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Editorial

Finally on Line: <http://energeticrejuvenation.com/>

Ty Ford- interviewed in this issue, has graciously contributed his knowledge to make available this Newsletter to readers on the World Wide Web. I am new to this, so if you find glitches in trying to access the archive of previous issues, kindly bring it to my attention.

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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

"Applying Science to Alternative Medicine"- from the New York Times:

"80 million americans are using alternative medicine.....most studies are small and biassed because they have to show results if they are to get more funding...181 papers on the effect of yoga on various conditions.... "

<http://www.nytimes.com/2008/09/30/health/research/30tria.html?ref=healthspecial>

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Interview with Duane Elgin, the coauthor of the book *The Living Universe* (Depak Chopra is the other coauthor).

Duane Elgin has participated in NASA funded experiments in remote viewing experiments and he is very articulate
<http://www.shareguide.com/Elgin.html>

Link below for *The Living Universe* book:

http://www.amazon.com/Living-Universe-Where-Are-Going/dp/1576759695/ref=sr_1_1?ie=UTF8&s=books&qid=1249406131&sr=8-1

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EMDR at "warp speed" with a "Brain Spotting" technique developed by Dr. David Grand :

<http://www.biolateral.com/index.htm>

See Dr Grand's biography: <http://www.biolateral.com/bio.htm>

Philosophical Essay

With unabashed creative enthusiasm, Peter Roche de Coppens PhD developed for our readers the theme of the Emerging Health Paradigm. In 7 consecutive installments (to be published in this and future issues of the Energetic Rejuvenation Newsletter), ideas developed during a lifetime of work are condensed. A prolific writer (see bio note at the end of this article), Peter Roche de Coppens glides gracefully through concepts and establishes intellectual stepping stones to develop what seems to be paradoxical, the ever changing Medical Paradigm.

Ed.

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The Transforming and Emerging Healthcare Paradigm:

How to make sense out of the ever-changing and paradoxical medical paradigm?

by **Peter Roche de Coppens PhD**

In June of 2000 I went to a medical convention in Paris as a journalist. Several important questions were raised and debated. The one I never forgot was: "What has been the most *significant medical discovery* of the last 100 years?" The answers to this question ranged from antibiotics to higher technology and more sophisticated biochemistry. An old country doctor, however, stated: "For me, the most significant medical discovery of the 20th century has been the realization that the human body and psyche were so designed by the Creator that they can heal themselves from all known and unknown diseases... provided they are given the right *food* (nutrition) and the right *energy*, (vitality and information)"!

Life on earth, the human condition and our global wellbeing are characterized by a growing number of paradoxes. Is it possible to make sense from our human nature, human consciousness and human behavior? Is it possible to gain understanding concerning our health and the process of healing? I unquestionably believe so. The perennial quest has always been that of understating selves so as to improve our lives.



Let me point out some of these paradoxes and then move towards providing various areas of research to improve our present condition. Greek philosophy, in its classical period, understood the paradoxical nature of the human condition in general and of human knowledge in particular. Thus, **Parmenides** argued that “only that is real and eternal which is unchanging” whereas **Heraclitus** contended that “the only thing that is real and eternal is change itself”; that you cannot “swim in the same river twice”! Then we have the opposition between being and becoming. The French also have a very old proverb that states: “the only thing that is infinite in this world is human...folly”. In every area of human activity, human knowledge in particular, we find different and opposed theories, presuppositions, hypotheses and conclusions.

(Links on Parmenides and Heraclitus: Ed)

<http://encyclopedia2.thefreedictionary.com/Parmenides+of+Elia>

http://www.philosophos.com/philosophical_connections/profile_005.html

None may be more significant than what we find in the area of healthcare and the medical paradigm, ever-changing, contradictory, sophisticated, expensive, and dangerous. While the USA spends more money and does more research than any other country in the world, its place amongst developed nations, for longevity and the quality of health, is the 37th! Since 2003, the number one threat to our life and integral health seems to be *iatrogenesis* and *nosocomia* (doctors and hospitals). When we look at the picture of healthcare around the world, in different historical periods, we find paradoxes, contradictions and confusion. We also find that, what religion was until the Age of Reason in the West, Allopathy has become today—a monopoly that has a great deal more to do with money and power than understanding and preserving our health and healing the sick.

I am convinced that a very important explanatory key to make rational, coherent sense out of all of this is *our level of consciousness and being* (see my forth coming book on the subject, "**The Great Theory of Human and Spiritual Evolution**", to be published in the Fall of 2009 by Xlibris). I took my point of departure from two luminaries of our time: **Andre Malraux**- “The 21st century will either be spiritual... or will not be” and **Roberto Assagioli**- “Below (in lower levels of consciousness and being) there are no more solutions, whereas above (in higher levels of consciousness and being) there are no problems”

(Links on Malraux and Assagioli: Ed)

http://en.wikipedia.org/wiki/Andr%C3%A9_Malraux

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

The metaphor that I have developed and that plays a crucial cognitive role in my work is that of the *extended kinship family* where we find seven basic levels of biological growth and development: the baby, the child, the adolescent, the young adult, the adult, the mature adult and the senior. While it is obvious that, if we live out our natural biological cycle we will move through these seven stages, it is also a fact (but much less obvious) that we also live through these seven stages at the human and spiritual level. Here, the fundamental key and assumption is that what we call “reality” and “truth” are really *functions of our levels of consciousness and being* so that as we change, raise or lower our level of consciousness and being, we also change the way in which we perceive, define and react to anything. For “reality” and “truth” seem the resultant of an external objective and material factor perceived and interpreted by an internal, subjective and psychic element.

The spiritual tradition, the great Primordial Tradition which has always existed throughout the world, but which manifests itself in different cultural and linguistic forms, has always claimed that as we raise our level of consciousness and being, we move towards unity, clarity and harmony whereas as we lower our level of consciousness and being we inevitably move towards multiplicity, fragmentation, confusion and conflict. This dynamic paradox could then also be applied to life, consciousness, health and wellbeing which increase as we move up and decrease as we move down! If this is so, then the single most important challenge of our times as well as the only way out of our present existential morass and multiple crises lies in consciously transforming and raising our level of consciousness and being—of growing up and becoming adults rather than remaining children and adolescents!

When considering the multitude of healthcare approaches and medical paradigms that we find in the world and history, an important explanatory key related to the foregoing is one’s conscious or unconscious conception of human nature and



destiny—of what is a human being, why was he born in this world, and what might be his final goal. According to a growing number of medical doctors in various countries, (**Larry Dossey** and **Raymond Moody** in the USA), (**Jacques Peze** and **Jacques Donnars** in France) and (**Umberto Grieco**, **Vincenzo Mazzeo** and **Anna Maria Gualdoni** in Italy) modern, “scientific” medicine went through three major evolutionary phases, each linked with a specific definition of human nature, consciousness, and knowledge. These are:

- From circa 1860 to 1920: physical medicine (allopathy) linked with the vision of human nature as *homo simplex*. Here a human being and his knowledge, his health, illnesses, and healing are essentially physical in nature and thus require physical remedies as his essence is his physical body.
- From circa 1920 to 1970: psychosomatic and complementary medicine (psychotherapy, nutrition, homeopathy, homotoxicology, phytotherapy, etc.) linked with the vision of human nature as *homo duplex*. Here a human being and his knowledge are seen as having a dual nature: a physical and psychic or psychosocial nature, his body and his psyche. Hence, health, illnesses, and healing must take both natures into account.
- From circa 1975 to the present: spiritual medicine (linked with the healings of Saints and Sages as well as with the explanations of quantum physics, chaos theory and the holographic universe). This emerging approach is rooted in the vision and concept of *homo triplex*. A human being is a multidimensional being still in evolution and endowed with three basic natures, physical, psychic and spiritual. Thus health, illnesses and healing must take these three components into account as well as their causal flow that moves from the spiritual to the physical via the psychic level.

Having encountered and studied Saints, Sages and authentic Healers for over 50 years, and having seen and experienced extraordinary healings, I would add today a third and final component: *destiny*, that is, the unique and personal destiny of each person. I have also come to a very fundamental double realization: first, as human beings are multidimensional beings living in a multidimensional universe, they are endowed not only with a physical but also with energy bodies, the most important of which are the vital or etheric body, the emotional or astral body, the mental body and the spiritual body. With the expansion and heightening of our consciousness, with our growth and evolution, the fundamental shift in the medical paradigm is changing the focus and priority from the *physical* to the *energy bodies*.

Once we accept and decide to work with this basic premise, it becomes self-evident that we do not need high technology, sophisticated pharmacopeia, or a great deal of money and research to preserve and restore our health! What we need is to understand the laws of life and of our own being, to live in a healthy and moral fashion, and to assume responsibility for our own health and illnesses. Thus, the healthcare approach and medical paradigm of the future will be much simpler, more natural, less dangerous, less expensive and more effective than the present one. It will be such that the greatest and most effective instrument of healing will not be machines or pills but rather the *being of the healthcare specialist*, what he/she radiates, and his/her *genuine love and care* for the patient which will be felt by that latter! This more than anything else will activate the PNEI axis and the DNA of the person who seeks help for it will bring hope for the mind, motivation for the heart and life for the will and body.

In future sequential articles, I plan to continue this theme with more details and specific examples, images, and metaphors.

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Peter Roche de Coppens PhD teaches at East Stroudsburg University since 1970. He has graduate degrees in sociology, anthropology and psychotherapy. Previously he has taught at Sorbonne University (Paris) and McGill University (Montreal).

Dr. Roche de Coppens is presently a spiritual and medical consultant for GUNA (the leading Italian company in the field of Integrative Medicine) in Rome and Milan, Italy. He authored in excess of 60 books, and innumerable articles. Some of his more recent titles are listed below (see links):

[Prayer \(The Royal Path of the Spiritual Tradition\)](#)

[Religion, Spirituality and Healthcare \(How to Understand Them and Live Them Today\)](#)

[Medicine and Spirituality \(The Encounter of the 21st Century\)](#)

[THE FLOWERS OF LIFE. Vol. I \(What are Life and Death on Earth and How to Make the Most of Them\)](#)

[The Flowers of Life Volume II: What are Wisdom and Scientific Knowledge?](#)

[The Great Theory of Human and Spiritual Evolution. \(Available in August 2009, Ed.\)](#)

Following a severe motorcycle injury that left him crippled, he sought help from the best medical authorities of the USA, Italy, and Switzerland, only to be told that he would remain handicapped for the rest of his life.

Prayer was the vehicle through which he experienced healing. Such was his introduction to another form of medicine and healthcare that motivated him to study, practice and refine various approaches to prayer and to holistic health and wellness for the next 45 years.

Through his own personal experience, which changed the course of his life, he learned that the next great, “qualitative step” in medicine and healthcare is **the integration of the spiritual dimension**, the awakening of spiritual consciousness, holistic education and holistic health.

Travel Column

(Part one of two)

A visit to the spiritualist Community of Cassadaga

by **Janet Lynn Roseman Ph.D**

Cassadaga is a 57 acre Florida town devoted to spiritualist pursuits. It was recognized by the National Register of Historic Places in 1992 to honor the establishment and continued legacy of the “oldest active religious community in the southeastern United States.” Cassadaga celebrated this year its 113th year anniversary. The term religious is a misnomer, for in truth the spiritualists come from a variety of religious backgrounds yet all are dedicated to the spiritualist perspective on life, a perspective that believes in life after death. The ‘camp’ which was once a Mecca for education and training for those who are engaged in metaphysical studies, still carries the original intention of its founders; George



Colby and Ann Stevens who wished that Cassadaga would be a thriving educational center. Colby, known as the “Seer of Spiritualism”, in the late 1880’s was guided during a séance by his Spirit Guide who told him that he would be instrumental in the formation of a Spiritualist community in the South. Cassadaga, a word used by the Seneca Indians meaning “rocks beneath the water” was intended to be a winter haven for the members of the already established spiritual community of Lilydale, (in upstate New York <http://www.lilydaleassembly.com/>). This community of spiritual followers would “live, work and develop a center where Science, Philosophy and Religion of Spiritualism may be shared with all who thirst for knowledge and enlightenment.” Lilydale has a long and honored legacy as one of the first spiritualist communities ever established and when Cassadaga (and Lilydale) was in its heyday, it was a center for activity and learning. Today, although Cassadaga is a bit weathered, it still has its charm and continues to carry the vision for spiritual education and exploration of metaphysics by those who have engaged in the subject for many years. Whether you are partial to psychic readings or experiencing a séance, the truth is that Cassadaga and the neighboring town of Lake Helen offers its visitors a chance to literally step back into time.

The town attracts thousands each year who are yearning for psychic and spiritual readings, education or spiritual healing sessions from the wide panoply of certified practitioners who practice in Cassadaga or who want to attend its workshops and lectures. The bookstore is also worth a visit and offers a great selection of books that you won’t find in Barnes and Noble. To counter any beliefs that spiritualists are somehow cult- like or frightening, this is simply not the case. I met very educated psychic healers who were accurate, helpful and kind and did not engage in any type of wisdom that was inappropriate or preachy, which was a welcome departure from many of the new-age healers I have met.

At the hotel, I was really surprised when one of the guests told me that her friend urged her not to visit Cassadaga because she irrationally believed that the people in Cassadaga were ‘devil worshippers’. In fact, the spiritualist believe that Jesus was “one of the greatest Mediums-Healer-Teachers and Spiritual Leaders that the world has ever known.” Spiritualism “respects the right of religious freedom.....religion is the process through which one recognizes, understands and demonstrates their spirituality. Spirituality, living your belief or understanding is a way of life, not something applied only to an hour or a day set aside for worship.”

During my visit last month while engaging in all things Cassadaga I was delighted to visit two psychic mediums and attend a séance, while having psychic readings is not anything new for me, visiting a spiritual community with such a rich history, was. I stayed at the Ann Stevens House, a charming bed and breakfast nestled in Lake Helen which is literally a stone’s throw from Cassadaga. This historic Inn, originally founded in 1895 by Spiritualist Ann Stevens was quite lovely and filled with charm and has a lovely sitting room with an iron fireplace, velvet chairs, wicker chairs, garden and gazebo and other accoutrements. The inn was awarded the Donal Dermody Award for superior service and it’s clear that the owners and staff are interested in offering their guests advice about the area as well as recommendations for psychic readers to consult, readers that the owners have previously screened themselves. The main house and Carriage house attracts not only spiritual seekers, but wedding parties who want to hold their celebrations there. My room (Lilacs and Lace), was in the original house and I have to admit that I shared it with two spirits from the turn of the century who I saw out of the corner of my eye.

It is also worth a drive down Euclid Avenue to see beautiful historic homes who retain their glory and it’s easy to imagine what both towns, (Lake Helen and Cassadaga) must have been like in their prime. The Cassadaga Hotel is also charming and a bit worn, and most visitors stop at the aptly named, Lost in Time Café for lunch. But, if you are staying for more than an afternoon, you will want to drive the 8 miles to nearby Deland for real food since the selections in the area are very limited.

The Psychic Reading Process:

I asked both of the psychic readers that I consulted to offer their advice to Parklander readers to demystify the process.*

The first woman I met with was Reverend Maeda Jones, a very insightful and accurate spiritualist teacher and reader with very interesting credentials. Jones trained at the Cassadaga Spiritualist Camp, the Arthur Findlay College for Psychic Studies in England and at the Inner Quest Foundation in British Columbia. She has a background in teaching and social work/counseling and has a B.A. in Secondary Education from New York State University and completed her M.A. and coursework for her Ph.D. in Political Theory at New York University.

Soft spoken, kind and possessing a nurturing presence Jones explained that; “Often people are afraid and they think that they will be told something bad or they don’t think they are good people and will be shamed, but a reader should not



make any judgments at all.” She also shared her belief that if people are feeling negative thoughts about the readings, the flow of the information could be affected. Jones encourages her clients to invite their loved ones who have passed away to participate in their readings days before and felt it was also important to choose a reader who would be someone that their loved one would have liked as well and felt comfortable with. “The reading, she said, “is similar to a dial-up computer and remember that the entire psychic picture does not emerge instantly. Just like the computer screen takes time for the images to appear, so does the psychic information that that comes forward to create the whole picture.” She recognized that there are different types of readings (and mediumship abilities), and that what one psychic reader may share with you at one point in time can differ according to what that psychic feels is important.’ Like any other profession, “some readers are better than others” and this is not a one-size- fits-all type of service. My experience with Jones was terrific and I found her to be accurate, helpful, compassionate and enjoyed her soft presentation of information that was very personal to me.

In next month’s Energetic Rejuvenation issue, I will report on my second reading with Dr. Suzanne DeWees and the experience of attending a séance. If you want further information about the hotel or Reverend Jones, please consult: www.cassadaga.org, or www.annstevenshouse.com.

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Below, the declaration of Spiritualist Principles:

DECLARATION OF PRINCIPLES by the Spiritualists of America. Spiritualism has no dogma or creed, just a simple set of nine principles to help guide our lives. These are the principles:

- 1.) We believe in Infinite Intelligence. [also known as God](my addition)
- 2.) We believe in the phenomena of nature, both physical and spiritual, are the expression of Infinite Intelligence.
- 3.) We affirm that a correct understanding of such expression and living in accordance therewith constitute true religion.
- 4.) We affirm that the existence and personal identity of the individual continue after the change called death.
- 5.) We affirm that communications with the so-called dead is a fact scientifically proven by the phenomena of Spiritualism.
- 6.) We believe that the highest morality is contained in the Golden Rule: Whatsoever ye would that others should do unto you, do ye also unto them.”
- 7.) We affirm the moral responsibility of the individual, and that he makes his own happiness or unhappiness as he obeys or disobeys Nature’s physical and spiritual laws.
- 8.) We affirm that the doorway to reformation is never closed against any human soul, here or hereafter.
- 9.) We affirm that the Precepts of Prophecy and Healing contained in the Bible are Divine Attributes proven through mediumship.

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Janet Lynn Roseman PhD. worked as Clinical Instructor in Family Medicine at Brown University Medical School from 2002-2008. She specializes in teaching Spirituality and Medicine curriculum. Dr. Roseman has a practice of long distance healing work combining energetic work with color and light therapy and Reiki. She is a Reiki Master and has studied shamanic healing techniques and various energetic healing systems. Dr. Roseman is the author of "Dance Was Her Religion: The Spiritual Choreography of Isadora Duncan, Ruth St. Denis and Martha Graham", "The Way of the Woman Writer", "Dance Masters: Interviews with Legends of Dance", and has contributed to several books including: "A Time for Listening and Caring: The Role of Spirituality in the Care of the Chronically Ill and Dying". Dr Roseman is currently writing several books on death, grief and transformation including: "The Death Wisdom Book: Opening the Lens to Death and Transformation". She is interested in aligning herself with others who seek to create holistic methods of healing in tandem with allopathic medicine. Janet Lynn Roseman can be reached at <mailto:Dancejan@aol.com> for further information. Dr Roseman is a frequent contributor to this Newsletter.

Interview

Ty Ford (see biographical note at the end of this article) threaded the path of independent discovery. His story is that of serendipity and synergy. Recently Ty produced a Chakra Soundscape CD with very promising results. We follow his description of his discovery with the edge of the seat feeling one gets from a joy ride. Ty is direct, sincere and I hope you will enjoy his story the same way I do. Ty's work is grass roots, affordable and genuine. I asked him to describe his journey to ER readers.

Ed.

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Chakra Soundscapes- A Story of Discovery:

With Ty Ford

ER. Ty, what led you to having an interest in Energy work?

TF. About four years ago, I began recording internationally known healer and lecturer [Rev. Rosalyn Bruyere](#) at the [Tai Sophia Institute](#), south of Columbia, MD. She comes to Baltimore about three times a year to conduct workshops at Tai Sophia and also to the Johns Hopkins University Hospital Pediatric Cancer Center. Professional healers come from hundreds of miles to hear her talk. My job was simply to record her so that her spoken words could be distributed. These workshops centered around the seven main chakras of the human body, with an incredible breadth and depth of information both directly connected to as well as tangential to the system of chakras.



Over the course of three or four years, I continued to absorb the information. As an electrical engineer, a lot of it made perfect sense to me. Some of it I did not yet understand. Some I still don't. In mid 2008, I began to get gently but firmly pushed toward the field. My research has been fascinating and has led me down several unexpected paths. I am currently finishing a course in chakra balancing taught by Arlyn Kline at Tai Sophia and hope to be interning by this Fall, 2009. Arlyn is one of Rev. Bruyere's first students.

<http://www.tai.edu/CommProgInstructorBios.aspx> (Arlyn Kline-biography- 8th name down, Ed)

ER. *What led you to produce Chakra soundscape CD's?*

TF. I am a musician and a recording engineer That path led me to the relationship to the seven main chakras. Much has been published about the relationship between sound and the chakras. I have found a connection between the musical scale, **A** though **G**, the visible light spectrum and the seven main chakras. My soundscapes are not music, but sound created with specific therapeutic intent.

ER. *What was your point of departure?*

TF. I began my work by researching the frequencies for the colors of visible light. These are the colors traditionally assigned to the chakras many years ago. I found that the center of red is about 435 TerraHertz. The center of violet is about 750 TerraHertz. What struck me first was that the visible light spectrum was basically an octave in TerraHertz. How convenient. How natural. As a musician, I then realized that 435 is just below 440. If I decimated the TerraHertz to Hertz I'd have 440 Hertz; the standard recognized internationally for **A**. 440 TerraHertz is still in the red spectrum, just a bit higher in frequency. This conversion process resembles transposing keys in music.

<http://en.wikipedia.org/wiki/Hertz>

The first problem was that much of the research I had seen presumed that the first chakra was represented by the key of **C**, not **A**. Why begin the chakras at **C**, not **A**? I think the answer is that the key of **C** is the first one anyone who learns to play piano is guided to. All white keys; very simple. Then there's the fact that middle **C** is prominent because it sits between the bass and treble clefs. The fact that it is *middle C* made me question how it could be associated with anything but the middle of the body. It's frequency of 261.625 Hertz; no where near 435 or 440 Hertz.

The key of **C** may be convenient or comfortable for musicians, but chakras are not about music, they are about vibrations and frequencies. I thought that if those frequencies are to relate in any way to the colors chosen for the chakras - and these colors have been seen by many practitioners for years - then the first chakra is red and must be in **A** and the seventh chakra must be in **G**.

I created a soundscape of all **A** notes across six octaves with six different tone generators; all harmonics and sub-harmonics of 44 Hertz. That's a span of notes almost as wide as a grand piano. I also used a large drum with a very low frequency. During my first private test, Sharon Sirkis, who teaches at Tai Sophia, remarked that, since she was part of a drum circle, she found the drum distracting. A short time later, during one of my chakra balancing classes, Arlyn Kline used a music CD during a part of our practicum. It had a melody. I found myself unable to concentrate properly because I was distracted by the melody. Those two events caused me to create the soundscapes without the distractions of rhythm or melody.

ER. *What were the first public reactions?*

TF. I completed the first track with all **A** notes. I contacted a friend who hosts an alternative book club here in Baltimore and asked her if she would play the cut during one of their meetings, without telling the group where or if they might feel anything. She agreed and returned with good information. Of the 15 people there, 3 felt nothing. The other 12 felt sensations in their lower abdomens.

[click here for an A soundscape sample](#)



My clairvoyant friend commented that she wanted the vibration to rise within her and make her heart sing. That would be the fourth chakra; the key of **D**, by my new calculations. I made a track in **D** and sent it to her. She reported that, indeed, it made her heart sing. I created the rest of the tracks and at the end began to wonder what all seven would sound like when played together. Would it be cacophonous? Horrible? Quite the contrary, it sounds very cosmic and full of life. Partial melodies seem to appear and disappear.

[click here for a full spectrum soundscape sample](#)

ER. What other feedback did you get?

TF. Further anecdotal testing has provided more and more reinforcement for the idea that the chakras start in **A**, not **C**. Specific comments about my soundscapes have surprised and delighted me. I get reports that people use them to go to sleep as well as to stimulate themselves when they are awake. A friend who is a psychologist in San Francisco confessed that she had become really bonded to the CD as it helped her during meditation. In her case, she usually meditates with music turned up a bit on a very good sound system. She mentioned that she feels more power from the soundscapes that way.

Some reports are quite remarkable. At a recent meeting of sensitive's at Rita Hyman's house here in Baltimore, after hearing parts of three tracks, one man saw that I had been a healer in Egypt in a past life and had used sound as part of my treatment. His description of my healing chamber was quite precise and exotic. I was taken aback by his degree of detail. At that meeting, forty people were affected in many personal and individual ways. The energy seems to go where it's needed and do what it needs to do. Just this evening before class, one of my classmates to whom I had lent a copy of the CD said that after listening to the CD, she felt more normal than she had felt in years. Due to her physical problems, she has not had proper feeling in her legs and feet. She said she walked for two hours and really felt her legs and feet for the first time in a long time. She was amazed. I was as well.

My classmates have told me on different occasions that the energy in my hands is very strong. "You don't know your own strength." said one. I'm presuming that this has something to do with my intent. The same intent I used when playing the keyboard to create the soundscapes on the CD. Here's a shorthand version of the direct link to my web site: <http://tinyurl.com/nnee2l>

I am extremely honored that Arlyn Kline has used my A and D tracks, for red and blue energy respectively, in class.

ER. There some other sound programs that are perhaps related, like Hemi-Sync, Holosync and perhaps the CD by Valerie Hunt. How do you distinguish your work from theirs?

TF. Hemi-Sync seems not to address the chakras directly. It seems to be more focused on right/left brain balance. We have a protocol for brain balancing in the class taught by Arlyn Kline that is very effective. It is accomplished by intent and technique and does not require sound. My soundscapes are a more holistic approach and don't require headphones. The sounds were created with a full range of frequencies. Sometimes people listen only on laptop speakers at first. When they finally get around to playing the CD on a big system, I sometimes get an email from them saying they really notice the difference.

Holosync also seems to require headphones and appears to be similar to Hemi-sync. My soundscapes are not about creating new neural pathways. The body does that on its own. My soundscapes are about clearing blockages to regain flow. Then there's being properly grounded. Almost every person I can recall who has shared with me their listening experiences has mentioned that they feel more grounded while and after listening to my soundscapes. Being grounded is extremely important and must happen before any healing can occur, or it just won't work.

I only know of **Dr. Hunts** recordings of chakras from some years back. The ones that are no longer available. I have not met Dr. Hunt yet, but because of Rev. Rosalyn Bruyere, I have nothing but the greatest respect for Dr. Hunt. These breakthrough recordings were sounds of individual chakras recorded in a lab. When the text explaining what frequencies were recorded was shown to me, as a musician and recording engineer, I had immediate conflicts. The sounds on the tape were not the frequencies described. I don't know why. While I'm sure the recordings are valid, they were only valid



for the moments in time in which they were recorded. Chakras can change in an instant. Was the person who was measured in a good frame of mind? Were their chakras open? How open? Where there any issues within the tissue between the chakras? My soundscapes are not sounds of chakras. They are sounds that stimulate and refresh chakras.

Hemi-Sync: <http://www.hemi-sync.com/shopcontent.asp?type=HowHemiSyncWorks>

Holosync: http://www.centerpointe.com/centerpointe/?gclid=CJmoz67T05sCFc5L5Qodbl4_KQ

Valerie Hunt: <http://www.trans4mind.com/psychotechnics/energyfield.html>

ER. Thank you Ty. Do you have a word of wisdom for the Energy Rejuvenation readers?

TF. I'm honored to be asked, Anton. Something Arlyn Kline said in class a few weeks back seems relevant. It was about holding the tension of the paradox until the answer arrives. Not just until you're tired of the tension, but until the answer arrives. That may well require a lifetime commitment. It's really all about energy. Holding the tension requires energy. Our bodies are miraculous creators of energy. We get energy from many places, including the earth, our food and our friends, pets and other animate and relatively inanimate objects. That's all on this side of the equation, and it's a drop in the ocean compared to the energy on the other side of what we call our daily consciousness.

Consciousness is useful, but its matrix stands in the way of our connection to the universe. If my intent is correct, the more I carefully poke a hole in my daily consciousness, the more energy I get from the universe on the other side. If you're serious about rejuvenation, you need to tap into the universe and be as efficient as possible. Physical, emotional or spiritual blockages cause resistance which reduces efficiency and lowers performance. These blockages also cause infirmity and disease. Chakra balancing seeks to remove blockages and restore efficient energy flow. My soundscapes seem to help with the removal of blockages and increasing flow.

Everyone is on a different spot on the spectrum. There are some truly high-performance individuals and some who are so blocked they can barely get out of bed every day. If you're already balanced and are open, then rejuvenation is a distinct possibility. If you're running at a deficit, your net gain may restore you to being balanced. If your blockages are chronic, my soundscapes will probably offer only temporary relief. For the results to become longer lasting, you may need to make changes in your physical, emotional, intellectual or spiritual life. Those who can truly step outside of themselves, thereby creating, you guessed it, a paradox, will have a better chance of making those changes that will lead to their rejuvenation.

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Ty Ford is a musician, former radio broadcaster, producer and author. He has written two books; “**Advanced Audio Production Techniques**” and “**Ty Ford’s Audio Bootcamp Field Guide**”. He writes articles for Radio World, Pro Audio Review, TV Technology and other professional magazines. Currently Ty is a forum leader for the Creative Cow Audio Forum. He owns and operates a small, private audio and video recording facility near Baltimore, Maryland. To contact Ty Ford and purchase Soundscape CD's follow this link: to [Ty Ford Chakra Balancing](#).



Event Review

Zdenko Domancic's Method is the subject of the documentary film "Think About It" reviewed in the January 2009 issue of the Newsletter. Dr Alina Enista flew to Los Angeles and attended a free clinic organized by Zoran Hoechstatter. The report she contributed takes us with her on her path of discovery. This clinic had a major focus on MS, Parkinson's and Neurological diseases. It is of interest that Alex Basoc, one of the event participants recently opened up a Manhattan clinic at 115 East 23 street 12 Floor (23st. & Park Ave.) New York, NY, 10010, tel: 1-888-665-1349. For more information about this method of healing, see attached links:

<http://www.healingbioenergy.com/> www.domancicmethod.com

Ed.



Bioenergy Healing Life Project:

Using The Zdenko Domancic Method

by **Alina Enista PhD**

Although the practical benefits of the complementary medicine have, in more than few occasions, proven remarkable, the energy healing is still a challenging and controversial subject to talk about. Why? Too vast to be described and too immaterial to be quantified, the domain of energy healing is still in the process of finding its limits.

Having been surfing the field of the esoteric healing for a while, I have learned that I should leave out the tendency to explain, define and classify my experiences and my findings. To paraphrase one of Einstein's favorite quotes, the learning starts where prejudice ceases to interfere.

I cannot list any particular reasons I chose to attend the clinic event organized by the Bioenergy Healing Life Project in Los Angeles. I was superficially familiar with Zdenko Domancic's method, which, as the introductory leaflet was saying, was a "precise, effective, and highly structured" technique to strengthen the immune system and eliminate the debilitating symptoms of any illness.

It happened that I had a multitude of debilitating symptoms to report, most of them pertaining to my mobility, flexibility of my spine and limbs and coordination. Whatever diagnosis the medical world boxed me in, I have stubbornly thought of my problems as dis-eases or dis-harmonies of my auto-immune system and as stubbornly have tried to make use of any esoteric means of improvement, as the essential possibility to cure.

Organized by Zoran and Stephanie Hoechstatter, the clinical setting I come into in Los Angeles seems more like a cocktail party than a healing environment: most of the chairs were positioned close to the walls, forming a large space in the middle, where there were four "healing stations" furnished with four chairs each. The background music, the open doors to the Marina, the casual conversations among the thirty or forty people present in the room makes the atmosphere both pleasant and intimidating. Most of us are not used to being exposed to other people's scrutiny, when we consult a healer, regardless whether he is a physician or an energy worker. Sharing vulnerabilities has been a private occasion, in our culture. And privacy is an American sanctified right.



Clinic in action

But there is exactly this lack of privacy that has gradually become the most important element of the healing experience. Accessible to anyone interested to witness it, the procedure is almost indefinable in words. Zoran, who looks like a troubadour with his long white hair and eyes that seem to scan anything in his visual field, claps his hands and invites his team to begin the ministrations of healing. Alex, from Hawaii, pairs up with Mateja, from Slovenia, Sonja, from London, works with Janez, from Slovenia, and Kristen, from Canada pairs up with Zdravko, also from Slovenia. All these energy workers were trained by Zoran, who was himself Domancic's student. From this moment on, the experience of healing becomes an individual and deeply private paradigm. Since my own experience is the only one fully accessible to me I will share this one with the readers.



Working with a client



Lots of care



The introduction is short and simple. I say my name, Kristen's and Zdravko's introduce themselves, few words about alleged diagnosis and main symptoms.

I close my eyes and feel the air flowing around me, in a different density and direction. I imagine that the therapists' hands are sweeping away the impurities of my energy field, the resistance, prejudice, fear and all the malignant contents that have been feeding the symptoms I have been complaining about. Once in a while, I open my eyes and watch the hands that dance around my body or rest on my chest, my head or my arms. The touch is gentle and nurturing. I feel like I'm in a cradle, with the air dislocated by Kristen's and Zdravko's palms rocking me into a dreaming mood. I know that there is no way that my mind would give up questioning, doubting and speculating so I make as many assumptions as I could, sharing some with my healers. I ask about energetic blocks in my system, about anxiety or about the pain in my lower back. Kristen smiles enigmatically and reassures me that I am all right, that they will deal with blockages and pains in a due time. I feel my body swaying like a willow and wonder whether I was pushed by the sweep of their hands or it is just the energy circulating and taking me within. What does it matter, I wonder? I should not know. I should just wallow in this feeling of relaxation and warm empowerment.



Psychokinesis effects



Zoran applying protocol

That afternoon, for the second session, I move to a different healing station. I realize that I am in search of something, but there is no clue what that "something" may be. Maybe an explanation of what has been happening to my energy field. I resist, stubbornly, to acknowledge that my vitality has changed and a fresh energy flows unhindered throughout my system. I turn to Sonia and Janez, for help. With a gentle motion of their hands over my head, they remove my anxiety.

I open my eyes and scan the stage of our healing. To my right, attended by Alex and Mateja, is Brock, a young man with severe MS. I talked to him earlier. I could see how after thirty years of wheelchair it is almost impossible to entertain any hopes. Yet, he is here. Yet, his eyes look at his healers with a heartbreaking impatience. One more try, he told me, one more attempt to feel some vitality running through his system.

On the other side of the room, Zoran works on a young woman whose hands are shaking uncontrollably. Like attracted by a magnet, her body moves slowly towards Zoran's hands. Unseen ties seem to lift her head, shoulders and chest and she steps into the open space following her stretched arms. Her hands are steady. No tremor. She bursts into tears, dancing and waving her hands in the air, for all of us to see.

In the following two days, moments like the one described above multiply. The energy in the room becomes nurturing and stable. People talk to each other, exchange impressions and compliment each other's signs of improvement. The lack of privacy of the treatment space becomes a huge benefit. Emotionally, we participate to each other's healing. We become an inseparable part of this energy field that supports and unites us.



At the end of the third or fourth session, Diane, a woman in her mid fifties who came from Sacramento, starts dancing. It was one of her dreams, after she was diagnosed with Parkinson's. She moves gently through the space, enjoying her flexibility and harmony.

It was only a day or two ago when she told me how embarrassed she felt for being ill. There is no discomfort in her dance now. Something magical has been awakened in her. Maybe self-confidence. Maybe hope. She seems ready to become her own healer.



Team at work



Zoran and Alina

Later on, I watch Kate who only two days ago was totally immobilized in her wheelchair like in a cage. The caretaker who accompanied her was lifting her legs, one by one, to move them from one uncomfortable position to another. And here she is now, after the fifth or sixth session, smiling and rubbing her palms together as she saw the healers doing. Her face is relaxed and bright. Helped by her caretaker and one of the healers she lifts her body out of the wheelchair stretching herself upwards. She takes few timid steps into the unknown of health. We all applaud frantically.

While Zoran works on my energy field, I try, surreptitiously, to probe into some of the issues and questions I have been struggling with in the last few days. Are there any tricks involved? Any illusions? Or miracles? "Bioenergy is not a trick nor is this a miracle," he says. "It is life energy that appears as a dynamic web all over us. Since we all move within this energetic field we leave behind a pathway of data, messages from our system. In healing, we don't do anything but access the information saved in the field of your body. We try to clean up the malignant frequencies in order to enhance the functions of the organs in need of help. When one practices the technique exactly as he or she was trained then the results show immediately. A healer does not interpret or diagnose, does not judge or predict. A healer gets the healing information and simply transmits it onto the patient's system. This is like a "jump start". From here on the body learns to heal itself."

And there he is, my friend Brock in the last day of the clinic, learning how to heal himself. He moved his wheelchair out of the isolation and seeks people to chat with. He wants to know what other forms of healing he can seek. The tension that had surrounded his presence at the beginning seemed to have melted into a relaxed and pleasant self-awareness. Something in his attitude has changed. He is reaching out in search of support and hope. For the last treatment, four of the healers are working on him. They seem to perform a ritual that only they could understand. Motion by motion, they open up channels of communication and relief. One can see Brock's face getting mellow and calm. When his caretaker tries to help him straighten up his body a barely visible, but voluntary motion stops her. Brock wants to stand up on his own. We all watch and wait. And he does. For a second or for a minute, his upright body vibrates the sense of victory. We cheer him up and almost push him out of his wheelchair when we come close to congratulate him. The proof is in the results, Zoran had told me earlier. And he was right.

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Book Reviews

A New Science of the Paranormal: The Promise of Psychical Research (Paperback)

by Lawrence LeShan

http://www.amazon.com/gp/product/0835608778/ref=s9_intb_gw_tr03?pf_rd_m=ATVPDKIKX0DER&pf_rd_s=center-3&pf_rd_r=0JJWA06SDT3JZES5J9KH&pf_rd_t=101&pf_rd_p=470938811&pf_rd_i=507846#reader

Pioneer researcher Lawrence LeShan who started as a skeptic in the 60ties and developed his own healing abilities (see April 2008 Newsletter interview with Dr Benor) writes another landmark book about what we know about Psi, the difference between normal and paranormal communication, about designing a science of Psi research, altered states of consciousness and implications of a new science. The Amazon presentation describes this book:

"Mainline science rejects the paranormal because it cannot be proven by the classical methods of controlled experiments. But sciences such as geology, astronomy, and anthropology also don't rely on laboratory testing for repeatable results. Moreover, psi concerns consciousness, which is by definition nonquantitative. "Psi researchers must stop acting like science's poor relations," says author Lawrence LaShan, "limiting themselves to controlled experiments such as analyzing statistics of people guessing cards being flipped in the next room."

This provocative book outlines the principles of making a real study of the large, exciting events — clairvoyance and precognition; mediumship and spirit controls; psychic healing — that would bring mainline science into and revitalize the whole field. "And the issue is not just academic," says LeShan. "The old, materialistic worldview has not worked. Psychic research," he argues, "can transform our sense of reality itself to offer a new and more hopeful picture of ourselves and of the world."

Ed



DVD Review

The State Oracle of Tibet

This is a French documentary film about the venerable Thupten Ngodup the Abot of the Nechung monastery. The movie follows the Abot through his usual routines, painting hobby and gardenin,g to the extraordinary times when he incorporates with the help of two other mediums, the protector spirit of Tibet, Nechung Chokyong. This Entity has been credited with telling the Dalai Lama when to leave Tived in the wake of the Chinese take over. The Abot describes the way he found out he has been chosen by the Protector as his vehicle and the training he had to undergo. While in trance he finds his physical strenght increased to the point that he could dance carrying a costume of great weight that would crush him in his natural state. When the trance is finished and the Protector takes his leave, the monks rush to free the Abot from his weighty costume. This documentary is recommended for rare footage and directness. To purchase this DVD see link below:

http://www.healingcoaching.ch/commandes_film.php

Ed.

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

Peter Roche de Coppens, PA; Janet Roseman, FL; Ty Ford, MD; Alina Enista, NJ; Christine Baraschi, UK; Anton Baraschi, NY.
