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**Editorial**

**Dissolving the Envelope**

For the longest of times, boundaries have been erected around the concept of “reality”; a slow and steady process of defining both what we know and how we know. In our time, the intellect is the predominant force. When we come to know conscious content by means other than intellect, an uneasy destabilizing sensation occurs. The increased incidence of knowing "by other means", extrasensory as the term goes, creates a destabilizing feeling all around. MD's are looking at alternatives, all the while cautious and using disclaimers. Philosophers are glancing obliquely at Quantum Physics Paradoxes. Police and institutionalized “spooks” are pragmatically accepting sensitive's work. Paranormal is here to stay and is in the process of becoming Normal. So, I mused, why not dissolve the envelope? The Healer of the Month, profiled in this issue, is a psychographic interview with a Doctor who lost his physical body quite a while ago, but not his intense desire to serve. I wish you a Sci Fi "Bon Voyage".

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

**Editor**

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## News and Links

For UFO enthusiasts - **Disclosure Project Presentation** by **Dr Steven Greer** on Wednesday July 9, 2008 at 7:30 p.m. will take place in Denver at Metro State College, Turnhalle in the Tivoli, Tivoli Student Union Building , 900 Auraria Parkway, Denver CO 80204-1852, Phone: (303) 722-5800

Steven M. Greer MD, the founder and director of The Disclosure Project ([www.DisclosureProject.org](http://www.DisclosureProject.org)) will be in Denver CO on July 9, 2008 at Turnhalle in the Tivoli.

Dr. Greer will be presenting a summary of over 500 government, military, intelligence and corporate witnesses to UFO events and projects and will be discussing the implications of the issue. Dr. Greer, who has personally briefed heads of state, members of Congress, a sitting CIA Director and other senior government officials on the UFO matter will provide an overview of the subject and expose the reasons behind the continuing secrecy.

A nominal admission fee of \$5.00 will be collected to cover expenses.

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**Maria Zambos** and **Clauelisa Mathias** are conducting a one day workshop in NYC on *Experiencing Vibration of Light*. on June 29 2008. RSVP by calling (917) 817-1216 and -4069 (\$222). They are also hosting two-hour afterwork "*Spiritual Gym*" (\$33) classes on July 9 and 24; Aug 7 and 21; and Sept 11 and 25. This is an experiential affair and both presenters are pure joy and fun, so if in you are in the area, join them in energy play!

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The **New York Times** had an article on the softening of stances- about doctors acknowledging mistakes, communication versus litigation. The drop in law suits is staggering. Twist of fate, the apologies are inadmissible in Court, meaning that they are of a different dimension. Let's admire the insidious ways of the Power of Positive:

[http://www.nytimes.com/2008/05/18/us/18apology.html?\\_r=1&ex=1211860800&en=cce8da1ba5220569&ei=5070&emc=eta1&oref=slogin](http://www.nytimes.com/2008/05/18/us/18apology.html?_r=1&ex=1211860800&en=cce8da1ba5220569&ei=5070&emc=eta1&oref=slogin)

Also from the Times – a book review "**The Uncertain Art: Thoughts on a Life in Medicine**" written by an MD about the miracles occurring in medicine that cannot be explained by current scientific beliefs. Doctor Sherwin Nuland travels to Shanghai witnessing acupuncture anesthesia and becoming a convert in the process.

[http://www.nytimes.com/2008/06/06/books/06book.html?\\_r=1&oref=slogin](http://www.nytimes.com/2008/06/06/books/06book.html?_r=1&oref=slogin)

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## Feature Article

*This article is part one of two. The second part will be on **Spiritism and Healing** and will appear in a future issue of the Newsletter. The author presents a collection of data and conclusions within the parameters of Spiritism. The parallel between Spirituality and Spiritism as applied to healing is exploring questions that appear to many seekers along their paths. An interesting idea is that the soul shows illness before it manifests in the body. At the Spiritist center Amor E Luz in the Ironbound district in Newark, NJ, Elza is one of those dedicated workers of light that simply does her job, her mission, without much ado, volunteering her time daily.*

**ED**



## **Spirituality and Healing**

by **Elza D'Agosto**

By definition, spirituality is the presence of a belief system or factor that the participant considers to be greater than one, and served as a source of strength. Spirituality, as I see it, is not related to any religious denomination or intercessory prayers. The issue of intercessory prayers has been researched extensively and there is much information in favor as well as against their effectiveness. In my view, validity of such prayers cannot be determined because of the impossibility of finding a controlled group that could not possibly benefit from intercessory prayers. This consideration is reasonable simply because churches, temples, and prayer groups routinely meet to pray for all persons who are sick, homeless, etc., in the world. In this context, it is impossible to select a group of people that has not been the recipient of intercessory prayers.

My experience has shown me that spirituality plays an important role in how patients cope with life-changing and life-threatening illnesses and can trigger natural healing mechanisms. The data we collected at our out-patient services prove that people greatly benefit from having spirituality in their lives. Physicians and health care workers are finding out that they are becoming alienated from the best part of their jobs, which is to offer effective solutions to their patients. They know that as medicine becomes more and more de-personalized, technologically oriented and driven by entrepreneurial concerns they lose the human contact and ability to really heal. There is ample evidence that we can change this scenario by becoming more oriented toward the value of spirituality in our lives.

Much work has been done in deciding whether spirituality can be an agent for better health or adjustment to life with chronic illness. As an example, The U.S. Office of Technology Assessment looked at studies reported in the Journal of Family Practice over a 10-year time period. The review revealed that 83 of the studies done on spirituality found a positive effect on physical health. Another study looked at 12 years of reports in two major psychiatric journals. Of the studies that measured spirituality, 92 showed mental health benefits, four showed neither a positive nor negative effect, and four showed harm. Spirituality was measured by participation in religious ceremony, social support, prayer, and belief in a higher being. (Kliwer, S., Dmin., The Journal of Family Practice). A study conducted by researchers at Duke University of 1,718 older adults in North Carolina found that those who attended religious services at least once a week were about half as likely as to have an elevated level of interleukin-6 (IL-6), which is an immune system protein involved in a wide array of age-related diseases. This effect persisted when researchers accounted for a factor such as depression, chronic illness and negative life events. The study was funded by the National Institute on Aging and reported on the October issue of the International Journal of Psychiatry of Medicine. (Koenig, H., M.D., Cohen, H. M.D., Duke University, White House Office of Faith-Based and Community Initiatives).

The Mayo Clinic has also published interesting research on this subject. An article by the Mayo Clinic Proceedings, reported that Mayo Clinic researchers reviewed published studies, meta-analyses, systematic reviews and subject reviews that examined the association between spirituality and physical health, mental health, health-related quality of life and other health outcomes. The author's report a majority of the nearly 350 studies of physical health and 850 studies of mental health that have used spiritual variables found that spirituality is associated with better health outcomes. (Mueller, P. S., M.D., Mayo Clinic, Rochester, MN). A study done on HIV-1 positive adults reported that participation in spiritual and psychological therapies may be related to improved clinical outcomes in HIV+ persons including improved survival rates. The study was design to investigate links between survival and use of psychological and spiritual activities practiced over a one year period. The participants answered questionnaires three times between 1995 and 1998. It included group therapy, support groups, individual therapy and spiritual therapies defined as prayer, meditation, affirmations, etc.). Subsequent death rates were obtained by the National Death Index (NDI). (Fitzpatrick, A. L., Berger, J., Kim, J. G., et al., Survival in HIV-1 positive adults practicing psychological or spiritual activities for one year, Alternative Therapies in Health and Medicine).

There was evidence found in controlled clinical trials with seriously ill patients, 14 with cancer, 5-8 with immunodeficiency virus-positive (HIV+), significantly associated with improvements of mental health and quality



of life in a longitudinal study for one year 905 HIV-1. Studies demonstrating the benefit of stress management interventions in HIV infected populations have suggested that the mechanism by which psycho-spiritual interventions produce these effects may involve stress reduction and increased coping skills in dealing with a life threatening illness. (Survival in HIV-1 positive adults practicing psychological or spiritual activities for one year, Fitzpatrick, A. L., Berger, J., Kim, J. G., et al. *Alternative Therapies in Health and Medicine*. Aliso Viejo: Sep/Oct 2007. Vol. 13).

A study on prayer by American Family Physician Journal reported that according to one review of 131 controlled trials found that 58% showed a statistically significant beneficial effect due to prayer; from the same trials, 75% showed a positive association including prevention including depression, substance abuse, physical illness, and mortality. (Gowri, A., M.D., Hight, E., M.D., M.P.H, Brown University School of Medicine, Providence, Rhode Island)

The data collected, as well as scholarly articles, indicate it isn't always the answer or the complete answer. It's possible to experience a serious negative outcome if patients suffer from personality disorders or mental illness in addition to physiological illnesses. As an example patients who suffer from hypochondria may be unable to improve the probability of a cure or improvement in the quality of life independent of any belief or positive thinking system.

A preponderance of scientific research proves that there are no limits to what the human spirit can achieve. There have been a few studies that did not report favorably on a factor called 'faith' but for the most part faith and laughter have been the deciding factor in many cases of healing or health improvements. The data from the surveys conducted and the information from archival data show that when human beings are in great peril their chances to overcome their challenges are greatly increased by a belief that someone or something greater than them and/or an all-knowing presence can provide consolation and care.

This all-knowing presence is actually the intelligence that created our universe and our immortal souls. As we observe our world and the immutable laws that govern it we learn about the law of cause and effect which is our explanation for illnesses and healing. We learn from the Spiritism Doctrine that our souls are ill long before our bodies show any sign of disease. Therefore, when we're sick, the common sense approach to healing is to look at the reasons that our souls may have become ill. There are many signs that point us in the right direction. As an example, Albert Einstein said that we cannot expect different results from the same behavior; this statement, if understood, helps us change in order to effect healing.

Jesus Christ also showed us the way when he said: your faith has healed you now go and sin no more. He was telling us how important our faith is and that we must change our behavior or we'll be sick again. We must never stop examining at the reasons for our souls become ill, that's why we're compelled to undergo an inner transformation process. In time, we learn that the major challenges, sources of pain, and conflicts in our lives are what make our souls sick. That's where change must start.

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Elza was featured in Emma Bragdon's DVD documentary *Spiritism, Bridging Spirituality and Health* reviewed in the February issue of the Newsletter.

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## Healer of the Month

### Dr Augusto D'Almeida

*In the last issue of the Newsletter we reviewed Medium Joao. It is only natural that we also review one of the most active entities that manifest at the Casa de Dom Inacio, in Abadiania , Brazil. A portrait painting and basic description of his work are found at Heather Cumming's website (scroll mid page).*

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

*For those who had the privilege to have worked with him, his powerful and intense energetic signature is unmistakable. I asked him for an interview for ER. He was gracious enough to grant it- there were (2) 15 minutes sessions on consecutive days – both at 6 am in the morning. I asked of him several questions. I am relatively new at psychography and writing with my eyes closed, the first time the lines overlapped, so I asked him to help. Dr Augusto is known to perform delicate operations through Medium Joao. He came through and the second time I interviewed him, the lines were spaced, and clearer to read. He was searching through my vocabulary; for example “penumbra” is word I have not used since art school. I felt I was translating from a communication of pictures imbued with feeling and conveying meanings.*

*Recurring themes in the interview are suggestive of an unequivocally direct vocabulary -God's Will, Light, Karma, Love. Those words have a cardinal quality. Between the direct statements are answers pointing to paths to be explored, sometimes quite detailed. At the end of the interview I enclose his psychographed signature. I am as intrigued as anyone else by this phenomena.*

ED

**ER.** Dr Augusto, how did you find Casa de Dom Inacio? How did you find this group of dedicated spirits?

**DR. A.** I followed the Light. I saw the Light (like dawn) arising and followed it and it led to an ever increasing pool of souls. I recognized similar qualities and the presence of the acceptance of God and alignment in Light and Will.

I was seeking. There was penumbra. I sought the Light.

**ER.** What is your connection with Christ?

**Dr. A.** He is the Light.

**ER.** How do you find working with Medium Joao? Is it so that doctors such as yourself are feeling buoyant on the good will karma generated by the people whose ailments you alleviated?

**Dr A** Medium Joao is unique in his capabilities. I did not have karma with him but I do now. What I would like to clarify is that a doctor is fueled by his former patient's karma. You say buoyant- floating on the good will generated by healed patients. I say fueled (like in combustion). Likewise, mediums fuel spirits.

**ER.** Could you tell us something about physical operations? They seem to have a powerful effect on those observing them.

**Dr. A.** Physical operations are performed to enforce the collective feeling of faith which is the acceptance of God as He loves you. They are an energetic substitute for your own good work.

**ER** Why are the physical operations performed in only few modalities (eye scraping, clamp in the nose, small cuts-piercing and removal of tissue)?



**Dr. A.** We have collectively distilled the operations to basic procedures that address Karma:

- all that has to do with information-eye
- all that has to do with inspiration-nose
- all that has to do with tissue-body operations/extractions

We could do more, but this is our collective answer to visible Karma. (*I felt he was answering an earlier question*). Many souls were already gathered in Abadiania when I came, then the medium was found.

**ER.** There are paintings done by seeing mediums, of yourself and other Entities. What is the reason for the use of those images? Are they to do with the Entity's last incarnation?

**DR.A** Those are spiritual imprints in the etheric (perispirit). It is easier (for people) to relate to them and (for entities) to manifest (them) because of the strength of the (last imprint of the) former incarnation.

**ER.** Could we have physical operations here in the U.S.?

**Dr. A.** No, we abide by the will of God and this is not his will.

**ER** How could one learn to alleviate pain energetically?

**Dr. A.** While in (physical) body, I had many poor patients and my magnetic powers were helping them deal with their pain. One is effective with (the treatment of) pain when receiving help from Spirits. Help comes when God decides.

**ER.** I am interested in the forming of a healing center, what do you suggest?

**Dr. A.** You (people interested in energy) are gathering your souls in a similar way as we (Entities) have already done in Abadiania. It is the Way.

*ER. I had in mind my request of help on behalf of a client who will undergo an operation in a hospital. The person sought a surgeon who felt "right" (karma connected). Then the client requested that Entities assist in the operation. Dr Augusto made no difference between my voiced and my mute questions, so he addressed it.*

**Dr. A.** (Generally) it is difficult to cooperate with MD's because of their materialistic training. It would be wonderful to find an MD/surgeon who has medium abilities, perhaps you could help us. All in God's work. Individuals make the difference.

**ER.** How does one know to be aligned in God's will or work?

**Dr. A.** The presence of miracles are the signs that one is in God's will

*ER. (There was time to part, I felt him pull away. Dr Augusto felt my longing for a final statement)*

**Dr. A.** There is only Love.

*Dr. Augusto used my hand to conclude: "Love Augusto". ED*

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## Conference Review

### May 16-22, 2008 Annual Conference of the Association of Social Development (ASD)

Reviewed by **Linda Fairburn**

In May I attended the Annual Conference of the Association for Social Development (ASD) entitled "**Seeing what is Real: Inner and outer aspects of consulting work**," that took place in Horseshoe Valley, ON, Canada. ASD is a global association of independent organization development (OD) consultants working out of anthroposophy.

<http://www.worldofasd.net/default.aspx>

The conference was attended by some 80 people from 20 countries and for six whole heavenly days I didn't have to explain my spiritual beliefs or what I do for a living. I am an anthroposophist and an independent organization development (OD) consultant. As you can imagine, I usually have a lot of explaining to do.

The conference had a guest instructor, **Arthur Zajonc**, who worked daily with the group to develop our inner aspects of consulting through contemplative practices. Mr. Zajonc is a physicist, Nobel Laureate, chair of the Dalai Lama's Life and Science meetings and also an Anthroposophist. Arthur set the stage for his work with us by saying, "Self development is a misnomer. One gains something for oneself only by gaining it for others." Arthur guided us through "the portal of humility to the path of veneration." Veneration, he said, has four stages: wonder, reverence, wisdom-filled harmony and self-surrender. They didn't teach this at the OD school I went to, but perhaps one day this too will be part of the curriculum, at least if Arthur has anything to say about it. He's busy working with academics around the world advising them how they can enrich their programs by teaching meditation!(See link below.)

[www.arthurzajonc.org](http://www.arthurzajonc.org)

The conference also included a blessing and prayer ceremony led by a Native American Medicine Man and a presentation on leadership from an aboriginal perspective by **John Beaucage**, Grand Council Chief of the Union of Ontario Indians.

<http://www.johnbeaucage.com/biography.htm>

In contrast to other OD conferences I've attended we had two art sessions. Art is believed to rescue individuals from becoming overly intellectual and aid in the digestion of concepts. Over two sessions in groups of four we worked with crayons and water color to develop pictures around the themes of what is inner and outer.

Oh, and yes, the conference had its share of professional case studies and independent small group work arranged around themes such as OD, leadership, team development, values, culture change, coaching, lean organizations and so forth.

What is the Association for Social Development?

The ASD members consult professionally and independently to organizations in a worldwide context. While they have different training and approaches to their work they share inspirations from the spiritual scientific works of **Rudolf Steiner** and the social development impulse of **Bernard Lievegoed**.

[http://en.wikipedia.org/wiki/Rudolf\\_Steiner](http://en.wikipedia.org/wiki/Rudolf_Steiner)

[http://en.wikipedia.org/wiki/Bernard\\_Lievegoed](http://en.wikipedia.org/wiki/Bernard_Lievegoed)

The emphasis of their work lies in consultancy, training and research relating to all aspects of organization development, group development, and individual development. They work with communities, organizations, groups



and individuals, primarily within working life. Their intent is to stimulate healing forces in people and organizations, so that both can develop further, striving for a healthy interrelationship between the spiritual, human and material aspects of social organisms.

What differentiates ASD's membership from other practitioners and OD consultants is their united belief that organizations are living organisms. This means that they consider an organization subject to the same laws that govern the proscribed sequential development of other living systems. This belief underlies the theories and interventions employed by this group of practitioners.

The Association was formed to foster professional relationships with other colleagues working out of the same spiritual background. The members of the group also support each other in their development as human beings.

Aims of the Association:

- To promote the exchange of research findings and experiences towards the further development of our profession.
- To allow members to support and co-operate with each other in working with clients.
- To strengthen the spiritual and ethical bases of our work.
- To connect the regional orientation of members based in different parts of the world with a global consciousness.

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**Linda Fairburn** is president of **Make Things Happen Limited**, a management consultancy devoted to the realization of human and organizational potential through organization development (OD), adult education, training and biography counseling. Linda maintains interests in art, healing and writing. Linda Fairburn can be reached at [www.makethingshappen.net](http://www.makethingshappen.net) and [www.lindafairburn.com](http://www.lindafairburn.com)

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## **Retreat Review**

**Tse Dup Yang Bod**  
with **Chongtul Rinpoche**

Reviewed by **AB**

Between May 22nd and May 30<sup>th</sup> this year, together with another 120 enthusiasts, I attended a 10 day retreat at the Franciscan Center in Andover, MA with **Chongtul Rinpoche** on **Tse Dup Yang Bod** (Life Force through Meditation). Tse Dup Yang Bod is a 7th century Tibetan healing system. The Franciscan Monastery at Andover is situated in a park like surrounding.



The retreat's program was straight-out monastic. Practice from 6:30 am to 7:30 am, teaching from 9:30 to 11:30 and 2:30 to 4:30, and evening practice from 7:30 to 8:30. Breaks for breakfast, lunch and dinner in between, a little time to take a walk and recap practices. There was a gift shop stacked with workshop supplies, books, mala's, bells, thankas, CD's and antiques. One highlight was a Bon Shen Ling Foundation kiosk where one could sign-up to sponsor a Bon student from Tibet, India or Mongolia. Indo Tibetan crafts and religious objects were available for sale. The teaching hall was transformed into a Stupa like environment by the many holy objects and tanka's.



Altar

Photo by AB



Chongtul Rinpoche teaching

Photo by Vance Anderson

Bon is the oldest religion of Tibet, before the adoption of Buddhism. It contains elements that we call shamanism, like divination and oracles. A good description can be found at this link:

<http://en.wikipedia.org/wiki/B%C3%B6n>

**Teaching:** A lot of subject matter was covered from the more generic topics like the difference between the ways of Sutra, Tantra & Dzogchen, to the history of the Bon, from its origins in the ancient land of Zhuan Zhung to today. Most of the teaching was concentrated on the practice and supporting material.

Many people have asked me - how was it? Not an easy task. It took me maybe 20 attempts before I could verbalize to someone not familiar with Bon my impressions through condensation and analogy:

If you find yourself humming a commercial tune for a product you don't really care about, then you know of the pathway a catchy tunes has in your soul. Repetition creates a "channel". When confronted in all neutrality with an array of similar products, the one placed in your soul by repetition may tilt the equilibrium just enough that you try the product.

Suppose that instead of a catchy tune one puts a holy verse into one's soul intentionally through repetition . A Mantra refined by the pooled research of generations of Lamas- will open up a clear channel for something to come. In the West, scientific data collection for a project may run for a decade or more. I guess our weather data may go back 150 years in some places. The Bon Lama's have been collecting data for 7,000 years, the best minds working



their way through the ranks of a monastery conveying the honed life study to the next in line through what its called lineage, through a conscious multilevel hand over process called transmission.

Once the channel is formed it could be further connected to a Soul Geography of Energy, represented by Worlds of different distinct orientation (called North, East, West, South and Center in the Bon tradition)

One also learns to embody the Archetype of a God or Goddess representing the particular attunement stance (similar to an actor getting into character). So after three years of this training one presumably acquires channels, energetic geography to go to and modalities to tie into a person in need of healing.



Group photo of participants

Photo by AB

Many thanks to the people who organized this event, Mitch Nur and a dedicated group around Cathy of Circles of Wisdom. We were told that the preparation for this event took 14 months.

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There are several links to websites describing **Chongtul Rinpoche's Work, Biography and Upcoming Events:**

<http://bonshenling.org/>

<http://www.sherabchammaling.com/chongtul.html>

[http://www.circlesofwisdom.com/event.cfm?evnt\\_id=4995](http://www.circlesofwisdom.com/event.cfm?evnt_id=4995)

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## **Book Review**

### **Epiphanies**

*Energy Flow Poetry*

By **Adrian Ravarour**

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Library of Congress Control Number: 2008904020

ISBN: Hardcover 978-1-4363-3975-9

Softcover 978-1-4363-3974-2



Great Zen Master Dogen speaks of “the koan that arises naturally in daily life.” Adrian Ravarour’s *Epiphanies* has exactly that quality of arising, the brief lines and stanzas of his poems seeming to ride the breath, the words expressive of one’s deeper life. Each turn of the page is like catching fresh sight of the life you’ve lived constructed in lines of telling verse. In the Zen tradition, koans are little bits of dialogue or brief events that somehow serve to return one to one’s natural life, a life residing as much in heart and flesh as in thought and mind. The following exchange between master and student recorded in the *Blue Cliff Record* koan collection is typical of this quality:

**A story goes that a monk named Ching-ch’ing came to Zen Master Hsuan-sha seeking instruction. Ching-ch’ing said, “I’ve come seeking the truth. Please, master, tell me how I can enter the way of Zen.” Hsuan-sha said, “Can you hear the sound of the creek down beyond the gate?” Ching-ch’ing listened, and replied, “Yes, master, I can hear it.” “Enter Zen from there,” Hsuan-sha told him.**

Ching-ch’ang seeking the “truth” was directed by the master to the site of his own natural life, the simple sound of the creek flowing past the temple gates. Adrian Ravarour’s *Epiphanies* finds its truth in the same source. Whatever it is that the reader comes seeking, Adrian locates it in the natural workings of one’s life. And when that sort of truth is held up to us in all its obvious simplicity, we recognize it at once. Notice how Adrian handles the unity of time and space, locating it in a simple matter of direction:

*Horizon*

I look off  
to the left  
until it becomes  
the right again

Turn right until  
it is up again

Seeing far  
back into  
now

Feeling one

Or again, what it means to find the way to each other:

*The Way*

The way you  
look at me

I give smile to words  
as open  
windows speak  
sea roar

From you  
I turn  
to be  
the way I  
look at you  
the way you  
look at me

when we see



That's how it is "when we see." I read these lines and I know this "seeing" for myself, though I may never before have recognized what it was that I knew. Like an expanded koan, *Epiphanies* is a dialogue of self with self, an intimate conversation we've all been having with ourselves the whole of our lives, now brought into open view on these pages where it can be seen. It's best to approach *Epiphanies* as you would a mirror, expecting your own reflection to appear.

**Lin Jensen**  
Chico, California  
February 2008



**Lin Jensen** is Senior Buddhist Chaplain to High Desert State Prison in Susanville, California, and founder and teacher of the Chico Zen Sangha in Chico, California where he writes and works on behalf of nonviolence and in defense of the earth. Lin is a frequent contributor to *Mandala*, and *Tricycle* magazines.

He's the author of four books on Zen: *Bowing to Receive the Mountain*; *Uncovering the Wisdom of the Heartmind*—awarded Best Buddhist Book by *Today's Librarian*; *Bad Dog! A Memoir of Love, Beauty, and Redemption in Dark Places*—selected for *Shambhala Turning Wheel*, *Shambhala Sun*, *Sun's Best Buddhist Writing 2006*; and *Pavement: Reflections on Mercy, Activism, and Doing "Nothing" for Peace*. Wisdom Publications will release Lin's upcoming book, *Together Under One Roof: Making a Home of the Buddha's Household*, in Fall 2008.

Born in 1932, Lin has seen some of best and worst that life can give, and it is his unshakeable conviction that love and beauty take root in even the most barren of places and that no matter how difficult life can be, its sweetness is always with us.

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*I read Adrian Ravavour's anthology of poems covering a period from 1970 to 2004. It is, in my opinion, definitely taking people for a ride at the threshold. The poems are about love and space- defining each other, and allowing the paradox of the poet- concealing and revealing at the same time. Adrian was kind enough to grant ER an interview answering few questions to introduce his book to our readers.*

*ED.*

\*

**ER.** Adrian, for a poet to write there must be something that "does not fit in prose", what was that in your case? Or what is Energy Flow poetry about?

**AR.** Your hardest question for me is 'what is the Energy Flow Poetry about? Aside from the connections of souls, I'd say (look at page x in the book) *"The poems portray energy networks where energies interact; consciousnesses combine, and are evocative of greater spiritual dimensions."* Certain poems *"retrace the paths that the impulses or energies have taken, the movement of air currents, the visual radiation of consciousness, the transmission of thought forms, the transference of thought,"* etc.

I believe that the poems refer to energy connections, interactions and dimensional planes, just as my Energy Flow Photography symbolically portrays the same field of consciousness and being.



At age seven, Sappho materialized and spoke to me about the nature of poetry. She conversed with me nearly every day for a few weeks and then was gone. It was a singular experience. She told me that one must become filled and teeming with the essence of the described, to find the word that embodies that exact image or its ethereal field.

I used to astral project where angels taught me about life and being. They revealed that humans were lost in abstractions. Their thoughts carried them away from their essential nature. So, I aimed for 'essential nature.'

**ER.** There are several themes running- love, position in soul space, particular staccato's of revelation within the parts composing the text itself. How did you select those themes- what prompted you to pick those when you had infinity as a choice?

**AR.** I wrote the "poems" as insights to spiritual awareness and epiphanies, where I had experienced and perceived deeper connections, realms of being, mystical states of consciousness, greater spiritual unities, love immemorial, and those numerous qualities or states of Oneness. Lin Jensen's "Introduction" contextualizes the poems well...they are about your lives; he suggests that one should approach the poems as one would a mirror.

The themes came from living life. What is most important to each person? What does life really come down to? The cultures that emphasize "heart and soul" resonate with my perspective. Just as my Energy Meditation book ("*Keys to Spiritual Being*"; 2007) had the rationale of 1) spiritualizing one's life, and 2) synchronizing with one's mate, as two of the most essential realities to find, create and sustain a happy and evolved life.

ER. If you were to pick a poem out of all of them which will that be?

**AR.** The poem which speaks most to me of love immemorial is "You are not alone" (Readers can find it under my name at [www.poetry.com](http://www.poetry.com)). It portrays deep love, unity at every level of being, spiritual, emotional, and physical. I believe that True Love and spirituality exist, and that they sustain life.

*"I drink the waters of your life; swim the rivers of your soul."*

Metaphysically I like:

*Magic is natural*

*I'm not magic*

*I'm natural.*

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## **Announcements**

This Newsletter is being emailed the 3<sup>rd</sup> week of every month. Deadline for submitting copy, material, announcements and other contributions, is the 15<sup>th</sup> day of the month. E mail material to [Abaraschi@aol.com](mailto:Abaraschi@aol.com) mentioning Newsletter in the email title.

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## **Credits**

Elza D'Agosto, NJ; Linda Fairburn, Ontario, Canada; Haya Goderez, MA; Lin Jensen, CA; Adrian Ravarour, CA; Anton Baraschi NY.

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## **El Rincon Ha Ha**



**You'll find Spell Check under Tools.....**

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