

KARMU



# KARMU

is a

## HEALER

A Book about Karmu, The Wonder Healer, The Black Christ of Cambridge, the Holy One, who walked on water at the age of four in front of 40 witnesses, three of whom are still alive to tell the tale.

Healer of cars and humans.

This is an Ebook edition of the Book "Karmu Healer" Published by the Church Of Karmu, Cambridge, Massachusetts.

Published in Ebook form By "The Rev. Alutious T. Murphy", Ordained under that name By Karmu, 1988 under the verbal encyclical:

"Make all the Copies of my Book you can. Give it to any one who wants it. Free. Free. Free. It's a D.P.E. - a definite plus element."

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**About Karmu's**  
**Medicines**

# Karmu is a Healer

A book to serve as a companion  
in time of sickness and health

Based on the lectures and teachings of  
Christ's Good Samaritan  
KARMU

A Church of Karmu Publication

Printed in the U.S.A.

KARHU HEALER is compiled by the Church of Karhu  
in association with us all.

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Revised 1978, 1979, 1981, 1987 by Jerilyn Hastings for  
Edgar "Karhu" Werner

Printed in the U.S.A.

Someone told me that karmu is a saint for our times.

He was beat up in the Catholic Church at the age of nine. So I doubt he will ever be recognized by the Pope for his charismatic purpose since if he ever had thoughts at becoming catholic they were quickly thwarted. However, if one were to study his life, they would find karmu loved and honored by God much like; St. Anthony, Doctor and Confessor; St. Francis, mystic and calmer of the savage beast; or St. Jude, healer of the impossible.

karmu is the founder, protector and officiate of a small Church, which was formed for him, to be run by him, as a result of his many good works.

karmu is not a cult for he wishes that everyone worship God as his individual soul directs. He is not a cult for he takes from no one. karmu, selflessly and unconditionally, loves.

karmu loves everyone and this has cost him many times. So even he could use your spiritual love, prayers, and donations.

His church services are held daily. The services are healing services in which karmu selflessly touches and talks to your soul uniting it with God and his own, therein, karmu heals.

jh

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## Preface

Karmu is a true practitioner of the arts, he is generous with his gifts, not only healing but teaching to heal; and his compassion for people is as Christlike as his patience. Karmu has been successfully healing people of cancer, all and every form of physical, spiritual, emotional ailment since he was an infant. He is seventy years old now and still has robust energy, power, the infinite capacity to love, and make miracles which change the lives of countless people. He does travel to do group healings of three hundred and more people at a time. He heals poor people for free, and only asks that we keep the faith, be ourselves, and take care of each other.

If you tell a scientist or doctor Karmu heals cancer, alcoholism, schizophrenia, he or she looks skeptical and wants to know how.

Being present at the Church of Karmu while he's healing and involving all people in simultaneous healing, listening to tapes of Karmu healing, or of the conference at the Mass. General Hospital where Karmu was asked by a group of twenty or thirty physicians how Karmu succeeds is one answer. Another answer is laughter! Karmu's laughter is virtually indescribable, like a cosmic burst of power, a soul music which simultaneously peals forth from heaven's heights and the roars and rumbles from the deep heart of the earth with all the triple Leo warmth of the sun on Africa which embraces you with such immense, loving, powerful vitality all you can do is laugh from the same heights and depths and so he makes you whole, allows you to walk in the sun, heal the sick, and raise up the fallen.

The power which emanates from Karmu is physically palpable the instant you enter his house, and it increases as you walk into his room and the Swami's eyes meets yours. When scientific institutions try to pin down and determine exactly how or if God's energy flows through Karmu to heal people, there is bafflement. There is and always has been an ecstasy which resonates from Karmu and a God-given faith, power and love which awakens hope and can't be pinned down. Around Karmu too much is happening at too rapid a speed to ever be fully caught.

'How can we loose with the system we use', says Karmu. His system is as simple and perfect as zen, and as varied and complex as the universe and all its variables. He jokes about his amazing capacity to 'b.s..', yet the genius and wisdom and perception, the acrobatic agility and bersatility of his mind at play is divinely inspired. He feeds the spirit and the mind making them at one ment with the body, giving such love, that people come together in a communion of unity and warmth. Karmu makes people forget themselves, love themselves, and each other in the same moment.

How does Karmu stay so strong, powerful, healthy and able to give much to many, turning weakness to strength, tears to laughter, hatred or disappointment to love? "I worked hard all my life. I exercise everyday, There's no hate in me. I never get angry, only for a few minutes then its gone."

Gabrielle Britton  
January 1981

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## STATEMENT OF PURPOSE

1. We are dedicated to healing the sick wherever the location, of whatever the disease, be it physical, mental, or spiritual.
2. We will learn to heal. We will teach others to be healers on their own.
3. We pray the Lord to radiate His Cosmic Energies at all times.
4. We will ask reasonable recompense for our work so to maintain ourselves.
5. We will experience. Theory is only good so far as it goes. Experience answers questions giving space for new questions and answers.
6. We will exercise our God given common sense actively in all our day to day activities. This will enable us to know what to do and when to do it.
7. We will refine ourselves and each other so that all our actions come from our centers.
8. We will share among each other using discrimination at all times so as not to accidentally impose our will upon the will of another, unless someone is behaving violently.
9. We respect the earth as a living organism. We will avoid polluting the earth or using her resources up.
10. We stand for a world that will make the Four Freedoms a reality. We will help to build a world in which there is freedom of speech and expression everywhere. Where every person is free to worship God in their own way. A world in where there is freedom from want. And a world in where people can live free from fear.

STATEMENT OF PURPOSE

A meditational prayer for the students of Karmu.

ॐ नमो भगवते वासुदेवाय ॥ ॐ नमो भगवते वासुदेवाय ॥

ॐ नमो भगवते वासुदेवाय ॥ ॐ नमो भगवते वासुदेवाय ॥

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ॐ नमो भगवते वासुदेवाय ॥ ॐ नमो भगवते वासुदेवाय ॥

May my touch or contact calm  
May the illness and suffering of every sentient being  
who sees me, hears me, thinks of me, praises or makes  
offerings to me, or even talks of me be completely calmed.  
May they thus quickly achieve true and complete enlightenment.

Kalu Rimpoche

Years ago I wrote a poem called the Black Christ...it didn't get published, it wasn't a poem in the ordinary sense. It was a series of short lyrics and the idea was this:

Jesus Christ died and went up into Heaven and after a while a delegation came from the Byzantium Court:

"Oh Lord, you suffered so much and we want to take the suffering from you. We'll look after things. Everything will be taken care of. You don't have to worry anymore. You just enjoy heaven."

So they went away and Jesus was up on a throne. Nothing happened. Nobody came anymore. Nothing. He got kind of lonely, so he decided to come down and go round the earth to see who was most fitting to represent him so he went around from one country to another until he landed in Africa where he found a Negro dancing around, spending all his time singing. And he manifested and gave this man his blessing and he told him, to represent him. And so a number of different poems were written...

Well...years passed...and early this year I landed in Cambridge, Massachusetts and there I met my Black Christ. And he had become a professional healer never advertising and never failing. And he works hard! He found a profession which gave a good living...he lived at a low level so he could feed all those who came to him very quietly and he had managed to make some soups out of roots which he claimed made their bodies feel real fine. And he was healing them.

Well, I don't know if any of you knew me a couple of years ago. I think you will say that I have a louder and nastier voice and maybe this is reflected in some of the rest of my being. Well I visited him a number of times and he fixed me up good. So some of my colleagues went to him recently because I have these films of spiritual dancing and they took a lot of pictures of him and so the Black Christ has been captured on films and so they'll be sent around the world at the right time. Now I don't know yet what will come of it. It's just like that. God has the impertinence not to consult the authorities when he wants to bless someone.

Murshid Sam Lewis  
Murad Ahmed Chisti  
Nov. 1970

A.K.A. "Sufi Sam"

## HEALING HISTORIES

People are healed through the grace which comes flowing strongly from Karmu. This grace flows from his innermost heart overflowing his psyche to cascade over those around him. He creates such a sense of positive feeling that just being with him is an event.

There are many who despair of cure. The doctor has rendered a case as hopeless. Fortunately, Karmu's loving tender care works in nine out of ten "hopeless" cases. While Karmu lives there is scant necessity for anyone to die of illness or suffer from mental pain or get lost on strange astral planes full of fear and loathing. His presence cleanses the physical, mental, spiritual disharmonies within and without the consciousness of the sufferer. By so doing he enables a person to strengthen within. First by developing their Spiritual abilities. Then by giving them the self esteem to use their new found ability within the normal day to day situations. Karmu does this by focusing on the sleeping God within, stimulating It, awakening It.

From a stance of new found mental balance the person can take action to solve all their problems.

Karmu freely admits over and over again that his will by and of itself can accomplish nothing. It is only by God's Will that these miracles of wholeness occur. He considers himself a fortunate bystander who while waiting for a bus was given a lift from the Cosmic Mother guiding six wild stallions, who were pulling her Sun Chariot across the flaming orange sky. She lives within his breast. This is the source of his healing power according to Karmu. What happens in Karmu's house happens by divine will. His house is an oasis of love.

On the following pages are the histories of people who Karmu has enriched, has taught to heal, and has healed either by laying on of hands and prayer, his presence, or psychically over distance.

## PEOPLE CAN LEARN TO HEAL

A real amazing thing happened to me a week ago.

Gary met me in Northern Arizona and we were planning our camping trips over the next two weeks. Well we decided to go down to this creek I knew of in this beautiful canyon in the desert. We fasted for three days, drinking nothing but pure water, and baked in the sun, taking enemas once a day - doing prayers from the Essence Gospel of Peace, and your exercises twice a day. We tried to get an atunement to the earth mother, to the air by deep breathing of the pure dry air, to the water by drinking it, swimming in it, and internal cleansing from enema. To the sun by laying naked on the red rock naked baking in the sun, and to the earth by laying naked on the soil in a crucifix position.

Well after three days we could hardly walk we were so weak. but had to hike seven miles in the desert to get back to the highway.

When we got back to town we had about three miles to get home so I decided to stop at a woman's house who I had met... when I walked in to this girl's house I saw a person look as close to death as I could imagine. Like a wet rag she hung over her couch, her face buried in a vomit pail. I was so taken back that I took her car and drove Gary home, picked up my blue and white solutions and headed back to her house. If anything when I returned she looked worse. I put together a blue bath and put her into it. What happened next really freaked me out. She said it felt like someone plugged her into a light socket her whole body started to pulsate, her breathing intensified, she couldn't move, her hands knotted into claws. She started crying frantically and begged me to take her out. I took her out and carried her to her bed. Her body was contorting in spasms. I massaged her hands for over a half and hour trying to free up her hands from the claws I got scared...and wanted to call the hospital, she looked so weird I thought what if this girl could be getting help she really needs and here I am playing doctor, but then I asked myself what you would have done and realized you would have proceeded in confidence, after that I had no doubts. I did massage, visualization of energy, did her chakra points, punched slapped and bit her. She looked a little better so I made her get back into the tub, and again the same thing happened, her hands again knotted into claws, the bath turned yellow in color. Again I had to pull her out, and again proceeded to massage. At one point I visualized that I was the Christ healing her. As I massaged her I felt my mouth fill with what I thought was phlem but when I went into the bathroom to spit it up, I spit out a mouthful of blood. I gargled with the blue and breathed the white and went back to continue the treatment. As I massaged her

knotted hands I felt a stiff tension going up my arms so I put a visual lock at my elbows.

Well I finished and washed my hands in ammonia. She looked a little better so I told her to go to sleep and I would go down to a spring I knew of...which I thought had therapeutic value. I returned two hours later to get one of the most pleasant surprises of my life. There in front of me was a healthy, happy energetic woman. She said her stomach still was a little uneasy which after twelve hours of vomiting is the least you could expect. I have never seen anyone look so bad and change so quickly.

It made me feel really great to see her, I thanked God and I thank you. After that I knew I would devote myself to healing. Please don't forget your son if you decide to go on those healing intensives. I will drop whatever I'm doing to join you.

God Bless You,

*Bruce*

I wanted to write to you and tell you of an incredible healing I did using your massage.

I was sitting down by a creek near where I work when this lady I know was complaining of tension in her back. I asked her about it and she told me that she had a bad lung infection for the past five weeks and her whole body ached. I felt the muscles along her shoulders, neck and back and they were all hard as rock. I told her I would try to loosen some of the tension and proceeded with the massage. Well I worked a long time on her back, the punching technique you taught me worked miracles. I, then, started to massage her third eye with my thumb when she passed out right in my arms. I was hesitant to continue but remembered the girl in Arizona so I decided to continue. Well she passed out one more time before I finished. After I was done I asked her how she felt and she said she felt like throwing up and walked into the bathroom I was late getting back to work so I left her there, but after a few minutes I got worried and decided to go back, just then I see her trotting up the hill to the ware house, her face all lit up.

"I never had a massage like that in my life" she said "I felt all this tremendous energy inside of me, almost too much for me to handle." Then she told me she threw up this white chunky stuff, which she couldn't imagine where it came from, but after she threw up she felt great and was sure her lung infection was cleared up...

Another woman I did who has been studying deep meditation for a number of years was coming down with a cold. Well when I got to the slapping part, on her back and chest, she said she actually felt her astral body pop out of the top of her head each time I slapped her. For the next five minutes she tried to tell me how good she felt but would just keep laughing instead, needless to say she never got sick.

Hopefully, I will be able to make it back for Christmas this year and am really looking forward to seeing you again. I miss you very much...I have a number of things I can show you that I've learned since I left, using dowsing tools to remove pain, and to deeply penetrate psychological problems by the use of the human aura, which by the way I am able to see now.

Your loving son,

*Bruce*

I have had the opportunity to study under Karmu. Although I do not credit myself with full time healing, I have from time to time employed the knowledge and energies given to me from this man. I can attest that I healed a woman of a chronic stomach ailment and a man of a pained finger.

The woman came to the House of Karmu when he was out of town. I was looking after the place and did not realize looking after meant tending to people as my confidence is not such that I feel amendable to such things. However, she was sick and Karmu was away and I'm not mean. So I told her if she would like I was a trainee of Karmu's and would like to heal her if she would let me. She said yes so I proceeded using some special technique's and powers to be respected. After which the woman left. A year later I met her again and she came running to me saying you healed me you healed me. My stomach problem was chronic and it is no longer with me after you took care of me.

Another person a man very logically and scientifically inclined had a very sore finger. I said let me hold it and we will see what happens to what he said okay. After I finished he walked away for a few minutes but came back and said I hate to admit this to you because it can't be logically explained but you took the pain out of my finger.

From these incidents I can only say Karmu is capable of teaching someone to heal.

*Quri*

6/19/87

Dear Karmu,

Just wanted to let you know that I've been "tuning in" to you to heal two potentially incapacitating conditions.

One night I had a neck pain which was causing nerve irritation all the way down both arms. Was very scared - wondered how I would be able to do my work, the next day. Somehow, I couldn't manage to heal this pain myself. I know that a chiropractor could have fixed it, but I don't have money. So, I began to think your name, and picture the afflicted area. I could feel your energy come to it so strong, I was amazed. After a while, the major pain was gone and I did some massage and went to sleep.

Recently, I've been having pains on my left foot toes after walking a lot. Since I couldn't figure out what it was, I ignored it. Then, one day when I kept on walking on it, it got bad. I tried massage but I think that irritated it even more. From the symptoms, I would say it was tendonitis. I, also, got the "vikes" That That's what it was. That night, my whole foot was stiff and inflamed. Again, I was scared. So I began to think your name and picture my foot and, sure enough, your energy came through and the major irritation was relieved. That was good, cause I had a cleaning job with Linda, in the morning. I had to limp for a few days, though, in order to rest it.

The toes still seem to lock up a bit. Am being careful. Hope this goes away altogether.

Thanx a lot!

*Martha Prunyer*

I met a woman who was in her 40's, and she had a large growing tumor in her uterus. The Drs. wanted to remove her uterus but she didn't want them to do that. She called me on the phone 2:30 in the morning saying she was in a lot of pain. I went over and held her hand and focused on the white light of Christ. It seemed as if Karmu were sitting next to me. By dawn the woman felt much better. She went to the Dr. that afternoon. She called me later to say the cancer was gone. I called up Karmu from New Mexico to say thanks and tell her she was O.K.

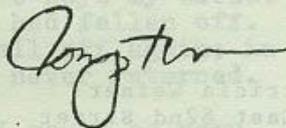
*Lauree Lufi -*

In 1970 at Boston Hospital for Women. Claire Gulich was being treated for crec carcinoma with a drug called actincomycin. This very corrosive drug caused the destruction of all of her white blood cells so that treatment could no longer be continued. Her fever was 105 and her blood count very low. When Karmu came in I was very skeptical and did not even wish to participate in this cure, but because Claire was so sick I cooperated - and put my hand on her head as he directed. He did not touch her but told me to. He then left. An hour later her blood count was normal and she was able to be treated. She has since been cured and has not had a recurrence for the last 3 years.

Mary K Gulich  
Auburndale 02166

I am most delighted to report that my mother is healed. It happened Tuesday, November 30th. It was very beautiful and uplifting for both of us. She feels truly revitalised and renewed. Thankyou for your healing forces. She still has a while to gain full strength.

It's been a really intense experience for her. After the session during she was healed - you came and guided me, Karmu.



I want to thank you for your continued advice and support. Your calm telephone assurance and suggested procedures for restoring circulation were successful in healing my friend's frostbite blackened toes-another case saved from the surgeon's knife.



## CANCER HEALED

Karmu saw Mrs. Weiner two weeks before the following letter was written. She suffered from cancer. After spending two days living-in at the House of Karmu she returned to New York. She said that she felt "substantially better". The letter from Doctor Aronian seems to confirm her.

JOHN M. ARONIAN III, M.D.

525 EAST 68TH STREET  
NEW YORK, N. Y. 10021

472-8185

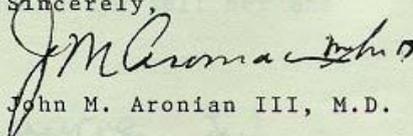
July 26, 1976

Patricia Weiner  
4 East 82nd Street  
New York, New York 10028

Dear Mrs. Weiner:

It was a pleasure to see you again last month and to find you so well. Your results are nothing short of miraculous and I know you appreciate that fact. To see you active and painfree, and with no evidence of the disease that had ravaged you was truly a delight.

Sincerely,

  
John M. Aronian III, M.D.

JMA/blk

Lisa Tiemann  
Moody Station Studios  
144 Moody St.  
Waltham, Ma. 02154

September 18, 1979

In February 1977, I was scheduled to have an operation for removal of a papilloma of the breast, which had been diagnosed as such by a Boston gynecologist, a specialist in troubles of the breast. My symptom consisted of a continual bleeding from my left nipple over a period of two months.

I came to see Karmu once and spent about an hour with him, during which time he did what he felt was necessary to heal the breast and, also, to remove a wart that I had on my abdomen. He told me that I might have to return but that I should see how things went. Within five days my breast stopped bleeding completely and the wart had fallen off. The wart made one effort to return and fell off again; in 2½ years the bleeding from my nipple has never returned.

My gratitude to Karmu is beyond words. I would be very happy to give further testimonial if desired.

*Lisa B. Tiemann*

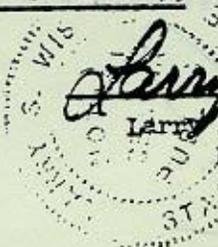
Lisa B. Tiemann

*Notary Public*  
*James N. Lyndon*  
*Expires 10/1/85*

Oct. 23, 1978

I, Jeanni C. Wiseman do hereby attest to the fact that in February 1978, my husband flew me to Karmu to be healed of a very painful re-occurring fallopean tube infection that I had had for over 13 years. Medical Doctors said that surgery was the only way to relieve this condition. I had been taking antibiotics to try to control the problem for all these years. When I decided to go to Karmu, it was because I read an article in the Midnight Globe newspaper and as a last resort, I hoped for help so that I might not have to be operated on. The "female problems" had become so bad that I would not be able to be free of pain but 2 weeks or less out of each month. Since Karmu healed me in February( 8 months ago ) I have had no more trouble. I have been given a new lease on life.

*Jeanni C. Wiseman*  
Jeanni C. Wiseman



*Larry S. Wiseman*  
Larry S. Wiseman

Notary Public at Large  
Notary Public, Georgia State at Large  
My Commission Expires Sept. 27, 1980

1815 Gold Ave., S.E.  
Albuquerque, NM 87106  
Ph. 505-842-0784  
1/26/87

Dear Friends of Karmu,

When I first met Karmu, in the late Spring of '77, I had been diagnosed as having inoperable, untreatable cancer of the hypothalamus that had metastasized through my brain into the front lobes. I was given, by the medical doctors, a terminal prognosis and was told that I had only a few weeks to live. All they could do was to give me drugs to help me die in less pain. I refused the drugs and their help, for I felt that perhaps another kind of approach might be possible.

Some friends in Boston (Chris from the Mystic Cycle Bicycle Collective) told me about Karmu and I went to see him. (At the time I was living in a spiritual community in Worcester, Mass.). Karmu thought there was hope for me and treated me with mineral baths, herbs, prayer, massage, and positive imaging meditation for several years. Within five years, the tumorous growth barely showed on the brain scan. By the fall of 1985, I had a clear brain scan which totally amazed the doctors.

Karmu never charged me any money because I had almost none. He would send me back to Worcester with gallons of blue medicine for our household as well as white and black medicine. Karmu said he would teach me how to heal and I would pass the gift on to others. In this way, I would "repay" him.

He healed my friends, my spiritual students, my brother (during a phone conversation!), and has protected me and my dear friends here in Massachusetts, South Dakota, Colorado, Arizona, and in New Mexico.

He is always willing to talk with my friends on the phone and offer them real reassurance. Karmu may even visit our spiritual school in Albuquerque this Spring, if he has time. We plan to buy him a round trip ticket and show him the natural healing hot springs in the Jersey Mountains.

He is the finest servant of Christ that I have ever been blessed to meet and know. I love Karmu as if he were my very own father. He has showed up his laughter and dancing, as well as his shining example of the kind of purity that comes when one absolutely dedicates oneself to the service of Allah. There is nothing I will not do for the Swami--to whom I owe my life and my sanity.

Sincerely,

Laurie Ann Engelhard

A.K.A. Khwajah Salikah Keirthahn Bhaltinanda  
Abbot of the Khwajagan

May 2, 1986

Dear Karmy,

I want to thank you for seeing me + Loretta on wed. I felt really good from the massage and especially the feeling that you have in your hands which is a wonderful gift.

I've started to use the gargle and will do the bath soon as I get the other ingredients.

I went for the results of my bone scan today and it was negative. There are no new lesions.

Please take this small gift to help in some way.

Gratefully,

Maggy Krebs

Feb 24, 1986

Whitney Carter and I came by to see about his real problem in the post smoking blues. 2 1/2 packs aday, multi color phlem clogged up his lungs all day long - his head was in agony. We visited here and recieved the blue juice and a mixture for him to rub on his chest & inhale - he laid hands on Whitney's head & neck and the head-ache began to fade. That night Whitney coughed up ~~so~~ much mucus he ~~didn't~~ couldn't guess where it was coming from. That was it, his lungs were clear, his face rosy, his desire for smoking gone. Thank you.

Although I haven't seen you since late November, I feel as if you've been with me all this time.

Before I came to you, I had a class 4 pap smear - diagnosed as severe dysplasia. The Dr. man strongly recommended removing the tip of my cervix. I knew there had to be another way.

After spending a weekend with you, feeling your energies working thru my body, I knew I had found the right path. Where can I find the words to thank-you?

Three months have passed - I had another pap smear done. To the bewilderment of all, it came back normal.

*Kandi*

On March 8, 1976 I was visiting some friends in Cambridge. On hearing that I had been diagnosed as having cancer several years before they took me to see Karmu. (I had tried many cures and felt some relief in the 2 years since the diagnosis, but trouble kept flaring up from time to time and the condition never quite had left. I'm not sure it really was cancer, but I wasn't feeling at all in good health and on that particular day in March I'd been feeling extremely weak and had some thoughts that I might be going towards death. Trouble was in the stomach and intestines mostly. Strangely, I wasn't worried but trusted that God would help, if necessary.)

Karmu didn't even ask me a thing about my condition, he didn't know any past information about me at all. He just went to work giving an intensive massage, it couldn't have taken more than 15 or 20 minutes. He seemed to know just where my weak spots, pains, and blockages were. After a few days I realized that he'd removed the condition completely.

Fred Weinstock

I was bleeding from my uterus for 10 days. I couldn't get out of bed. I should have gone to a hospital long ago but I was afraid they would scrape me or do something scarier. I called my acupuncture doctor who told me it was not my period rather that it was real hemorrhaging. He stopped the bleeding a little but then I got emotional again after I went home and it bled heavier again. Anyway after 10 days I was completely wiped out. I just couldn't make it out of bed. I called my friend to go to

the hospital - instead he took me to see Karmu. Karmu held me for 26 hours. I had pain like a knife in my chest. He took it right out of my body and stopped the bleeding. Not only did I go home with restored energy plus the bleeding and pain being finished but also I went home feeling so centered and that the Universe loved me and one of the big problems I had of being jealous disappeared for I was no longer jealous.

Then a couple of months later I had a migraine headache for 4 days. I went to a spiritual healing church and it got worse after one of the healers worked on me. Then I saw another healer and that did nothing. Then I got a ride to Boston and Karmu healed my headache and nausea away in 1/2 hour with massage and I left feeling very high and happy and completely healed.

-Janet- October 3, 1976

In April of 1977 a Hernia, which had been dormant for years was strained and my testicular sack became distended and inflamed. I was in fairly great pain, and unable to move very much. I received three treatments from Karmu and felt great improvement after each treatment. The trouble is now completely restored to its former non-problematic nature. The improvement following each treatment was dramatic, unmistakable.

I am Director of the Healing Oriented Organizations (Association for Bio-Cosmological Research; Whole-Medicine Research Council, both located in Washington, D.C.). And I have witnessed healing by many famous healers both in the U.S.A. and other countries.

Of all of these, judging by my observation and experience, I would say that none are finer than Karmu. The man is, unquestionably a great healer.

Joel Ockeghem

I went to the doctor the Monday after I saw you (Sept 15 1980) and the fibroid tumor decreased by 1 centimeter. It is still with me but I am convinced in time I can rid my system of it completely. I just had my first period since the D&C and it was right on time which is another sign of my body returning to it's natural balance. I am very relieved and pleased at my progress.

*Susan DeNoble*

Karmu is a true and potent practitioner of the psychic and organic sciences of healing. He is a man of eminent power who never fails to use his knowledge and abilities for only wellbeing.

Personally Karmu has healed me of a urinary tract infection, hemorrhaging, gingivitis, poisoning, lack of confidence and taught me how to utilize and direct my own psychic abilities.

On another occasion I went into the hospital with acute pelvic inflammatory disease. After 6 days on two different antibiotics constantly I was not responding to the medicine the doctor gave me. He came and told me if I did not respond to the medicine I would have to have a hysterectomy. I called Karmu that afternoon and the next day the doctor told me I would not need the operation after all as I had begun to respond to the medicine and was released from the hospital four days later.

After another incident of Karmu's healing abilities was that I brought my dog to him. She had three tumors. Karmu massaged the dog and in three weeks the tumors were gone. If it were not for this man I do not think I would be living today, because when I first met him he saved me from being a complete catatonic. I was not quite immobile but literally a walking zombie. According to psychiatric practice 95 percent of women who go into a catatonic state or insanity never come out. I have also over eleven years witnessed him heal thousands of other people.

*Allison Mitchell*

May God ever Bless you! Since you prayed for my daughter and gave her some herb capsules to swallow she is doing better and better every day. Now she reads by sight, she is her class reporter in school. She is able to walk up and down twelve flats of stairs all by her self. She is able to turn the water on and off, the light on and off. She understands better now. She is more aware of the things around her, and I do thank and praise God for that because I know He is real. My daughter could not do these things before I took her to see you. So I do thank God for you and Bless and we love you.

*Mrs. Edith Jones*

## HEALING OF MENINGITIS & BELLS PALSY August, 1977

Late summer 1977 I began to experience extreme fatigue and a constant shooting pain in the top of my skull and behind my right ear. Thinking this was perhaps an extreme version of 'flu I took to my bed and ate a little oatmeal and drank herb teas. As the pain increased and fever set in I went to the Emergency Dept. of the Mount Auburn Hospital. By this time I had begun to experience a partial paralysis of the right side of my face. A Doctor examined me and concluded I had a virus - recommended I go home and take aspirin. I did so but the symptoms persisted and I also developed stomach pains from taking the aspirin. At this time a friend of mine took one of my silver earrings to Karmu and told him the situation. Karmu sent back a recipe for bathing and thoroughly cleaning the body. The soaking also helped to relieve anxiety and although the symptoms continued to persist I felt a sense of well being because I was constantly aware of a light humming tone in my right ear which felt directly connected to my awareness of Karmu's healing energy. From this positive emotional input, mental contact, and exercises he instructed me to do, I gained enough strength to begin to fight the disease.

As the right side of my face became completely paralysed and the pain in my head increased I again felt the need to seek medical help hoping for antibiotics to combat the infection. I went to the Emergency ward of the Cambridge City Hospital (since the Mt. Auburn was closed for the week-end). Two Doctors examined me and concluded that I might have a mastoid infection or brain tumor and although they had taken 12 X-Rays of my skull they felt I should go at once to Mass. Eye and Ear Hospital where they were better equipped to help me. I went to Mass. Eye and Ear where they conducted examination and tests from 2.00am till 6.00am including thorough cleaning of ear drums, 15 X-Rays of skull and complete electronic mapping of the resistance patterns of facial nerves on both sides of the face. They conclude I had Bells Palsy and Meningitis and recommended that I be admitted to Mass General Hosp, Neurology Dept. for more tests and observation.

At Mass Gen. they administered a Lumbar Puncture and continued testing my physical and mental condition until 11.00am. The Neurologist recommended rest, good food and sunlight. They then placed me in a room with no windows and put me on the hospital diet which contained large large amounts of dairy food, white sugar and white flour - foods I do not usually eat. They told me if I did not eat this food they would be forced to give me an I.V. as I had lost about 25lbs by this time. All the other patients in the ward had shaven heads due to having had exploratory surgery - holes drilled in their skulls. I decided it was time to move on and with the help of friends was able to leave.

I began to visit Karmu daily. At first I could hardly walk up the stairs, constant pain and rt. side of face paralysed. Karmu massaged me for long periods of time, impressed my being with plus elements and arranged for me to bathe in a special soaking solution. He showed me how to massage and exercise my face muscles and how to clear the phlegm out of my nose, throat and ears. He gave me books and articles to read to help me understand what was

happening and nourished me with soup, herb medicines and general warmth.

This treatment continued for three or four weeks. By the end of the second week some of my strength had returned, the muscular paralysis of my face had disappeared, and the pains in my skull and ear had abated. Seven weeks later although still tiring more easily than usual I had a sense of being on the right track towards full health and energy.

I feel but for the encouragement and support of my friends at this time and the concentrated healing powers of Karmu, I would have been a goner.

Carolyn Lief<sup>\*</sup>

Carolyn Lief  
Cambridge  
31st October, 1977

1 October

Dear Karmu

i get well.

yours truly,

James Conway

Dec 17 1951

Last week I slipped on a piece of ice and as I was falling I felt a twinge in my right leg and knew I had pulled a hamstring (the largest muscle in the human body) - I could not walk a life my right leg and when I called my doctor he said to get into bed and rest the leg for several days until the muscle healed. on the way home I came over to see Dr. me who put his hands on my leg - Rubbed me with a solution - and AS if he took the pain out of my leg - I got up - and went over a week rest I had ever pulled the hamstring

Harold Hilliard

Aug./78

11.10.81

It was in August of 1978 that, due to excessive unclean sexual acts, I became deathly ill. My throat and tonsils became so infected that I could hardly breathe due to the swelling in my tonsils. On my tonsils were growing about 5 or 6 living worms, getting larger every hour. I stayed with Kamu for about an hour. Kamu put medicine in my mouth, on my throat and massaged me. The next day I was healed totally. The swelling was gone, the sores were gone and the worms were gone.

Since then there has been no return of any such sickness. For eight years before that I had tonsillitis at least twice a year. Sometimes having to lay down some times for 2 weeks. Since Kamu has helped me, there has been no return of any such illness.

Peter

KARMU HAS HEALED OVER DISTANCE VIA METAL, PRAYER, PSYCHIC PRESENCE

On March 4th 1976 I was shot in the lower back. I was in Holyoke Hospital from the 4th to the 17th of the same month. When I first got to the hospital, I walked in and told them I was shot. That same night my doctor told me they had to go back in for something. I shut my eyes and Karmu was there just his head was solid white, with someone else. The other person went, then I was lifted up by song. And then there was someone who looked like the man on the cross and he touched me. When I woke up the doctors said that they wouldn't have to go back in. My grandmother rubbed me with oil and in 13 days I was out and feeling good. I had just left Karmu the night I had got shot and he made sure I had what I needed before I left. He's a black Christ.

David Edwards

Dearest friend. Although I've never met you physically I must call you friend, because anyone like you must be a friend to the Human Race. Thankyou very much for your prayers for my condition. Doctors diagnosed my case as cancer of the kidney. Records are at Mt. Sinai Hospital, Minneapolis, Minn. or with my doctor, Dr. L. Mastbaum. When surgery was performed the cancer was gone. They removed a perfectly good Kidney. I asked for prayer just about 10 days before surgery, and Thank God it worked. I had no doubt that it would work that's why I contacted you.

Rev Orpheus and Hattie Williams

Enclosed is a metal object belonging to Mrs. Betty Houston, who is suffering from advanced cancer. Please send healing to her, and please accept her and my heartfelt thanks for your help.

My teacher Harold Brown, also suffering from cancer, whose key I brought to you July, is doing quite a bit better. He is very dear to me, and I wish that I could express my thanks to you on the level that I feel. The blessings of my heart be with you.

*Joel* Aug 79

Just got some energy from you. Thank you. I was lying down resting trying to get rid of a headache I've had all day and as I was slipping of into the unconscious, I called your name and I had the same experience I did when I took my first blue medicine bath. I saw the gold aura again with your image and when it faded into violet, the pain went away.

Susan DeNoble

Thank you so much for the prayers. There has been a visible change in my husband since I wrote you. He is becoming more patient with situations, more tolerant of others, (a major change!) and altogether more concerned and extroverted than before. For this I praise God and bless you for your intercession which I feel sure helped bring it about.

Also, my mother has written to you. Her name is Evelyn Morale, of Richardson, Texas. She wrote to you for a healing for my brother, Nicky Morale, and sent you a key and his picture. He had at that time been suffering from a stomach disorder. He knew when the healing took place. He said while he was working one day the thought came to him that "someone" was praying for him. He said he "felt" something happening in his stomach and since then has suffered no more from such disorders.

Again, thank you; and may it please the Lord to smile upon our friendship.

Barbara Thomas Dec '80

My sister had pneumonia and he healed her with his vibrations while he was here and she was in the hospital.

Also, my experience with Karmu has been very fine. I had a very serious case of sestitis which had been recurring for five years. I had extreme pain and discomfort. Karmu healed me with his solutions and massage. I have not had one single infection since that time which was three years ago. I used to average about one every three months.

Karmu has permanently removed headaches from my body, in tenminutes time. I know that he has been very helpful to me since I've known him.

*Hyge Asthauer*

March 14, 1979

I have worked for the Massachusetts Board of Library Commissioners as their Institutional Library Consultant for the last four years. The environment has always left much to be desired. Communication between staff has ranged from non-existent to veiled hostility. Things had become so bad at one time that one staff member was receiving anonymous death threats and her car was painted black. Our offices have been vandalized and important documentation stolen. Anyone who is sensitive often become ill, put on weight, or break out in skin rashes when they start to work for the agency. There has always been some inexplicable tension in the air and I have felt the need to protect myself regularly with meditations.

Although I had often talked about the problems to Karmu, he worked mostly on strengthening my own energies to maintain the balance to do my job. Recently he suggested an alternative approach. An exorcism of sorts - burning yellow sulfur and salt at the front and back doors while reading Psalms 1, 2, 4, 5, and 7.

Three weeks later, March 7th, I had my first chance alone after work. Although I don't know the results as yet - forces were definitely evident. Upon reading Psalm 2 verse 9 at the main entrance the ashtray I was using exploded in front of me. "Thou shalt break them with a rod of iron; thou shalt dash them in pieces like a potters vessel." Although I was quite startled I did complete my mission. Only time will tell if there is positive change. A new, open-minded and straightforward Director is a help, but much work still needs to be done.

Respectfully submitted to Karmu.

With Love,

*Joan*

Joan E. Bostwick  
Institutional Library Consultant

September 13, 1980

Dear Karmu,

I am finally writing to you to tell you how much I appreciate the help you gave me through your beautiful presence, the prayers you sent me, and the wonderful sense of humor you showed me. You healed me of a chronic tooth condition which has plagued me for over fifteen years. You told me that this condition would be mended and that I would never suffer any more problems with my teeth as long as I live. What a wondrous promise that was Thanks millions.

You have helped point me in a gloriously positive frame of mind and I am truly grateful. Whole new worlds are opening up to me and I rejoice.

All these thoughts and new orientation of my beliefs have caused me to wonder about the nature of illness. It would seem that it is unnecessary and that it is our obligation to help raise the consciousness of humanity so that all self-centeredness and negativity be eliminated. Then diseases would no longer exist and the world would be a joyful place in which to live--for everyone--and the Kingdom of Heaven which is within us would be in the hearts and minds of everyone everywhere.

Thanks again, Karmu. You are a shining beacon. You illumine our hearts and our minds.

Love,

*Elizabeth Chamberz*

August 21, 1979

Karmu is a true friend. I have spent time with Karmu often. My experience is that he is a healer with intention and integrity. His house is open to all, regardless of credential. I am enriched being with him.

Karmu has assisted me in finding and dissolving specific blockages in my body. He greatly relieved my chronic constipation by massaging my abdomen and breaking up tension in the lower left section of my belly.

Karmu treats a person with ailments or illnesses in a wholistic way. Spending time with him can be fun and relaxing. It can also be confronting. I examined my arrogance and fear with the guidance of this dear man Karmu. His clarity and openness is uncomfortable at times, and it's good medicine.

Do try some of Karmu's soup. It's very tasty and packs a lot of power. I broke a one-day fast with two small cups of his wonderful soup. My appetite was completely satisfied.

I have come to be with Karmu several times and was often near broke. However, I like to contribute some money every visit. It's appropriate to do so and supports Karmu in a very real way.

Karmu will always have my gratitude, love, and friendship. I acknowledge him totally for opening up my experience of health, love and self expression.

*William Titmeyer*



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17th November 1980

Dear Karmu,

Just a note to thank you very much indeed for allowing me to film with you for the HORIZON programme on Holistic Health. The footage has now been processed and I am pleased to report that it looks good and your interview was excellent.

The programme is scheduled to be aired in Britain on 12th January and I am sure it will have a considerable impact.

Once again many thanks for contributing so much of your time and energies to the programme. It was a real pleasure meeting you.

Yours sincerely,

*Tom*

(Tony Edwards)  
Producer,  
Science Features Department

Karmu,  
526 Green St.,  
Cambridge,  
Boston,  
Mass.  
USA.

AE/SCR

# WLVI TV56

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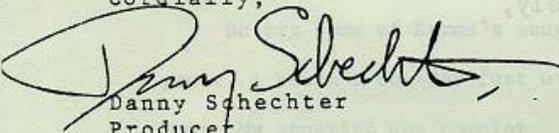
*Dear Mr. Warner,*

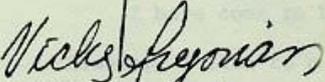
We at WLVI TV appreciate the time you have taken from your schedule to appear on The Joe Oteri Show. Joe would like us to extend his personal thanks for your contribution to the program.

Please keep us informed about your activities and interests. If we can be of any assistance to you in the future, don't hesitate to call.

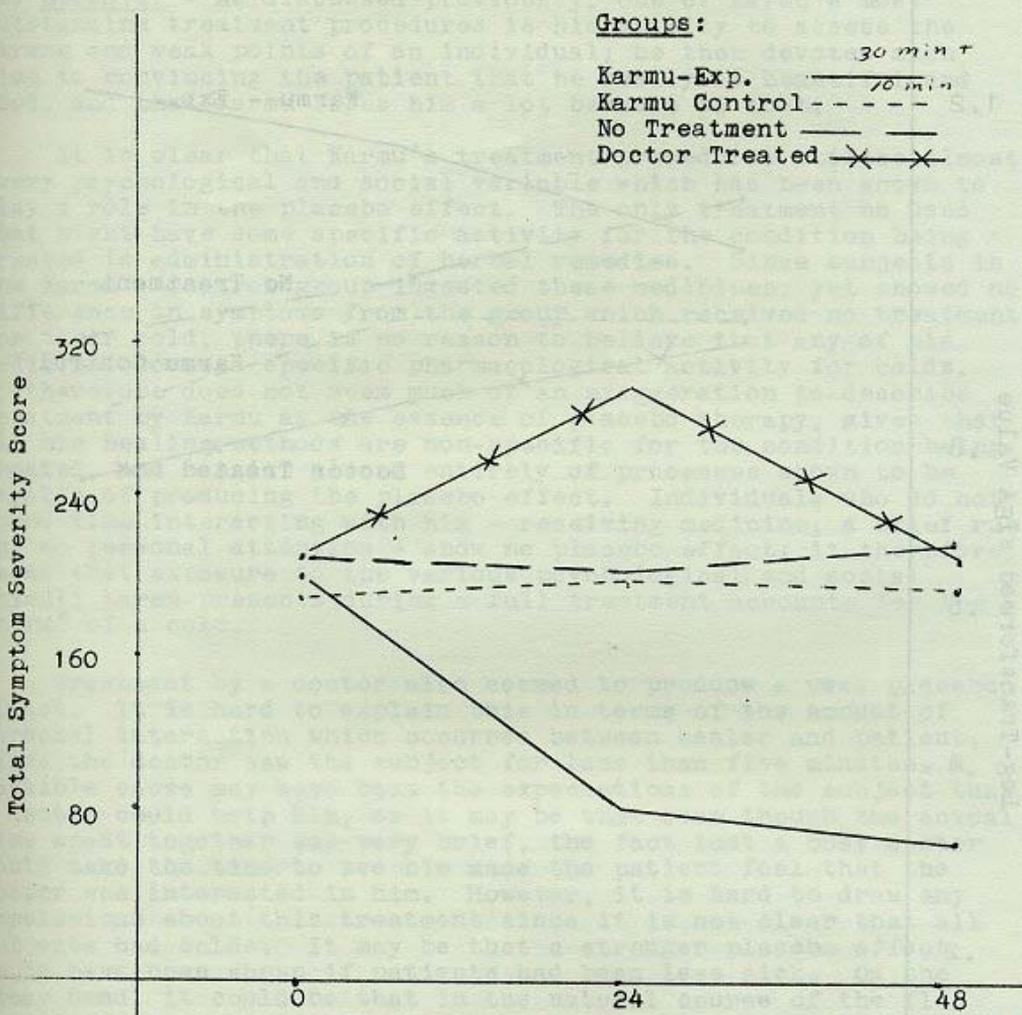
Thanks again.

Cordially,

  
Danny Schechter  
Producer

  
Vicky Gregorian  
Assoc. Producer

Change in Total Cold Symptoms Severity Scores Over Time



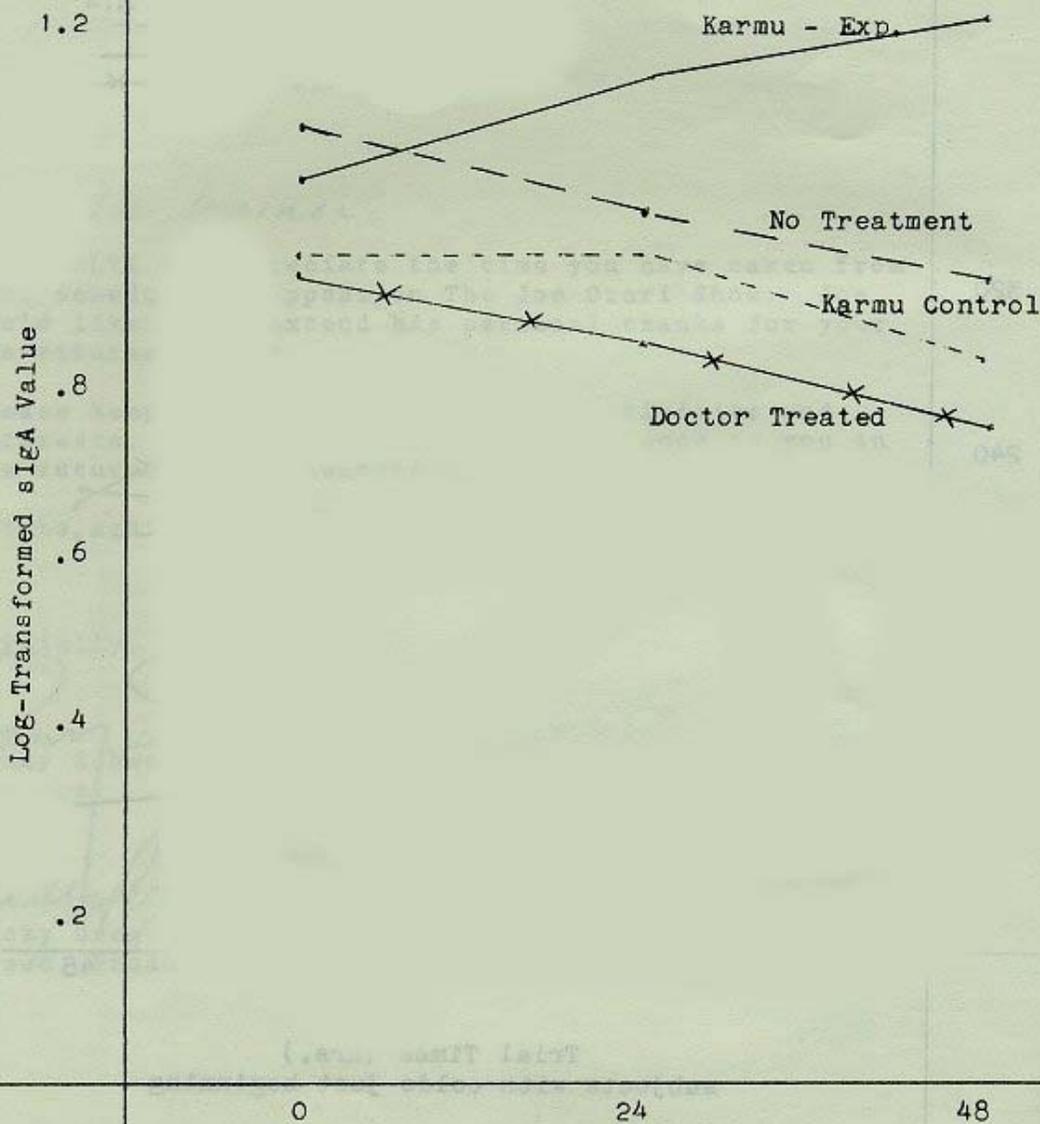
Groups:  
 Karmu-Exp.  $\frac{30 \text{ min} +}{10 \text{ min}}$   
 Karmu Control - - - -  
 No Treatment — — — —  
 Doctor Treated × × × ×

Trial Times (hrs.)  
 subjects with colds just beginning

from Ackerly 1978

Log - Transformed

Group Mean Secretary IgA Values



Trial Times (hrs.)

subjects with colds just beginning

from Ackerly 1978

(7) Intimacy - Karmu allows patients to be intimate with him, and people do often confide in him. The touching is also a form of intimacy.

(8) Approval - As discussed previously, one of Karmu's most outstanding treatment procedures is his ability to assess the strong and weak points of an individual; he then devotes much time to convincing the patient that he really is beautiful and good, and that Karmu likes him a lot because of that.

It is clear that Karmu's treatment procedures utilize almost every psychological and social variable which has been shown to play a role in the placebo effect. The only treatment he uses that might have some specific activity for the condition being treated is administration of herbal remedies. Since subjects in the Karmu - Control group ingested these medicines, yet showed no difference in symptoms from the group which received no treatment for their cold, there is no reason to believe that any of his medicines possess specific pharmacological activity for colds. It therefore does not seem much of an exaggeration to describe treatment by Karmu as the essence of placebo therapy, given that all his healing methods are non-specific for the condition being treated, and consist almost entirely of processes shown to be capable of producing the placebo effect. Individuals who do not spend time interacting with him - receiving medicine, a brief rub, but no personal attention - show no placebo effect; it therefore seems that exposure to the various psychological and social stimuli Karmu presents during a full treatment accounts for the "cure" of a cold.

Treatment by a doctor also seemed to produce a weak placebo effect. It is hard to explain this in terms of the amount of personal interaction which occurred between healer and patient, since the doctor saw the subject for less than five minutes. A possible cause may have been the expectations of the subject that a doctor could help him, or it may be that even though the actual time spent together was very brief, the fact that a busy doctor would take the time to see him made the patient feel that the doctor was interested in him. However, it is hard to draw any conclusions about this treatment since it is not clear that all subjects had colds. It may be that a stronger placebo effect would have been shown if patients had been less sick. On the other hand, it could be that in the natural course of the flu symptoms decrease slightly over the first three days. It must be remembered that subjects in this group were never any less sick than those in the control groups, as evidenced by mean symptom scores; the decrease in symptoms may have just been random fluctuations in the disease state.

### Secretory IGA

Analysis of the secretory IGA data showed that the Karmu-Experimental group, as compared to all other treatment groups, showed a significant change in the rate of production of sIGA,

and that this change in production produced significantly higher mean levels of sIgA concentration at both 24 and 48 hours. The only difference found among the Karmu - Control, the No-Treatment and the Doctor - Experimental groups was that at 24 hours the Doctor treated group showed a significantly lower mean level of sIgA concentration, but this difference was erased at 48 hours.

These results suggest that placebo therapy does influence the production of sIgA during the course of a cold. Although previous studies have shown that increased sIgA levels are associated with modification of symptoms during upper respiratory illness, the mechanism through which this occurs is not understood. Local synthesis of antibody for the invading virus does not occur until 14 days after presentation of the antigen. It has been suggested that the increase in sIgA levels occurring soon after infection are due to the release of pre-formed IgA which has been stored in the secretory tissues (Butler et al., 1970). Rossen et al., (1970) demonstrated that the initial increased levels of secretory IgA did not contain antibody specific for the invading virus. Nonetheless, in his study, although infection occurred, symptoms did not develop. It may be that although IgA non-specific for the virus cannot neutralize or kill it, it can somehow check its spread and therefore mitigate symptom development.

Since the studies discussed have only correlated the presence of high IgA levels with modification of illness, it may be that another component of the immune system is actually responsible for the reduction of symptoms. A good candidate for this role is interferon, which is a non-specific defense mechanism against viral production. It prevents the spread of virus from cell to cell by stimulating uninfected cells to produce an antiviral protein. It is a rapidly reacting system, with interferon synthesis occurring about three hours after viral entry (Burke, 1977). Administration of interferon with experimental rhinoviral challenge has been shown to produce a decrease in symptoms (Panusarn, Stanley, Dirda, Rubenis and Jackson, 1974). Therefore, it has been shown that interferon does, through inhibition of viral spread, modify cold symptoms. Interferon production has also been shown to be responsive to psycho-social stimuli (Solomon and Amhraut, 1974). These findings suggest that placebo therapy could stimulate the production of interferon, which then, through checking viral spread could modify cold symptoms. It therefore is not inconceivable that the reduction in symptoms by placebo treatment which this study reports was the result of increased interferon production. Since this study, and others, have reported a rise in non-specific sIgA occurring shortly after infection, it may be that interferon production, through some yet unknown mechanism, stimulates the release of pre-formed sIgA, which possibly is a secondary defense mechanism in upper respiratory infection. Therefore, the results of this study may be interpreted as indicating that placebo therapy does influence immune system response. However, it is likely that the reduction of symptoms which also occurred as a result of placebo therapy was caused by psycho-stimulation of interferon, and that the increased sIgA levels demonstrated in this study were a secondary reaction triggered by increased interferon production.

## INTERVIEW

Ricardo: You've stated that you can cure all ailments, do you still feel that way?

Karmu: Providing the patient has an open mind; some people have built in prejudices. We had a case of a young man who was using shelves of medication. The first time he came here, all his ailments left. We gave him therapy and a short time later he came back and his ailments were gone. Therefore, we conclude it was in his mind. If a person has an open mind we can heal almost anything.

Ricardo: How would you heal a child that had arthritis?

Karmu: We would immerse him in blue solution. Then we would manipulate his energy centers and talk to him in a positive manner; become him; talk to him in his own language. Therefore, you reach the and you reach the body.

Ricardo: How would you heal an adult that had back pains?

Karmu: There again you would penetrate his subconscious and free up his energy centers. Check his diet and see what he is taking wrong; give him the proper foods. Teach his friends to manipulate his energy centers, the coccyx, up and down the spine, and the rest of the body. We generally can heal back pains this way.

Freeing up the nerve/energy centers is a key. In fact a blocked energy center in the neck stops the energy from going through. The result is that the body doesn't function at full capacity. To give a person health you have to open up all his energy centers. That means going over the whole body.

Ricardo: So generally the approach is the same regardless of the ailment. Is that true?

Karmu: Unless the person is in a coma. In that case you press the energy centers of their head. Their subconscious can accept information from your conscious mind even when the person is in a coma.

Ricardo: What's the source of your ability to heal?

Karmu: A lot of energy and the ability to act as a conductor of energy; cosmic energy from space. Also, an understanding of the human body and the ability to place myself inside the person's consciousness. I become them and can feel their pain.

\*\*\*

## SIMPLE TIPS FOR LONG LIFE

**Cleansing:** Proper cleansing of all orafices (openings) of the body is essential. As we cleanse our mouths so too we must take time to properly cleanse our genital and anal regions.

**Mental Cleansing:** A few minutes a day we should cleanse our minds free of thought.

**Diet:** As an adult the house is built we need only maintain it. Eat only what one can hold in the palm of the hand. Eat a proper and balanced diet of herbs, proteins, carbohydrates. An occassional fast if possible once a week is good for resting the stomach.

**Exercise:** Do gentle, fluid movements when exercising. It is not necessary to tax the heart but to keep it strong, this is a secret to long life.

**Massage:** Our hands have healing energies rub and gently massage parts of the body that are sore or one wants to enliven.

## HEALING EXERCISES

I wish to share with you these healing exercises which you can practice by yourself or with others. Participants' consciousness should be centered on the Divine Light.

I have practiced these simple exercises all my life. And I still have great physical strength, body tone, lasting power, and body unity.

Practice this exercise system sparingly in the beginning; fifteen minutes in the morning and fifteen minutes in the evening. Work your way up gradually. Don't be in too much of a hurry. Better slow and sure. Feel comfortable in doing them, eventually doing them as many times as you feel is right for you. Chant or establish a rhythm to keep time with these exercises. In the beginning concentrate on the physical motions first.

Movements should be smooth, fluid and graceful. Remember, the modus operandi is a fun run along the river, not a marathon meet through the city streets.

Begin the exercises by stretching the body out flat on a firm mattress. Lay the arms loosely along the sides of the body. Say the following prayer, "In God We Trust. In God I Trust." Repeat seven times each time with a bigger pause before the next repetition.

## AFTER EXERCISING

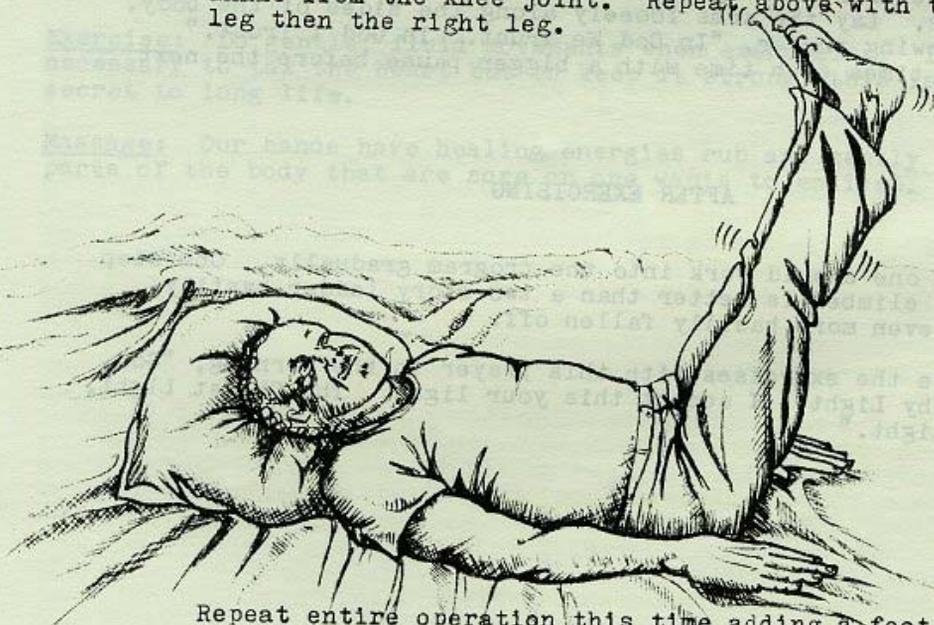
Realize one should work into the program gradually. One step successfully climbed is better than a two story ladder hastily climbed and even more hastily fallen off.

Conclude the exercises with this prayer in the morning, "God, I fear not thy Light. I accept this your light. The Christ Light. The Bhudda Light."

Exercise One - Grasping the ankles draw the legs into the trunk. hold the ankles in position using just a slight tension in the legs. Press the legs in and out against the trunk applying force through the hands. Second, holding the legs as shown move them in and out together much like a tug of war between arms and legs.



Exercise Two - Stretch the legs out horizontally then raise them as shown. Raise them using a thrusting up motion of the legs. Do this with definition without heavy physical force. Rotate each leg from the hip joint. Rotate each ankle from the knee joint. Repeat above with the left leg then the right leg.

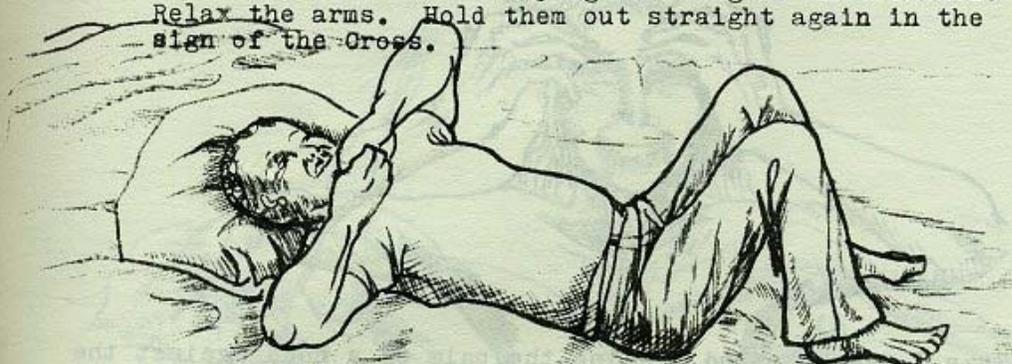


Repeat entire operation this time adding a foot motion. When the leg is extended stretch the foot from heel to toes. Rotate and spread each toe. Shake whole leg and foot now.

Exercise Three - Stretch the arms out horizontally from the body into the sign of the Cross. In this position visualize the white light of Jesus the Christ infusing your body with purification, health and protection.

After visualization raise the arms straight up in the air slowly bringing them together, interlocking fingers

Exert gentle yet firm tension by pulling the hands in different directions keeping the fingers interlocked. Relax the arms. Hold them out straight again in the sign of the Cross.



If there is tension in the legs shake them out then repeat exercise three five times.

Exercise Four - Lie with knees bent feet flat and from the Cross position thrust the arms straight out into the air with a swift cobra movement, smoothly and precisely.

At the end of the arm thrust stretch out the hands and arms to their full extent and shake.



Exercise Five - This is the central step in this exercise system.

Step 1, sit up for this exercise, spine straight, feet flat on the floor. Here, we will stimulate all of our subtle nerve centers. Begin by pressing the thumb gently slightly above the mid-point between the two eyebrows. Rotate thumb in place, gently. This stimulates the third eye to function strongly.

Step 2, tap the finger ends against the forehead in a motion like a light spring rain.



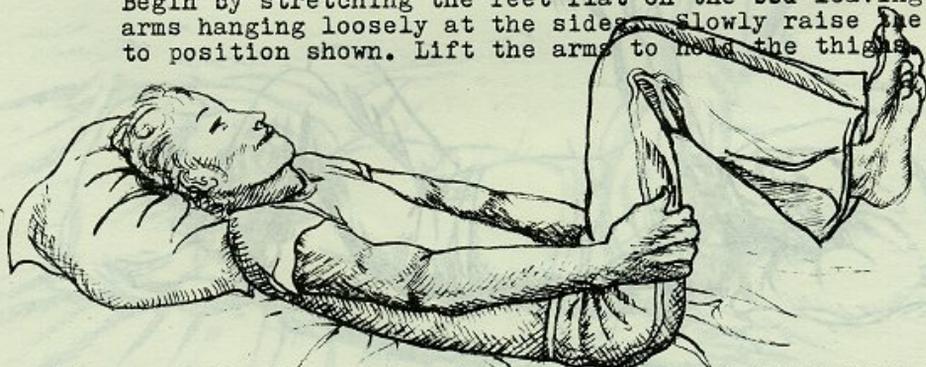
Step 3, reach behind placing the palm of a hand against the base of the neck. Use the hand with which you normally write. Visualize the white light of Jesus the Christ flowing through the back of your neck, straight through the thousand petal lotus into the center of your innermost heart. Feel the desire to relieve the sufferings of all sentient beings. See yourself bringing all, joy and success. Accept your responsibility as co-creator with the Most High.

Step 4, rap the knuckles of both hands all over the skull then massage the head with the fingertips.

Step 5, Hold forehead with one palm and the back of the neck with the other hand. Visualize yourself being happy throughout the day. (At night visualize where the astral body should go in the cosmic arena during sleep or meditation)

Exercise Six - Self massage is emphasized in this exercise system.

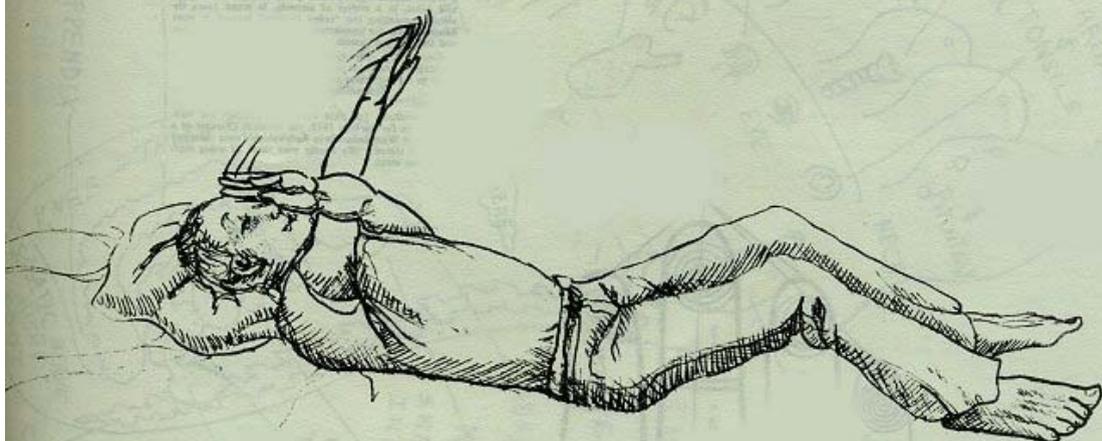
Begin by stretching the feet flat on the bed leaving the arms hanging loosely at the sides. Slowly raise the legs to position shown. Lift the arms to hold the thighs.



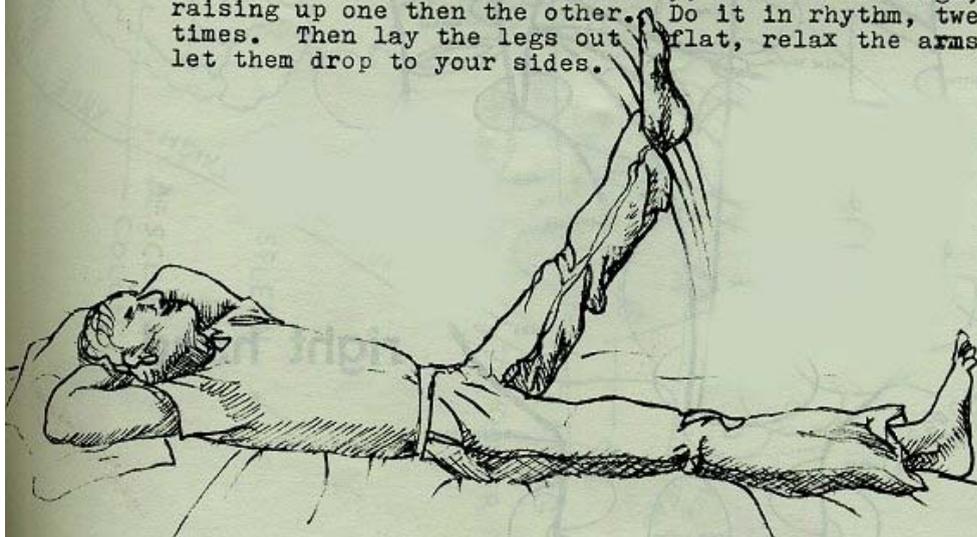
Knead the back of the thighs grasping the flesh then releasing in rapid succession. Proceed down the length of the leg to the tips of the toes then back again.

Then put the hands under the buttocks kneading the flesh. Massage the buttocks vigorously, pulling out the skin with gentle pressure. This exercise tightens up loose skin.

Exercise Seven - Stretch arms and legs then lift the arms and hands extending full length. Move arms slowly until they are perpendicular to the bed. Move the arms back and forth criss crossing one over the other rapidly. Keep your focus on the arm motion. Feel the stop-move-stop-move rythm. Try to enter the rhythm becoming it. Do this thirty times then drop the arms to the sides.



Exercise Eight - Put arms under the head interlocking the arms under the head and place an opposing tension in the interlocked arms. Simultaneously, stiffen the legs, raising up one then the other. Do it in rhythm, twenty times. Then lay the legs out flat, relax the arms, let them drop to your sides.



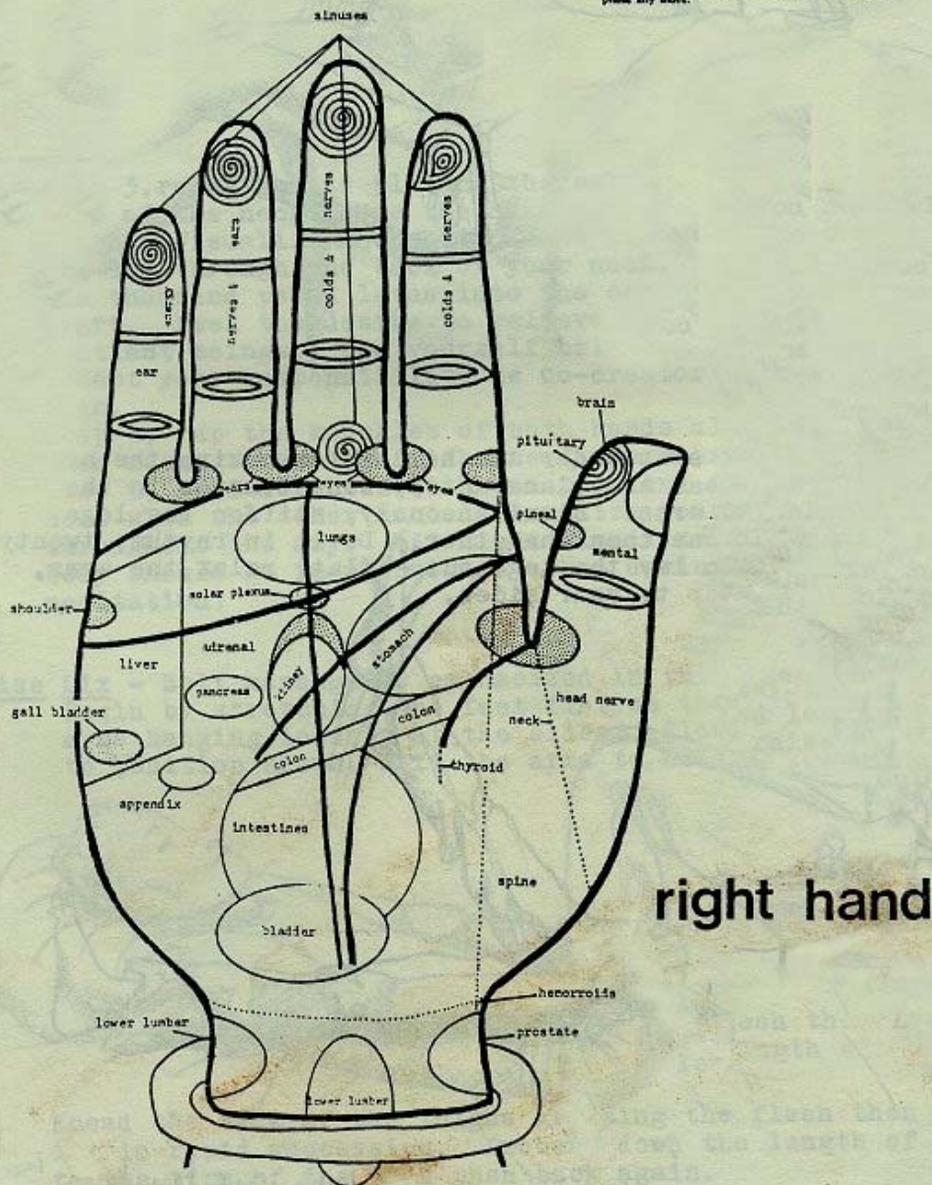
Healing exercises drawings by Lily Baber

# HAND REFLEXOLOGY

Hand Reflexology can stop practically all your aches and pains, in a matter of seconds, in many cases, by simply massaging the "reflex buttons" located in your hands, which are connected to all your glands, organs, and the nervous system.

Every time a reflex button is pressed, it instantly sends a charge of magnetic vital life force surging through the body to the particular area in which it is in contact.

Reflexology seeks to relieve pain and cure its cause. Its anesthetic (or pain relieving) qualities are well-known. As far back as 1918, the Medical Director of a hospital in Wisconsin where Reflexology (zone therapy) was used stated: "We hardly ever think of using morphine any more."





Page

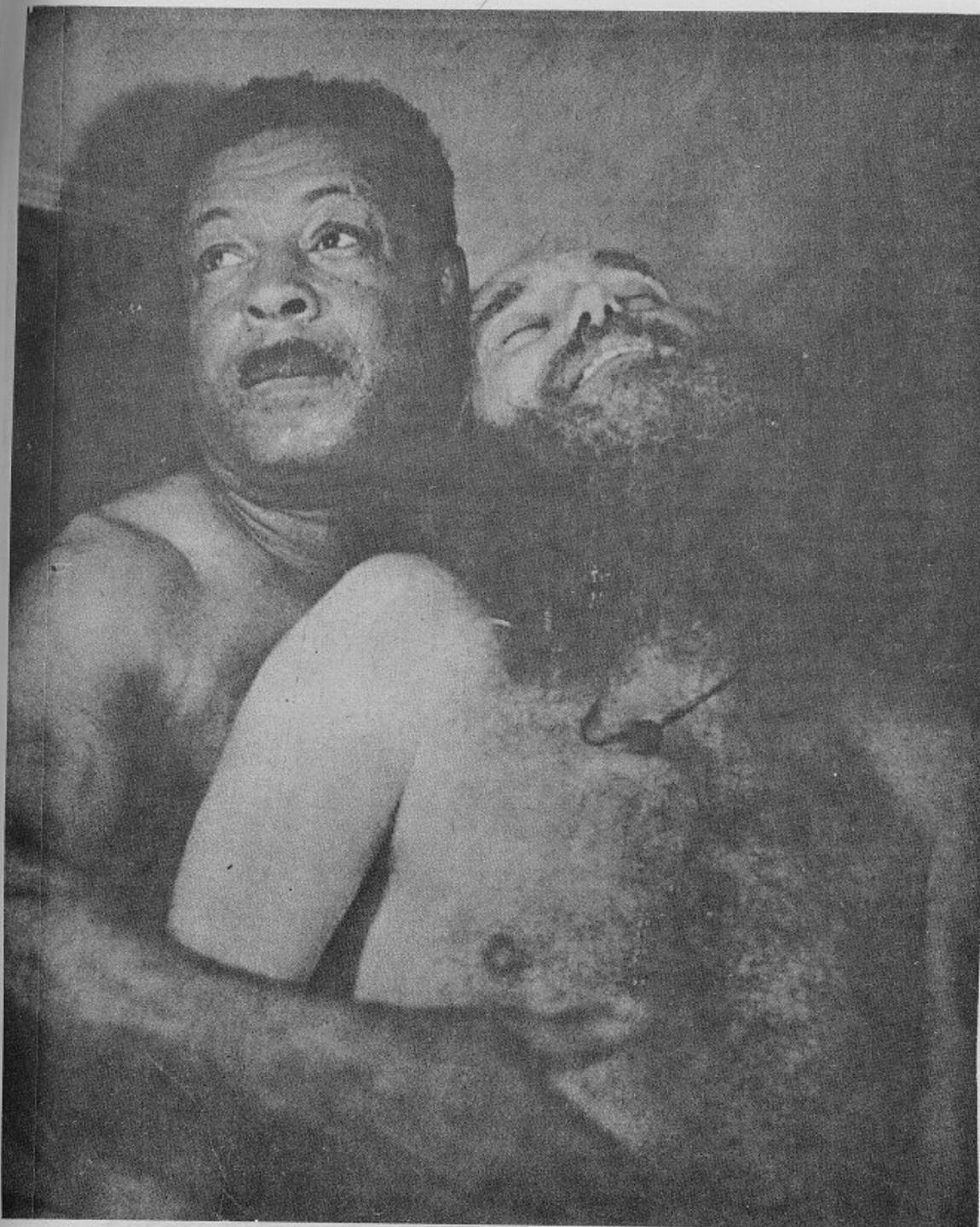
- 20 KARMU AND BABA RAM DASS - photo one was taken while Karmu healed Baba Ram Dass of a bad back in Cambridge during February of 1973
- 21 LAYING ON OF HANDS - exercises three and four of the healing exercise section of this book call for meditating on the protecting healing white light of Jesus the Christ. When you have progressed to the point of being able to clearly visualize, feel, experience and manifest this light you will then with the blessing of Grace, be able to heal. Jesus the Christ manifested this light in healing the sick. Karmu is a vehicle who manifests this Light of Jesus and so heals all ailments known to mankind.

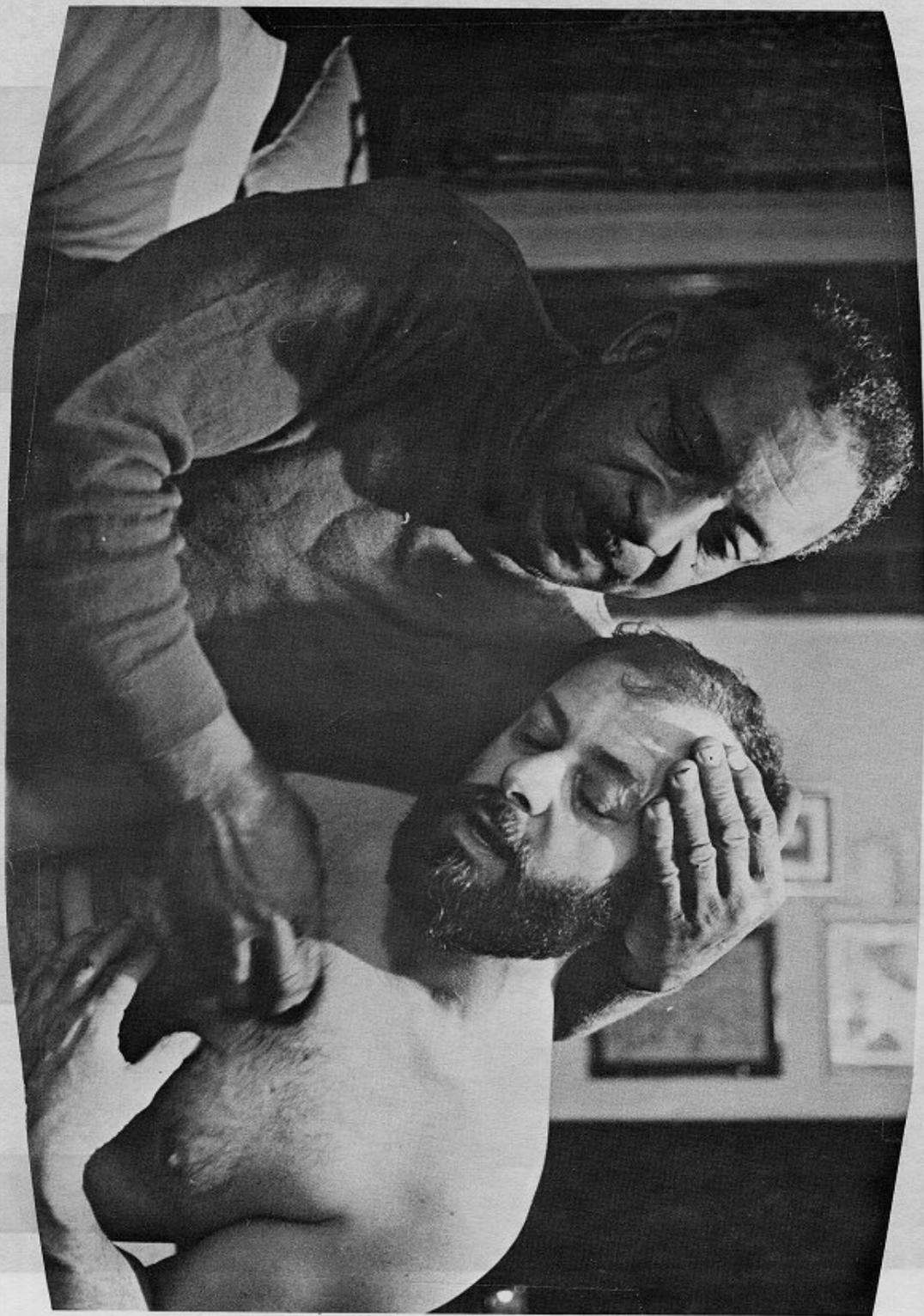
Karmu says that all are capable of becoming healers. The healing grace flowing through Karmu is sufficient to make you open to this same white light.

In photo 2 Karmu is shown healing by laying on of hands. The man was suffering from chest pains and headache. Presently, he suffers from neither.

- 22 HEALING A CAR - Karmu emphasizes that we have a responsibility to ourselves and to society to be self supporting. He suggests to everyone to get an education or trade. This picture by Rick Levy shows Karmu in 1961 healing a car. Karmu has taught many the fine points of auto mechanics. Some have since become professional mechanics.
- 23 THE POOCH - animals, trees, flowers, the, sky, oceans speak a language not readily translated into human speech. Karmu suggests to his students that they must recognize their obligation and responsibility and dependence on speechless creation. For the biosphere is everyone's concern, and pollution is an insult to God besides being a decided danger to the continuance of life.

Photo 4 tells a story. Karmu saw a dog staring at him with a hungry look in his eyes when he was working close to his house. So he walked back upstairs, got some food, put it on a plate then came downstairs again. He spoon fed the dog until he could eat no more. Karmu said, "There is one less hungry dog this day.









*Here are ten edited transcripts recorded in April and May 1973.*

*My interest was to discover elements of healing.*

*Only a true questioning brings a real answer.*

*Darryl Smith*

"He keeps what's between us simple. He tries always to be aware of what I need. Karmu shows me like you teach a child to talk. You teach a child to talk by just being with him and talking to him.

"We'd know more if we'd concentrate on the experience, not the mechanism... It's not a matter of generating new powers, it's a matter of accepting what's there... To open yourself to accepting things is to not insist upon a mechanism. We don't need a mechanism to see the reality.

"He kind of grabs at what's in people's minds and foot-balls it around and tosses it out the window. He just takes your physical and your thoughts and just pulls 'em out and tosses them around and makes hash out of 'em - which leaves you...there. He pulls the plug on people's reservoirs of stuff. He can see it. He can see the reservoir, the stuff, and the plug and reaches in and pulls it. And his handle on it is all this blurb. Karmu has the vision to see what's in you and talk his way around it and spill it with words. He can empty your mind in a minute (if you're at all open) which leaves you one step closer to being really receptive.

"You start to feel yourself become a channel. You start to hear things come out of your mouth that you didn't know originate in yourself. You know it's the earth speaking. You know you didn't think it up. You just blurb and  
W O W!  
Something just came through me... doing on impulse. I don't know a bunch of words. It doesn't really fit as a bunch of words.

"I had to go through the change of coming here just to admit that I was looking for something."

"I'm bolder. He's bringing me out teaching it's all right to be myself and accept who I am. He says, 'I want you around more. I don't want you taking low to anybody. Just do your own thing. Don't let anybody get in your way.

"If you have somebody telling you you're beautiful 10 times a day, after a while you're going to think you're beautiful. My relationship with him is always going to be the same. It's really really good. Sometimes I think of him as my father. Sometimes I think of him more as a lover. If you just lay next to him it just feels so good. YOU can just feel his vibrations going right into you. It's so cozy and nice, just like he's protecting you and healing you, plus he's so funny. He just makes me laugh. If you can make people laugh that's definitely healing. If a person is laughing they are definitely being healed. He's caught in the middle of all these people and he has to keep everything straight and everybody up. It's his gift.

"The whole place is this big clinic kind of thing. It's like getting healed in everyday life. You don't really know that you're getting healed. He makes you feel useful. There is a woman cooking for him a lot and he uses that as a kind of therapy. If you feel that you're helping someone, you're not thinking of yourself.

"He says you have to do what is unexpected. Don't always do what people think you're going to do. You have to be really crazy and do crazy things sometimes.

"You have to be able to tell people how you're feeling. You should be able to cut off the people you're with. There are so many people. I'm learning that I'm not such a bad person after all. I'm really getting to like myself, which I never have before."

**"Keep your head clear...  
Be above reproach...  
Look into self-essence That is always there.  
That isn't a trip.  
He has the gift of seeing the essence (beyond the  
ego) and whether the energy is  
flowing . . .**

**"Emote! Be yourself! Make a joyful noise!  
Do your thing and release your energy. Karmu  
is very solid. When he sits down he's sitting  
down and his energy is right there. You don't  
have to see thoughts, but you can see actions,  
the way people carry themselves...Karmu stays  
99% of the time HERE AND NOW.**

*"Nothing is more constant than the change...  
He knows that it'll come to pass...He lets you  
hear it for yourself. 'Isn't such and such so'?  
'Yeah, you see, you're here.' The cosmic arena:  
the one energy that we all are, that the trees are,  
that is life, that they call G-d.*

**Sometimes  
I can feel energy going down my arm and out  
my thumb.**

**Concentrating**

**keeping mind clear  
channeling energy through my arm  
my thumb starts to throb  
as I massage."**

**"I believe he's got some guiding  
spiritual forces that watch him...I  
remember his attitudes and I take them  
on myself.**

**"I watch him give backrubs, you  
know. The cat gives a back rub to  
people. There's really a planned  
method of doing it. He pounds the  
back all over the place and sort of like  
feels out where the tension is and where  
all the knots in the muscles are. Then  
he has this way of cracking the spine.  
Then he does that. He starts working  
individual areas. He rubs the back  
using friction on it to stimulate the  
circulation. Then when he finishes he  
starts slapping the back to increase the  
circulation. By the time he gets finished  
the back is circulating.**

**"Don't think about yourself.  
You can't help people effectively while  
you're self-centered. The important**

**thing to think about is the fact that  
what you feel about yourself emotion-  
ally, that's one thing. What the gods are  
capable of doing, using you as a vehicle,  
is something entirely different. It's not  
a question of can you do it or can you  
not do it because you can do it. It's a  
question of will you. And if you will do  
it, there's nothing going stay in your  
way, except, the gods themselves and  
what are they going to do? - turn you  
down when you want to do a good  
deed?**

"The thing that I'm confident about and the thing anybody should be confident of is not themselves but more or less what they're channeling through themselves. Your body and my body are like hoses that carry the water of G-d...If you do drugs you can't perceive straight. The thing that you lose when you do drugs that's most important to you is awareness of the spiritual plane. The plane from which Christ guides humanity.

"Just be happy. There are more people in this world that die of unhappiness. You bring yourself down emotionally and then you become sick because your body becomes self-destructive. If you can't find anything to laugh at, well, laugh at something that isn't there. There's always something. HUMOR is the greatest solvent of all

terror

and frustration:::

There's nothing in the world you can't

l a u g h

at...Even artificial happiness can generate real happiness, so don't be afraid to use it.

"People don't have to worry about who they're following and what they're doing as long as they're doing something and they're making progress and they're happy doing it...Let's just say it's something. You can't put it down into words but stay happy and keep the faith and you'll feel it and you'll know it...If I tell somebody to do something that'll help them at least some of the time. What I tell them may not help them, but while they're doing that thing they'll see what the solution is and it'll be something that nobody could of told them but they'll know what it is...YOU need a 1000 kinds of prophets to reach a 1000 kinds of people. Everybody's mind works differently.

"The true function of a healer is not just correcting a mistake. A true healer is the one who can prevent the body from getting sick. If I can give you a lesson or some kind of an energy thing that you can draw on in the future...that, my friend, is a healing.

"You're living in a classroom and you can't see the teacher unless you open your eyes -- all of them."

3

*"Karmu teaches people not to be afraid to touch each other...Massage regularly. You don't have to wait for the headache to come. Feel the tension first. Once you know about it you can probably try to get rid of it. Around the shoulders and neck -- pick up the skin and drop it. Pinch it and hold it with your whole hand or between your palm and fingers. By your eyes and temples press gently with your fingers. Smooth out forehead tension by slowly pulling fingers of both hands from the middle of your forehead, above your nose, to the sides of your head. Massage doesn't do any intellectual head trip. It just goes right straight to the problem, the tense nerve or whatever. If you get better physically then you'll get better mentally.*

*"And there are people with Karmu in that house. It's a lot of people. It's the people who come there everyday...and the people who come once a month, maybe four time a year to see Karmu. There's people who come from other countries, some holy personages that come by, and there's older people that Karmu's worked with around the shop for 40-50 years.*

*I think I've seen Karmu go through the whole range of all techniques.*

*The eastern to the curandaro.*

*I've seen him do acupuncture with his finger...*

*Karmu flows all over the place...never in a way that is dependent on a technique, always in a way that keeps to the person. Yet it is so obvious to the discriminating eye that Karmu practices a complex unique technique.*

*"Karmu is the man who is so complete that he's not only well himself but he has that extra that he can give other people...Sometimes it's just to say a word. Sometimes it's been to offer me some medicine. Sometimes it's been to give me a bowl of soup. A lot of times when he's just said a word, it wouldn't have done to give me a bowl of soup. Some of the times when he's given me a bowl of soup it wouldn't have done just to have said a word. He let me use his car. When I've needed money he's given me money. When you can pay me back, you pay me back.*

*"One Sunday afternoon...he was sitting there eating a piece of tomato with mayonnaise and salt and pepper and garlic pepper on it. He just took the piece he had and he held it up and said, 'like a bit?' and I took a bite of his and then I offered him a bite of mine and it was this meeting. It was this cementing...It was right out of the man's plate...It was right out of his plate. It gave me a feeling of my own worth, my own validity, I'd never felt before. A simple act of giving that was so deep.*

*"I once asked Karmu how I could serve him and he said, 'be natural, be normal, be yourself.' But he said it so completely off-handed. We were just making the soup together...Spontaneity is completely uncapturable.*

*"Karmu makes people whole. He does that, and, as each person understands, feels that process they participate in it...Karmu makes people BOLD... Karmu makes everybody very articulate: 'speak up!' Emotions -- pass it through. Stop trying to be so holy. What's happening? That's what's happening. Karmu's saying it everyday, 'Emote, emote, emote! He*

*B E L L O W S*

*IT*

"He taught me about death because I always was afraid of death and he said death is the change of entropy. Your soul is eternal. Life goes on. Life goes on. And I had never seen death like that. He says the goal of life is to survive and as you survive you give forth redeeming vibrations to other people so they can survive."

"I call him instant up...He's just being himself. You go into his house and then he hits you with that: you look like 12 movie stars, you top-grade citizen, you paragon of virtue, and he makes you feel good. That's all. It's simple. He's a simple guy that has some simple things in life: food, clothing, shelter, and the healing gift."

That's what life is. It's an attitude. And that's what he's meant to me. I mean I could pick up the phone and call him at midnight and his attitude will be right, and I'll call him at 6 in the morning and his attitude would be right. That's better than any talk that I can ask for out of him.

"He gets a lot of runaways, a lot of drug people, a lot of misfits of all kinds, a lot of alcoholics, a lot of just about everything. There's hardly any place for them to go. He gets them believing in themselves again. It's just they go out ready to pick up the thread of their lives again. Up is the word. There's little promotion involved. He gets them up feeling self-confident and he gives them the pill of love and he tells them what's going to happen and the next day it happens. They go to the bathroom and it smells good...It's like stepping right out of yourself when you step into him.

"He doesn't complicate what he's doing. If somebody's going to die, he'll give 'em a little glass, 'drink this, you'll be O.K.' And they'll be O.K. All I have to do is think about him and I got to be up.

"He puts aside everybody's physical and mental stuff that comes to him. People come to him with their posture and appearance. Vibes are given off. They're into all this heavy stuff and they have all these problems and he just deals with it. He's very patient about people. He just goes on seemingly as though all that stuff weren't there and just gets into them as people...That's what people need. They don't need someone to analyze their shit. They need somebody to make them smile, while their subconscious is stimulated to heal themselves.

"He's dealing with the way people really are in relation to their problems. That's what healing is.

"Karmu's door is always open, which is quite a thing for a healing person to say nowadays. Touching people is a big part of Karmu's magic. There's something distant in this society. It's not part of everybody's everyday life... People like it when he examines them. You can examine someone without ever touching them just your stethoscope and your little hammer. But, if you put your arm on their shoulder or something, just simple things like that make a big difference in the way interactions go. Karmu is really good at that one...He's gentle and he's vigorous alternating his touch like a wave which comes on strong and goes out again. People feel real good after a Karmu rub.

"I walk different. I think different. I'm a different man. So many times he'll set an example and show me things that I could do that I really didn't know I could do. Ways of talking to people, ways of feeling, dancing, cooking, kidding around, having a good time. The sort of things that make up life. The sorts of things that are life's high points.

"It wasn't that he sat me down and said there's this and there's this and there's this and you should do all these things and you should put your left hand like this and your right hand like this and eat at this time and talk this way, but, it's more he'd be with someone -- it'd be the quality that Karmu would see in the person that, for me, would become the height -- the seed of the person that seemed like it was strongest and best able to grow. And Karmu would do things that would bring out that seed. You go through weed patches then go over there and there's a lot of trees. So I figure that Karmu must know how to plant seeds and bring them up.

"Karmu is living proof that there is something higher... I've seen some remarkable things. One of my friends' wives is one of the people Karmu cured of cancer. When she first came to Karmu's house, she had to put her legs across a chair because her knees were rotten away. They were going to amputate both of them. I was there once in the morning when she was just finishing a treatment (her 3rd or 4th). She was just about skipping. You know the way people go on their tiptoes and they kind of dance around the kitchen. She was doing all that. She was beaming. She was feeling fine.

***"It's a rotating thing. Now you're impatient. Now you understand. Now you're healing. Now you're completely screwed up and you're being healed. Who's on duty? Who's on call? Who's on? Are you ready at any moment? The readiness is all.***

***"Grace is just what's happening -- the foundation of everything. But you can work on your 3 bodies: your physical body -- get some exercise, be strong. Your emotional body -- emote, emote, emote! Get angry! Scream! Holler! Cry. Feel your pain. Shout! Scream! And meditate -- watch it all... All I have to do is pay exact attention to what I'm doing 'cause if I pay attention, then, I don't have to run it through again."***

"How Can We Lose With the System We Use?"  
by Peter Beren

Many things are whispered in Boston about the Holy One: herbalist, magician, either one of the great stand up comics of our time or the Black Maharishi. You approach the House of Karmu with mixed feelings. Walking down the ramshackled length of Green Street in Cambridge, you find yourself exceptionally attuned to every unexpected noise. A cat screeches and scurries across the street; somewhere leaves rustle and a door slams. As you walk up the creaking stairs, a voice booms out--"Have no fear!"--and you are shuffled into the combination living room-kitchen where the Holy One holds his nightly court.

Professors, poets, hippie communes and off-duty cops are just a sample cross-section of the visitors to the House of Karmu. Young and old, black and white, doctoral degree holders and high school drop-outs--all merge together with the gentle lubrication of the Holy One and his twelve herb medicines. Some people bring their children, others their dogs and cats. The room is filled with mobiles, paintings and other gifts from former visitors, along with the toys the Holy One keeps on hand for his youngest guests. Above all it is a social gathering. Operating under the guise of consulting Cambridge's finest guru, and with a little help from his Red medicine, visitors lose their inhibitions and embrace total strangers without worrying about uptight social conventions.

The herb medicine (chiefly the Red, occasionally the stronger Black) is passed freely to all who come. You accept a glass and a pleasing glow courses through you as you take it down, wondering about the ingredients.

"We use raisins, snakeroot, peanuts, coconuts, pineapple, ginseng, bitter aelos, the root of the Kasuvoo weed, essence of prune, garlic, good earth, everlasting light and other herbs, I'm getting old, I can't remember them all. I have to get reborn again so I can get it all down. This batch might be five years old. When we make it we never let it go, we add to it, it jells. It gives you what they call a D.P.E.--'Definite Plus Element'. You'll never get tired, you'll feel like nine movie stars, eighteen blondes will caress your toenails. You have Zuk! and Wuk! You will be a God-given son. I rest my case."

I sip my glass of Red, listening to the thousand-word-a minute-rap Karmu is delivering in the best-carny style. The whole melange of visitors sit there, attention riveted on the Holy One; he tells them they are all his sons and daughters. He passes me a cup of straight Black Medicine; the groups attention shifts: "Look at it steam! Right on!" After I take it down the feeling of brotherhood with the people around me, who have had their initiation, overrides filibustering objections from my stomach. New visitors are embraced by the entire assembly, but first they are greeted by the Holy One.

"Hello, lad--this is one of my chief sons, Jerry. He's what they call a partial Holy Man. Ooozas! Shaboo! Ah, you brought the little fella, see that two-year-old kid? He ate rat poisoning here one night, the rats used to curl up their toenails and die; this kid drank some Black Medicine and jumped up eleven feet in the air. He hasn't been sick a day since. He's going to grow up to be genetic and noble, what they call a T.C.--Topflight Cat. How can we lose with the system we use?"

The Holy One turns his "magic" on each person individually, doing what he calls "invading the subconscious with a plus element." The process is a lesson in existential psychology. The socially adept and inept learn together about their inestimable value to the universe. A shy, unsightly wallflower blooms at hearing that she is a "S.C."--Scorkolaking Chickadee. I was surprised to find out about a previous existence I had had as Peter the Mad Monk Rasputin. An ordinary-looking Tufts student, sitting to my left, turned out to be a former Viking who had helped a former incarnation of Karmu discover America.

As Karmu addresses each individual, the whole group, high on medicine, watches and nods in agreement. Each subject is self-conscious, a few blush, all are inwardly pleased. Stoked on his own medicine, Karmu's rap gets progressively faster and funnier. The nonsense syllables of his own private language are mixed with contemporary and anachronistic slang as well as Biblical injunctions. Coupled with the medicine are the massages. He shakes you loose to the roots of your teeth, making terrifying shouts and slaps punctuated only by the group's laughter. Still tingling from my massage I noticed that any remaining inhibitions had fled, and a feeling of closeness was

growing as each person took his turn.

"What about you, chief, you're a little on what they call the reluctant side. You're on your way to becoming Sir Lancelot and King Arthur and you're already the Duke of Wellington. You've got warmth, personality, zuk and wuk, beauty of soul and body, a V.D.C.--Very Decent Citizen. Look at that beautiful smile, look at the sparks shooting from the eyes! Look at the way the ears droop down! Let the Holy One massage you. You'll never be the same again, For five days you will be organically high, your spirit will soar. From this day forth you will be a son of the Gods and walk with twelve flaming flaming swords of truth. You shall fly with wings of light and do your thing. The Holy One has spoken. And you, lass, you look like sixteen movie stars. I'm going to have my father buy seven more like you, one for every day of the week. You are arriving, look at that glow, your spirit is released, you will be high flung and high sprung.

Following the round of massages and the ongoing administration of medicine, I became aware of some new vibrations. There was a subtle emphasis on the body as the temple of divinity. As I watched Karmu, I reflected on executive spread, ulcers, and highblood pressure. Karmu has retained the fascination and exuberance of childhood, even though he claims to be 99 years old. The group itself seemed to be coming together couples held each other, the kids ran around and played games. Karmu kept up a running commentary. "Look at the glow! Oh you don't know what a good woman you've got. Look at that, they're an old married couple, they weren't doing that when they came in! This one here is sneaking kisses right and left--how can we lose with the system we use?

I noticed a pattern emerging from the reactions of new arrivals (the crowd now numbered about twenty), chiefly visitors who were experiencing their first evening at the House of Karmu. All of them felt compelled to question him about his powers and the miracles he claimed to have performed in the past. The veterans listened politely to the questioning but were more interested in the present. They were attuned to the miracles unfolding as social inhibitions and individual hang-ups were being cast aside.

...Karmu...asks that people unlock their doors and kick out the jams. People expect their uplifting to come in some sort of fancy packaging, and Karmu gives it to them that way, but it is somehow a caricature; you are blasted not with fire and brimstone but with humor.

"Since I was five years old every important man who ever died comes to my room between three and five o'clock in the morning. Only last night we had Caesar and Moses and Eisenhower all trying to get an appointment. They tell me things, like

how to make the medicines. And it works! A 65 year old man had twins, a 75 year old man put a rear end on his car in the snow, a blind rabbi could see again. There was a 34 year old woman down to 50 pounds, no teeth, no hairs--a human skeleton. Medical science couldn't touch her, I called on Menleg, Ohyeq and all the Gods of the underworld and overworld, Lightning struck the building, all the dogs and cats leaped out the windows. I prayed for her, beat her on the head, blood ran from her nose and ears and she stood up and walked. I rest my case.

I had a bout with a Dr. Buzzard some fifteen years ago. He was what they call a warlock, He had a good business putting hexes on people. Anybody you'd want done in, he'd do it. He had snakeheads and batwings on the wall and was standing over a huge steaming pot. He was the Devil's spawn. I said, 'Hey, cat, what's happening? I'm Karmu, the Holy One, Giver of Truth.' He said, 'I'm making something to get rid of you, you son of a bitch.' I uncorked some medicine and he knocked the bottle out of my hand. He turned into a pile of dust a year later."

Karmu has created something out of nothing. The house he hosts serves many functions. Some people come for the fellowship, others for the entertainment; some come because they believe, to varying degrees, in his powers. Everyone, including Karmu, comes away with something. As the Holy One likes to say: "This is really beautiful. The Gods have chosen well their thing to do."

## Labyrinth Of Chartres Cathedral - Man's Journey

Karmu has been depicted on a painting by Mrs. Mary McClelland entitled, Labyrinth Of Chartres Cathedral - Man's Journey. He is shown as one of the many saints pointing the way to the Light.

Mrs. McClelland has given exhibitions at Wesleyan University and the Stebbin's Gallery here in Cambridge. The painting Labyrinth will soon hang at Yale University. She is a recognized artist who is also well known as a Spiritual leader. She and her husband, David, are responsible for an exchange of ideas between east and west.

The painting itself displays the process by which a person becomes realized in the Light of God. It shows the Spiritual seeker receiving first awareness of the Spiritual path then hurrying forward to the goal. Soon enough the seeker reaches a plateau which descends quickly into Dante's Inferno. He or she has soon found realization which appears such a simple matter in the beginning is actually quite complicated. Through the demons the seeker must crawl long distances and tortured eons. If we have correct aspiration, perhaps, we will find a God Realized soul, a saint, who can guide us, direct us to the goal. At long last the Soul's true desire is attained. People merge into the Light.

Words do not do well at all to describe the Labyrinth. This work of art depicts the particulars as well as the whole. The light from the center filters throughout the cosmos. The demons show the ravages of whatever turned them into demons.

A poem accompanies this work which is meant to be read while viewing. It is titled the same as the painting. It was written by Mirabai. She and her husband make Dharma Seals, Illuminations and Mandala Calenders.

## LABYRINTH OF CHARTRES CATHEDRAL -- MAN'S JOURNEY

the map is within  
the heart holds the secret  
the path is the labyrinth  
the mystic spiral  
winding within to the center  
and upward to the light  
the whole unfolding is contained in the first step, like a flowerbud  
Chartres Cathedral where pilgrims walked their initiation to the Mother  
inward inward  
ritualizing the invisible journey within to the sanctum holy center  
om womb mother heart home.

bluegreen whole earth  
whirling planet mandala  
perfect whole  
spaceship for cosmic pilgrims  
we are lost in her jungles  
we are drowning in her sea  
we are burned by her fire  
chaos devours us  
we are blind to the light  
the open path before us is overgrown with brambles  
thick with the lush green veils of nature  
we are lost on the planet  
speeding through space  
no way off  
only in

For each of us the mandala is different  
the mother fits her body to the curves of the child]  
the mystic spiral dances up every spine  
with each birth the music heard is new

Mandala! the great circle dance of man and the universe  
moving to the cosmic sound. Spinning like a dervish you are  
the constant center awakened by the surrounding sound.  
Mandala is wholeness, perfect health, awareness of your entire being.

Your mandala is not a ring around you but a whirling three-dimensional  
sphere of consciousness.  
You are the light at its center. You are the whirling whole.  
Return to the source.  
The end is the beginning.  
home

