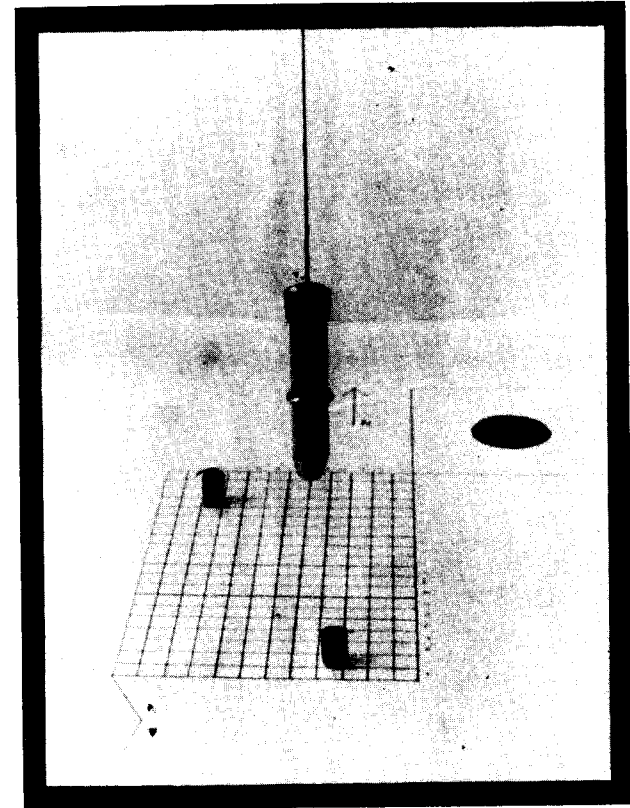


THE THEORY AND PRACTICE

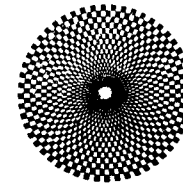


OF USING THE PENDULUM

**THE THEORY AND PRACTICE
OF
USING THE PENDULUM**

by

Malcolm Strutt



A Centre Community Publication

CONTENTS

INTRODUCTION	i
FORWARD	2
THE THEORY OF USING THE PENDULUM	3
Nature of the Universe	3
Physical Definitions	4
Consciousness	5
Resonance and Tuning	6
Transmission and Reception of Energy	9
THE PRACTICE OF USING THE PENDULUM	11
Tuning the Pendulum	11
The Effect of Radiation on the Pendulum	12
The Effect of Thought Waves on the Pendulum	12
Examining the Response of the Pendulum	13
Experiments in Choice	14
The Aura Pendulum	16
Locating the Position of a Hidden Object	17
Balancing the Energies of the Cosmos in One's Daily Life	18
SENSITIVITY: Theory	19
Practice	20
SUCCESS IN DOWSING	24
SUGGESTED READING	26

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INTRODUCTION

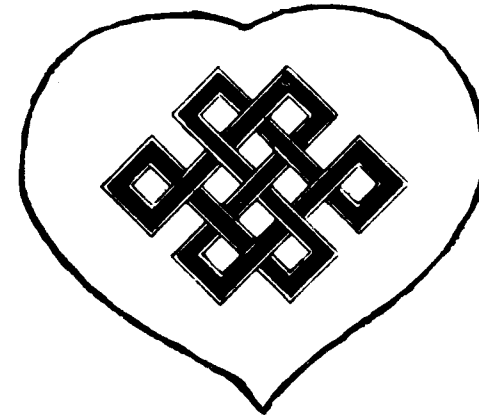
It has been some years now since I introduced the art of Radiesthesia and Radionics to the Centre House Community as a means of cosmically attuning ourselves, individually and as a group.

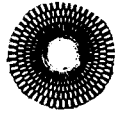
This brief booklet by Malcolm Strutt was produced to fill the gap for those who want to begin a vast journey to super-terrestrial and inter-galactic intelligences who provide means of knowing the complexities of nature. By using the same methods by which the ancient Chinese constructed the I Ching, and by which the Egyptian Civilizations worked its astronomy and its pyramid energy, and gained power over mental forces, we have been able to gather together these facts, hitherto confined to the realm of magic, and create a new science.

The communication with the sensitive life of plants, crystals, and elements of nature, the working of the law of similars between herbs, homeopathic remedies and health patterns have long been known to the pioneers such as Turenne, Enel, Maury, Servranx, Doblin, Lesourd, Bovis, Mermet, DeLaWarr, Discry, Lakhovsky, and, having been left their books and instruments, I intend some day to honour them with a museum, dedicated to the memory of Noel MacBeth who translated all their 163 methods into English.

The talented younger people who will give this body of knowledge shape and form and make it consistent with tested knowledge are beginning to emerge; with faith and finance we may have a definitive work available in the near future. Until then, a second and revised edition of Malcolm Strutt's booklet is being printed to fill a great need.

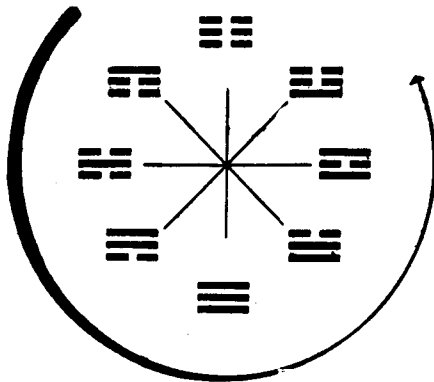
Christopher Hills





FORWARD

This booklet has been written only as a starting point and guide for the individual's own research into the nature of the Cosmos. To study the laws of the universe with the aid of the pendulum is the science of Radiesthesia, and like any other science requires an adventurous enquiring mind with repeated experimentation. Having discovered the laws, endless applications are possible and a new sphere of knowing available for the understanding of life.



THE THEORY OF USING THE PENDULUM

Nature of the Universe

It is postulated that throughout and beyond the universe is one Omnipresent, Omniscient, and Omnipotent Intelligence which governs an all-pervading positive force and an all-pervading negative force, ever present in the Cosmos. This postulate is demonstrated by the fact that at every point in space, there is a positive force with a negative force associated with it. A physical example of this is a magnet which has a north and a south pole, but if it is cut up into parts, each part will contain a north and a south pole. It is the potential difference or balance between each positive and negative force, brought about by conscious will power, which orders the flow of the resultant positive and negative energies within the cosmos.

We are a part of the cosmic Intelligence, having a conscious will power, with the ability to order our positive and negative thought forces to form energy patterns in the universe, in our body and in our environment. Our body and all that we perceive with our physical senses are but bundles of vibrating energy. The thought of happiness is a positively charged force which can shape the energy patterns in the muscles of the face to form a smile which in turn may force others to smile and feel happy. On the other hand,

it is the negatively charged force of worry which can cause the energy patterns of the stomach to arrange themselves so as to create a physical ulcer.

Physical Definitions of Energy, Force and Power

The essence of these correlate the above:

ENERGY is neither created nor destroyed.

Altering the existing ever-present forces merely transmutes the energy into new patterns.

A FORCE is that which changes, or tends to change the state of rest or of uniform motion in a fixed direction; in other words, it is the effort to move and the pre-determination to move in a certain direction.

POWER is the amount of force and the ability to sustain it. Contained within power is the knowledge of force and the area which it governs. But to govern anything so that it responds as willed requires intelligence and a consciousness of that which is being governed.

Therefore where there is energy, there is a force field associated with it, and where there are forces there is power. But from what has been said above, where there is power, there is intelligence and consciousness, and power as we know it must exist to maintain the movements of planets, stars, etc., which as far as we can determine at the present time, exist to infinity.

Thus intelligence and consciousness must exist to infinity. Therefore we must govern and create, and be governed and created according to our degree of consciousness and ability to manifest intelligence through our infinite self rather than our physically limited finite self.

Consciousness

Our awareness of the forces and energies in the cosmos determines the plane of consciousness on which we function. If we are aware of the forces and energies associated with the needs of our body alone, we are "body conscious." If we are also aware of the nature of the forces of thinking, we are "mind conscious," and if we are aware of the nature of the forces behind the thoughts, then we are aware of the Universal Intelligence, often referred to as "Christ Consciousness" or Self-Realization. When we become aware of the Universal Intelligence working throughout the cosmos, then we have Cosmic Consciousness (or God Consciousness.) Body consciousness is a result of habit, memory and a desire to stimulate and be stimulated by the senses. Other forms of consciousness spring from an expansion of the mind to discover the nature of man, his environment and consciousness itself. Consciousness responds to the changes of forces and energies, but as awareness increases and consciousness expands, it reacts to these changes less and less automatically. It becomes non-attached to and less bound by habit, responding more and more to intelligent will power until

eventually, it responds only to the highest intelligence, often referred to as God's will or Cosmic Will.

Resonance and Tuning

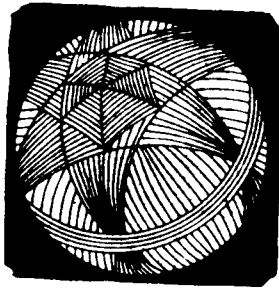
When consciousness manifests as thought, which is vibrating energy, then waves will travel from it. (Thought waves can now be detected by scientific instruments and displayed in visual form.) The Cosmic Intelligence is emitting thought energy waves or vibrations throughout the universe. These vibrations range from subtle vibrations (often called spirit) to the common familiar vibrations which we experience through our physical senses. Through concentration on some form, these vibrations manifest as creation and matter, but even creation of ideas and matter are still waves of energy. They are the concentrated thoughts of the Cosmic Intelligence. From the idea of constructing an article or shaping a work of art, using the materials of matter, concentration and practice will enable the thought waves to manifest as frequency patterns, but on the physical plane or material band of frequencies.

If, for example, one concentrates one's mind on a feeling of love or peace, using the materials of thought, one can produce a lasting mental manifestation of that feeling, which is emitting vibrations on the mental plane which can be felt by others. By using the imagination, one can create ideas and fantasies which manifest as vibrations on the ideational plane of consciousness. The ability to

concentrate thought or imagination and resonate it with another like thought or idea is used in Radiesthesia, Telepathy, Clairvoyance and other esoteric sciences. In the science of the physical world, we are aware of this "resonance" when, for example, we distinguish between those notes of a piano which are in unison and those which are discordant; similarly with the eyes and with colour.

Resonance occurs when two bodies or waves vibrate sympathetically in time and space with an enhancement of amplitude. The intensification which results prolongs the vibrating effect as though a driving force were present. Hence, if in our consciousness, we think a certain thought, and someone else does likewise, when the thought waves are in resonance there will be an increase in energy and a corresponding resonance in certain positive and negative forces in the nervous system and in the brain. This change is registered by our consciousness. To experience sight and sound sensations, we tune our thought energies to resonate with the aural and visual octaves of thought energy emitted from the Cosmic Intelligence and this makes us conscious of what we are hearing and seeing. The reality of what we see and hear depends upon the extent to which we attune to the Cosmic Intelligence.

In the case of tuning to the higher thought bands of frequencies, it is an inner sixth sense which first perceives their resonances. If we resonate our thoughts with 100% concentration to those of the Cosmic Intelligence, we will perceive Truth. This mode of reception with the sixth sense is called intuition, and it is this mode of reception which one needs to develop in order to become a truly effective pendulum user; indeed, to be truly effective in anything. In a later chapter, the cultivation of this intuitional sensitivity will be discussed. But first let us outline the basic steps for tuning and using the pendulum.



Transmission and Reception of Energy

In our body, radiation and reception points throughout the nervous system receive and send sensations or energy pulses along nerve "wires" connected to the brain, which receives and transmits energy to and from the seat of consciousness. The transmission equipment of the nervous system is concentrated around the centre of the forehead between the eyes. To transmit a thought force in the form of a question or desire, one projects energy from this centre by placing consciousness on it and asking the question with concentration and sincerity. Then with training, it will resonate with the vibrations of the Cosmic Intelligence, and the question will be answered or the desire fulfilled. (Thus if worthwhile desires and intelligent questions are broadcast, right action and wisdom will be forthcoming.)

To receive, the mind should be relaxed of all tensions. There should be awareness of the question or object in mind, and a state of not expecting but anticipating a reaction or answer. The first signal in the mind is usually the correct answer. A swinging pendulum responds to a signal in the mind with a change of movement, and therefore questions must be phrased so that the answer to them is a simple 'yes' or 'no'. Some sensitive people can sense or receive fine vibrations through their fingertips. However, for most people a pendulum is needed.

The pendulum acts as an extension or antenna of the nervous system. The pendulum itself does nothing except help us to become conscious of our own natural ability to receive signals from our environment by tuning the nervous antenna. It is this antenna which is enabling us to extend our consciousness just as a telescope in astronomy or a microscope in biology enlarges what is already present.



THE PRACTICE OF USING THE PENDULUM

Tuning the Pendulum

The energies formed in the mind are reflected in the pendulum when they are resonating with the energies picked up by our nervous system, which is in turn controlled by the brain. The central control system, which we call the brain, is programmed like a computer, by our consciousness. To arrange for this to happen, the string of the pendulum is held between the thumb and first fingers of the right hand at the point closest to the pendulum "bob" (left-handed people sometimes find it easier in the left hand.)

Swing the pendulum to and fro in a 2 o'clock to 8 o'clock direction. As it is swinging, slowly let the string out. A point on the string will be reached at which the pendulum starts to rotate. Continue to let the string out and oscillate the pendulum again until a second "tuning" point is reached when the pendulum starts to rotate or change direction but with much greater motion than before. Stop! Here then is the correct point of tuning. Some people find it preferable to tie a knot in the string at this point to save having to find it by the above process every time they use the pendulum. Others find that when they begin to know their pendulum they automatically feel the tuned string length.

The Effect of Radiation on the Pendulum

- 1) Take a compass needle and see how the northern half causes a different swing than the southern half. A magnet or compass needle can be placed under the pendulum to tune it as this will cause a greater amplitude of the swing at the tuning point.
- 2) Hold the pendulum over a person's hand and determine what it will tell you about the energies coming from the centre of the palm of the right and the left hand.
- 3) Hold the pendulum over various metals and observe the reaction of the pendulum. Don't force it at all; let the mind be relaxed but receptive. All objects have an energy radiation pattern and these are especially strong in metals, causing the pendulum to move in various ways from a clockwise to an anticlockwise rotation, or to an oscillating swing. Sometimes there is no movement at all due to a cancellation of radiated and absorbed energies.

The Effect of Thought Waves on the Pendulum

- 1) Let the pendulum hang freely with the string held between the thumb and first finger at the point of tuning. (From now on, this way of holding the pendulum will be assumed.) Use the power of concentration to set the pendulum rotating by looking at it and imagining that the pendulum really is rotating. Force it to swing by the thought or will within your mind. Do not forcibly move it by hand.

- 2) Repeat the above experiment with someone else holding the pendulum, their mind relaxed. Again, look at the pendulum and concentrate on its rotation. Since your consciousness and that of the other person are parts of the one Cosmic Consciousness, this is a direct link and the message is relayed to the nerves in the fingers holding the pendulum. Too much of the above can, however, weaken the sensitivity to the pendulum's swing.

Examining the Response of the Pendulum in Detection

The next step is to see how the pendulum responds to a 'yes' or 'no' question. First of all, put the attention at the transmission point between the eyebrows and ask a question which can be easily proved. Remember that the answer must be a yes or no. For example, ask "Is there a handkerchief in my friend's left hand trouser pocket?" (assuming you have a friend close by.) Alternatively, place a coin under a cover and ask, "Is the coin under this cover heads-up?" Now look at the pendulum and be receptive, waiting for an answer but making no attempt to guess what the answer will be. For most people a clockwise rotation indicates a 'yes' and an anti-clockwise rotation a 'no', but for some this may differ. Observe and check. Once the true answer has been established, check again with several simple questions until the reaction of the pendulum is the same for all affirmatives. Similarly, check the other way for all negatives.

Master the above before going on to the next step.

Experiments in Choice

1) To Discover a Fact by Choosing Limits

The ability to find the right answer from two possibilities should be appreciated. By correct questioning the answer to many seemingly conflicting problems can be found. In fact much of the art of using a pendulum is in asking the right question. "How old are you?" is an inappropriate question. But by using the yes/no response technique together with intelligent questioning, the pendulum can respond. If a person is over fifty, it is pointless to ask if he is twenty-one. So ask the question, "Is this person between fifty and sixty years of age?" Once reasonable limits have been established, then ask, "Is this person fifty-one, fifty-two, fifty-three" etc., until the pendulum swings positively. This type of question can be used for numerous problems in which a choice is to be made.

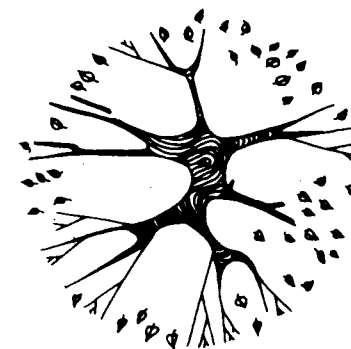
2) Choosing a Particular Card from a Number of Cards
Without studying them, place three cards, two black and one red, face down in an order on a table. Hold the pendulum over each one and ask in turn, "Is this a red card?" The positive swing of the pendulum, of course, shows the answer. This can be repeated with a larger number of cards and is another good way of building up one's technique.

3) Diagnosis of an Illness

From a list of possibilities, ask "Is it this?" and point the finger at each illness in turn. If the illness is on the list, then it can be found. Similarly, the cure for

the illness can be found by running the finger over a list of possibilities whilst asking the question, "Will this remedy cure the illness?" If more than one cure is found, then ask the question, "Which will be the more suitable?" Continue for as much detail as possible.

A WARNING: Unless you are naturally inclined towards the healing of others by medicine, spiritual means or otherwise, professional advice should be sought to back up the findings of the pendulum. This does not mean that you should doubt it, but it is wise to be cautious in case there is one factor which you have overlooked. Also, remember that someone's health and perhaps even life is at stake. The medical arts cannot be ignored, as they are also the result of questioning the nature of consciousness. The pendulum can enhance a doctor's advice a thousand-fold.



The Aura Pendulum

The frequency of a vibration emitted from a person can be related to the visible spectrum because it will resonate with the frequency of some particular colour. On the aura pendulum the spectrum is made physically visible and by means of a curser we can tune it to the required frequency of a person or object, using the questioning technique suggested. In other words, with the curser moved to red, ask the Cosmic Intelligence, "Is the person's aura in this colour band?" Repeat this, moving the curser along the band of colours until a positive response is given from one of the colours of the spectrum. Having found the person's colour, the curser is left on that band while questions about him are put to the cosmos (age, personality traits, etc.) Details of the study of the personality through colours, with proven experiments are given in the book Nuclear Evolution by Christopher Hills.

In searching for a lost object, setting the curser to its colour can help to locate it.

Instead of colours, a spectrum of time could be used and, for instance, the year of a certain historic event found by moving the curser along a scale of time until the correct year or century is found. Antiques can be dated by using this kind of psychometry. It is better to begin with events or objects whose date is known by someone other than oneself. It is possible to set up double blind

tests by putting these objects in envelopes so that telepathy does not intervene. Telepathy is the discovery of knowledge already in someone's mind. It is possible that both telepathy and someone else could work the pendulum movements, and so by covering the object this influence is eliminated.

Locating the Position of a Hidden Object

After tuning the pendulum, picture the object in the mind and ask, "Is the hidden object in this direction?" while turning through 360 degrees with the arm raised to shoulder height and finger pointing forward. When the positive is found, repeat from another position in the room, and where positive directions cross is the location of the hidden object.

It is possible to locate an object by using a map or plan covering the area to be investigated. If there is a grid as in the case of most roadmaps, run the finger along the vertical rows of letters or numbers asking the question "Is the object located along this row?" until a positive is found. Similarly, repeat along the horizontal rows of squares, and when the important square is deduced, systematically locate the road, house or room where the object is hidden. This practice is used in oil and mineral prospecting sometimes.

Balancing the Energies of the Cosmos
in One's Daily Life

At Centre House in London, members of the resident community sometimes use a similar technique to the above to balance the right and left hand energies which circulate through the body and affect the reasoning and feeling centres of the brain. When these energies are balanced, there is direct attunement with the universe.

The front cover of this book shows the apparatus required. A grid representing the total energy in the cosmos consists of lettered and numbered squares. At the top right hand corner, facing north, is a square containing a black spot representing the void of infinity within individual consciousness. At the bottom left hand corner is a symmetrical polygon representing the self, and into which is placed a sample of hair or blood (called a witness) of the operator.

The two copper spirals representing the energies in the spine and brain, are wound so that one is a right handed spiral, and the other left.

The pendulum is first allowed to swing or oscillate over the witness and then over the left handed spiral placed near the grid. Now swing the pendulum in a 2 o'clock to 8 o'clock direction over the spiral, while the finger is placed on the number 1. Continue running the finger along the numbers while asking the question, "For perfect balance of the energy in me, should

this left hand spiral be placed in this row?" until a positive is indicated. This is repeated vertically along the lettered squares, so that a square on the chart is found where the spiral is then placed.

The whole process is then repeated for the right hand spiral. Since the spirals, chart, energy and will of the operator are directly related by consciousness, the reason and feeling in the operator will automatically balance, thus producing the right frame of mind for decision making or simply "living."

Sensitivity: Theory

If the Cosmic Intelligence manifests each individual as a pure undistorted wave or cosmic vibration, then any similar vibrations could affect it to an extent depending upon the relative amplitudes and frequencies. If there is a large difference in amplitudes, the individual may become more conscious of a dissonance if the frequencies are not harmoniously related. In other words material consciousness increases as the dissonance from the pure cosmic intelligence increases. Thus if one is filled with the "desire" to satisfy the body urges and impulses alone, the mind is attached to the dissonance caused by the counteracting "desire" waves. To bring about resonance again, these longings ("making long") and unnecessary desire waves have to be reduced, or made shorter, so that the personal vibration can be attuned to the cosmic intelligence once more.

Therefore, in order to increase sensitivity, the human mind must be kept still, receptive, non-attached to longings or desires, yet controlled to the extent of being able to, at will, put the whole of the attention on one particular frequency of thought. Thoughts cannot be separated from the thinker. What prevents one from normally being unable to concentrate so fully is the mind's restlessness due to an imbalance of energies in the consciousness which produces waves of desire. Thus it is necessary to calm the mind and body and control the senses.

Sensitivity: Practice

The quieting and control of the body, mind and senses can be achieved by Yoga, which is a subject that encompasses more than control and sensitivity alone.

The body and mind are interrelated and are affected by breath, sunshine, eating and attitude (calmness, alertness, happiness, etc.) Purity of body is achieved by right eating and right exercise. Fasting can help to eliminate poisons from the body, thereby smoothing out the vibrations which don't harmonize with the system. Meat has a more toxic cosmic wave form, whereas vegetables and fruit have simple ones. Therefore, eating less meat and more fruit is beneficial to our elimination of food toxins and purification of the system.

N.B. Caution should be taken when fasting and changing the diet. It is best to seek the guidance of an expert or reliable literature.

Physical exercise increases the oxygen intake into the bloodstream, decarbonising the impure cells and eliminating poisons through the breathing and through the pores of the skin. Hatha Yoga is a good form of exercise, and several good books have been written on this subject. Hatha Yoga is only one form of Yoga. It is most beneficial as a preparation for mind cleansing.

Purification of the mind comes through meditation upon one's true nature, and a willingness to surrender oneself willingly and cheerfully to the Cosmic Intelligence. This is called Dhyana Yoga.

For meditation, the body is poised with a firm spine and relaxed around it. The mind is calmed by slow deep breathing and watching of the breath as though one were an observer. Allow all consciousness of the body and senses to melt away, and place the attention at the spot in the centre of the forehead between the eyebrows. Meditation or concentration on one's higher self can now begin. Look within at the limitless space and feel at one with its omnipresence. Imagine that being filled with light and radiation and become one with that light. Then ask the question, "Who am I?" and "Who is it who thinks?" and "Who is the thinker?" Listen within to the silence, and wait for the answer. Become one with any inner sounds that you hear. Do not expect quick results, even if you experience psychic phenomena in your meditations. It takes practice in asking "Who am I?" to learn to discriminate between

the self-deceived I and the illuminated I, but with practice and devotion awareness comes.

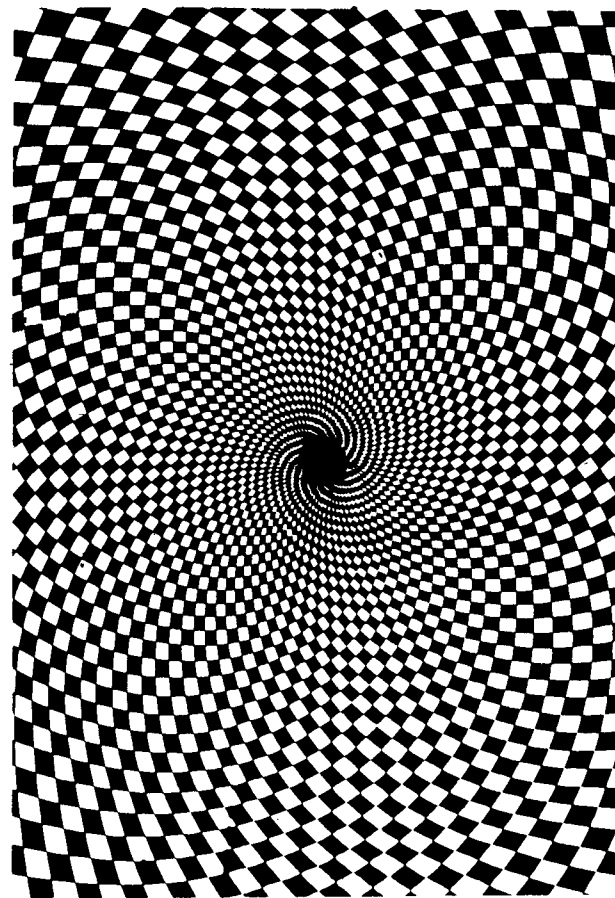
This devotion comes with the practice of looking not with the eyes, but with the mind. Use the intellect for enquiry and expanding consciousness, and use the inner senses to detect vibrations by concentration of the mind, and use consciousness to explore and determine the trickiness of the mind. Use awareness of "I" the Self who experiences, to explore the nature of Consciousness.

Making the Mind Healthy

A right attitude of mind towards action increases sensitivity and awareness. Realise that we are in essence one vibration or spirit. This vibration manifests through all, to the degree that a person wills or will allow it to manifest. Therefore learn to see this pure or perfect vibration in people as it manifests in love, wisdom, joy, peace, etc. Learn to appreciate the good in the world and realise that suffering springs from ignorance of the true nature of things. By always looking for the reason behind things with a childlike curiosity, and accepting what "is" until you have discovered why and how, the mind can become relaxed, yet sensitive to further knowledge and wisdom.

Concentrate on all that you do, but in a non-attached way, so that the mind can be flexible and not disturbed by change to a new train of thought or action when it is necessary.

The increasing of awareness and sensitivity is another vast subject and can be applied to the whole of life, not just to the study of Radiesthesia.

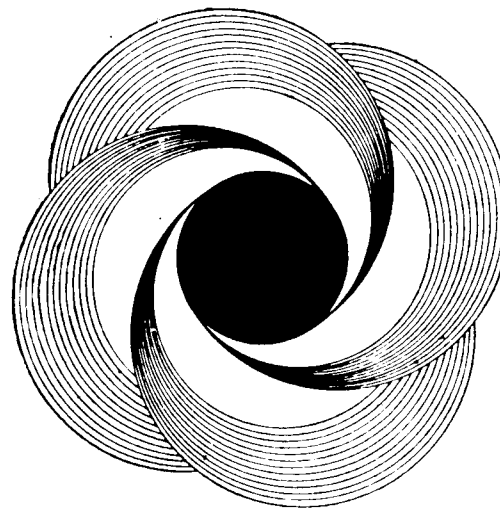


SUCCESS IN DOWSING

Dowsing is the art of using a pendulum or similar instrument, and it develops as one is able to operate more and more in the higher bands of consciousness. Eventually, when sensitivity and awareness have increased, you will be able to project a question to the Cosmic Intelligence at that point between the eyebrows, and receive the answer directly with a feeling in the heart that lets you know it is correct. Some people who can dowse with their fingertips not only sense vibrations but are also able to analyse them. This is Psychometry, and is another subject where a pendulum can be useful. For success, never doubt the reaction of the pendulum, even it responds in an unusual or seemingly incorrect way. You may find, for example, that instead of rotating to indicate a yes/no answer, it swings in a 12 o'clock - 6 o'clock direction or another such way. This is acceptable as long as it swings the same way for "yes" every time. Always try to determine what is happening, or where you have gone wrong if there is an inconsistency. Remember, there are many outside forces which can affect the reaction of the pendulum. Influences like stray radiations from nearby objects, influences from other people and from yourself, can all affect the reaction of the pendulum. Your mind may stray just at the point when the answer comes, or you may have a problem in your unconscious mind which is causing tension in your reception mechanism, or your biological rhythm pattern may cause you to have an "off day."

If the receptive channel is clear, the first response is the correct one, and you should not wait so long as to allow suggestion or imagination to creep in and alter the reading.

Above all, have faith in the perfect operator of the pendulum within yourself. Realise who He is, what He is, and how He works.



SUGGESTED READING

THE STUDY OF CONSCIOUSNESS:

Nuclear Evolution, Christopher Hills; Centre Community Publications.

Christ Yoga of Peace, Christopher Hills; Centre Community Publications.

The Secret Path, Paul Brunton; Rider & Company Ltd.

Quest of the Overself, Paul Brunton; Rider & Company Ltd.

The Silent Path, Michal Eastcott; Rider & Company Ltd.

Meditation, Monks of the Ramakrishna Order; Ramakrishna Vedanta Centre, London.

INTO MEDITATION NOW, a Three-Year Course by Christopher Hills; Centre Community Publications.

SELF DEVELOPMENT THROUGH YOGA:

Yoga and Health, Yesudian and Haich; Unwin Books.

Light on Yoga, B.K.S. Iyengar; Allen & Unwin, Ltd.

Fundamentals of Yoga, Dr. Rammurti Mishra; Julian Press.

A THREE STAGE COURSE IN YOGA by Malcolm Strutt; Centre Community Publications.

INCREASING SENSITIVITY:

Mucusless Diet Healing System, Arnold Ehret; Ehret Literature Publishing Company

Conduct Your Own Awareness Sessions, Christopher Hills; New American Library, Signet Books

Aura Pendulums and Energy Balancing Charts with spirals, as shown on the front cover

PRACTICAL DOWSING:

Principles and Practice of Radiesthesia, Abbe Mermet; Vincent Stuart

Dowsing, Captain W. H. Trinder; British Society of Dowsers

An Introduction to Medical Radiesthesia and Radionics, V. D. Wethered; Daniel

Most of the above books can be ordered from Centre House. Please write for the complete Centre Catalogue to:

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