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Editorial

The courage to follow the Missing Ingredient

The Feature Article brings consciousness on a theme that rings true in many hearts. It implies change in accepting the resonance to this theme- that is- the Presence of Spirit within us. The Healer of the Month article profiles an exceptional individual who seeds this present time with what we intuit are gifts to come. The artist Natasha Rabin will share her gift to capture character, thus making visible the delicate process Energy Healers call sensing a person's "signature". Lastly, Dr. Benor's book presents a pain releasing method that is simple and elegant. I realize with joy that if we continue with passion on the path, the Missing Ingredient will be no longer missing.

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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

Mark French, A.S, D.A.R.C and **Patricia Caffrey**, R.N. offering weekend guided workshops of self-exploration aptly named **HeartSoul**. In a matching partnership, Mark guides the journeying and Pat facilitates direct channeling



to the Angelic Realm. This is an experiential workshop with two very talented people, who "take you there". The workshops run from 9am to 5pm both days. The cost is about \$222 per workshop with a discount for early registration. Either or will answer questions and provide exact locations. Mark's phone is (860) 928-9334, E-mail: mfrench1026@aol.com; Pat's phone is (860) 774-2251, E-mail: willow555@myway.com

View workshop text presentation at this link

<http://www.earthspiritsherbals.com/classes/Current%20Classes/HeartSoul.htm>

Workshop dates: Aug. 23/24 Dayville, CT; Sept. 6/7 Amherst, MA; Sept. 18-21 Oneness Place, www.oneness@onenessplace.com, Silver Springs, MD 18th - 7pm free lecture about program - 20/21 workshop; Sept. 27/28 Enlightened Professional Center, www.epllc.org, Bloomfield, CT; Oct. 18/19 Earth Spirits, Sturbridge, MA; Oct. 25/26 Being in Balance, www.beinginbalanceinc.com, Nutley, NJ - workshop Oct 27/28 - personal healing sessions; Nov. 15/16 Location to be announced.

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Reverent **Bobi Surmick** is offering a seminar on **Absorbing the Awe of Living**- part of her Energy Dimensions of Anatomy and Physiology series -September 15 through 18 at Star Institute, Emory Road, Warrensville Hts. OH. Contact via phone 217 357-7656 or <http://www.energybobi.com/>

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Rev. **Paul Funfsinn** of **Celebrating Life Ministries** offers a **Healing Service** Sept 14th from 1:00 to 3:30 at the Loretto Center in Wheaton Illinois, for information and directions contact www.lorettocenter.org

Also offered are experiential three-part teleclasses with Rev. **Paul Funfsinn** and Rev. **Kerry Chinn** on Sept 11, 18 and 25 from 6:00 to 6:45 PM (pacific Time) <http://www.ronroth.com/home/teleclas.cfm>

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A **Community Center Health Plan** established by a visionary **Thomas Cowen MD**. He is a proponent of a fourfold approach to health: Movement Therapeutics, Nutrition and Meditation Visit his website for an inspiring approach at <http://fourfoldhealing.com/>

Feature Article

The Missing Ingredient in Healing

by Nancy Powell MD

As a physician, I have been educated and indeed indoctrinated in the necessity of double-blind studies to substantiate medical knowledge. I agree with that premise and have always had an aversion to what I consider 'airy-fairy' theories and practices.

Yet I know, both from my experience and at a deep level within me, that there is another ingredient in healing that can not be named nor measured. And because I know it is such an essential ingredient in the healing process, in the doctor-patient relationship, in the making of a truly 'good' physician, I made the decision to teach first year medical students with the hope that along with their technical skills, they can bring this dimension into their practice.

No one word comes to mind to describe what I mean, but some of the words that come forth are 'sixth sense', 'intuition', 'spirit', and 'faith'. Having a sixth sense means tuning into our environment in ways that have no visible cues. For example, how do we know when we walk into our home if someone is there, or that someone behind us is looking at us, or has entered the room without our seeing or hearing them? How do we know when someone is



standing too close to us in the check-out line or in an elevator? Upon reflection, many victims of violent crimes say that they perceived that something was ‘wrong’.

Intuition is similar to sixth sense, but seems to be an awareness of our internal environment rather than the external one. Many times I have had patients tell me that they know that something is wrong with their breast or another part of their body, despite negative testing. I always pay attention to what they are saying and trust in their body wisdom. Many times I have had a ‘sense’ that something is wrong with a patient and it turns out that it is, or that something is ok, like a ‘suspicious mammogram’, and it is. I know that all of us are gifted with intuition. My hope in teaching first year medical students is to encourage them to recognize this well of knowledge so that they learn to listen to their patients, and equally important, to listen to themselves.

Spirit has two components. The first is on a personal level. Time and again, when a patient loses the will or spirit to live, the patient dies. I am thinking of a 79-year old woman who was extremely healthy, but made the statement to me that she did not want to live to her 80th birthday. A few weeks before her 80th birthday, she suddenly became ill and died. I am thinking of a man whose blood pressure bottomed out during a surgery. Someone in the operating room made the comment, “This man is a goner.” But he rallied, and a few days later told the physician making rounds that when he heard that, it made him so mad, he was determined to live. Patients live until their child graduates from high school, or their spouse comes home from war. Patients wait until their loved ones leave the room before dying.

Spirit with a capital “S” is the stuff that miracles are made of. My grandson, Joshua Andrew, is a good example. He was diagnosed with a hypoplastic left ventricle of his heart (missing the main pumping chamber of his heart) during a pre-birth ultrasound. He was delivered by C-section at Children’s Hospital in Philadelphia. Within moments of his birth, he was rushed into surgery for the first of three open-heart surgeries. He survived the surgery, but in the days that followed, one complication after another arose, until it was a minute by minute effort to keep him alive. He developed a bacterial infection in his blood and then a yeast infection in his blood. On the day that three of his doctors told me they had never had a baby survive his condition. I knew that without a healing miracle, he would not make it through the day. On that day, a miracle did occur, and his condition changed before our eyes. He went from the highest level of intensive care to home in two weeks. On June 18th, he turned five years old. Call it what you will. I call it Spirit with a capital “S”.

And finally, there is faith. From my tradition, it is “the substance of things hoped for and the certainty of what is not seen”. In any tradition, it is the knowing that there is an ever-present Power greater than ourselves that sustains, supports, upholds and heals us.

So, where do we find this missing ingredient? Why do I bother to take on a teaching assignment that is really stretching me? How can I help my patients reach this key to their healing? I perceive that we are on information and technology overload. Students are inundated with facts, technologies, ever more sophisticated testing equipment, and the constant sounds of monitors, alarms, announcements, and noise. Patients are bombarded on the internet by more information about any symptom, condition or disease than imaginable. They often have multiple specialists or even one physician, all giving them information that is too confusing to sort out.

I do so because I know that we find this missing ingredient – sixth sense, intuition, spirit, Spirit, faith by quieting the noise, finding silence, and coming to a place, again and again, where that still small voice can be heard. Finding the silence is a choice. It takes intention and commitment and sometimes courage, but the reward provides the missing ingredient in healing.

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Healer of the Month

Mircea Nedelcu



Mircea Nedelcu was born in Romania in the town of Sibiu in Transilvania. He lived for a while in Rimnicul Vilcea then he established himself in the historical town of Cluj-Napoca.

As a child, Mircea experienced energetic phenomena as witnessed by friends and relatives.

In his presence people would feel tingles, heat, feelings of lightness and pain relief, caused by his proximity to the subject. Mircea felt that he did not belong in this world. He felt that his world was of a different dimension, or galaxy. He felt alone among people and was searching for clarity as to his purpose.

A hyper empathic child, he sensed the souls of people, their happiness and sadness, he felt the energy of a place, if positive or negative, he felt the intentions of people, if they had hidden agendas, he felt the medical problems of people and animals. In crowds he experienced a feeling resembling suffocation. He had the capacity in his inner vision to perceive the past of a place, how that place looked 200 years ago, in detail.

He would perceive the future, he could predict outcomes up to 3 years in advance. He could also sense the presence of the unseen world, the world of Spirit. When questioned how he felt, he would answer that he is a "prisoner between worlds" the three dimensional one and the spiritual, where space and time cease to exist.

A vision of another life or space appeared to him with haunting clarity. There was a beach scene in red and orange tones, strange vegetation and buds and, human forms floating above the ground. An acquaintance was bewildered when Mircea told him that he sensed at the bottom of a lake there is a flooded village. The older acquaintance



confirmed that during rare dry seasons, when the surface of the lake is low the tip of a church steeple shows up above the lake surface...

Kids in school would cover his mouth to stop him from talking because he would predict accurately what grades they would obtain. Sometimes he would experience kinetical phenomena, vases, drinking glasses and mirrors would crack spontaneously in his presence. Being "fed" in a natural manner by the flow of energy, Mircea, for most of his young years, would eat only once every 3 days. Testing his limits, once he stopped eating, all the while maintaining his usual schedule. He felt a little dizzy when getting off bed after a month then, he resumed eating. To control his extraordinary energy he would practice several sports at the same time, volleyball, track and kayak.

When he was a little more than 19 years old, he was introduced to author and bioenergy healer Alexandra Mosneaga of Chishinev, Moldova.

<http://www.google.com/search?hl=en&safe=active&q=vindecatoare+alexandra+mosneaga&btnG=Search>

Alexandra was an assistant to Eugenia (Djuna) Davitashvili a fascinating Georgian Gypsy healer with extraordinary powers, a member of Russia's Academy of Science, known to the world as Soviet Premier Leonid Brezhnev's personal healer.

http://en.wikipedia.org/wiki/Eugenia_Davitashvili

http://books.google.com/books?id=Xc1CqsQu3lQC&pg=PA30&lpg=PA30&dq=djuna+davitashvili&source=web&ots=Fd0dNWF2mH&sig=yzJ0n8ytZ65fdnD77Lv8VJY8Cb0&hl=en&sa=X&oi=book_result&resnum=7&ct=result#PPA30.M1

Alexandra taught Mircea about Bioenergy and within two weeks of their meeting, he began his practice using her office where he treated local notabilities. Following her guidance, Mircea went to Bucharest where he participated in a unique program organized by the Institute of Parapsychology of Romania, a course accredited by the Ministry of Health. The selection of candidates was made on genetic criteria, energetic scanning and Kirlian photography. The parapsychology teachers had been trained in Russia and Tibet. From 400 country wide applicants, 56 were selected and 40 graduated. The curriculum was following a compilation of Russian, Tibetan, European and Romanian elements. There were programs of meditation and visualization, a one week silent retreat in a room without light where objects and furniture had to be described with an accuracy between 60 to 70%. The graduation exam constituted of taking care of a hospital patient selected via lottery for a period of 2 weeks after which the medical analysis profile was reexamined. Following this intense 6 month course, Mircea obtained a Diploma of Extrasensorial Mastery recognized in the European Community and Romania. Later he graduated the Faculty of Psychology from Cluj-Napoca, his town of residence.

Today, Mircea practices in offices in Romania, Austria, Belgium, Germany and USA. He combines in his treatments elements of bioenergy and psychotherapy.

In 20 years of practice, Mircea has successfully treated an estimated 30,000 patients at the rate of about 1500 per year, with a success rate estimated to be between 85 to 90 %. He has occasionally participated in 16 consecutive hours Marathon sessions treating 56 patients and has handled group healing sessions of up to 480 people. On an average day he works with 20 patients.

Some of the ailments he is successfully treating are:

Inoperable brain tumors, colonic tumors, prostate conditions, all rheumatic disorders, Kidney patients on dialysis, kidney and gall bladder stones, irritable bowel syndrome, neuralgic symptoms, neuropathy, migraines, spinal column problems, blood circulation problems, lymphatic system, stroke when blood vessels have retained their elasticity, immune system problems, infertility, cysts and fibroids, bone fractures. In this special case, a person who had damaged a joint during an ATV accident where it appeared exploded, Mircea reunited the bone fragments via bioenergetic treatments with 10 sessions in 10 consecutive days.



Some of that ailments he is not treating are diabetes, epilepsy, autism, psoriasis, eye problems, stroke-when blood vessels are brittle, circulatory ailments where blood vessels have lost elasticity, heart problems, cancer with metastases(except for palliative treatments)

Mircea's future plans include the establishment of healing centers in collaboration with allopathic and integrative medicine practitioners, thus obtaining enhanced results through the combination of those forms of treatment with the anticipated result of elevating bioenergy to a scientific level.

Mircea can be contacted via Fratellone Medical Associates, LLP 47 West 57th Street 5th floor New York NY 10019
Tel 212 421-3202 or via cell phone #201 952-3087
Email: nedelcumir@yahoo.com and Info@fratellonemedical.com

Interview

with Natasha Rabin

Portraits as Energetic Signatures



Natasha Rabin

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I met Natasha Rabin in a therapeutic setting. Later when I saw her work, I was very impressed with her ability to capture in a portrait the character defining a person or interaction between people. The ability was uncanny, esthetic, witty, and it seemed that her process was very similar to what energy therapists obtain when scanning a client. She graciously agreed to an interview.

Editor

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ER. *When, how and why did you discover the ability to capture the physiognomy of a person?*

NR. There was a sequence of experiences, just after my mom's passing during a long journey to Asia and Europe. It began in Kyoto, which is where I bought my first set of watercolors. I did not paint then, but wanted to create a gift for my tea ceremony Sensei. My first painting was of the Buddha. I took my first lesson in Bali from a young artist who did not speak English but who, I found out, arose each morning at 5:30 to give thanks for his gift. From that moment I have done so before I pick up a brush or start any work of art. I give thanks for being a channel of beauty in its various forms. I feel grateful for the opportunity to be touched by the spirit of those I paint, and for those who are touched by my work. As for the "why" I did not question the voice in my consciousness that spoke to me. It was two months later and I was painting at 3am in my Madrid hotel room when the voice said, "This is what you are meant to be doing with your life."

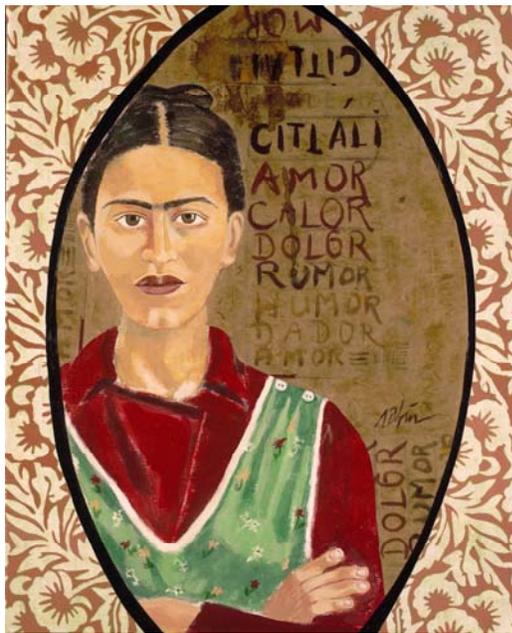
ER. *How do you paint? How do you select a subject, what is the process to a finished product?*

NR. For my show "LUMINOUS/women" - 30 portraits of women - it was about reengaging with my feminine after 8 years away from painting. Those I selected to paint as subjects had one thing in common, the fact that they inspired me. Most were long gone from this realm or inaccessible, so I worked from photos. I did a great deal of searching until I came across a photo that led me to their spirit. As the series progressed, I determined to add text - from a diary or a poem, a play or a recipe - written by my subjects. Then it became a dance! I could feel their energy in their words. Finding the Golda Meir image was almost impossible but I was spurred on by the intended



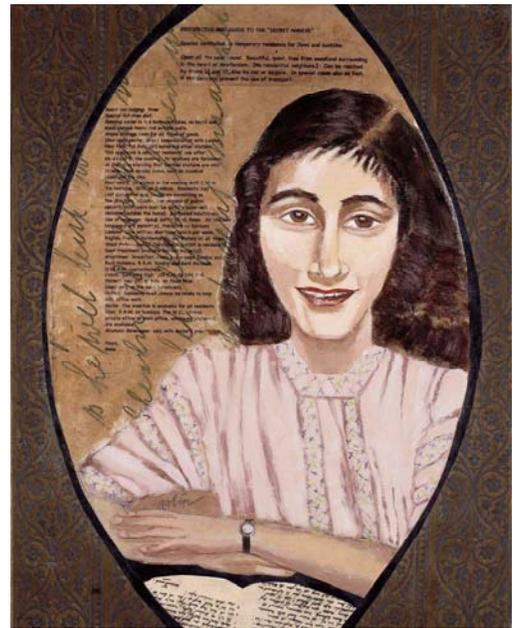
text, a statement she made to Anwar Sadat: “We can forgive you for killing our sons, but we will never forgive you for making us kill yours.”

The process begins as the painting starts to take on its own life. By that I mean when I begin to feel the energy of my subject, which is pretty immediate. Completion is an intuitive knowing when I look at the image and the energy feels present, what surrounds it consistent with that energy.



Frida (Kahlo)

16X20



Anne (Frank)

16X20

ER. *How deep do you reach, is it systematic? How do you decide on the factors expressing a personality? I find it interesting that Energy Work practitioners capture the person's energy signature by immersing themselves in the aura and your process seems to have a lot in common with that way.*

NR. There is nothing systematic about where I go with a portrait. The journey with each is as different as the energy of the subject. It is about a process of surrendering. When I am not there, there is space for the subject's energy to move through me. It is informed by what caused me to select the subject in the first place. For example, the artist Alice Neel -whose portraits I admire very much [http://en.wikipedia.org/wiki/Alice_Neel] captured aspects of her subjects that they did not necessarily want to reveal. I don't see her work being about energy as much as her profound ability to get beyond their public persona (many being personalities of one sort or the other.) What informed my decision to portray her was the fact that she never painted a self-portrait until she was 81, and then did so as a nude. I wanted to paint the energy of the artist who made that choice. In her case I found the energy in her face and clothing but sometimes...many times for me, it is in the hands.

ER. *Could you give us an example?*

NR. Georgia O'Keeffe's hands (*see Natasha's website*), the hands of the mother whose daughter is moving into her own womanhood (*Almost Gone* below), the barely touching hands of my mother and me (*Groucho to the Rescue!* below), the little Russian girl who would become the prime minister of Israel (*Golda* below,) and the hands of two lovers of 18 years who in an hour will be married (*The Wedding* left, below.)



The Wedding

12 X 16



Golda (Meir)

30X40

ER. What do you find the most challenging?

NR. The most challenging is to paint myself. In *Q.U.I.L.T.* the challenge was to paint my left hand – the one that paints - and have it imbued with the energy of that gift. For me, the self-portrait is in that hand.



Q.U.I.L.T. (Self-portrait)

16X20



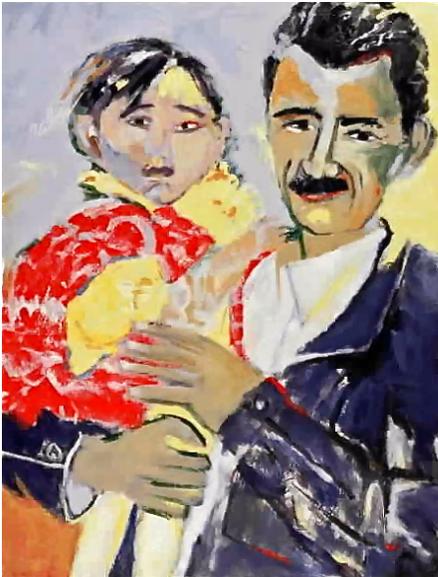
Self-Portrait: Homage to Vermeer 16X20



What makes a self-portrait difficult is to not be there when you are painting yourself. Learning that lack of attachment does help you to drop to a deeper level when you are painting a portrait of someone else. I believe the two strongest portraits in my series of women are of Toni Morrison and Golda Meir. While they followed the completion of many other works, which gave me a greater sense of grounding in what I was doing, they immediately followed my self portrait...which freed me to paint them differently than I think I would have than if I painted them before that.

ER. Painters, unlike energy therapists make the invisible visible by seemingly capturing the top of the curve of the continuum representing a person's signature and pinning it to the canvas. In fact we are looking at the empty canvas where colors from a few tubes were applied. But the images are vibrant with content- it's magic!

NR. No matter how many times I have finished a portrait it still feels like magic to me. At the completion of a portrait I often have a sense of disbelief. That it was invisible and now I am looking at it...which emanates from having no preconceived notion of what form it will take. That then it just is.



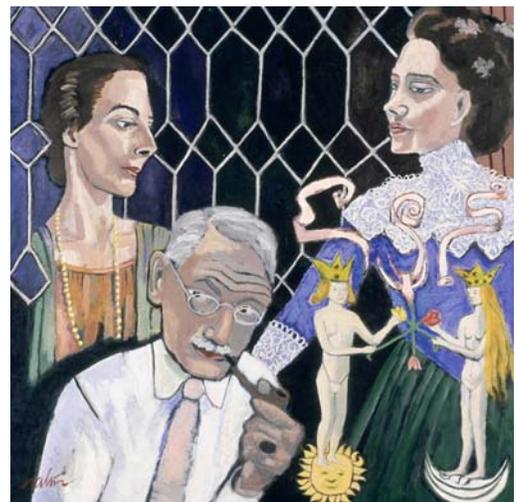
Father & Child: Konya, Turkey 18X24



Groucho to the Rescue! 24X24



Almost Gone 24X30



The Spiritual Union of Man and Women 30X30



ER. *What are your plans for the future, anything particular you are working on?*

NR. I am at a curious point of perhaps deciding to change the medium I work in. It is for health reasons, but it feels too like a rebirth or transformation; of being a beginner again. Of perhaps inventing some way of creating art that would have been lost (or not discovered) if the vapors from acrylic paint did not cause me difficulty breathing.

What also lies in the future is a plan to create an exhibit with my sister. She has more recently come to painting but our experiences are very similar. We have shared how often we do something when we work and don't understand how we "know" how to do it. That is a magic we share. I would suppose, since I have been told I have been an artist in many past lifetimes, that perhaps she was as well. So we will create a show of left-handed paintings of doors and windows. I am also going back to my work that is inspired by Buddhas and Asia and have found a gallery that embraces them and shares them with their special clientele.

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Natasha Rabin's work is being exhibited at **The Dragon Art Gallery**, 168 Main Street, Nyack, NY 10960 where she is presently exhibiting a Buddha collage series followed by the Music collage series. Natasha will be participating in the group show "**Small Matters of Great Importance**" at the Edward Hopper Art Center, 82 North Broadway, Nyack, NY (September 27-October 26.) She is also participating in "**Oncology on Canvas**", with the painting "Groucho..." above. Public viewing before two-year national tour: at the Altman Building 135 West 18th St. NYC on October 23rd. from 10:00 AM- 4:00 PM.

Prices range dependent on medium and size. Portraits begin at \$2,000. Limited edition prints are available of existing portrait series, with prices ranging between \$150 to \$600 depending on the size of print and edition. Work can be seen in her studio in Nyack, NY or on her website: www.natasharabin.com

Natasha Rabin can be reached at nldrstudio@mac.com or 917.734.6808

Orbs



I got this picture with orbs from Graciela Stasi about a year ago. She captured it in her Mary room shrine in her home. I was playing with enlarging the orb and to my pleasant surprise- it had what seemed to be a face- two "eyes"



and a nose- resembling an innocent face. Look and judge for yourselves. There are 4 orbs on the back of the chair- the one enlarged is the lowest in the picture.

ED.

Book Review

Seven Minutes to Natural Pain Release

Whee for Tapping Your Pain Away- the revolutionary New Self Healing Method

By **Dr Daniel Benor MD**

Finally available, this is a book you don't want to miss - direct to the point, step by step instructions.

The title says it all. Dr Benor has applied his hybrid **Whee** technique to pain management with spectacular results, obtaining glowing endorsements from luminaries as Larry Dossey MD, Bernie Siegel MD and Norman Shealy MD. Excerpts from the books presentation on Dr Benor's Website: (*Physicians*)..."discovered that addressing underlying emotional traumas often leads to the rapid and permanent alleviation of pain. When emotional pain is cleared, physical pain often dissipates too.

WHEE is one of the new therapies called Energy Psychology. WHEE changes a person's consciousness and bio-electromagnetic energy system and facilitates the healing of physical problems. The changes produced by WHEE often result in rapid and painless healing on all levels of a person's being. It's hard to believe that so much relief is possible so quickly.....(*Dr Benor*) gently yet thoroughly guides the reader through a process of self-discovery. Readers find the blocks that are causing their pain, and use the simple self-treatments of WHEE to shift those blocks. For adults and children with acute and chronic pain, 7 Minutes to Natural Pain Release is a godsend. More importantly, the personal growth that results from emotional healing leaves us with a legacy of happiness that lasts long after the pain has gone. "

To purchase an electronic or soft cover copy follow this link.

<http://wholistichealingresearch.com/paintap.html>

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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 material to Abaraschi@aol.com mentioning Newsletter in the email title.

Credits

Patricia Caffrey, CT; Bobi Surmick, OH; Nancy Powell, VA; Mircea Nedelcu, NY; Natasha Rabin, NY; Graciela Stasi, NY; Anton Baraschi NY.
