

## Book Review

# THE OZAWKIE BOOK OF THE DEAD: *Alzheimer's Isn't What You Think It Is!*<sup>1</sup>

by Elmer Green Ph.D.

Reviewed by T.M. Srinivasan, Ph. D.<sup>2</sup>

The book under review is by “the father of clinical biofeedback” in this country and co-founder of the Council Grove Conference for the Study of Voluntary Control of States of Consciousness, the Association for Applied Psychophysiology and Biofeedback, and lately, The International Society for the Study of Subtle Energies and Energy Medicine. His long time associate and wife, Alyce Green had Alzheimer’s for the last seven years of her life. Elmer tended to her during these years and also “explored the realms of consciousness beyond Alzheimer’s and death, and in the process discovered how we too, can experience these mysterious and transformative realms” [back cover].

The journey that Elmer and Alyce took started more than half a century earlier when they both met and decided to work together and also to get married and raise children—all of whom have made their mark in the fields of their choice. Part 1 of the book deals with Elmer’s own life, his upbringing, college life and most interestingly, his opening into a spiritual dimension due to his Teacher. Since childhood, Elmer lived a double life—an outer one of being a student and a boy with a precocious reading habit and the inner life of being guided by the Teacher, as he calls, in many areas of physical, emotional and spiritual advancement. Topics such as “materialization photography,” mindfulness training, synchronicities, construction of a “mental relay,” his contributions to Psychophysics, Autogenic Training and his development of biofeedback are all dealt with in this part of the book. His astral meeting and later physical meeting of Swami Rama of the Himalayan Institute and many such

incidences make this part interesting besides providing an insight into Elmer's mental and spiritual accomplishments.

Part 2 of the book deals with the experiences of both Elmer and Alyce, as Alyce slipped into her own world initiated by Alzheimer's. Alyce was a long time meditator and experienced a dual consciousness of being here and there. She was in two bardos (to use a word from Tibetan Buddhism), moving from the present to the other which was beyond death as she progressed with Alzheimer's. For example, she tells Elmer with much sadness about the "big goodbye that is shortly coming up" (knowing about the present) and then says "they had taken her to see the great temple" (aware of the beyond).<sup>[p. 423]</sup> Elmer kept a diary from May 8, 1989 till after Alyce passed away on August 6, 1994. The widely swinging moods, the sudden show of affection towards Elmer, the awareness of events at several levels all makes this part very informative and touching.

The last part is titled "Learning to enter the Yogic states of deep stillness." This part deals with karma and how to get over its entanglements, chakra, soul, SOUL, Theta Brainwave Training, channeling, and many dreams of both Elmer and others who had instructions and support from Alyce. In a series of three synchronicities, Elmer meets his school friend and sweetheart, Gladys Strom. All these synchronicities are arranged by Alyce, who wants a companion for Elmer during his travels and lectures. His interpretation of the ancient saga of Gilgamesh is interesting.<sup>[p.764-765]</sup> After all old sagas should not be taken at face value; there is always an inner dimension to them and our awareness opens up possibilities of immense value to our own spiritual progress. Elmer's explication of many phenomena, such as channeling and bilocation, ESP, ectoplasm, apparition and related esoteric topics is interesting though this reviewer would look at some of them in a different light. In other words, there is an undercurrent of science of subtle energies in this book though it is buried in and intermingled with the narration of the Alzheimer's story.

The book contains information from an earlier book by the author that dealt primarily with biofeedback [Elmer and Alyce Green, *Beyond Biofeedback*].<sup>3</sup> The experiments with some yogis both in the US and in India, biofeedback training, and the experiences of Elmer and Alyce in bringing this wisdom to clinical psychophysiology makes that book interesting. A few of these topics are also included in this book. However, this book has enormous information with

regards to many esoteric topics and extensive quotes from the Tibetan (Alice Ann Bailey), the Teacher, Genesis and Monitor (the last two being channeled by two individuals). The book has also two Appendices, one on Breathing Exercises and Autogenic Phrases and the second on Mathematical Model of Visual Intensity. More than a hundred references make this book a valuable resource guide for the above matters.

The book is a chronicle of an evolving consciousness on two sides of the proverbial coin: the normal awake and immediate and, the otherworldly life of another dimension in the bardo land of after death. The Tibetans, the masters from India and many other keepers of knowledge around the world have talked about this and left instructions as to the course the spirit takes after death. Many questions arise from a brief study of this book: do all patients of Alzheimer's go through such experience of both the worlds; do only they or do all people at their last moments go through such experiences. How do we control and direct our mind to go between the two worlds as we die. How much of expectation and proper exercise is required for this? Many other questions may be posed in eliciting some answers. Unless more studies are forthcoming, we will never be able to know about the uniqueness of Alzheimer's. There is no doubt this book is a landmark publication in the search for answer to the ultimate question of all life: what is life and what follows it. Many people would be benefited by a study of this book and understanding all the esoteric undertones available. The only minor improvement that one could make in the book is inclusion of acronyms at the end of each Part, since many are Elmer's own and it is often difficult to remember them as we course through the pages of the book.

My congratulations and a deep sense of gratitude to my good friends Elmer and Alyce who both made this possible.

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**REFERENCES & NOTES**

1. Elmer Green, *The Ozawkie Book of the Dead: Alzheimer's Isn't What You Think It Is* (Philosophical Research Society, 3910, Los Feliz Blvd, Los Angeles, CA, 2001). Total pages 873. 1-800-548-4062.
2. Courtesy of *The International Journal of Humanities and Peace* **18,1** (2002) [1436 North Evergreen Dr., Flagstaff, AZ 86001].
3. Elmer Green & Alyce Green, *Beyond Biofeedback* (Knoll Publishing Company, Fort Wayne, IN, 1989).

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