



# **USPA Newsletter**

**The Official Newsletter of the United States  
Psychotronics Association (USPA)**

**New Series Volume 2, Number 3 (March, 2016)**

# Newsletter of the United States Psychotronics Association (USPA)

New Series Vol. 2, No. 3 (March, 2016)

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**Manuscript Submission:** Submit all manuscripts as Microsoft Word documents or PDFs by the 12<sup>th</sup> of each month.

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**United States Psychotronics Association (USPA) website:**

<http://psychotronics.org>

**USPA Facebook page:** <https://www.facebook.com/uspsychotronics/>

**Back Issues** are available from the editor and on the USPA Archives web page here;

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USPA Newsletter (ISSN: Pending) is published monthly by the United States Psychotronics Association (USPA), Editorial Offices, 4401 Roland Avenue, Suite 405, Baltimore, MD, 21210 USA

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## Conference Update: Register Online for the 2016 Conference of the United States Psychotronics Association (USPA)



You can now register and pay online for the United States Psychotronics Association (USPA) Conference on July 15<sup>th</sup>-17<sup>th</sup>, 2016. Just go to the website at:

<http://psychotronics.org/conference.php>

**Scroll down to the individual or family registration, make your selection, and you can use your**

**credit card or PayPal.** This will make it much more convenient and less time consuming than having to send in a check by mail. However, if you prefer to register by mail for the conference, you can still do so by sending your check to **Gail Ruggles: 2088 Maple Ridge Road, Newark, VT 05871** Phone: 802-5355173 or Email: [gruggles@numiamedical.com](mailto:gruggles@numiamedical.com)

### Hotel Discount

The conference is being held at the beautiful [Wyndham Glenview Suites in Glenview, Illinois](#), pictured above, not far from the Chicago O'Hare International Airport, making it easy for you to fly in and enjoy the conference. A block of hotel rooms has been reserved for conference attendees at a special discount rate of **only \$99.00 per night, including a free breakfast**. This special discount will be available for a limited time only, so conference attendees are encouraged to book their rooms as early as possible. **Use the group code "USPA" when making your reservation by calling 847-803-9800, or [click here](#) to register for this special offer online.**

## Outstanding Group of Speakers at USPA Conference

The speakers for the conference have all been selected, and it is expected to be extraordinary. We have an outstanding lineup that include the following: **Karl Maret, M.D.**, who will be speaking on “Explorations of Subtle Energy in Energy Medicine.”; **Dr. William Tiller**, speaking on “The Power of Human Intention”; **Dr. Linda Lancaster and Lutie Larsen** speaking on the DeLaWarr Camera and other radionics instruments; **Dr. Ellen Kamhi** speaking on “Herbs, Dowsing, and Radionics”; and **Guy Obolensky**, speaking his Tesla healing research.

In addition, we will have internationally known researchers **Dr. Dean Radin, Dr. Beverly Rubik, Dr. Glen Rein, and Dr. Don Paris, and John H. Reed, M.D.** speaking on their latest research on subtle energy, energy medicine, and related subjects. Numerous other speakers in the psychotronics field will also be making presentations, and a full schedule of all speakers and the titles of their presentations will be posted in the next USPA newsletter.

**A colorful poster for the USPA Conference** and some of its speakers has been created by Scott Beutlich, and is on the next page of this newsletter, without borders or a page number. Since this is a PDF document, you can print that page out separately, so please feel free to download it and make copies to hand out at meetings and events that you may be attending before the USPA meeting in July.

**Vendors/Exhibitors: Some spaces are still left for vendors wishing to display their products and services**

The USPA welcomes vendors and exhibitors representing groups, firms, and organizations focused on the interactions of matter, energy, and consciousness. Fees are \$30 per table, plus 10% of gross sales. **For more information please contact Bob Peters, VP of Exhibitor Relations, at: [cathyschleyer@msn.com](mailto:cathyschleyer@msn.com).**

**The USPA website:** [www.psychotronics.org](http://www.psychotronics.org)

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UNITED STATES

# PSYCHOTRONICS

ASSOCIATION

**July 15-17, 2016**

Wyndham Suites Glenview, IL  
7 miles from O'Hare. \$99.00 w/ Breakfast.

**Early Bird Registration only \$185!**

## 38<sup>th</sup> ANNUAL CONFERENCE

### Exploring Subtle Energy: Past, Present, and Future

Featuring

23 Speakers

2 Workshops

2 Panel discussions on:

- Radionics
- Parapsychology
- Healing & Energy Medicine
- Subtle Energy Technologies



**Dr. Don Paris**  
Radionics and  
Subtle Energy  
Research



**Alexis Guy  
Obolensky**  
Tesla Healing  
Research



**Dr. William Tiller**  
Physicist  
Psychoenergetics



**Dr. Karl Maret**  
Energy  
Medicine  
Practitioner



**Ellen Kamhi**  
The Natural  
Nurse



**Lutie Larsen**  
Radionics  
Teacher  
Little Farm  
Research



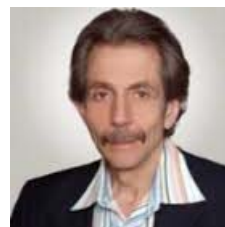
**Dr. Linda  
Lancaster**  
Teacher -Healer  
Light Harmonics  
Institute



**Dean Radin**  
Researcher  
Parapsychology  
Chief Scientist at  
IONS



**Dr. Beverly  
Rubik**  
Researcher  
Subtle Energy



**Dr. Glen Rein**  
Researcher  
Subtle Energy

*For the last four hundred years, an unstated assumption of science is that human intention cannot affect what we call "physical reality". Our experimental research of the past decade shows that, for today's world and under the right conditions, this assumption is no longer correct. We humans are much more than we think we are and Psychoenergetic Science continues to expand the proof of it.*

*Dr. William Tiller*

*The Mind, as conscious and unconscious thoughts exists as "subtle energy" that surrounds and permeates the body.*

*Dr. Richard Gerber*

**Register Now!**

**WWW.PSYCHOTRONICS.ORG**

**Radionic Technique**  
**on the Farm and at Home**  
**by Lutie Larsen**

Many years ago when I first learned about Radionics I was busily raising a large family and had no time for “hobbies” But I decided that radionics could be a real benefit for family emergencies and to help me in the garden. I realized quickly that there were many practical applications and I love to learn so it became a great match.

We used radionics for bumps and bruises, flu and sniffles and soon I had a set of First Aid programs that were tried and family tested!

I next started applying tuning rates to the garden and my plants and soil responded! They responded so well that I entered the Mother Earth News “Blue Ribbon Gardens” contest in 1980 An I won a spot. The article I wrote spotlighted radionics and the various techniques I was using. About that time I started speaking at the USPA Conferences. That was back in the late 70s/early 80s..

In 1989 I purchased the 5.5 acre plot we called Little Farm and went about building my radionic “laboratory”. We had 66 growing plots and a small greenhouse by the summer of 1990. My plan was to use the farm to teach my children the value of work and develop my skills and experience in radionics. The kids had a better idea and the next summer we started the Little Farm Apprentice Program for children 8-18 and my kids talked their friends into coming. It was a great program and we ran every summer it for 20 years. I learned so much and it became the foundation for my later work in sustainable agriculture.

The great thing about using radionics, both to monitor and to balance, in growing food is that you can cut back on all sorts of things, pesticides, weedkillers even fertilizer. These things all cost us, not just money but they weaken our plants and soil and we become dependent and often over use them.

At Little Farm we started out with an organic system. I didn’t want to expose the kids to any harmful chemicals, and I really thought there was a better way to work with nature even in a family garden.

Most people look at radionics as a metaphysical science. For many the dowsing and the “at a distance” evaluating/balancing is just too weird. The thing that gets you over that is to experience it, to try it for yourself. There are many things in our world today we don’t understand, but we try them and they work, and work well for us and others. Like many things your skillful use of radionic techniques is dependent your knowledge and experience. This is where some training is valuable. As a teacher I define terms and set some goals for my students . . .

*“In a basic course I spend quite a bit of time defining the subtle energy we call subtle bodies or layers. I use a simplified model that students can relate to and I include the*

*physical body as a subtle body. It is the last, the newest, and the most dense of all our subtle bodies. It is also the one with which we are most familiar. The reason for this is that our culture and lifestyle emphasizes physical activity and we have little time for anything else. Other cultures have emphasized spiritual things and have more awareness of the other subtle bodies."*

*"In order to work in the subtle energy fields, a student needs a clear understanding of the subtle bodies. The idea of subtle bodies may seem metaphysical in nature rather than scientific because our cultural consciousness does not include an awareness of anything more than the physical. It seems that with new discoveries in nuclear physics our consciousness is changing. Scientists are becoming aware of subtle energy fields and the auric fields are being detected with "scientific instruments" and procedures. Back in the 60's Kirlian photography was first thought to demonstrate these fields."*

*"I think a good definition for subtle body fields is "a set of primary vibrational fields associated with, and necessary for the maintenance of, a physical form." Each subtle field increases in density from the finest, which seems to be the spiritual essence, to the most dense, which is indeed the physical form."*

*"Whether all physical forms have the same number (or type) of subtle bodies is a subject of discussion among researchers. These vibrational fields appear to be unique to the kingdom (and possible phylum) of each organized form. Even a man-made tool or machine seems to have a set of subtle bodies. The finest aspect being the "idea" and the most dense aspect being the tangible physical form."*

*Lutie Larsen • Tips and Techniques from Little Farm • Published by WiseWoman Ventures 2008*

Here is another important concept about the physical and subtle fields I like my students to understand . . .

*The basic concept in Radionics is that each physical form has a subtle field inherently connected to it. This field contains the specific information needed to manifest and maintain that physical form. It is often called the formative fields. Quantum theory says that there is coherence and communication between the implicate (formative field) and the explicate or physically expressed form. Simple physical forms have simple formative fields.*

*The more complex the material form, the more complex the subtle information. Living things like plants and animals have a complex formative field. Information found in the formative field can be- come altered or distorted. Because there is communication both ways with the physical form and the formative field disharmonies can become part of the patterning.*

I have been teaching Radionics for many years, since 1981, and have found that it is important to review terms and definitions regularly because the energetic aspect of our world is different than the physical and we often forget this. The physical is flat and tangible, the energetic is multidimensional and expansive.

*Radionic Technique on the Farm and at home,  
USPA Conference 2015 - Glenview, IL,  
July 18, 2015 by Lutie Larsen*



# SUBTLE ENERGY ANATOMY

by Dr. Linda Lancaster Homeopathic/Naturopathic/Radionics Practitioner

Founder, [Light Harmonics Institute](#)

Founder, [Global Foundation for Integrative Medicine \(GFIM\)](#)

The subtle human is designed in patterns of energies described by the ancient seers as energy flow, meridians, subtle bodies, nadis and auras. To understand flows of energy opens a door into the cause of disease. To find the Imbalances, which create dis-ease gives an opportunity for the healer to employ subtle energy with right intention. Energy emanates from anything that has a life force. The ability to detect these emanations or vibrations is the first step in understanding how to treat the imbalances that exist within the patient.

Disease is a block in the electro-magnetic field or a change in the electric charge at the cell level. Life is movement- oscillation, circulation of energy giving LIFE. Energy needs structure to manifest through. The Subtle Anatomy is the support system for this energy. Opposing polarities, Yin/Yang or Positive/Negative, creates movement. Changes in this movement can produce health or illness. In Energy Medicines, we do not treat the disease; we change the electro-magnetic field, by neutralizing multi-dimensional pollution. Nothing exists outside of its own environment. If we change the environment(energy) the condition no longer exists.

In the detection of vibrations or force fields the invisible is revealed. We live in a sea of atoms in constant motion. Science is aware of these waves creating energy fields; states of emotion, sickness and health are broadcasted into this sea. Each cell in the body is like an electric battery broadcasting a pulsing rhythm. Within the earth's environment, there are emanations of unseen pollution coming from chemicals, heavy metals and radiations.... effecting our subtle field. Although there are many names of

diseases, the cause is always - a change in the electro-magnetic energy or the pre-physical body.

When there is an imbalance at this subtle level, parasites can be attracted to this low vibrational frequency, and in accordance with the person's own inherited weaknesses or Miasms can cause disease.

There are many ways to detect these vibrations: Radionics, Radiesthesia, Dowsing, Applied Kinesiology, Biofeedback scanners and devices, pulse diagnoses and learning to "see" energy, or developing one's own ability to scan the field as the Yogis have done for more than 6,000 years . A conscious healer understands his mission is: to bring awareness and connection to the higher forces.

## **MAN AND HIS BODIES**

### **THE DENSE PHYSICAL**

### **THE ETHERIC OR VITAL BODY**

### **THE EMOTIONAL OR ASTRAL BODY**

### **THE MENTAL**

### **THE BUDDHIC**

### **THE ATMIC**

## **THE MONADIC**

---

**The MONADIC = DIVINE WILL**

**THE ATMIC = ORGANIZATION, DIRECTION**

**THE BUDDHIC = LOVE, WISDOM, GROUP LOVE**

**THE MENTAL = CREATIVITY**

**THE ASTRAL = EMOTION, DESIRE**

**THE ETHERIC = REPRODUCTION**

**THE PHYSICAL = HARMONY AND UNION THROUGH  
CONFLICT**

# Whatever Became of the International Association for Psychotronic Research (IAPR)?

by John H. Reed, M.D.

Does anyone know what became of the International Association for Psychotronic Research (IAPR)? It was founded in 1973, even before the United States Psychotronic Association (USPA), which was founded in 1975. However, its current location or activities are unknown.

The IAPR held numerous international conferences around the world, beginning with its first in 1974. Proceedings of each of these conferences were published. If copies of these proceedings can be obtained, we will add them to the USPA Library and make them available to USPA members. A list of all know IAPR international conferences that have been held are as follows.

1st International Conference on Psychotronics: Prague, Czechoslovakia, 1974. At this Conference, Dr. Zdenek Rejda was elected president for the Eastern Division of the newly established International Association of Psychotronics, and Dr. Stanley Krippner was elected president for the West (1)

2nd International Congress on Psychotronic Research : Monte Carlo, June 30-July 4, 1975

3rd International Congress on Psychotronic Research: Tokyo, Japan, 1977

4th International Congress on Psychotronic Research: Sao Paulo, Brazil, 1979

5th International Congress on Psychotronic Research: June 5-10, 1983, Bratislava, Czechoslovakia

6th International Congress on Psychotronic Research: Zagreb, Yugoslavia, 1986

7th International Congress on Psychotronic Research: ??

8th International Conference on Psychotronic Research: Milwaukee, Wisconsin, 1993, joint conference with the United States Psychotronics Association (USPA)

There may have been additional conferences after 1993, but no references to any such conferences have yet been found.

The International Association for Psychotronic Research also published a journal called **Psychotronic** in Innsbruck, Austria, which began with vol. 1, no.1 in 1977. However, it ceased publication with volume 3 in 1979, and the total number of issues published is not known. Some issue are available at the National Library of Medicine in Bethesda, Maryland.

If anyone has any information about the current status of the IAPR, has any copies of Psychotronic, or has any copies of the Proceedings of any of the IARP Conferences, please contact the editor of the USPA Newsletter, John H. Reed: [joreed43@gmail.com](mailto:joreed43@gmail.com)

## References:

1. Accessed March 17, 2016: <http://mankindresearchunlimited.weebly.com/biocommunications.html>

# **The Electro-Psychometer Development and Two Useful Techniques How to Get Rid of Your Negative Feelings and Emotions as They Arise and How to Better Your Self-Image**

**by Father Anselm Ober**

**(This article was originally published in the USPA Journal, No. 2 (Spring, 1989), but is very interesting, because it discusses the historical development of various devices, and also offers useful techniques applicable to one's life and interaction with others. John H. Reed, M.D., editor)**

SCIENTIFIC EVIDENCE of the effectiveness of the directed visualizations we will teach you is shown by the use of the ElectroPsychometer, also called a "Life Potential Meter" because it shows how you are using your Life Potential, or Bio-Energy, constructively--or destructively. The beginnings of this instrumentation are taken from *The Collected Works of Carl Jung*, Volume II, in the Chapter "On the Psychological Relations of the Associated Experiment," Jung's first publication in English (in *The Journal of Abnormal Psychology* in 1907).

First to discover the influence of mental conditions on the galvanometer was Professor Terchanoff of Germany, who published a paper in *Pfluger's Archiv fur Physiologie* in 1890, entitled "Galvanic Phenomena in the Human Skin in Connection with Irritation of the Sensory Organs and with Various Forms of Psychic Activity." He used unpolarized clay electrodes, with hydroscopic cotton pads saturated with saline solution on the skin. Through experiments Terchanoff found that *actual* stimulation was not necessary; that the presentation of the proposed stimulus to the *imagination* brought about similar deviations in the galvanometer. He theorized that the phenomena was due to a secretory current of electricity associated with the sweat glands.

A few years later, E. K. Muller, an electrical engineer of Zurich, rediscovered this reaction of the galvanometer and read a paper before the Swiss Society of Natural Sciences (Medical Section) on "The Influence of Psychic and Physiological Phenomena upon the Electrical Conductivity of the Human Body." Happening to make certain experiments on himself in relation to the resistance of the human body in an alternating magnetic field, he rediscovered the reaction of the galvanometer and nervous stimulation established by Terchanoff.

In 1897, Stricker records this repetition of Terchanoff's work, but he opposed the secretory theory of Terchanoff because he found the same deviation when the electrodes were applied to anesthetic or analgesic areas of the skin (functional or organic). He attributed the change in response to involuntary muscular contraction. Thus, he stumbled upon, but missed, an essential point--the neuromuscular response that is incorporated in today's instrumentation.

Five years later, in 1902, Sommer attributed the fluctuations to alterations in resistance of the skin or changes in contact between the skin and electrodes, attributing it to involuntary muscular contractions increasing the pressure on the electrodes. This is a key factor in today's instrumentation.

O. Veraguth, a neurologist of Zurich, was led by Muller to experiment in the same direction. He used nickel-plated brass cylinders for electrodes, a feeble electrical current, and a horizontal celluloid scale for registration. At the Second German Congress for Experimental Psychology, held at Wurtzburg in April of 1906, Dr. Veraguth reported on the phenomena. He conducted a

current of low tension (about two volts) through the body, using the palms for entrance and exit and adding to the circuit a Deprez-d' Arsonal galvanometer of high intensity and a shunt for lowering the oscillations of the mirror that was used. The apparatus used a light beam that was reflected in a mirror and a drum on a movable slide, moved by hand. Photographs were taken of the curve of the mirror's movements on a rotating film.

It was Veraguth who suggested to Dr. Carl Jung the potential value of the galvanometer as a measure of psychic stimuli. In the early experiments, it was discovered that the action of the galvanometer was not in direct relation to the strength of the stimulus, but to the intensity of the resulting psychological "feeling tone." Later it was observed that the action occurred (often with great intensity) when the stimulus-instead of being actually applied was merely announced to the subject. Tests involving the Diagnostic Association Studies showed the value of this discovery. It was Carl Jung who first suggested the Word Association test.

Jung later attributed the reaction to what he called an "Emotional Complex." For example, a subject who lived through most painful and exciting experiences showed great reaction after the words: water, ship, lake, and swim. Cautiously questioned, she revealed that in a moment of desperation she had seriously thought of drowning herself. The stimulus words gave rise to a complex of ideas having some relation to water, and having great importance for the subject. The complex to which strong feelings were attached betrayed itself by different psychological disturbances in the experiment. The problem at that time was the *interpretation* of the disturbances.

In another case, a man reacted to "pretty" and "not pretty," and to "restaurant" and "non-alcoholic." He stated that he had been married the week before and that people did not think that his wife was pretty-and added that for himself, she was pretty enough. The other reaction was due to the fact that he was an alcoholic, though a dry one.

Thus, if a series of unrelated words is pronounced, words connected with an emotional complex produce an effect on the galvanometer, while indifferent words have no effect. Veraguth published his results in 1906 in the *Archives de Psychologie*, giving the name "psychophysical galvanic reflexes" to the phenomena, and corroborated the work of Terchanoff. However, he did not think the reactions were due to alterations of the quantity of blood in the hands, for the phenomena takes place whether the hands are emptied of blood, as by an Esmarch bandage, or super-charged with blood by artificial venous stasis. Likewise, he excluded the participation of perspiration because the results were similar in hands made dry by formalin. The path for stimulation seemed to lie in the sympathetic nervous system.

After the demonstration by Veraguth, Jung began to experiment on his own. Tests were done on normal individuals and compared with the reactions of those with mental illness. With the use of a pneumograph, respiratory changes that accompanied the responses of the galvanometer were noted as well.

The Psychometer does not record respiratory changes. This aspect was incorporated into the lie detector, however. The Psychometer is not a lie detector because you may cause a "surge" even when telling the truth.

Studies done with abnormal subjects included patients suffering from epilepsy, dementia praecox, general paralysis, chronic alcoholism, alcoholic dementia and senile dementia. Some interesting observations were made that are applicable today, such as: In dementia praecox there are marked disorders of attention, shown by the lack of voluntary concentration-the chief feature of DP. Cases with complete loss of emotion are exceptional. Elementary effects (fright, anxiety, pleasure, anger, embarrassment, shame, etc.,) are usually preserved. The fundamental complexes for the individual embody, as a rule, the emotions or experiences that immediately

preceded the development of the mental disorder. In fact, as Freud has shown, they determine the symptoms. In depression and stupor galvanic reactions are low because attention is poor and associations are inhibited. In alcoholism reactions are high because of higher excitability. In dementia reactions are nil due to lack of associations.

Not much was done with these findings until the 1950s when Volny Mathison developed the part of the instrument called the "Surge Meter" which registered via an ammeter the galvanic reactions of the client. When Mathison applied for a patent he was surprised that there were no other patents on this application of the galvanometer. He developed a course entitled the "Ember System." The term stands for Electro-Magnetic Bio Energy-Pattern Response.

Mathison trained practitioners to test clients, make notes of their reactions, and send him the reports. On the basis of the noted reactions, Mathison produced the "PreSleep Tapes," also known as "Self-Hypno Tapes." One would listen to a tape which, by the power of suggestion, would induce relaxation and then listen to the prepared tape that contained many, many positive statements. These statements were prepared on the basis of the "surges" that the test manifested. The tapes were used just before sleep. As a result of the constant repetition, the subconscious would take over and produce a change in the person's life.

It should be noted that the Electro-Psychometer is different from the E-meter of Scientology. The E-meter stems from this "Surge meter" stage of development. Later development of the Psychometer added another special ammeter called the "Tone Scale" that gives a registration as to where the client is on the Emotional Spectrum. The Emotional Spectrum runs from the lowest level of apathy and helplessness up through grief, fear, hostility, anger and aggression, resentment, boredom and indifference, to a happier outlook on life. A re-examination of the work of L. Ronald Hubbard resulted in utilizing the best and most practical ideas of Dianetics. This was determined by the reactions and readings that were obtained by the Psychometer when they were used.

The next major change was the addition of the "Discharge Monitor," whereby one could observe the effect of the client doing any given exercise or technique. In this regard, the work of Dr. Mark Gallert, who died in July of 1985, was most outstanding. It was he who developed the various techniques that are used today with the instrument.

Gallert set up a "School of Life Potentiality" for teaching the techniques and efficient use of the Psychometer. He produced the book *Hidden Factors That Control Your Life*. The book does not give the techniques, but clearly explains how and why the subconscious works. The word "subconscious" is not used; it is called "the involuntary mental system" which is broader in concept. The techniques are applied by "directed visualization exercises." In using these exercises we capitalize on the mind's ability to symbolize. It should be noted that this approach is not Psychology nor Psychiatry, nor it is counseling; it is, rather, rehabilitation for the client.

Former models of the Psychometer functioned on vacuum tubes. The current version is the first transistorized model. We have a fluctuation speed control that determines how fast the needle will respond, which is adjusted according to the sensitivity of the client. The meter on the left side is used as a surge meter and as a discharge monitor. The circuit to be used is controlled by a toggle switch.

We begin with the surge meter and by hand control adjust the needle so it idles, so to say, in the black area of the first quadrant of the arc. The client holds an electrode which has two parts that are joined by the hand. If we say just one word that ties in with a feeling or emotion complex the needle will surge. This will happen if the client just *thinks* of a disturbing idea.

Let us consider the meter on the right side. This is the Tone Scale that tells where a person is on the emotional spectrum, either in general, or on any given topic. There are five lines that are so calibrated that they constitute one continuous arc.

When the needle on the left meter surges, if it goes up and drops without affecting the Tone Scale it indicates just a passing memory. If it stays up and/or causes a drop on the Tone Scale, then it shows a deeply disturbing matter has been touched upon. We make note of the disturbing topics and then proceed to discharge them in order, according to their importance or seriousness.

At this point, we switch the meter on the left side to the discharge mode. Having given the client a Visualization Technique to do, we monitor the effect by observing the needle action. By hand control we set it all the way to the right and the client must make it discharge-cause it to move or drift to the left. Each time the needle drops we move it up again and observe its action. If the needle surges when we give the exercise, it shows that the client cannot handle it; that it is too heavy a technique at this time. Then we select a more gentle technique that they can handle.

Therefore, what I now give you to better your self image really works. We know it does from observing the needle action of the Psychometer in thousands of cases, and in seeing the change that occurs in the lives of people who use the technique.

The techniques I am now going to teach you can be used from here on out in your life. For things of the past, however, you may have to be processed via the instrument to uncover the basis of your problem, which may be buried deep in your subconscious. In our culture, it is impossible to grow up without being put down, belittled, threatened, or rejected at some time in your life. This is done unknowingly-not maliciously by parents, teachers, babysitters, classmates, playmates, etc. This, in turn, affects your concept of self. I want to show you how you can better your concept of self. To do this, however, you may have to rid yourself of some negative factors so I will begin with the primary technique called the Outflow.

It is best to do the visualizations with your eyes closed, because you can visualize much better that way, and without distractions by what you otherwise would be seeing. After you get the idea and the feel for it, you can do it with your eyes open.

## **OUTFLOW**

We ask you to visualize a flow from the solar plexus, the area from the bottom of the ribs to the navel. There are more nerve centers there than anywhere in the body except in the brain. These nerve centers, however, are involved with all feelings and emotions and are linked to the sympathetic nervous system. That is why people say they get "butterflies in their stomach," a nervous stomach, a tenseness, and even a nauseous feeling.

We ask you to "see," "feel," or imagine you feel, a flow emanating from that area. A flow of what? Anything you care to watch or feel; anything that appeals to *you*. Children, for example, like to watch water. So the flow might be: water, sparks, a tongue of flame, confetti, laser beams, rays of light, x-rays, cosmic rays, fireworks such as skyrockets and roman candles, flower petals, flecks of gold or silver, etc. As you see or feel the flow, we identify it by:

- 1) Naming the feeling or emotion.
- 2) Stating the situation.
- 3) If a person is involved, naming the person or persons.

For example, one man was very jealous regarding his wife, because when she went outside and the man next door was in his garden, she would wave at him or smile and talk with him. This man likes fireworks, and decided to watch skyrockets and roman candles flowing or shooting from his solar plexus.



We identified these as his jealousy, the *emotion*; toward his wife, the *person*; because she was overly friendly with the gentlemen next door, the *situation* and other *person*. On the psychometer he had *surged* on the name of his wife and at the mention of the man next door. After doing this exercise, in 12 to 15 minutes he was rid of his jealousy. Doing a recheck on the surge meter, we could not get him to surge at the mention of the man next door or by visualizing his wife being friendly toward him.

Sometimes a person will say they can't "see" their anger (or whatever) flowing out. We have to remind them that they are not to watch the *emotion-the* anger, hatred, fear, etc.-they are to watch whatever they selected to watch, and *that* is *identified* as the emotion. If you select water, keep watching the water; if you select rays of some kind, keep watching the rays. Whatever you select, make it do things; utilize it somehow.

For example, with water you could imagine putting out a fire, washing cars, as a lovely fountain, a waterfall, etc. You can do things with light that you cannot do with other items; or with fire, or confetti-you get the idea. How long should you do it? That depends on the extent or volume of the emotion involved.

Let us recall the Emotional Spectrum: apathy, fear, grief, hostility, anger, resentment, boredom, and indifference. A more negative emotion, one lower on the scale or spectrum, will hold in one on the higher level. Suppose you want to rid yourself of anger but there is hostility deep in your subconscious; you will not be able to dispose of the anger, or at least not all of it, until you rid yourself of your hostility.

An actual case illustrates how we know this by the needle action of the Psychometer. A woman was quite upset and very angry because her husband came home drunk and beat up her and the children. When we directed her to flow out anger there was a so-called "stuck" needle. It would not budge; it remained fixed on the Discharge Monitor. After asking her to flow out hatred, the needle moved-but very sluggishly, slowly. Going deeper we said to flow out her desire to kill him. She objected by saying she did not want to *kill* him but for him to leave them alone. I said that maybe *she* did not want to kill him, but perhaps her subconscious would like to, and asked her to do it as an exercise. There were 6 or 7 sweeps of the needle from one end of the scale to the other; on hatred there were 12 or 13 sweeps and finally, on anger, 17 or 18.

### **THE ADMIRATION TECHNIQUE**

This technique has two phases. The first phase has two steps. If you have a problem on any of the steps in either phase, DO NOT attempt the next step. To do so could aggravate your problem. We will explain how to overcome the different problems that may arise.

#### **Phase I**

**Step #1:** In your mind, visualize an image of yourself; a full-length image much like looking into a full-length mirror. Put this image at a comfortable distance from you. If your image is too far away it indicates that you have a problem with your self concept. (Ideal would be to have your image 3 to 5 feet away.) Now visualize rays, radiations, particles, water, confetti-anything you care to watch going from you to your image-from the total you to the total image. Now identify what you are watching as admiration. Do this for a minute or two-longer if you wish.

**Step #2:** Reverse the flow. Your image is now flowing admiration toward you. Remember you do not try to see admiration flowing. You watch whatever it is you selected to observe. That has been *identified* as admiration. That is what you watch going to or from your image.

**Step #3:** *Alternate* the flow, 2 or 3 seconds in one direction and 2 or 3 seconds in the other direction. Problems some people have are: Their image does not look like them; it is distorted in some way; it is hazy, it has no face; they can't see it at all, etc. As I said before, *do not* proceed to the next phase if you have a problem with your image at the first stage. If you cannot handle a single image of yourself, you certainly cannot handle a double image.

## Phase II:

**Step #1:** Put up in your mind two images of yourself a few feet apart and visualize a V-shaped flow from yourself-a *double flow*-to both images at the same time. It is at this stage that most people are likely to have a problem-that one image does not look like the other, one may fade away, or one is smaller than the other -- something like that.

**Step #2:** Have both images turn and face each other. Both then flow admiration to the other simultaneously. (Do each step for 2 or more minutes)

**Step #3:** Have both images turn and face you. Both images are now flowing admiration toward you. at this stage some people remark that they can feel a warm glow within themselves. This concludes this technique.

## WHAT ABOUT THE PROBLEMS THAT ARISE

If you have an image that does not look like you, that is distorted, hazy, smaller, etc., we have you visualize that image alone and push it away into the distance until it gets smaller and smaller-to the size of a child, a toy doll, an object you can hold in your hand-until it reaches the size of a dot. Then make the dot disappear. Repeat that procedure several times.

After doing this simple technique it is interesting how the image now looks more like yourself, less distorted, taller, or normal. Both images look alike. If you disliked one of them, you now like both of them. For those who cannot even see an image of themselves, I have them sketch a very simple drawing (such as a little child might do and say "This is Daddy," or "This is Mommy,"). Then I have them identify the simple image as *themselves*.

Having done this on occasion, some subjects have said, "It is starting to become enfleshed; it is taking shape." In a few instances they said, "But it has no face." We dealt with the faceless image by pushing it into the distance several times. After doing so and visualizing a new self-image, they found it now had a face.

Finally, there are some people who cannot receive admiration or even a compliment; they feel unworthy of it. We have such people put up an image of someone they admire greatly and imagine them giving that person a few compliments; then have that person give them some compliments; then alternate giving and receiving compliments. Next, have them do the same with their own self-image-give it compliments and vice versa. After that we proceed with the admiration exercise.

There are many other approaches for handling problem cases but these show how the techniques can be adapted to different situations. Jesus said, "Love your neighbor as yourself." How can you love your neighbor when your dislike of yourself is such that you have to keep your self-image at a distance; when it is distorted; when you cannot even see it?

Use these techniques any time you make a mistake; when others put you down, make fun of you or belittle you or your opinions. Do it regularly and you will have a happier self-image -- a happier and more contented *you* and find yourself getting along much better with others.

## USPA Local Groups and Affiliates Update

As mentioned in the February , 2016, USPA Newsletter, one of our goals is to reactivate all of the former 24 USPA Chapters that once existed across the US and Mexico. In addition, we plan to establish new local groups of people interested psychotronics and related subjects in other major cities in the US and other countries as well. All such local groups and affiliates will be independent, but will work together with the USPA in a mutually beneficial relationship to achieve our goals of advancing research and applications in psychotronics, radionics, subtle energy, and related fields.

So I would like to invite all of former USPA Chapters leaders and members to contact me (John Reed) at: [joreed43@gmail.com](mailto:joreed43@gmail.com) and let me know if you would like to help reactivate your local chapter. In addition, if you are a leader or member of a psychotronics or related organization which was never a chapter of USPA, and we would welcome you as a USPA affiliated organization as well.

We will be establishing a USPA affiliated groups as traditional organizations and also via the Meetup.com online group platform. This will enable current and former members to more easily have local get-togethers, meetings, and other activities, and those activities, times, and other details can be posted online. So please let me know if you would like to be the leader of a group in your area.

If you do decide to use Meetup.com to establish your local group, you could do it quickly and easily by going to [www.meetup.com](http://www.meetup.com) , and clicking on the big red word “**Start**” in the upper left, and then just following the step-by-step procedures.

**You can give your local group any name you want, but it should probably have a name that relates to psychotronics in some way.** And if you need any help, please let me know, and I will help you in any way I can. Perhaps the most important thing is enthusiasm and determination, so write to me, even if you don't know any other USPA members in your area, and I will help you set up a local group: [joreed43@gmail.com](mailto:joreed43@gmail.com)

## Exchange Corner

The “Exchange Corner”, is a place for USPA members to buy, exchange, or sell items of interest, or request information or other help in relation to something wanted. So if there is anything you want to buy, sell or trade that has to do with psychotronics, radionics, subtle energy, or related subjects, please contacted the Classified Ads manager at: [usparesearch@gmail.com](mailto:usparesearch@gmail.com). For the next few issues, all such ads will be free of charge, so please send your ads and wanted requests as soon as possible before advertising charges begin.

**Wanted: Back issues of all psychotronics, radionics, dowsing, and related periodicals.** We want to form a complete set for the USPA Library, and to make them available to members as a membership benefit. Contact: [usparesearch@gmail.com](mailto:usparesearch@gmail.com)

**Wanted: Any issues of the Newsletter of the American Society of Dowers, published from 1961 through 1963.** These were 8.5X11 inch sheets stapled together, and not the digest size journal that you may be familiar with, which began in 1964. Contact John at: [joreed43@gmail.com](mailto:joreed43@gmail.com)

Does anyone happen to have the book, **Contact with Space**, by Wilhelm Reich, M.D.? This book was published in New York by Core Pilot Press in 1957, and was the last book Reich published, before the FDA sent him to prison for trying to help treat people with cancer, and then burnt his books. We are aware that it can be purchased for \$50.00 or more from some sources, but would prefer to borrow it and save the money for research. Please email John at: [john91373@gmail.com](mailto:john91373@gmail.com)

**Wanted:** Any articles, periodicals, books, devices, or other materials on psychotronic related subjects that you can donate or lend to the USPA for its library, archives, and museum. **The USPA is a nonprofit, 501(c)(3), tax exempt organization, and as such, you are able to make tax deductible donations to the USPA. Please email the USPA at: [usparesearch@gmail.com](mailto:usparesearch@gmail.com) to make arrangements. Thank you for your generosity.**

**Wanted:** Articles, notices, and other items to be published in this USPA Newsletter. This newsletter reaches up to 500 people in the psychotronics community, so please tell us about your research and other activities in this field.

# United States Psychotronic Association (USPA) Officers and Board Members

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## WHAT IS PSYCHOTRONICS?

The United States Psychotronics Association defines psychotronics as the science of mind-body-environment relationships, an interdisciplinary science concerned with the interactions of matter, energy, and consciousness. Psychotronics involves the study, research, and applications of the physics and technology of the mind, brain, spirit, consciousness, and the underlying forces of life and nature – hence the term “psychotronics”.

We believe that a true understanding of the universe must include the spiritual, as well as, the technical, and provide an opportunity for amateur researchers to present their findings along with the professionals. We stress research, with documentation of results, and practical applications, rather than personal experience and unsupported hypotheses.

**Some of the forces, fields, waves, and energies studied and researched in psychotronics include:** bioelectromagnetism, biophotons, biopotentials, electromagnetic wave pollution and harmful effects; coherent emanations of DNA, emanations of matter, “free energy”, morphogenetic fields, non-hertzian waves, orgone energy, pyramid energy and power, qi (chi), quantum fields, scalar waves, subtle energies, ultra-weak radiation of living matter, zero-point energy, and others.

**Some of the phenomena believed to be produced or involved with the above fields and energies:** action-at-a-distance, the aura of the body and other living things, bioinformation, bioluminescence, chakras, consciousness, distant intercellular interactions, meridians of the body, mind-body interactions, non-locality, the placebo effect, quantum consciousness, spontaneous remission of cancer and other diseases, water memory, water structure, and others.

**Related fields of study and research covering the above forces, energies, and phenomena of psychotronics:** bioelectromagnetics, bioenergetics, biophotonics, biophysics, psionics, psychoenergetics, psychoneuroimmunology, quantum biology, radionics, scalar electromagnetics, and others.

**Some practices, techniques, and applications related to psychotronics include:** acupuncture, biogeometry, brain entrainment, clairvoyance, dowsing, energy healing and medicine, extrasensory perception, feng shui, homeopathy, kirlian photography, magnetic therapy, pendulum use and methods, prayer effects, psionic medicine, psychic healing, psychometry, qigong, radiesthesia, radionics, remote viewing, shamanism, sound and sonic healing, telekinesis, telepathy, and others.

**Some Prominent People in the history of psychotronics research and application:**

Albert Abrams, Thomas Bearden, Robert C. Beck, Robert O. Becker, Jacques Benveniste, David Bohm, Harold Saxon Burr, George W. Crile, Ruth Drown, T. Galen Hieronymus, Vlail P. Kaznacheyev, Georges Lakhovsky, Wilhelm Reich, Royal R. Rife, Rupert Sheldrake, Nikola Tesla, Marcel Vogel, and others.

## Membership Benefits

So if you are interested in any of the above subjects, then the USPA is the place for you, where you can interact with, exchange ideas, and collaborate with other people who are interested in the same subjects. So sign up now for membership in the USPA using the form on the following page and start enjoying all of your membership benefits. These benefits include, but are not limited to:

1. **Free access to the USPA Psychotronics Library** of articles, periodicals, books, and certain audio tapes, videos, and other materials on the above subjects, useful to your research.
2. **Your free subscription to the USPA Newsletter;**
3. **Your right to freely publish articles in the WISE Journal - The Journal of the World Institute for Scientific Exploration (ISSN 2381-1536),** enabling the world to see your ideas or research, and thereby enhance your resume and credentials;
4. **Your right to use the USPA Literature Research Service,** whereby we will find any article, book, or other item you are seeking on the above subjects, and provide it to you;
5. **Your right to participate in the USPA "Research Assistance Program",** especially useful to professors, authors, and other researchers, who need extra help on their projects. USPA will help find volunteers to help you with your research project(s).
6. **Your right to be part of the USPA Project Participation Program,** whereby you can volunteer to help on numerous available USPA projects, or help researchers who are conducting research on psychotronics and related subjects.
7. **Your right to make oral or poster presentations at the annual USPA meeting,** with the approval of the Annual USPA Meeting Planning Committee.
8. **Your right to discounts** on the purchase of certain items and services made available for sale or provided by the USPA and its members.
9. **Your right to freely advertise in the WISE Journal,** which goes out to thousands of people.
10. **Your right to participate in the USPA Psychotronic Literature Preservation Program (UPLPP).** The USPA, via its Library and Archives, has established a "Literature Preservation Program" to preserve your personal papers, files, records, and collection of articles, periodicals, books, and devices on psychotronics and related subjects, noted above. You may no longer need or use some of these items that you have, and you can send them to the USPA, and we will preserve them in our library and archives, so that they can be of use to other researchers.

## MEMBERSHIP INFORMATION

**The U.S. Psychotronics Association (USPA), was incorporated in the District of Columbia in August, 1977, and is a nonprofit, 501(c)(3), tax exempt organization, and as such, you are able to make tax deductible donations to the USPA.** It is empowered to enroll members in the parent organization throughout the United States, Canada, and other foreign countries. Membership is open to all people who wish to join with the USPA on the new frontiers of science in working constructively for the qualitative improvement of man and his environment. **Please remember the USPA in your annual charitable giving, especially if you want to advance research in the above subject areas, which can greatly benefit humans, animals, plants, and the environment.**

# USPA MEMBERSHIP APPLICATION

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**Phone:** \_\_\_\_\_ **email address:** \_\_\_\_\_

**Type of Membership desired:**

General: \_\_\_ \$35 (1 yr.)

**AMOUNT ENCLOSED:** \_\_\_\_\_

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**Please send to the USPA Membership Secretary:**

**Gail Ruggles**

**2088 Maple Ridge Road**

**Newark, VT 05871**

**Phone: 802-5355173 or Email: [gruggles@numiamedical.com](mailto:gruggles@numiamedical.com)**