



**In this issue:**

- ✚ Editorial.....pg 1
- ✚ News and Links.....pg 2
- ✚ Philosophical Essay–The Emerging Health Care Paradigm (part 5 of 7)- by Peter Roche De Coppens.....pg 2
- ✚ Healer of the Month- Ze'ev Kolman – Master of Cosmic Bioenergy.....pg 5
- ✚ Modality Review-Chirophonetics- Healing With the Energy of the Logos.....pg 8
- ✚ Book Review- The Secret of Healing- by Hans Holzer.....pg 11
- ✚ DVD Review –Buteyko Clinic DVD Set.....pg 12
- ✚ Announcements .....pg 12
- ✚ Credits.....pg 12

**Editorial**

**New Modalities**

*I am pleasantly surprised at how many ways there are to work with energy. The longer I am exposed to this field of benefiting health through working with bio-energy, the more modalities I hear about. As soon as one modality has been investigated - I get an email from a friend or a call from an acquaintance and find out about another method which has promise.*

*With so much information now in the mainstream it seems that by now everyone should know about bioenergy. It's not that way, and perhaps Ze'ev Kolman's statement (see interview below) is correct: people do not understand bioenergy because they can't see it. Yes, the mind is attracted to things that create generally positive effects; but, the mind is uncomfortable with unknowns. And even though we can name bioenergy with words like chi, prana, perispirit, life force...we still don't comprehend all of what it is because we can't see it or hold it like we can a material object.*

*Still, increasingly more of us who have opened our sense perceptions through the practice of meditation, martial arts, yoga and the intuitive arts perceive or accept bioenergy as a significant part of our lives because we sense it. Working with bioenergy to benefit health seems like a natural progression to us. However, humans are diverse in gender, race, nationality, age, economic and cultural status. It logically follows that bioenergy modalities that derive from diverse cultures may have similarities but will not be the same.*

*Only a century ago all this was still kept secret by societies, temples, churches, and rare libraries. Learning skills could only be obtained by apprenticing long stretches of time with a master that in turn apprenticed with a master.*



## ***EnergeticRejuvenation.com***

E-Newsletter **Vol. 2 No. 11 11/2009** Copyright © 2009 Anton Baraschi

*Today we have the internet, Amazon, public libraries, the Omega institute, the Open Center, and the New Dawn Foundation. We are in the fortunate position to learn from practitioners of all cultures.*

*Those of us interested in understanding the dynamics of energy healing now have the joy of discovery as we explore diverse approaches from different cultures. In the next issues I will be introducing various modalities. We will explore the complete system of Pranic Healing. We will look more deeply into the effect of Prayer on Healing. I am looking for a writer to reveal Energy Medicine as practiced by Shamans for another issue.*

*I feel certain the exploration will be a fun adventure and bring us more knowledge of ourselves as well as more knowledge of energy work.*

*Ed.*

\*

To **contact us** or view previous issues of this Newsletter click this link: <http://energeticrejuvenation.com/>  
E-mail entries to [Abaraschi@aol.com](mailto:Abaraschi@aol.com) or via regular mail addressed to: Anton Baraschi, 9 Farm Lane, Spring Valley, N.Y. 10977

**Editor**

\*\*\*

## **News and Links**

**The New York Times** has a life altering article benefitting people with Asthma on the Buteyko Technique:

[http://www.nytimes.com/2009/11/03/health/03brod.html?\\_r=1&ref=science](http://www.nytimes.com/2009/11/03/health/03brod.html?_r=1&ref=science)

More information about doctor Buteyko and training programs from one USA site:

<http://www.buteykocenterusa.com/index.html>

See also the DVD review in this Newsletter below on the Buteyko Clinic DVD set

\*

**The New York Times** has another article about the measurable benefits of GIVING. The Holiday Spirit may be a healing modality. By giving, a sick person feels better and the condition (happens to be MS) improves:

<http://www.nytimes.com/2009/12/01/health/01well.html?ref=science>

\*\*\*

## **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. In this part five Peter sums up the seven tenets of holistic health care.*

*Ed.*

\*



## **The Transforming and Emerging Healthcare Paradigm (part 5 of 7):**

### **The User's Manual: a theoretical and practical synthesis.**

by **Peter Roche de Coppens PhD**

In the present series, we have reached the point where we can now attempt to put all the pieces together, to focus on the substance and highlight what is truly essential about the “transforming and emerging healthcare paradigm”. When we buy a machine, car, TV or computer, we are always given a “User’s Manual” to help us use that machine in a proper way, to fix it when it breaks down and to upgrade it for a higher efficiency. Given the fact that we could never build a machine unless we already had a “blue-print” or “prototype” of it within our own nature... which we have then exteriorized and objectified... we could now ask the question: Do we not also have a “User’s Manual” for human nature, human consciousness and human destiny (in general) and for our health, diseases and healing (in particular)?

As you can easily surmise, my answer is “yes”, we do! For me this “User’s Manual” is double: it is *Nature* (that scientists slowly discover and study) and *Holy Scripture* (that the mystics have understood much better than theologians). In the present article, I will thus attempt to bring together and to outline the substance of what I tried to

present to you in the previous four articles—to direct your attention to what is truly essential at the cognitive and practical level so that you can put it to use and draw benefits from it.

Given the premise that “below there are no more solutions while above there are no problems” (Roberto Assagioli) and that above (in higher states of consciousness and being) we find unity, simplicity, clarity, as well as life, consciousness and joy, whereas below (in lower states of consciousness and being) we find multiplicity, fragmentation and confusion, as well as death, unconsciousness and suffering, it is not difficult for us to understand a very simple point: our medical paradigm and healthcare perspective have gotten out of hand and are unsustainable. They are simply too complex, too expensive, too dangerous and, ultimately, too specific, standardized and ineffective. As any cognitive and professional paradigm is a function of our level of consciousness and being, as the later changes so must also the former change! With our growth and evolution, with the continued expansion of our consciousness and its unfolding sensibilities, needs and aspirations, our ways of looking at and dealing with our health, diseases and healing were bound to evolve change and become more personalized, focused on the unique individual and his unique present situation.

Rather than “drowning” in ever-expanding fragmentation, complexity, expenses, and dangers, the emerging healthcare paradigm will have to become much simpler, more natural and understandable, less expensive and dangerous and far more effective. By transforming and heightening our consciousness and thus moving towards unity, simplicity, safety, and effectiveness this is bound to happen. The bottom line is that to remain healthy and fulfilled, we do not need all the very costly research, technology and biochemical sophistication that characterize the present paradigm; what we need is to better understand what is human nature and human destiny; we need to understand that a human being and the universe are multidimensional entities undergoing an evolution; we need to realize that our Creator has endowed all of us with self-repair mechanisms, which when functioning properly can heal us 24/7 from all known and unknown diseases. We need to realize that our health and wellbeing thus depend on three essential elements which must be properly understood: *nutrition* (food), *energy* (vitality and information) and *destiny*.

The emerging paradigm rather than being focused on the *physical body* (anatomy, physiology, and biochemistry) will now be focused on our *energy bodies* and their respective laws and principles (while still taking the latter into account). If we wish to include the extinction of the *causes* of our diseases rather than just their *symptoms*, this is truly essential and energy and authentic spirituality have to play an essential role. At that level the nature, dynamics and role of our thoughts and emotions, of our imagination and words—of our state of being and attitudes will play a growing role. Rather than working to attack viruses or bacteria, inflammation and infections, we will work on shifting our states of being and attitudes from the negative to the positive. Rather than focusing on disease, will focus on health; we will study life rather than corpses and Saints and Sages rather than sick and dysfunctional people. And thus we will avoid the new



epidemic of “diagnosis-trauma” where a person is told by experts that he/she has a very serious and life-threatening disease, believe that this is so and thus create it in his own psyche and physical body.

Here the seven fundamental principles of holistic and preventive medicine will become fully recognized and play a major role in the process of healing and maturing, namely:

- Nutrition: what we eat and how we eat it.
- Sleep: the quantity and quality of our sleep.
- Physical exercise: we generally do too little of it or do it in an obsessive way.
- Our sexual life: the quantity and quality of it, related to our sexual type (meso, hypo or hyper).
- Our emotional and mental life: are most of our thoughts and emotions focused on positive or negative elements? And how can we transform the negative into the positive? By focusing upon and feeding the positive!
- Our social life: whom do we know associate with and spend most of our time with?
- Our spiritual life: do we have one and do we nurture and feed it properly? Have we reached the critical threshold where an authentic spiritual life becomes essential?

Globally, to achieve the former, we will have to learn to live in a *conscious way*: in a responsible, autonomous, productive, healthy, moral, creative and joyful way; and this in turn implies growing up from the childish and adolescent stage to the adult stage (from the 2<sup>nd</sup> and 3<sup>rd</sup> level of consciousness and being to the 4<sup>th</sup> and 5<sup>th</sup> according to my “human sky-scraper” theory). Here *fasting* and *prayer* (emptying and filling ourselves at the physical, vital, emotional, mental and spiritual level) will play a growing role to cleanse and vivify our Aura (the clothes of Light we all wear and which indicate unflinchingly who and what we are) with higher energies and vibrations. Learning *to forgive* others and ourselves for our inevitable weaknesses and failings will play an essential role just like learning *to love* will play an essential role; expressing love on the vertical dimension through prayer and worship (the love of God) and on the horizontal dimension through service and compassion (the love of our fellow human beings)... which inevitably will also bring about the love of ourselves and the love of nature—the love of Life.

Rather than continuing to play foolish and childish games (that characterize children) and making dangerous experiments (that are the earmark of adolescents) we will have to grow up and learn to understand, develop and live the classical virtues of humility, patience, perseverance, temperance, faith, charity, forgiveness, the right-proportion and compassion. In other words, we will have to grow up, evolve and move from the stage of our *childhood* to that of *adulthood*, which characterizes and distinguishes our present global crisis. We will also have to activate our intuition and reawaken our spiritual consciousness to discover who we really are, what we have come to do in this world and what is our final destiny... so as not only to preserve our basic homeostasis or harmony on the various levels of our being, but also to continue our evolution, to grow and move towards the realization of our final destiny, *theosis*, or becoming full and conscious Children of God with all the treasures and resources of the universe at our disposal.

We will also have to realize that nothing ever happens by chance, that nothing is ever lost or in vain, that a human being is not only a biopsychic and psychosocial *mortal being* but rather an *immortal, spiritual being*; and that we are not left alone or abandoned in this universe by our Creator Who is a much greater Intelligence and Power than we are! We will also have to learn to reconcile growing science with authentic religion, philosophy, literature and the fine arts into a meaningful, interrelated and interacting synthesis. This, in turn, will help us to live without fear, anxiety, guilt, frustration and violence—to escape the “iron cage of our ego” to discover the “open spaces of the spiritual Self. This, then will enable us to live the famous and very profound Roman motto “*nihil humanum alienum a me puto*” (nothing that is human will be alien to me, or I will no longer be afraid of anything that might happen to me in this world).

The above will enable us to enjoy a level of health and wellbeing that is presently inconceivable to our conventional healthcare paradigm and that only Saints and Sages, (those who have awakened their spiritual consciousness) have glimpsed and lived, at least partially. At that point we will be able to reach the biological threshold of 120 years and to “retire” around 100 plus or minus a few years. More important, this will enable us to enjoy a quality of life, a depth of meaning, and a level of personal fulfillment and satisfaction that will truly make this life WORTH WHILE for everybody! I am deeply convinced that all of this is not only wishful thinking, a utopian or idealistic dream, but a reality that **you and I can create** when we raise our level of consciousness to the 5<sup>th</sup> level and unite human effort with divine grace, the material with the spiritual element... which was enclosed in one of the Ten Commandments that told us: “Thy shall honor thy mother (nature and physical needs) and that father (God and spiritual needs)”.



In this great challenge and adventure we are all involved, we cannot realize it without each other-- without involving everyone. And the first step must necessarily begin with YOU and begin NOW, for it is not only a personal quest but a collective quest. It is not enough to read (or write this), to discuss it and desire it; it is something that must be lived and enfolded by every person. It is my greatest hope and wish that each and every one of you who have read the present series will be drawn enough to it and be in resonance with what it proposes, that you will give your best to make it come a reality. My parting words to you: are do not forget that you are, indeed, *a magnet*, with the power to attract to you both the *people* and the *circumstances* that will enable you to realize your greatest ideals... provided you remain focused upon them and will attempt to objectify them insofar as it is humanly possible.

\*



**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.

\*\*\*



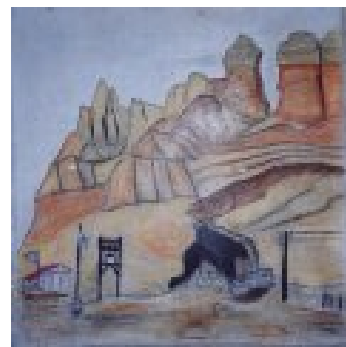
## Healer of the Month

### Ze'ev Kolman, Master of Cosmic Bioenergy

*I was introduced to Ze'ev Kolman by Doug Horace whom I met at the John of God event last month. I knew about Ze'ev from several sources. I read a book about him "The Secret of Healing"(reviewed below in this issue of the Newsletter) and I spoke with a person that interviewed him and also with a couple of his former patients. I was looking forward to meeting him when the opportunity arose – and it did when I attended Ze'ev's lecture at the New York Life Fair. I approached him with this request and Ze'ev agreed to an interview.*

*Ed.*

\*Ze'ev invited me in his office to show me how he works. It was Friday afternoon and he had finished his workday. Ze'ev observes Shabbos, and we had a little bit of time before he would go home. The Bioenergy office is located in an older building on 57<sup>th</sup> street and Broadway, 6<sup>th</sup> floor. From the elevator, a medium lit corridor with 2x4 fluorescent fixtures led to suites. The door to Ze'ev's suite was open. Inside there were chairs sort of like a dentist office of 15 years ago. There were magazines, books and a DVD player. Then there were Ze'ev's paintings with biblical landscapes and haunting eyes.



Then photographs neatly displayed, I looked closer. Some started catching my eyes- I recognized many faces. It was a who's who of the actors and celebrities who passed by Ze'ev's magic lab: Barbara Streisand, Mikail Gorbachev, Michael York, Charlie Sheen, Melanie Griffiths, Stephanie Powers, Topol, John Denver, Gina Lollobrigida (a steady client), Dr Atkins (of diet fame), Andy Weil MD, Bernard Grad (the father of Bioenergy Research) and the list continues. Ze'ev showed me a binder with articles from various publications describing his work. The article in the Time magazine stood out. Ze'ev is not a big guy-he has delicate expressive hands, a generous heart, he was glad I wanted to know about his work and that I understood what he was about, so he was sharing everything. The mail came as we were browsing through the binder with press articles about his work; Ze'ev looked through the stack of letters, picked one and handed it to me: "here open this letter up". Someone had neatly and carefully packed a gift of chocolate- I passed it on to Ze'ev who opened it and gave me a piece and then munched on some himself. This was fun!

Ze'ev said- step into my office, let me show you how I work. Ze'ev's office had a desk, a desk chair, a visitor chair and a massage table equipped with a paper roll dispenser for sanitary use, like doctors have in the examining room. The walls were lined with more pictures of clients. In a corner there was a stereo setup. Ze'ev said "sit down and let me read your aura". I sat down on the visitor chair facing him across the desk. He looked at me. As his vision turned from his physical eyes to his third eye, his facial expression changed. Ze'ev turned angelic, he appeared younger, his eyes turned darker and I felt like his dark pupil took over the almond of the eye shape. In a soft voice, Ze'ev described energy imbalances and flows and colors in the several layers of my aura with precision. He was feeling into the imbalances. Then, as he changed focus, he started describing a spirit companion I had: "blood related" he said. I felt into the space that was created by his vision, the mutual field and the presence. It was my maternal grandfather Vasile, a retired general in the Romanian army that raised me as a child. Now long dead, he still bestowed a guarding presence in my outer fields. Ze'ev was describing the presence and demure.....After a pause he said "please go on the table".



I climbed and put my head on the paper covered pillow. Ze'ev pressed a button and soft music filled the room. With swift moves Ze'ev proceeded to clean my bio field. His sure moves felt guided. But what was indeed the most interesting, was his energy. None like I have felt before from anyone. It was electric. Like when you put your tongue on a 9 volt battery. The energy felt magnetic, strong, illogically strong. It felt like Ze'ev was two people in one. One gentle master and one strong channel of cosmic energy. Ze'ev is one of a kind. Music sounded softly in the background, I received passes, an energy transmission and then a visualization meditation addressing the whole of the soul and body. Relaxing into what was lovingly given, I started feeling the energetic repairs that swiftly took place. I felt grateful and taken care of. Like all good things, this too came to an end. Now I knew into my own tissue what Ze'ev felt like. It felt good, very good.

I reassembled my consciousness and realized that I felt very close to this man and his work. Ze'ev showed me a book that he finished about his work and teachings. It took 12 years to write. Presently Ze'ev is seeking a publisher. "Do you know anyone who might be interested?" I wish I did, I was curious what life experiences he was sharing, I wanted that book badly and immediately! We chatted some more, but then I had to return to work and Ze'ev was on his way out. I wished I had more time to spend with someone from whom I would like to ask so many questions. I tried above to capture the essence of this encounter and followed with an interview of basic questions:

*ER. Ze'ev, you have been practicing bio-energetic healing in NY and abroad for almost 40 years- this is a very long time, how many people do you estimate you have helped thus far?*

**ZK.** I have worked with thousands of people all over the world, I truly lost count!

*ER. From your practical experience- why does it take so long for bio-energy to become a mainstream?*

**ZK.** I believe that Bio-Energy is taking so long to become a mainstream because it is difficult for people to understand something they cannot see.

*ER. What people were influential in your life?*

**ZK.** My mother, father, my Rabbi, Dr. Victor Penzer, Dr Atkins, Dr Jerry Mittelman, Dr.Majadale, Dr. Maurice Rothman.

*ER. I heard that you are helping victims of the 9/11 event- could you tell us about it??*

**ZK.** The second day after 9/11 I was asked by one of the care giving groups to come down to grand zero. My heart aches to this day from what I saw there. I gave what comfort and healing I could. How can a human being turn away for that level of suffering? Later on I was introduced to an organization known as "Serving Those Who Served", <http://www.stws.org/>, a non profit organization that distributes natural healing herbs that detoxify the body and start the healing process. I developed a charity program that provides Group Healing Meditation to the 9/11 Community. Any one associated with 9/11 is welcome to join us.

*ER. To a beginner in bio-energy training – what would you suggest as a path?*

**ZK.** I could only talk from my own experience. I recommend the first step for a person beginning bio-energy to attend one of my beginner's lectures. The lecture explains bio-energy and a person who attends is able to ask as many questions as they like. The lecture ends with a healing meditation and visualization. Following I recommend a private session, a one on one with me. Thus I could assess what that particular person needs. Thirdly, I recommend a Self Bio-Energetic healing workshop- you could see my schedule at my web page.

*ER. Do you have a message for the readers of Energetic Rejuvenation?*

**ZK.** Healing is Love, Colors and Positive Energy!

\*



**Ze'ev Kolman** is a Bioenergy Practitioner with an office at 250 West 57th Street, Suite 630 New York, NY 10107. Ze'ev Kolman is an Associate Professor of Integrative Medicine at the Capital University of Integrative Medicine in Washington DC.

For an appointment call 212-245-1715. The fax number is 212-265-8839 The email address is [zeevkolman@gmail.com](mailto:zeevkolman@gmail.com)  
For more information about Ze'ev- visit his webpage at: <http://www.zeevkolman.net/about.shtml>

An author and lecturer, Ze'ev conducts workshops teaching bioenergy, self help, relaxation and meditation. To attend his lectures see schedule at this website: <http://www.zeevkolman.net/calendar.shtml>

\*\*\*

## Modality Review

*About a year ago Bella Bat'Or Freuman introduced me to a little known therapy modality with very promising results – especially in working with children with difficult diagnostics. I asked a couple of people (including Bella) who had some knowledge of it to contribute a presentation. Chiophonetics is another great offshoot emanating out of Rudolf Steiner's discoveries. As many Anthroposophists do, the people I asked were expressing a deep respect for this method and believed they will not do justice to the subject. Recently Bella completed her studies and to my great joy agreed to this concise and thorough presentation. There are similarities between Curative Music and Eurythmy, Chigong sound therapy, Oliver Sack's Musicophilia( [http://www.amazon.com/Musicophilia-Tales-Music-Oliver-Sacks/dp/1400040817#reader\\_1400040817](http://www.amazon.com/Musicophilia-Tales-Music-Oliver-Sacks/dp/1400040817#reader_1400040817) ) and Chiophonetics. The original book about Chiophonetics, "**Lautlehre und Logoswirken**" **Grundlagen der Chiophonetik, Mellinger Verlag, Stuttgart 1989** was translated into English as "**Healing Sounds**" and **Introduction to Chiophonetic Therapy, Rudolf Steiner College Press, Fair Oaks CA 1993**, now out of print. A used copy may be found on the web.*

*Ed.*

\*

## Chiophonetics-Healing with the Energy of Logos

By **Bella Bat'Or Freuman** LMT, MAEd.

### ***What is Chiophonetic Therapy?***

Chiophonetic Therapy is a tactile therapy utilizing the healing forces of sounds. It was original developed to facilitate speech development in non-verbal children. Results soon showed that this therapy was not only effective for stimulating speech and speech development, but that children with developmental delay also benefited from it, as did those diagnosed with Autism , Down Syndrome, Cerebral Palsy and other developmental and medical conditions. Chiophonetic Therapy is currently used effectively in clinics, schools and curative centers for the treatment of all the





above mentioned conditions as well as such diverse problems as asthma, allergies, insomnia, enuresis, learning difficulties, emotional problems and others. It is applied in aged care and in medical centers and hospitals in close collaboration with doctors.

### ***The Origins of Chiophonetic Therapy.***

Since time immemorial the 'laying of hands' has been a form of healing as has 'the healing word' The logos forces, which according to Spiritual Science records created human beings and the world act as a healing agent. Just as music consists of many tones, so speech consists of many sounds. Rudolf Steiner developed Eurythmy as visible speech. Chiophonetic Therapy could be termed tangible speech. Each sound has innate forces which have specific properties and, if sensitively applied, can have far reaching effects. Eurythmy and Chiophonetic Therapy both utilize these forces in the healing process.

### ***Chiophonetic Therapy Worldwide.***

In 1974 the Doctors. Alfred and Guide Baur began to develop Chiophonetic Therapy in their clinic for speech and language disorders in Austria. Their work and experience of many years was based on the study and research of Rudolf Steiner's work and included the medical and the therapeutic methods used in Anthroposophical Medicine and Curative Education. Their special contribution in developing Chiophonetic Therapy was to rediscover the human body as a metamorphosed speech organism, capable of absorbing the sound of speech in their archetypal form, through the senses, and in so doing strengthening their healing effects.

After several years of research and clinical work the results of their work attracted attention from a wider circle of parents teachers and other professionals, which led to requests for lectures, workshops, seminars and ultimately to a full training in Chiophonetic Therapy.

Courses are currently being held in many places throughout Europe, and there is growing interest in English speaking countries.

The training in Chiophonetic Therapy comprises a minimum of eight (8) courses, which are 5-day intensive at six-monthly intervals. During these courses students study the principles and application of this modality, such as the metamorphosis of the speech organism, the formation, placement and effects of the sounds, the relationship of sounds, planets and the zodiac, the sounds and the organs, and the actual Chiophonetic forms. The course also includes a study of Anthroposophy and the principle of Anthroposophic Medicine and therapy.

The active working together with parents is seen as an integral aspect of Chiophonetic Therapy and parents are encouraged to learn this therapy and carry it out in the comfort of their home. To this end special parent courses are held periodically.

### ***Chiophonetic Therapy as a Healing Art.***

The combination of sound and touch induce a state of attentive relaxation. Each sound has a specific character and affect, which is transferred through the massaged stroke onto the patients back, arms, and legs, while the sound itself is spoken.

With her/his knowledge of the healing affect of the sounds, the therapist chooses those sounds, syllables, and rhythms most suited to the condition of the patient. These are absorbed through a heightened sense of hearing, through the warmth, touch and movement of the therapist's hands, often awakening a slumbering will to speak and causing subtle changes in the body. The sound sequences are repeated several times in each treatment and usually during several consecutive treatments, allowing the patient to become familiar with them and thus engaging in the therapeutic process.

Children with an auditory processing disorder, as well as children with autism and other sensory difficulties become calm and receptive after a few treatments, and are soon able to absorb and process sounds, which previously went unregistered. Some children become generally more receptive to the moods and relationships occurring around them, while others begin to relax and feel comfortable within themselves.



How is that that simple sounds can work this way? Through the spiritual research of Rudolf Steiner there is a wealth of knowledge about the sounds, their inherent forces and their effects, their connections to the planetary and zodiacal influences. Added to this there is also an extensive body of knowledge concerning the organs, the life processes, the constitution, etc. all of which enable the therapist to put together those sounds and sequences which will best meet the needs of the patient and create an effective therapy.

\*



**Bella Bat'Or Freuman** is a N.Y. State Licensed Massage Therapist. She received her training from the Healing Hands Institute in Westwood, N.J. Her study of Chirophonetic Therapy was completed in Linz, Austria. Additionally, she graduated from the Movement Education Course, "Spacial Dynamics Institute" under Jaiman McMillen, in Mechanicville, N.Y. Bella earned a degree in Alternative Early Education from Empire College, N.Y. as well as a degree in Waldorf Education from Sunbridge College, Spring Valley N.Y. For several years Bella worked as a compassionate care giver for the sick and dying in the Rudolf Steiner Fellowship, Spring Valley N.Y. In addition to English she is fluent in German, Hebrew and Yiddish.

Presently, Bella practices Chirophonetics at The Institute for Chirophonetics Therapy which she has started. She could be contacted via phone at (845) 627-5719 and via Email at [Bella@Freuman.com](mailto:Bella@Freuman.com)

\*

*I asked Bella a few questions:*

**ER.** *Bella- what attracted you to Chirophonetics. You studied other modalities, what experience directed you to this change?*

**BBF.** The first time I heard of Chirophonetic Therapy was in 2000. A medical doctor, Anna Lups, handed me a book by Alfred Baur, "Healing Sounds." She said that this therapy is fundamental to the healing processes and there is no one that is practicing Chirophonetic in America. I read the book and I was touched by the deep understanding of the logos in relationship to the human being. The forces which give a human being form, as well as those which are utilized in speech. are one and the same. The human form is created through the word. I contacted the School for Chirophonetic in Austria and signed up for the training.

**ER.** *Did you experience or witness a remarkable recovery due to Chirophonetics treatment?*

**BBF.** I have worked with Chirophonetic Therapy for 4 years in a home for the elderly in Spring Valley, NY. There was one patient who suffered from late stage Parkinsonism. The physical damage was great there was no hope of healing. I looked into the state of the soul. There was pedantry, stinginess, little heart warmth and a mechanical world view. I used sounds, words, and poetic rhythms which could awaken in him his heart forces. The care givers observed the changes in this patient. He was afterward more alert and interested in the people around him. Another elder patient who suffered from Epilepsy showed remarkable changes in his speech and gate. ....I have many more examples from the practice which I will have to send to you.



*ER. Could you tell us a little about the teaching program- how can one be trained in Chiophonetics?*

**BBF.** Most training Centers are in Germany. There are courses given in different languages. The School of Chiophonetic Therapy accepts people who have acquired the fundamentals of the Anthroposophical approach to the human being, or who are prepared to take this on. The training extends over a minimum of eight intensives, of which two can generally be attended each year. Doctors who wish to learn the basics of Chiophonetic Therapy can attend individual courses.

*ER. What is the best use of Chiophonetics- what conditions? What is the average length of a treatment?*

**BBF.** I see the patient once or twice a week. There are treatment blocks of 6 weeks followed by a 2 weeks pause. Each session is 20 min with a 20 min rest afterwards. The therapy is enhanced by a family member or friend that follows closely my instructions and will apply them 3-5 times during the week. A treatment plan can go on for a few months to a year.

*ER. I understand that you are the only person in US qualified to practice Chiophonetics. Where/when do you practice and how can you be reached?*

**BBF.** I work mostly out of my home where I started the The Institute for Chiophonetics Therapy. On some occasions when the patient can not be moved I will go to his or her home. I can be reached best through the internet: [bella@freuman.com](mailto:bella@freuman.com)

*ER. Bella, I always ask this question to the people I interview. Do you have a word or two for the Energetic Rejuvenation readers?*

**BBF.** Healing through the powers of the patients own forces has always been my interest. Our Body which houses our very essence was thought through eons of time. It is the temple in which we live. Our physical body as well as the whole of nature is the final formed manifestation of the movement around it, which is send from the cosmos. I am very glad to become part of a group of like minded healers whose effort is to enlighten the movement around the sick and needy.

*ER. Bella, we wish you lots of luck in your worthy venture and practice and thank you for sharing with us this healing modality.*

\*\*\*

## **Book Review**

*Ze'Ev Kolman autographed my copy of the book at the NY Life Fair this fall. There is a print of Ze'ev's hand made with mud from the Holy Land that gives a personal touch to every copy.*

*Ed.*

\*

### **The Secret of Healing: The Healing Powers of Ze'Ev Kolman (Hardcover)** by Hans Holzer

[http://www.amazon.com/Secret-Healing-Powers-ZeEv-Kolman/dp/188522320X/ref=sr\\_1\\_1?ie=UTF8&s=books&qid=1259352183&sr=1-1#reader\\_188522320X](http://www.amazon.com/Secret-Healing-Powers-ZeEv-Kolman/dp/188522320X/ref=sr_1_1?ie=UTF8&s=books&qid=1259352183&sr=1-1#reader_188522320X)

*Ze'ev's story is fascinating. As a child growing up in Tel Aviv during bombings, he remembers several out of body experiences. Years later, as a reservist soldier in the Israeli Army he is stationed near a mountain in the desert. His mission was to monitor movement with night vision equipment. Since he always climbed the mountain at night he decides*



*to see the surroundings during day time. One morning he climbs the mountain in the morning and once there he surveys the landscape. A kidney shape UFO approaches and makes a right angle turn over his head and while passing over Ze'ev experiences magnetic phenomena. He loses consciousness briefly and finds himself in a cotton candy like substance surrounded by 11 human forms of light where one is darker and appears as a leader. While attempting to see their faces he realizes that all faces reflect this own face. Loosing consciousness again he awakens in a different spot on his back looking at the sky. He hears the bell calling the night shift and realizes the day has passed. Ze'ev descends in a hurry and at the bottom of the hill he is welcomed by a fellow soldier. Ze'ev raises his hand to answer the fellow's welcome and the fellow drops to the ground. Ze'ev repeats the feat with 2 more people who enjoy the experience. Next day, Ze'ev touches the knee of a soldier who blocked his way in the tent with his leg. The fellow shouts- you are electrocuting me! The same fellow approaches him a day later and reports that a bad eczema he had for 3 years is cured and asks Ze'ev to touch his ankles where the eczema was still present. This is the beginning of Ze'ev's careers as a healer. For the rest of the story – you got to buy the book!*

Ed

\*\*\*

## DVD Review

### **Buteyko Clinic DVD Set (2008)**

**Copyright 2008 Patrick McKeown**

[www.AsthmaCare.info](http://www.AsthmaCare.info)

[www.ButeykoClinic.com](http://www.ButeykoClinic.com)

*From the back jacket presentation: " Patrick McKeown was a lifelong asthmatic until e successfully applied the Buteyko Method. Since being accredited by the Late Professor Buteyko in 2002, McKeown has taught thousands of asthmatics how to recover from their condition. His books include the best-sellers Asthma Free Naturally and Close your Mouth. His renowned Asthma Care clinics are now available in 8 countries worldwide including USA, Canada, the UK and Ireland. Each exercise and lifestyle guideline is simply and thoroughly detailed to enable you to successfully REVERS asthma, rhinitis, snoring, and other breathing difficulties."*

*This set of exercises is based on the Dr. Buteyko observation that all asthmatics hyperventilate and the hyperventilation triggers the attack. The exercises train the sufferer to breathe such that the oxygenation level drops and the attack is prevented. Simple and effective method to reduce or eliminate the need for medication.*

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](mailto:Abaraschi@aol.com) mentioning Newsletter in the e-mail title.

\*\*\*

## Credits

Peter Roche de Coppens, PA; Ze'ev Kolman, NY; Bella Bat'Or Freuman, NY; Christine Baraschi, Holland; Anton Baraschi, NY.

\*\*\*