

NOVELS / FICTION

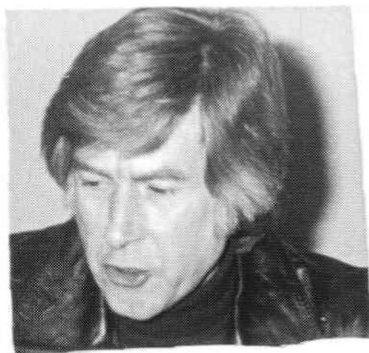
Ⓐ 'The Keeper of the Southern Gate' - synopsis

Ⓑ 'The Keeper of the Southern Gate' -
Manuscript / Proposal
Articles re. Hepes

NOVELS / FICTION

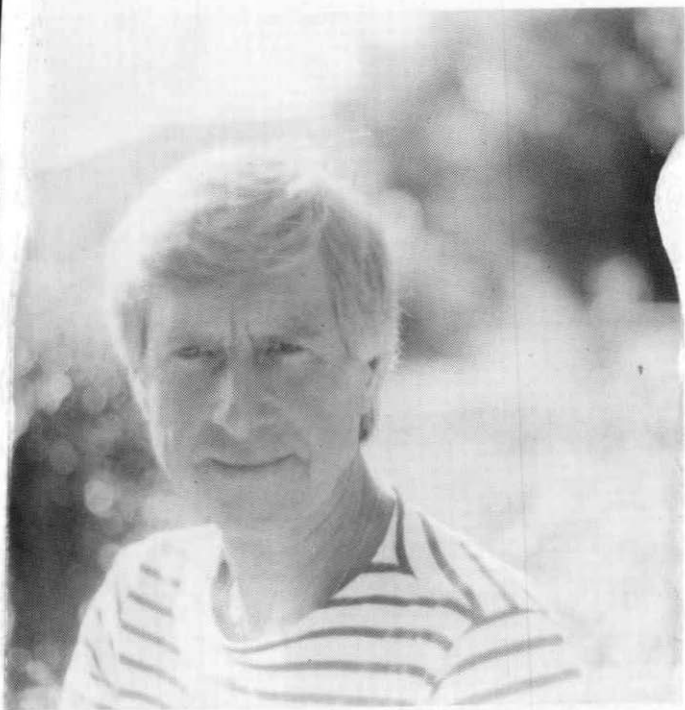
Ⓒ

'No Time For Music' - 2 folders



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(MAURICE ROWAN)



1934 4



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.

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 instantaneous 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 *phusa* ("bellows"). In the Greek view the soul entered the body with the breath, which came from the "whole", carried by the wind. Thus Greek gods were often the offspring of virgins impregnated by the wind. 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 49077 1240.

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GUY

introducing to the UK

Maurice Rowdon's Oxygenesis

☆
a dramatically effective breath initiation

and one man in his time plays many parts

This is motor control

4 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.

10 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 a highly specialised process. Oxygenesis is this process.

2 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 happens when we are in a state of breath metabolism.

Unaccountable feelings of exhilaration whatever the circumstances are one of the oxygenetic surprises.

3 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.

5 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 (since these depend on our powers of automatic invention).

6 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.

Beyond a minimum emergency

Maurice Rowdon 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. At Oxford he specialised in philosophy.

The Hale Clinic
For medical appointments
The Hale Clinic (Medical Director's Unit)
at the Hale Clinic
Central Birmingham B181
088 waterloo
Oxygenesis, Kucharski

repose
Cata and peace
luxury for us. But what
a peace laid so deep
the underlies all the
enriches?

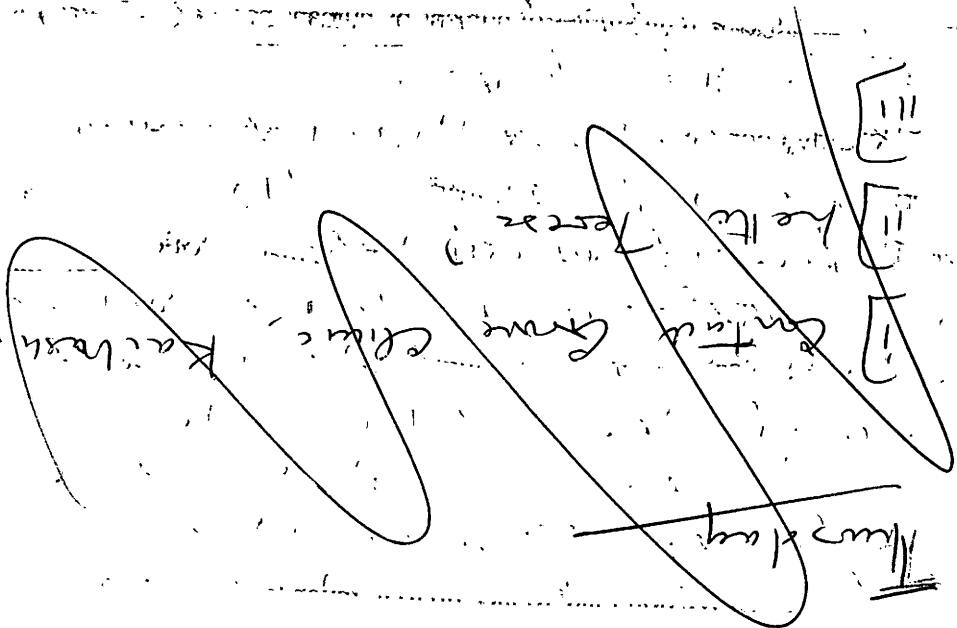
Handwritten scribbles and notes at the bottom left.

(1a)

→ Oxygen is released in ~~writing~~ ^{habit} ~~system~~ ^{in a way}

→ the it releases ~~miraculous~~ ^{miraculous} ~~series~~ ^{series}

of ~~the~~ ^{total} health and performance

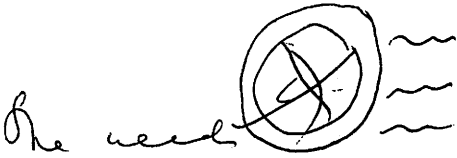


DPA

FLYER

I've been thinking of you
of a flyer & found it.

a) flyer - announcement
all kinds of meetings



a workshop date & location
a series of lectures all over
the place.

OPA WORKSHOP

WHAT DOES THE DESIRE
FOR FAME MEAN?

"I USED THE WORLD'S
ATTENTION BECAUSE I
HAVE NEVER HAD MY
OWN"

The greater the need, the less
likely is it.

The world only attends to those who
seem to have enough of their own.

PELVIC VITALITY

OVA

(1)

Notice the people frequently
have a passive lifestyle but great
energy. This is because they have
energy deposited in conditioning.
If seen worked by things, I think
they are ~~well~~ conscience. This can
be observed best in the civil and
journal. If we ~~are studying~~ ^{making} their
intricate structures and the all
the time — a massive of fixed
STRUCTURING — appointments,
courses, courses, acting, always
extended — the best doctors,
etc. Anything has its place.
This lifestyle is the finest

jet. It hardly exists. Yet they
are able to annihilate, destroy,
invade, command. They frequently
have inexhaustible spirits. They
have no ~~sub~~ real guidance &
the intellectual structure is ~~lost~~

ATROPHIED. By reference to
it is the form of mysticism,
and, "Transjunctive" techniques
— if it is not supported by
proper social structure (like
a church) — itself is an unknown
& essentially ridiculous language
for the So powerful is
conditioning. We have to condition ourselves.

mentally

The mouth is/ing a small and

unimportant thing for the person is that

it ~~is~~ ^{already in a physiological} small and unimportant, the
is, an almost lifelike lifeline. See

the the lifeline is activated by
attention to the muscle system underlying

and directing the mouth, such as when the
transformations take place the the

seem to be limited ^{only} by the ~~great~~
limits set by the mind. 10. 20. 30.

depend on the the lifeline - which we
depend of all our activities and functions,

however large or small, should also be
a source of information, guidance, inspiration,

auto-therapy and ~~the~~ ^{the} approach. \llcorner

Oxygenation is unique in being that

CELLULAR RELAXATION, which is

to muscle relaxation - the ocean

is is a shallow part of water. This has
the power to change facial features,

FUTURE PROJECTS

(1)

2] The KEEPER OF THE SOUTHERN GATE
is the HERO'S WAY to conversion = it
happens when he is killed / dies = the
church at the end. We trace this

i) gradual self-discovered involvement
+ intimacy and feelings instead of the
'relationships', the cerebral events in
California. He realizes that he never
loved the girl, was simply infatuated.
and associated her with Rowe, so that
the thing became a lifelong dream.
And my now, in Rowe, does he fall in
love, and realize that it means.

ii) gradual realization that it has
nothing to do + ethics — the 2-part
argument of Father — — something
in other words says that human life is
corrupt and that if you struggle again

it, if you make an ethical vendetta, you
 provoke even more crime. So ethics and
 corruption go together. There are needs that the
 dominant and nourishes the other. I mean —
 with a smile — look at America. The ideals
 and principles and goals and systems of making
 the future a bright and better place go hand
 in hand with the crime, the heinous, ~~and~~ the
 lawless industry, and these will lay the
 society down, you will see. ~~but the~~
~~corruption~~ and people will say, there was a
 total collapse of law and order, but a
 force it was striking that ethics are, ~~and~~
~~the~~ Rome is built on a vice aware-
 ness of these facts — the ~~republic~~
 ancient empire, ^{was} and the ^{is so, isn't it?} present one, the
 pope is too. Paul I was ~~is~~ killed
 because he would stomach the. ~~and~~
 see, he wasn't a Roman. I doubt
 even if his little village ~~is~~ —
 was ever colonized — ancient times.
 So they could keep this village ethics.

Oxygen is being from strictly
 physiological premises. While a
 great deal is known about the
 mechanism of oxygen, and ^{various} ~~the~~
^{aspects} ~~function~~ of the heart, ^{(e.g. $V_{O_2 \max}$, and}
 connection ^{between} with rate per
 minute and length) little has
 been said ^{done} either by most medical
 practitioners

~~studies~~ in the eastern birth-schools ^{is}
^{average} ~~all~~ ~~distinctions~~ ~~between~~ ~~the~~
 of the ~~different~~ ~~functions~~ ^{the}
 thoracic and ~~the~~ abdominal ~~functions~~ ^{the} ~~birth~~ ^{is}
~~covered~~

Oxygen is being with a ^{diaphragmatic} ~~diaphragmatic~~ ^{flexibility} ~~flexibility~~ ^{which means the}
 excretion of the ~~relative~~ ^{relative}
 between the intercostal and the
 abdominal ^{muscles} ~~muscles~~, ~~and~~ ~~differentiate~~ ~~—~~
 Once ^{one of the} flexibility of response has been

ground is a suitable one of the Treaty
of Oxygen, ~~and to be~~ with the
~~normal~~ a psychosomatic -
psychotherapeutic help and. ~~to offer~~
Oxygen ~~through~~ eschews at the
end, the broad hypothesis methods
(~~many~~) (Reichen methods, Croy methods,
'relativistic') and at the other end
pragmatic or other exercises ⁱⁿ with
'bellows' flexibility has been achieved.

Oxygen exercises depression and
the mental disorders as essential
cellular conditions, and offer the
by protein the curve & reversal will
perhaps as do improve its content the
the mitochondria or especially cell
within each human cell, ^{which} its own code
~~which is not~~ understandable to the rest
of the body, may be the initiating

cell will, by manipulating the milk,
may activate the system in various
ways for the synthesis of the immune
system & the structure. (SOD)

product is the ^{biological} ~~.....~~
Indeed, ^{reverse} is already by furthering
~~the this cell as has been the~~ ^{some of this nature}
~~'manipulating' or adjusting cell of the~~
~~view of the system, evolutionary.~~

Oxygenesis cannot be taught
except in terms of precise knowledge
regarding the laws of observation.

While a medical technology is
advancing, & the knowledge of
physiology, medical science has little
to say on the actual facts of the
milk, and of this even oxygenesis
has a ^{important} part to play in filling
an increasing gap for

... the width of sleep phases
... In this case, the oxygen
analysis is based on the coupled
difficulties between the width of the
arterial, and the width of the
arterial — or the volume or intensity —
~~length~~ Volume of arterial as the (1)
~~time~~ of the whole is highly dependent
on the intensity ~~of~~ is most dangerous.

The effects are frequently so striking (→ the →
the A myocardial function. Since
is potentially more just — cause,
arterial — the total 'turning' of
itself! In one whole case, however
the cellular condition is the
operative one — depression —

Psychotherapy + its suggestion that

we can the effects of past events

is \therefore not in tune with Oxygenation.

~~Differentiate~~

~~1) the therapeutic relationship~~

~~2) the patient's condition~~

~~3)~~

There is indeed so much to learn in
the matter of the truth - and perhaps
it is the worst is so widespread - that
it is difficult to know when to begin.

Rheumatologist ~ note-specifications or
Inquired perplexed by aspects of the truth
~~and~~ (eg the presence of the 'pains' of
the whole) but we unable to establish
the 'right' truth - opposed to 'comp'

Mathis. Oxygenation offer a complete analysis
of the situation on a strict physiological basis -
and points to the breath will be ^{have} different
rhythms, intensity and ^{muscle} location according to the
needs of the individual, and the their autonomic
response to needs is as possible of 'bellows
flexibility' has been learned. It reports the
~~stage~~ ~~as a characteristic disease~~ ^{the disturbance?} ~~decreased~~

we largely due to inflexibility in this area -
with the result that the supply of oxygen
cannot be efficient in the 'inner masses'
provided to the region by the ~~contractile~~ use
of the correct muscles is absent.

Oxygenation shows that there is
a conflict between paradoxical breaths
(increased volume of body) and restrictive,
sexual reluctance, allergies, insomnia and
a more or less extreme state of fear
because paradoxical breaths is the
'arrest' in intake area, we is sleep.
This area is designed for fight -

- a - flight or stomach exercise, and
 when engaged thru the day - will
 produce a, sort of, 'fly - a - fly'
 state - the organic mind ^{movement} in ^{crystal}.
 Rowden has dealt + 1000 of such
 cases. ~~is for certain~~ (the effects of
 paradoxical breaths on purpura & with
 even calculi, and kidney breaths
 will not be except to cure these).

1. Rowden's opinion psychoanalytic
 psychotherapist - or not the job people to
 administer Oxy. because with the
 'problem' in the level of the problem, H.C. is
 in the mind. Their constitution -
temptation of the physical process involved
 = Oxy. Psychoanalytic, Oxy we
 present ourselves - separate session
 be not in the same one, as Reichman
 attempt to do.

Nurses & doctors, because of the lack of
of anatomical & physiological studies, or
was appropriate in their, and Oxygenation
they've attempt to provide a body of
knowledge that verifies much research
and the fact that the work will be
with the remained disparate and uncollected
& the fields. ~~that the medical~~

Much of the oxygenation crisis is spent
reversing misconceptions - it is true, the
we should be the 'deeps' at all costs,
and the the 'more' or be the the better
(breath-rate per minute ~~reverse~~ the
~~shorter the lifespan of the animal~~)
decrease ~~according to~~ proportional to
lifespan - e.g. 26 of the dog, and
3 of the ~~intoxic~~.

It is this popular conception of
'wired breathing' (and ~~insure~~ the
toxic of oxygen) that make people

"BREATH-TAKING MOMENTS" BREATH / AROUSAL work

It may seem strange ~~to have~~
the the breath of work at a
certain stage = being felt
and the size the the worker
could, and use the glove, have
felted to ^{human} be felt
help the, ^{human} being seen to
drifted, = all ^{human} +
the ^{human} be 100. But
and in the case.

We shall see, in a way - 74,
almost - case of hyperreflexia,
unexplained neffretic, asthma,
ly/ta + all the attended allergies,
the attended ^{colleper} the ^{immune}
system - always the group. We

shall see the collapse, the chief is choose
prop - choose the mate, the work, the
learned activities, the thoughts and daily
habits and friends; because the lifetime
the applies all the information, support
and guidance we can have or need,
is no longer there.

It is wrong of course to say
the an oxygen-lifetime is a lifetime
- all these and to generations the
have lost it. A moment's study,
a moment's reference to any physiological
textbook - its respiratory lecture, a
moment's thought will tell in the way
this we do, think, feel, imagine, depends
on the supply of oxygen, the efficiency
of the supply and ~~and~~ ~~generate~~ a
'circulatory' that had lost its
connectivity + this lifetime could

deny the importance of his (believe) while
understands, and we are asserting, that it is
it - we of a few sound - this is no
life.

+

+

+

KING KRISTINA

There is a great wealth of personal
recollection about the King all quarters,
and the own letters and memoirs, to
make possible a personal account of the
life, of the ~~own~~ rooms, the servants, the
sicknesses and deaths and ~~progress~~ inner
crises, + the politics as the deliverer
for some in the life, derived in the
same terms and with + text work slight.

The she abstracted, still a young woman
may be abstract in ~~absolute~~ to
~~arrived~~ a present jumped up.

said "Oh Lord God what an, she are
in doing? To see the piece of this great

Completed my Cornell - books. long before
we thy came - the scene the 'classical' style
had gone. But the bygone production +
— — — — — didn't have it. I would call
the production Vines comedies in and
— — — — — I would call them. Show on a
great run in the theatre - this straight ahead
workman like it. Crowd at the lunch
some pre-derives of them. Policy =
line = the middle of the act! ~~the~~
~~direct to the~~ Over Policy - line between
acts deal with by before.

S, unpleasant 'he red behavior
like - etc' what Picasso.
It - good - a feeling of sterility -
a kind of handsome dead unspiritual -
I believe he missed Brando.
I can well imagine he was a name-dropper.

On Hollywood is superimposed
the grandiose hallucination produced by

Values - should a man of pure feeling
be attentive to the needs of the he be revealed
(Rome - will be united of the alterations
a Pelayo Rivas - living in the (Graham's)
to know she went sometimes - 'I'd rather
be 3 days alone than help a boy + V.'
This was the way of getting rid of love.

David Chen

superior-paranoia already noted -
'30s Hitchcock film - his passion of short-ought
(had Vancina + Maria been too much). Lee
you is the symbol of the superior-paranoiac,
his recognized method of self-defense against
a world where people are flesh.

An America dialogue, acting, dubbing
and mixing and cutting is a paranoiac
manipulation. James Dea - all the work is the
eye profile + he not to look small the
opposed to the camera etc. And then he claps
been the case, still is - it is all special
behavior based on daydreaming.

Hollywood on aipg the 2 years day (b) a of
 the reform ideology which gradually gripped every
 aspect of America life so that now it is well,
 Johnny ill, doctors, the world is great thing it
 when to American, this aspect trailer the now
 of the world, notably the ideological Russians.
 The high the debt is Russia this, the high of
 'opacis' the committed - she was ^{is a} ^{and} ^{was} ^{for}
 21 billion a day debt (K ^{and} ^{was} ^{for} ^{her})
 reform, part-oriental, behound-looking
 foreigner these deaths & was on someone not
 quite serious like now). (1) of reform the
 perplexed & notice that is V head the
 talked about the question at the by is 2 a
 meeting 2) :

The reform-gone - He, No
 sex. Taking a crap is of just terrible,
 21 million years old for Robert de Niro the
 and side is the is dirty jeans let is a
 from the reform republic is wrong. He

informa-yielding & fun is serious, humorous,
detached, either non-reactive, or 'free' & always
deed.

We make unconscious use of the informa-
except. To make 'I don't strike people -
particularly interested by so that I could
make a big acting career' etc.

To say that the sexuelip is not
the priest of informa & superwoman. It
amounts to losing face, always. Finally you can
lose face for real face, so you pull it out
retain a deep respect, called - superwoman-like
'by no space'.

To say that Strassberg was the clearest
man of our time - he didn't drink etc -
he was a man of toxins, a toxic -
disgust at the taste in his own mouth dominated
his attitude towards. A deep ignorance he -

The whole idea of 'making it' here is

superior nervous.

The whole nature of film is a drama, &

this is why it has been developed and technically
perfected - i) America, ^{ii) California - the great imp. state.}
~~iii) the world's largest market~~

~~The~~ The Russian, French, Italian, Egyptian films
of earlier years, are already quite non-dramatic
in production and theme. But of the v. beginning
America production was to work producing a
music-supported showcase - certain it is
not to be said that the human beings = this
meant the rupture from theater, whereas =
perhaps the connection was intricate, = form.
Always the people think if you see a good film
it is because of which it has involved & not
that the human beings, the hypnotic & lowering
effect of the medium. Critical faculties are
reduced by the hypnotic -

Since living here I have become clearer
about myself than ever before. I never really
understood the power of the film. I now
realize all the explanation that I did & do, and
a reading on MS is an eye-opening thing,

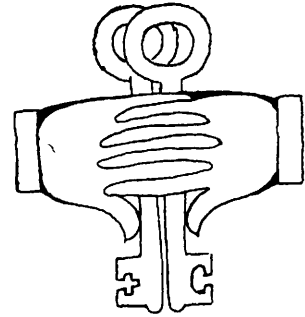
David Chase

Diagrams of course need design - they need the philosophy & the 'higher' self, 'higher' consciousness, they these are meaningless expressions. Consciousness either is a fall. Two crucial qualities of consciousness, a then crucial qualities of self - self meaning self relation. If the self, the consciousness are good, if the Indians or just, the all of the self is, all of the consciousness is. This is just of the drama to believe.

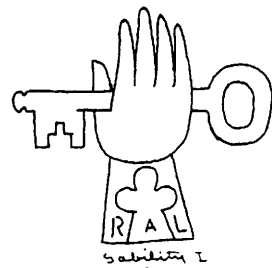
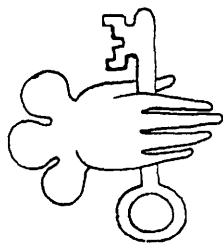
David Chase

involve the drama network. Unlike before, all books except those published to appreciate a meaning, please people etc are designed to capture drama figures. Some of the established great figures and we have been published. J. H. Lawrence, Dylan Thomas, Fitzgerald, all would have been considered pathetic roles - wise. If public have started, but now we must be at the top, at the end, new - beginning.

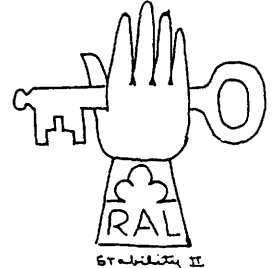
Clasp hands on our Rebirthday



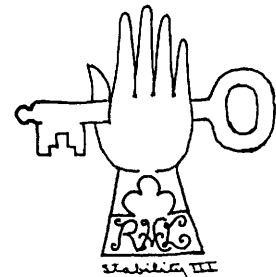
Fall at the foot of the keys (Regeneration + Longevity)
for a HAPPY RE-BIRTHDAY



Stability I



Stability II



Stability III

May the right key fall into your hand on your
REBIRTHDAY

HAPPY RE-BIRTHDAY

Angel ~

Thank you for being such a very beautiful man ~ and for being so overwhelmingly generous to me.

I do hope the sunshine comes into your life very soon ~

Here's to all the magic moments ~

Stay close.

So very much love,

Xou. xx



This card is wrapped in bio-degradable cellophane

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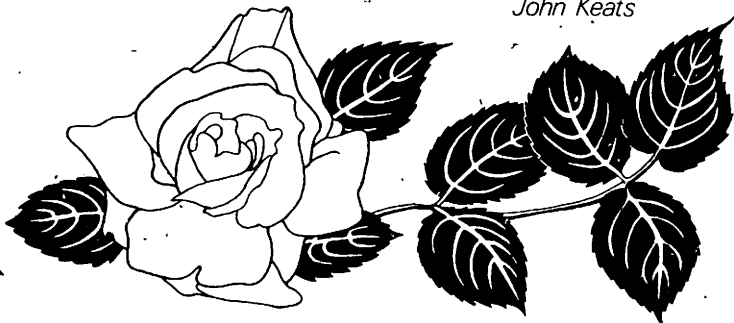
12-13 Henrietta Street London WC2E 8LH



REGENESIS

*Parting they seem'd to tread upon the air,
Twin roses by the zephyr blown apart
Only to meet again more close, and share
The inward fragrance of each other's heart.*

John Keats



Nothing is more like the delicate sensitivity of
the cat, having so softly, the slightest touch,
sight or sound awakening its attention. The
Intelligence here vibrated through the entire body,
infiltrating the cells and muscles, illuminating the
bright, round, innocent, fathomless eyes. ~~How~~
Could a creature which had squeezed its
Intelligence into a tiny vesicle of the cranial
compartment with that? Perhaps, he observed walking
up the Richmond Street way day, and the
black man had preserved an atom of that
soft feline tread which on the human
being's natural way, and which, contrary to
popular belief, came from a great and
distinct civilization of which we Egypt,
Canaan, Greece, were diluted memories;
and the black man remembered - his cell,
his 'civilization', with the result that he was
judged that - his - power and emergence
from a primitive way of life. Everything,
the way things we were taught was ~~wrong~~
Civilization was the animal state which
we had forgotten.

"Let's forget the how to feel" -

the doctor - ~~the doctor~~
wasn't saying what I got
then - "I never go to the

doctor when I can only
keep it, it's hard for
me, it's like do aghs -

My fingers are called

Steel fingers - pain

The next up to the

they - the the part

takes it up, I can't

reach the level of music

-business the other the
healing is the place ...
I am not a prop. Then.

ten in gets so bad you
just to have a middle

line.

One can take a business
any part but — a

pain - remind is worse

you can't cope —

the struggle & the red

that's change = rem

So it — will don't give
later. The revised show
you may've learned the
w.

When he do + love.

(love is some).

A woman in love has no
of a nature. His

he, he will, by the
~~blow~~ that she

she is love.

The turn (of the
with love) turns the

pa.

~~Asian India~~

he believe when
he situ faitt = yr.

Western women = if

they were better than the 2

world wars they are

UNTRUSTING, they'd

like to believe it will

end. But the young

(the majority) are the

more open to

believe, & a trend

sentative, and very per-
severing.

It is being int the
the there is no monthly
a digressive course.

Stories, memory -
the per - the shock -
study this case etc.
The Ag. he needs to
be come at " -

The secondary cause
is days term = the
first cause is the cause

the term. The the quality
of love = the not having
love. - DEPRIVATION. Lack of
voluntarily

The not being voluntarily
and not being loved.

you are done is
make the relation by
the the you don't have
being the why the
and help by be the
you and be doing and

not using she that
you understand in not.

Then be she, this
- really HOT.

To a remarkable extent
the pi-one cope and
survive, ∇ in the end
they are stronger than we,
I think..

I think we are
weak!

When we

spitting close to themselves
at the end of the
line we copy both the
men.

Man now we afraid,

feeling weighty is a

fighting they?

Sally Zuckerman - The Social Life of
monkeys, 1975

Robert Ardrey - African Genesis, 1960.

24.10.1978 A very familiar dream situation:
I have to play an important role on stage and the
curtain will shortly rise as I don't know the part
and there have been no rehearsals. In this case I
walked from the wings into the office - strangely
situated, as it necessitated me being visible to the
audience (already seated) for a foot or two of stage -
and added ^{two} ~~one~~ copies of the play. The attendant
there - a young, rather athletic man - stood up
and told me it would cost a certain amount.
I was incensed, as I was after all playing an
important role, he decided not to make an issue
of it. Also, because of the price, it seemed
advisable to take only one copy. The attendant
began talking about percentages, costs etc.

25.10.78 [The above was a fragment among many,
during a period of broken sleep with painful throat
and ear ("the passing out of old Dickens" -
a crisis brought on by the change of diet).]
Numbers in intervals figure here. It is not
giving, I think, two numbers, and then, with a
certain triumph, the interval between them. The
creature doing this is a horse. It is connected
with animal intelligence.

I am aware, in a second or continuing dream,
that I myself am taking over the number
role, and announcing, with the same triumph
of intelligence, the interval number. But
am a woman. In early middle age perhaps,

Blonde, with long hair, and a little flushed with excitement.

I am in a house (I have returned to 'my' identity) which I believe my non. Lakone is at the door and I see that he is standing in a UFO like vehicle, in the air. He has arrived the way. He is Italian, and very matter of fact about it. He asks me looking things I don't remember. He flies up in the machine still standing, and high, high above, I see a parachute land on the UFO-platform, and he shakes hands with the parachutist. They are having fun. It is a kind of Italian Saturday afternoon sport. Meanwhile Lakone calls, a man, has entered my house. Then Louise Rowe, from the house next door in London, enters in. We go together into the corridor and jokingly, lying on the floor, we kiss. We get up, I leave the house and walk, aware of beginning an affair. We pass through streets inhabited by Italians. They are sitting in working in their little gardens. Louise points me that it is an Italian cohabitativa, using the Italian word. After a time I already houses too. This night there were many other fragments but I could not retain them.

25.10.78 A cat that seemed very nice and very familiar to me. A tiny kitten is somehow in a test-tube, I accidentally caused it to be here, and manages to wriggle and until its head is out of the tube and then falls out.

I think she turned it an infinitesimally
small well dressed man accompanied by wife
and daughter, the big cat hunted them, I
think. All the fragmented dreams seemed
like of animals. A great duck or
goose was ~~not~~ roasting on an open fire
and was still alive. He too turned out
to be a well dressed man - the proper size,
and walking. Chickens already wasted
stolen by dogs. A girl (with her) saying
she wished to sleep with a certain man
and would do it that day. She might
be kindly in nature but not in appearance.
Perhaps did this to hurt her. Another
girl who screamed words in a frenzy +
her parents and then shouted she was too
leaving the apartment in a little dazed
and strange to look at. 'My' girl went
find a top in the street and walks + the
woman over her naked breasts, laughing.
I wait for a war like: Venice and

sit on the side of the boat (like a small
open fishing vessel) along canals, too narrow
to be long to Venice. Also, before this
ride, in a rough wooden inn with few
people since the big one - perhaps
reminiscent of a taxi driver, elderly, I
had had a few days before - the ^{we}
country on the way to Ruby's - advised,
with the help of a big local map and
how to best behave or do something I
don't remember, he perhaps connected
with the girl ('my' girl), though I
didn't seem interested in really following
her thing up. Throughout these dreams I am
detached and still, even in the close
situation with the girl, she looks like
(like with a quiet smile, and feeling his
urgent interest) has to sleep with the
person she has in mind.

26.10.78. I was distressed not to remem-
ber a most vivid and important dream -
important = that, waking from it in the
middle of the night, I began to reflect

on its various events with my waking
mind in utter conviction that it had all
taken place. I can say that it all
happened without any of the shadowy
or exceptional quality of the dream (as we
look back on it). I looked back on these
events as if they had happened the previous
day, and I was thinking them over. I was
astounded to realize that they weren't "true".
The events involved, I think, simple
situations with people, and yet everything
in that dream was vivid and - so I
believe - positive and enjoyable. I
resolved to write down the events of the
dream at once but apparently I was too
tired and fell asleep again. The vividness -
the fact that this is the first dream of
this kind to be remembered - this way in
my life - may be due to the extreme
isolation and solitude of my present
life. The other dream I had, and

which I remembered as a dream and
but an unqualified reality afterwards
involved me being on heights with
other people - scaffolding, the view
also among trees and yet so near as
well. The height made me fear the
idea of climbing down the scaffolding
but I found myself on a kind of light
machine which deposited smoothly on the
earth. Lindsey was present - grey-
faced, not speaking, and I was aware
of her and we had brief conversation.
I was in an authoritative, leading
position. I climbed wide steps -
also instructed - with an author-
itative type of man, perhaps a politician,
of my age, and we were going to inspect
something together. I am wondering if
these scenes have anything to do with -

late activity = theatre.

27.10.78 Dream so light (it was a night of CN) that I hardly remembered them. A sense of them being trivial and uneventful. Lindy was again in the background, grey-faced. Some suggestion of the same heights as the previous night. And again that seems to be a suggestion of theatrical activity = there is a party of people with Lindy among them and they are somehow involved in encouraging me — perhaps over a performance I am afraid to watch, or make mock of fearing to watch.

THE APE OF SORROWS

From Stranger to Destroyer : The Inside Story of Humans

AUTHOR
Maurice Rowdon

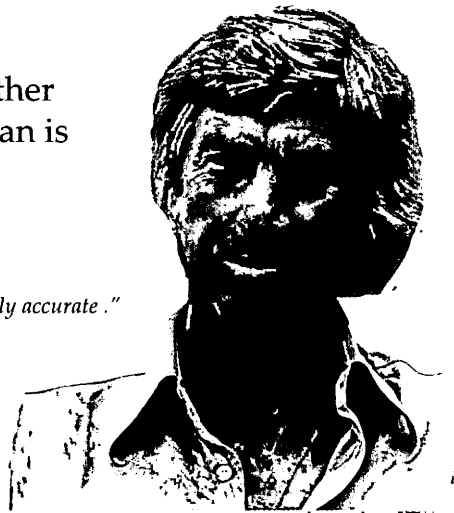
An examination of the human as he is, not as he thinks he is.

"The only measure we have to judge of any animal's intelligence is whether it leaves its habitat enhanced or depleted, and by this measure the human is the least intelligent of all the creatures."

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"...enthraling essays..."
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"Artistically exhilarating. Often piercingly accurate."
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THE APE OF SORROWS



*From Stranger to Destroyer:
The Inside Story of Humans*

MAURICE ROWDON

www.theapeofsorrows.com

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 outbreak 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 instantaneous 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 *ruh* 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.

PRESS RELEASE

PRESS RELEASE

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. In 1981 he was ready to start building his initiation system for Westerners which unlike yoga-breathing relies neither on exercises nor on 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

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The candle flame visualised close to the nostrils while breathing abdominally. It mustn't flicker.

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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.

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OXYGENESIS

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.

Maurice Rowdon 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. At Oxford he specialised in philosophy.

For enquiries and appointments:
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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.



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MAURICE ROWDON'S

OXYGENESIS



A dramatically effective
breath initiation

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General enquiries:
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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.

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 Glenlucy Road Blackheath London SE8 7SB

Dr. Rajendra Sharma

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

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E-Mail: 106011.2545@compuserve.com

AGENDA

101 MEETING

JULY 21ST 1998

1. Open discussion concerning response from last meeting.
2. London Clinic options.
3. Forest Mere.
4. Any other business.

OXYanalysis₂

Once the breathing muscles have been aligned for the first time remarkable changes come about in the mind. Oxygen can only provide its menu of extraordinary services *when stillness has been achieved*. This is why sleep features in almost all first sessions in Oxygenesis.

The mind cannot become the means to life-changing experiences *until it is still*.

These experiences cannot be called up by the will or any form of training or self-application. Timothy Leary in the psychedelic era was looking for 'expanded consciousness' but he knew the change had to be *physiological*. So he used substances that would induce this change.

What he didn't know was that the mind was *already fully equipped* for trips of every nature, for visionary ones as for ones that provide special insight and information 'in a flash'.

Nor did he know that the substances he had resort to *were already within the organism in a far more subtle and complete forms*. He didn't know that expanded consciousness could be achieved without erosive effects on the body's immune system, in fact with *great health enhancement*.

The breath, when in subtle use on the basis of a still mind, introduces the power to change outside effects.

The mind has been turned into a fully-fledged receptor for the first time.

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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 *ruh* 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.

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(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 *physa* ("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.

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OXYGENESIS

The Secret of the Breath

MAURICE ROWDON

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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 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 morphogenetic 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 neurotransmittory 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 metabolistic 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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For Group 2 (July 23-August 4) an organ recital (Messiaen), Ravel's ballet-opera "L'enfant et le Sor-tilege" 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.

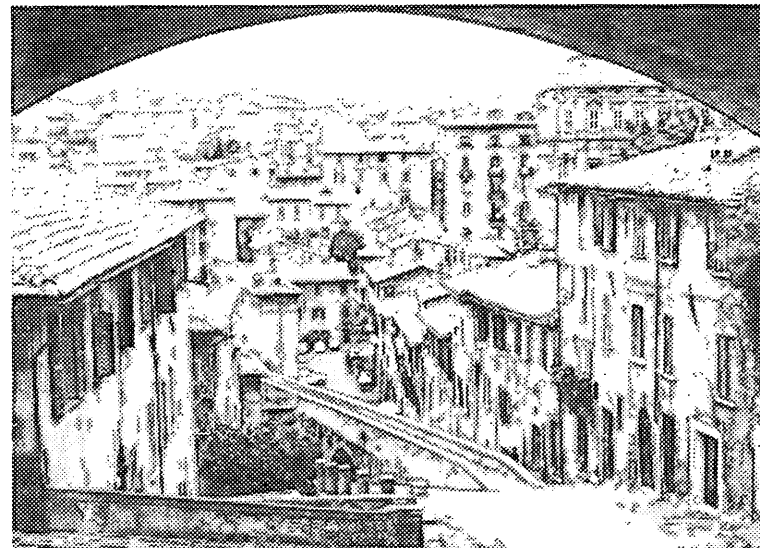
Day 2: Morning arrival in Rome, where you are met by your tour manager. Your air-conditioned motorcoach will transport you to your hotel in Assisi. A meal will be served on arrival, and a get-acquainted reception dinner will take place in the evening.

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!

ASSISI SUMMER MUSIC FESTIVAL



An internationally celebrated event!

- Charming Medieval setting
- Exceptional accommodations
- Delightful dining
- Special fitness program

TWO INSPIRING WEEKS!

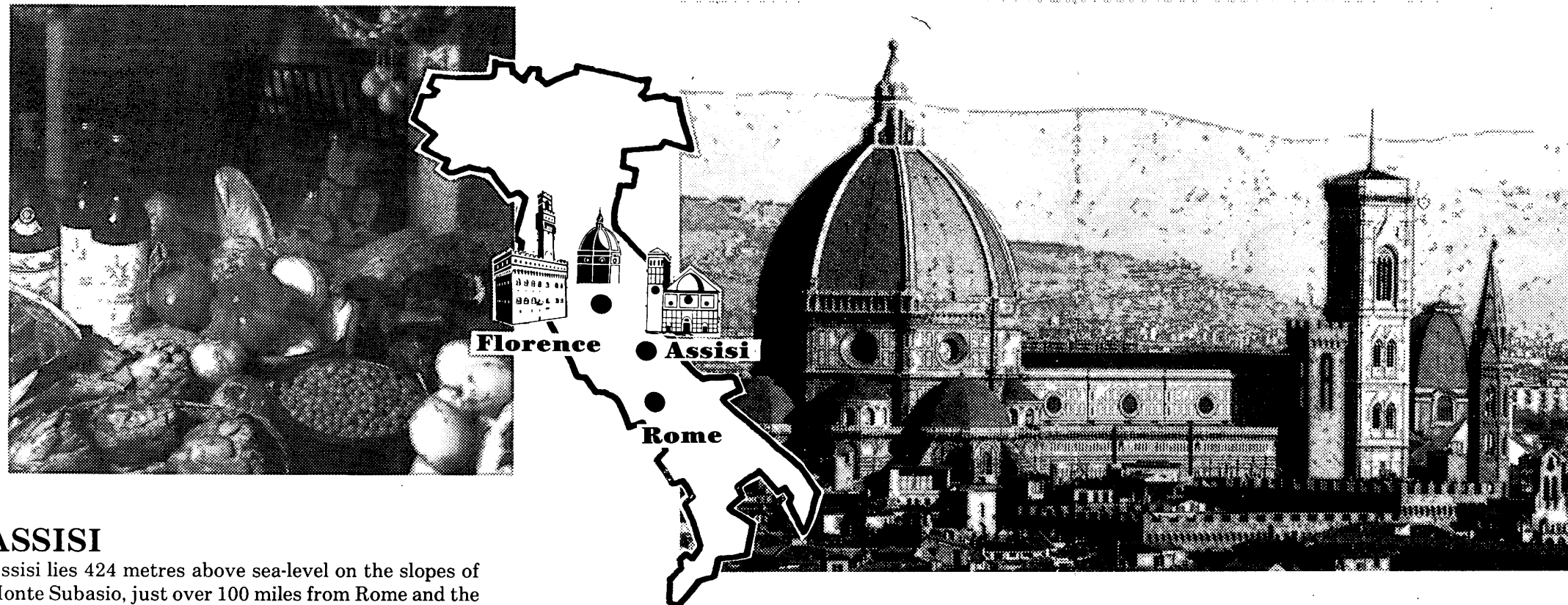
- Eight days in Assisi as you enjoy superbly guided cultural tours and stirring performances by the world's finest musical artists.
- Luxurious villa accommodations
- Delightful variety of dining experiences
- Remarkable fitness program directed by Maurice Rowdon

This two-week Italian tour, with eight days in Assisi, two days in Florence and one day in Rome, is an unforgettable package which combines art, music, history and good health. It will leave you with a living idea of history which no book or film can give. The art you see, the music you hear, your daily activities in and around Assisi, and then your two days in Florence, combine to bring alive a past that while so different from the present is still the root of nearly everything you do, from the way you bank your money to the way you vote.

For more information,

call

1-800-248-4782



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



Pompes Funèbres
des communes Occitanes

ATTESTATION DE CREMATION

de M. Maurice ROWDON



POMPES FUNEBRES DES COMMUNES OCCITANES

LE PECH BLEU Route de Corneilhan 34500 Béziers

Tel : 04 67 31 80 05 Tel Crématorium : 04 67 31 80 07

SAEML au Capital de 800 000 € Habilitation : 09.34.314

Code APE : 9603 Z, RCS Béziers 442718607, TVA FR1744271860700025. représentant
légal : JC BASTIT

ATTESTATION DE CREMATION

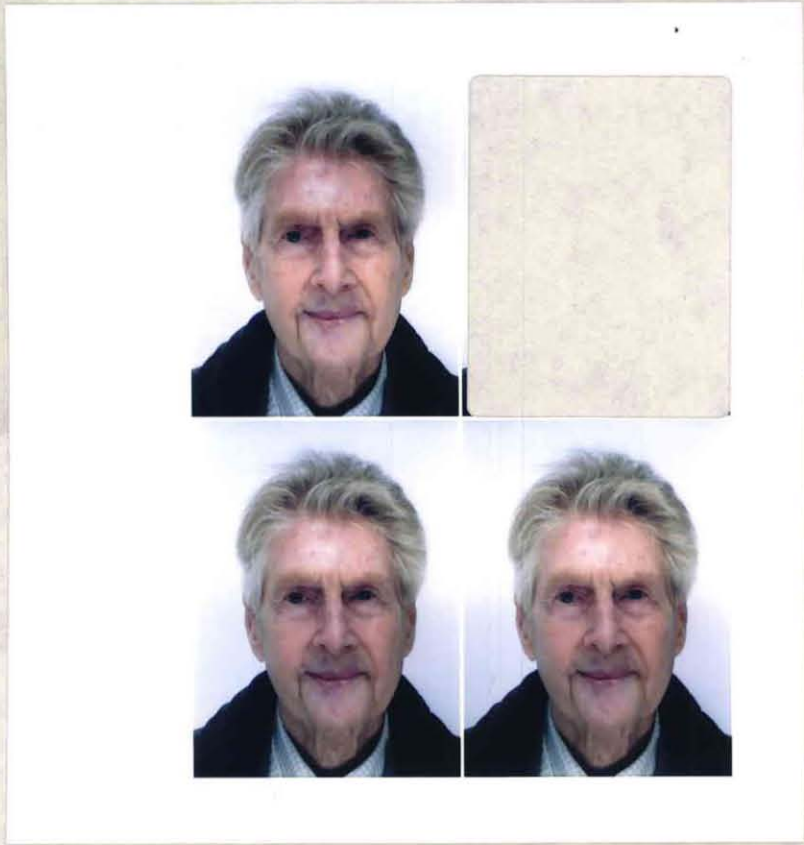
Nous, Pompes Funèbres des Communes Occitanes,

- Attestons que le corps de M. ROWDON Maurice, Décédé le 15/02/2009, a bien été crématisé
au CENTRE FUNERAIRE "PECH BLEU" de BEZIERS, le 19/02/2009, conformément à la législation en
vigueur,

Fait à Béziers, le 19/02/2009



Maurice's Passports / driving licenses etc



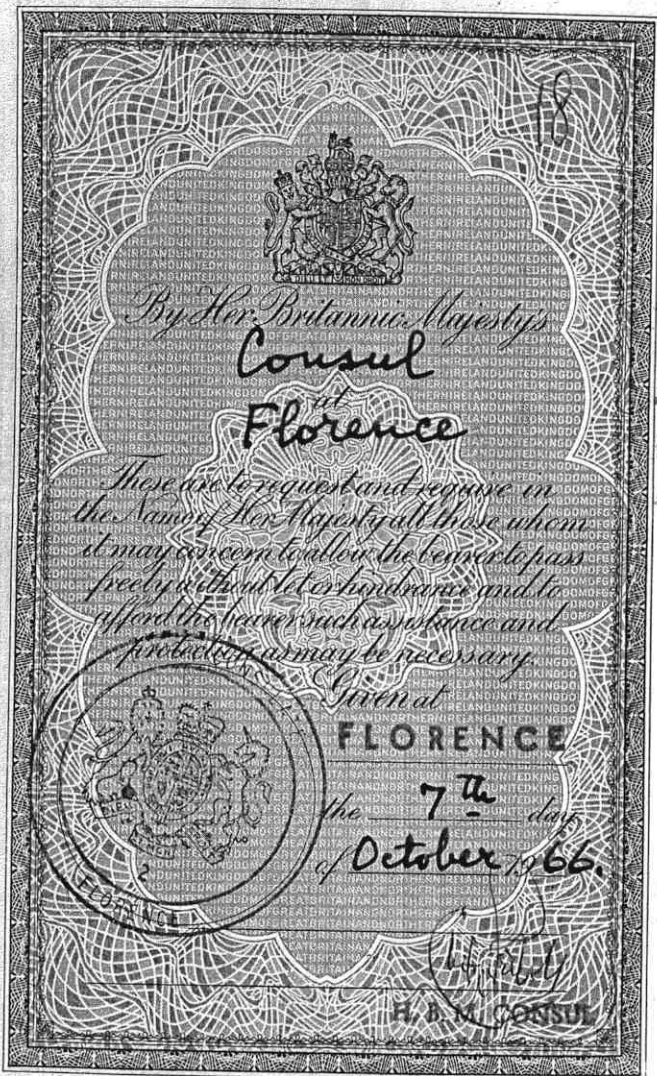
Mr. M. S. ROWDON

BRITISH PASSPORT



OFFICE OF THE SECRETARY OF STATE
FOR FOREIGN AFFAIRS
AND NORTHERN IRELAND

C 489008



By Her Britannic Majesty's
Consul
at
Florence

These are to request and require in
the Name of Her Majesty all those whom
it may concern to allow the bearer of this
pass freely without let or hindrance and to
afford the bearer such assistance and
protection as may be necessary.

Given at
FLORENCE

the **7th** day
of **October 1866.**

[Signature]
H. B. M. CONSUL

This Passport contains 32 pages
Ce passeport contient 32 pages

PASSPORT
PASSEPORT

UNITED KINGDOM OF GREAT BRITAIN
AND NORTHERN IRELAND
ROYAUME-UNI DE GRANDE-BRETAGNE
ET D'IRLANDE DU NORD

No. of passport }
No. du passeport }
Name of bearer }
Nom du titulaire }

C 489008

M^r. Maurice Stanbury
ROWDON

Accompanied by his wife }
Maiden Name }
Accompagné de sa femme }
Née }

{ and by } children }
{ et de } enfants }

National Status Nationalité
BRITISH SUBJECT
CITIZEN OF THE UNITED
KINGDOM AND COLONIES



DESCRIPTION SIGNALEMENT

Bearer	<i>Titulaire</i>	Wife	<i>Femme</i>
Profession	<i>Writer</i>		
Place and date of birth	<i>London</i>		
Lieu et date de naissance	<i>20 Sept. 1922</i>		
Country of Residence	<i>England</i>		
Pays de Résidence	<i>England</i>		
Height	<i>6 ft. 1 in.</i>		
Taille	<i>6 ft. 1 in.</i>		
Colour of eyes	<i>Blue</i>		
Couleur des yeux	<i>Blue</i>		
Colour of hair	<i>Fair</i>		
Couleur des cheveux	<i>Fair</i>		
Special peculiarities	<i>—</i>		
Signes particuliers	<i>—</i>		



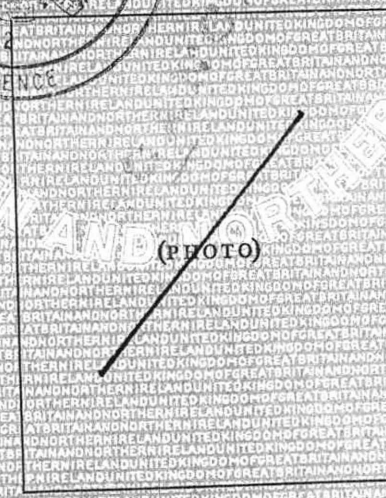
CHILDREN ENFANTS

Name	<i>Nom</i>	Date of birth	<i>Date de naissance</i>	Sex	<i>Sexe</i>	Wife	<i>Femme</i>
<i>AND/NORTHERN IRELAND</i>							

Usual signature of bearer
Signature du titulaire

Usual signature of wife
Signature de sa femme

Maurice Randon



4
COUNTRIES FOR WHICH THIS
PASSPORT IS VALID

PAYS POUR LESQUELS CE
PASSEPORT EST VALABLE

Valid for all parts of the Commonwealth
and for all Foreign Countries

The validity of this passport expires: *Ce passeport expire le:*

7 October 1971

unless renewed, *à moins de renouvellement.*

Issued at
délivré à

date
date



5
OBSERVATIONS

RENEWALS

RENOUVELLEMENTS

PASSPORT OFFICE, LONDON

This Passport is hereby renewed

Valid until 7 OCTOBER 1976

Fee £2 Paid 1.2.72

6. VISAS

3 NOV 1966
AVEE
2

7. VISAS

I. BEELEY
HAYEN
28 APR 1967
ZEEVAANTHETIE-9

INTERNATIONALE
DIEPPE
-1 NOV 1969
4. FRANCE

S.N.
R.G.DIEPPE
-3 NOV 1969
SORTIE
-K

8

9

VISAS

VISAS

KONSULAT GENERALNY

POLSKIEJ RZECZYPOSPOLITEJ LUDOWEJ

W LONDYNIE

WIZA FOSYTOWA NR 3814/04

jednorotna

prawnie posiadacza paszportu oraz

zgodnie do pobytu w PRL przez okres 07

dni od daty każdego wjazdu.

Ostatni wjazd na terytorium PRL powinien

zastąpić przed upływem sześciu miesięcy

od daty wystawienia wizy.

Londyn, dnia 20.05.1971

Za Konsula Generalnego

Mieczysław Hara

Konsul

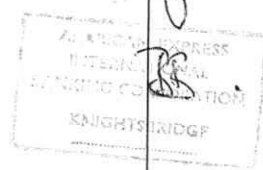


VISAS

Form PP/A—Exchange Control Act 1947
Foreign exchange facilities—Private travel

Entries may be made here and on the page relating to business travel etc. only by Authorised Banks and other banks, tour operators or travel agents specifically authorised by the Bank of England, or by an Exchange Control Authority in the Scheduled Territories.

Foreign currency is obtainable subject to conditions notified in the Notice to Travellers, a copy of which should be given to you by your bank, tour operator or travel agent. Any unused foreign currency, travellers' cheques, etc., must be offered for sale to, or encashed by, a bank or the tour operator or travel agent from whom they were obtained within the period indicated in the Notice to Travellers.

Date	Amount issued or refunded (sterling equivalent to nearest £1 below)	Stamp of bank, tour operator or travel agent issuing Notice to Travellers	Stamp of bank, tour operator or travel agent issuing exchange or receiving refund
9.1.76	£50		
19.1.76	£48		

VISAS

VISAS

ENTRY CERTIFICATE

EXEMPT

Valid for presentation at a
United Kingdom port of call

_____ months from date of issue

Signed _____ Stamp of
Date of Issue _____
31 JAN 1972

UNITED KINGDOM OF GREAT BRITAIN AND NORTHERN IRELAND

Barclays Bank Ltd
Brompton Road

30
VISAS

FOREIGN EXCHANGE FACILITIES
PRIVATE TRAVEL

Entries may be made here and on page 32 only by Authorised Banks and other banks or travel agents specifically authorised by the Bank of England, or by an Exchange Control Authority in the Scheduled Territories.

EXCHANGE CONTROL ACT 1947

Foreign currency is obtainable subject to conditions notified in the Notice to Travellers; the current Notice to Travellers should be obtained from your bank or travel agent. On your return unused foreign currency, travellers' cheques, etc., must be offered for sale to, or encashed by, a bank or the travel agent from whom they were obtained.

Date	Amount issued or refunded (sterling equivalent to nearest £1 below)	Stamp of bank or travel agent issuing Notice to Travellers	Stamp of bank or travel agent issuing exchange or receiving refund
17/5/73	£70	Barclays Bank Ltd Brompton Road	Barclays Bank Ltd Brompton Road

VISAS

FOREIGN EXCHANGE FOR TRAVELLING EXPENSES

No entries to be made on this page except by a Bank or Travel Agency in the United Kingdom

EXCHANGE CONTROL ACT 1947

H.M. Treasury remind travellers that the foreign currency they are allowed to obtain is subject to a condition that it shall be used only for their own personal expenditure abroad. Any unused foreign currency should be offered for re-sale to the traveller's bank or travel agency and any unused travellers' cheques, etc. should be encashed.

Date	Amount issued or refunded (Sterling equivalent to nearest £1)	Stamp of Bank or Travel Agent issuing exchange
26.2.70	£ 289	MIDLAND BANK LTD HEATHROW AIRPORT TERMINAL ONE
9/4/71	£ 15	Barclays Bank Ltd Clarendon Road
21.5.71	£ 50	Barclays Bank Ltd Brompton Road
30/11/72	£ 50	Barclays Bank Ltd Brompton

NOTES

1. British passports are issued and renewed by the competent authorities in the United Kingdom, Channel Islands and Colonies, by Her Majesty's Diplomatic and Consular Officers in foreign countries and by British High Commissioners in Commonwealth countries. **PASSPORTS SHOULD NOT BE SENT FROM ONE COUNTRY TO ANOTHER BY POST.**
2. They are available for five years in the first instance, unless otherwise stated, and may be renewed for a further period of five years from the date of expiry. The fee for the five-year renewal is £1. They are not available beyond ten years from the original date of issue. If at any time the passport contains no further space for visas, a new passport must be obtained.
3. The possession of a passport does not exempt the holder from compliance with any immigration regulations in force in any territory or from the necessity of obtaining a visa or permit where required. Passports endorsed as valid for the Commonwealth are available for travel to territory under British protection or trusteeship. It should however be noted, in this connexion, that the majority of British territories overseas have immigration restrictions applicable to British subjects as well as aliens.
4. A passport including particulars of the holder's wife is not available for the wife's use when she is travelling alone.
5. Children who have reached the age of sixteen years require separate passports.

Registration at Her Majesty's Consulates in Foreign Countries

British nationals resident in foreign countries who are entitled to the protection of the United Kingdom authorities should at the earliest opportunity register their names and addresses at the nearest British Consulate. Failure to do so may in a period of emergency result in difficulty or delay in according them assistance and protection. Registration should be renewed annually, preferably in January. Changes of address or departure from the country should also be notified to the Consulate.

Dual Nationality

United Kingdom nationals who are also nationals of another country cannot be protected by Her Majesty's representatives against the authorities of that country. If, under the law of that country, they are liable for any obligation (such as military service), the fact that they are United Kingdom nationals does not exempt them from it.

A person having some connexion with a Commonwealth or foreign country (e.g. by birth, by descent through either parent, by marriage or by residence) may be a national of that country, in addition to being a national of the United Kingdom. Acquisition of British nationality by a foreigner does not necessarily cause the loss of nationality of origin.

Caution

This passport remains the property of Her Majesty's Government in the United Kingdom and may be withdrawn at any time.

It is a valuable document and should not be altered in any way or allowed to pass into the possession of an unauthorised person. If lost or destroyed, the fact and circumstances should be immediately reported to the Passport Office, Clive House, Petty France, London, S.W.1, or to the nearest British Consulate, British High Commission or Colonial authority and to the local police. New passports can only be issued in such cases after exhaustive enquiries.

(S.13405)

FOREIGN EXCHANGE FOR TRAVELLING EXPENSES SPECIAL ALLOTMENT

No entries to be made on this page except by a Bank or Travel Agency in the United Kingdom

Date	Serial Number of Exchange Control Application Forms	Amount issued (Sterling equivalent to nearest £1)	Stamp of Bank or Travel Agent issuing exchange
8.3.69		£22.1	Barclays Bank Ltd. Henthorn Airport North
NORTH		American Express Int. Bking Corp.	
25.5.69		6. Haymarket	
		London S.W.1	

(S.13405/0)

EUROPEAN COMMUNITY

UNITED KINGDOM OF
GREAT BRITAIN
AND NORTHERN IRELAND



PASSPORT

Passaporte

1



*Her Britannic Majesty's
Secretary of State
Requests and requires
in the Name of Her Majesty
all those whom it may concern
to allow the bearer to pass freely
without let or hindrance,
and to afford the bearer
such assistance and protection
as may be necessary.*

European Community

Det Europæiske Fællesskab
Europäische Gemeinschaft
Ευρωπαϊκή Κοινότητα
Comunidad Europea
Communauté Européenne
An Comhphobal Eorpach
Comunità Europea
Europese Gemeenschap
Comunidade Europeia

United Kingdom of Great Britain and Northern Ireland

Det forenede Kongerige
Storbritannien og Nordirland
Vereinigtes Königreich
Grossbritannien und Nordirland
Ηνωμένο Βασίλειο της Μεγάλης
Βρεταννίας και Βορείου Ιρλανδίας
Reino Unido de Gran Bretaña e
Irlanda del Norte
Royaume-Uni de Grande-Bretagne
et d'Irlande du Nord
Ríocht Aontaithe na Breataine Móire
agus Thuaisceart Éireann
Regno Unito di Gran Bretagna e
Irlanda del Nord
Verenigd Koninkrijk van Groot-
Britannië en Noord-Ierland
Reino Unido da Grã-Bretanha e da
Irlanda do Norte

PASSPORT

Pas - Reisepass - Διαβατήριο
Pasaporte - Passeport - Pas
Passaporto - Paspoort - Passaporte

024999438

1

NOTES

Bemærkninger - Hinweise - Σημειώσεις - Observaciones
Avis - Nótai - Avviso - Opmerkingen - Anotações

- 1 **Validity** A passport is valid for ten years, unless otherwise stated. If issued to a child under sixteen years of age it is normally valid for five years in the first instance but may be extended by the issue of a new book for a further five years without charge. A passport which is ten years old or has no further space for visas must be replaced by a new one.
- 2 **Citizenship and National Status** British citizens have the right of abode in the United Kingdom. No right of abode in the United Kingdom derives from the status, as British nationals, of British Dependent Territories citizens, British Nationals (Overseas), British Overseas citizens, British protected persons and British subjects.
- 3 **Immigration and Visa Requirements** The possession of a passport does not exempt the holder from compliance with any immigration regulations in force in any territory or from the necessity of obtaining a visa or permit where required. It should be noted in this connection that the majority of British territories overseas have immigration restrictions applicable to British nationals as well as aliens.
- 4 **Children** Children who have reached the age of sixteen years require separate passports.
- 5 **Registration Overseas** British nationals resident overseas who are entitled to the protection of the United Kingdom authorities should contact the nearest British High Commission, Embassy or Consulate to enquire about any arrangements for registration of their names and addresses. Failure to do so may in an emergency result in difficulty or delay in according them assistance and protection.
- 6 **Dual Nationality** British nationals who are also nationals of another country cannot be protected by Her Majesty's Representatives against the authorities of that country. If, under the law of that country, they are liable for any obligation (such as military service), the fact that they are British nationals does not exempt them from it. A person having some connection with a Commonwealth or foreign country (eg by birth, by descent through either parent, by marriage or by residence) may be a national of that country, in addition to being a British national. Acquisition of British nationality or citizenship by a foreigner does not necessarily cause the loss of nationality of origin.
- 7 **Caution** This passport remains the property of Her Majesty's Government in the United Kingdom and may be withdrawn at any time. It should not be tampered with or passed to an unauthorised person. Any case of loss or destruction should be immediately reported to the local police and to the nearest British passport issuing authority (eg Passport Office, London; British Consulate; British High Commission or Colonial authority); only after exhaustive enquiries can a replacement be issued in such circumstances. The passport of a deceased person should be submitted for cancellation to the nearest such passport authority; it will be returned on request.

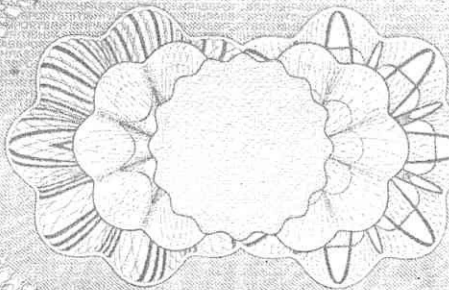
Children/Erfants (5)

Surname/
Nom (1)

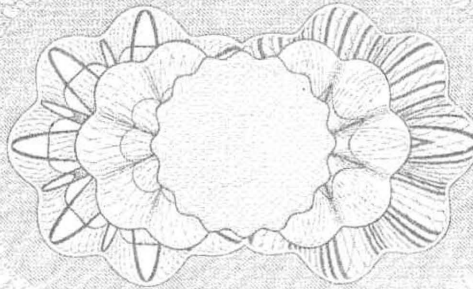
Given names/
Prénoms (2)

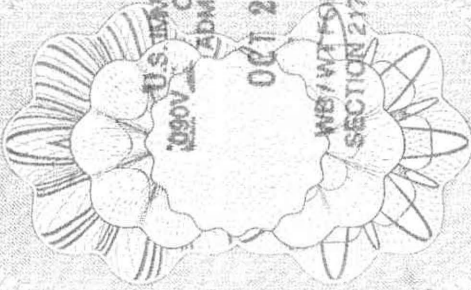
Date of birth/
Date de naissance (4)

Sex/
Sexe (6)



- 1 Surname / Efternavn / Name / Επώνυμο / Apellidos / Nom /
Sloinne / Cognome / Naam / Apelidos
- 2 Given names / Fornavne / Vornamen / Όνομα / Nombre /
Prénoms / Réamhainm (neacha) / Nome / Voornaam /
Nomes próprios
- 3 Nationality / Nationalitet / Staatsangehörigkeit / Ιθαγένεια /
Nacionalidad / Nationalité / Náisiúntacht / Cittadinanza /
Nationaliteit / Nacionalidade
- 4 Date of birth / Fødselsdato / Geburtsdatum / Ημερομηνία
γεννήσεως / Fecha de nacimiento / Date de naissance /
Data breithe / Data di nascita / Geboortedatum /
Data de nascimento
- 5 Children / Børn / Kinder / Παιδιά / Hijos / Enfants / Leanaí /
Figli / Kinderen / Filhos
- 6 Sex / Køn / Geschlecht / Φύλο / Sexo / Sexe / Γένος / Sesso /
Geslacht / Sexo
- 7 Place of birth / Fødested / Geburtsort / Τόπος γεννήσεως /
Lugar de nacimiento / Lieu de naissance / Ait bhreithe /
Luogo di nascita / Geboorteplaats / Local de nascimento
- 8 Date of issue / Udstedelsesdato / Ausstellungsdatum /
Ημερομηνία εκδόσεως / Fecha de expedición /
Date de délivrance / Data eisiúna / Data di rilascio /
Datum van afgifte / Data de emissão
- 9 Authority / Myndighed / Behörde / Αρχή / Autoridad /
Autorité / Údarás / Autorità / Instantie / Autoridade
- 0 Date of expiry / Gyldigt indtil / Gültig bis / Λήγει στις /
Este pasaporte expira el / Date d'expiration / As feidhm /
Data di scadenza / De geldigheidsduur van dit paspoort
eindigt op / Válido até
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Seite / Παρατηρήσεις - σελίδα / Observaciones - página /
Observations - page / Tagairtí - leathanach / Osservazioni
- página / Opmerkingen - bladzijde / Observações - página
- 2 Holder's signature / Indehaverens underskrift /
Unterschrift des Passinhabers / Υπογραφή του κατόχου /
Firma del titular / Signature du titulaire / Síniú an tsealbhóra /
Firma del titolare / Handtekening van de houder /
Assinatura do titular

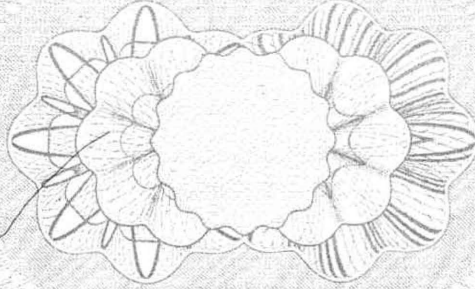




U.S. IMMIGRATION
1090V
CHI 1152
ADMITTED

OCT 21 2003

WB/WF FOR 90 DAYS
SECTION 217 OF THE INA



MR. M. S. ROWDON.

BRITISH PASSPORT



UNITED KINGDOM OF GREAT BRITAIN
AND NORTHERN IRELAND

C 947545

PASSPORT

UNITED KINGDOM OF GREAT BRITAIN
AND NORTHERN IRELAND
ROYAUME-UNI DE GRANDE-BRETAGNE
ET D'IRLANDE DU NORD

MR. MAURICE STANBURY

Name of bearer
Nom du titulaire

ROWDON.

Accompanied by spouse
Accompagné de son épouse

and by
et de

children
enfants

National status
Nationalité

British Subject
Citizen of the United
Kingdom and Colonies

No. of passport
No. du passeport

C 947545

Attention is drawn to the notes at the back of this passport



This passport contains 30 pages *Ce passeport contient 30 pages*

PASSPORT

UNITED KINGDOM OF GREAT BRITAIN
AND NORTHERN IRELAND
ROYAUME-UNI DE GRANDE-BRETAGNE
ET D'IRLANDE DU NORD

MR. MAURICE STANBURY

Name of bearer)
Nom du titulaire)

ROWDON.

Accompanied by spouse)
Accompagné de son épouse)

and by)
et de)

(children
(enfants

National status)
Nationalité)

British Subject
Citizen of the United
Kingdom and Colonies

No. of passport)
No. du passeport)

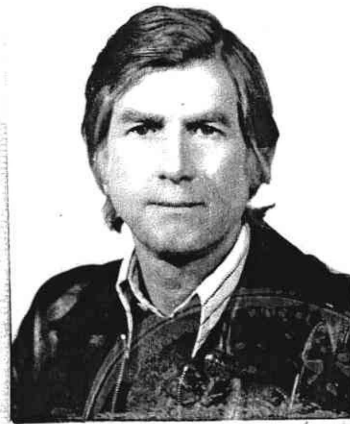
C 947545

Attention is drawn to the notes at the back of this passport



*Her Britannic Majesty's
Principal Secretary of State for
Foreign and Commonwealth Affairs
Requests and requires
in the Name of Her Majesty
all those who*





Bearer Titulaire	Spouse Epouse
Occupation <u>WRITER</u> Profession	/
Place of birth <u>LONDON, U.K.</u> Lieu de naissance	
Date of birth <u>20 SEP. 22</u> Date de naissance	
Residence <u>UNITED KINGDOM</u> Résidence	
Height <u>1 . 86</u> m Taille	
Distinguishing marks <u>-</u> Signes particuliers	

Bearer
Titulaire

Spouse
Epouse

Photo

CHILDREN ENFANTS

Name Nom	Date of birth Date de naissance	Sex Sexe
/		

Usual signature of bearer *[Handwritten Signature]*
Signature du titulaire

Usual signature of spouse _____
Signature de son épouse

The bearer (and spouse, if included) should sign opposite on receipt

This passport is valid for all countries unless otherwise endorsed (subject to any visa or other entry regulations of countries to be visited)

Ce passeport est valable pour tous pays, sauf mention spéciale (sous réserve des formalités de visas ou autres règlements d'entrée des divers pays)

This passport expires Ce passeport expire le

10 November 1986

unless extended à moins de prolongation

Issued at Délivré à



Date Date

Holder has the right of abode in the United Kingdom

Extended by the issue
of Passport No. C 521059 D
which is attached
hereto.



U.S. IMMIGRATION
130 SFR 240

JAN 8 1982

B-1

ADMITTED
UNTIL

(CLASS)

U.S. IMMIGRATION
166-LOS C-23171

DEC 18 1985

ADMITTED
UNTIL

(CLASS)

IMMIGRATION

MAR 3 1985

ADMITTED

No 229456



THE UNITED STATES
OF AMERICA
VISA

ISSUED AT

LONDON

B-1 B-2 10 FEB 1978

CLASSIFICATION DATE

INDEFINITELY

MULTIPLE

BEARER

CONSULAR OFFICE

FEB 17 1978

INREST
SVERIGE
1987-08-07
PASSKONTROLLEN
TRELLEBORG

ISO 714	
	40

FOREIGN EXCHANGE FACILITIES:
PRIVATE TRAVEL

Entries may be made here and on page 30 only by Authorised Banks and other banks, tour operators or travel agents specifically authorised by the Bank of England, or by an Exchange Control Authority in the Scheduled Territories.

Foreign currency is obtainable subject to conditions notified in the Notice to Travellers, a copy of which should be given to you by your bank, tour operator or travel agent. Any unused foreign currency, travellers' cheques, etc., must be offered for sale to, or encashed by, a bank or the tour operator or travel agent from whom they were obtained within the period indicated in the Notice to Travellers.

Date	Amount issued or refunded (sterling equivalent to nearest £1 below)	Stamp of bank, tour operator or travel agent issuing Notice to Travellers	Stamp of bank, tour operator or travel agent issuing exchange or receiving refund
10/7	40		

FOREIGN EXCHANGE FACILITIES:
BUSINESS, PROFESSIONAL AND OFFICIAL TRAVEL

The purpose of the journey should be stated immediately under the entry
The paragraphs at the head of page 29 apply equally to business, professional and official travel.

Date	Amount issued or refunded (sterling equivalent to nearest £1 below)	Stamp of bank, tour operator or travel agent issuing Notice to Travellers	Stamp of bank, tour operator or travel agent issuing exchange or receiving refund

EMERGENCIES: The holder should insert below particulars of two relatives or friends who may be contacted in the event of accident:
(Any amendment should be made on a slip of paper which the holder should affix over this space)

Name	Name
Address	Address
Telephone	Telephone

1 A passport is valid for ten years, unless otherwise stated. If issued to a child under sixteen years of age it is normally valid for five years in the first instance but may be extended for a further five years without further charge. A passport which is ten years old or has no further space for visas must be replaced by a new one.

2 The possession of a passport does not exempt the holder from compliance with any immigration regulations in force in any territory or from the necessity of obtaining a visa or permit where required. It should be noted in this connexion that the majority of British territories overseas have immigration restrictions applicable to British subjects as well as aliens.

3 A passport including particulars of the holder's spouse is not available for the spouse's use when he/she is travelling alone.

4 Children who have reached the age of sixteen years require separate passports.

5 **Registration Overseas** British nationals resident overseas who are entitled to the protection of the United Kingdom authorities should contact the nearest British High Commission, Embassy or Consulate to enquire about any arrangements for registration of their names and addresses. Failure to do so may in an emergency result in difficulty or delay in according them assistance and protection.

6 **Dual Nationality** United Kingdom nationals who are also nationals of another country cannot be protected by Her Majesty's representatives against the authorities of that country. If, under the law of that country, they are liable for any obligation (such as military service), the fact that they are United Kingdom nationals does not exempt them from it. A person having some connexion with a Commonwealth or foreign country (eg by birth, by descent through either parent, by marriage or by residence) may be a national of that country, in addition to being a national of the United Kingdom. Acquisition of British nationality by a foreigner does not necessarily cause the loss of nationality of origin.

7 **Caution** This passport remains the property of Her Majesty's Government in the United Kingdom and may be withdrawn at any time. It should not be tampered with or passed to an unauthorised person. Any case of loss or destruction should be immediately reported to the local police and to the nearest British passport issuing authority (eg Passport Office, London; British Consulate; British High Commission or Colonial authority); only after exhaustive enquiries can a replacement be issued in such circumstances. The passport of a deceased person should be submitted for cancellation to the nearest such passport authority: it will be returned on request.

M/4126**

MR. M. S. ROWDON

BRITISH PASSPORT



UNITED KINGDOM OF GREAT BRITAIN
AND NORTHERN IRELAND

C 521059 D

Bearer Titulaire		Spouse Epouse	
Place of birth Lieu de naissance	LONDON, U.K.	/	
Date of birth Date de naissance	20 SEP. 1922		
Height Taille	1.86 m		
Distinguishing marks Signes particuliers	-		

CHILDREN ENFANTS

Name Nom	Date of birth Date de naissance	Sex Sexe
/		

Usual signature of bearer
Signature du titulaire

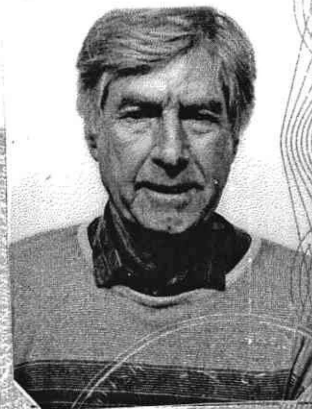
Handwritten signature: Lawt RL

Usual signature of spouse
Signature de son épouse

Bearer
Titulaire

Spouse
Epouse

Photo



The bearer (and spouse, if included) should sign opposite on receipt

This passport is valid for all countries unless otherwise endorsed (subject to any visa or other entry regulations of countries to be visited)

Ce passeport est valable pour tous pays, sauf mention spéciale (sous réserve des formalités de visas ou autres règlements d'entrée des divers pays)

This passport expires Ce passeport expire le

3 NOV. 1996

unless extended à moins de prolongation

Issued at Délivré à



Date Date

1.312

CANCELLED

Holder previously travelled on Passport No C947545 dated 10/11/76 attached hereto, which bears a valid visa.



ADMITTED
UNTIL *[Signature]*
NOV 12 1986
U.S. IMMIGRATION
NEW YORK, N.Y. 10038

ADMITTED
UNTIL *[Signature]*
APR 15 1987
U.S. IMMIGRATION
129 SEA - 195
NEW YORK, N.Y. 10038

U.S. IMMIGRATION
130 SEP 1981
JAN 31 1990
V1999
ADMITTED
UNTIL

U.S. IMMIGRATION
1804 OCT 1981
FEB 10 1987
ADMITTED
UNTIL *[Signature]*

U. S. IMMIGRATION
 JUN 14 1951
 MAY 06 1951

ADMITTED
 UNTIL _____ (CLASS)

U. S. IMMIGRATION
 NEW YORK, N.Y. 2326

SEP 25 1951

ADMITTED
 UNTIL _____ (CLASS)

U. S. IMMIGRATION
130 SFR 1212

DEC 03 1988

ADMITTED B1 VIOPP

U. S. IMMIGRATION

NY 10014

AUG 30 1989

CLASS B-1

WILLIAM BLAND S
JONAS DANIELSON 1981
117
1988
-9

EMERGENCIES: The holder should insert below particulars of two relatives or friends who may be contacted in the event of accident: (Any amendment should be made on a slip of paper which the holder should affix over this space)

_____ Name	_____ Name
_____ Address	_____ Address
_____ Telephone	_____ Telephone

1 Validity A passport is valid for ten years, unless otherwise stated. If issued to a child under sixteen years of age it is normally valid for five years in the first instance but may be extended for a further five years without further charge. A passport which is ten years old or has no further space for visas must be replaced by a new one.

2 Citizenship and National Status British citizens have the right of abode in the United Kingdom. No right of abode in the United Kingdom derives from the status as British nationals of British Dependent Territories citizens, British Overseas citizens, British protected persons and British subjects.

3 Immigration and Visa Requirements The possession of a passport does not exempt the holder from compliance with any immigration regulations in force in any territory or from the necessity of obtaining a visa or permit where required. It should be noted in this connection that the majority of British territories overseas have immigration restrictions applicable to British nationals as well as aliens.

4 Family Passports A family passport which includes the particulars of the holder's spouse can be used by the holder but NOT by the spouse when travelling alone.

5 Children Children who have reached the age of sixteen years require separate passports.

6 Registration Overseas British nationals resident overseas who are entitled to the protection of the United Kingdom authorities should contact the nearest British High Commission, Embassy or Consulate to enquire about any arrangements for registration of their names and addresses. Failure to do so may in an emergency result in difficulty or delay in according them assistance and protection.

7 Dual Nationality British nationals who are also nationals of another country cannot be protected by Her Majesty's Representatives against the authorities of that country. If, under the law of that country, they are liable for any obligation (such as military service), the fact that they are British nationals does not exempt them from it. A person having some connection with a Commonwealth or foreign country (eg by birth, by descent through either parent, by marriage or by residence) may be a national of that country, in addition to being a British national. Acquisition of British nationality or citizenship by a foreigner does not necessarily cause the loss of nationality of origin.

8 Caution This passport remains the property of Her Majesty's Government in the United Kingdom and may be withdrawn at any time. It should not be tampered with or passed to an unauthorised person. Any case of loss or destruction should be immediately reported to the local police and to the nearest British passport issuing authority (eg Passport Office, London; British Consulate; British High Commission or Colonial authority); only after exhaustive enquiries can a replacement be issued in such circumstances. The passport of a deceased person should be submitted for cancellation to the nearest such passport authority: it will be returned on request.

M/740229/B*****

EUROPEAN UNION
UNITED KINGDOM OF
GREAT BRITAIN
AND NORTHERN IRELAND



PASSPORT





*Her Britannic Majesty's
Secretary of State
Requests and requires in the
Name of Her Majesty
all those whom it may concern
to allow the bearer to pass freely
without let or hindrance,
and to afford the bearer
such assistance and protection
as may be necessary.*



EUROPEAN UNION

Yr Undeb Ewropeaidd

Aonadh Eòrpach

UNITED KINGDOM
OF GREAT BRITAIN AND
NORTHERN IRELAND

Teyrnas Gyfunol Prydain Fawr
a Gogledd Iwerddon

Rioghachd Aonaichte Bhreatainn
is Eireann a Tuath

Pasport

Cead-siubhail

PASSPORT

800434692

014977 06 09925 02 0150 B2532 EY

NOTES

Nodliadau - Notalchean - Opmerkingen - Avis - Hinweise - Avviso - Bemærkninger - Notal
Σημειώσεις - Notas - Observaciones - Lisämerkintöjä - Anmärkningar - Poznámky
Markused - Pezimes - Pastabos - Noti - Uwagi - Opombe - Poznámky - Megjegyzés

1 VALIDITY

A passport is valid for ten years unless otherwise stated. If issued to a child under sixteen it is normally valid for five years. A passport which has expired or has no further space for visas must be replaced by a new one.

2 CITIZENSHIP AND NATIONAL STATUS

British citizens have the right of abode in the United Kingdom. No right of abode in the United Kingdom derives from the status, as British nationals, of British Dependent Territories citizens, British Overseas Territories citizens, British Nationals (Overseas), British Overseas citizens, British protected persons and British subjects.

3 IMMIGRATION AND VISA REQUIREMENTS

The possession of a passport does not exempt the holder from compliance with any immigration regulations in force in any territory or from the necessity of obtaining a visa or permit where required. It should be noted in this connection that the majority of British territories overseas have immigration restrictions applicable to British nationals as well as aliens.

4 REGISTRATION OVERSEAS

British nationals resident overseas who are entitled to the protection of the United Kingdom authorities should contact the nearest British High Commission, Embassy or Consulate to enquire about any arrangements for registration of their names and addresses. Failure to do so may in an emergency result in difficulty or delay in according them assistance and protection.

5. DUAL NATIONALITY

British nationals who are also nationals of another country cannot be protected by Her Majesty's Representatives against the authorities of that country. If, under the law of that country, they are liable for any obligation (such as military service), the fact that they are British nationals does not exempt them from it. A person having some connection with a Commonwealth or foreign country (eg by birth, by descent through either parent, by marriage or by residence) may be a national of that country, in addition to being a British national. Acquisition of British nationality or citizenship by a foreigner does not necessarily cause the loss of nationality of origin.

6 CAUTION

This passport remains the property of Her Majesty's Government in the United Kingdom and may be withdrawn at any time. It should not be tampered with or passed to an unauthorised person. Any case of loss or destruction should be immediately reported to the local police and to the nearest British passport issuing authority (eg Office of the Identity and Passport Service; British Consulate; British Embassy or British High Commission); only after exhaustive enquiries can a replacement be issued in such circumstances. The passport of a deceased person should be submitted for cancellation to the nearest such passport authority; it will be returned on request.

- 
- 1 Surname/ Cyfenw/ Cinneadh/ Achternaam/ Nom/ Name/ Cognome/ Efternavn/ Sloinne/ Επώνυμο/ Apellido/ Apellidos/ Sukunimi/ Efternamn/ Příjmení/ Perekonnanimi/ Uzvārds/ Pavarde/ Kunjom/ Nazwisko/ Priimek/ Priezvisko/ Vezetéknév
 - 2 Given names/ Enw(au) Cyntaf/ Ainmean pearsanta/ Voornamen/ Prénoms/ Vornamen/ Nome/ Fornavne/ Réamhainm (neacha)/ Ονομα/ Nomes/ Nombre/ Etunimet/ Förnamn/ Další jména/ Eesnimed/ Vārds/ Vardai/ Ismijet/ Nadane Imiona/ Ime/ Prvé mená/ Utónėvėk
 - 3 Nationality/ Cenedligrwydd/ Naiseantas/ Nationaliteit/ Nationalité/ Staatsangehörigkeit/ Cittadinanza/ Nationalitet/ Náisiúntacht/ Ιθαγένεια/ Nacionalidade/ Nacionalidad/ Kansalaisuus/ Nationalitet/ Státní příslušnost/ Kodakondsus/ Tautība/ Pilietybė/ Nazzjonalità/ Obywatelstwo/ Državljanstvo/ Národnost' (Státna príslušnost)/ Állampolgárság
 - 4 Date of birth/ Dyddiad Geni/ Latha breith/ Geboortedatum/ Date de naissance/ Geburtsdatum/ Data di nascita/ Fødselsdato/ Dáta breithe/ Ημερομηνία γεννήσεως/ Data de nascimento/ Fecha de nacimiento/ Syntymäaika/ Födelsedatum/ Datum narození/ Sünniaeg/ Dzimšanas datums/ Gimimo data/ Data tat-twelid/ Data urodzenia/ Datum rojstva/ Dátum narodenia/ Születési idő
 - 5 Sex/ Rhyw/ Gnè/ Geschlecht/ Sexe/ Geschlecht/ Sesso/ Køn/ Gnėas/ Φύλο/ Sexo/ Sexo/ Sukupuoli/ Køn/ Pohlavi/ Sugu/ Dzimums/ Lytis/ Sess/ Pleć/ Spol/ Pohlavie/ Neme
 - 6 Place of Birth/ Man Geni/ Àite breith/ Geboorteplaats/ Lieu de naissance/ Geburtsort/ Luogo di nascita/ Fødested/ Áit bhreithe/ Τόπος γεννήσεως/ Local de nascimento/ Lugar de nacimiento/ Syntymäpaikka/ Födelseort/ Misto narození/ Sünnikoht/ Dzimšanas vieta/ Gimimo vieta/ Post tat-twelid/ Miejsce urodzenia/ Kraj rojstva/ Miasto narodenia/ Születési hely
 - 7 Date of issue/ Dyddiad rhoddwyd/ Latha riarachaidh/ Datum van afgifte/ Date de délivrance/ Ausstellungsdatum/ Data dirilascio/ Udstedelsesdato/ Dáta eisiúna/ Ημερομηνία εκδόσεως/ Data de emissão/ Fecha de expedición/ Myönnetty/ Utfärdat den/ Datum vydání/ Vāja antud/ Izdošanas datums/ Išdavimo data/ Data tal-hrug/ Data wydania/ Datum izdaje/ Dátum vydania/ Kiállítás dátuma

This licence is not valid in Great Britain and Northern Ireland, where a valid Driving Licence must be carried.

UNITED KINGDOM OF GREAT BRITAIN AND
NORTHERN IRELAND

706893

INTERNATIONAL MOTOR TRAFFIC

INTERNATIONAL DRIVING
PERMIT

INTERNATIONAL CONVENTION OF
APRIL 24th, 1926

ISSUE OF PERMIT

LONDON

Place ~~VALID FOR ONE YEAR FROM~~

1 FEB 1957

Date

AUTOMOBILE ASSOCIATION



[Handwritten signature]



† Signature of Authority or Signature of the Association empowered by the Authority and "visa" of the latter.

This Permit is valid in the territory of all the under-mentioned Contracting States for the period of one year from the date of issue, for the driving of vehicles in the category or categories mentioned on page 38.

LIST OF CONTRACTING STATES

	Page		Page
India	1	Brazil	19
Pakistan		Bulgaria	19
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Swaziland,		Indo-China, Madagascar,	
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Southern Rhodesia,		Holland	20
Gambia, Gold Coast,		Hungary	26
Ashanti, Northern		Iceland	6
Territories, Togoland,		Iran (Persia)	10
Nigeria, Cameroons,		Iraq	4, 10
Sierra Leone,		Italy	10
Hong Kong, Jamaica,		Liechtenstein	4, 10
Turks, Caicos and		Luxembourg	4, 8
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Negri Sembilan, Pahang,		Palestine	7
Perak and Selangor,		Peru	23
Unfederated Malay States,		Poland	6
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Perlis and Trengganu,		Angola, Mozambique	4, 10
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British Somaliland,		San Marino	4
British North Borneo,		Siam	25
Trinidad and Tobago,		Spain	8, 9
Mauritius,		Sweden	15
Aden,		Switzerland	4, 10
Newfoundland,		Syria and Lebanon	17
Bahamas		Tunis	4
Albania		Turkey	25
Algeria	4	U.S.S.R.	6
Argentina	8, 9	Uruguay	24
Austria	10, 11	Yugoslavia	24
Belgium (Belgian Congo), etc.	5, 12		

It is understood that this Permit in no way diminishes the obligation of the holder to conform strictly to the laws and regulations relating to residence or the exercise of a profession which are in force in each country through which he travels.

(*NOTE: The Convention applies at present only to the Federal Republic of Germany. This Permit is, accordingly, valid only for that area of Germany.)

PARTICULARS CONCERNING THE DRIVER



Surname .. ROWDON .. 1




Other names MAURICE STANBURY

Place of birth LONDON .. 3

Date of birth SEPT. 20. 1922 .. 4

Home address 5

% Henemann Ltd
99 Great Russell St.,
LONDON, W.C.1.

A	B	C
 Seal of Authority	 Seal of Authority	 Seal of Authority

1. ROWDON
2. MAURICE-STANBURY
3. LONDON
4. 20. 9. 1922
5. c/o HEINEMANN LTD
99, GREAT RUSSELL STR
W.C.1

THIS DOCUMENT is the Counterpart as defined in the Road Traffic Act. It is an important document and should be kept safely. Please read the enclosed booklet INS57P "Driving Licence Information" which contains further explanatory notes regarding entitlements, endorsement codes etc. The photocard and paper counterpart should be kept together. Both must be produced when required.

IMPORTANT - Check Your Documents

Please check the details shown on your licence and counterpart. The address which appears on your licence is the Post Office® preferred format and may not be identical to the address given on your application form. If anything is wrong, return both your licence and counterpart to DVLA, Swansea, SA99 1BN, with a letter telling us about the mistakes.

Keep a separate note of your driver number so that you can quote it if you have to contact Customer Enquiries (Drivers), DVLA.

Please ring between 8.00am and 8.30pm Monday to Friday and 8.00am to 5.30pm on Saturday.

Tel: 0870 240 0009 for Driving Licence enquiries

0870 240 0010 for Vehicle enquiries

Minicom users only:

Tel: 01792 766366 for Driving Licence enquiries

01792 766426 for Vehicle enquiries

1 Provisional Licence - restrictions/conditions

Before driving as a provisional licence holder please read this section and also the notes covering the conditions/restrictions in the booklet INS57P which accompanied your licence.

When using a provisional licence you:

must

- carry L plates (D or L plates in Wales) which are clearly visible from the front and back of the vehicle;
- be accompanied by a supervisor who is age 21 or over and:
 - for ordinary motorcar purposes has been the holder of a full licence for at least 3 years;
 - for LGV/PCV learner drivers, be accompanied by a full LGV/PCV licence holder who has held the same class of entitlement as the person being supervised for at least 3 years.

must not

- ride a solo moped or motorcycle on the road without completing Compulsory Basic Training;
- ride a motorcycle over 125cc (11kW/14.6bhp) as a learner unless you are age 21 or over and are supervised by a certified Direct Access instructor;
- carry a pillion passenger;
- drive or ride a vehicle to which a trailer is attached unless it is an agricultural tractor or an articulated vehicle;
- drive an agricultural tractor on a road at age 16 unless you are going to, taking or returning from a driving test.

If you use another name for professional or other purposes, please print name in the box provided and provide specimen signature.

Print name

Signature

2 Motorcyclists - special conditions

At age 17 or over, motorcyclists are restricted to motorcycles up to 25kW and with a power/weight ratio not exceeding 0.16kW/kg for two years (not counting any period of disqualification) after obtaining the full standard category A licence. After 2 years any size motorcycle can be ridden. If you hold a full category A licence and reach the age of 21 before the two year qualifying period ends, you may opt to take a further test on a motorcycle with a power output of at least 35kW (46.6bhp) to gain immediate access to all motorcycles. Full motorcycle licence holders have entitlement to tow trailers providing they comply with Construction and Use Regulations 1986.

3 Entitlement History

This section contains details of any previous entitlement held which has been superseded by a higher category.

4 Minimum ages for driving

These notes are intended only as a general guide. For precise information about minimum ages and an explanation of the vehicle categories, please refer to the enclosed booklet INS57P which accompanied your licence, or leaflet D100 obtainable from Post Office® branches.

At 16 Categories K, P

At 17 Categories A1, A, B1, B, B+E, F

At 18 Categories C1

At 21 Categories G, H, C1+E, C, C+E, D1, D1+E, D, D+E

The age limits above may not apply to drivers of vehicles used for military purposes.

5 Changes to name, permanent address and health

You must tell DVLA at once of any change to your permanent address, using the section provided overleaf. You need only notify a change of address in GB. An address outside GB cannot be entered on your licence. If your surname or forenames have changed, you will need to complete the appropriate sections on the D1 application form available from Post Office® branches.



In all cases both your photocard licence and this paper counterpart must be returned to DVLA, Swansea, SA99 1BN.

Please remember also to change your address on any Vehicle Registration Documents (V5 or V5C) that you possess.

If you have a medical condition which has become worse since this licence/counterpart was issued or you develop any new condition you must write and inform the Drivers Medical Branch, DVLA, Swansea, SA99 1TU of the nature of your condition, as it may affect your fitness to drive. The medical rules for driving are outlined in the booklet INS57P which accompanied your licence.

Failure to notify any changes as described above is a criminal offence, punishable by a fine up to £1000.

A deceased person's driving licence and counterpart document must be returned to DVLA, Swansea, SA99 1AB with a covering letter.

13.	9. Cat.	10. From	11. To	12. Codes
14.	B 	<11-05-76	13-02-12	01
	BE 	<11-05-76	13-02-12	01
	lkinp	<11-05-76	13-02-12	01
	g	<11-05-76	13-02-12	01



- 1. Surname
- 2. Other Names
- 3. Date and place of birth
- 4a. Licence valid from
- 4b. Licence valid to
- 4c. Issuing Authority
- 5. Licence number
- 9. Category
- 12. Information codes

AB67454220