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COSMIC REPORTER: So here we have the story of a man who's intent on bringing peace to the world. But he wants to achieve this lofty goal through a – well, I'm not sure what to call it – a process, or a procedure, perhaps, that he calls fonging. His name is Erasmus Caffery and he's here today to tell us about it. Welcome, Mr. Caffery, tell us about fonging.

Caffery: Thanks, I'm glad to be here. I'll tell you about fonging, but you really have to experience it to understand its magical and mystical qualities.

COSMIC REPORTER: Well, maybe we can try it in a minute, but let's hear about it first.

Caffery: OK. I'll get right to it. First, you take the rack out of your oven. I assume you have an oven?

COSMIC REPORTER: Yes, I do, but I didn't bring it with me.

Caffery: Of course, most people don't bring their oven, much less the racks out of their oven, around with them. It's a little inconvenient.

COSMIC REPORTER: I'd agree with that.

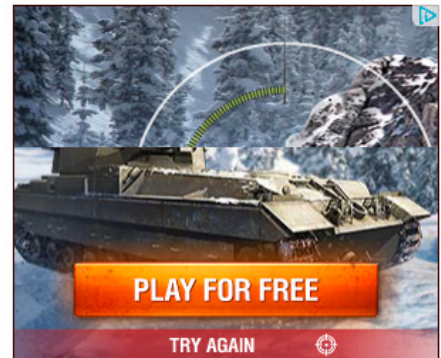
Caffery: Anyway, you take the rack out of your oven – I hope they're not too dirty – and then you take the strings out of your shoes. What kind of shoes do you have on?

COSMIC REPORTER: I have on sneakers, actually.

Caffery: Excellent. Those strings will work fine. You can use other types of strings, or fishing line, regular cotton string, twine, whatever; it doesn't matter. So, you take the string and tie each one around the top of the rack. I guess that would be the less-wide-end.

COSMIC REPORTER: OK, I'm with you so far.

Caffery: Then you take the other end of the strings and wrap them gently around each of your index fingers. Not too tight, or it'll cut off the circulation.



COSMIC REPORTER: That makes sense, I suppose.

Caffery: Next, and you need to be standing up, you hold the rack up with your fingers, trying to get the appropriate rack dangle.

COSMIC REPORTER: Hm, rack dangle?

Caffery: You know, when the rack swings effortlessly and is hanging evenly.

COSMIC REPORTER: Roger.

Caffery: Then you bend over slightly from the waist, and stick your fingers in your ears.

COSMIC REPORTER: Is that necessary?

Caffery: Of course, insertion is critical.

COSMIC REPORTER: Right.

Caffery: So, with your fingers snugly in your ears, you are now ready to get fonged. I think it's important to take a quiet moment before fonging. You're standing there silently in the middle of the room, with your close friends, loved ones, or even strangers or people you don't know. As you stand there in that vulnerable position, it teaches acceptance and how to shed one's fears, which is always important in life.

COSMIC REPORTER: That makes sense. What next?

Caffery: So, these people around you have gone into the kitchen or work room and assembled some implements to strike the rack, like wooden salad tongs, screwdrivers, long handle spoons, knife sharpeners, wrenches, and turkey basters, which is a real favorite.

COSMIC REPORTER: Turkey basters, oh my.

Caffery: Right. Well, these folks bend down or get on their knees and slowly, gently, they start tapping the rack with these implements. Tap, tap, ting, ting, ting, knock, knock. Rhythmically, or not rhythmically, it doesn't matter.

COSMIC REPORTER: Of course not. And what happens?

Caffery: Well, you begin hearing the most amazing sounds in your head! The healing sounds of the universe! Right there in your ears. It's fongtastic!

COSMIC REPORTER: Hard to see how it wouldn't be fabulous.

Caffery: Yes. No one else can hear the sounds, but you get in this zone and it's hard to stop. I've seen people just get in such a trance that they have to be gradually snapped out of it.

COSMIC REPORTER: Really?

Caffery: Plus, most people can achieve a higher state, which we variously call nirfonga, or just a plain old eargasm.

COSMIC REPORTER: I'm speechless.

Caffery: Yes, you would be. Anyway, there is a lot more in my book, *Fonging for the Soul*. Is it OK to mention the book? I brought you a copy.

COSMIC REPORTER: Yes, thanks. Look at this; *Fonging for the Soul*, by Erasmus Caffery.

Caffery: It pretty much covers all the basics about fonging. There are chapters about strings, racks, different positions. There are a number of different positions; individual fonging is the "traditional method," but you can have couples fonging with two racks, or circle fonging, etc.

COSMIC REPORTER: You don't say.

Caffery: Yes, and there are also chapters on fonging etiquette and safe fonging.

COSMIC REPORTER: Is it dangerous?

Caffery: Well, not really, but people get a little carried away. I mean, you should never fong while driving a car, plane or bus.

COSMIC REPORTER: I would think not.

Caffery: Or under a tree during a lightning storm.

COSMIC REPORTER: Uh, I certainly wouldn't want to try that.

Caffery: And it is always important to practice safe fonging. Because, you know, there are the dreaded FTD's.

COSMIC REPORTER: FTD's?

Caffery: Fonging transmitted diseases. If people are at a party and getting all crazy, some people might start putting their fingers in other peoples' ears, so you have to use protection. Profonglactics.

COSMIC REPORTER: Well, I'm glad you told me about those. Can you buy them in stores?

Caffery: Uh, yes, but really you just buy plastic gloves, you know the kind doctors and nurses wear, and you cut off the fingers. They fit really nice and snug. People like to feel safe.

COSMIC REPORTER: You're right about that. But tell me, how are you going to bring peace to the world through fonging?

Caffery: Well, I just think humans can stop fighting and killing one another. Did you know in the 20th Century alone there were over one hundred million people killed by other people?

COSMIC REPORTER: That's awful. How will fonging help?

Caffery: When people become imbued with the healing sounds of the universe and understand the real meaning of fonging, that it's just like every other thing that humans do though it's seems peculiar, then their minds shift and they understand the simultaneous hilarity and specialness of life. It's kind of like a mental paradigm shift. When people get it, there will be peace in the world. Peace through fonging.

COSMIC REPORTER: Well, I guess if it worked, that would be great. We certainly need some help.

Caffery: Yes, indeed. See, I think if the terrorists and those sorts would learn to fong, they'd cut out that crazy behavior and just want to party and fong with everyone, rather than kill them.

COSMIC REPORTER: Would you be willing to lead a diplomatic mission to accomplish that?

Caffery: Of course, I'll do whatever I can.

COSMIC REPORTER: Well, thank you, Mr. Erasmus Caffery. His book, *Fonging for the Soul* is available online at fonging.com and I assume also on amazon.com?

Caffery: Yes, why wouldn't it be?

COSMIC REPORTER: OK, thanks for being with us.

Caffery: You're welcome. Fong on.