

## **A Day in the Lab with Cleve Backster**

By Franci Prowse, with Cleve Backster, Paul Von Ward, Steve White and Myra Crawford.

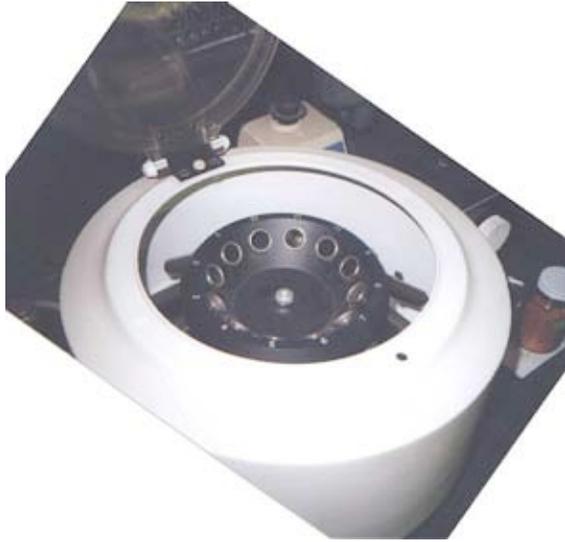
The 30<sup>th</sup> of January, 2002, was the first time I was in the lab and actually got to observe an experiment with the white cells. I assume everyone is aware that white cells are the leukocytes, the warrior cells of the body. They are the most important aspect of the immune system. Cleve had years ago, experimented with red blood cells and with sperm cells, and had gotten readings from them, but they were chaotic, and would not live all that long outside the body. He found that leukocytes from the mouth will stay alive quite a while in saline solution while in vitro, which means “in glass.”

Last year, Paul Von Ward was visiting and he came up with this idea of bringing to the lab a woman he'd met from the University of Alabama medical school to take a look at this research. The idea was to perhaps bring Cleve's white cell observation techniques into mainstream research, where people could have their white cells in vitro, and observe them as they react. So there was this idea, and it actually came about.

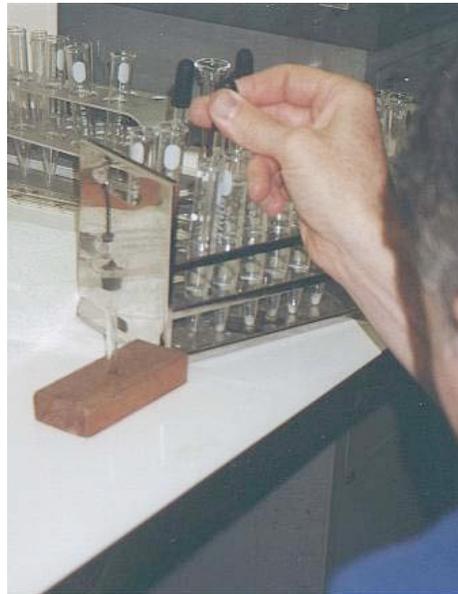
Dr. Myra Crawford, a wonderful highly-educated southern lady, is our volunteer. After some chatting, she does the process of getting her white cells into the test tube. She has to rinse her mouth with saline solution and spit twelve times into the twelve sterile 10 ml. test tubes partially filled with sterile distilled saline water.



These twelve test tubes are numbered to keep them in order, then centrifuged, forcing all the white cells into the bottom of the tubes.

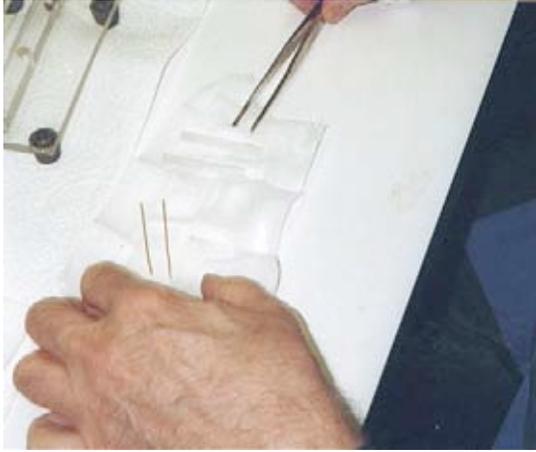


Steve White usually centrifuges for about 5 minutes at high speed, holding onto the machine so it won't vibrate off the counter.

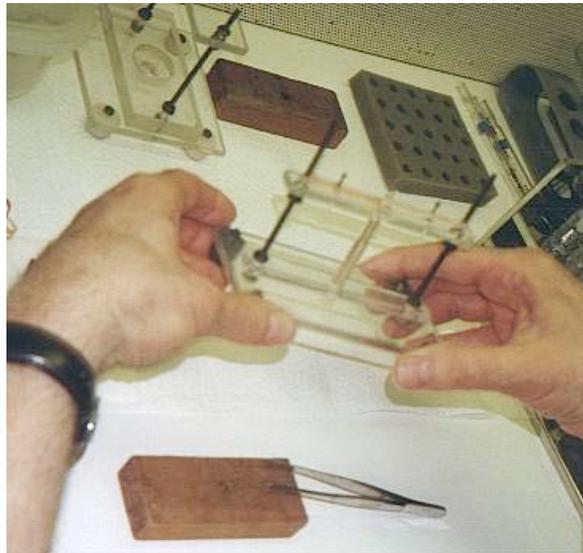


Steve White, Cleve's main lab technician, takes the last six of these test tubes which would contain the least amount of food particles or plaque, and with a long, thin eye extended dropper, carefully removes a sample from the bottom of the test tubes and inserts the white cells into a tiny culture test tube until it is almost full. It appears milky white, which makes sense with all the collected white cells condensed in there.

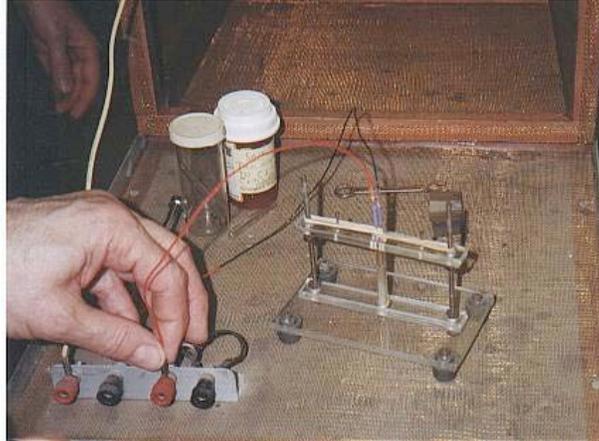
Then Cleve and Steve prepare to electrode this tiny test tube. It is firmly mounted in a plastic frame.



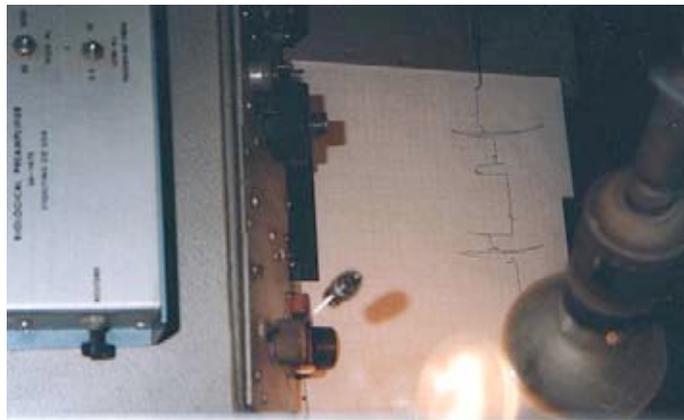
They take two 60 mm. lengths of gold wire, about 1 mm. in diameter, and making sure they are sterile, they insert these little gold electrodes into the culture tube, maintaining careful separation with the use of rubber bands.



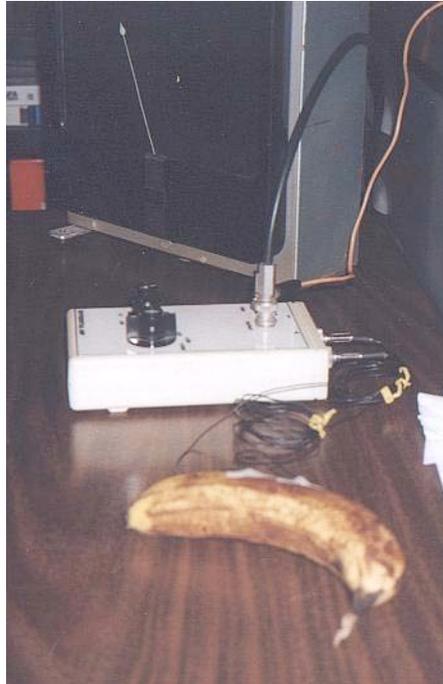
What they are doing is getting the “net electrical potential activity” of the in vitro white cells. Not just a few cells, but millions of them. Through the wire, the electrical signals are fed from the electrode assembly, through a shielded cable, to the biological preamplifier, a type that is suitable for EKG or EEG recordings.



In a screened cage, two flexible wire leads are then attached to the top of the gold electrodes by means of small firmly gripping alligator clips, which are also kept carefully apart. The chart drive is set for EEG sensitivity. [For those who know this stuff, passband frequency settings were for a range of .2 Hz low and 50 Hz. high.] From there we have the copper-screened cage around the culture test tube to block AM or FM signals, and similar cycles of the electromagnetic spectrum.



Electrical signals are fed from the electrode assembly, through a shielded cable, to the biological pre-amplifier. The signal from the pre-amplifier is then fed into a recording amplifier which provides a sensitivity control and a pen centering control. The display on of the EEG provides a graphic read-out of the net electrical potential changes from the oral leukocytes being monitored.



All during this time, Cleve had a ripe banana hooked up to a large meter. Almost every time someone got excited about something we were discussing, the needle would dance back and forth, indicating the banana was reacting to what people were emanating. When someone tried to make it react, it often wouldn't. I gave the banana some passes with healing energy, but it didn't seem impressed – just a little wiggle. The first time Paul Von Ward visited, Cleve had a ripe tomato hooked up, and just as we were leaving, I told it that I loved it and I'd love to take it home with me. The needle danced like crazy.

So we have this tiny test tube filled with millions of leukocytes, fully alive, and inserted into this tube are two golden rods to receive their vibrations, which then transmit the signals, amplified to the chart drive. The interesting thing about Myra and her white cells, in spite of her having just eaten a sushi lunch, was how calm they were. She had recently taken a training with a heart rhythm monitor, and knew how to keep herself very calm. It appeared that she was very peaceful, totally at ease, and we were getting almost no reaction. Cleve even took the gold electrodes out to make sure they were clean and hooked up properly. Again, almost a straight line. Out of the blue her cell phone rings, and she gracefully picks it up out of her bag. Excusing herself she walks into the next room, to find out it is her daughter who is having an emotional crisis. At last, a large reaction is recorded! Nothing like a daughter to get a mother's heart quivering.



We are able to watch most of Myra's reactions while she keep her back to the split screen, the top camera focused on her, the bottom on the chart drive. During the cell phone call, Myra keeps excusing herself, apologizing for the intrusion, but we are smiling, because it is exactly what is needed to take Myra out of her peace. The daughter is obviously upset, and mother is the target of her tirade, no longer free of reactions to an emotional event clear across the country. Her daughter attends college in Virginia. No distance cools her feelings as she emotes to her mother in San Diego. Myra's stress at her daughter's situation shows clearly.

Other moments triggered reactions. The next hour and a half we had a continuous conversation. There were other noticeable reactions, especially when we mentioned 9-11. Myra had gone to New York and visited ground zero; obviously it made a tremendous impact. The word "security" came up a couple times and got a reaction both times. The subject of ex-husbands came up with an assortment of arousals. We discussed the sun signs of her children and their fathers with some interesting responses. It was interesting to see this very sensible Ph.D. realize that her white cells will react, no matter how much control she has.

Excerpt from taped conversation:

CB: You kill spontaneity when you are looking things in real time...interpreting, whatever. You need to turn your back to what is happening.

FLP: Myra, when you answered the phone call out of the blue, it took you out of the awareness of what you were doing. You had four men and me watching your reactions, so you were on point, so to speak. But the phone call from your daughter brought about some legitimate reactions.

MC: I was certainly self aware, but not uncomfortably so.

CB: I think she was using her metaphysical prowess to blank out where she could.

MC: It wouldn't have bothered me anyway, since I've grown accustomed to having attention on me.

I asked Myra later if there were things that needed clarification and she wrote: “A clear demonstration that the ELF emissions from my cell phone were not the cause of the frantic response of my cells that occurred while I spoke with my daughter, Regina, would have been useful.” I went to the video tape of the session and watched the moment when her phone rang. There was no immediate reaction. It was only when she got up to take the call in the next room, heard what her daughter had to say, that the white cells reacted. Again, about 20 minutes later, my cell phone rang and it was my daughter calling. There was no reaction whatsoever during that event.

Steve White, the lab tech, did not believe in any of this until his cells were placed into the culture tube. His experience described in Chapter 7 changed his mind, and he has been present for hundreds of hours of white cell observations since. The event of Steve White’s cells reacting to the picture of a very beautiful naked woman gave me such compassion for men. It is all cellular! How can one pretend he is not feeling anything? They can avoid being controlled by women and deny themselves sex, but in some ways they are helpless. I have to test to see if I get aroused by pictures of naked men. So far, nothing has registered, since it seems funny, not sexy to me. Perhaps Cleve will help me discover whether I’m fooling myself.

I’ve always avoided smokers myself, having an acute sense of smell. Steve White told us that in his opinion, the leukocytes of smokers seem to have no reaction capabilities. He tends to eliminate smokers from testing for this reason. A boring straight line? The implication is that smokers are de-sensitized, perhaps less immune to disease. Myra was very interested in that since she has been involved in research having to do with pregnant women who smoke and the effect on the childbirth. This is a dangerous topic however, with the tobacco companies demanding all the research material and subpoenas have been issued for everything on the books that shows tobacco to damage health.

More excerpts from the taped conversation:

SW: You get your saline solution...1 or 2 percent..

For the most part, it’s right out of Klinkhammer’s procedure, but we added in the bit about nicotine, drugs...when you say the subject and test area – no smoking.

PVW: Certainly appropriate to what Myra’s been involved in...they don’t encourage smoking with pregnant women. For people who do smoke in the health facility...if there a time frame you give them for not smoking?

SW: We pretty much eliminate people that smoke from this. Early on, we had some who smoke, and it just didn’t work.

MC: Did it neutralize or anesthetize the cells? You got no response?

SW: Yes, it wasn’t totally off, there was just so little capability of response. Sometimes you get these things and there is no capability of response, nothing going on.

FLP: Dead leukocytes?

SW: It’s just, something has happened here that is not normal. You see some that are totally responsive, so you think, what is wrong here? Something wrong somewhere.

That’s just based on hours and hours of testing. What we ended doing is declaring that the smoking eliminates them from being a subject. Generally, we also don’t have people

eat right before for some time, We don't want them to brush their teeth or use mouthwash. We're trying to get healthy active white cells, hopefully ones that haven't been assaulted by wasabi. [haha]

FLP: I heard that you have to have wasabi with sushi; it kills parasites, so it should help the white cells do their job. Raw fish can carry all kinds of things, and wasabi prevents infection.

SW: After some time, the leukocytes become normal, so it should be okay.

For us, as long as there has been a time for balance, it should be okay. That's why I eliminate the first few rinses of the mouth. I get a much cleaner culture.

[after experiment]

PVW: In terms of equipment, what do you need to become a leukocyte researcher?

SW: An autoclave, to sterilize everything. 1 ml test tube for a sample, 10- ml test tubes for collecting in the saline...and of course the centrifuge. You need a funnel for filling the test tubes, an extended eye dropper, how ever it can fit into the bottom of the test tube. Also with the very fine point like that, once in a while you get a little chunk that get pulled up there, a piece of food or plaque, so you need to avoid pulling that up and into the sample. When I put the samples into the centrifuge I try to keep track of which ones I don't want to use, so I have a numbered order that makes sense. I've used other sizes of cylinders, other volumes of saline. We've come up with this as a successful system.

Some test tubes have some iodine in them, just from the store, so you have to make sure they are clean from that. Use sterile distilled water, to make the solution. I centrifuge for about five minutes...depending on how fast it is. There are some very high speed ones.

White cells need to be pulled down there quickly.

PVW: The whole business of the electrodes and the rack and all that -- the gold wires and the electrodes. It may need to be miniaturized in order to transport them.

SW: You will find some people try to do that. As technology advances, there are sometimes filters and things to eliminate very minute particles. Well, we are looking for very minute particles. So some of the nicer equipment we've been offered, we find it will filter out the very thing we want. So be aware of that.

PVW We may find a way to set up an ensemble, transportable.

CB: I worked very close with Bob Stone on this, the author of Secret Life of your Cells, and I was watching all this very closely.

FLP Some of the stories I heard from Cleve are very colorful...what about the night watchman who let you take his white cells and patiently looked through a book of pictures while you watched his cells react?

CB: The thing that made him react the most was the mention of a good-looking reporter who had visited earlier. It wasn't part of the experiment, but it got the biggest response.

SW: Sometimes we re-create the tracing from the camera on film and play it back while the experiment is still happening, then you can have the subject re-create the responses.

CB: As you review the first tape, sometimes you could see almost the same thing happening as you heard the first tape. I first notice that when I'd go to label a folder, when the plant, the yogurt, or the white cell and I'd be explaining to someone what the highlight of the test was, and I would image that, I'd get a reaction again that was very similar to the original one.

SW: You play the tape again, and you wouldn't have to bring all this equipment. There's nothing that says you have to have a pen and ink drive to make this. All you need to have is the input of what is happening. The signal was going onto the tape.

CB: Yes. This was the storage of the tape on one of the tracings of the stereo tracks on the recorder. If you play the tape back, the stereo track would re create the tracing.

Now I guess, with digital there are other ways of doing this.

SW We could have the heart monitor on there..

PVW IF you are trying to collect data and have it stored, on a paper copy or an electronic copy, that's good for research, but what about having the person just observe the reaction of the white cells to his/her own behavior. So the question that I am posing is would a mirror that registered the reaction be enough?

SW I think what they would want is like we were all communicating, "oh yeah! Remember this." And they could go back and replay it.

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SW From the collection point where we stopped, that where we leave the Klinkhammer method. We move to the Backster process.

CB: Klinkhammer would stain the cells and then kill them, in order to count them for diagnostic purposes.

SW: We use the thin gold wire electrodes which to these millions of tiny cells are like big poles. It's like we are saying, here's these big poles, guys, lean up against them, fire off.

CB: We are getting a net signal.

SW From there we have this screen cage around the final test tube, to block AM FM signals, and similar cycles of the electromagnetic spectrum...

CB: I am surprised people haven't done emerging electrode readings like this. My stuff is the first as far as I know. They want to do micro-manipulation down to a single cell, and I just stuck the electrodes into the whole group. A net signal. There's not much paper left, starting to run out.

Time to go out for Chinese!



Follow-up from Dr. Myra Crawford:

Dear Franci: Again, it was good to meet you and to have your energy in the laboratory when I visited. Your efforts to bring Cleve's work to the public are to be admired. I know you will share the following with Cleve, and I will also fax a copy to him.

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Dear Cleve: I have been trying to form my profound thanks to you for the significant effort you invested in my visit to your laboratory. Each time, words seem insignificant for the task. That day, those hours we spent together will culminate in having a lasting effect on the lives of many, many people whom you will never meet. Since returning to Alabama, I have repeated the story of my experience in your lab to several people I trust will understand the implications. The typical response is silence, but it is the quietness of being moved with the enormous lesson within the story, that of having another significant affirmation of the reality of consciousness - based in scientific inquiry.

Now, I will attempt to answer, in brief, the questions that Franci sent.

**Was the overall experience worth the time and effort?** Absolutely.

**What do you feel you learned?** I have been shown, in a scientific demonstration, the reality of conscious, non-local, instantaneous communication between my thoughts and my cells.

**Were there influences in the lab you didn't care for?** None. At several points in the interchange, I reached an information overload and had to store questions for later discussion. There was ample time for feedback after the experiment was concluded.

**Was the information about how to do it adequate?** Yes, the information was either given on site or in the literature I was provided. The video of the event was pivotal in the explanation to those who are visual learners.

**Any suggestions for improvements?** A clear demonstration that the ELF emissions from my cell phone were not the cause of the frantic response of my cells that occurred while I spoke with my daughter, Regina, would have been useful. *(Note: In a review of the video, it was found that when Franci's cell phone rang, there was no reaction at all, since Myra knew the call was not for her.)*

I have a draft of my perception of the visit, which I wrote in the airports and in the air while returning. Once here, as I explained to Paul, I found open cans of worms awaiting my attention, and I have spent the week trying to catch and contain the little wigglers - and with no good cane fishing pole at hand so I could put them to their highest use. I will attempt to complete the edit this weekend, or at least, next week. It will be most interesting to compare what I felt happened to what you and Franci observed.

Cleve, I am indebted to you forever for what you have demonstrated for me. I will attempt to be a worthy steward of the teaching. At this writing, I plan to come to San Diego for Deepak's meeting in March, to which I understand you have been invited. I trust we can have more face-to-face conversation during that visit. Love and light, Myra