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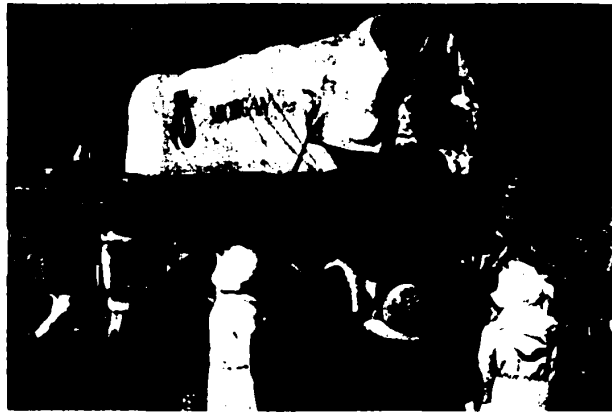
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Students from Gil and Flinders elementary schools got a look this week at Michigan's Bicentennial Prairie Schooner covered wagon. The wagon, a replica of the original pioneers wagon, will travel to Valley Forge this summer along with Bicentennial wagons from every state in the union. It is on loan by the Michigan Horse Council and was sponsored by both

schools. PTA groups. The wagon will leave Michigan in May, driven by a Michigan family meeting up with other wagons along the original westward trails through Ohio, New York and Pennsylvania. After arriving at Valley Forge for Fourth of July celebrations, each state's wagon will be donated to a museum. (Staff photo by Harry Mauthe)

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Gundella says

Prepare yourself for psychic spells

Dear Gundella,
I heard you speak at a club in Detroit recently where you described a certain spell, and mentioned that it was necessary to prepare yourself before working it. Among other preparations, you mentioned the need for fasting.

I don't want to hurt your feelings, Gundella, but you must admit you don't look like you ever fasted in your life.

Dear Mark,
If you are to be successful with any psychic experiment we have been discussing here it is very important that you prepare yourself.

Fasting for a few hours before working does not mean that one must go for days without eating. It simply means that you do not begin on a full stomach. After your work is over you may eat whatever you please.

It is also important that you be completely relaxed and comfortable before beginning this type of work. Be sure to wear loose-fitting clothing with no straps, belts or other uncomfortable features.

Some people find that it helped them to do a few relaxing exercises. You might like to try this routine:

FIRST, SEAT yourself on a straight-backed chair. Your buttocks should be well back on the seat so that your back is straight but not rigid. Allow your hands to rest comfortably in your lap.

Begin with your toes. Curl them up so tightly that it almost hurts. You will feel the muscles tighten in the calves of your legs as you do this. Now relax your toes completely.

Raise your right leg as high as you can, starting it straight out in front of you. Point your toes forward until you can feel it in the back of your knee. Lower your leg slowly and relax it completely.

Now, follow the same procedure with your left leg.

NEXT, CLOSE your hands into fists. Bend your elbow and raise your fists to shoulder level, flexing the muscles in your upper arms. Keeping your fists closed as tightly as possible, raise your arms very slowly over your head. Now relax your fists and slowly, very slowly, lower your arms and open your hands, releasing them completely.

Pull in your stomach and breathe deeply, taking in as much air as you possibly can. Hold your breath until you feel as though you will burst, then very slowly exhale. Continue to breathe out until every last possible bit of air is expelled from your lungs. Then relax and breathe slowly, rhythmically in and out.

Clench your teeth tighter and tighter, until your jaw hurts. Now, relax your jaws completely.

Close your eyes tighter and tighter until you see stars and colors. Then relax your eyes until they are almost, but not quite, open.

PRETEND YOUR head is a watermelon. It is so heavy that you cannot hold

it up. Let it drop to your chest and let it roll all the way to the right until it flops backward. Now let it roll on to your left shoulder and complete the circle until your head is again hanging forward with your chin resting on your chest.

Reverse this procedure, rolling your head to the left, the back, the right shoulder, and finally back to the chest. As you do this, you may hear a faint noise in the back of your head and you will feel the tension leave your head completely. This is very good for nervous headaches.

When you have completed this entire exercise, sit quietly, completely relaxed. Imagine that you are a lump of butter that is melting, melting, slowly into a pool.

Now you are physically ready to begin your psychic work.



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Next week: two Ghost Stories.

You may write Gundella at Box 68, Garden City, Mich. 48135. For a personal reply, please enclose a self-addressed, stamped envelope.

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