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Editorial

Renaissance Revisiting

Immersed in the sea of Spirit, mankind experiences periodically waves of increased awareness. Teachers spoke to us of Renaissance, then of the Scientific Revolution. I think there is another renaissance/rebirth in the making. The perception and use of bio energy is spreading in a fashion that defies convention.

A good doctor, a doctor’s doctor, goes to see John of God.; a young girl in Poland diagnosed with cancer discovers the world of alternatives, cures her ailment and completely transforms herself; an IT project manager suffering with asthma, discovers energy work and blends his religious upbringing with all that he has learned through life- thus creating a work that feels like Renaissance Revisited. Enjoy their stories.

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E-mail entries to Abaraschi@aol.com or via regular mail addressed to: Anton Baraschi, 9 Farm Lane, Spring Valley, N.Y. 10977

Editor

News and Links

Rosalyn Bruyere and **Ken Weintraub** teaching an intensive workshop on „*The alchemy of change*” in Cincinnati at the end of March. I will try to review this workshop in the April issue. See link below:

http://www.rosalynlbruyere.org/workshops/ohio_03-09.html



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Wayne Dwyer's DVD movie about finding one's life purpose is a spiritual journey from ambition to meaning. The way from ambition to service examining the polarity in the lives of a businessman and a mother

<http://www.ambitiontomeaning.com/store>

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Richard Moss A day-long experiential seminar where Richard will share with you an extraordinary model and tool, the *Mandala of Being*TM. This workshop is about learning to be in the now and much more. In Baltimore - March 28, 2009 - 9:30 am - 7:30pm, 4 Points by Sheraton BWI

<http://www.richardmoss.com/experience.php>

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***Shamanic Healing Circle** Sunday, March. 15th, from 1:00 PM - 4:00 PM

Location: 112 West 27th Street, 4th floor. Share your problems with Manuel Peralta is NYSC core members, and a gifted healer in traditional Mexican and Navajo medicine and Irma StarSpirit woman is NYSC core member and a gifted healer from Mayan Ancestral Cuaranderos, she practices in traditional Toltec and Indigenous Medicine. Contact: Call Manuel 718-956-9695, or Email Irma below [Email Irma](#)

Healer of the Month

Richard A. Sheff, MD



RICHARD A. SHEFF, MD, CMSL, presently serves as chairman and executive director of The Greeley Company, a nationally respected healthcare leadership training and consulting company He is a leading faculty member for The Greeley Company's national seminars and provides educational and consulting services on a wide range of topics to hospitals, physician organizations, and other healthcare entities. Dr. Sheff has authored numerous books on healthcare-related topics, is a popular national speaker, and serves on the faculties of the American College of Physician Executives and The Governance Institute. His previous positions include vice president for medical affairs, IPA president, PHO medical director, president of a corporation that owned and operated physician practices, and group practice medical director.

<http://greeley.com/>



Before his work at the Greeley Company, Dr Sheff practiced family medicine in Massachusetts for more than a dozen years, serving a community of patients of all ages, and in the early part of his practice delivering babies. He left a successful practice to launch a new company, CommonWell, to help our healthcare system integrate the best of complementary and alternative medicine with the best of conventional medicine. At the same time he began to consult with hospital and physician organizations throughout the United States, and more recently internationally.

Dr Sheff is a graduate of the University of Pennsylvania, School of Medicine and the Brown University residency program in family medicine. He was an undergraduate of the Cornell University and recipient of the Keasbey Scholarship for the study of politics and philosophy at Oxford University, UK.

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I was introduced to Dr Sheff by my friend Emma Bragdon. Emma told me that Dr Sheff went to see John of God. This in itself is a dizzying proposition. When a good doctor takes a leap of faith of this magnitude, one could safely infer that he will leave no stone unturned in his search for truth as it may be and present itself. I was thrilled when Dr Sheff agreed to an interview.

Ed.

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ER How/when did you become aware of energy work? What was your experience like? What modalities?

R.A.S. In the early eighties, I had two friends in my family practice residency who were different than the rest. The man in this couple developed cancer and to my surprise they treated it successfully to remission with a regimen essentially comprised of Anthroposophic medication and the Gerson diet.

<http://www.paam.net/>

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

http://www.gerson.org/g_therapy/default.asp

In many passionate conversations that took place over a period of several months, my orthodox medical view became more open as I had to allow for the presence of such phenomena. Later I was part of a study group that exposed me to various modalities, such as the Alexander technique and Reiki. During the 90ties, I was associated with a medical study group composed of practitioners of various modalities, therapists, physicians, and energy workers.

ER.. I read you book "Hey Doc! Are You Listening to YOUR Heart" (reviewed in the January issue of this Newsletter with excerpts available at www.listentoyourheartmedicine.com). It is a page turner where one senses self honesty and depth of experience. Could you tell us about your intentions, when you wrote this autobiographical account?

R.A.S. The book's focus is on the poignant stories of the healing space created between physicians and patients if each takes the time to open to what is possible in that space and conversely to what happens to undermine healing when they don't open up. My own encounters with birth, illness and death are recorded and intended to speak to the universality of those experiences for all of us. A reviewer told me that he was a changed person after having read *Hey, Doc!*. This meant so much to me. *Hey, Doc!* was intended to touch the hearts of all who read it. My hope was that readers experience healing simply by immersing themselves in the book's content.

This book was also intended for practicing physicians, physicians in training, those considering a career in medicine, those who work with physicians, and those who seek a better, more healing relationship with their own physician. In short, it is a book, I hope, for all of us.

ER. What is your work today, what are your plans and dreams?

R.A.S. My career has taken twists and turns I could never have anticipated. Beginning as a practicing family physician, today I find myself working with hospitals and physician organizations across the country to help make healthcare work for all of us, both those who give care and those who receive care. I went into healthcare to heal and to teach. Now I find myself doing just that, but with a national ministry, trying to heal healthcare. My goal is to always be of service. In



terms of my plans and dreams, I believe there is another ministry coming sometime soon, and it is related to my next book. I awoke one morning and found I was being “given” the entire book. The title is *Hey, Doc! Are You Listening to Your SOUL?* The first *Hey, Doc!* book told the story of my journey to opening my heart (a universal story we all live). This next book is a sequel, picking up when I finished medical training and began practice. It tells the story of my journey as a scientist and a skeptic from the blind belief that science held all the answers to the recognition that truth lies in integrating science with spirituality. The outlines of what’s coming next are not yet clear, but I believe it has something to do with helping others to integrate science with the heart and with spirituality to heal themselves and help heal our planet.

ER. Do you see a future in cooperation between physicians and energy practitioners? What do you think is needed?

R.A.S. I believe energy healing will be an important part of the new, integrative medicine. But it will only be a part, along with conventional medicine and many other healing modalities that we currently call complementary and alternative healing practices today. When studying at Oxford, I was desperately seeking a foundation for an ultimate, unshakeable basis for truth. Instead, I came to realize that the best we can achieve is to recognize (with a hefty dose of humility) that we all make sense of the world through what I came to call a network of mutually reinforcing knowledge claims. Yours are no better than mine, they are just different. Some people refer to this as a paradigm. We clearly see any data that reinforces our knowledge claims, our paradigm, and have great difficulty seeing any data that doesn’t fit in. The new medicine will have to incorporate this recognition through acknowledging that no one healing modality has all the answers. Instead each modality needs to assume its appropriate place in our network of mutually reinforcing knowledge claims so that we can bring to bear the best healing modalities that will be most helpful for each person at any given moment in time.

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

R.A.S. I may not be able to do it with only one message, so can I have two?

ER. Of course

R.A.S. My first message is to always stay open to data that doesn’t fit your personal paradigm. This is how we grow in understanding. The second is to always stay open to your heart and your soul’s journey. This is how we grow spiritually.

Interview

Evita Ramparte- A Story of Transformation

ER Hi Evita, I heard of your extraordinary story and wanted to share it with our readers. I was told you healed yourself after receiving an ovarian cancer diagnostic. When was that?

Evita Ramparte: In 2000, I was diagnosed with ovarian cancer. At that time, I weighed over 180 pounds. I was negative, had constant headaches and felt depressed and lacking confidence.

ER. How did you find out about it? What did you do? It must have been very traumatic....

Evita Ramparte: I was at a Millennium New Years Eve party in Poland. Here I had my first encounter with an energy healer, a psychic from Ukraine. She said I had gallstones and hypoglycemia. Then she detected some blockage in my uterus and suggested I go to be tested. I trusted her instantly. I had had the feeling that something was eating me up from within and she just confirmed it. She recommended I start by doing a cleanse with anti-parasite herbs, with beetroot juice, olive oil and grapefruit combined with two enemas a day.



After my return to Warsaw, I visited my gynecologist, and had an ultrasound test. Indeed, the ovaries were so overloaded with tumors that it was hard for the doctors to see them. While waiting for the lab results to determine whether the tumors were malign or not, I decided to go on the cleanse program recommended by the psychic.

The following day was Friday and I started with the enema, then the herbs, the juices and the olive oil. Before the bed time, I had another enema and a salt bath . I did the same thing for a couple of days, not even thinking why was I doing this. I felt dizzy, weak, nauseous and had chills all over my body. It felt like I was a junkie giving up drugs, being slowly and painfully stripped off anything that was not ME in my system. I saw sixteen gallstones coming out of my body. I had no more cravings for sugar. That felt good. Something positive was happening.

ER. What happened next?

Evita Ramparte: The Tuesday when I had to go for the lab results,, I took a taxi and went to the doctor. By then, I already lost weight, felt better about myself and was more optimistic about the healing process. With sad face, the doctor informed me that I had cancer and I should schedule a surgery to remove the tumors. I asked, whether anyone knew the cause of my disease. The doctor answered: "We'd get a Noble Prize, if we knew the cause of cancer!"

I didn't get a Noble Prize either, but I knew instinctively that my toxic diet and low self-esteem got me where I was. After all, if the doctors didn't know the cause of my illness how could they give me the solution?

I refused surgery and decided to continue the cleansing process. My diet improved. I got a crazy appetite for vegetables and organic food. My energy soared. I felt healthy and confident

I understood that I was detoxifying my body and my mind, at the same time. Seeing the results made me wonder what else was possible. I have changed my lifestyle and got to believe that everything could be changed. To live a fulfilling life was within my reach now. I took time to understand the world of possibilities around me. I noticed that things were coming together in an harmonious way. Often I would think of something, wish something and soon after that something would happen in my life. It was much more than a simple coincidence.

ER. Could you give us an example or two?

Evita Ramparte: One day, I remember I made a wish for an apartment for rent. I outlined all the characteristics on paper, even including red begonia flowers in the windows. One week later, a landlady called me to show me her place. As we walked towards the apartment, I asked her: 'Is it the one over there?' 'Yes!' - she answered surprised - 'How do you know?!' I pointed- "The flowers in the window, I had a premonition"!

Another time, I was in a shop and made a wish for a perfume which was too expensive for me to buy: 'Gucci. Aqua di Gio. Green..' 'You can imagine, how surprised I was, when two days later, some friends gave me a gift: 'Aqua di Gio. Green,' Such coincidences happened so many times, over and over, that I should be blind not to notice and put them together. The people I met, the work I wanted, clothes, travels. It all came as of a wishlist, as if there was someone



watching me, listening to my heart. Someone in love with me, showering me with gifts after the major gift of healing. "Someone" was getting my attention.

ER Your story is about gradual and major change. How far did it go?

Evita Ramparte:As my new life was opening up, I took time to understand what was going on in my relationship with the world and with myself. First of all, I changed my job. I moved from being a mediocre translator into being a television reporter, a job which gave me the opportunity to interview many leaders of today's world and see that many have no idea where they are leading us.

Meanwhile, I continued to monitor the tumor every few weeks and saw it getting smaller each time I would go for a test. After four months I returned to the same doctors who had diagnosed me. They pronounced me cancer free.



My new profession as journalist became also the vehicle of my new spiritual interests. I was invited to participate in a shamanic training that took place in Warsaw. I not only wrote an article about it, but also found it extremely inspiring to my soul. Later, I went for an NLP training that took one year. Then I attended a workshop with an Ukrainian shaman and a Polish healer who cured cancer. Although I observed and reported about such experiences as an outsider - an objective journalist - I kept my spirit open and each time grew richer and more interested in the energy healing issues. My academic education - I have a Master in Religion from Polish and Swiss Universities - didn't help me too much except in asking the right questions. I noticed, however, that whenever I was able to step out of my Rational mind I was reaching into the depth of the healing energy and comprehend the spiritual laws that govern it. Many spiritual doors could be open this way. Especially Narania."

ER It looks like your attention was guided to seek spiritual people and study spiritual healing. could you tell us a little about people on your path?

Evita Ramparte: Since my healing in the year 2000, I have interviewed many spiritual teachers, shamans and healers and published over 300 articles on the subject. In 2002, while in France, I started life coaching at the American Acting School in Paris. I realized that shamanism and acting have a lot in common. By this time I had many past-lives experiences, though previously I did not believe in reincarnation at all and I was totally skeptical about the concept. It seemed the Spirit had ways to work on me and 'peel the onion' layer by layer. In 2006, I interviewed Judy Satori - a metaphysician from New Zealand, who channels from Ascended Masters.

<http://www.thesoundoflight.com/Introduction.7.0.html>



The second workshop with her opened me up to channeling and seeing. For the first time I could see/sense Master Saint Germain, Quan Yin... etc. I had heard their Voices guiding me many times before - suggesting: 'Talk to this person. Go there. We need you here...etc.' Sometimes, warning me about some dangers. After the workshop with Judi Satori, I could not only hear but also feel the presence of the spiritual guides by the vibrations that would change in the room.

In 2007 I first encountered the Domancic Method of Bioenergy. I found it by far the most powerful healing modality I have ever experienced.

ER Could you tell us your first hand experience with Zdenko Domancic's method? We had a DVD review of a documentary presenting his work in the last issue of the Newsletter. This is synergetic follow up!

Evita Ramparte: I witnessed adults and children healed by this hands-off therapy - hundreds of them! Finally, I had I journey to Zdenko Domancic to meet him at his clinic in Slovenia, where I witnessed people getting visibly better over four days. I remember a man, who came to the Domancic Clinic in May - on a wheel chair. In September, he was not only walking but also pushing the wheel chair of his friend, who this time was brought for therapy. I witnessed children with autism, dyspraxia, asthma - getting better and better. It all seemed amazing to me, and normal to Zdenko Domancic, who helped already a million of people and received the recognition of Slovenian government authorities. Together with my friend Martyna Fon, we made sure that Domancic Method would become widespread in Poland. I promoted the Domancic Method in the media and Martyna organized training seminars at the Clinic. Today, there are over 200 Domancic Method Therapists in Poland, all over the country.

ER Do you actually use his method in your work?

Evita Ramparte: Yes I do, Today, I work with the Domancic Method of Bioenergy to heal and inspire people, who come to me for individual sessions. Ever since I started to work with Energy, the Energy is teaching me. Once I scan an aura of a person, the Guides of the person tell me important information - insight to the cause of the disease and guidance for the soul to make important changes in order to heal it. I always recommend cleansing and alkaline lifestyle - which is a proven foundation for optimum health and high energy level. Especially now, when our Planet Earth is evolving into the fifth dimension, the dimension of love, we are called to become light in order to carry more Light. This is why I use the metaphor of a Phoenix of Light in my retreat program.

www.phoenixoflight.com

ER When did you realize that your experience will be of benefit to others?

Evita Ramparte: As soon as I experienced healing. All my friends were asking me for dietary advice, all wanted to hear my story and came to me for inspiration in life. It was very rewarding to be a walking, living inspiration! Consequently, I helped many friends to heal, loose weight, transform their lives from depression to conscious creativity. Ever since I healed, I realized quickly that I do not need to go to a doctor, or enter a pharmacy. I learnt to be my own doctor and this independence, this sovereignty became contagious. "I do not like to call myself a healer. I don't want you to come back to me again and again. I am here to guide you to awaken your own healing powers and to align with Nature. You won't need me afterwards. I teach you to be your own Master."

ER Could you briefly present your work to our readers? Maybe through a personal example or anecdote?

Evita Ramparte: Currently, I offer a lifestyle retreat called 'SEXY SASSY SAINT'. It takes place in charming, discreet canyon property just outside of Ojai, CA. Depending on the group, retreats take 3, 7, 14 and 21 days. The cleanse includes a herbal program for parasite, kidney, colon cleanse, and a liver flush, as well as colonics and enemas. We are having a lot of fun with it. A lot of jokes and laughter! People learn about healthy diet during lectures, presentations and also during their hands on experience with the juicer. In the same time, they take time to reflect on their lives and say 'good bye' to the old, what was blocking them and holding them back. As their body cleanses, their soul takes a flight to freedom and soars in creativity. Hence, we work a lot with expressive arts in order to facilitate those new born dreams, wishes, possibilities to become a clear, crystallized vision in their Mind. They make their vision boards, dart boards and even puppets. We have a magnificent amphitheatre at the property, so we take turns to perform and entertain each other. It's fun! I feel blessed I get to experience it and be paid for it. I wish to train others to be able to be of service and have such a rewarding profession!



Sometimes, I work with individual clients at their home or at their private retreat place. That was the case with Catherine Robinson, who experienced the cleanse at her home in Palm Springs. She lost 17 pounds within a week, became vegan, creating her life with her thought and even today she keeps sending me e-mails: "You have changed my life!" Working with a person individually is more intimate, deeper and once we go through the process we become friends for life.

Either way, the results are amazing - from healing and weight loss, to a major life transformation. The process of 'Cleansing, Clarifying, and Creating' raises the vibration, which means that wishes manifest faster, cause the brain frequency is more aligned to the alpha frequency of the Planet. A lot of miracle coincidences take place afterwards. Miracles, only because we've been trained to believe it is not normal, when in reality we are to understand that it is not normal to have to work and labor. The Universe is within us. Hence taking time to dive deep inside through fasting, healing and meditation, is the only work you need to do.

ER Thank you Evita, much luck in your ventures

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Evita Ramparte is a Transformational Life Coach offering two types of cleansing and healing retreats. One is very simple, rustic and close to Nature. The other one is exclusive and offered to VIP clients in a world famous resort in Ojai, California. She also offers individual cleanse and rejuvenation programs, by arrangement To Contact Evita call 917 930 3733 and/or visit - www.sexsassysaint.com

Evita Ramparte is currently anticipating training others to step into this profession. Together with Stephen Barrie, N.D. and author of 'The 7 Day Detox Program', a bestseller book on the subject, she is preparing a proprietary training program for lifestyle coaches across the country. "We want to train a large and passionate community of competent, dedicated and enthusiastic professionals, who will help others through America's current transformation."

Feature Article

EnergeticRejuvenation Editorial Introduction:

I believe that in the article below we are experiencing a new type of thinking. Connecting disease to Higher consciousness is in itself very brave. After all, the commonly held belief is that all sickness should be banished! Also fascinating is the way in which information from scientific, religious documentation and direct clairvoyant experience is woven with life experience. It is the theme of this issue that people are increasingly witnessing their own experiences with the consciousness that it will help someone else on the same path. With this in mind, I asked Richard Strilowich in a short interview to preface the presentation, thus giving readers a point of departure.

Ed.

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ER *Richard -what prompted you to pick this subject?*

RS I became interested in writing this thesis by reflecting on two seemingly separate longings: Asthma & the Christ Consciousness. I have had clinically diagnosed "Mild Persistent Asthma" since I was about 12 years old. In the 2002 I had a severe case of Bronchitis and experienced close to an Asthma attack, needing to be rushed to my doctor and hooked up to a nebulizer to clear my lungs. It was this experience when I became aware that I actually struggle for every breath. I had become so used to the struggle to breathe that it had become unconscious. I realized I knew very little about my asthma and this started my longing to bring more awareness to it, and asking the question "What is my Asthma about?" As you know, asthma has currently reached epidemic levels. Asthma is the only chronic disease (besides AIDS and tuberculosis), which is on the rise throughout the world. Ten million Americans had asthma in 1990, 15 million in 1997, and overall a 66 percent increase since 1980. According to U.S. Dept of Health and Human Services (statistics), the number of Americans suffering with asthma more than doubled from 1980 to 1996 to reach 15 million. The medical



community does not currently know how to prevent this disease, or know what causes asthma. The best we can do is treat its symptoms and make recommendations to avoid things that might trigger asthma.

ER It's unusual for someone to connect breath to the Christ consciousness. What prompted you in this direction?

RS. Having been raised Catholic I grew up with a strong connection to Jesus Christ. I was longing the mystical feeling of the Cosmic Christ Consciousness. Over the years my interest has been to understand some of the deeper spiritual meaning of the teachings of Jesus in the Gospels. This has led me to discover the teaching of many Saints & Christian Mystics such as St. Francis of Assisi, St. John of the Cross, Meister Eckhart, etc. They describe an inner-cosmic connection to the Divine – and a cosmic feeling. I'd discovered that 'Christ' is not Jesus of Nazareth last name, but the 'Christ' is a quality radiating from God. Christ is a word many people use, but I discovered not many people really know its deep meaning. This started my asking, "What is the Christ Consciousness?" These two longings seemed to be separate until I sat with them and had a realization that my Asthma resistance to breathing is a resistance to the Cosmic Feeling of Life / Universe / God – the Cosmic Breath – or the Cosmic Christ Consciousness.

ER How did you intend to go about it?

In this project I wanted to explore the relationship between Asthma and the Cosmic Christ Consciousness – and how the physical breath is a holographic representation for the Cosmic Feeling of the Christ Consciousness. I started out exploring what is the Christ Consciousness, followed by understanding the physiology of Asthma. I attempted to relate the Brennan Healing Science model of 4 dimensions of humankind to the wholeness of the Cosmic Breath. When the 4 dimensions of humankind are in complete wholeness and balance then the person has fully embodied the Cosmic Christ Consciousness. I did not intend to offer recommendations of a cure for asthma; my purpose was to bring awareness to asthma on many different levels. With this awareness, the person with asthma can make many choices and take responsibility for their own healing.

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Asthma as Related to the Cosmic Christ Consciousness

By **Richard Strilowich**

Abstract

This project will explore the relationship between Asthma and the Cosmic Christ Consciousness (breath / life / love / God). I will explore what is the Christ Consciousness – as defined by religious scholars, Christian mystics, Jesus (as inspired in the Gospel of John) and explore the cosmic feelings that occur when one is fully open, through full breathing, to the Christ Consciousness. I will then explore the physiology of breathing, what happens in our bodies during asthma and draw parallels that asthma is a resistance to breathing – resistance to the Christ Consciousness – a fear of life. Lastly, I will discuss how asthma manifests in the body as related to the Four Dimension of Humankind, as discussed in the Barbara Brennan School of Healing Integrated Healing Model. Through this awareness and understanding, the person with asthma can then make new choices and take responsibility for their own healing. Disclaimer: If you have been diagnosed with Asthma, please follow your doctor's advice for treatment.

What is the Christ Consciousness

Defining the Christ Consciousness seems like an insurmountable task – sort of like trying to define God. Any attempt at definition, tends to limit what God/Christ Consciousness is. Many mystics and authors have attempted to describe the experience of the Cosmic Christ Consciousness, struggling with the limitations of words. So it is in deep humility that I present this discussion and definition of the Christ Consciousness from a Christian perspective.

The expression "Cosmic Christ" was first used in the United States by Prof. G. Stevens of Yale Divinity School in *The Christian Doctrine of Salvation* (1905).¹ It began some of the 20th Century religious/ philosophical discussions of the "Christ" quality, embodied by Jesus of Nazareth, originating from the Godhead. Hans-Werner Schroeder, in *The Cosmic Christ*, has described the Christ Consciousness as the point Omega in which everything will culminate and be suffused



with divine love”.ⁱⁱ The Christ Consciousness is the creative force of the universe, the source of everything. The expression “Christ Consciousness” means to be in the state of consciousness of knowing one’s own true relationship to the source.

To get an understanding of the Christ Consciousness it may be helpful to distinguish it from the different aspects of God. Christianity has identified three aspects of God: Father, Son, and Holy Spirit. Schroeder has differentiated these beings within the workings of the Godhead as follows:

1. Father – being and substance
2. Son – existence: life/creating/becoming
3. Spirit – consciousness: meaning/light/breathⁱⁱⁱ

Father has been referred, in different traditions, as Father-Mother God, God/Goddess, Godhead, I AM, divine spark of the universe. The Father is pure being – no movement, just is.

Son has been referred, in different traditions, as the Son of God, Christ Consciousness, Logos (the creative word of God/life). As ‘Son’, the Christ is united with ‘God the Father-Mother’ – in the being of the Father he (Christ) is the heart center. When the world is formed out of the ‘being’ and ‘substance’ of the Father, Christ is the creator. Without Christ nothing would exist. Everything that has come into being has its origin as substance from God, and as life from the Christ. And everything (visible & invisible) owes its continued existence to the working of Christ – including ourselves and our own existence. The Christ is in constant movement/action – continuously creating, as opposed to the Father, which is motionless/still. Said in another way, “The basic substance (Father) of the person is energy. The movement of that energy is life (Son).”^{iv}

The Gospel of St. John states:

“In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being by Him, and apart from Him nothing came into being that has come into being. In Him was life, and the life was the light of men.” [John 1:3]

This passage helps to define the unique relationship between God & Christ. ‘the Word’ meaning Christ, the wisdom and power of God and the first cause of all things. The Father lets the Son ‘be born’ out of himself and gives him the task of creating the world. Christ is the creator of the world who calls creation into being, into existence out of the being and substance of the Father.^v There is a concise differentiation between the creation, which is from the Father (God, from whom all things are) and the creation, which has come about through Christ (Jesus Christ, through whom all things are, and we through him – creator of the world).

The Gospel of St. John has several other passages that define this relationship.

Jesus says, “The Father and I are one. [John 10:30]

Here, Jesus is saying that the Christ in Jesus is made of the same essence as God. Jesus of Nazareth was a man, who being a highly evolved soul, ‘Christed’ himself by fully embodying the Christ Consciousness.

“And the Word was made flesh, and dwelt among us full of grace and truth.” [John 1:14]

Jesus was the great initiate for the manifestation of the Christ spirit. When Jesus said – “I am the way, the truth and the life”, he is demonstrating to the rest of humanity the way of life eternal. Jesus demonstrated the way of purification for all souls/people to do the same.^{vi} And this way of purification involves a relationship to God that is not external and outside of yourself, but a unitive part of yourself.

Since the Godhead has a Son and ensures the continuation of the world through him, the Son has become a ‘model’, for Man, who also is to mature towards becoming a ‘son’ of God. ‘God has so formed us inwardly that we can be of His sonship through the power of Christ’ [Eph. 1:5]. The word “Christ” means “the anointed one/Priest” – the bringer of men to God.

From this discussion I will use the following working definition of the *Cosmic Christ Consciousness*:



The Cosmic Christ Consciousness is the energy/consciousness of the divine spark of the universe that embodies the qualities of creation, divine love, compassion, unity/oneness, life, presence, movement - BEing.

The qualities of the Christ Consciousness really mean the same thing:

life = love = creation = unity = presence = movement = BEing = consciousness

What is creation? “Creation is all things and us. It is us in relationship with all things. Creation is all space, all time – all things past, present and future – in the “Eternal Now”. Creation, at its core, is about relation. It is the spiraling, dancing, crouching, springing, leaping, surprising act of relatedness, of communing, of responding, of letting go, of being.”^{vii} Presence is when BEing becomes conscious.^{viii}

Cosmic Breath/Spirit of Life

Spirit is the third aspect of the Godhead. Jesus is quoted as saying, “God is a spirit” [John 4:24], which in Aramaic (the language spoken by Jesus) is *Alaha Ruhau*. Alaha (God) can be translated as Sacred Unity, Oneness, or the Only Being. Ruhau (spirit) can also be translated as breath, air, wind. In this interpretation “my breath” is not separate from the “Oneness” and every being is included in Sacred Unity.^{ix} Judaism has its own interpretation for spirit - *ruah*, meaning the breath, life-force, “the spirit of God that infuses the Creation.” The spirit is life, to be alive, filled with *ruah*, breathing deeply, in touch with the wind.

Other examples of the Spirit in the Bible include: God is the One who “breathed into the human’s nostrils the breath of life” [Gen. 2:7], who “fashioned us and ... breathed into us a living spirit” [Wis. 15:11].

Eastern traditions have referred to this life-force/Christ Consciousness as *Prana* – the vital energy of the universe. The Prana energy is the very basis of life and vitality. Breath is the vehicle for prana.^x And there is a relationship between the physical body breathing and the next higher levels of the mind, emotions & spirit – which lead to our cosmic consciousness connection of the universe. In Yogic philosophy, one who has learned to control prana has learned to control all the energies of the universe – physical and mental. He has also learned to control his body and mind.^{xi} Control of prana is the regulation of inhalation/expansion and exhalation/contraction. All the levels of our existence can be seen as functioning harmoniously if we grasp the basic phenomenon of expansion and contraction, the “cosmic breath”. Astronomers believe there was a “Big Bang” from which all matter expanded out infinitely, and after a certain point of expansion the cosmos will begin to contract and be pulled back into yet another dense center – from which it explodes again. This “cosmic breath” mirrors the expansion and contraction of the breath of the physical body.

The Spirit/breath is the vehicle that carries the Christ Consciousness. An analogy of electricity might help. Electricity (Christ Consciousness) moves through electrical wires (Spirit). The source of creating the electricity is the power plant (God).

The Christ Consciousness Feeling

There are very specific feelings one may experience when you have fully embodied and are opened to receiving the full energies of the Christ Consciousness. Schroeder describes two levels of feelings a person may experience of the Christ; first is a feeling of a bond, a union with Christ – Christ in me; and second this opens out into a wider cosmic dimension.^{xii}

The **first** level feelings are of experiencing the immediacy of the presence of God within – your true identity. The GUIDE (as channeled through Eva Pierrakos) identifies some of these cosmic feelings:^{xiii} bliss, all-encompassing divine love, sacred heart fire inside, aliveness, deep unshakeable inner peace, compassion, radiant joy of BEing, beauty, ease, lightness wisdom, oneness/unity of all in the universe, excitement, passion, pleasure, purity, creativity, wholeness, timelessness, trust of life/universe, stillness/silence, presence of the divine a knowledge that all is well – a total absence of fear, the full essence of BEing.

When the first level feelings are embodied within the full experience of your body, they lead to a wider cosmic dimension of second level feelings transcending our human experience. The **second** level feelings include: infinite expansion, interconnectivity, a comprehension and understanding/ knowing of life and its mysteries. This level of oneness transcends every particle of you – body, soul, and spirit.



The GUIDE says “These real experiences become possible the moment you can bear the immediacy of your divine kernel, in its aliveness, in its presence, in its consciousness, in its energy, in its sparkling reality, in its all-permeating wisdom, in its all-inclusive love, in its creative power that is yours to use as you see fit. In isolated moments you experience the hand of God in your life, the breath of God – inside and outside fuse and become one – love flows through every vein of your body and soul, you are bathed in the grace of God^{xiv}”. Christian mystic St. John of the Cross describes this in another way by calling these real experiences the *state of perfection*, as “that of the Divine union of the soul with God.”^{xv}

These lead to the experiences of gratitude, awe/wonder, and the excitement of knowing/feeling God in yourself (in every breath) and in everything around you. The experience of the Christ Consciousness has become a very personal experience. The Beloved sees only the Beloved. The Christ Consciousness/ life is embodied in our experience through our spirit/breath.

The above describes the feeling of “Christ in us” – a most profound closeness, bond, and union with the Christ, which then opens into a wider cosmic dimension. This is what is meant for human beings to take the Christ into himself – ‘Christ in me’ - I AM the love within you. I AM the life within you. This is the “Breath of Life.” The breathing in and opening to the Christ – Love – Life.

Asthma

What has the Christ Consciousness to do with Asthma? Asthma is a resistance to breathing. It is a resistance to life, resistance to the Christ Consciousness – a fear of life. Before we explore this fear of life – let’s first understand Asthma from a physiological point of view.

Taber’s Cyclopedic Medical Dictionary defines Asthma as “a disease caused by increased responsiveness of the tracheobronchial tree to various stimuli, which results in episodic narrowing and inflammation of the airways.^{xvi}” Said another way Asthma is an inflammatory disease of the airways, resulting in a constriction/narrowing of the bronchial tubes that induce coughing, wheezing (especially on expiration), and gasping for air. It is a condition where the lung membranes are overly sensitive and hyperactive. The word asthma is of Greek origin meaning *gasping for breath*. Before we can fully understand what occurs in the body during an asthma attack we will first need to understand how breathing works during a normal breath.

Physiology of Breathing

Cells are the building block of all organisms. From cells form specific tissues and organs that form our physical body. And each living cell is dependent upon a continuous source of energy – slow burning fuel. The fuel comes from

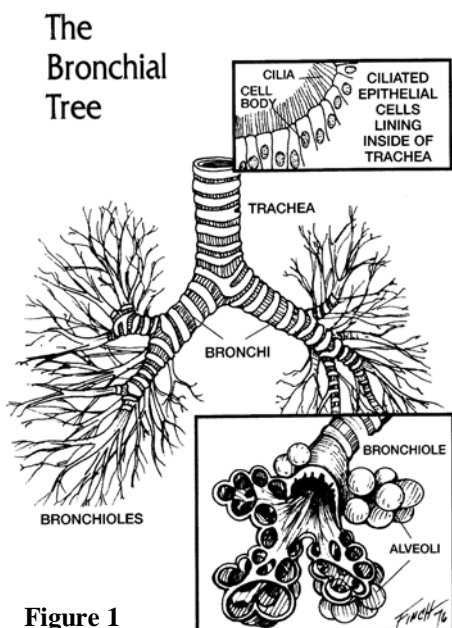


Figure 1

carbohydrates and fats we eat. The burn can only occur when mixed with oxygen (O₂) that we breathe in. What is produced from this burning is energy (ATP—a basic unit of energy storage for cells), carbon dioxide (CO₂), water and ash. Respiration is the act of breathing: inhaling (inspiration) – taking in oxygen and exhaling (expiration) – giving off carbon dioxide. When oxygen is inhaled it enters through the mouth or nose, down into the lungs, absorbed into the bloodstream, and transported to individual cells. The produced CO₂ is transported through the bloodstream, exchanged in the lungs and exhaled out through the breath. The main function of the lungs then, is gas exchange between carbon dioxide in the blood stream and oxygen in the air. The purpose of breathing is to get oxygen into the blood and carbon dioxide out. Each of these gases has a correct level in the blood that needs to maintain balance.

Let’s look at the process of breathing in detail (see Figure 1). On each inhalation 1) air enters the body through the nose or mouth, where it is warmed, humidified, and cleaned by tiny hairs. It then 2) travels down the throat through the larynx (voice box) and trachea (windpipe), 3) goes into the left and right lungs through main-stem bronchi. In the lungs, main-stem bronchi split (like branches of a tree) into 4) bronchi and



smaller and smaller branches. As the bronchial tubes become narrower, the speed at which air moves increases. When the bronchi have split to approximately 1 millimeter in diameter they are called 5) bronchioles. Rings of cartilaginous support surround the bronchi. As the bronchi continue to divide, the cartilaginous support begins to disappear and is replaced completely by bronchial smooth muscle when they become bronchioles. The Bronchioles end in 6) air sacs called alveoli (grapes at end of bronchiole). There are about 300 million alveoli in the lungs. These alveoli allow for oxygen from the air to be absorbed into the blood plasma, by flowing through the capillaries surrounding the alveoli, and carbon dioxide to be transferred from the bloodstream to the air on the out-breath. This transfer happens because the alveoli have very thin walls, only one cell thick, to allow this gas exchange to occur. When red blood gets to the alveoli, the CO₂ is released and exchanged with fresh O₂.

From the blood plasma, the O₂ molecules combine with hemoglobin in the red blood cells to form oxyhemoglobin. Once the blood reaches the body cells, its oxygen is released and burned by the cells. The trigger for this release is CO₂, which converted to carbonic acid, allows the O₂ to be freed. So a certain level of CO₂ in our blood is needed in order for the red blood cells to release the oxygen we need. If we overbreathe the balance between CO₂ and O₂ is upset. We may be taking in more oxygen, but we are also breathing out more CO₂ – which means our bodies can't use the O₂ we inhale. When levels of CO₂ are too low, the chemical bond between O₂ and hemoglobin increases. That means that hemoglobin will not let go of the O₂ it is carrying, which makes it difficult for the cells to get the O₂ they need. As a result, **the deeper we breathe, the less oxygen we get.**

Our lungs have a built in self-cleaning mechanism to sweep out foreign particles. At microscopic levels the Trachea and Main-stem bronchi are lined with cilia (tiny hair-like waving grasses on the lining of the airways). The Cilia help move secretions (mucus) and foreign particles toward the upper airways of expulsion. Interspersed among the cilia are specialized cells called Globlet Cells that produce mucus, and is constantly being renewed. There are two types of mucus produced: 1) very thin & liquid and 2) thick and viscus. The mucus will collect the foreign particles to be expelled. The thick layer of mucus sits on top of the thinner. Cilia are able to grab hold of this thicker layer of mucus and propel it toward the larynx where it can be coughed up or swallowed.

Asthma Characteristics

There is currently no known cure for asthma. The Allopathic medical community has identified many of the potential **triggers** for an asthma attack, but do not know its underlying cause. Some of the potential triggers for asthma include:

Cold/dry air, exercise-induced, colds & infections, emotional upsets or stressful situation, excitement, industrial pollution, traffic pollution, irritants in the air (cigarette smoke, aerosols, pesticides, etc.), strong smells, sulphur dioxide given off by foods and drinks, allergies (dust, mite, molds, animals, food, etc.), aspirin, diet (western diet – high fat), less ventilation and more heating, fitted carpets, upholstered furniture, more time spent indoors, more antibiotics during childhood, and thunderstorms.^{xvii}

A person having Asthma will experience the following **symptoms**:

- 1) **Wheezing** and low or loud whistle that is heard when breathing, caused by air forcing its way through narrow airways when they have been tightened.
- 2) **Coughing** or a hack that will not stop. The cough forces air, mucus, and debris out sharply, pushing it upwards and out of the lungs.
- 3) **Chest tightness**, similar to a tight grip around the chest. Caused from stale air trapped in the lungs.
- 4) **Shortness of breath**. They cannot take a deep breath. They feel as if they are trying to breathe through a straw, or worse, like they are drowning. Breathing out is especially difficult.

There are also different **severities** of Asthma. Some people experience asthma symptoms on infrequent occasions, and some experience asthma as a daily occurrence in their lives. The American Medical Association has identified three severity levels of Asthma:

- **Mild Persistent**: symptoms more than twice a week but less than once a day. Nighttime occurrences not more than twice a month, lung function is less than or equal to 80% of patients personal best as measured by a peak flow meter. Never have had a critical/life-threatening attack, never been hospitalized for asthma, never used oral steroids (such as Prednisone), can gain relief from a single puff of an inhaler (such as Albuterol).
- **Moderate Persistent**: daily symptoms and daily use of relief medications. Asthma occurs more than twice a week. Nighttime occurrence more than once a week. Lung function is less than 80%, but greater than 60%.



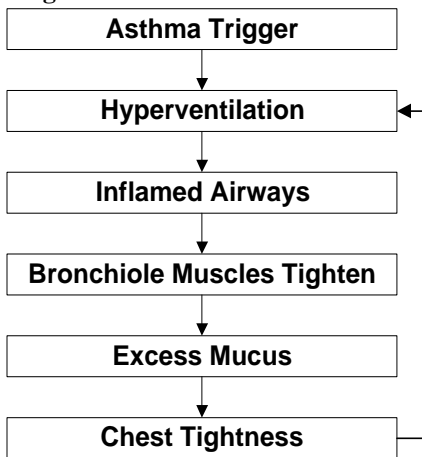
- **Severe Persistent:** continual symptoms, limited physical activity, and frequent daily and nighttime occurrences. Lung function is less than 60%. Severe Persistent may take more than three puffs from an inhaler every day, use oral steroids every day, have experienced respiratory arrest, clinical death, lung collapse, or a life-threatening asthma attack that was unable to be treated with on-hand the drugs.

Physiology of Asthma

Our bodies have built-in defense mechanisms used to protect itself. Some of the automatic defense mechanisms used when in perceived danger include: fight, flight, freeze, and faint. Asthma can be thought of as a defense mechanism against hyperventilation, created by the body to counter a loss of carbon dioxide. This mechanism induces bronchiotube spasms, creating inflammation, excess mucus, and reduced lung capacity. These defense mechanisms that occur in asthma are exaggerated versions of normal, healthy reactions our lungs use to defend themselves. **Inflammation** is a reaction of the immune defenses, which fend off bacteria, viruses, and other infectious microbes. **Mucus** is produced to clean up irritating dust particles, so they can be ejected from the airways by coughing. The **muscles tighten** around the airways temporarily to reduce the inflow of air when it is thick with smoke or other irritants.

The following describes what physiologically happens when asthma is triggered (see Figure 2):

Figure 2



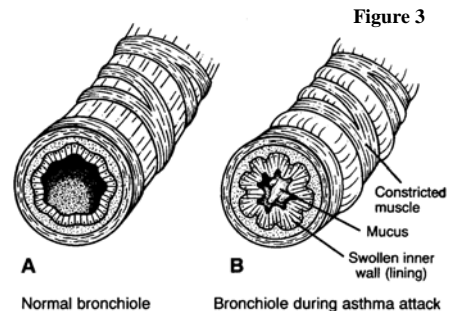
- **Asthma Trigger:** Some trigger has caused the body’s defense mechanism to react as if it were under attack. The body’s automated defense response causes an increase in rate of respiration and the bronchial tubes overreact.
- **Hyperventilation:** With an increase in respiration there is hyperventilation (overbreathing-inhaling too much O₂ and exhaling too much CO₂). As mentioned previously, this means the body is unable to absorb the oxygen it needs – thus increasing the desire to hyperventilate – struggling to get even more oxygen. This causes involuntary muscles around the airways to contract, and ends up lowering the amount of CO₂, but does little to raise oxygen levels. During hyperventilation the person breathes fast and shallow using the upper part of the chest.

- **Inflamed Airways:** The lining of airways becomes inflamed and swollen. With swollen airways, the bronchial tubes become narrower inside (see Figure 3). The swelling starts to close off some air passages causing air trapping.

- **Bronchial Muscles Tighten:** The involuntary muscular bands that control the size of bronchial tubes tighten and make it difficult to breathe. This muscle tightening only occurs on bronchioles where the tubes have split to approx 1 mm in diameter and there is no cartilaginous support surrounding the bronchi – only smooth muscle (Asthma medications work on relaxing these smooth muscles). This tightening does not occur in the thicker branches of the bronchi. A bronchospasm occurs when the bronchial muscles contract sharply during an asthma attack. The tightening narrows bronchotubes as a defense to prevent the body from losing too much CO₂- the body is fighting to retain the CO₂.

- **Excess Mucus:** Thick mucus is formed to help protect the raw irritated/inflamed bronchial tissue. The excess mucus overwhelms the cilia, which can only move the thickened mucus slowly and with difficulty. This causes severe coughing spells, wheezing and gasping for breath, which also cause more irritation to the airways.

- **Chest Tighten:** As the above causes airways to narrow, it takes so long to breathe out that you need a new in-breath before the out-breath is complete. Trapped stale air (in closed tubes) trying to escape gets in the way of fresh air trying to come in. Stale air trapped in the lungs gives an internal pressure of tightness in the chest. The asthmatic





feels as if there isn't enough air coming in, and tries hard to inhale, when in fact what needs to happen is to breathe out more, in order to clear a path for the incoming air. So exhaling becomes difficult. When there is chest tightness and airways start to close, there is often reaction of panic that leads to an abbreviated exhale as you inhale quicker in the struggle to get more oxygen. Many people experience a fear to exhale, afraid that they won't be able to take another breath.

- **Cycle:** In many instances, the person goes into a panic that they can't breathe and tries to breathe in even more. This all causes a vicious cycle building upon itself of deeper hyperventilation, inflammation, muscle tightening, and excess mucus. If the cycle continues a full-blown asthma attack can occur where the person cannot breathe at all, they gasp for breath and panic/struggle to survive. This can be a hideously frightening experience. They must seek immediate emergency treatment to clear their airways. Fortunately this is a rare occurrence and doesn't get this far as there are many ways to prevent an asthma attack, such as using medications, breathing relaxation techniques, etc.

Allopathic Treatment of Asthma

Allopathic treatment of asthma has two aspects: 1) management of acute attacks and 2) long-term control or prevention. Current allopathic treatment of asthma is based on treating the symptoms with drugs, rather than looking for treating the underlying conditions. Drugs may temporarily improve the symptoms, but do cause side effects in the long run. The following drugs are the most common in treating the symptoms of asthma:

- **Bronchodilators** (beta-2 agonists, like Albuterol): open up/dilate/relax constricted airways, widen bronchioles. They act by relaxing the smooth muscles surrounding the bronchioles.
- **Cortical steroids:** anti-inflammatories which reduce inflammation and swelling of the airways
- **Antihistamines:** prevent increased mucus production.

All of these together help prevent airway constriction by reversing airway inflammation, reducing airway sensitivity and relaxing the muscles contracting/squeezing the bronchioles.

Treatment of **mild persistent** asthma tries to relieve occasional symptoms as they occur by use of short-acting inhaled bronchodilators. Treatment of **moderate** or **severe persistent** asthma attempts to alleviate both the constriction and inflammation of the airways through the use of bronchodilators and anti-inflammatories. These drugs are taken daily with the idea that if the underlying inflammation of the airways is reduced, the bronchi may become less hyperactive, making future attacks less likely.

Some other things that can be done to reduce symptoms include: breathing exercises (to strengthen breathing muscles), staying calm, focus on breathing out/slowly (to prevent hyperventilation), drink lots of water, and remove yourself from one of the things that may have triggered the asthma.

Asthma and The Four Dimensions of Humankind

In the Barbara Brennan Integrated Healing Model our individual creative energies exist on four dimensions: physical level, auric level, haric level, and core star level.^{xviii} The physical level holds the dimension of our physical world, body, and reality. The auric level holds the dimension of our personality, thoughts, and feelings. The haric level holds our intentions. The core star level holds the dimension of our connection to our inner source, our essence, our divinity within. Each of these dimensions is a deeper dimension than the previous, so the physical body is a culmination of the deepest dimension of core star, followed by haric, auric, and physical dimensions. A distortion in any of these dimensions can ripple down to the physical body. Much illness is a result of blocking or distorting the natural flow of creative energies in any or all of these dimensions of humankind.

Asthma can be seen as a distortion on each of the four dimensions. In this section I will explore what is this relationship on each level and what these distortions are.

Asthma As Related to Physical Dimension

We have already discussed much of what happens in the body during an Asthma attack (see 3.3 *Physiology of Asthma*). A freeze defense gets triggered (due to some real or perceived stress or danger), resulting in an increased in respiration and higher chest breathing (which is shallow, jerky & unsteady) and requires the lungs to work harder to get in sufficient



levels of oxygen - thus inducing hyperventilation. This gives rise to inflamed airways, bronchiole muscles tightening, excess mucus, and chest tightness. The asthmatic tends not to take a full out-breath, holding in air. They are reluctant to let go of the air, for fear they will not get another breath. What is needed is retraining the breath to out-breathe in a relaxed manner, secure in the knowledge that another one is free for the taking. It is important to stay calm, as anxiety and panic tend to take over.

Asthma As Related to Auric Dimension (feelings/emotions/beliefs)

In the auric dimension, there are very strong feelings associated with asthma. According to Louise Hay, Asthma is called “smother love.”^{xxix} There is a feeling that you do not have the right to breathe for yourself, feel stifled/smothered, there is a suppressed crying. There is not enough, and a fear of feeling the intensity of this need, therefore a fear of life, not wanting to be here. Asthmatics often take on guilty feelings for whatever seems wrong in their environment. They feel “unworthy”, therefore guilty, and in need of self-punishment. There are strong underlying feelings of anxiety, panic, and fear that you are going to die – they may feel like a prisoner in their own body and many times dream of drowning. This can be one of the most frightening experiences of gasping for breath, panicking, and in the struggle, not knowing if you will survive the choking spasm. They want to cry out, yet feel that they cannot. They want to cry out for what they need, yet believe they won’t get it. There is an underlying deep anger, sadness, grief and constant state of terror that usually can’t or won’t be expressed because if they did fully feel these emotions there is a feeling that it is too painful, they might not survive. To cry out and breathe would mean to fully feel this. So the body reacts by clutching, grasping and contracting the bronchioles to prevent breathing and crying. All these feelings are not felt and may even be hidden/unconscious. There is a relationship between emotions and the breath, for intense emotional states appear to be associated with changes in breathing. The breath is the link between the body and mind.^{xx} To constrict the breath is to stop the emotions. To really take a full breath would be to really feel all of this. Even though asthma can be experienced as terrifying, there can be “pay-offs” such as: 1) being comforted or nurtured in an unusually intense or prolonged, manner, 2) getting an opportunity to rest and be separate from other family members, and 3) having an excuse to avoid an undesired activity.^{xxi}

On the auric dimension, Barbara Brennan discusses how disease originates as imbalanced energies in the higher levels of the auric field and is progressively transmitted down into the lower levels of the field, eventually causing disease in the physical body.^{xxii} According to yoga and Pranayama – the science of breath – disease is a manifestation of an imbalance in the flow of prana. Both body and mind are sustained by prana. Both these approaches are saying the same thing. These imbalanced energies are related to belief systems. The levels of the auric field include physical, emotional, mental and spiritual (Barbara Brennan further breaks spiritual into 4 other levels). Disease starts out as a distorted belief in the spiritual level and manifests down into the physical. With Asthma, these beliefs end up creating the feelings (as described above) on the emotional level, before being created in the physical level. It doesn’t matter what the distorted spiritual beliefs are, as long as they end up creating the asthmatic feelings. Here is one example that might end up producing the asthmatic feelings:

Spiritual Level

Some distorted spiritual beliefs may include:

- There is not enough (nurturance, air – this is my last breath, etc)
- It’s not safe here
- I’m not worthy

Mental Level

The distorted beliefs create a split on the mental level, which hold the concepts of the duality of the beliefs, such as:

- I think there is enough / I think there is not enough
- I think it’s safe / I think it is not safe
- I think I’m worthy / I’m not worthy



Emotional Level

Holding both mental splits at the same time creates tremendous anxiety, stress, terror, anger, grief and sadness. With these split beliefs, the person feels trapped. All the feelings described above are all held in. To breathe would be to feel all the painful feelings. The other side of this is that the person also doesn't feel the full experience of life/Christ Consciousness through the power of taking a full breath.

Physical Level

From these feelings, the body defends itself and creates Asthma. The body defends itself from feeling all these feelings by preventing itself from breathing. The defense mechanism is triggered and asthma is manifested (as described in section 3.3) – I can't breathe.

Asthma As Related to Haric Dimension

As mentioned previously, the haric dimension holds our intent; we can be in negative intent or positive intent. Barbara Brennan says, "Positive Intent is the ability to make a choice for the unitive state even if there is a strong impulse to do otherwise. Positive Intent will manifest in those choices motivated by love, truth, integrity, courage, harmony and joy. Positive intention is the intention for the flow of life to occur." She then says, "Negative Intent is the intention to hold on to the state of negating life and the self, choosing separation; it is the choice to stay separated, isolated, and alone."^{xxiii} With asthma, there is a negative intent to hold onto the Spiritual level distorted beliefs. These beliefs keep us from choosing to know we are one with the Divine and end up manifesting down into the physical as asthma.

There is a negative intent (maybe unconscious) to not feel the deep terror, anger, sadness, and grief. There is also negative intent to not feel all of life. There is intent to stay trapped in the fear – at least the pain is known. The person with asthma does not feel safe in their body, as such they have very weak hara connected into the ground & an under charged Tan Tien – it's not safe to be here. The Tan Tien carries the one note, or tone, that holds the body in physical manifestation. It would be difficult to really feel safe in a body when you don't trust if will survive – will I have another breath? An asthmatic may also have a very dark clouded over Soul Seat (our connection to our spiritual longing and personal life task). If the person truly felt the passion of their longing, they would also feel the other painful feelings. As they don't want to feel these, all feelings are closed down – numbness may be a very common experience. Their ID point (our connection to higher spiritual reality) may have some distortion in it. The asthmatic may have a strong connection to the Divine (it's safer there), but may also have strong anger/resentment towards God for inflicting this condition on them (victim archetype). They may also have guilt for holding these anger/resentment feelings.

On the other side of this, choosing positive intent for the unitive state means that the asthmatic would not be holding onto the Spiritual level distorted beliefs. Using examples above, positive intent would lead to believing "There is enough", "It is safe", "I am worthy" – knowing I am one with the Divine. There is then a strong connection of ID point, receiving inspiration from the Divine, strong connection to Soul Seat – feeling the deep longing of creating the inspiration, and a strong connection of Tan Tien into the earth to physically manifest what is longed for.

Asthma As Related to Core Star Dimension

The core star (higher self) dimension is related to our divine essence. Heyoan (as channeled by Barbara Brennan) describes the Core Star as:

"The core is the eternal "I am what is, was, and ever will be." Here is the origin of your creative force. Your core is the internal source of the divine. This light is a signature of the eternal essence of each person. It exists outside of time, space, physical incarnation, and even the concept of the soul. It seems to be the source of life itself. It is the unique individual God within each of us. It is the source from with all incarnation stems, and yet it remains in complete peace and serenity. Where the core light emerges, it brings health. Where it is blocked, dis-ease occurs."^{xxiv}

Said another way, John Pierrakos (founder of Core Energetics) has described the core as: The core, real self, expresses the primal positive feelings – love, the creative force of life. This level of energy is immense and is identical to cosmic consciousness. The core represents the vital life energy, the highest intelligence of the individual and the place where the human being has the deepest connection with the universe within. The core is, in effect, the sun of life, which expresses a unitary perception of reality.^{xxv}



Here is a description of the higher self: Higher self/divine spark- the level of human reality that knows the truth, that operates harmoniously, and that directs the human entity according to reality. Our personal embodiment of and connection to the universal spirit that moves through all things aligned with wisdom, love, serenity, and beauty - the expression of God within. To experience the higher self in its totality is to know God. The higher self of a person is seen as the divine spark within, or the Godself within each individual, the place where we are already one with God. There is a divine spark in every cell of our physical and spiritual being which contains this inner divine consciousness. To experience the higher self in its totality is to know God.^{xxvi}

These descriptions of core star, higher self, real/true self describe the same thing; the core star dimension is the expression of the higher/real/true self.

With asthma, the person is disconnected from their core. There cannot be a strong connection to the core until the dysfunctions/blocks are balanced and cleared on the physical, auric, and haric dimensions. The core may be dulled or have dark clouds encasing it. To feel the full essence of the core would be to breathe fully of life, and as we've discussed, asthmatics have a fear of life. So the core needs to be covered, so as not to fully feel their essence.

Conclusion

The core/higher self is the personalized expression of the internalized Christ Consciousness. When you are fully open to receiving the full breath of the Christ Consciousness, you are fully expressing your core. To be fully open to the Core, all four human-kind dimensions (physical, auric, haric & core) need to be fully balanced and cleared of any blocks. Then there is no resistance to life / breath / Christ Consciousness. Figure 4^{xxvii} shows a person completely balanced and cleared on all four dimensions. They are in complete alignment with their life task and connected deeply in their body – positive haric intent. They have cleared and balanced their auric blocks, fully experiencing and feeling all of life. Their physical body is in balance and full health. This allows for their core essence to radiate through. They are fully open to receiving the Cosmic Christ Consciousness. As mentioned in the beginning, Asthma is a resistance to the breath, the Christ Consciousness. It is a fear of life. When you have fully embodied the Christ Consciousness, there is no fear of life. The asthmatic may then not need to manifest asthma in their body.



Figure 4

The Core Star

End Notes

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- xxiv Barbara Brennan, Light Emerging., pg 305.
- xxv John Pierrakos, pg 278.
- xxvi Barbara Brennan, Hands of Light, pg 109.
- xxvii Barbara Brennan, Light Emerging, Figure 18-1

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