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Editorial

John of God at Omega

This year there are no pictures. The event took place smoothly, the current was strong and many experienced what they had come to find. I noticed that there was a curve in what took place when JOG came to the US. First in Atlanta- there was a continuous video of the event and people could purchase the snapshot of their being in front of the entity. At Omega 1 some people took their own pictures, there was an official photographer but the faces of the participants were blurred by the photographer. At Omega 2 Karen Leffler published only pictures of those who signed releases. At Omega 3 there are no pictures. I think this is saying something about how difficult it is to make something good run smooth.

Ed.

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To **contact us** or view previous issues of this Newsletter click this link: <http://energeticrejuvenation.com/>
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

Lock Kelly M. Div. LCSW teaching at One Spirit Learning Alliance: 330 West 38th St (between 9th and 8th Ave)., NYC, Suite 1500
November 8, 2009: Who am I?: Moving from Spiritual Experience to Awakening
December 13, 2009:Getting Unstuck: From Ego Identification to Open-Hearted Wisdom
January 17, 2010:Waking-In: Embodying Awake Awareness <http://www.onespiritinterfaith.org/events/awakening.htm>

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Tibetan Medicine Workshop November 6-8, 2009: "Traditional Tibetan Medicine for the Western World--A Holistic Approach to Better Health", with Dr. Barry Clark <http://www.drbarryclark.com/index.html>

This beginning workshop discusses: What is a healthy body, what is the nature of disease, causative factors and diagnosis, principles of treatment and more.

Finger Lakes School of Acupuncture & Oriental Medicine of New York Chiropractic College, 2360 State Route 89, Seneca Falls, NY . More information:

<http://www.snowlionpub.com/samples/barryclarkflyer-11-09.pdf>

For more information call Dean Jason Wright Lac.(800) 234-6922.To register: 1-800-434-3955 Ext.132

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Three heart essences (Nying Po Nam Soom) a 3 day residential retreat Fri-Sun Nov 13-15 Trinity Research Center 79 B Lower river Road Wesy Cornwall CT 06796 with **Chongtul Rinpoche**. This is part of the Nine Preliminary Teachings of Bon. Experience the power of mantras.

<http://www.bonshenling.org/events.html>

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An article about popular spiritual practices in Venezuela- from the New York Times

http://www.nytimes.com/2009/10/28/world/americas/28venez.html?_r=1&ref=global-home

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Also from the New York Times - and article about the "nonlinearity" of cancer. New thinking at work:

<http://www.nytimes.com/2009/10/27/health/27canc.html?ref=health>

Philosophical Essay

In part one of this series, published in the July issue of this Newsletter, Peter Roche de Coppens develops the theme of homo triplex, man endowed with three basic natures, physical, psychic and spiritual (Body, Soul and Spirit). The proposed Emerging Health Care Paradigm must of necessity address all constituents of human nature. In part two published in August, Peter developed the concept of the "vitality level"-of what makes a person heal. In part three he introduces the idea of destiny, why – when all things are equal, some people heal and some don't. In part four, he examines the paradigm of the extraordinary healer- the spontaneous appearance of persons who can "sublimate" karma.
Ed.

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The Transforming and Emerging Healthcare Paradigm (part 4 of 7):

The great medical paradox and the notion of destiny.

by **Peter Roche de Coppens PhD**

In the annals of medicine there has always been a great paradox... which has left many people confused and which generated a great deal of animosity between the medical profession and remarkable Healers and Saints. This paradox has two faces and one very interesting explanation. From time immemorial, there have been men and women throughout the world, in different races, religions, and socioeconomic levels who became extraordinary instrument for healings that



were objectively verified, complete and lasting. These people had no medical training or education, no clinical experience, and no recognition at the beginning of their careers as healers. Yet, they were able to achieve what the best medical doctors and the most technologically advanced hospitals, with all of their resources, research, and training were unable to duplicate! How is this possible and is this an intelligible phenomenon? I believe it is and I would suggest the following explanation.

Before, however, let me make quite clear that I have observed such phenomena, in different continents, countries and places, made possible by various men and women who were obviously endowed with a “gift of healing”! Not only have I had observed this, but I have also personally experienced it several times in my life and once in a very striking way. Hence, both subjectively and objectively, I know that this is possible and I feel that I might have a possible, rational and coherent, explanation for this that might shed much light on this phenomenon and enable us to utilize it to help many people by recognizing it and integrating it in the emerging medical paradigm. Let us begin with a few names and concrete practical examples.

I can think of several people who would fit into this category and will mention just a few who were religious and considered Saints and a couple who were not in religious orders but who became recognized as outstanding healers. Here, I am thinking of the Cure d’Ars, Padre Pio and Brother Andre, and Maitre Philippe de Lyons and Bruno Groening. We can also find such people in the East, in Africa, in the Middle East and, in fact, all over the world! Without any medical training or clinical experience, these people were able to facilitate definitive and complete healings, that were medically verified, from all kinds of severe illnesses, handicaps, and dysfunctions that were deemed to be terminal by the competent conventional authorities.

Likewise, there are places and sanctuaries that are reputed to be instrumental in the same type of sensational healings. Here, I am thinking of Saint Ann of Beaupres, and St. Joseph’s Oratory in Quebec, Canada, of Lourdes in France and of Monticchiari in Italy. Actually, there are many such places, all over the world and in all countries but those are the ones that are best known and which are the most visited ones. I have myself conducted pilgrimages to some of these sanctuaries for my students and witnessed some interesting healings and transformations taking place. Let me cite just one concrete example drawn from the more than 40,000 healing cases of Brother Andre.

Brother Andre of Montreal had a very special gift of healing, which he attributed to St. Joseph, and which he generally facilitated by rubbing of some “St. Joseph’s Oil” on needy and sick persons. His worst enemy was a medical doctor by the name of Dr. Charette who did his best to discredit Brother Andre and make it impossible for him to do his healings. One day Dr. Charette’s wife fell very ill and was defined as being terminal by the medical profession. Having heard of Brother Andre she asked for his help and her husband humbly agreed in spite of his antagonism to Brother Andre. What followed was a truly “strange and scientifically unexplainable situation”.

Brother Andre told Dr. Charette that his wife *was healed* and that he did not have to embarrass him by visiting her at their house. Dr. Charette thought that this was a polite way to avoid the situation and not visiting his wife, and thus proceeded to insult Brother Andre... as he was used to do! Returning to his house, much to his surprise, he found his wife who opened the door for him and who was completely healed (she was healed at the precise time when Brother Andre claimed that she had been healed!) Needless to say, after this experience, he became one of the most devoted followers of Brother Andre! If you go to St. Joseph’s Oratory in Montreal, you will literally find hundreds of crutches on the walls of the cathedral. People came with them but left without them! Is there any way that we can make sense and explain in a rational manner this type of phenomenon? I believe there is and that modern science, physics and metaphysics in particular can now provide such an explanation.

As the great mystics have always claimed and taught and which modern science has now verified, the ultimate reality, of both man and the universe, is composed of energies with given frequencies which are truly multidimensional, having not only a quantitative and horizontal dimension but also a qualitative and vertical one. The active elements that are responsible for such “miraculous” or “sensational healings, their “cause” as it were, are certain *energies and frequencies* that are conveyed *interdimensionally* to the sick person and that are vehicled by the *love* of the healer for the healee. These energies and frequencies, as well as their support, love, can be transmitted nonlocally so that the healer may be in the presence of the healee or may also be at a distance. Moreover, this type of “gift” or ability can function both at the



cognitive and at the therapeutic level, to get a global vision of what is going on and to reharmonize basic dysfunctions and remove energy and information blockages.

Another related paradox is the fact that while some people get healed in a sensational way by having access to Saints, Healers and special Sanctuaries, many people do not get healed! So how can we explain the fact that some get healed immediately, others after a few hours or days, some even after one or more years, and that some do not get healed physically but will die of their illness? The traditional explanation is that this is God's will which we cannot understand and must accept rejoicing when it happens, and taking it in our stride when it does not happen! I feel that, at this point in my life and with what I have experienced, I have a better explanation: it is the *destiny* of the person that makes the difference! Those that are physically cured are healed because it was their destiny to be healed, while those who are not physically cured (but who can gain psychological and spiritual benefits) had a destiny which did not include that change!

In my discussions with Saints, Sages, and exceptional Healers, there was one question I always asked: "Why it is that you never complain about some of the terrible and unjust things that happened to you and always accept them... and even seek to be grateful for them?" The usual answer was: "How can you complain about something which you have chosen, for your own growth and evolution... even if it is difficult and painful?" Researching and meditating about the concept of "fatum", or destiny, here is what I found and concluded, which is what the spiritual tradition has always asserted and that I personally verified.

Before we are born into this world, our soul can chose, to a certain extent, the fundamental experiences she will go through on earth and that will help her grow and eventually realize her great goal (the gender, race, family, religion, country, socioeconomic level, health status, etc.). There is also a trade-off whereby a person can chose to grow and evolve more quickly by choosing a more difficult and challenging life, or can grow less quickly by choosing a more comfortable and easier life. There are many fragments of this teaching which one can find in many sources. One of the oldest and best can be found in Plato's *Republic* in the myth of Er.

A final point I would like to bring in this article is the fact that a human being is really a *homo triplex*, a being with three natures, physical, human and spiritual. This means that our health, diseases, and healing also have three basic dimensions. In causal terms, it is the spiritual that is the source and structuring level that impact the emotional-mental which then works its way down to the vital-physical. Thus, it is possible to have spiritual healing that does not yet manifest at the human and physical level or to have spiritual and psychic healing but which does not yet manifest at the physical level. In my personal experience, I have discovered that most people that have access to higher energy, frequency and information sources do get spiritual healing. Many also get human or psychic, emotional-mental healing, while only few get also a physical and definitive healing.

What does spiritual healing really entail? Essentially it implies becoming reconnected to reality, external and internal; that is to face what is there rather than reacting to one's fears and desires. Human, or emotional-mental healing, implies being able to transform, "alchemize", one's negative emotions and thoughts into positive ones. Physical healing involves the removal of symptoms and the extinction of whatever pathology affected that person.

To sum it up: global healing involves the ability to live without fear, anxiety, guilt, and violence; to be able to accept, appreciate and be grateful for whatever one is living through... with the recognition that we chose whatever we are experiencing in order to grow and become more than what we are. It means to understand and respect the laws of life and of our own being; in particular, it means to learn how to love our Creator, our self, our fellow humans, nature and the universe... and thus Life! It means to be able to reconnect consciously with the inexhaustible Source of Life, Love and Wisdom that already dwells in our being but not yet at the conscious level; and to do what our soul chose to do and experience in this world! It means to be true to one's self and develop character and integrity. If we are truly able to achieve the foregoing, it will only be a question of time for our PNEI axis to do its work and for our physical body to follow suit and heal!

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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 & Spiritual Revolution](#)

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

A Passage Through India

By **Margaret O'Connor**

Being on a spiritual path sometimes requires us to find within ourselves a flexibility and ability to accept change when it arrives on the doorstep. In the "comfort" of our habitual lives we may imagine that we are willing to walk through the doors that destiny opens for us. But are we really? This year a doorway opened for me which called me to Calcutta. The invitation came when my brother, who has been working for an NGO which does an enormous amount of work in Calcutta asked me if I would like to visit India with him. We are both people who work with children and those who care for children and it is a passion we share. The purpose of the visit was to look into the homes, hospitals, hospices and other projects that were under the umbrella of the National Governmental Organization my brother worked with, with an eye for quality of care for children and other people involved. Because of the horrendous story of sexual and physical abuse of children by clergy in our own country, the women who founded the organization doing the work in Calcutta



wished to be certain that only the best was being offered to the children in their care. I, who had never had a desire to go to India, immediately said yes.

How does one prepare for such a journey you might ask, if one is following a "call" and truly wants to be conscious and bring the best in oneself to the situation. I fell back on my usual methods of prayer and contemplation, conversation and the hungry search for information that might be helpful in the situation. I researched human rights, children's rights, children's rights in India, the best methods of parenting for children in care, care of children who are traumatized, care of the carers and so on. After all that, upon searching within, it was clear that I was ignorant of this culture and my best gift was to go open and empty and allow the unfolding wisdom of the situation to guide me.



Street scene



Street vendor

Calcutta has been famous for hundreds of years as one of the most appalling places on earth. It is one of the largest and most densely populated cities in the world overflowing with almost 16 million people, a number larger than many countries on the planet hold. It has been described as "a dying city" and "the city of dreadful night" "a city that "seems to be in a permanent state of cardiac arrest" and "a place that raises guilt and helplessness in the face of the plight of its inhabitants". None of this impressed me as I approached my encounter with Calcutta. What impressed me was my brother's love of the place as he returns year after year and the immense outpouring of care that my fellow country folk, including many young people who worked to raise money to go there and roll up their sleeves, seemed to be imbued with.

A small bag containing the bare necessities, toothbrush, floss, change of clothing, a few medicines, vitamins and the book "May You Be The Mother of A Hundred Sons" by Elizabeth Bumiller was more than I needed for the journey. Flying out of Cork, Ireland on the beautiful rays of morning sunlight over luscious green found me landing by sunset on that desert monument to bling the city of Dubai and into the diesel-infused haze of Calcutta on the following morning light. Picked up at the airport by an ambulance used to roam the streets at night to find the most needy citizens, I was soon eating a delicious breakfast of curd rice, paneer dosa and moong dal vada, the warm spicy meats and delicious bread and rice that India is famous for, with the choice of the old British standard of baked beans and chips.



Calcutta, was of course, overwhelming to my senses and yet I was immediately at home. Realizing that I had just landed in another backyard of the planet, another playground with new playmates, new experiences, I embraced this opportunity to be present to what the immense diversity of the life-world was offering to me. Being a traveler for many years, and already realizing that where ever I go there I am with all my preconceptions and prejudices, I knew my best option was to keep my senses open, not to divert my eyes from anything and to be continuously grateful for the gifts of this place and its people. And what gifts there were!

As we hurdled into the Calcutta morning traffic, yellow Ambassador taxies careening alongside bicycles, rickshaws pulled by painfully thin men, motorcycles with business men and their beautiful wives resplendent in exquisite saris on their way to work, private cars ferrying important people, everyone using their horns to blast each other out of the way, I became aware of the morning movements of people of this place. Families were strewn on sidewalks, mothers with babies curled at their feet along side mangy dogs. People washed with any source of water available, children bathing in filthy sewage water running along the street. Men casually urinated on the street whenever the need arose. Women in gorgeous colorful saris walked with immense dignity carrying hundredweights of produce on their heads. Stalls were opening for business and people displaying their beautiful and tawdry wares while women with the vermilion stripe on their heads indicating their married state bargained for the days rations. Billboards with white-faced Indian women advertised gold and fancy homes and vacations in clean high places and upscale gated hotels. The swirl of life was up to be met.

I was immediately put to work on arrival after a very efficient orientation by a young Irish woman, who had been living and working in Calcutta for several months. She moved fluidly throughout the city and I followed blindly trying to keep up as she bargained and haggled and found her way. On my first day as I settled in she gave me the run-down on the times the vegetable man would pass the door in the morning, pointed out the laundry man who opened his stall in the early morning and washed and ironed for 12 rupees per item (no underwear), where to get milk and eggs and how to move with the more insistent beggars, how to find taxies with meters and haggle with the taxi drivers (twice the fare plus 2 rupees). She made it clear that the throngs of dogs were not in their rabid season so were safe enough to walk past, buses were safe to take, just have the exact fare if possible and the metro though crowded was quite reasonable and got you where you needed to go. Her efficiency was palpable and her sense of entitlement as a white woman quite easy to discern also.

I slowed down to a snail pace in the delicious heat and found that having a cloth over my face gave me the illusion that I was not smoking 20 cigarettes each time I walked down the street. As I walked from my apartment to the boys home each morning I passed people who were getting into the day, washing and scrubbing, cleaning fish and lighting fires outside their straw and cardboard homes. Smartly dressed children in school uniform mingled with sari and dotted and suited men and women. I felt quite safe in the melee of life, noticeable perhaps for my coloring and dull western garb, but as I slowed my walking pace blending in better, staying open and spacious and present to all that life was offering me.



Children gathering at our arrival



Inquisitive faces



The boys greeted us with "hello auntie" and twinkled eyes at us as we got ready to show them Harry Potter the first Sunday. As I sat amongst them I noticed limbs missing and misshapen faces amongst the exquisite beauty of their young faces. These children had seen worlds I could not even imagine: living in the train stations, losing parents, begging for the bosses who took their rupees, being trafficked and sold. These were citizens of a part of the world that I was getting acquainted with but small boys looking at the movie hating the kissing and loving the fighty bits like little boys everywhere. I noticed siblings snuggling with each other and bigger boys helping the little ones who were as young as 4. The house-parents patiently sat with them and were gently available to the constant movement and need. In my own prejudicial assessment prior to my arrival I expected that I would see overly strict and punitive behavior toward the children. In fact what I saw was the opposite. So much for what I know.

As the weeks went on I visited hospices for children and adults with AIDs where the rain came through the roof and dinner was eaten on the bed cover in a dish. Children of the parents with AIDs slept in leaky cabins, neat as a pin with everything in order and prettied up. In the girl's orphanage they showed me their brightly colored bunks and their drawer underneath with one puja dress and their school uniform, a tiny material treasury of necessity that left most of the drawer empty. The boys in the rehab had been glue-sniffers and on the days I visited they took me up to the roof and we flew paper kites way above the city gusting on the warm Calcutta breeze as we shrieked with laughter. One boy drew a picture of his village and all his favorite haunts, the animals and his mami whom he missed. We sang Irish songs and they sang to us in Bengali.

One night I went in the ambulance on night watch taking to the streets where many families lived. At the station at Howra, little boys naked and alone toddled under the artificial light as their glue and alcohol and drug addicted parents and older siblings swarmed around and bumped into each other before collapsing in a heap on the ground. Pregnant girls tapped on the windows and one started to weep and in Bengali explained her plight to the nurse that travelled with us. We had a few bags of clothing to offer and one old woman, toothless and claw handed waved her claw in rage and cursed us when she found nothing left for her.

On the dumps which move into skyscrapers built from the refuse of 16 million people, the children vie with the pigs for the best garbage. Families spend their days in unspeakable smelly squalor searching amongst the mountains for plastic and tin foil and clothing and anything that can be salvaged and sold on. The unbearable stench surrounds us like a tangible mist filling the nostrils and fibres of clothing, coating the skin. The black pigs become like the hounds of hell snorting alongside beautiful bright eyed children looking up from tangled mops of hair and filthy limbs as they make their living and their home in this place. The NGO was in the process of starting a school and bringing some services to this place that is home for thousands of Calcuttans. I could not wait to leave as one child took my hand and escorted me out and smiled and waved as I left her home.



School girls



School girls



The night I arrived I went to Kalighat which is the red light district, a market area, the area of Mother Theresa's home and the location of the temple of Kali. It is also the red-light district where the devadasi and their daughters ply their trade and also die young in many cases as a result. As much as I had worn clunky shoes to keep my feet clean, we were asked to remove them as we entered and a priest led us through the urine scented temple into the inner sanctum where men in dotis made offerings for the goddess and an older devadasi took money offerings for the goddess Kali. A little girl in rags followed me through the place her hand out and a plea for a coin as she called me Mami. Overwhelming, malodorous and perfumed scents, rose into the air and the priests prayed mantras over us and tied a red string around our wrists before asking for a donation and leading us out again barefooted through the urine covered temple past the place of sacrifice, filthy and blood stained with a patient goat standing and waiting her turn as we made our way back onto the busy street. Mother Theresa's home was closed for the night and we went another day for mass and experienced the flavor of that woman's life amongst the poor and sick of Calcutta. And the whole spectre of religion and tradition rose again as it does every day at home - religions that value men and traditions that electively abort and kill girl babies to this day. And yet the beauty of this culture is also flavored by ancient spiritual traditions that serve the world every day. It does not have to make sense to my little mind thank the gods.

Each day I visited another home, hospital, hospice, orphanage, rehabilitation center. At the government-run homes to which the NGO donated some money, the carers and cooks came to speak with me about their work. They felt little hope for change in their circumstances and showed a lack of knowledge of basic human rights for the people in their care. They were not well cared for by the organization and they did not expect to offer good care to the vulnerable children and adults they looked after. I was warned from the beginning, by a wonderful doctor I travelled with from Dubai to Calcutta that in India hospitals and other places under government auspices were in appalling conditions with staff, sure of their position, apathetic and services practically non-existent. She gave me her phone number and asked that I call her if I got into any medical difficulty. The poor in India do not have this choice. Their experience on the ground makes for short life expectancies for men, women and children which keeps the grind stone of poverty moving. In contrast on my visit to Gangtok, a strategically placed region near the Chinese border government money is poured in for care and well-being of its citizens.

At a level up from the government homes were privately run homes for girls run by the genteel middle class ladies of Calcutta. These matriarchs ruled with an iron fist and the vagaries of hierarchy and caste made life very difficult for the carers and houseparents of the girls. Mostly women, they were poignant in their powerless, low status positions, some doing their best to do their best while others looked defeated and quite hopeless. We had a powerful discussion of how to bear it when you hoped for change but had to keep on in the current difficult circumstances. I was clear that this was not an Indian problem but a human problem and that the true care and feeding of humans at all levels of body, mind, soul and spirit is in its infancy in terms of our effectiveness and compassion. We are amazing, creative beings with powerful technology and increasing spiritual understanding and we have not yet fully turned our attention to the care of life on earth, including human beings. When we actually stop turning our heads and are willing to look with a spacious, courageous gaze we will see our opportunity once more and take it.

In the homes run by the NGO, children were very well treated, perhaps too well, and what I witnessed completely smashed my preconceptions about what I would see, another reminder that the mode is open focus and not the closed mind of cultural and personal myopia. I realized that these children were part of the global village, full of mischief and wisdom gained from experience and also in touch with the virtual world offered by the media. They are also part of the Indigo and advanced beings that are incarnating now to change the world, a strong reminder that these children are not always raised in the luxury of the Western world's gaze but can arise anywhere at any time. This reminds me of the trust placed in each of us to see each person as family, brother, sister, child to be loved and respected and "seen".



At the intersection of two surface storm sewers, an island of humanity

Overall, mission accomplished, I found that the children in care of the Irish NGO in India were being met in a way quite similar to the way children in Ireland are considered and children in the US. In many ways they were completely cherished and loved for who they were. And shining out of their eyes I saw the same advanced souls that are growing up everywhere I visit. Technology and the movements of spirit on the earth connect all the children of the world and they are asking us simply to be spacious and non-linear in our approach as well as providing them with the safety and basic needs that every child needs. And it is true that 250,000 children live on the streets of Calcutta in this moment and 45,000 children go missing every year. They are sold, maimed, trafficked, sent out to work when they are small, lost, misplaced and forgotten. They end up on the streets, in the railway stations, by the side of the road seeking safety and sustenance. They are the lost ones and their parents are so disempowered in many cases that they do not have the energy or resources to find them. Who's responsibility is this? Our souls long to practice love in action with each other and hope that we may receive and be received. This is our common ground. Upon this we may rest.

My call to India profoundly changed my perception of life and this change is still working on me as I return to the hum drum of daily life here in Ireland. Calcutta teemed with life and possibility and the opportunity for anyone interested to bring their hearts and souls and minds into contact with the life proffered by each moment. The opportunity to become present to other human beings and the profound, undeniable need that is screaming to be met blows self-absorption away and calls the heart to serve in the moment spaciously and generously and in the giving the gift comes back a thousand-fold.

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Margaret O'Connor is been an educator, group facilitator and psychotherapist, working in the soul's landscape, for 35 years. During her many years in the US she has degrees in Education, Psychotherapy and is passionate about the new thinking available in the fields of spirituality, neurology, addiction and the art and science of inner and outer relationship. She returned last year to Ireland to take care of her dying mother. Margaret has now made her base in Ireland and returned "to drink at the well of the ancient wisdom traditions of her home landscape". Her work with ancestral patterns and the transformation of their programs is her present preoccupation. Margaret continues to work with clients throughout the world through Skype and on the telephone. Margaret often travels to train, facilitate and do individual work.

Margaret O'Connor could be contacted at Tel # 0113532970934 email: mairead.amentis@gmail.com

Modality Review

Dr Enista referred to me this out of the ordinary account of a healing modality from a person experiencing it first hand. I hope you will enjoy the same way I did, the steps in Catherine's remarkable recovery while exploring Theta Healing. I left unchanged her delightful style of writing as it conveys much of a vivid personality.

Ed.

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Theta Healing-A Personal Account

By **Catherine Murphy** (RGN, SCM, MSc, Lict in Homeopathy)

When a fellow sufferer with ME/CFS asked me to accompany her to a Theta Healing demonstration, I responded with: *why yes, of course, sure, but what's it all about and does it help or cure ME/CFS?*

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

My friend confided, that whilst she knew little about Theta, she did know that her friend who had severe ME/CFS went on the Basic DNA Healing training course in a wheel chair & literally walked home. After that 'Instant healing' her friend was now back at work and enjoying a very full social & professional life. With this revelation, the hopeless Optimist & Incurable Idealist in me was once again ignited. With hope and expectancy we set out to experience our first taste of Theta DNA healing.

Prior to ME/CFS I was a dynamic active, outdoor fanatic – completing a half 'marathon run' a month in a Personal Best Time of (PBT) of 1hour 38 minutes. I had reached 19,000 feet on Everest, without a 'puff', had walked from one end of England to the other in a record time of seven days & had worked for four years in a developing country in very basic primitive conditions (no running water, no electric, frequently sleeping on mud floors alongside the indigenous flora &



fauna) without even a day off sick - not even one 'Delhi Belly' day in bed. Without exception my work references commented: '*Whilst Ms. Murphy is an unusually conscientious & committed worker, she's also never had a day's 'sick leave' from work.* In short I was 'disgustingly healthy' as often enviously albeit affectionately, commented on by my peers.

And then came ME/CFS. It happened during a period of extreme stress. A relationship expected to see us both into middle & old age unexpectedly floundered. An un-planned pregnancy culminated in a traumatic miscarriage. And finally the combination of a house, regional & a career move tipped the scales. I succumbed to a chest infection that lingered, & lingered. I surrendered to my first ever course of Antibiotics. The "Antis" knocked me for six. I slept solidly for six weeks, drifting in & out of consciousness that culminated in an 'out of body experience' - I was looking down on my motionless cadaveric looking body - pleased not to be in it. The next thing I remember was being very angry to be back in my pain-wrecked body. In that moment, I experienced an overwhelming sense of great sadness & profound loss. My limbs refused to move, my head thumped incessantly, the sliver of light coming through the parted curtains pained my eyes. My body ached all over as if someone had driven a two tonne cart over it, even the weight of the duvet caused intolerable discomfort. I could hardly formulate a three word sentence. In the more lucid moments, remembering my name & where I was, seemed both a mammoth challenge and a feat. I didn't know then that I had ME/CFS.

Prior to Theta, I had tried almost every complementary therapy known including those programs specifically designed for people with this condition. A mire of energy/vibrational healing modalities all helped to varying degrees, but none conferred a sustained improvement or delivered the elusive cure I relentless sought. Then came Theta. That evening of the introduction I volunteered to be the 'Guinea Pig' for the packed audience. The response was amazing.

Arriving at the venue, I was immediately taken with Tracy, the Theta Practitioner - a Free-Spirited 'Pint sized Pocket Venus' - who timely introduced herself and briefly outlined her journey to Theta. I was spell bound and deeply moved by her story, from her Romany Gypsy beginnings, her early adoption into a nice middle class English family, to the subsequent break down of her physical health and the eventual instant healing of her Asthma through Theta. The healing of her Asthma was the final piece of the Health jigsaw puzzle for her.

There was something exceptionally 'authentic' & awe inspiring about this wise, otherworldly, non-conformist, 'comfortable in her own pioneering skin' individual. She seemed in touch with her deepest feelings, on first name terms with human suffering, whilst concurrently having a 'direct line' to that ever elusive universal source. And all of this with a victim free, no-nonsense 'get on with it' approach. Her philosophy was that life was a playground for fun, exploration & learning resonated readily with me.

Tracy explained that the 'theta' in Theta healing relates to the second slowest brain wave that's active when one's in a deep sleep or/and deep meditation. The Theta brain wave cycles at approximately between 4 & 7 hertz per second. According to Theta originator Vianna Stibal and others, when the Theta & Gamma waves oscillate alternatively, albeit in quick succession instant healing can happen. Theta is the cycle where the seventh plane of existence can be accessed and co-creation can take place. Employing the theta healing technique enables the Practitioner to instantaneously reach the deep meditative state of the Theta brainwave. Whilst in the theta state the practitioner intuitively receives information about beliefs, feelings and the needs of the Healee. In that space too, the Theta Practitioner can successfully command a healing to take place and witness it as it takes place.

Having completed a beautifully grounding group visualisation and 'psychic senses activation', Tracy set to demonstrate the theory she had just expounded on. She lowered her brainwave, tuned into my body/energy field. She asked what it was that I'd like to achieve from the session? She asked if there were anything specifically missing from my life that I'd like to have right now? Uncharacteristically, I immediately responded - 'Love'. Love was missing. I didn't have much 'love' in my life at the time.

Tracy proceeded to ask what, if any, negative beliefs I might have around love & being loved. I said I didn't know? She continued with, 'Ok', let's explore your unconscious mind and check with your higher self what's going on in this respect'. We can then clearly identify & rid you of any limiting beliefs & redundant programs that you may have in relation to love that might be getting in your way of experiencing the universal love that's all round you. She went on to 'muscle test' my response to a series of questions, statement and responses. The questions primarily centred round whether I considered my-self, a loveable, unlovable, deserving or undeserving etceteras, human being. In fact, the list



was endless. She concluded with OK,: lets now proceed to 'pull' all those limiting beliefs from all areas of your being – specifically on the Core/Soul/Historic/& Genetic levels – and replace them with positive life affirming beliefs and 'downloads' of 'unconditional love' into to every cell in your body.

With the 'dross' pulled I felt ripe and ready for the life affirming 'downloads'. At this juncture Tracy once again turned to her audience & explained what a 'Download' was. In this instance (for me-Catherine) she explained, it was the template of the 'vibration of unconditional love'. She explained: that anyone who has never experienced 'unconditional love' will be unable to recognise or experience pure love even if they're surrounded by it in their everyday lives. To explain this more clearly, she used an analogy from conventional medicine. For example: for an antidepressant drug, like Prozac to be effective, it would have to find its own unique receptor site in the cell to latch onto, similar to a lock & key formula, to enable it to carry out it's work. Well it's similar with any other feeling. It means that if the template's absent or the receptor site inactive, the individual will be unable to experience the feelings of love.

Tracy explained: I am now going to go up to the Creator Of All That is – call it God, Source, Buddha or whoever you're specific Deity is – it doesn't matter - and command that the essence quality of unconditional love be downloaded to the DNA of every cell in Catherine's body. To be complete and effective the Theta Practitioner must 'visually witness' both the pulling of the limiting beliefs & the life affirming download replacements. Scientific experiments in Physics corroborate that visually witnessing phenomenon changes its form & outcome. To achieve this, the Practitioner asks the 'Creator of all that Is'; to show them the healing as it occurs. This is an example of a 'download'. We can have any kind of 'download' we wish for, from feelings to teachings - confidence to abundance and everything else in between. The healing comes from a place of unlimited potential & limitless possibilities. You just need to go to the 7th plane of existence – the place of limitless possibility - and command what you want & witness it happening.

As Tracy silently completed the 'download', I suddenly had an overwhelming sense of being suffused with love – Divine love. I could feel a warm radiant energy come in via my crown chakra & diffusely spread throughout my whole body right down to my toes. As the feeling & energy gathered momentum I felt a laser like light penetrate my being. It was like someone had switched the light on in a dimly lit room. The nearest movie analogy I can compare my Theta experience to was the film 'The Awakening' where the wonderful actor Robin Williams as the Doctor gave his patients the drug L-dopa. After years of paralysis & slumber the patients suddenly woke up to life.

With pulling of the limiting beliefs, I began to yawn incessantly. This was followed by a torrent of tears - suppressed grief & sadness. I then felt much lighter, brighter, radiant & renewed. Finally laughter & jubilation ensued. I felt alive. Someone from the audience commented: *what's happening she looks much younger?* I liked that one – sadly, it appealed to my vanity?

Tracy continued: 'now we need to check if Catherine's **perspective, definition & understanding** of love is the same as that of the Creators? If not, we'll align her perspective & understanding with that of the Creators. We will also need to check by muscle testing if Catherine knows how to continue to live her life without her negative emotions and drama. If she doesn't I'll ask the Creator to download a 'teaching' that will 'show her how to do this, show her also how to recognise the positive in herself and others, and know how to love herself and others. I will command that all this be done with ease, grace and without drama. I gently returned to planet earth, to our venue @ Friend's Meeting house. Tracy went on to expand & explain more about Theta & the role of the unconscious mind & the higher self in transformation work such as Theta.

She elucidated on how limiting beliefs & errant programs that reside in the sub-conscious mind can run & ruin people's lives. How it can prevent them from moving forward, sabotage their best intentions, get in the way of the realisation of their full potential whilst stopping them from becoming the magnificent beings they were designed to become. She explained the importance of, and demonstrated how to test for, and '**dig**' for the key errant belief on which all the other negative programs are built on and running from. She used 'the house of cards' analogy to help demonstrate this. For example if you pull the (key) foundation card that's holding all the others in place, you'll collapse the lot in an instant. Similarly, if you identify the key errant believe/program a person is running, and pull that limiting belief, that person's life will be changed for the better in an instant. Each individual who learns the Theta technique will have the ability to do this.



I left the venue that evening rather mesmerised, feeling reunited with my true self – that childlike, impishly mischievous & adventurous soul that I was born. I loved that benign childlike joie de vivre and curiosity of my childhood self.

Life Immediately Post Theta's Instant Healing.

For the following two and half months, life was incredible. I lived in a bubble of love, fun, abundance & ebullient joy. I was totally free of the debilitating symptoms of ME/CFS that had become part of me. My limbs responded to my bidding. Headaches and cognitive compromise disappeared. My memory returned. I could concentrate, focus and recall with ease and grace. My natural wit & way with words returned full force. Laughter, joy and inspiration became the order of the day. Friendships flourished. Synchronistic phenomenon was the norm. I had only to think of something or someone and they/it appeared on my path. Manifesting & abundance were just a matter of a thought. Colours, hues & tones became sharper. The trees were greener and the light & sunshine brighter. I lost my slight tendency to the Dyslexic – the habit of transposition of letters and could once again readily see my own writing mistakes. The slight Dyslexia was an accompaniment of ME/CFS.

My intuition peaked. I always knew who was on the phone before I answered it. Strangely, I could also 'smell the people' who had left message on my answering service as soon as I came through the door. I regained my previous 'on-off' ability to channel creative writing. Even more strangely, many people looked at me rather perplexed asking: what had I done to my face/skin? They asked if I'd had a 'Face Lift' or 'Cosmetic Surgery?'" They said I looked much younger. My previous penchant for the great outdoors, love of nature and fresh air massively heightened. Mega daily doses of each became a necessity.

Everyday problems, hassles and challenges dropped away. My phone started to ring with social invitations. Since ME/CFS I had lived quite an isolated life due to its limitations. Friends and colleagues from years back, whom I had walked through relationship break-ups, divorces etc. got back in touch with offers of help. Even a Mum whose baby I had delivered years previously tracked me down to say hello. Friends and everyone I met responded so MUCH more positively to me.

Interestingly, within two weeks following the Theta session, I just couldn't recall what it was like to have had ME/CFS, no matter how hard I tried. I didn't have memory compromise in any other area, actually quite the contrary. I seemed to have returned to a mature version of my childhood self. That was the pre traumatised self. I'd had a markedly traumatic childhood from about age 3-4 onwards.

Epilogue

Whilst feeling invincible, I threw myself headlong into re-training in preparation for my return to work. I had decided that everybody with ME/CFS should know about Theta. In my endeavour to make up for time lost & visions of healing the world of ME/CFS, I gradually slipped back into my 'pattern' of overworking (Workaholic). I burned the candle at both ends working on my project whilst, ignoring my body's needs, signals & cries for rest, relaxation, fun, the great outdoors, nature, fresh air & good food. I then had some bad news that proved a shock to my system. This seemed to take me from fifth to third gear. I still ignored my body's messages and remained all things to all people, whilst overworking on my return to work project. I began to worry too as to how; I might cope in the work place after nearly a decade out of it. The worries began to take me over. My feelings of invincibility began to slide and the old niggly feelings of self-doubt & distrust in my skills & abilities began to gain ground.

About two and half months post my Theta Instant Healing experience, I woke up one morning feeling tired, achy and my new found zest for life absent. My nose was running, muscles stiff & motivation low. A headache was brewing. Instead, of resting, I doubled my efforts relying on my life long strategies of 'mind over matter' & 'ignore it and it'll go away'. I finally fell back to second gear despite having some Theta sessions. I think I had left it too late?

In retrospect, I realise that I had learned little from my illness, in terms of 'Life Balance', the need to address my behaviour patterns of 'all or nothing', my responsibility to my body - listening to what it asked of me, & responding compassionately to its needs/requests.



My overall health is much better now; however, I still have a long way to go. I've learned my lesson and am prepared to listen to my body and give it the nourishment, time, respect & compassion it needs to get back to full health. I know it's possible to be fully healthy again, it's just a matter of time. Theta thought me that was possible

Presently, I'm working with two wonderful Theta Practitioners and incrementally gaining ground. My Theta experience will always be an incredible highlight in my life – a marvellous, terrific, and enlightening experience. I'll be forever indebted to Theta, its originator Vianna Stibal, to my highly Psychic Theta Teacher - Tracy Holloway-Francis who has now moved on to even greater things, and to my current Theta Practitioners. I call them "My Celestial Midwives" they are truly special & wise Beings of Light, not to mention their competence in their respective field/s.

1) Tracy Holloway can be contacted on www.ThetaDNAhealing.com

1) My two Celestial Midwives Ros & Rachel can be contacted on:

3) Rachel Amelot <romaparigi@gmail.com / rachel@TwoHandsTherapy.com / www.TwoHandsTherapy.com

4) Ros Place rosplace@hotmail.com / www.angels-with-ros.com

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Catherine Murphy trained and worked as a Nurse Midwife for a number of years.

Catherine worked in Bangladesh as a Volunteer Health Professional, where she engaged the use of Homoeopathy to contain an outbreak of Cholera when all else had failed. She was stunned at its impact. Catherine worked for a short period at Mother Theresa's Home for the Dying and her Orphanage in Calcutta India. Returning to the UK she trained as a Homoeopath & went on to train in a wide number of non-conventional approaches to health care. Her vocation is to raise the profile of the benefits of these modalities in the Midwifery profession. Catherine created and ran short courses for Health Professionals in the Midwifery field incorporating these modalities into the main stream of maternity care. Catherine also studied Psycho-Neuro-Immunology. Her Masters degree looked at how the mind affects the body. She is currently preparing to study for her PhD in Energy Medicine. She runs a holistic support group for people with ME/CFS in Bristol. Catherine is passionate about making spiritual qualities an integral part of everyday practical living, whilst helping people realize their full potential. Catherine Murphy can be contacted @ cmurphy@blueyonder.co.uk, and by phone at + 44 (0) 117 330 7416.

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I asked Catherine- "What do you do in your spare time?" She answered:

"In my spare time, I like to design (quirky) clothes, it sounds more interesting than my usual. And it's what I do in my creative moments. I love to get out of my head and into the other hemisphere."

Ed.



Book Review

I met Donna LeBlanc at the New York Life Fair a couple of weeks ago. She gave me a copy of her book with a dedication note. I read it and felt that the title with the bright red color was a great motivator- follow your passion and be yourself!

Ed.

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The Passion Principle

by Donna LeBlanc, M.Ed.

http://www.amazon.com/Passion-Principle-Discover-Signature-Relationships/dp/0757302947/ref=sr_1_1?ie=UTF8&s=books&qid=1256749760&sr=1-1

What Is Your Personal Passion Signature?

From the book presentation on Amazon.com :

"Are you the Visionary, the Warrior, the Lover, the Creator or the Prophet? Your answer determines how to deal with your fears, what unleashes your passion and how to succeed in relationship with dates, lovers, family, friends and co-workers. By finding your passion signature, or the way you express your passion and seek fulfillment, you will have the keys to success in all areas of your life. You will learn:

- Your Personal passion signature and how you uniquely relate to others.
- Your secret relationship gifts with the Passion Signature quiz
- How to avoid blow-ups and break-downs in relationships at home and work
- Let go of old patterns and heart-wrenching cycles and open up to life-changing passion.
- Secret "opening formulas" to deepen connection with your mate, date or boss.
- Why you don't have what you want and how to breakthrough and get it!

In this long awaited book, LeBlanc delivers to the point, and life-changing advice on how to improve and triumph in relationships in love, life and work.

In the passion principle you will learn that when you are connected to your passion you become a natural force of love in the world"

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About the Author:

"**Donna LeBlanc**, M.Ed., D.A.P.A., is a psychotherapist who bridges the world of traditional psychotherapy with spirituality and metaphysical healing. She has a private practice in New York and is well known for her unique twelve-hour intensive program. She has made over 100 appearances on national TV talk shows, including The John Walsh Show, The Queen Latifah Show and The Montel Williams Show. She has been featured in Cosmopolitan, First for Women, Dallas Morning News, Health and Fitness Magazine, Whole Life Magazine, The International Journal of Education Gerontology and Changes Magazine. "

Ed



DVD Review

The Knowledge of Healing (1997)

Starring: [The 14th Dalai Lama](#), [Dr. Tenzin Choedrak](#) **Director:** [Franz Reichle](#) **Rating:** NR (Not Rated) **Format:** DVD
Amazon Link: <http://www.amazon.com/Knowledge-Healing-14th-Dalai-Lama/dp/B000A0GY28>

From the website presentation: " The new documentary THE KNOWLEDGE OF HEALING is an illuminating examination of Tibetan medicine, a practice which has developed over two millennia into a modern day successful method of healing that rivals western medical practices.

Unlike Western medicine, based on biochemistry, Tibetan medical thinking (which is strongly rooted in Buddhist principles) views the human body as governed by an elaborately organized system of energies flowing through a network of channels. In the 12th century, the Gyüshi (Knowledge of Healing) was created, a text codifying this intricate system. The medications used comprise herbs, roots, minerals, etc. After flourishing for centuries, most Tibetan medical schools were destroyed by the Chinese in the 1950's and 1960's, and many physicians were executed.

Speaking from exile, the Dalai Lama argues for the value of Tibetan medicine, while his personal physician Dr. Tenzin Choedrak describes the principles behind it. We follow physicians in India and Siberia treating patients for a variety of ailments from paralysis to heart disease, and meet researchers in Israel and Switzerland to see how western clinical studies are testing the effectiveness of Tibetan medicine.

THE KNOWLEDGE OF HEALING is not propaganda for alternative medicine, but a thorough, objective examination of an ancient interpretation of human physiology, and a compelling investigation into an alternative approach to healing."

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The first thing people do after watching this movie is identify a source to purchase Padma 28 Tibetan preparation because of the dramatic story of the Swiss gentleman who preserved his legs from amputation by taking this medicine. Read more about this medicine from an European e-store: <http://www.supersmart.com/en--PADMA-28--Cardiovascular--0344>

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; Margaret O'Connor, Cork, Ireland; Catherine Murphy, UK; Christine Baraschi, Holland; Anton Baraschi, NY.
