

E. R. Zumwalt, Jr.
Admiral, U.S. Navy (Ret.)

AUG 31 1988

August 27, 1988

Ad H Tension - in - Repose

Dear Admiral Zumwalt:

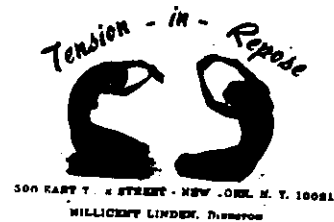
Chemicals are chemicals, whether cocaine or orange agent or any others; the whole world is victimized by the unwarranted intellectual ignorance, who, having specific information on fundamental facts of chemicals, persist in dismissing their significance in using that knowledge in their possession that gives due control of deleterious effects.

You graciously responded to this writer's earlier communication last October; I am personally desolated and inconsolable at the loss of your son Elmo Zumwalt; I write now because the pattern of intellectual stupidity persists in other areas of chemical issues: substance abuse, which now assails our nation in epidemic form and parallel approach to agent orange by officials in positions of facts but ignoring them with awareness.

Example: Honey add carbohic acid are made up of the same ingredients; what makes one a smooth food enhancing life and the other a poison destroying life, is nothing more than the arrangement of their molecules and that of proportion; as long as ALL CHEMICALS are a matter of structure, it follows, therefore, that PATTERN-DESIGN is the underlying force and thereby a greater force in nature than any chemical at all.

Immutable principles in nature, such as the underlying one for all chemicals, are consistent in their application in all instances, and can always be expected to have all other forces yield to them, including the application of PATTERN-DESIGN for and in all living processes as for inorganic or organic materials around life processes.

Being so, fundamental reasoning would have it to maintain PATTERN-DESIGN application by all living bodies at the time of having to use any kind of chemical in order to overcome secondary force in all chemicals with the primary force in all of nature upon which all chemicals are based.



ALL ANIMALS & BABIES
Know it & do it Daily Easily
All adults need to learn it
to do it & know it; the only
requirements are the breath
of life and to be more than
three (3) years old.

As TENSION-in-REPOSE is based on nature's primary forces of PATTERN-DESIGN, constant, never abdicated in anything in the universe, it acts as protective measure to sustain life for survival of all species, including the human specie; all other species know and do TENSION-in-REPOSE as a routine, daily event at intermittent periods of the day from the moment of first awakening; the human species is the only who does not do TENSION-in-REPOSE once past age three, for reasons rooted in nature's own progressions of life on Earth.

The Center for Disease Control in Atlanta, Georgia, having received TENSION-in-REPOSE materials and publications, urged that it be brought to the community organizations grappling with the current epidemics of addictions and AIDS (letter among enclosures).

Being unaffiliated, independent without independent means, the urging by the Center cited above remains unfulfilled for the reasons that individuals have no leverage without titles, positions, influence, etc. as organizations recognize and react only to other organizations and titles, and positions, etc., while grants are extended only to organizations, rendering individuals ineligible for any studies, despite documentations providing solutions and answers they seek.

There are ever recurring reports of researchers misrepresenting data for the purpose of getting or enlarging grant monies; the severe competition in the field is well known; what is not as well-known is the ever recurring facts that those established in their own programs cannot tolerate any other program that outshines their own efforts, effects and results, and while no one denies the delivery of the obvious facts contained in Leonardo da Vinci's quote: "HUMAN INGENUITY CAN NEVER DEVISE ANYTHING MORE SIMPLE, MORE TO THE POINT THAN NATURE DOES," this fact is knowingly disregarded, preferring to pursue less effective ways, even failures, of human devisements.

Such situations foster the case of the recent announcement that "...NEWTON WAS WRONG.." where centuries pass while answers lie in waiting as did da Vinci's observation, long in print, that:

"GRAVITY & LEVITY DO NOT EXIST OF THEMSELVES; ONE ELEMENT IS DRAWN INTO THE OTHER"

which automatically displaces Newton's notion on "gravity. You find a description of how Newton's erroneous notion affects the current epidemic of addictions. The state division on substance abuse moves in the direction of human proclivities among professionals rather than focus on solutions to the issues of addiction and their resolutions.

Georgia Senator Sam Nunn is sponsoring a bill at this moment to address the drug epidemic to provide treatment upon request; the waiting lists are long for treatments of any kind; the Anti-Drug Abuse Act of 1986 (January) states the recognized fact that existing approaches for treatments have failed, all of which are of human devisements, while documentation, practical performance, of TENSION-in-REPOSE automatically displaces substance abuse for the reason that it gives the performer far greater satisfaction than any drug could ever give, yet those in seats of positions of power, in possession of such knowledge and medical facts proving effectiveness that responds to the mandate in the aforesaid Act of 1986 mandating NEW DIRECTIONS, innovative programs; the innovative, independent individual cannot reach those genuinely concerned; all the military services would benefit from it.

Admiral E.R. Zumwalt, Jr.



E. R. ZUMWALT, JR.
ADMIRAL, U. S. NAVY (RET.)

22 October 1987

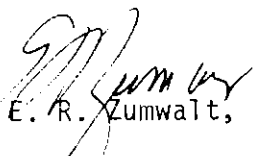
Ms. Millicent Linden
Director
Tension in Repose
500 East 74th Street
New York, NY 10021

Dear Ms. Linden:

Son Elmo has asked me to give you his deep appreciation for your letter and for your thoughts.

We both send you our best wishes.

Sincerely,


E. R. Zumwalt, Jr.

ADMIRAL E. R. ZUMWALT, JR., USN (RET.)



Ms. Millicent Linden
Director
Tension in Repose
500 East 74th Street
New York, NY 10021



United States Senate
WASHINGTON, D.C. 20510

Dear Mr. Linden:

I would like to take this opportunity to thank you for the information regarding tension-in-repose that you sent my office. I found the material to be both interesting and insightful.

The information contained within your letter is helpful to me. I appreciated your thinking of me and hope to keep this line of communication open.

Best regards.

Sincerely,

John Glenn

John Glenn
United States Senator

Dear Ms. Linden:

I have received your recent correspondence and wanted to assure you that the views expressed in your letter will receive my most careful consideration.

The subjects mentioned in your letter are a source of concern for all of us and your ideas will be helpful to me.

I believe that we in the Congress are faced with special new challenges and responsibilities during the 100th Congress. It is, similarly, a time of great opportunity for each of us to renew our commitment to the principles of responsive and responsible government for which I have continually strived during my tenure in public service.

I am pleased that you have taken the time to express your personal ideas regarding important issues before the nation, and hope that you will feel free to continue to share your comments and suggestions in the months ahead.

Sincerely,

Ed Kennedy

Edward M. Kennedy

Dear Ms. Linden:

Thank you very much for your informative letter expressing your support of "Tension in Repose" research.

I value your thoughts and appreciate the opportunity to learn the opinions of informed constituents such as yourself. The information that you have provided will be helpful in my consideration of legislative proposals in this area.

Again, thank you for taking the time to contact me. I hope you will continue to keep in touch on this or other issues of concern to you.

Sincerely,

Bill Bradley

Bill Bradley
United States Senator

COURT'S
EFFORTS
HAVE NOT
YET
ANY PROGRESS
WJ

United States Senate
WASHINGTON, D.C. 20510

June 30, 1987

Mr. Rafael Machin
State of New York
Division of Substance Abuse Services
250 Broadway, 17th Floor
New York, New York 10001

Dear Mr. Machin:

Thank you for sending me a copy of your recent correspondence to Ms. Millicent Linden.

I appreciate your sharing this information with me and trust you will let me know if there is any way that I may be of personal assistance to you on this matter.

Best regards.

Sincerely,

John Glenn

John Glenn
United States Senator



DEPARTMENT OF HEALTH & HUMAN SERVICES

Public Health Service

Centers for Disease Control
Atlanta GA 30333
404 329-2891
FTS 236-2891

June 24, 1987

Millicent Linden, Director
Tension - in - Response
500 East 74th Street
New York, New York 10021

Dear Ms. Linden:

Thank you for your mailing which contained material from The American Institute of Stress.

The Centers for Disease Control (CDC) does not have funds to support applied research in this field. However, there are indications that community-based groups are open to this approach in helping persons with acquired immunodeficiency syndrome (AIDS) and related conditions achieve a better quality of life as all currently available medical channels are being explored.

You might consider approaching community-based AIDS service delivery organizations in New York to incorporate Tension - in - Response in their battery of supportive tools.

I hope this is helpful to you.

Sincerely yours,

Thomas A. Leonard

Thomas A. Leonard
Senior Public Health Advisor
Technical Information Activity
AIDS Program
Center for Infectious Diseases

COMMUNITY COOPERATION IS NECESSARY FOR COMMUNITY HEALTH



THE NEW YORK ACADEMY OF SCIENCES

Dear Ms. Linden:

PETER M. LEVY
FLEUR L. STRAND
ROBERT J. ROBERTS
KURT SALZINGER

Governors-at-Large

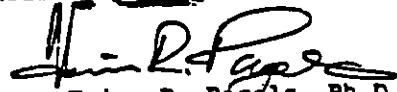
MURIEL FUGELSON
WILLIAM T. GOLDEN
FRANK R. LANDSBERGER
Ph.D. J.S. Chs. '112
DONALD B. STRAUS

Past Presidents

MORRIS H. SHAMOS

Honorary Life Governors

Thank you for the materials that you sent about your Tension-in-Repose project. You have done a remarkable job integrating physical, geometrical, medical and aesthetic concepts, with a fine regard for humanistic principals. I wish you the best of luck in your continued work in bringing these ideas to public attention.


Heinz R. Pagels, Ph.D.
Executive Director

HRP:bcm

The New York Public Library

THE RESEARCH LIBRARIES - Fifth Avenue and 42nd Street, New York, New York 10018

Dear Ms. Linden:

We wish to thank you for your thoughtful gift of:

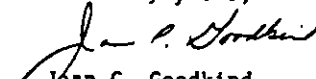
2 Books:

The Orgasm is a Vacuum, Tension-in-Repose, the Fountain of Youth Foundation.

The Tension in Repose Letter Book to You.

We here at The Research Libraries appreciate your generosity and interest.

Sincerely yours,


Joan C. Goodkind
Chief
Acquisition Division

JG:MB

The New York Public Library

Author, Lecturer and Theaters Foundations

The Branch Libraries

455 Fifth Avenue
New York, New York 10016

OFFICE OF ADULT SERVICES

Dear Ms. Linden,

We are in receipt of two copies of the Orgasm is a Vacuum and two copies of Tension in Repose. I am returning your copy of testimonial letters. Your publications will be offered to the Mid-Manhattan Science Department and to the Dance Collection of Lincoln Center for their vertical file collection in June.

Thank you for sending us this material on a subject which is of continuing interest to readers.

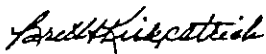
THE NEW YORK ACADEMY OF MEDICINE

2 EAST 104th STREET, NEW YORK, N. Y. 10029

Dear Ms. Linden:

Thank you for presenting the Library with a copy of your work, "The Orgasm is a Vacuum, Tension-in-Repose, the Fountain of Youth Foundation." We are pleased to add this publication to our collection.

Sincerely yours,



Brett A. Kirkpatrick
Librarian

BAK:lg

Sincerely,


Viola Barrett

Coordinator of Adult
Services



THE NEW YORK ACADEMY OF SCIENCES

Dear Ms. Linden:

Thank you for the materials that you sent about your Tension-in-Repose project. You have done a remarkable job integrating physical, geometrical, medical and aesthetic concepts, with a fine regard for humanistic principals. I wish you the best of luck in your continued work in bringing these ideas to public attention.

Heinz R. Pagels, Ph.D.
Executive Director

HRP:bcm

- WILLIAM S. CAIN
- PETER M. LEVY
- FLEUR L. STRAND
- NORBERT J. ROBERTS
- KURT SALZINGER
- Governors-at-Large*
- MURIEL FEIGELSON
- WILLIAM T. GOLDEN
- FRANK R. LANDSBERGER
- PHILIP SIEGEL
- DONALD B. STRAUS
- Past Presidents*
- MORRIS H. SHAMOS
- Honorary Life Governors*

THE NEW YORK ACADEMY OF MEDICINE

2 EAST 103RD STREET, NEW YORK, N. Y. 10029

Dear Ms. Linden:

Enclosed is a photocopy of catalog card entries indicating materials published by you, which are held in this library.

Sincerely yours,

Linda O'Callaghan
Reference Department

United States Senate

WASHINGTON, D.C. 20510

Dear Ms. Linden:

I would like to thank you for the information regarding Tension-in-Response that you sent to my office. I found the material to be both interesting and insightful. I believe that one of the greatest strengths we have in this country is the concern each person has regarding our national problems, goals, and opportunities, and of equal importance, the willingness to express that concern. I appreciate the years of hard work which you have obviously contributed to this study, "Tension-in-Response." If I can be of any service in the future, please let me know.

John Glenn
United States Senator

UNITED NATIONS NATIONS UNIES

Dear Mrs. Linden,

I wish to acknowledge the receipt of your letter dated

25 February 1982, addressed to the Acting Chief of the Outer Space Affairs Division of the United Nations Secretariat, and to inform you that this letter and its enclosures will be kept in the archives of the Division.

Denise Wyhs
Outer Space Affairs Division

HERE IS WHAT DOCTORS SAY

About This Revolutionary System Of "Non-Exercise":

"I fully appreciate the importance of all that you have written, and will pass on to my patients what you have to say."—M. Oliver, M.C.S.P., chartered physiotherapist, Capetown, South Africa.

"I publish the Asthmatic Patient, and would like permission to publish your movements used in the New York Hospital... I personally have done almost all the movements and find them exactly as you have described. Please let me as one of your supporters."—Sihan Allan Browne, Boston, Mass.

From a pamphlet distributed by the Anti-Smoking Clinic, New York Hospital, Cornell Medical Center: "Contained within are specifically designed stretches to help the smoker who has stopped smoking, or who has cut down cigarette consumption....

Contrary to familiar exercises, these movements are done with gentleness. This gentleness and tender care enable the performer to ease into each movement. This naturally creates a minimum of exertion with a maximum return for the effort.

The movements are easy and simple. Each stretch is done but once at each performance.

The purpose of these exercises is to relax the body without lethargy, to trim the waistline and keep it trim, to tone up the abdominal muscles, to stand straighter without further effort, to feel more buoyant, and to keep the body in readiness for more active work or sports."

HERE'S WHAT PATIENTS SAY:

"I have a bad case of artery hardening, so I tried the stretch you recommended. It has done more for me than any pills I have taken. I do the stretch at night, and I can feel the blood circulating in my legs."—Ruth Stern, Sacramento, Cal.

"How I have improved doing your stretches. Before I started the stretches, I had quite a lot of arthritic pain in my back and arms. Now I have no pain, but a sense of well-being and aliveness in my body."—Mrs. T. Martin, New York.

"There is really something great in these stretches, simple and easy as they appear at first. It is unfortunate how many people believe in punishing themselves by hard exercising. I have tried it, so I know. I don't get tired at all now."—Mikka Renee, Wash., D.C.

FROM TRAINED ATHLETES AND DANCERS:

(If these stretches can slim them down, think what they can do for you!)

"My legs are slimming and reshaping. I feel less fatigue during the practice sessions."—A.L., New York ballerina.

"My waistline is trimmer, but more connected, though I have lost no weight."—L.D., Montreal ballerina.

"I feel as though I'd been through a whole day's workout — except that I'm not tired at all."—A physical-training instructor at a New York City police academy.

HERE'S WHAT THE PRESS SAYS:

From Harper's Bazaar: "Free! You like a bird in the prison of your tensions, and provides liberal new beauty for the body... How can anything relaxing and pleasant work such wonders? But to do so! These natural, deep-breathing, tension-dissipating movements do almost magically renew body's energy, create inner calm, and induce sleep... What's more, they never tax the muscles always lighten and free the muscles."

From the Washington, D.C. STAR: "Forget about diet... Stop torturing yourself with kick, bumps and bends. Milticom Linden describes a stretching is superior to exercise in achieving buoyancy and bounce."

HERE'S WHAT DRUG ADDICTS SAY:

(If these simple stretches can relax them so completely, just think what they can do for you!) "The way I was feeling, I felt that nothing in the world but a shot of dope could make my body feel comfortable."

But after doing several of these stretches, the remarkable things began to happen. The aches and pains suddenly left my body, and I felt a strange feeling of elation surge through me. That night I honestly say that I had a full night's sleep in a lifetime."—(A.R., New York City).

"What a relief I felt to release, to suddenly let a sense of freedom I cannot explain. I had no tranquilizers to sleep, before I came to know heavenly, inner tranquility that contributes to a peace of mind."

I now sleep without the aid of medicine."
—M.D. New York

I have a copy of T-in-R... and work on it for 5 years. ...I have been helped wonderfully from the effects of stroke even my attitude - thinking - improved greatly - my outlook. ...there have always been prophets - cry in the wilderness - Cry OR!



The Human Gyroscope-Sphere

Tension - in - Repose

M I L L I C E N T L I N D E N

- . A GYROSCOPE keeps things in balance; it has inner serenity.
- . The figure above is in the form and shape of a GYROSCOPE.
- . TENSION-in-REPOSE is a series of diversified, original designs based on the principles of the GYROSCOPE common to all.
- . TENSION-in-REPOSE is the long arm of biological law that stretches out to reach you and help you reach for your own, personal, individual serenity in the midst of any upheaval, like any calm in any storm, to relax all of your tensions, normal and in excess, without dissolving those tensions that are the tensions of life itself.
- . Relaxing tensions naturally, wholesomely, enables your body to do its own time-worn wisdom to promote full efficiency of those functions that deal with body weight, body proportion-symmetry, buoyancy, sleep, disposition, and a host of other wholesome, enhanced natural processes that only you can feel and discover for your own body.

500 East 74th Street, New York, New York 10021

MILLICENT LINDEN, DIRECTOR

Mr. Peter Jennings, Correspondent
 W.A.B.C.-T.V. 47. W. 66th St.
 New York, N.Y. 10023

Mr. Jesse Jackson
 NATIONAL OFFICE OF JESSE JACKSON '88
 30 West Washington #300
 Chicago, Illinois 60602

Mr. Gerard Armstrong, Dpty. Dir. Cntr. Mgt.
 NEW YORK STATE DIVISION OF SUBSTANCE ABUSE
 250 Broadway 17th Fl. N.Y., N.Y. 10007

August 3, 1988

Dear Gentlemen:

In the course of last night's WORLD NEWS TONIGHT program, Mr. Jennings gave the new report of scientists' findings that state Sir Isaac Newton was wrong about "gravity", but do not have answers for what the force is in motions.

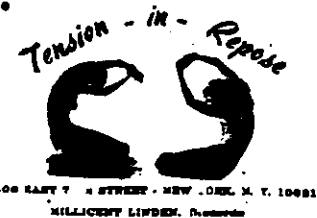
That stumbling block of what the moving force in nature that reconciles all movements is the very one that stops all substance abuse, and Leonardo da Vinci gave us that answer more than 500 years ago.

Among the enclosures you find representative documentation on how da Vinci's observation of how gravity and levity work in unison automatically dispels addictions of all kinds: drugs, drink, food, smoking, etc., etc.

Everyone in the world can know the same facts underlying the causes of abuses of any substance and what the cure is for it.

The process for knowing cause and cure for addictions is one that took place in the unfolding of the TENSION - in - REPOSE ORIGINS of its inception, starting with this writer's first published works, sub-titled "Weightlessness for Earthlings" (titled: WHY YOU SHOULD NOT EXERCISE) having for its cover the S P H E R E of the Sun and the sub-title letters arranged around a concave curve that forms the make-up of all spheres; like an rippling, concentric encircling its center and reaching ever outward to make contacting, linking connections to everything else around, thus maintaining its internal integrity of connections continuing into the world outside.

These facts have direct bearing upon the problems and issues of substance abuse and why Newton was wrong.



ALL ANIMALS & BABIES
 Know it & do it Daily Easily
 All adults need to learn it
 to do it & know it; the only
 requirements are the breath
 of life and to be more than
 three (3) years old.

The da Vinci observations of movement were quoted at the time the writer was teaching dance at the UNITED STATES MILITARY ACADEMY cadets at West Point (laws that enabled enjoyment of movement without having the unwarranted burden of worrying about stepping on the partner's ball floor-length dress)); the first original TENSION-in-REPOSE designs engaged da Vinci's rendering of the EMBRYO, self-evident in its form of the sphere.

da Vinci notes that "ELEMENTS IN NATURE ARE SITUATED ONE WITHIN THE OTHER", but what has not been noted that this fact occurs ONLY within the simple, common form of the SPHERE; there is harmony in the sphere, allowing all elements to make exchanges within complementary diversities.

Example: physicists know that opposites in nature work together, that every action has an opposite and equal reaction (in synchronized activity); what had never been associated with these facts is da Vinci's observation that: "GRAVITY & LEVITY DO NOT EXIST OF THEMSELVES; ONE ELEMENT IS DRAWN INTO THE OTHER"; the sphere inherently holds two axes: vertical and horizontal, thereby having the reach to the center where the axes cross, therefore, all linking connections have simultaneity of movements radiating from the center to all parts of the whole.

The direct application to resolve addictions is found in addicts' own vocabulary in the words used always, familiar to all: "HIGH", "RUSH".

Physicists know the law that states: ALL LIFT STEMS FROM THE CONCAVE CURVE, yet NO physiologist even remotely considers exploiting this fact of motion for practical application by the human body; in fact, all pedants of fitness and professional therapies insist upon avoiding that simple, unbroken, spherical line of the spine, as "bad for your posture", when actual experience shows that that line is the action that provides the reaction of equal and opposite synchronized movement, the automatic straightening of the whole vertebral column; the effect for addict is that the lifting agent in the concave curve brings the blood streaming U P W A R D to reach the avariciously oxygen-hungry brain its full complement of suffusion of that gas, thus supplying what the addict looks for in the "HIGH" - the straightening of the spine that causes a sense of tallness, higher in height for reasons of other factors in the spinous processes of each vertebra, and the full blood supply to the brain gives the addict the "RUSH" that is wholly satisfying; as it is well-known, the "rush" of blood through external agents such as drugs exorably brings on the down effect and the misery of unresisted weight that falls of its own accord without its counterpoise of physical lift.

Widdowson's Dangle

When gravity and levity work simultaneously as da Vinci described it, there is NO LET DOWN ; it is in equilibrium: up and down at the same time in the vertical axis and in simultaneous balances in the horizontal axis because all are working in harmony reaching to the center because of the outline line of the sphere which in turn radiates itself outward to the same outline line, thus engaging at the same time other properties of the concave curve: it equalizes body weight which in turn equalizes muscle tension-pulls throughout the entire body.

So it is that with one outright adherence to common, commonplace evidence of harmony, the sphere, other facts surface, emerge to reveal themselves to be used for human benefit and inner surcease that does away with undue intake of external agents such as drugs. In the course of ensuing publications, properties of the VACUUM surfaced which are held too elusive by scientists, one of whom states "...life is too short for the profound elements to be grasped intellectually.." yet refused to learn first-hand physically though known the body is a product of the ages; please go beyond experts and see for yourselves, first-hand.