

# ALL AND EVERYTHING



SCIENTIFIC ADVICE IN THE POLITICS OF LIFE  
BY  
Dr. Abraham Clearquill

Watching "Mission Impossible" on the children's tube, ruminating on Gurdjieff's conviction that our situation is utterly hopeless, defeated by ego and cancerous intellect. Decided to forego the lecture format in this column: altruism off course. One seriously looking for a way knows already more than I can say in a newspaper. The clues and messengers are all around. This month in Santa Cruz for example, Ramdass, Metzner, and Naranjo have said everything. The response to their talks was, for me, a demonstration of Gurdjieff's wisdom. So this time, I will complete the trip I have been on in the previous four issues: clues to the available paths.

In the next issue, I might respond to questions (if any).

## GURDJIEFF

The Santa Cruz group has merged with Mr. Nylands organization in San Francisco. Ten people go to the city every Tuesday night to a meeting on Work. The local Thursday night reading group has been discontinued.

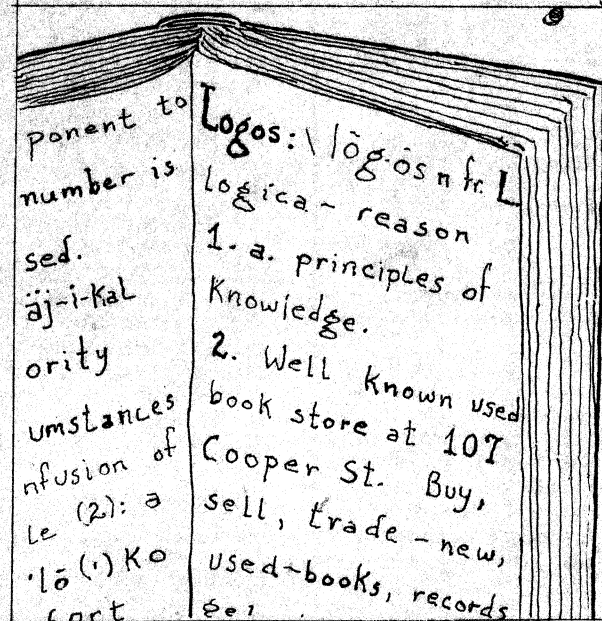
## SUFISM

Claudio Naranjo, who has been studying with a Sufi teacher in South America, spoke recently at UCSC. He said that Idries Shaw is now organizing preparatory schools in the U.S. He said these will be of the Naqshbandi order, in which Gurdjieff studied.

## TIBETAN BUDDHISM

The Tibetan Nyingmapa Meditation Center is still broke. No new students can be accepted until funds for expansion are available. A fund raising brochure is ready to be mailed, but cash for postage is lacking.

## PSYCHIC LABORATORY



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I decided to write this column for sons: first, because I believe all should have the chance to be turned macrobiotics to help completely clean body; and second, to refute a common that the macrobiotic diet is both r unappetizing.

Last week's chart shows the versatile macrobiotic regime does have. In the exception of eating meat (which, Michel Abenhsera who wrote Zen Cooking calls simply "a concession sensual desires.") your selection is pretty much based on just common sense recommend diet no. 7 for at least a to help you sensitize your system: much easier to know exactly what you wants or doesn't want.

As you already know, grains make up portion of the diet, rice being the food. Most people, however, think of the only grain in the diet. To fill gap in the "cereal" part of your diet may obtain from local health food store, rye, wheat, millet, barley, and buckwheat of these grains are available in both solid form (wheat and rye have been made into noodles). All may be cooked as rice and served as porridge.

**WHEAT BERRIES:** 2nd only to rice ally. Soak overnight. May serve added, cold, to salads.

**BUCKWHEAT:** Extremely yang. Should be roasted before cooking. Excellent hot with rice.

**MILLET:** May be roasted before. Serve as dinner, or as a dessert with a milk and honey topping.

**RYE:** Comes in flakes or cracked. May be served either hot or uncooked.

**OATS:** Fantastic roasted slightly before cooking. Serve hot or uncooked.

**BARLEY:** As flakes, excellent eaten cold. Whole grain unpearled.