



In this issue:

- ✚ Editorialpg 1
- ✚ News and Linkspg 1
- ✚ Feature article: A Psychoanalytic Perspective on Politics - by George Grantpg 2
- ✚ Healer of the Month – Janis L. Brugel, R.N.....pg 5
- ✚ Orb-ituary – Orb in the garden at nightpg 8
- ✚ Interview - Painter Olga Porumbarupg 9
- ✚ Book Review- The Intention Experiment – by Lynne Taggart.....pg 14
- ✚ Announcementspg 14
- ✚ Credits.....pg 14

Editorial

Anniversary

This 12th issue of the Newsletter is a celebration of endurance. From timid beginnings to a collection of great contributions from this community, the Newsletter celebrates its first year of existence. During this past year we have met several medical professionals who are passionate about energy. We met many people who consider Bioenergy their way of life. We met many who are fascinated by Bioenergy and seek intently to expand their knowledge of it from people more advanced on the path. To all readers and contributors, wishes for a very Happy New Year!

*

E-mail entries to Abaraschi@aol.com or via regular mail addressed to: Anton Baraschi, 9 Farm Lane, Spring Valley, N.Y. 10977

Editor

News and Links

This website presents superb remedies made in small batches by a pharmacist who cared enough to build his dream biodynamic farm and collect his own batches of plants, to control the process from growth to extraction. His story is on



line and so are the products. Those remedies are based on R. Steiner's readings, which just like E. Casey, left a legacy of products that are designed in Heaven. Dedicated professionals bring them to us. Warmly recommended by this editor:
<http://shop.urielpharmacy.com/about-us.aspx>

*

The New England Journal of Medicine-May 2008 published an article about bed side manners for MD's:

"1. Ask permission to enter the room; wait for an answer. 2. Introduce yourself, showing ID badge. 3. Shake hands (wear glove if needed). 4. Sit down. Smile if appropriate. 5. Briefly explain your role on the team. 6. Ask the patient how he or she is feeling about being in the hospital.

<http://content.nejm.org/cgi/content/full/358/19/1988>

*

The Wake Forest University Baptist Medical Center in NC has a Program for Complementary and Integrative Medicine. This program includes prayer and energy work.

<http://www1.wfubmc.edu/phim/>

*

The New York Times Health section published an article about what energy therapists call the Reptilian Brain. A blind MD was educated to "see" his way around obstacles. Fascinating story and research data.

<http://www.nytimes.com/2008/12/23/health/23blin.html>

*

Winter appropriate: research on snowflakes (Masaru Emoto's competition). All snowflake types catalogued:

<http://www.its.caltech.edu/~atomic/snowcrystals/>

A link about the research scientist Kenneth Libbrecht, physicist at the California Institute of Technology

<http://www.its.caltech.edu/~atomic/>

Feature Article

On reading the article below, it became apparent to me that the writer had perceived the YinYang of the election. His electrical engineering training appeared to have cross-fertilized his psychoanalytical studies such that he perceived the energy of the election. George Grant described well the drives emerging out of this soul sea interplay. The Psychoanalytical lingo(Libido, Eros, Tanathos, Id, etc.) once accepted, makes the idea of interplay of collective drives easy to grasp.

Ed.

*

A Psychoanalytic Perspective on Politics

By George Grant

Observing the current political presidential race, and due to my current studies, I'm starting to see politics in psychoanalytic terms. I never understood why we have so many opinions, but just two parties. Should it not be one party for almost every opinion grouping? In fact there is, but they don't seem to become popular, or to win very many



elections. What must a political party do or have in order to be viable and have a significant number of its members elected to public office?

It would seem to me that the two major parties seem to control the population by appealing to the dominant drive of their demographic. Perhaps I should say that the two major political parties tend to resonate with their constituencies based upon the drive dominance of that party and that party's demographic. There may be very little *conscious* "conspiracy" involved.

According to Psychoanalysis, all living things (provided they reproduce sexually) have two major drives: the libidinal drive and the aggressive drive. The libidinal drive (Eros) drives individuals toward each other for the purposes of reproduction, beneficial cooperation, and other social interactions. These interactions are likely very beneficial, since the populations who possess them have thrived in life's evolutionary contest. The libidinal drive not only drives the desire for reproduction, but is the basis for other less strictly biological interactions. One could make a very cogent argument for the libidinal drive being the basis for the societies of all social animals.

The libidinal drive makes us reach out and want to merge with the other – to be a part of something greater than ourselves. It can also drive us toward a neurotic desire to be liked by others, and to desire acceptance at almost any cost. Individuals with a strong libidinal dominance may be threatened by a lack of narcissistic mirroring in those who do not share their drive dominance. A strong desire to be liked by the "other" can lead us to make highly irrational decisions and worse.

The Democrats in the US, and socialists (interesting name) elsewhere, seek to enforce a kind of narcissistic mirroring of their dominant drive by political fiat, that is they tend to promote and force laws upon others that force others to engage in greater social dependence and that would tend to force those without a dominant libidinal drive into the dominant libidinal drive camp through various economic and social engineering initiatives. On the Nolan Chart (see below – a 2-d plot of political ideas according to their social and economic freedoms), the libidinally dominant tend to favor a free social market, which fosters greater socialization, but a tightly controlled economic market, whose free reign might tend to foster the greater independence of individuals, and therefore leave the libidinally dominant feeling more isolated. One can also observe this tendency geographically in the US as well (see the map below). If one observes the so called "blue states" at the edges of the US, one sees a lifestyle that is urban or suburban, where populations are dense, where there is a post-industrial service (social) economy, and the overall political bent is Democrat. Here people really do depend quite heavily upon one another for survival, these areas seem to favor the libidinally driven, and they show that tendency through their Democrat voting preference. The "red states" in the interior have quite a different dynamic (see the map below).

The "red states" in the interior are overwhelmingly rural, still mostly agrarian, still mostly depend upon individuals, are more self sufficient, and are predominantly Republican. Some states have become "bluer" recently due to large numbers of blue state retirees moving to formerly red states (FL, NV, NM, CO, and NC). Those native to red states lead a life where individual survival is much more in question and tend to have a dominant aggressive drive. The aggressive drive is the other of the two major drives which all living organisms have.

The aggressive drive (Thanatos) tends to drive the individual away from others and toward individual survival and success. Politically, they tend to be Republicans, and, like their Democrat counterparts, attempt to enforce the perspective of their dominant drive by fiat. Republicans tend to favor a free economic market, which tends to promote the independence of the individual, but to force others by law to obey very rigid social norms. These rigid social norms, where individuals are required to abide by very specific rules or be ostracized by that community, are required in settings where people live close to the land. The difference between success and failure can all depend upon you and yours doing what you need to do to survive. Republicans, particularly those with weak egos who require narcissistic mirroring, probably feel that the social free market of the Democrats is an existential threat to their way of life and perhaps their very existence.

One day, people might learn to recognize their drives and to allow others to experience their drives as well. Restricting, legislating, and punishing that which is part of us can only lead to the repression of our drives, which, like an economic bubble, must eventually burst and leave us awash in the pent-up tsunami of the id. In a nuclear age, an unconscious drive motivated outlook can be very dangerous.



George Grant. B.S.E.E.and M.B.A, was an electrical engineer in industry for 15 years, and holds one patent. In 2001, due to industry changes and a love of teaching, he changed careers and is in his sixth year teaching freshman physics at Northern Highlands Regional High School in NJ, as part of a physics-first curriculum. George Grant is currently pursuing a master's degree in psychoanalytic counseling with the Academy of Clinical and Applied Psychoanalysis in Livingston, NJ.

George Grant could be reached via email at GrantG@northernhighlands.org

Healer of the Month

Janis L. Brugel, R.N., C.N.M., M.S., L.M.T.



Janis L. Brugel is a Level III neonatal intensive care nurse at Holy Cross Hospital in Silver Spring, MD. She has a thriving private Energetic Practice, combining many years of training and experience in both medical and energy fields.

Driven by her desire to serve others, Janis, a born intuitive, decided to become a nurse. She obtained a Master of Science Degree in Nursing with honors from the University of Utah's College of Nursing, with a specialty in Nurse Midwifery. Since 1972, she has held nursing positions in 9 hospitals throughout the country, including Boston, San Francisco and Washington, DC, She has worked as a nurse in Intensive Care Units, as an Ob-Gyn Nurse Practitioner, Public Health Nurse, and Nurse-Midwife, helping in the birth of over 2,000 babies. She is also a licensed Therapeutic Massage and Bodywork therapist.



Janis also studied integrative energy training, consisting of 5 synergetic modalities:

1) Since 1993, she has attended at least 30 training intensives with Rosalyn Bruyere, D.D., and in 2002 she completed a Medical Energy Healing Program Level 2, where she was tested and certified at the Alliance Institute for Integrative Medicine, Cincinnati, OH. From 1993 to 1997, she was a teacher assistant in the Energy Balance Course at the Baltimore School of Massage, and a staff healer at the Mandorla Healing Clinic.

2) Starting in 1993, Janis studied Zero Balancing with Fritz Smith, M.D., completing 5 intensive courses on the integration of structure and energy.

3) Starting in 2000, she studied Lymph Drainage Therapy Levels 1, 2, 3 and Advanced Level 1, and Brain Course with Bruno Chikly, M.D. from the Upledger Institute, and is currently pursuing certification. She also attended classes on Heart Center Therapy with Ayala and Bruno Chikly, M.D., at the International Alliance of Health Center Educators in Florida.

4) Janis is a Certified Advanced Practitioner in Nervous System Energy Work with James Kepner, Ph.D., and Carol DeSanto, M.A. <http://www.pathwaysforhealing.com/nsewpractitioners>

5) She is a Certified Qigong Instructor and Practitioner in several forms (Dance of the Phoenix, developed by Master Chan Zhang at the Tai Sophia Institute in Maryland. She teaches Xian Gong (as taught by Master Ken Weintraub and Qigong forms as taught by Master Jeff Primack) at the Spiral Flight Center for Yoga and the Arts in Washington, DC, and Christ Congregational Church in Silver Spring, MD)
<http://main.qigong.com/instructors.asp?n1=10&state=470#Silver%20Spring>

Janis practiced Siddha Yoga as a disciple of Swami Muktananda from 1975 to 1996 and received shaktipat. An advanced meditator, Janis is also a Tibetan Bon practitioner and is presently part of the Tse Dup Yang Bod 3 year program of ancient Tibetan healing taught by Lama Chongtul Rinpoche of the Bon Shen Ling foundation.

Janis Brugel is a member of the following professional organizations:

American College of Nurse Midwives <http://www.acnm.org/index.cfm>

American Massage Therapy Association <http://www.amtamassage.org/>

National Certification Board for Therapeutic Massage and Body Work <http://www.ncbtmb.org/>

International Massage Association

http://www.imagroup.com/home/index.php?site_config_id=73&page_selection=1227

American Holistic Nurses Association <http://www.ahna.org/>

Institute of Noetic Sciences <http://www.noetic.org/>

*

I asked Janis a few questions for our readers:

ER: *How do you describe your work? You have trained in many modalities, so you must combine all those technique, using your intuition. What is a representative client feedback of their experience of a session?*

JB: The healing modalities which I chose to study and now use in my treatment sessions clear blockages energetically through the musculo-skeletal and lymphatic systems, which then open and prepare the body to accept the more subtle nervous system energy work at deeper levels, both cellular and spiritual. This deeper level encourages the bio-electromagnetic energy fields that surround and interpenetrate our physical bodies to align with our true spiritual essence.

Many spiritual traditions recognize that this "essence" is the energy that animates our physical being, allowing us to be alive and interact with the physical world. It has been said that some "illnesses" can arise from our physical body being disconnected from our essence, which connects us to the True Source or God. To promote healing, I assist the body in being cleared of congested chi/energy, balancing and aligning the physical, mental, emotional and spiritual energy



bodies. This awakens conscious connection between these energy bodies which comprise the whole person. Ultimately, the person then has greater capacity to feel more deeply connected to all aspects of themselves and to the True Source of All or God, as well as to their earthly connection which helps stabilize and ground one's energy.

As a result of my energy sessions, people are more able to connect with their essence, making them feel more peaceful, relaxed yet enlivened. They can connect with more dimensions that they can actually sense, thereby creating more integration and a sense of becoming more whole.

I asked Sille Borstad, an energy healer and massage therapist from Washington DC, whom I have treated, to describe her experience:

"I became more whole and healthy with more vibrancy, more alive and less reactive in my nervous system. I became able to connect to this reactivity in my nervous system and discover where I was leaking or losing energy so I can now self-correct. I can feel, sense and connect with more dimensions of myself, changing not only my understanding and sense of my inner landscape, but also changing my connection with other people. A real "wow" moment for me was during my pregnancy with my daughter Liv, I was able to feel my nervous system as distinct from her nervous system."

The depth of people's awareness of the changes they may experience depends on the degree of their commitment to do their own ongoing self-exploration. I often encourage professional counseling when indicated to support their understanding of who they are.

My healing sessions are not a mechanical set of protocols – they're all individualized, designed specifically for the needs of the person in that moment.

True healing occurs when sacred space is cleared and opened in the energy body to invite the person's true essence into the physical body to rest deeply, consciously into every cell uniting heart and mind with their divinity. This is my service -- I hope to continue to be useful as I support and honor those who ask for my assistance.

ER: *What are your goals?*

JB: I want to work with people who are like-minded and like-hearted. I want to live in a community of service, to experience self-healing and healing of others. I want to see Energy Medicine accepted to its fullest capability by mainstream medical practices to promote a holistic integrated healing environment.

ER: *I have seen your work, and much seems magic to me. The intuitive clairvoyant readings, the subtle energy work in the nervous system, the feeling of well-being that is experienced after a session. What are some of the main diseases you have had success in treating?*

JB: I have had success with tumors, both cancerous and benign, pain and pain management, inflammation, nervous system ailments, immune, autoimmune and endocrine system problems, muscular and connective tissue ailments (rheumatic, arthritic, injuries), pre and post- surgery rehabilitation, emotional disturbances such as anxiety and panic, chronic pulmonary and some cardiovascular ailments. I encourage clients to continue their medical and/or psychological care with appropriate professional health care practitioners and I work with these professionals whenever possible, with the clients consent. I have a process to remove obstacles to clear energy blockages, psychosomatic or physical. I work with people of all ages. Children respond well to energy, as do elders.

ER: *How do you want to be contacted?*

JB: To set up an appointment for energy work or for a John of God crystal bed (crystal chromo therapy) treatment, please call my office phone in Silver Spring, Maryland 301-920-1955 or my cell 202-320-5266. My email address is janbrugel@verizon.net. For more information on crystal bed treatments refer to this web link: <http://www.friendsofthecasa.info/SupportHeal3.htm#crystal>



Orb-ituary

My daughter Christine E-mailed to me this orb picture she recently captured in Harlemville, New York with a [Casio EX-S10](#) camera. The orb is well formed, with cell like structure and “belly button” nucleus. A few faint ones are visible in the original when the picture is blown up, upper right.

Orbs in the back yard at night



Orb

Photo by CB



Blow ups of orb above

There are two main views about Orbs:

Pros say that they are spirit manifestations.

Cons say that they are created by the short focal length of the new digital cameras, dust, moisture and reflection.

Myself, I am intrigued by them and keep an open attitude.

Ed.

[http://en.wikipedia.org/wiki/Orb_\(paranormal\)](http://en.wikipedia.org/wiki/Orb_(paranormal))

http://www.youtube.com/watch?v=As6rr195Z_U

<http://www.benevolentspirits.com/>



Interview



Olga Porumbaru

Cosmic Journey-Landmarks of Consciousness in Spiritual Geography

Romanian born artist Olga Porumbaru has enjoyed a distinguished and varied career spanning three continents and five decades. Innumerable large scale pieces, sculptures, mosaics, tapestries, fountains and reliefs adorn public spaces. Two of her large scale paintings Cosmic Man and Earthly Man(19'8"x11'8" acrylic on canvas) are on permanent exhibit at the Tower at Peabody Place in Memphis TN (perhaps we will review them in a future issue of the Newsletter). Critically, her work has been described as a rare balance between the traditional and the contemporary. Olga is currently an artist in residence at the Yeager Center in Rockland NY. Inspired by Anthroposophy she created a symphonic cycle of seven paintings portraying the cosmic journey of an ascending human soul following transition. I saw and photographed those works (oil on canvas-which are yet to be exhibited) in her studio in Suffern NY and they are published here for the first time by permission. The energy expressed in large color sweeps is self evident. The content is multilayered. I asked the artist to describe her intent and some highlights of the compositions for our energy savvy readers. Enjoy the journey.

Ed.

ER. *Olga, what is this cycle of paintings about?*

OP. There are seven pictorial imaginations. It is an attempt to make visible in color and form a dream like experience in the realm beyond the sensible. It depicts a journey through the seven planets and the twelve regions of the constellations of the zodiac during the cycle of the year, when mystical events take place. At the present state of consciousness, the human being is more than ever in the search of the realities beyond the visible world, more eager to discover the mysteries of the Cosmos, and man's own existence.

These paintings depict a transcendental vision of a major esoteric concept. After leaving the earthly realm, the human being soul (male/ female), guided by his Angel experiences a journey through the planets to the Sun and receives the influences of the cosmic forces of planets and constellations that are shaping his future incarnations.

In these paintings, the seven planets of our galaxy (according to Anthroposophy), Mars, Jupiter, Mercury, Venus, Saturn, Moon and Sun, in these sequences, form in colors the rainbow spectrum. Each planet has been identified living surrounded in a predominant color such as: Mars-Red ("the red planet"), Jupiter in Orange, Mercury in Yellow, Venus in Green, Saturn in Blue, Moon in Violet, the Sun in Light radiant cosmic body.

ER. *Art seems to be well suited to expressing the invisible Spiritual experiences. What is your experience like?*

OP. To bring the spiritual in color and form is a very difficult task. To make visible the invisible, the beings, the creative cosmic forces and processes at work, I am using a metaphoric and symbolical pictorial language and the colors inner forces, their tonalities, dynamics, vibrations, interplay and gestures and rhythm echoing the cosmic continuous motion and transformation:" Being and Becoming". Out of the colors qualities and intensifications the forms in the pictures become tri dimensional in the pictorial space.

ER. *What is depicted in those compositions?*



OP. The compositions of the "imagination" depict the cosmic realm above with its divine creative forces, spiritual beings, principles, and processes at work while on the Earthly realms. The human being woven into the cosmic and nature forces experiences the revolving seasons, their ever changing pageantry, processes and mystical events.

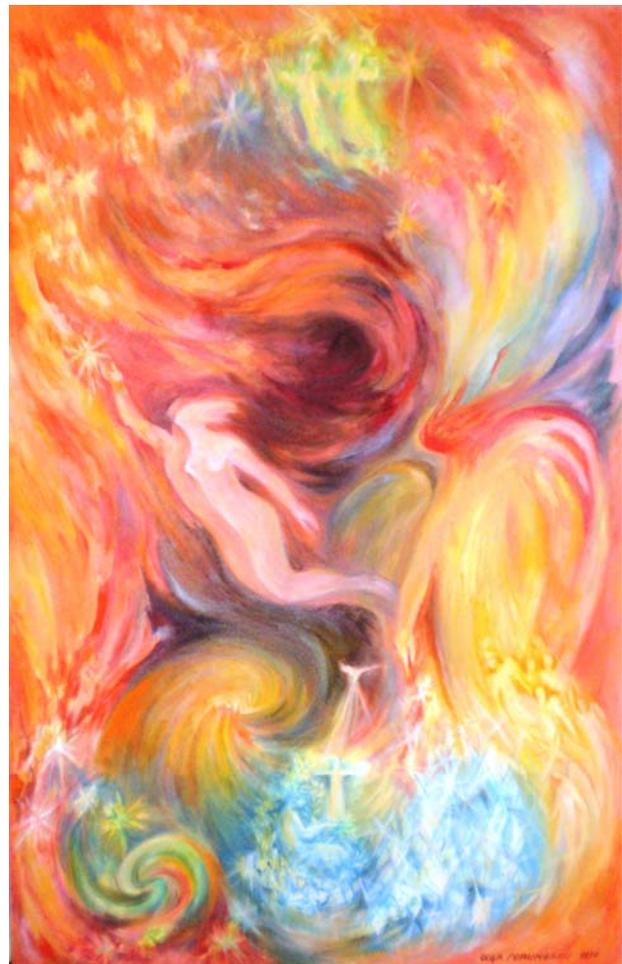
ER. Olga, could you briefly describe for our readers what is portrayed in each individual composition?

OP. Of course (*pointing to each painting*):



The Mars Imagination (Red)

42"x 66"



The Jupiter Imagination (Orange)

42" x 66"

(The Mars Imagination.) This imagination depicts the cosmic space of Mars with brilliant vibrant red tones and hues. The human being soul is guided by his angel between the Ram and Taurus constellations, while down there in the Earthly realm the human being experiences the spring season April-May, woven into the nature being and its grand processes underlying it. Participating in the activity of the elemental worlds into the sheath of air, water, and warmth in the cosmos man becomes a prey between the adversary beings (Ahriman and Lucifer-the two faces of evil)

(The Jupiter Imagination.) In the cosmic realm of Jupiter the human soul is guided between the constellations of Gemini and Cancer. The cycle of the year on earth is June-July, spring to summer. There is a sweep of orange colors of various intensities cascading to the center of the composition where the radiant yellow and brilliant light energies emerge the scene of the "creation" concentrated in the spiral form, the Father principle intoning all forms of existence and the Trinity symbol of Mother Earth, Son and the Holy Spirit. (Mystical event, St John). The whole imagination space is energized and illuminated by a flood of cosmic forces.



The Mercury Imagination (Yellow)

42"x 66"



The Venus Imagination (Green)

42" x 66"

(The Mercury Imagination.) This is the human soul journey with his angel across the region of the Leo constellation. Mercury's cosmos is flooded into a yellow radiance and hosts of spiritual beings and creative forces. On Earth the cycle of the year is August-September. The Caduceus symbol of medical profession reveals the sacred knowledge of healing. The being of Raphael, the cosmic physician who brings in the breathing system transmuted healing forces, while down on the Earthly realm the materialistic forces create concrete cities.

(The Venus imagination.) The protective angel leads the human soul through the green cosmic region of the Virgo and Libra constellations. The figure of Venus, the mythological goddess of love, is overshadowed by the Virgin Mary countenance surrounded by radiant stars. She is the symbol of purity and love. The Libra constellation keeps in balance the Moon and Sun symbols. The Earthly realm is experiencing the autumn season, September-October. There is a spiritual vision of the being of the Archangel Michael, purifying the cosmic environment, meteoric showers, in order that the Christ impulse brings renewal forces to endangered human souls. It is reminiscent of icons depicting Michael defeating the dragon. Radiation spiritual beings are filling the cosmic space.



The Saturn Imagination (Blue)

42"x 66"



The Moon Imagination (Violet)

42" x 66"

(The Saturn Imagination.) A sweep of blue colors of various intensities and radiant stars fill the cosmic spaces and encircle the Saturn body with a belt of light. The human soul and the angel are orbiting with the stars carrying a long trail of stars and spiritual beings. They are passing through the Scorpio constellations. The Earthly realm experiences October-November preparing for the winter season.

(The Moon imagination.) The Moon lives in a vibrating tonality of violet. The human soul is led by his angel through the region of Sagittarius and Capricorn constellations. The Earth experiences in the winter season, December-January. There it is a great interplay of forces between heaven and Earth and the Imagination reveals many mystical events. In picture forms and symbols, the life of the human being is unfolded in its evolution physically and spiritually from birth (incarnation) to initiation (spiritual experience)

These are depicted:

- The Annunciation scene- Virgin Mary and the Angel
- The Mystery of Birth- Madonna and Child
- The upright child position- work of the Angels
- The baptism in Jordan- the Holy Spirit
- The initiation:
 - The initiate at Midnight
 - The the Sun experience
 - The twelve Archangels

The constellation of Sagittarius is the image of the mythological Centaurs destroyed by the Archer- a symbol of the victory of the higher self over the lower self. The constellation of the Capricorn is symbolized by the unicorn, a sign of purity.



The Sun Imagination (Light)

42"x 66"

(The Sun imagination- the Light cosmic body.) The Angel brings the human soul through the Pisces and Aquarius constellations, approaching the Sun the Earthly realm experiences February-March season, end of winter and beginning of spring. In the sign of the Pisces we read the Alpha and Omega of human evolution. The composition depicts in metaphoric form the man's path of evolution to reach the goal which is predestined for him in the cosmos. The sign of Pisces indicates the human being development since he set forth on the path of his Earthly wanderings and the Sun illuminates Earthly beings from without (the scene of Man and his Shadow)

The path of evolution brings the inner spiritual Sun to rise into the materialistic darkened soul of Man. With the Mystery of Golgotha Christ united with the Earthly evolution and brought a new impulse that gradually awakens the higher self in Man's soul.(the scene of the crucifixion and Christ dramatic countenance) The Waterman is the symbol of the world ether-the life giving forces, the image of ideal spiritualized human being. Man's striving for his higher self. The Angel is the great model.

Final is the great picture of Resurrection. The human being appears resplendent with the inner spiritual Sun radiance.

ER. Thank you Olga on behalf of our readers. We wish you much success in all your artistic ventures.



Book Review

The Intention Experiment: Using Your Thoughts to Change Your Life and the World

By Lynne Taggart

http://www.amazon.com/dp/0743276965/ref=pe_606_11014160_pe_ar_tl

"The Intention Experiment demonstrates that *thought is a thing that affects other things*". Expanding on the themes from her other book The Field, Lynne Taggart explores the work of scientists such as German Franz Albert Popp to investigate why Reiki, energy healing and voodoo have results. Quantum phenomena, changes in bio fields, healing intentions, synergetic geomagnetic activity with telepathy, and much more, are the substance of this well written book. Lynne Taggart has her own website where one could explore and participate in experiments intended to validate the substance described in this book.

<http://www.theintentionexperiment.com/>

Announcements

This Newsletter is being e-mailed 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 e-mail title.

Credits

George Grant, NJ; Janis Brugel, MD; Olga Porumbaru, NY; Christine Baraschi, NY; Anton Baraschi, NY.
