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Editorial

Anticipation

This New Year is promising. The Obama magic has incredulous people rub their eyes. Idealism, like a fragrant whiff of Spring, has infiltrated the shaky feeling of the economic implosion we are experiencing. "Maybe" is again en vogue.

On the Energy front, we find more cross fertilization. Jacob Melo- a Brazilian Spiritist- talks about his books on Passes, the "grandson" procedure originating with "granpa" Anton Mesmer. A reader from Canada has sent to the Newsletter material about a Slovenian healer whose clinic and style is the subject of a DVD documentary reviewed in this issue. There were several institutions in Russia in the 80ties that studied Bioenergy. The influence of the protocols developed in those institutions ripples into the workings of this clinic. I find these systems refreshing and definitely inspiring. The fact that in Slovenia, MD's refer patients to a clinic where bioenergy is considered an officially approved and valid therapy is enthuising. Maybe (the word en vogue) that will also trickle down, just like croissants and espresso became a necessary staple!



Also extremely refreshing is the openness of the Medical Director of the Continuum Center for Health and Healing in Manhattan (see the Healer of the Month presentation) who indicates that:

".....I would like to continue to play with and experiment with energy in my own life and in my care of patients. I would like to work together with energy workers in an integrative setting and participate in studies looking at the effectiveness of energy work in diagnosis and treatment."

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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

A nice website promoting Integrative Medicine, see articles about: The connection between Mind and Body; The Role of Spirituality and Religion in Healthcare; The Power of Beliefs and Importance of Culture; Healing and the Therapeutic Relationships; and many more interesting subjects:

<http://www.bravewell.org/>

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We reviewed in the "Ringing Cedars of Russia" books series in the September 08 Newsletter. Now the English translators of the series (from Russian) are offering workshops on the following themes: Creating your Space of Love; Creating your Family Domain; Gardening the Anastasia Way – Spiritual Permaculture; Happiness is your Domain – Visualizing Reality the Anastasia Way; Creating Communities; Navigating between Time and the Timeless; Children: Birth and Education; The Return of Anastasia. Only 60 spaces are available at each event. Sat and Sun \$295.00; Feb 21/22 '09 – Olympia, WA ;Feb 28/Mar 1 '09 – Ashland, OR ;Mar 7/8 '09 – Chicago, IL ;Mar 14/15 '09 – Woodstock, NY ;Mar 21/22 '09 – Santa Cruz, CA ;Mar 28/29 '09 – Santa Fe, NM ; April 4/5 '09 – Boulder, CO

<http://www.ringingcedars.com/workshops/>

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The Sacred Count of Creation, part of the Altar of Creation training program, is a hands-on training workshop offered by Steven J. Weiss, an osteopathic physician practicing for more than twenty years in New York City. It teaches skills to support the body's ability to heal and regulate itself. This therapeutic approach was born after 9/11, when Dr. Weiss' established methods no longer worked.

For more information about Steven and his work, go to www.altarofcreation.com

Location: Nurture New York, 1123 Broadway, Suite 1205 (betw. 25th & 26th Street) February 12, 2009 from 6:30 to 9:30 PM Fee: \$50 at the door (\$40 advanced registration) .

To register: 212.580.2689 or info@nurturenewyork.com

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Dr. Martensen's critique of the American health care system, "A Life Worth Living: A Doctor's Reflections on Illness in a High-Tech Era." was recently published. The New York Times interviewed the good doctor. There were many common sense remarks on today's state of affairs.

<http://www.nytimes.com/2009/01/20/health/policy/20conv.html?ref=science>

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Author Paul Coelho comments the anachronism of a medium accused of witchcraft during WW2.

<http://www.warriorofthelight.com/engl/index.html>

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New England Journal of Medicine- Checklist saves lives, as simple as that:

<http://content.nejm.org/cgi/content/full/NEJMs0810119>

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Flower essences are demonstrated to antidote environmental stressors:

http://www.issseem.org/storejournals_detail.cfm?articleid=164

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Remote Viewers Newsletter- many interesting "factoids":

<http://www.trvnews.com/tmn/091405/>

Interview

Author Jacob Luiz de Melo



A native of Brazil, Jacob Luiz de Melo graduated as a civil engineer, then completed post-graduate studies obtaining a Master's Degree in Clinical Psychoanalysis. Today, Jacob is a sought after educator and an international public speaker on magnetism in Spiritism and other related subjects for many of the Spiritist Centers in the Americas.

Besides writing books on magnetism and Passes (the Spiritist term for laying of hands energy work), Jacob Melo authored 5 inspirational books with messages of optimism and introspection. He has also authored an educational



romance (about a precocious boy) and a self-help book on suicide prevention "To live is still the best option"

Jacob Luis de Melo is the vice-president of a non-profit institution in Brazil that provides care for needy and abandoned senior citizens (LEAN = Brazillian acronym for New Dawn Spiritist Home). Services provided include helping children in slums (favelas), running a soup kitchen catering to more than 250 under privileged people, conducting classes on religious subjects, coordinating study groups on Spiritism (works of Allan Kardec) and a center of practical education for mothers to be. Jacob coordinates at LEAN a crew of 30 people and provides upwards of 80 personal consultations per week.

ED.

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ER. *I understand you are trained as a psychoanalyst. What directed you to become a Spiritist?*

JLdM. I was trained in the Freudian school. Originally, I was curious to know for myself why such an important practitioner of his time is being denigrated (especially) by lay people. I had a suspicion that the "people who talk must not know his works". I came to know his works and it was a pleasant surprise. As a Spiritist, I mused that if he had entered the area of the spirit he'd have gone much further and would have contributed much more to the field. The fact that Freud limited his horizons to levels more related to what we call materialism, gave him the ability to make a more specific and objective assessments. On the other hand, that fact placated potentially the opposition to a science with religious or spiritual connections.

Why I became a Spiritist? I was born and lived as a small child in Teresina, Piauí, in northern Brazil. When I was six months old my parents moved to Natal the capital of the State of Rio Grande do Norte, the most northeastern point in Brazil, a place where I live to this day. Just after we got here, my mother attended the State Spiritist Federation's activities and became a Spiritist. In her youth until she was engaged, she entertained the idea of becoming a nun. As I grew up, I found myself in a home where the study of the Gospel and Spiritist books was practiced constantly.

During the following six years I studied at a school run by the Salesian Brothers, at a time when students were often forced to participate in masses or Catholic indoctrination. After six years with the Salesian's, I studied in Recife, at a boarding school, run by American Baptist Protestants; there I had to participate in religious services of that faith. My choice of being Spiritist was mine, perhaps as a reaction to different religions I was exposed to, not only because of a family environment.

ER. *Now that you are a Spiritist- what attracted you to write a book and study Passes and implicitly Healing?*

JLdM. My original schooling was in Civil Engineering. I chose Engineering because I was attracted by the study of mathematics, physics, and logic. I've always been the type of person that likes to know the 'whys' of everything. I didn't accept then, nor do today, argument without causality.

Attending Spiritist youth group meetings I'd argue with coordinators who wanted to impose knowledge on authority, without logical justification. As I grew up, people at the centers started asking me for explanations about certain phenomena because of two main reasons:

First, I had a very strong magnetic transmission and they wanted to know how I did what I did and why; second, everyone knew that I studied and read extensively and had a math background, so I was asked to teach courses about what I knew. This inspired me to write study aids and guidelines, so before I knew it, the courses started to happen.

I couldn't get used to the lack of explanations. Although, the Spiritist bibliography is vast, it still leaves a lot to be desired in the magnetic field. I acquired over time and read books and more books, from different authors and sources on this subject. I was able to acquire a large body of studies and research. I also consider myself lucky to have had companions that were able to study and do research with me either as a subject or an object.



ER. I was told that you wrote a study book about Passes among other books. What can you tell us about your books, and availability in English?

JLdM. The first book I wrote was "Passes, Studies, & Practices" which was published by the Brazilian Spiritist Federation in 1992. People would ask for copies of the study aids that I put together for the groups I was involved with. The last study aid I assembled had more than 110 pages which is too much for a study aid, since all the material was there, I decided to make it into a book. In this book about "Passes, Studies and Practice" my approach to magnetism and its applications is comprehensive (about what is known in Brazilian Spiritist circles as "pass"). I included an extensive bibliography, but I talk very little about my personal experiences because at that time I thought that they weren't relevant. After this one, I wrote another 4 books on the subject, they are: "Pass-giver's Manual", "Healing Yourself and Heal Others Through Passes", "Healing Depression Through Magnetism", and "Reevaluating Distorted Truths".

About translations, the book "Passes, Studies, & Practices" was to FEB, but I intend to get the rights back for a long revision and after that, target it for translation at least in two languages: English and Spanish. The "Pass-giver's Manual" is being translated by a group in Florida and they committed themselves that by the second semester of 2009 it'll be published. This same book will be translated to Spanish this year.

For now, my book exists in Portuguese and can be bought in the Spiritist Houses in Brazil, and in several centers in the U.S., by next February our publisher will have a direct channel for distribution. There will be instructions on the site www.jacobmelo.com.br

ER. Could you give a sample of matters described in the book? Maybe a story or incident that stands out?

JLdM. In the book "Passes, Studies, & Practices" I am reporting an unusual occurrence: the transmission of certain chemical elements through magnetism. We all know that this is not common yet, it's more common than one imagines during passes.

On a Tuesday afternoon, a lady who was proficient in mediumship and magnetism, suddenly felt an uncontrollable urge to go to a pharmacy and ask the pharmacist that give an injection whose main active ingredient was calcium. In Brazil, unlike the US, she didn't need a doctor's prescription to get this medication as any pharmacist could give shots, dress wounds and advise on medications for common ailments. After she got the injection intravenously she went home thinking and full of doubts: "Am I crazy? What's the matter with me? "

That night, after the Gospel in the Home meeting, this lady asked the gentleman who directed the meeting if he would accept her giving him passes. He agreed. But when the passes were completed, he asked with astonishment: "what did you use, because I have a taste of calcium in my mouth and I feel it perspiring it from my pores? She was embarrassed and changed the subject.

The following Sunday, at a mediumistic meeting, a spirit manifested through a medium and said that this lady was induced to take the injection because the man who received the pass was really weak in his health. He couldn't be medicated directly and the composition of regular medicine would harm him. Therefore, she was the means of transference (as a substitute), via magnetism.

I'd like to bring to attention very seriously the information obtained from the centers of force called chakras. Specially in the books "Pass-giver's Manual", "Healing Yourself and Heal Others Through Passes" I make a point to emphasize the need to go deeper into this subject because through these vortex centers we can understand, with certitude, how the vital circles are and the potentials of magnetism.

ER. What are some of your present preoccupations?

JLdM. I am intensely involved in research on the influence of magnetism in the cure of depression. The results have been positive, even when we know that there are still many unanswered questions. I am disappointed that so far I haven't found medical professionals that wish to partner in this research. I'm troubled by lack of compassion in psychiatric



practices. Most of the time the decision is to place patients on strong medications which in turn create violent secondary symptoms and create dependency on medication for the rest of their lives. I work hard to show that depression can be reverted through alternatives to medication. It's a shame that magnetism cannot be sold in bottles!

Another group of illnesses that interest me are connected with the nervous system, first of all sclerosis, and the degenerative ones such as Alzheimer, Parkinson's, Ataxia and others in this family. Lastly, I am interested in immune system disorders. Because I know magnetism fundamentals and have worked with it for more than 40 years since I was 15 years old, I know that its influence in the nervous is a reality, although not well known. If I have time in this incarnation I'll try to do some work on this subject.

Another topic connected to magnetism is the prevention of suicides. I've always wanted to dedicate myself to this subject, should I find the time.

ER. What are your plans for the future?

JLdM. In the future I hope to see magnetism in the forefront in all its potentials. Like most Spiritists, I'm not much interested in fame, recognition, money or such, but I am interested that humanity regains the use of this true blessing, little explored, little known that is magnetism.

With the help of my publisher I want to start rescuing classic books on magnetism that are priceless and forgotten. At this time, I don't have enough resources for this work, but I know that someday, sooner or later, this will happen, be it through me or other dedicated workers.

ER. Do you have a message to the readers of ER?

JLdM. I invite the readers of ER to join in a prayer to reflect together on reading, on deepening of knowledge, on excellence in studies, on research, such that we use all that we learn and assimilate, on the value and dimension of the good of our belief. The material that the ER brings us is extremely valuable for us to share, to know, and to refer to friends. It is very useful and good. If we limit ourselves, I feel it's not enough. The world asks our participation in an active and effective way.

If you're interested in magnetism, passes, bio-energy, healing, therapeutic touch, or other healing methods, I urge you to step forward and apply yourself with good will, without fear and anxiety, because you can achieve much more than you imagine. The universe of people waiting for you is greater than what you will ever imagine. I venture to say that you'll be the ones that acquire the most merit on this path.

ER. How would you like to be contacted?

I have a web page (parts of it under construction) where people can contact me www.jacobmelo.com.br People can reach me through email: jacobmelo@gmail.com

My phone, in case of an emergency: 84-3221.4410 (Brasil)



Healer of the Month

Martin H. Ehrlich MD, MPH, LAc



Dr Martin H. Ehrlich is the Medical Director of the Beth Israel Continuum Center for Health and Healing in Manhattan.

<http://www.healthandhealingny.org/>

This center is committed to integrative and holistic health. The holistic approach is to treat the person, not the disease, using a plethora of therapies that include besides Conventional Medicine relaxation techniques such as: meditation, biofeedback, hypnotherapy and guided imagery, manual therapies such as chiropractic, massage, and cranial therapy, nutritional supplementation, optimized nutrition for detoxifying, improving digestion, and eliminating food sensitivities, plant-based medicines, including herbal medicine and aromatherapy and traditional medicines such as Traditional Chinese Medicine.

Dr. Ehrlich is board certified in Internal Medicine and licensed in acupuncture, with many years of experience in the practice and teaching of holistic, integrative medicine. He is a graduate of Columbia University College of Physicians and Surgeons and Columbia School of Public Health. He received certification in Acupuncture from The American College of Acupuncture and studied in China at The College of Traditional Chinese Medicine in Chengdu. He is certified in Functional Medicine and Clinical Homeopathy. He is an Assistant Professor of Medicine at The Albert Einstein College of Medicine. Dr. Ehrlich has been named "top doctor" by the Castle Connolly Health Care Provider Survey. He has written articles on hypertension and cardiovascular risk reduction and lectures on integrative approaches to common medical problems.

Prior to his present position as Medical Director at the Continuum Center for Health and Healing in Manhattan, Dr. Ehrlich worked at Harlem Hospital in NYC and later at the Department of Internal Medicine at Montefiore Hospital in New York. Below, a summary of his credo:

"Through my personal experience I have learned that healing is a process of transformation that involves the whole person - spirit, mind, emotions and body. I have seen the body's capacity to heal and understand the role of the physician as facilitating that innate capacity. In my life and work I have witnessed the strengths and limitations of conventional medicine in treating many common problems such as hypertension, diabetes and heart disease and many of the more complex problems like inflammatory bowel disease, multiple sclerosis and chronic pain. At the same time, I have found nutrition, exercise, acupuncture and other healing approaches to be more effective, better tolerated and beneficial for long term health. As a result, I focus on natural, nontoxic and less invasive therapies to correct underlying imbalances and to promote self healing. Working together with my patients, we develop an individualized plan, utilizing a wide range of therapeutic approaches from conventional, complementary and traditional systems."

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On behalf of our readers I asked Dr Ehrlich a few questions:

ER. *Dr Ehrlich, I know you have an interest in Energy Medicine. When and how did you come in contact with it?*

MHE I first came into contact with energy medicine when I was studying acupuncture in 2002. One of my teachers Dr Kenneth Ong MD, a Qi Gong master and amazing acupuncturist taught us basic Qi Gong exercises and demonstrated its use on patients. Through yoga practice I have become aware of the flow of energy through the chakras and observe and play with it. In my practice, I try to be aware of energy in myself and my patients with simple observations of posture and breathing patterns and the laying on of hands. I am always trying to sense both consciously and unconsciously what is being communicated and use energy in diagnosis and treatment.

ER. *Do you or have you used, referred or recommend patients for energetic treatments?*

MHE I think every interaction with a patient involves energy transfer whether overt or subliminal. At our center we have practitioners of Reiki, aromatherapy and massage; all of whom consciously use energy in their work. I have also referred patients to several energy healers that I have met and been treated by, perhaps the most prominent being Mircea Nedelcu. (reviewed in the August issue of this Newsletter. Ed)

ER. *Were those experiences positive? Do you have a particular example you would care to share?*

MHE They have been interesting and some very positive experiences. My first personal experience included a chronic shoulder injury that had bothered me for months. One day Mircea and I were walking down the street and he had his arm around me with his hand on my shoulder. I hadn't mentioned anything about the shoulder but I noticed a distinct sense of pleasant heat emanating from his hand into my shoulder. The next day the pain was completely and permanently gone. Another incident with Mircea occurred one evening when I came home acutely ill with a fever of 104, severe fatigue and myalgias. We were planning to meet Mircea the following evening for dinner and my wife called him to cancel because I was so sick that it was unlikely I would be better in time. He told her that I would be fine and that he would start working on me immediately (long distance) and that I should take an ibuprofen and go to sleep. Within an hour I broke into a drenching sweat that continued for most of the night. The next morning I awoke, unbelievably refreshed feeling incredibly reinvigorated as if I had been through a major detox and returned from a wonderful vacation. I was energized for weeks. That evening we met Mircea for dinner and I thanked him.

Since then I have sent many patients: A patient with severe uterine bleeding from fibroids, for which medical treatments were unsuccessful and which he treated successfully, Migraine headaches and chronic fatigue for which he provided short term/several months' improvement, and a child with an inoperable brain tumor who is currently stable on a combination of treatments that included radiation, chemotherapy and energy work.

Mircea came to the Continuum Center for Health and Healing this past October, and gave a fascinating talk to a group of doctors nurses and office staff, demonstrating his diagnostic and treatment skills in volunteers from the group with musculoskeletal disorders, acid reflux, inflammatory bowel disease and migraine headaches.

ER. *What do you envision for the future in reference to energy work?*

MHE I think energy work is the new frontier. I believe that it is a powerful diagnostic and therapeutic tool that can be used by everyone for self assessment and self healing. There are certainly gifted people who have the capacity to work with energy but I think everyone can and should become more attuned to their energetic aspects. I believe that science and technology will develop tools that will help to quantify and understand how energy works and help to document its efficacy so it can assume its rightful place in healing.

ER. *Do you have any plans for the future as to your work? How do you want to be contacted?*



MHE I would like to continue to play with and experiment with energy in my own life and in my care of patients. I would like to work together with energy workers in an integrative setting and participate in studies looking at the effectiveness of energy work in diagnosis and treatment.

If you have any questions feel free to contact me.

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Fax 646-935-2272

Workshop Review

Integrated Energy Therapy (IET-or Angel Therapy) Follow-up

A presentation by **Dave Dodge LCSW**

Since I submitted an article to this newsletter in November of 2008 on the same subject, I have been attuned to the Advanced Level of Integrated Energy Therapy I have experienced the Angel Therapy (IET) a bit more. This is a follow up article to give some of my feedback about working with the IET.

I am a Reiki Master since October 2006. I thought the Reiki energy was incredible in itself. And it still is. However, this new “Angel Therapy” I have been exposed to is equally incredible albeit in different ways. So please be aware that the comments to follow in comparing one energy modality to another are my own opinions stemming from my own experiences and should not be interpreted as fact one way or the other. I believe they both are very powerful healing modalities and both have their own place in the world of health and healing.

With that being said, the Reiki energy seems to work on the overall system in a very general way and relaxes the user and balances one’s energy over time.

With Angel Therapy you can call on a specific angel to deal with a specific negative feeling you’re feeling at a specific time. Reiki was excellent working directly with anxiety and anger (these being two of the five precepts of Reiki, “Let me let go of my anger/worry”) but Angel Therapy works specifically to assist with letting go of a number of other negative emotions (see them highlighted below) and, then, imprint more positive states after releasing the negative.

In the November, 2008 Newsletter I included the following graph in my article (included again for clarity):

Governs Cellular Memory Area	Governing Angel	Angelic Healing Gift Helps Us to Imprint	Helps Us To Release
8th Chakra	Ariel	Finding and living our soul's mission	Limiting human Self will
1. Top of the head		Open to the divine	Separation from the divine



7 th Chakra	Raphael	Innocence	through guilt and sin
2. Third Eye 6 th Chakra	Gabriel	Spiritual truth & insight Trust	Spiritual uncertainty and distrust of the divine
3&4. Throat, Neck and Lungs 5 th Chakra	Celestina	Creative expression & Spiritual Pride	Swallowing self expression Shame
5. Shoulders	Faith	Faith & Freedom	Worshipping the opinions of others – The “Shoulds”
6. Heart 4 th Chakra	Cassiel	Love	A heart closed by heartache and betrayal
7. Liver, Spleen and Gall Bladder	Daniel	Justice & Forgiveness	Judgment of self & others Anger & Resentment
8. Stomach and Adrenals 3 rd Chakra	Sarah	Perseverance & Being in one’s Power	Victimization caused by self and others Stress & Powerlessness
9. Kidney 2 nd Chakra	Michael	Safety	Fear
1 st Chakra	Ariel	Spiritual identity	Delusion

This graph shows that an Angel works with you on each one of your (or your client’s) chakras and organ systems that are believed to hold certain negative emotions that need to be released so that the benefactor of this energy can bit by bit “return to innocence”, a time and place prior to having all of these negative emotions clogging up our systems. The more we return to innocence, the more we are healed, which supports a main premise of this therapy, “You are not truly healed until you are living out your dreams”.

So, for me, Angel Therapy seems to be much more specific and more readily available to apply to a specific purpose and to attain a result. For example, recently I was taking a walk in the woods and my thinking went to an event that I was particularly fearful about and remembered that I simply connected with the Angels and asked Michael specifically to help me let go of my fear. Almost instantaneously I felt a relaxing calm come over my body. This was the most pronounced time that this kind of thing happened to me but proved to me that this energy connection can be very powerful. I have never experienced something that quickly from Reiki.

My life has changed significantly since I was attuned to the IET. And, I have to admit, it’s hard to tell how much I can specifically credit the Angel Therapy because I have gone to the teacher that attuned me to the Angel Therapy, Patricia Guerin, and have had six sessions with her thus far. She not only is in touch with the angels and heals through them, but her guides get in touch with my guides who get in touch with my “Ascension Committee” which she says we all have. (We all have an “Ascension Committee” that is helping us to Ascend to the new levels of evolution.) Pretty cool I think.



Anyway, Patricia has been doing her form of Spiritual Healing for 25 years and is incredibly good at it. Her website is www.transformationalhealingpractice.com and, hopefully she will agree to an interview in a future Newsletter so readers can get to know her work.

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Dave Dodge is a Licensed Clinical Social Worker, a Certified Hypnotherapist and Reiki Master, with 35 years experience in mental health and treatment of addictions. He is currently in private practice with 2 offices in New City and Katonah NY. He can be reached at (845) 639-5061 or via e-mail at davelcswcht@verizon.net Currently he is engaged in organizing a multidiscipline Healing Center with likeminded professionals and writing a book about Parenting.

DVD Review

Think About It - A healing documentary a film by Stephanie Cote and Zoran Hochstatter

<http://www.healingbioenergy.com/>
(follow links to view/ buy the movie)

"Think About It" is a documentary showing the work of bioenergist Zdenko Domancic from Slovenia who has developed a simplified and effective energy therapy that produces measurable effects in 4 consecutive days and could be taught in 2 week long intensives. There are comments by people that have experienced healing via bioenergy from conditions such as hepatitis C a, cardiovascular disease, comments by physicians that followed up the case and also by Dean Radin of the Noetic Institute and other scientists interested in Energy work. The setting of the clinic in the Slovenian countryside and the openness of the clinic where all 80 or so patients referred by local MD's take their turn in being treated by several bioenergists at the same time in 5 to 20 minutes sessions is remarkable.

It is a well made documentary shot by Zoran Hochstatter, an international professional photographer and cinematographer who is passionate about energy work, and now represents Zdenko Domancic in the USA. This mind opening documentary is a must see for all people interested in cutting edge energy developments.

ED.



Zoran Hochstatter

I asked Zoran Hochstatter a few question on behalf of our readers:

ER. I understand that it took 2 years to put together this documentary. What were the aspects or scenes of the documentary that required the most thought? (editing, choosing scenes, following the main ideas to get across- about your experiences in making this documentary)?



ZH. We did not want to make a film that presents another problem to the public. Our goal was to make a film about a solution, a film about a different approach to health and healing.

We had about 20 hours of usable footage, interviews, testimonials, etc and we had to edit down to roughly 50 minutes. So, the biggest challenge was deciding what to leave in and what to throw out. We wanted to present this different way of thinking and support it with the "official" or scientific point of view. We were completely unaware of the fact that what Mr. Domancic was telling us, and what he wrote about in, let's say 1987, the scientists are now very excitedly discovering and proving. There is so much going on that we had to be really careful what to include in our limited time and still keep all the important stuff without losing the human component of this whole approach to people's health and process of healing.

It was an incredible learning experience that has changed my life.

ER. Do you have a prominent anecdote or situation that occurred during the making of the movie you would like to share with the readers?

ZH. People would usually give us 45 minutes to an hour of their time for interviews. In Dr. Shin Lin's laboratory, at the University of Irvine, we were nearing our time limit when I asked him if I could try something while we were "hooked up" to the GDV (*gas discharge visualization- see link below*) machine. I told him it would take about ten seconds and he reluctantly agreed. I applied a simple balancing technique and the results were such that he ended talking to us for four hours and then he took us for a long lunch on top of it. Everybody had a great time.

<http://www.google.com/search?hl=en&q=GDV+machine&btnG=Google+Search&aq=f&oq=>

ER. How is Zdenko Domancic as a person- could you describe him to us?

ZH. He oozes charm and charisma but is also very focused and sometimes isn't in the mood for chatting. In the beginning, I had to use lots of techniques I learned in Africa while shooting lions. They don't really want to be told what to do so you just wait by the watering hole. They come to drink sooner or later.

ER. Would you be interested in perhaps writing an article presenting the essence of this method to our readers in a future issue? Are there seminars in the US?

ZH. It would be very hard to do it justice on paper, even though it is so elegantly simple, but there are seminars in the US. There is a big difference between the first hand experience of the hands on workshop where you feel the energy and the relative experience of a written word.

ER. Do you have a message for the ER readers?

ZH. In my experience, Chi, Prana, Bioenergy, Bioplasma, or what ever you call it, it is all the same energy. It's incredibly powerful. Make sure you know what you are doing when you use it.

ER. Zoran, we thank you for your time and look forward to seeing you at one of your seminars.



Book Review

Hey - Doc! – Are You Listening to YOUR Heart

by Richard Sheff, MD

This book is intended for people pursuing a medical career. Dr Sheff is a talented storyteller that brings to life the saga of his initiation into the medical profession. He has the uncanny talent to be simultaneously the observer and the observed, with the inner knowledge that his experiences are archetypal, that others along the path of a medical student will have less struggles in their development, as they absorb his heartfelt conclusion. Especially of interest is the way he overcomes the boundaries of techno medicine and works his way into a medicine practice of the heart that includes alternatives. Much of how the medical system of teaching induces soul callousness through numbing the soul to empathy is well portrayed in description of residency and internship experiences. One gets to sympathize with the grueling trials a young soul has to endure to become an MD and a healer.

A website is dedicated to this book. One could buy the book, read excerpts from the book and a short biography of the author.

<http://listentoyourheartmedicine.com/>

Announcements

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

Credits

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