

# NEWSLETTER

VOL. 5

NO. 1



MARCH

1978

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**THE WAY ~~OF~~ ALL PEACE**

**IS TO SCALE THE MOUNTAIN OF SELF.**

**THE LOVE OF OTHERS**

**MAKES THE CLIMB DOWN EASIER.**



**Dal & Sylvia Brown Founders**

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# Thoughts From Sylvia

They always tell us down through our lives to either dream or not to dream. When I was a teacher we were geared into telling the parents that Johnny would not read because he day dreamed. Suzie could not concentrate because she was such a dreamer. Later on, however, we state not to let dreams die because like broken winged birds they cannot fly. To dream or not to dream that is the question? The little girl dreams of becoming a movie star. The boy dreams of becoming an airline pilot and we as parents can wrongly encourage this because of our own fulfilled lives. How much better if we directed our own lives as well as the ones around us to seek goals that are in our reach - if the dream follows so much the better. No dream is ever fulfilled without the working out of a goal. You set the goal within a far reaching schematic and pull yourself toward it. It has a basis in reality then. It is built upon a foundation not just a nebulous hope that stands on an imaginary island far away.

We need the fantasy of dreams to escape the work-a-day world, but we understand them to be just that, the fantasy and dream reverie. I dreamed of Nirvana but I had others that helped it become a goal. It was within reach through hard work, even long hours. The dream-goal had a basis in reality. I was a psychic practicing for many years. A non-profit status gained through hard work come to fruition and could make a place for others careers. A collective goal is even better than a private one. The dream-goal in short must have a basis in reality and not pure fantasy. Let your goal be known to many and they can program for your success and theirs. Who wants to dream alone anyway. When success comes it comes to all and not just one. When Nirvana gets an interview or TV spot everyone is happy, because it is the Foundation going forth.

I am being interviewed by New West magazine so look

# Sylvia (continued)

for the issue next month.

Gripe of the month: The next time you see a psychic don't say "Since you look tired I'm afraid I won't get a good reading". Tiredness has nothing to do with a reading.

It's a good release to gripe a little. People are afraid to gripe or get angry. Well let me tell you it's healthy. Who wants a goody two shoe, pollyanna anyway.

Till next time.....

God love you,  
I do

*Sylvia*

# From The President's Desk...

Nirvana is making great progress. The Foundation now has the whole building on Campbell Avenue and with several projects in the works - hopes to expand with a branch office in Palo Alto by the late fall or winter of this year. This is a plan that has been in operation for several years and now with increased personnel and a project that will increase revenue, it looks like it will come to be very shortly.

In the immediate future is the planned large symposium in San Francisco. The Masonic Auditorium is in the process of being booked and final arrangements will have been properly made as you read this newsletter. The auditorium holds over 3200 people of which we intend to fill every seat! We are in the process of contacting and trying to make arrangements for some of the bigger names in parapsychology to participate. Among the possibilities - Jess Stern, Harold sherman, Hugh Lynn cayce, Rolling Thunder, Stanley Krippner, Charles Tart, Jack holland, Hans Holtzer, Thelma Moss Arthur Hastings, Ken Pelletier and others. Of course, not all will be able to participate - but we will in all probability have several of the aforementioned or similar people with expertise on the program.

Sylvia will of course be featured, and in so doing, we hope to bring the name of the Foundation into even more prominence in San Francisco, Marin and the East Bay. This could possibly lead to another branch office in that area and ultimately the hugh center that has always been a part of Nirvana's goals.

For these immediate plans - you as a member must lend your support in whatever way you can- as a volunteer worker for mailouts, advertising, etc.; or just by making it known to everyone you come in contact with. By the time you read this newsletter, tickets to the symposium should be close to being available. The symposium is tentatively scheduled for Saterdag,

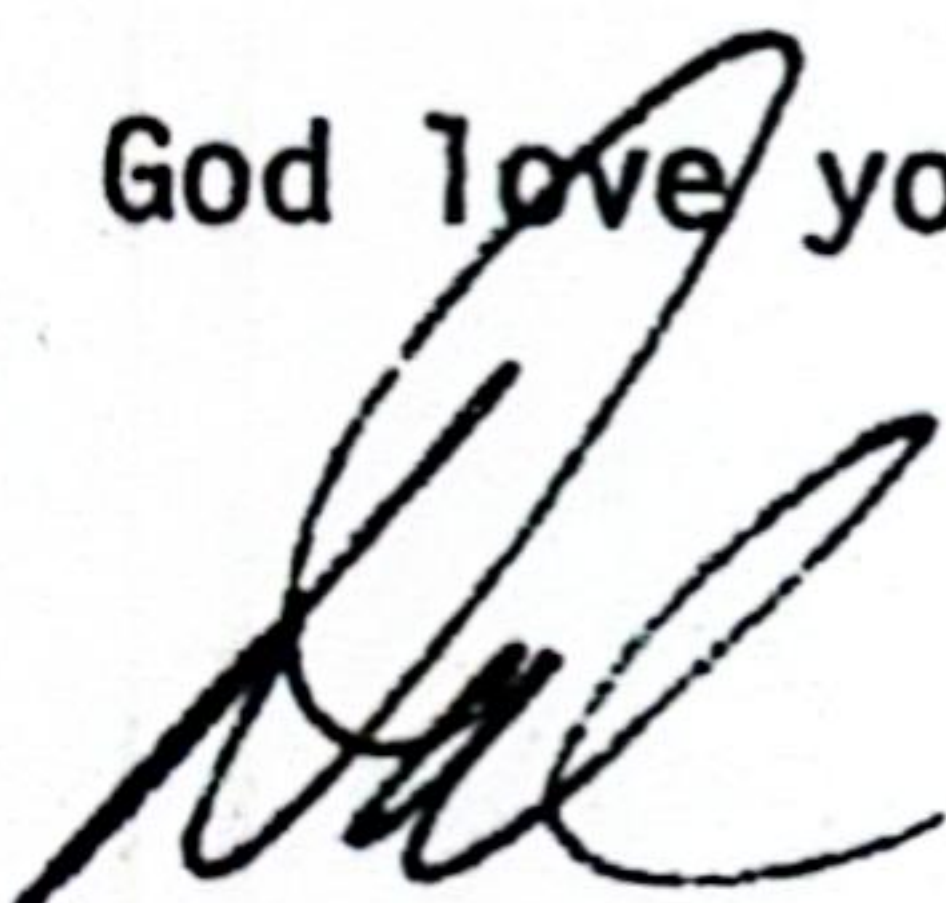
## President's Desk (Continued)

September 9, 1978. Mark that date on your calendar and buy a ticket as soon as possible. In addition, set at least a goal of selling tickets to 2 other people. For those of you with a wider scope of influence, a goal of selling tickets to 10, 20, 30 or more people is not beyond reality.

I cannot stress the importance of supporting this monumental event strong enough. If successful, it means Nirvana will expand quickly - with job and volunteer openings opening fast. More important, it insures that the philosophy the teachings of the Foundation will expand and thousands of new people can gain awareness, insight and peace in their lives.

The insurance for success in these future plans comes from the grass-roots level of the members who support them - either with their time, money or influence. Help insure this expansion and spreading of truth - support the Foundation in making these plans a reality.

God love you,

A handwritten signature in black ink, appearing to be 'R. L.', written in a cursive style.

# ESP Revisited

By LARRY BECK

Do you remember all of those E.S.P. tests Nirvana did in 1977? Most of you should. During those sessions we tested 135 people for general E.S.P. (G.E.S.P.), using the standard five symbol Zener deck. The novel aspect of these tests was in performing them in two modes of awareness. We had the subjects guess 100 symbols in a normal (N.S.C.) and an altered (A.S.C.) state of consciousness. The A.S.C. was a light hypnotic fractionalization induction. The primary reason for these sessions was to determine the effect of an A.S.C. on G.E.S.P. scores. In other words, are G.E.S.P. scores significantly different between a normal and an altered state of consciousness.

Our testing was done on two different groups, one being Nirvana people (109) and the other a class of graduate students (26). Females were in the majority at 73%. The test results did not show any spectacular performances and any conclusions were not immediately obvious (although the second highest score was from our own "Daddy" Shoemaker, the odds being 739 to 1). Since the data was so very ordinary, we turned to a statistical analysis to examine the more subtle messages.

## AVERAGE E.S.P. SCORES

Part of the study was to look at the average scores for the various groups tested. The table on the next page presents this data. Our tests were done such that the expected score, due to chance alone, would be 20 correct guesses. The scores may seem very close to 20, yet even a small deviation may prove significant. And so we use a measure of probability to decide which scores are important. Only four prove interesting all of them in A.S.C. Below is a list of these and the odds against this score being due to chance.

# ESP (continued)

## GROUP AVERAGE E.S.P. SCORES

<u>Mode/Group</u>	<u>Nirvana</u>	<u>Yabroff</u>	<u>Combined</u>
Normal			
Male	19.3	15.2	18.7
Female	20.0	19.1	19.8
All	19.8	18.4	19.5
Altered			
Male	19.9	21.4	19.4
Female	18.1	20.1	18.5
All	18.8	20.3	18.8

<u>CATEGORY,</u>	<u>AVERAGE</u>	<u>ODDS (1 chance in...)</u>
Altered State		
Nirvana Females	18.1	20,000
All females	18.5	4,600
All Nirvana (M & F)	18.4	37,000
All A.S.C.	18.8	3,000

These scores are significantly different from chance (which is 20) to warrant discussion. None of the other averages, in N.S.C. or A.S.C., show such deviation. But look again at these numbers; why, they are less than 20, below chance! What are we seeing? This phenomena has a term, it is called "psi-missing". It seems to be a sort of negative E.S.P., which even blocks the normal chance number of correct hits.

The low scores are due to the female subjects. The male group does not exhibit the psi-missing effect. The A.S.C. is seen to cause this, yet we had thought it would help you get higher E.S.P. scores, not lower.

## ESP (continued)

Since E.S.P. seems tied to one's emotional make-up, perhaps the A.S.C. interferes with this in females. The cause is not very clear at this point, further testing may help explain this phenomena.

### SCORE DIFFERENCES

Another aspect of our study was to determine the score difference between N.S.C. and A.S.C. This test is to actually examine the score spread in the group averages. For example, Nirvana males show these two score averages, 19.3 and 19.1. Is the difference of these ( $19.3 - 19.1 = 0.2$ ) statistically significant? A certain test is employed here, with the result being negative, that is, the difference in scores is probably due to chance only. This is interpreted to mean an A.S.C. has no significant effect on Nirvana males. By looking at all such score pairs, we can then assess the overall trends. As it turns out, we find significant score difference in four groups:

Nirvana Females  
All Nirvana Subjects  
Male Graduate Students  
All Female Subjects

This data tells us that these four groups are influenced by an A.S.C. We also note that the females are again prominent. And as before, it is due to their psi-missing trend.

Even though we see four groups showing significant N.S.C.-A.S.C. differences, this is not true when looking at the overall score averages ( $19.5 - 18.8 = 0.7$ ). So in the most general sense, we cannot claim a real score difference. But we are not yet defeated! There is another, more sensitive test to see if an A.S.C. will affect the scores.

### SCORE DISTRIBUTION

Our testing procedure follows a very well estab-

## ESP (continued)

lished probability theory. We can calculate the distribution of scores expected to occur by chance alone. Theory tells us how many people should get a certain score, assuming chance alone is operating. By comparing the actual score distribution to that expected, we can determine how close our tests are to theory. If we find a large deviation between actual and expected, then something paranormal is happening. The data is presented in two accompanying charts, showing actual and expected score distribution for N.S.C. and A.S.C. (See charts on the next pages)

The two charts provide a casual means to compare the results. Notice that the N.S.C. scores seem to follow the expected line fairly well. Then look at the A.S.C. chart, the actual scores are displaced somewhat from the expected line. We note the high frequency of negative scores in A.S.C., this is again the psi-missing effect. There is a statistical method to assign probabilities in this case this test confirms that the A.S.C. scores are significantly different from theory, whereas the N.S.C. scores are well within chance. This means that an A.S.C. does indeed have an effect on overall E.S.P. scores. Our hypothesis was correct after all!

Another way to express this result is to say that an A.S.C. increases the probability of scoring outside of chance, either higher or lower. In either case, we have an interesting result. You, as an individual, can "beat the odds" in E.S.P. by using an altered state of consciousness.

I encourage you to attend another of our psychic testing sessions. We are not looking at the relationships among E.S.P., personality and psychic ability. Several tests are given to provide indicators of your psychic ability and personality structure. We offer this as a service for you and to further Nirvana research. These tests will provide the data to establish your psychic disposition based upon personality

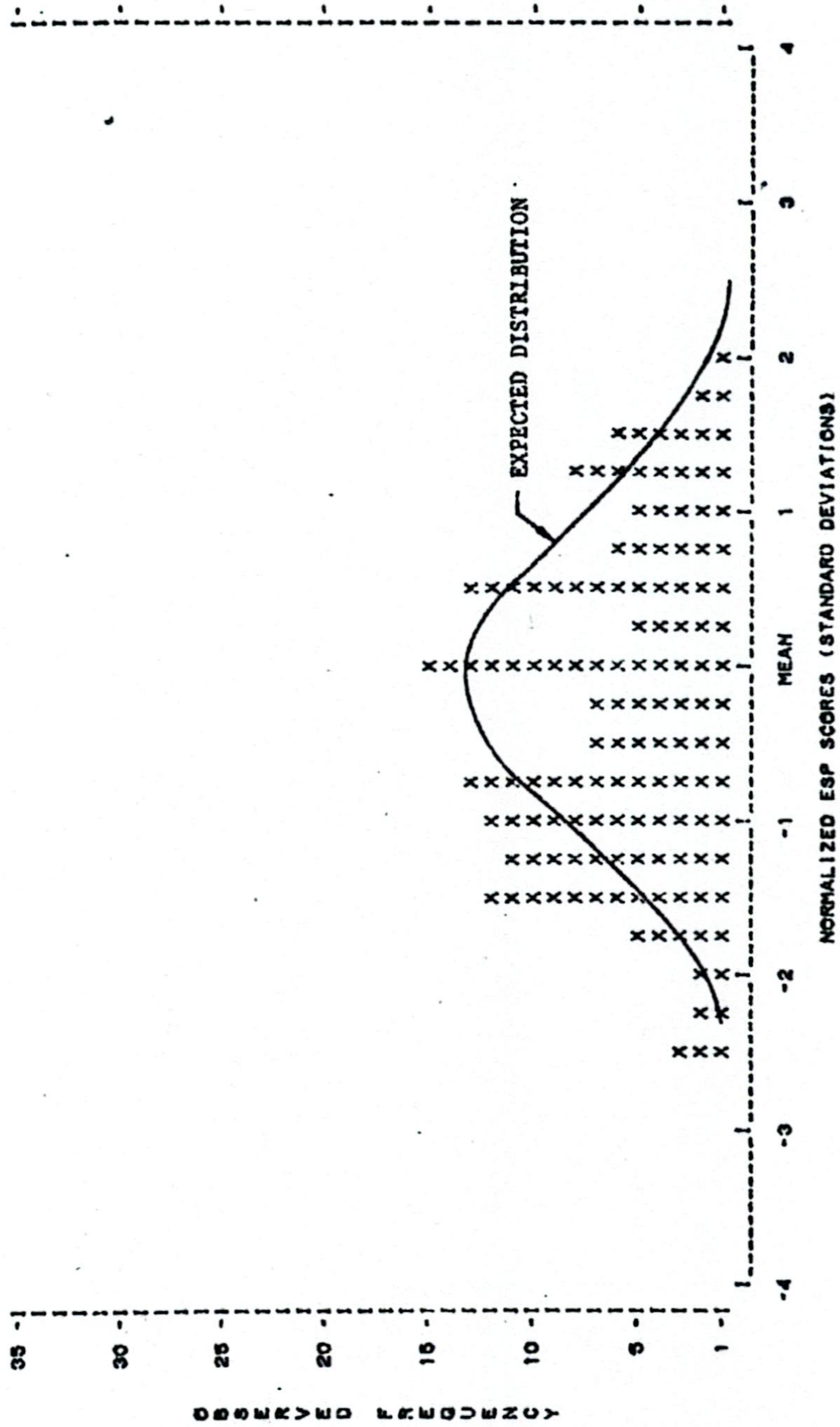
# ESP

(continued)

JANUARY 1978  
ALL SEXES

THE NIRVANA FOUNDATION FOR PSYCHIC RESEARCH

ALL SCORES

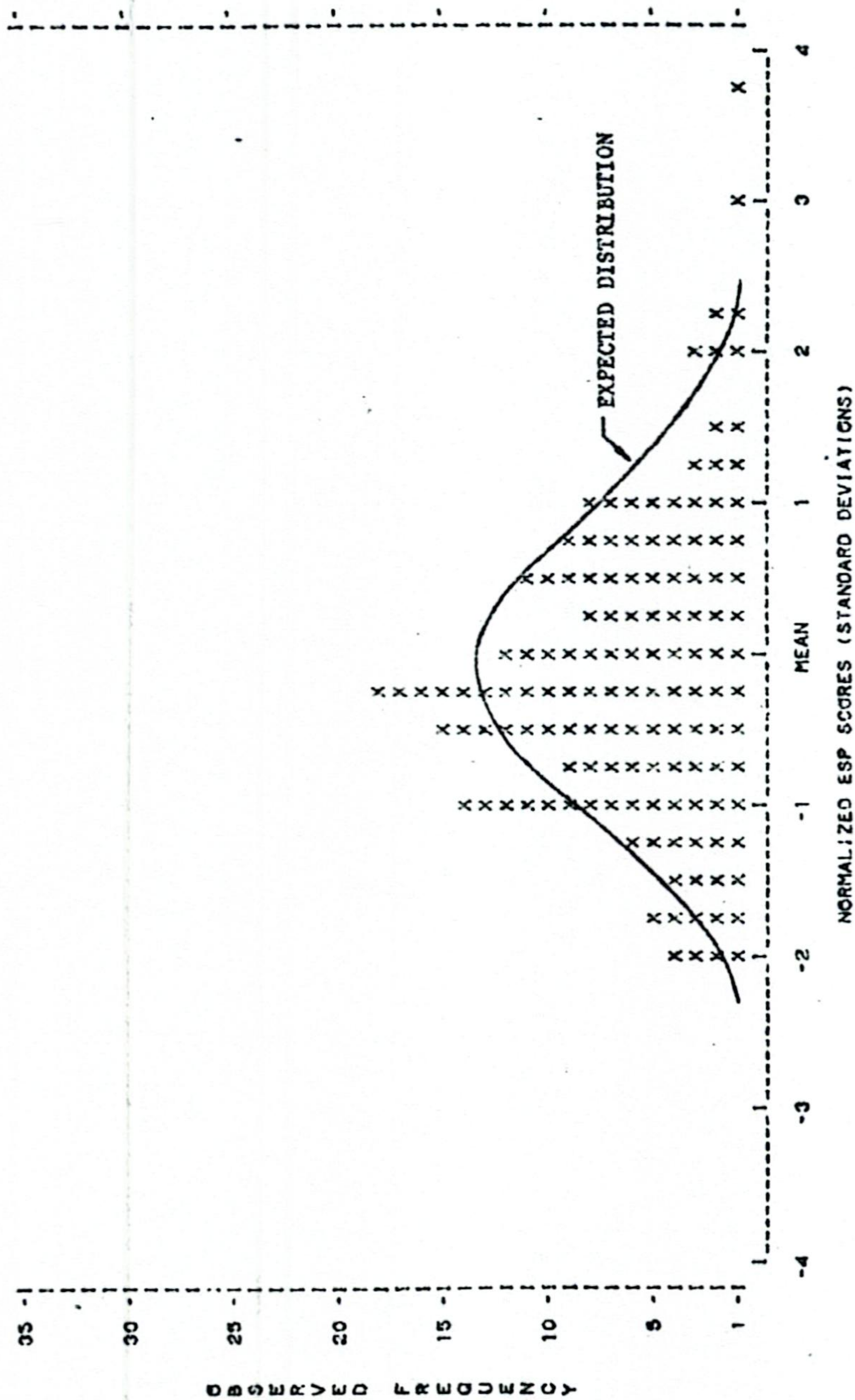


ESP SCORE DISTRIBUTION - ALTERED CONSCIOUSNESS  
(CHI-SQUARE = 15.99 \*\*)

# ESP (continued)

JANUARY 1978  
ALL SEXES

THE NIRVANA FOUNDATION FOR PSYCHIC RESEARCH  
ALL SCORES



ESP SCORE DISTRIBUTION - NORMAL CONSCIOUSNESS  
(CHI-SQUARE = 2.44)

**ESP** (continued)  
structure. The concept is very exciting and will be a valuable resource for parapsychology. Join in the fun, be a statistic!

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## PYRAMIDS

By RICK SPROWL

Egypt holds some of the most elusive moments in mankind's past. Questions are being raised throughout the world by historians, scientists and parapsychologists to explain one of Egypt's greatest mysteries, the great Pyramid of Cheops. This pyramid is the most challenging and debated artifact of architectural genius. What was its purpose, how was it built so precisely with the tools of that era? Many Egyptologists have come forward with theories on how the pyramid was built and put forth that it was built by an egotistical pharaoh. Yet, most pyramidologists believe that the pyramid was never intended to be a tomb. To support their belief, they go on to explain there is an underground structure to the south of the pyramid that is a burial vault named for Cheops.

The pyramid itself is built of more than 2½ million stone blocks that weigh up to 70 tons each. The stones are cut such a precise way that even modern technology finds it to be a great challenge to duplicate. Theories longstanding on how the stones were transported are falling apart as new facts are learned. The mortar between the blocks is of such fine quality that it has yet to be rediscovered.

I have found the more investigation into the true facts about the pyramids I do, there seems to be an over all pattern developing. It is a fact at this

# PYRAMIDS (continued)

time that all one can find in any of Khufu's writings, of his reign, Khufu only mentioned that he did minor repairs to the pyramid. There is not enough evidence to prove Khufu ordered it to be built. Then the question remains, if he didn't build it, who did? Archaeological facts say that the tools during this time span were too inferior and primitive to claim such an accomplishment as the pyramid. This would raise yet another question: Is it possible that individuals during that time period had knowledge unknown to even our sophisticated technology and eluded archaeologists for decades. Some researchers say yes. One researcher, being Von Daniken, who claims that help was given to the Egyptians by aliens. Still more questions begin to arise out of this claim.

At the present time research has begun at Nirvana to answer and account for the void by the various communities of pyramidology. I put forth: What tiein can the great Mexican and Mayan pyramids have, being so close to the approximate location as Cheops, only half way around the globe? In future articles the answers about the pyramids will be answered.

\*\*\*\*\*

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All memberships have payment plans - ask about them!!!

All donations, gifts, bequests and the like are welcomed in addition to any membership. As before all such donations and/or memberships are tax deductible.

ASK YOUR FRIENDS TO JOIN AND HELP SUPPORT NIRVANA

\*\*\*\*\*

# SOULMATE

By SYLVIA BROWN

You will know the voice within  
crying out throughout all the centuries  
knowledge lies inside that the one God  
that made two made one.

Hands across the years eyes  
searching in every eye. The listening  
and watching for the upturned lips in  
speech. The waiting for the sound  
lost in memory across the turmoil of the  
years.

Waiting and boiling your love over  
a cauldron of dying embers.

Fragmented images come back in  
the hollowed halls of my mind belonging  
to the you and I of us.

A small glimpse of what it was  
before in the world beyond, a reflection  
that is not a reflection. The glass  
shatters and you and I move on  
towards the permanency of togetherness.

Here we are like fragile  
butterflies caught in a hand of time  
beating wildly to be free.

There are still the mouths that  
praise with empty round words with  
holes in them, and the pain of  
perfecting this embryo of trailing questions  
with no answers here.

Where the you and I wander  
to across the glossary of lives it will  
be the us that cocoons out into  
that butterfly that is free.

## NIRVANA NOTES

Group Regression will be Friday, April 7, 1978, May 2, 1978 and June 2, 1978 at The Nirvana Foundation offices at 7:30PM. The fee is \$5.00

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Psychic Testing will be Friday, April 14, 1978, May 12, 1978 and June 9, 1978 at The Nirvana Foundation offices at 7:30PM. The fee is \$5.00.

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The next Open Trance with available sign-ups will be Sunday, June 4, 1978 at 6:30PM at the Nirvana Offices. The fees are \$15.00 non-members and \$7.50 members.

\*\*\*\*\*

Saturday, April 15, 1978 there will be a Symposium at West Valley College. The main speakers will be James Prescott Ph.D. and Sylvia Brown M.A., H.E.C. The topic is "Somatosensory Deprivation" which deals with the problems of the abused child psychologically and psychically. Tickets are \$15.00 non-members and \$7.50 members.

\*\*\*\*\*

New classes begin the week of April 17, 1978. Be sure to sign-up, if you haven't already. We have some new and interesting classes starting.

\*\*\*\*\*

April 21, 1978 and May 19, 1978 from 7:00PM to 10:00PM Sylvia and Dal are holding Group Counseling. You will find this to be an exciting evening as sexual, marital and single's problems are discussed. There will also be a deep meditation for improving your self i-

NIRVANA NOTES (continued)

mage and psychic centering of self. Be sure to plan to attend. The price is \$15.00.

\*\*\*\*\*

Dal and Sylvia Brown will be speaking at the First Congregational Church at 1985 Louis Rd. in Palo Alto on May 1, 1978 at 8:00PM. The topic will be "Reincarnation". The fees are \$3.00 non-members and \$1.50 members.

\*\*\*\*\*

Children's meditation classes will resume Sunday, May 6, 1978 at 10:30AM. People interested in enrolling children for the classes may do so by calling The Nirvana Foundation offices 379-1551, during the day or evenings calling Terry Samil at 263-7791. Members interested in teaching childrens meditation, please call the offices.

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Betty Ann Bruno won an Emmy for her series on parapsychology. She will be back on the week of May 15, 1978 to do another one. Congratulations Betty!

\*\*\*\*\*

On May 21, 1978 Sylvia will be speaking with Dr. Wm. Yabroff at Flint Center at DeAnza College. The topic is "The Psychic and the Doctor". Tickets can be purchased at DeAnza College.

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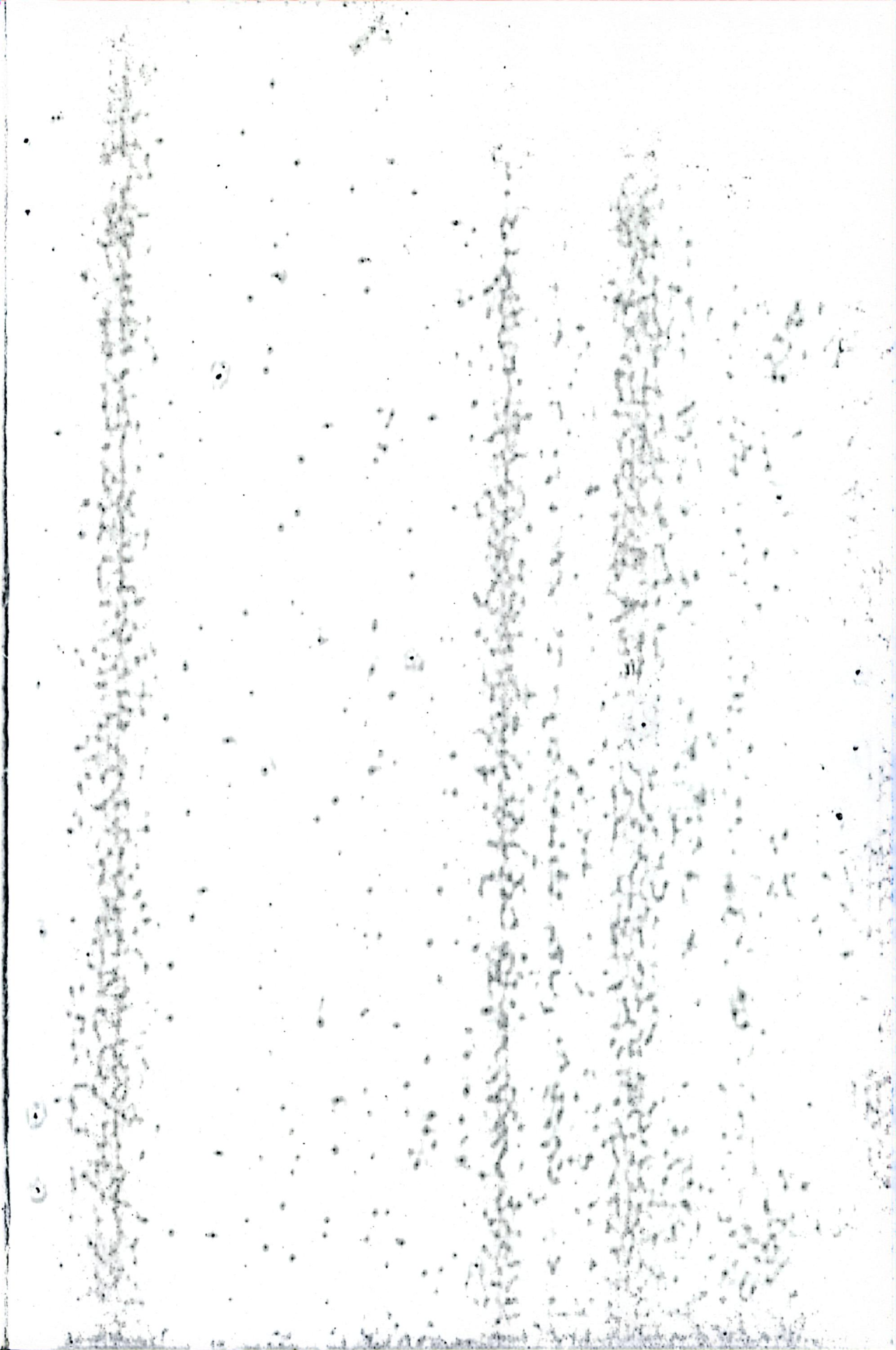
There is a good possibility that Sylvia will be interviewed for the National Inquirer. Be sure to check the newsstands for the article.

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NIRVANA NOTES (continued)

On September 9, 1978 the psychic event of the year will be presented at the Masonic Auditorium in San Francisco. The featured speaker will be Sylvia. More information will follow at a later date.

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