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Editorial

Dualism and Monism

Channeled information finds its way across our society in most eclectic ways. While its here to stay, we have not yet found how to be comfortable with it. Old models don't apply; there seem to be attempts from both sides, scientific and religious, to assimilate the overabundant manifestation. Dualism is striving for Monism, a Unified Theory of Everything.

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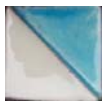
Editor

News and Links

A new trend is shaping up that is, medical care via email. This article from the Washington Post describes a British couple Roger and Pat Swinfen who manage the Swinfen Charitable Trust from their home in Wingham, England. The telemedicine charity has handled almost 1,800 cases since inception in 1998.

<http://www.washingtonpost.com/wp-dyn/content/article/2008/11/23/AR2008112302629.html>

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Medical house call via Internet- Americanwell is redefining the way to do business. Get to talk to a "doc" fast, see link below:

<http://www.americanwell.com/index.html>

This new way of care information was described in a well written article in the New York Times, excerpt below:

"If Roy Schoenberg, the start-up's co-founder and chief executive, has his way, patients will no longer have to wait a month to see a doctor for an urgent sore throat, wait all day for a doctor to return their call or leave work midday and drive a long distance for a routine appointment. Instead, patients will log on to their computers and find themselves face-to-face with physicians over Webcam." For more- see link:

<http://bits.blogs.nytimes.com/2008/11/19/the-doctor-will-see-you-now-online/>

Feature Article

Energetic Rejuvenation- the procedure

by Anton Baraschi

Acknowledgement:

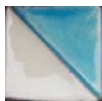
Sometime in 1995, when Martin Ehrlich MD (my brother in law) asked me what do I do when working with energy, to my enthusiastic reply, he prompted me: Why don't you write it down? I did. The draft went to a few friends but none was more instrumental than John Norman Hansen, a biochemistry professor at the University of Maryland. While originally he thought the paper was well written –on afterthought he proceeded to rewrite some of the paragraphs- so well that after about a year of pondering I left them just the way he rewrote them. The concepts of Induction and Transition are expounded in his philosophy book Treefall. Also instrumental were the teachings of Mietek and Margaret Wirkus, who in two weekend seminars have summarized a lifetime of work. The sentence at the end of the "What is Energetic Rejuvenation" paragraph below is inspired by their teaching. The conclusion that the energy work is a "voluntarily induced placebo effect" is, I believe, entirely mine. I am sorry that at the time I wrote this paper, I was not aware of Dr Benor's books- they would have added both to content and bibliography. The title –Energetic Rejuvenation- I owe my good friend J. U. who is a Senior VP for new product development with a large international corporation. I think it's also important to mention that Inspiration could be defined as cooperation with invisible friends, the ideal bearers behind creative drives.

Abstract:

Energetic Rejuvenation is an alternative bio energetic procedure that enhances health. This particular skill can be acquired by specific exercises. Occasionally this skill is inborn in talented individuals. Intuitive reading capacities can be used to acquire information about the state of health of a patient and to treat energetically various conditions. The origin of the procedure seems to be best represented in Traditional Chinese Medicine. There is a similarity of this procedure with what is termed the placebo effect by Conventional Western Medicine.

What is Energetic Rejuvenation?

Energetic Rejuvenation is a therapy based on the principles of ancient Chinese medicine, and is designed to eliminate energetic blockages that interfere with physical healing, and to assist in achieving a state of enhanced Wellness. It is a form of Alternative Medicine that can provide many health benefits, but it is not intended to



replace Conventional Medicine. It presupposes the understanding that living forms, humans included, are composed of two essential processes- biochemical and bioenergetic. Death is considered a separation of the two, health- an optimal balance.

How does Energetic Rejuvenation work?

Through the mastery of Qigong (life force exercises) the practitioner acquires an empathic sensitivity to the way a patient feels. It is best described as “an educated subjectivity” whereby the practitioner intuitively acquires knowledge of the locations where the Chi energy flow is impeded. The practitioner then proceeds to improve the flow of energy in the Bio-system described by Traditional Chinese Medicine as channels and meridians, the Chakra system and the nervous system of the patient. This energetic rejuvenation takes place through a process that resembles magnetic induction or resonance, and this energy is applied to the Bio-field of the body of the patient.

Description of the process of Energetic Rejuvenation:

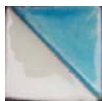
- 1) **Scanning.** The practitioner enters into the Bio-field (auric field) of the patient empathically and becomes familiar with its patterns. This is done with the palms of the practitioner’s hands, by moving and sensing the Bio-field in a space that extends from the surface of the body to about two feet away from the body.

The trained consciousness of the practitioner then combines with the patient’s state of physical being to become an enhanced consciousness state that that is a resonant combination of the two consciousness states. (This particular state of mind is named the Qigong mind set in Traditional Chinese Medicine.) Psychic information about the patient’s state of being is thus acquired.

- 2) **Induction and Transition.** This part of the procedure, also done with the palms of the hands, consists of conditioning the patient’s Bio-field through an induction process, which temporarily raises the energetic level of the Bio-field. The Bio-field can then undergo a Transition, whereupon it moves into a state of higher Wellness. The energy of induction that was used to guide the process is now infused into the enhanced Wellness state. During the procedure, it is common to experience this Induction of energy in the form of heat coming from the hands of the practitioner, and the Transition often results in tingling sensations in various parts of the body. Most people feel like they are awakening from a restful sleep after this part of the procedure.
- 3) **Removal of energetic blockages.** A balancing of Yin and Yang is another outcome of this part of the procedure. The practitioner channels energy from the environment, removing or adding energy to the Bio-field of the patient, according to need.
- 4) **Attunement to the greater energy field.** This part of the procedure expands the energy field of the patient which can then integrate with the greater cosmic field of the universe. This is accomplished by simple speech, such as a mantra, a prayer, or a blessing, which is tailored to the patient’s specific condition.

How is the ability to perform Energetic Rejuvenation acquired?

The Qigong practice consists of physical exercises combined with mental exercises that are coordinated with breathing. The practitioner develops an awareness of the chi flow within one’s own body, and how to regulate this flow in ways that improve Wellness. As this skill grows, the practitioner begins to sense the chi flow in other people. Certain exercises develop the ability to project chi (Wei Chi in Chinese) outward toward other people. Once a practitioner has developed the ability to do this, it is possible to improve the condition of another person as if improving one’s own self. It should also be noted that some gifted individuals are born with the capacity to channel energy.



Traditional Chinese Medicine and Western Medicine

Qigong is part of Traditional Chinese Medicine, where all knowledge is intuitive and empirical. This approach is incompatible with Western science and medicine, which employ experimentation to acquire scientific evidence, which is then used to develop theories about the origin of health and disease. Whereas Traditional Chinese Practitioners accept the existence of concepts such as chi and meridians because they intuit them, Western practitioners doubt their existence because they cannot find them when they look for them. Perhaps this is because their tools for detecting them are inappropriate or inadequate, but the fact that they are so far not detectible is a primary source of the current incompatibility of Chinese and Western medicine. The fact that Chinese medical practices have endured for thousands of years argues there is a basis for them, and that Western practitioners will be able to discover them, given open-mindedness and perseverance. There have been many attempts to create a theoretical basis of Chinese Medicine that will be acceptable to Westerners. Much of this work is under way in China, and many procedures and outcomes are being documented. It is too soon to tell whether these efforts will provide the kinds of scientific evidence that will prove convincing to Westerners.

There are several books by Energy Healers that attempt to provide a bridge between Traditional Chinese Medicine, Western Medicine, and Bioenergy practices. (See attached bibliography.).

What is Energy Rejuvenation recommended for?

- 1) Chronic ailments
- 2) General physical conditioning
- 3) Symptomatic discomfort without a particular diagnosis.
- 4) Spiritual development.

Energy Rejuvenation is consistent with contemporary Western medical science

A similarity exists between the effects of Energy Rejuvenation and the "Placebo Effect." Clinical trials of new drugs always compare the effectiveness of the drug being tested to that of a Placebo, which is typically a "sugar pill," which should have no therapeutic effect. It is now widely accepted that these Placebos can have powerful effects on the medical condition being tested, and are often nearly as effective the drug whose clinical effectiveness is being studied. Theories about the mechanism underlying the Placebo Effect are being hotly debated, but the idea that the "Mind" can participate in healing is becoming accepted, although the means by which it does this is completely obscure (to Western Science). In the context of Traditional Chinese Medicine, the Placebo Effect is readily accommodated. The Placebo Effect occurs when the belief system of the patient is invited to participate in a healing sequence. It is widely assumed that the Placebo Effect occurs only when the subject is "fooled" into believing they are taking a powerful medicine. However, it has been discovered that subjects participating in clinical drug trials exhibit the Placebo Effect even if they are told that they are being given a Placebo, and not the drug being tested. It therefore appears that it is not the "fooling" of the patient that is important, but instead it is the "participation". There must be a great deal of Chi energy that is generated during a clinical trial, and this Chi energy becomes available to everyone who is undergoing treatment. Whereas it is easy to see how the phenomena of Induction and Transition can occur during Energetic Rejuvenation, thus assisting the patient into a state of enhanced Wellness, this transposition of Chi energy from practitioner to patient can occur in other surroundings as well. The fact that this transfer of Chi energy can be induced by Placebos during clinical trials shows how wide-spread this phenomenon is, and the ability to participate in this transfer is probably inherent in everyone. It follows that those who understand this process and are trained in methods to induce it in a controlled way are much better at achieving it than those who are untrained.

Especially important in this process of Energetic Rejuvenation is the Mutual Participation of both the Practitioner and Patient. This is because there are TWO Chi energy fields involved, the one of the Practitioner, and the one of the Patient. What the Practitioner brings to the process is the ability to empathically sense both of these Chi energy fields, and then encourage them to coalesce together into a more powerful field. The Practitioner then intuits, and then conceptualizes, a new energy field that encompasses a state of higher Wellness of the Patient. This merging of



Chi energy, intuition, and conceptualization are components of the Induction process, whereupon both the Practitioner and Patient are poised to make the Transition to the state of higher Wellness. It is at the point of Transition that the Placebo Effect is exerted, because it is the point at which the Patient must consciously and willingly participate in achieving the Transition. Without this conscious and willing participation, the Patient's Chi field would be an inert lump that would be incapable of achieving an enhanced state of Wellness. It is only through the synergistic efforts of both participants that the Transition can be achieved. Energetic Rejuvenation could therefore be described as a "*voluntarily induced Placebo Effect.*"

There are many Healing Practices that employ these principles. A list of some of these is below:

Traditional Chinese Medicine practitioners- Chigong, and Chigong/Acupuncture.

Reiki practitioners of different schools (Usui, Haruna, etc) claim 1,000,000 adherents

Therapeutic Touch (Krieger/Kuntz) as being practiced by nurses in many hospitals.

Bio Energy/ Energy Therapy –(Barbara Brennan, Rosalyn Bruyere, Jim Kepner/Carol DeSanto, Mietek Wirkus)

Faith healers- (Filipino Espiritistas, Brazilian Kardecists- such as John of God or as practiced in innumerable Spiritist Centers, charismatic "laying of hands", Christian/religious preachers/healers- such as Ron Roth)

Medical intuitives- (Myss, Conklin, Eden, Hurwitz)

Neo Shamanic- (Ingelman, Villaldo)

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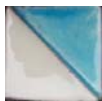
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Anton Baraschi is the Editor of the "Energetic Rejuvenation Newsletter". Although he is an Architectural Project Manager in corporate facilities by trade, Anton's passionate interest in Bioenergy has led him to study spiritual healing extensively. He was ordained as a reverend of the Unification Church of Albemarle, NC in 2002. He is the President of the New Dawn Foundation, a not for profit organization based in New Rochelle, NY, promoting wellness and healing in individuals and the environment. He is affiliated spiritually with the Healing Light Center Church (<http://www.rosalynlbruyere.org/>), the Bon religion of Tibet (<http://www.bonshenling.org/>), and the Anthroposophical Society in America (<http://www.anthroposophy.org>). Anton maintains a part time energy healing practice in New City, New York and is currently organizing an integrative healing center.

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Healer of the Month

Seta Araz Shahinian



Seta Araz Shahinian attended NYU Stern School of Business and graduated in 1985 with a BS in Accounting and International Business. With an entrepreneurial spirit, she developed and imported a line of leather goods with a fellow graduate until she married Dr. Paul Shahinian. She and her husband decided to jointly concentrate on the same business, and thus acquired Linwood Optical in Fort Lee, New Jersey.

The couple has 3 children, two boys and a girl, named Sevag, Haig and Ani. The two boys were plagued with compromised immune systems, severe allergies and exhibited adverse side effects from vaccinations leading to developmental delays and neurological impairment to differing degrees. This difficult destiny was a stimulus that propelled Seta on a healer's path. Her business savvy plus her optimism and determination were qualities that helped her find all that was available to improve her sons lives. While on a trip to Brazil, as destiny works, she was directed to Doctor's Data, a medical lab based out of Chicago and the director, Dr. Jon Pangborn. She discovered that her children were allergic to many basic foods and environmental toxins. She decided to follow the protocol of provocation/neutralization developed by renowned pediatric environmental allergist, Dr. Doris Rapp, in Buffalo, New York. Dr. Rapp also guided her to Dr. Harvey Steel and his son Larry Steel who practiced BOS (Bio-Computer Operating System) in Ontario, Canada. They developed a system of allergy eradication and balancing the system as a whole. She proceeded to take them to Canada for several years and saw vast improvements in their health. Their success was the impetus for her to begin her formal training in BOS followed by learning many other healing modalities, which she encountered over the years, during her quest of healing her children. As her children's health improved, so too did improve her healing skills.

After studying BOS, she also studied TBM (Total Body Modification) as well as all of the Brain Gym courses. She studied Neurokinesiology in Poland as well as in the States with Dr. Svetlana Masgutova. She studied EMF phases 1-V1, Biogenesis, Natural Healing with Dr. Randall Frank, aromatherapy and Pranic Healing. She studied Homeopathy for 7 years with Dr. Luc De Schepper.

During her initial exposure to energetic healing, she was greatly influenced by and apprenticed with Dr. Robert Kandarjian, a chiropractor and energetic healer in New Jersey. Many of her intuitive abilities bloomed as she developed her own integrated methodologies. Seta went into private energy practice in 2001. She began incorporating Armenian prayers during her healing sessions after meeting Seta Balmanoukian and experiencing the impact of prayer coupled with intention and energetic healing. The Armenian language has two modalities; one that is used in daily conversation and one that is reserved for prayer. The sounds and the frequency of the language are very conducive to healing.

Her healing work energetically encompasses many of the modalities that were formally studied. Her daily sessions vary greatly in form and nature. She works primarily on the level of the energetic blueprint, identifying blocks, restrictions and limitations on the physical, mental or emotional levels that impede health, harmony and balance.

A clairaudient intuitive with strong guidance and clarity, Seta is a remarkable healer with a golden touch for children.



Her future plans include writing a book about Healing Prayers and Intention. She is also organizing group healing sessions along with her private practice.

Seta can be reached at (201) 805-4742. She practices in Wyckoff, New Jersey.

Orb-ituary

I bought a small new digital camera and tried it in my room. I almost fell backwards with excitement when I saw how many orbs were in my room- I counted (11). Looking like faint soap bubbles, 3 of them seem to like the prayer flags! Inexpensive digital cameras work better than the sophisticated kind with filters. I have a \$120, 8 mega pixel Olympus camera purchased at WallMart. Best way to look for them, I believe, is to blow up the picture 2-3 times on the computer screen.

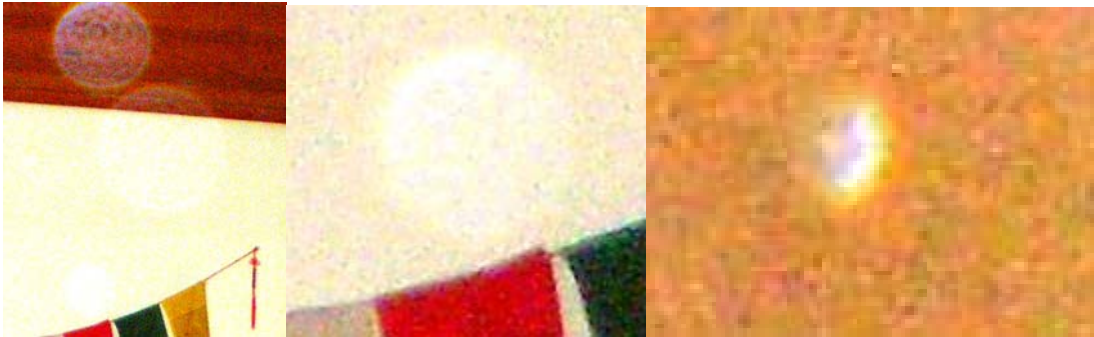
ED.

Orbs in my Bedroom



Orbs

Photo by AB



Blow ups of orbs above

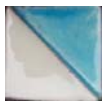
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Orb created by bioenergist Mircea Nedelcu

Mircea Nedelcu (reviewed in the August issue of the Newsletter) asked a friend to take a picture of him while he was projecting this large energy form while at a Romanian Carpathian mountains landmark. The picture was taken with a regular film camera, no more than a couple of years ago. Mircea told me (he is a man of few words) "I was running purple".



*



Orbs at an Obama Rally

I received a forwarded E mail from a friend in Kansas who got it via other friends. I don't know where Grant Park where the rally took place is, nor do I know David –the person originating the comment below.

ED.



Obama rally in Grant Park(location unknown)

Photo Anonymous

"When we were on our way home from the rally Tuesday, we ran into a couple of ladies on the train that had taken some pictures I wanted to share with a few people.

The lady who took these didn't believe in this stuff beforehand, but does now. These are some amazing orb shots from the Grant Park rally the other night. I shot these from her camera screen with my video camera, because I didn't have my regular camera on me at the time. But you get the gist when you see them. Lots of happy souls out there."



Energy Flow Photograph

Adrian Ravarour (featured in the March and June issue of the Newsletter) e-mailed to me this wonderful evocative energy flow photograph and the comment below. Adrian- who is clairvoyant- uses his camera in motion to capture and create images evocative of his clairvoyant perceptions:

"In regards to current output, you might enjoy a current Energy Flow Photograph taken this month which I call "Moses & the Burning Bush". For me, it is symbolic of Moses' prayer before the spirit/burning bush. You may print it in ERN if you wish. In October I was lucky to take many EFP images of angels...the most I have ever taken, and many in series of flight. Such luck makes me believe that another "Lightforms: Energy Flow Photography" book may be in the works."

We wish him luck and wait impatiently for this new book to reach print and we to review it!

ED.



Moses & the Burning Bush



Events Review

Integrated Energy Therapy (IET-or Angel Therapy)

A presentation by **Dave Dodge LCSW**

This past weekend I attended an Integrated Energy Therapy (IET) workshop with my wife, Bobbe. (IET is also referred to as Angel Therapy because the origin of the energy comes from the Angels.) Bobbe has always been more interested in Angels and this type of energy than I was and, initially, I wasn't even intending on going to this workshop.

To give you a little history as to why, both Bobbe and I have been Reiki Masters for a couple of years now and have been attuned to the Reiki energy for over five years. So I thought that was it, it was all I needed, still feeling dumbfounded after all those years that there was something as magical as Reiki, still having a hard time believing that it exists but experiencing its healing power over and over but never being able to adequately describe verbally what it is because it is so unfathomable. So how could there be anything out there that could be better than Reiki? I was very skeptical indeed.

As the time came closer for my wife to attend this seminar, she got more and more enthused about Angels and bought a book by Dorothy Virtue called, Daily Guidance from your Angels (IET is not to be confused with Doreen Virtue's version of Angel Therapy). The idea of the book is to intuitively finger through the pages and pick one that is your "message" of the day from the angels to focus on. So, in the spirit of fun and inquisitiveness, I participated two or three times in this activity in the week before the workshop. To my amazement not only did the lessons pertain very specifically to issues that were going on in my life but the responses were so beautifully phrased that I found myself (and my defenses) "melting" as I read them. And, it wasn't just one quote it was quote after quote that affected me so. Oddly enough it made me feel nurtured and taken care of in ways that I never got nurtured before. So I found myself signing up and Bobbe and I attended the IET workshop together, getting both the Basic Level and the Intermediate Level in the same weekend. And, I've got to tell you, I was very surprised and impressed.

So, what is IET (Integrated Energy Therapy)?

Stevan Thayer is the creator of Integrated Energy Therapy[®] as well as the founding director of the Center of Being, Inc., of which IET is the main focus. Among other things he is also a Reiki Master and a channel for Angel Ariel. Stevan states that "in Integrated Energy Therapy[®] we believe that our life is not completely healed until we are living our dreams in life. Therefore, we have developed a progressive focus for our classes that starts with clearing the pain that is helping us "survive life", and progresses to finding and living our soul's mission so that we can "thrive" in life."

IET uses the violet angelic energy ray, as brought to us through the nine Healing Angels of the Energy Field, (Ariel, Raphael, Gabriel, Celestina, Faith, Cassiel, Daniel, Sarah, and Michael), to work directly with a person's 12-Strand Spiritual DNA. IET works on the emotional level of the cellular memory. It supports us in safely and gently releasing limiting energy patterns of our past, empowering and balancing our life in the present, and helps us to reach for the stars as we evolve into our future. "Integrated" in the name is meant to convey one's healing vision of "integrating the pain of the past, into the power of the present, to bring about the joy of the future".

Integrated Energy Therapy[®] is an attunement based energy therapy system. Each level of the IET training system contains an energy attunement that works directly with the 12-Strand DNA to expand, realign, and restructure one or more pairs. Each IET attunement builds progressively with the others to ultimately bring all six pairs of DNA into their full power.



IET has three levels of training. The basic training is a one-day class, which provides you with an attunement to the IET energy ray. You will learn the energy anatomy and be able to locate the IET power points. The Intermediate level provides you with another attunement and methods to clear energy imprints from past life karma. The advanced level provides a final attunement, which unlocks the energy of your soul's purpose. IET attunements can only be done by a certified IET Master-Instructor and must be done in person (they cannot be done remotely).

"Heartlinking", the core of the healing, is a meditative practice in the beginning of the process that is a beautiful way to center in the process of joy as the practitioner hooks up with her angel guides and supports her client throughout the entire IET process.

IET also introduces the student to Energy anatomy and can assist them with their ability to be an energy intuitive and facilitate healing. It is taught how each primary human emotion is correlated to a specific physical region of the body and human energy field. This is shown, along with the specific Angel that is associated with the specific area of the body in the graph below:

Governs Cellular Memory Area	Governing Angel	Angelic Healing Gift Helps Us	Helps Us To Clear
8th Chakra	Ariel	Find and live our soul's mission	Limiting human Self will
1. Top of the head 7 th Chakra	Raphael	Open to the divine	Separation from the divine through guilt and sin
2. Third Eye 6 th Chakra	Gabriel	Spiritual truth and insight	Spiritual uncertainty and distrust of the divine
3&4. Throat, Neck and Lungs 5 th Chakra	Celestina	Creative expression	Swallowing self expression
5. Shoulders	Faith	Faith	Worshipping the opinions of others
6. Heart 4 th Chakra	Cassiel	Love	A heart closed by heartache and betrayal
7. Liver, Spleen and Gall Bladder	Daniel	Justice	Judgment of self and others
8. Stomach and Adrenals 3 rd Chakra	Sarah	Perseverance	Victimization caused by self and others
9. Kidney 2 nd Chakra	Michael	Safety	Fear
1 st Chakra	Ariel	Spiritual identity	Delusion



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9. Kidney 2 nd Chakra	Michael	Safety	Fear
1 st Chakra	Ariel	Spiritual identity	Delusion

So, Bobbe and I received the first two attunements and learned how to use the IET energy to heal ourselves as well as others. The attunements and the energy felt different than the Reiki. We're told that the IET is of a higher frequency and we both understood what was meant by that statement. For me, there's also a more specific intensity to healing specific emotional wounds versus the Reiki due to the specific procedures that are taught. But, truly I should not be giving any kind of a review in relation to this energy at this stage because I haven't even had it for a week yet. Perhaps that will come in a future article. But, what I do know is that I have been blessed once again in being led to this new and different energy that is only going to intensify what I already have in so many ways. Certainly it is something to check out for those of you who want to heal yourself and others.

Excerpts of this article were taken directly from IET's websites: www.learnIET.com and www.Centerofbeing.com, as well as an article on I.E.T. written by Gloria Coppola

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Book Review

Medical Miracles: Doctors, Saints, and Healing in the Modern World by Jacalyn Duffin MD

http://www.amazon.com/Medical-Miracles-Doctors-Saints-Healing/dp/019533650X/ref=pd_bbs_sr_1?ie=UTF8&s=books&qid=1227632949&sr=8-1

There is great review from the New York Times, so it's best to just direct the readers to the web link. This book, written by a Canadian MD, documents 500 cases of miracles- spontaneous remissions on a variety of incurable ailments from diabetes to cancer with metastases in religious or semi religious settings. It is remarkable that the New York Times considers a book about Medical Miracles news worthy of publishing.

<http://www.nytimes.com/2008/11/25/health/25book.html>

Announcements

This Newsletter is being emailed the 3rd week of every month. Deadline for submitting copy, material, announcements and other contributions, is the 15th day of the month. E mail Newsletter material to Abaraschi@aol.com mentioning Newsletter in the email title.

Credits

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