly after your radio and t.v. appearances or after articles have begun to appear about you in print.
- Conduct a media campaign in the Los Angeles area.
- Do a mailing to people in the entertainment industry and health professions in the Los Angeles area to coincide with media appearances there.
- Use the newspaper articles, radio and t.v. appearances in the Bay Area and L.A. to get publicity coverage on a national level.

Specifically, the work of Catalysts would consist of:

- Reading, researching and directly experiencing some of your work in order to have solid information on which to base press material.
- Writing, editing and coordinating all material for the press kit.
- Supervising production and mailing of all press materials.
- Mailing of press kits to editors of appropriate newspapers and magazines, radio and t.v. talk show producers and news assignment editors.
- Mailing of public service announcements about your free lectures to radio and t.v. public affairs directors. Similar mailing to community calendar and events editors of newspapers and magazines.
- Follow-up phone calls to insure receipt of press materials and to arrange for interviews, and articles.
- Postering and distribution of flyers announcing your free lectures and trainings at health centers, universities, performing arts schools and other appropriate locations.
- Networking - distributing your flyers and brochures and making announcements about your work at professional meetings and social events.

-more-

Fees:

Bay Area media campaign (San Francisco, Alameda, Contra Costa, Marin, Sonoma, San Mateo and Santa Clara counties.....\$1500

Mailing campaign to health professionals and performing artists..... 1000

Expenses: Media campaign - approximately \$200
Mailings (depends on size) - \$300-\$500

Los Angeles Area media campaign 2000

Expenses: Media campaign - approximately \$400

L.A. mailings to entertainers and health professionals..... 1500

Expenses: Approximately \$500-\$700

Publicity campaign for national coverage 1000

Expenses: Approximately \$200

The entire local/national campaign fee plus expenses comes to approximately \$7,000. However, I suggest you ask for \$10,000 to cover costs not related to Catalysts' work such as room rental fees for free lectures, photographs you may want to include with your press material, gas, tolls, phone bills, etc.

If you wish to begin getting media coverage in the Bay Area in January it would be advisable to begin the publicity work in early November. Since you plan to you to Europe in early spring, I suggest the following schedule:'

November and December: Catalysts does all necessary research, writing and preparation for mailing of all materials.

Early January: Bay area mailings sent out

Late January/early February: Bay area media appearances

Late January: L.A. mailings sent out

Late February/early March: L.A. area media appearances

If you decide to leave for Eurpope in March, we can arrange to launch the national publicity campaign when you return.

If you have any questions or concerns, please contact me. You have my assurance that if Catalysts is selected to work on your project, we will put forth our very best efforts on your behalf.



a new age promotion-management-coordination service

PROFESSIONAL BACKGROUND - BONNIE WEISS

Bonnie Weiss has been Director of Catalysts Publicity Services since 1978. Her work consists of designing and implementing media campaigns for entrepreneurs, small business owners, authors, seminar leaders, entertainers and event coordinators. She also operates a consulting service in which she offers practical guidance on all aspects of publicity.

Additionally, Bonnie has gained a reputation in the Bay Area as a highly effective business networker. Hence, she has been hired by several organizations to use word-of-mouth marketing to promote their products, events or services.

As a media publicist Bonnie has an excellent track record. Her clients have appeared on every major radio and TV program in the San Francisco area, many of the top programs in San Jose, Sacramento, Fresno and other metropolitan centers in California. She has obtained interviews and articles for her clients in all the major daily and weekly papers in these areas. In addition, she has carried out several successful media campaigns in Los Angeles and San Diego. Her clients have been written about in such state and national publications as California Magazine, USA Today and Time.

Bonnie has produced a cassette album, The Power of Publicity and is author of the book, Publicize Your Way to Success.

#####



a new age promotion-management-coordination service

Please sign
both copies
& return me
to me. BW

Date: November 27, 1984

TO: Maurice Rowdon and Karen McChrystal

FROM: Bonnie Weiss

RE: Contract for Services

Catalysts agrees to publicize and promote the Oxygen^esis work of Maurice Rowdon and Karen McChrystal as follows:

Creation of a press kit describing your work - especially its relevance to the treatment of depression. The kit will consist of a press release, biographies of Maurice and Karen and background information about the Oxygenesis process. The release will include dates, times and locations of your free introductory lectures and your one-day workshop. Also included will be statements from people who have experienced Oxygenesis.

Mailing of press kits to radio and t.v. talk show producers and news assignment editors, features, health and science editors of newspapers and magazines.

Writing and mailing of public service announcements about your free lectures to public affairs directors of Bay Area radio and t.v. stations. Writing and mailing of community calendar listings of your free lectures and workshop to calendar editors of daily and weekly newspapers.

Follow-up phone calls to all media people to arrange for articles, interviews and appearances.

To cover the 6 major Bay Area counties (San Francisco, Marin, Alameda, Contra Costa, San Mateo and Santa Clara) requires a minimum of 30 hours. This comes to \$1500. This fee may be paid as follows:

December 1 - \$500
January 1 - \$500
February 1 - \$500

Expenses (e.g. postage, photocopying, toll calls) will be billed at the end of each month and are payable at that time.

Maurice and Karen agree to provide Bonnie with the following:

Information about the Oxygenesis process.

Description of how Oxygenesis relieves or heals depression

Dates, times and locations of free lectures and workshop

Biographical data

Statements from people who have experienced Oxygenesis

5 x 7 or 8 x 10 black and white glossy photos of Maurice and Karen

- continued -

You have my assurance of our very best efforts on your behalf.

Agreed and signed,

Bonnie Weiss 11/27/84
Bonnie Weiss Date

Maurice Rowdon Date

Karen McChrystal Date

3



a new age promotion-management-coordination service

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#####

c/o Georges Borchardt Inc
136 East 57th Street
New York
NY 10022
USA
8 March 1978

Dear Valeria,

Here is the place to send the money to:
Maurice Rowdon Account Number 936148 LID, Union
Bank of Switzerland, CH-8702 ZOLLIKON, Switzerland.

I haven't talked to my agents here yet about VENICE but will do when things have settled down a bit. Lots and lots of excitement and wonder and ceaseless novelty and marvels here, too much for me to be able to put into words. Some of it will have reached you, in the silence.

I came here just in time. Apart from the difficulty that the dogs cannot be seen, there was a power reshuffle at my publishers here and the new man doesn't believe the book. So I have much work to do. In England things are infinitely better, and they have planned the book both far more carefully and far more aptly. No thought went into the American production at all, so I have to supply the gap if possible. Did I tell you that Mrs Heilmair is hiding from the German police and is therefore never at her house in Berchtesgaden? Ruby was most alarmed when she concentrated her thoughts on her. I explained the whole situation to her (excepting the Melitta bit). Ruby said 'something is very wrong there, there is some evil present, and you must be on guard, you must ask for protection and my efforts are also towards that'.

I still cannot understand the Melitta situation, which seems far from me now. I don't allow my mind to dwell on her for a moment. Something made me ask yesterday 'In spite of everything do we still have a destiny together?' and I got 51 Shock, with 6 in second place and 9 in fourth place, which was a surprise: and 19 Approach, as the corollary. This arose from my re-interpreting another answer I got some time before to the question 'Has she ceased to play any role in my life?'---54 The Marrying Maiden with 9 in third place and 9 at the top, with the corollary 14 Possession in

(had seen) (hexagram)

great Measure. At first I ~~saw~~ all this ~~as~~ negative, except that the corollary I4 was such a Contradiction. Then it began to seem to me that her present life, perhaps her present affair, was ~~being~~ described to me, giving me the reasons why she has no role for me at present. It is all such a strange situation. But I know now that when one lives towards someone one only seems to 'fail', but there is no failure for the soul, it is preparing a new set of conditions in which it will achieve what it has set out to win. This is the meaning also of Lajos. He is the medium of a new set of conditions in you, achieved very slowly, so that you are or will be in grado to produce the union your soul has in mind. Everything is creative in this sense, there are no mistakes or failures. It is all an entirely interior operation and nothing is ~~wasted~~ or lost. You will not fail to recognise at once the person for whom you have been making yourself ready during these past three years when he comes, whether or not he is Lajos himself. Nothing can rob you of that. You could not have had him had you not produced utterly new inner conditions. You had to travel towards him, and magnetise him towards you. Your old self was shed in the process and the apparent 'mistakes' or 'failures' were simply points at which you faced the opposition necessary to make inner change possible. I am thinking that a 'mistake' or 'failure' is simply the mind expecting an event in terms of the old self, and seeking it in the old fashion, unaware that utterly new conditions are in control.

Today I'm sombre and rather distressed inside. It seems to be the turning point, and my heart is wondering if positive things will begin to flow from the contacts I have so far made. I'm in a well furnished apartment on Third Avenue but this is only until Sunday when I have to find a hotel again. I had a lovely weekend at Annette's college in Pennsylvania. What rapturous countryside. She ~~is~~ making a deep impression there with her work. She has an exhibition in two or three rooms, the best I've seen of her work. She really has got there, ARRIVED as an artist.

I spoke to Bob Morgan just now. It seems that the keys etc have been recovered.

With lots of love, also to Sandrina,
Appollonio and Sandro.



Paper on MYTH

Guy de Maupassant

"FEAR"

P. 91/92

"

The difference between Americans
and the rest of the world = their
view of the world is completely different
= like all American see their
first American on edge of the world
on a ship many times - the world
to analyze ~~the world~~ and how
criticism of the world, the world
betrayed. When the world, the world
is too long living in the world
power side - since world analysis,
non-critical ^(American) world betrayed.
~~That is the world betrayed~~
~~of the world betrayed~~

Activation

When you move during arousal you go back to the world - you're already in the busy world of activity, however little you may move - but a stillness you have to confront yourself, there is no avoiding the confrontation, and of course for many people this is horrifying, like a Chinese torture - to know to remain still and witness ^{themselves} to those who hate them ^{it is especially} ~~this age~~ ^{self-hated} ~~intention~~ ^{intention} ~~cruelty~~. One thing however ~~with~~ if continued, will do the work of the intellect something else - do what please a person, we react to, even the spectacle, but we are confrontational.

The world is a derivation of
life, a manifestation of life
a expression of life but one is
required = oxygenation to go to
the source.

In difficult protected
cases you can expect usually
unexpected pain for the IT. And
then they frequently pull out of
the process. This is rare —
these are month-long cases.

"I don't give a damn" "Anything
is going wrong, I'm screaming myself
I do up" = UNDERAROUSAL

Stupor, over-alert, nervous,
irritated, angry = OVERAROUSAL

Activation

It isn't necessary to accept the youth-old age-death syndrome, which weighs on millions like an iron weight ~~with understanding~~ (emphasis), a source of certain perplexity, unease, and nightmarish.

This syndrome throws us into following the people's success, the people's wealth, the people's celebrity, power, wealth. This is a way do the to the ~~youth-old age-death~~ syndrome, which can only be escaped by activation it.

Proposal

- i) 3 papers that were sent to Bokrie.
- ii) My resume =

a) 'Renal'

b) Oxygenist + Ad.

c) The future "lecture -

documentation of BREATH TAKING

MOMENTS, a technology of the

control of lactation ?

optimal for strain life

urgency.

iii) ~~The~~ Bokrie's proposal.

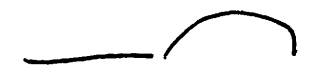
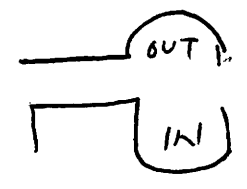
3
sewer escape for the syndrome.
The technology depends - this.
It is probably an ancient technology,
one or two the greater
civilizations relied in great
measure.

2
the unique form the character's
every life on the globe.
We are discussing a
technology, not something
dependent on enlightenment,
bliss, spiritual liberation, which
are the secondary needs required
by the pre-activated pencil.
and no different ^{in kind} from the
evidence from ↑ wealth,
glamour etc. The hierarchy
is different, the '10%'
personalities are different people,
but the search for someone
else's ~~address~~ states is the
same.
only the absence of power

FLYZ
 FLOUT INC INOUT
 RISING'S INC

 PNC

~~OUT IN OUT~~



Activation Inc

Running to the engine & the
 phaller as a psychological
 prop is precisely the same as
 centip as a psychological
 prop (and unisex, ~~not~~ ^{more}
 centip - the work is the U).
 it produce a handless &
 toxius, and further delays
 activation.

SIR JOHN BARBIROLI conducting

ELGAR: THE FIVE "POMP AND CIRCUMSTANCE" MARCHES

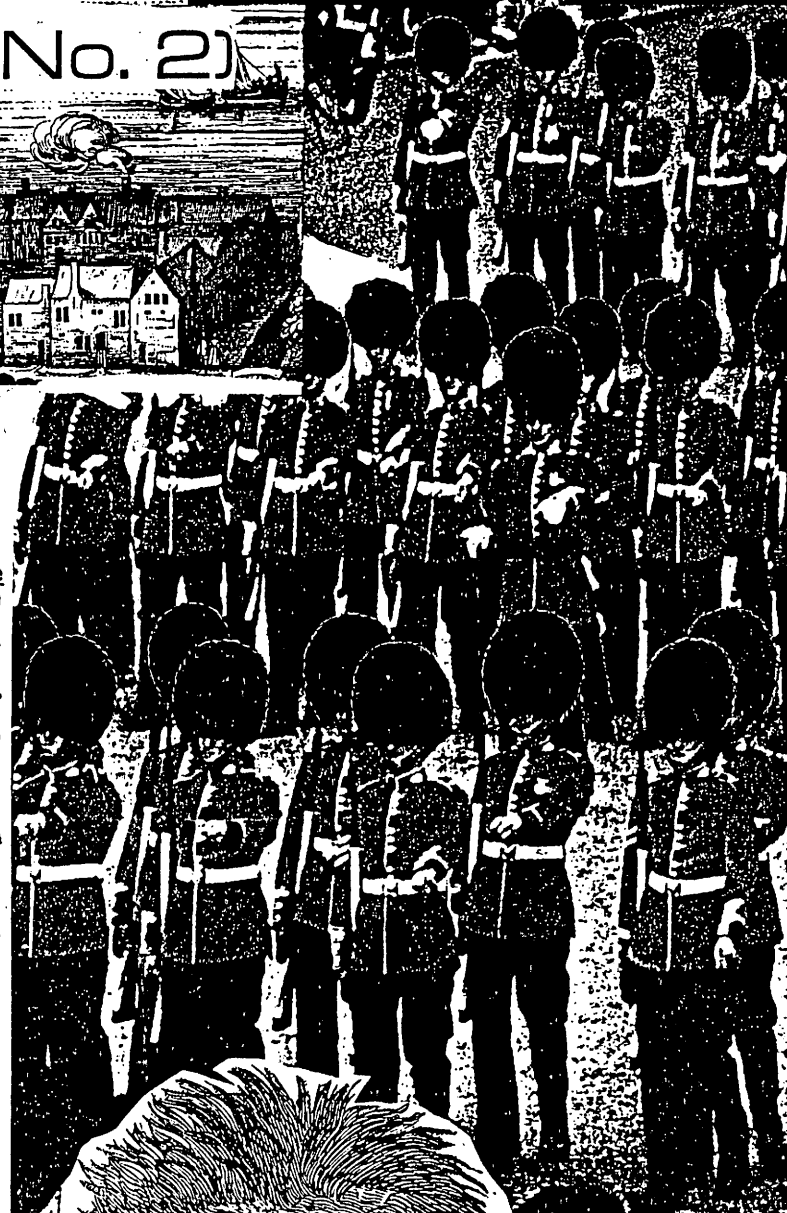


VAUGHAN WILLIAMS

THE THAMES

A LONDON SYMPHONY (No. 2)

Tues. Oct. 2
7:30 PM



Sir Edward Elgar the five Pomp and Circumstance Marches;
Ralph Vaughan Williams A London Symphony;
Sir John Barbarolli conducting the Philharmonia and Halle orchestras.

Probably the finest of all military marches, the Pomp and Circumstance Marches embody the soul and higher aspirations of the concept of "Empire" and the British "affection for the splendour of pageantry... Elgar believed firmly in his popular music, was proud of being in touch with the people and never shrank from assuming the role of musician Laureate for occasions of national rejoicing..." (EMI record notes). The first and fourth contain two of the noblest melodies ever penned, and "English" to the bone.

Few works of music have captured the essence of a place as well as A London Symphony: The city waking up, the scurry of daytime London, the Lavender-seller's street cry, the sinister side of London at night, the inexorable march of eternities, even the chimes of Big Ben, all depicted with a wealth of great, yet easily accessible melodies, some as pure as any folk melody.

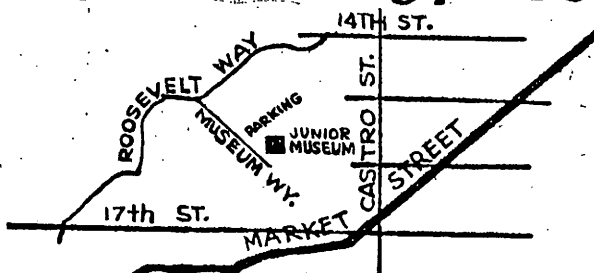
The performances are treasures the like of which will probably never be repeated, since the great Sir John Barbarolli (and his orchestras) grew up in this milieu and was a personal friend of both composers.

A listener wants to know what experience a piece of music should convey and which recording conveys it best. First impressions determine how we continue to hear a piece of music. This series provides a dependable introduction to the expressive, emotional content of the masterworks that is close to the way the composers meant it.

If the finest nuances are to be heard, only the best equipment must be used and the sound must be equalized. Our institute brings its own complete sound system and Mr. Anstendig equalizes the program as described in our research papers.

The institute's record reviews and papers on sound reproduction and other vibrational influences in our lives are available free of charge at each session and directly from the institute.

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A LISTENING EXPERIENCE

THE TREASURE HUNT

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by R. D. Henggeler

The Anstendig Institute

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