



In this issue:

- ✚ Editorialpg 1
- ✚ News and Linkspg 2
- ✚ Feature Article –Fearless Living-Seven Steps for Overcoming Our Fears – by Santi Meunier.....pg 2
- ✚ Healer of the Month – Reiner Niederkofler- Water as Medicinepg 6
- ✚ Interview- A spiritual Psychiatrist - Kenneth Porter MD.....pg 12
- ✚ Book Review- Entangled Minds- Extrasensory Experiences in a Quantum Reality- by Dean Radin.....pg 14
- ✚ DVD Review – Soul Masters: Dr. Guo & Dr. Sha.....pg 15
- ✚ DVD Review- The Living Matrix- The New Science of Healing.....pg 15
- ✚ DVD Review- Stardreams- a feature documentary exploring the mystery of the crop circles.....pg 15
- ✚ Announcementspg 15
- ✚ Credits.....pg 15

Editorial

Spring in our hearts

The framework of nature echoes in our souls, inspiring rejuvenation. After all we are an intrinsic part of Nature. If Nature could rejuvenate, so could we. In the Book Review, an intriguing title: "Entangled Minds" by Dean Radin. The quantum physics extrapolation seems to gain ground. We are ALL connected. The Healer of the Month is practicing a technique that would be incomprehensible if it were not for the physicists models. One of the DVD's featured- about Chinese Masters shows long distance treatments- from China to USA. This too would be incomprehensible if it were not for those brave scientists, like Dean Radin. The other featured DVD (The Living Matrix) interviews a cross section of luminaries of the Quantum Effect without which energy healing would be Woo-woo, magic or entertainment. We would see the effects, but dismiss them because our rationality does not accept what we don't understand.

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Editor



News and Links

Scientists oppose federal funds for alternative medicine research proposing to shut down the National Center for Complementary and Alternative Medicine at the National Institutes of Health. It's about budget cuts being used politically.

http://www.ajc.com/services/content/health/stories/2009/03/23/alternative_medicine_federal_funds.html

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The Catholic Church released an evaluation of Reiki – The conclusion is that Reiki does not distinguish between Spiritual healing and Natural healing and it's inappropriate for a Catholic to promote and use. I find it interesting that both Church and Science(see link above) object while the popular vote keeps fueling an unstoppable progression, that is the acceptance of the presence of energy as a healing tool.

http://www.usccb.org/dpp/Evaluation_Guidelines_finaltext_2009-03.pdf

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Accountant turned mystic- speaking from the experience of a journey to integrate disparate aspects of one's personality.

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

Feature Article

Fearless Living - Seven Steps for Overcoming Our Fears

By **Dr. Santi Meunier**

The grip of fear is pernicious and pervasive. It cripples us, overwhelms us, and prevents us from being the people we are truly meant to be. Fear makes our blood chemistry more acidic, our ability to love and trust more difficult (if not impossible), our bodies ache, and our minds race. Fear replaces peace and happiness with anxiety and stress. It makes life difficult and it makes us angry. We cannot soar to the levels we desire – the levels intended for us – if fear controls us.

However, fear does not need to be in control. Through an intense personal journey that led me, in 1980, to the Great Pyramid in Egypt, it was revealed to me that there are seven essential steps people need to take to rid themselves of the ravages of fear. I have navigated through these steps myself and have I guided hundreds of clients through them with resounding success. One comes out of this process with a deeper understanding of one's Soul, a liberating sense of peace, and the ability to conquer fear under even the most challenging of circumstances.

The key to this process lies in learning how to stop listening to our egos and beginning to pay closer attention to the voice of our Soul.

The ego focuses on desires and seeks immediate gratification of those desires. It has no cognizance of lofty goals and it is the gateway to fear. Our egos makes us fearful that we won't get what we want, and fearful that we won't keep what we have. The ego resides in our conscious mind and because most of us only have regular access to our conscious minds,



it speaks the loudest. That's why we tend to cede control to our egos. Yet our ego doesn't love us. It can't. Love is not the function of the conscious mind. Only the deeper parts of us are capable of love.

The Soul, on the other hand, is the place where our inner healer resides. The Soul allows us to determine whether things are helpful to our healing or not. It allows us to get in touch with our noblest ambitions. Our Soul always has our best interests at heart. Our Souls are our conduit to God. And it is through connection to God that we can at last release ourselves from fear.

The Seven Steps are practical yet spiritually charged as they guide us through the process of putting fear in its place. The Seven Steps correspond to the seven chakras. The chakras form our energy body – what many refer to as our “etheric double” – and this body is at least as important to our sense of wellbeing and our mission in this world as our physical body. Each of the chakras corresponds to a location in the physical body and each stores and processes energy in a specific way.

The outer directed steps are the first three steps and they address our relationship with the outer world of people, places and things. They are about relationships and the challenges of the ego.

Step One: Surrendering All Forms of Desire to God

The first step corresponds to the root chakra, located at the base of the spine, where we store our most fundamental instincts, specifically survival. Survival and desire are closely intertwined because many of us believe that our very existence hinges on satisfying our desires. This contributes strongly to fear because when we make major investments in the outcomes of our desires, we fear what happens if we don't achieve those outcomes. The answer is to surrender desire to God. This does not mean giving up on goals and desires, only giving up on the attachment to the outcome; allowing ourselves to accept that if things turn out differently, there's a reason for it.

Step Two: Letting Go of the Fear of Losing All of Your Worldly Possessions

The second step corresponds to the second chakra, located near the groin. The energies stored and emanating from this chakra relate to our sexuality, creativity, and our sense of loss (the flipside of creation). When people fear losing their worldly possessions, they operate under the misperception that loss is permanent and that they can protect themselves from loss by worrying about it. The more they fear, the more they need to own. The more they own, the more they fear. Then, when they lose something, like a partner, a job, or their health, they feel lost, as though they will never be happy or satisfied again. When people believe they are living in a loving universe, they recognize God's grace and understand that they can never lose what is rightfully theirs. The fear of loss evaporates with this perspective.

Step Three: Relinquishing Attachment to the Transitory Aspects of the World

This step corresponds to the third chakra, located near the solar plexus. The energies stored and emanating from this chakra relate to our sense of power and control. The ego fears change. To combat this fear, it attempts to control its environment. Since it is impossible to control everything in the world, this leads to intensified fear. When people accept that change is a part of life and that this part of life is largely out of our control, we can gain extraordinary levels of peace



and freedom. Step three builds on what we have learned about loss in step two. This step takes us deeper, though, since we are not letting go of people, places, and things, but rather our own identity as it relates to the changing nature of life. The inner-directed steps, steps four through seven, take us into closer communion with our Soul and fuller alignment with God.

Step Four: Being of One Mind with God, Free from the Personal Will of the Ego

This step corresponds to the fourth chakra, located near the heart. The energies stored and emanating from this chakra relate to our higher emotions, such as love, compassion, and surrender to God. People who have traveled through the first three steps find themselves directed more by their spiritual natures than by human nature. With this, the inner-directed steps (Steps 4-7) begin. Throughout the first three steps, people have contended with the will of the ego. Now, they come to realize that their egos do not love them and they begin to look deeply into their Souls to identify the wounds of the Soul that lead to fear. I call this the journey into the pit of darkness. Navigating through this step requires learning to trust the truth of the Soul rather than the illusion of the ego. In this step, all false beliefs come to light. People need to let go of the falsehoods in their belief system before they can speak their truths.

Step Five: Surrendering All Pain to God without Reservation

This step corresponds to the fifth chakra, located near the throat. The energies stored and emanating from this chakra relate to our sense of will, our ability to speak our truths and our ability to trust in love and in God. Often, when people experience pain (either physical or emotional), they hold on to this pain and begin to identify with it. They see themselves as the pain and this increases fear and distances them from God. When people learn to experience pain without attaching to it

(surrendering that pain to God), they release the belief that somehow they deserved the pain or received it as a form of punishment. When they surrender pain in this way, they surrender the fear that accompanies it.

Step Six: Being Fearless and Forgiving in All Circumstances

This step corresponds to the sixth chakra, located near the forehead, in the place known as the Third Eye. The energies stored and emanating from this chakra relate to our sense of wisdom and forgiveness. Most people find it difficult to forgive if they feel that their anger is justified. However, the inability to be forgiving invites fear because it gives root to negative emotion. Self-pity, judgment, and hate block the grace of God. Surrendering this anger means surrendering the fear and pain associated with that anger, allowing forgiveness to promote healing. This does not mean never being fearful again, but rather knowing how to overcome fear when confronted with it. Forgiveness heals the belief in being a victim on any level, regardless of our past history.

Step Seven: Surrendering All that You Love, Including Your Body and Your Mind, to the Life and Death Cycles of God's Creation

This step corresponds to the seventh chakra, located near the top of the head. The energies stored and emanating from this chakra relate to our sense of enlightenment. True enlightenment comes when people are able to see beyond the



appearances of the ego to the truth of God. The greatest test comes in the willingness to surrender everything one has to God's love. This means accepting that the loss of loved ones, the loss of physical health, and even the loss of life is part of a cycle with a greater purpose. Surmounting this final step offers extraordinary levels of peace and the ultimate victory over fear. Without the foundation of the previous steps and the extraordinary strength and wisdom gained from them, this final step would be impossible.

Over the course of my life, I have faced sexual abuse, serious problems with my physical health, the early death of my parents and a descent into alcoholism. Confronting these issues required a long process of spiritual, emotional, and intellectual awakening that led me to becoming a psychotherapist and the founder of the Galactica Institute of Personal Transformation. My life changed its course in Egypt in 1980, and it has led me thus far to this point in time. The Obsidian Trials, Seven Steps for Overcoming Our Fear, is the story of my journey through the Seven Steps and how they continue to change my life. My hope in writing this article and introducing you to these remarkable steps is to help you to embark on your path. Whether the journey is short or long we can go through it together. Each step will get you closer to the freedom and peace that can only come from the absence of fear.

At some point, you'll probably find that the challenges of a particular step are significantly greater than the others have been. This is true in the vast majority of cases, though the particular challenging step varies from person to person. Fortunately, when you get to this step, you will do the bulk of your learning there. Once you get through it, you'll be well on your way to the finish line.

There is a tremendous prize waiting for you when you complete this journey. This prize frees you from self-abandonment, allows you to gain control of your ego, and offers you miraculous contact with your Soul. Ultimately, this prize is your liberation from the oppression of fear and the freedom to be your true self. With this prize, you will know joy.

Each one of us is only seven steps away.

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Dr. Santi Meunier is an author, psychotherapist and inspirational speaker, recognized for her unique style of practical spirituality and her ground-breaking strategies for personal and professional growth. Her program, Practical Spirituality for Fearless Living has helped thousands to realize their dreams.



For a personalized, autographed copy of her book, **The Obsidian Trials, Seven Steps for Overcoming Our Fears**

http://www.amazon.com/s/ref=nb_ss_gw?url=search-alias%3Daps&field-

[keywords=The+Obsidian+Trials%2C+Seven+Steps+for+Overcoming+Our+Fears&x=18&y=19](http://www.amazon.com/s/ref=nb_ss_gw?url=search-alias%3Daps&field-keywords=The+Obsidian+Trials%2C+Seven+Steps+for+Overcoming+Our+Fears&x=18&y=19)

or for a consultation call Santi @ (401) 667-7399. For more information visit www.GalacticalInst.com or

www.SantiMeunier.com

Healer of the Month

Reiner Niederkofler



Italian born **Rainer Niederkofler** studied at the Innsbruck University in Austria and graduated with a School of Management Diploma. Presently, he works for an innovative institute for research and scientific training in Bolzano Italy serving the public sector. An ill health episode brought him in touch with a recluse Spiritual Master, Franz Stern of Austria, recently deceased. Franz healed Rainer's ailment and then told him that he too can do this work. Thus Rainer got the opportunity to learn to treat disease with normal water. In the past 6 years Rainer has helped people in several hundreds instances with a success rate (positive improvements) estimated at 90%.

His credo is: "Helping people when the traditional medicine has its limits. Restoring hope to people who lost their confidence, by using methods that at first glance seem simple and implausible to succeed." Rainer and his wife Carla have a little boy, named Liam.

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I asked Reiner to describe to the readers of the Energetic Rejuvenation Newsletter his healing modality. He did in the article below. The article was followed by an interview where we tried to address the FAQ's. So far I know that John of God has used water in lieu of medicine at the Omega Institute events, and that Masaru Emoto has published several books on waters ability to convey "hidden messages". The book review in this issue addresses "entangled minds". It seems to me that in this case participation, intent and water are combined in an intriguing package.

Ed

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Spiritual healing using an optimal information carrier

Water is an optimal information carrier. It may help a pathological organism to get the necessary information for activating self-regulating forces inherent in the organism itself.

The combination of **spiritual healing** and **water** is a key in treating diseases and supporting physiological processes. This method is completely without adverse side effects and often helps, even in cases considered hopeless by traditional medical practice.

My method of spiritual healing takes place in two steps. The first step includes the identification of **external environmental factors** and the analysis of **disease causes** within the organism. The second step relates this information to the remedy, in this case water.

Within the analysis of the causes of disease, interferences and blockages are identified. Thereby, I locate the cause of health complaints.

Image: Source Masaru Emoto

I distinguish between external (e.g. radiation, water veins) and internal factors (e.g. energetic blockages within the organism). This is important because both factors can be the cause for disease and both get balanced in different ways.

External negative environmental influences are balanced spiritually. The patients report enhanced well-being (e.g. better sleep). Working on the external influences is also important because they are often the cause in lack of success in activating self-regulating forces. For example, sleeping on water veins is a big stressor for the organism. An organism that is always exposed to such a source, can not heal because the self-regulating forces are impeded.

Internal factors of disease are treated in other ways. As medium I use water. Chemically seen, it is normal water. Through mental transmission, spiritual information is conveyed to water and it gets the necessary crystalline structure, which has enormous power to activate self-regulating forces.

The water structure clairvoyantly looks like a crystal. The Japanese water researcher Masaru Emoto shows us the potentialities of water. He photographed water under different circumstances and made visible the changing crystal structure. His research shows that water is an optimal medium for information carrying.





The photo on the left shows a water crystal of Masaru Emoto. The water was exposed to the word “Hope” in Japanese.

The picture below shows another demonstrative example, how water works by receiving different information. Both bottles contain rice and water. The left bottle was insulted, the right bottle was told “Thank you”.



Image: Source Masaru Emoto

Emoto's photographic images of water crystals make a little bit easier to understand my work. Water gets my information on spiritual paths and so it forms a characteristic structure for supporting the organism. Water saves information and passes these information frequencies to the recipient in a specific way.

Depending on the type of problem I identify the quantity of water to drink during the healing protocol. Each person gets an individual quantity of water to drink, for example, children get water drops. The patient has to drink the water at exact times and for a certain period.

The human organism consists largely of water. Of course, this body of water contains in the healthy as in the sick body specific information structures. The externally supplied information frequencies in the water can restore the deficiencies in the pathological organism back in balance and in physiological resonance.

I have been practicing spiritual healing for 6 years and usually work long distance. Therefore it is not necessary that I know the patient or see him/her. A name and symptomatic condition will suffice.

My daily experience is that water has a fantastic healing power and it's an ideal medium for healing energy.

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ER *I understand that you are accessing information remotely via your "3rd eye". It also seems that you are obtaining this healing protocol intuitively through Guidance, or revelation. Please elaborate a little on this reading process, each intuitive has a different way about him or her.*



RN To receive information from people I use a dowser, a pendulum like device. With this instrument I can connect myself to this person's field and so I can analyze his or her situation. It is a special dowser which you can not get on the market. My spiritual teacher used this dowser and he taught me how to use it.

ER *In one case I witnessed you recommending a water dosage of 1/8 of a liter precisely 4 times a day, morning, lunch, evening and before bed time for 13 days. What if the person drinks more water than the amount prescribed (some people routinely drink 2 liters a day),*

RN That is no problem. But the patient should drink exactly the quantity of water I indicated, dosage changes from case to case.

ER *What if the quantity is a tablespoon more or less than the prescribed quantity?*

RN That is not a problem, but it should be more or less the quantity I indicated. A tablespoon either way is fine. I work with water drops too (e.g. children or older people can not drink so much water, thus I give drops). In this case the quantity must be exactly what I indicate in number of drops.

ER *Could people drink additional water?*

RN Yes, outside these recommended times.

ER *Or should they reduce the intake just to the indicate number of glasses a day?*

RN No, absolutely not.

ER *Do other fluids count?*

RN No. But I would strictly recommend avoiding Coke or similar products, because often those drinks are harmful to the intestines.

ER *What is special about those 4 glasses of water in this one case above?*

RN It is the individual therapy for a patient for the recommended period, in number of days. It varies from patient to patient.

ER *What starts the detox? Exact timing?*

RN This cannot be answered, because it is an individual process.

ER *Re "Dowser" - is this a pendulum like device?*

RN Yes.

ER *How related to Kinesiology is this method?*

RN I don't think there is a connection.

ER *Do you get a combination of clairvoyant hit + device confirmation?*

RN No.

ER *Or is it a sequence of yes/no questions confirmed by device use?*



RN Yes.

ER *How do you, Rainer, make the water therapeutic? How do people get attuned to this process? (A person goes to the supermarket and buys a few liters of Evian, what are you or the person doing to make this quantum process take place?)*

RN Anton, you must know that I have to do this work with complete enthusiasm and with complete confidence in God. I received a gift from above to help people with simple methods. It is not easy to explain what is happening when I concentrate on a person. I'll attempt to give you an explanation: When I get in contact with the person I receive information about disease and the reasons of it. Every disease has its own information structure. For example every pathogen has as specific information frequency (every virus has its own information, whether it is simply Herpes or a type that potentially kills in a few days). By receiving information of the disease, water gets a specific information structure (In energetic words, Chinese say: Energy follows the mind). This information is transmitted into the water and helps heal the organism. I consider myself only a medium receiving information from God. God is the only one who can heal. I do not heal, I support the healing processes.

So when you ask me, how this can work on a patient's water, I answer: It is the time when the patient drinks it and it is the quantity, the rest comes from God.

ER *If a person fails to take the prescribed water at the prescribed time- how do they compensate- lets say they skip a dose from being engaged in busy life, do they take double the dose the next time?- do they take it as soon as they remember?- do they continue to the next dose and add the skipped dose at the end to complete the prescribed number of instances?*

RN That can happen, [people should take the dose as soon as they remember. I would avoid the double dose, because it is not the dose prescribed.

ER *How do you practice and where?*

RN I practice at home, in the evenings and on weekends, because I am actually a scientific collaborator in a scientific organization by trade.

ER *How/when /where did your teacher found out this method? What is his name?*

RN My teacher's name was Franz Stern. He lived in Austria and he was an extraordinary person. He initially healed with herbal teas, but then by chance he found out that water can save information immediately and so he began to heal with water. Unfortunately, he died in 2007.

ER *Can you explain how you get the information about the person and her illness without any form of physical contact?*

RN I'll try to give you the following explanation: Everyone is connected with everyone. There are energetic fields all over the world which connect the whole world and so all people. God gave me "perfect supporters" in the spiritual world who lead me in the process to get in contact with people who I do not know. This is how I explain it to myself: that I get in direct contact with the person about God's will in that case.

ER *What is the impact of the environment on people?*

RN People (especially very sensitive people) can pick up negative environment frequencies everywhere (on work, in a bar, etc.), even they are not exposed for a long time. A person's energetic field changes when in contact with such sources and it depends on the person if the organism can balance it or if the negative frequency remains into their energetic field. The girlfriend of an acquaintance of mine often has problems with negative environment frequencies. When I neutralize these, she can sleep better. My friend does not feel anything, he has no problems with these frequencies even though they both sleep in the same bed.

If you are receptive to these kinds of interferences, they will "find" you everywhere.



For me, it is very important that during the treatment the environment is controlled. So I can neutralize very quickly the negative frequency, because during the treatment a positive environment is of utmost importance.

ER *Are you saying the connective tissue is the body's "information highway" is an organ that transmits information and transports nutrients and toxins?*

RN The connective tissue plays a very important role in this context. But it remains one (important) part in the whole organism (it is not the only important part in transmitting information). One must always see the whole organism. If e.g. there is a problem located directly in the cells of an organ, so you have to treat this, if it is a problem in supplying (e.g. arteries) so you have to handle this part. But you are right, I see the connective tissue as a very important "information highway", that actually often is not considered as so important as it should be.

ER *Is high blood pressure the body's attempt to improve flow in blocked areas?*

RN Yes, how else can a cell be supplied with important nutrients, oxygen etc.

ER *What is the role of the patient's expectations and belief in the healing process?*

RN I am often asked about this. I think that if you don't believe and if you consider this as nonsense, it is better not to do this treatment. If someone tells me that I will not waste my time, I will concentrate on other people who want to try it. But one can be critical, that is always stimulating and surely not counterproductive. It is helpful to know that water works on animals and little children (babies) too, and they of course do not believe in a healing process.

ER *Does it matter that you haven't met the patient and the patient hasn't met you?*

RN No, it does not matter. I often don't know the people, I often never see them.

ER *Would it be better if you spoke to a client or had some type of contact with the client?*

RN To me it does not matter. If people feel better and more confident, they can contact me anytime. There are some people seeking direct contact with me and others who seek to collaborate on behalf of a third person.

ER *What can we expect from the treatment?*

RN Each patient is different, even maybe two having the same disease. Symptoms disappear or get modified for the better. There is even the possibility that he or she can handle this situation better because the level of mental health/balance increased. There are a lot of possibilities. But I can not help everyone; I have to learn my lessons too. There are cases, which seem impossible, and there is success. Then are others that seem easy and there is no success. I know that the only healer is God and no one else. Even in success, I must remain humble.

ER *Are there any potential adverse effects that could arise from this treatment?*

RN There could be an initial aggravation of the symptoms. This can last for a few days; recently I had a person who had a 2 week symptom aggravation. Just like in Homeopathy, aggravation is a positive sign. Occasionally there is none. It depends on the patient.

ER. *Rainer, thank you for your time and please tell us: how do you want to be contacted?*

RN I could be contacted via e-mail at: ranieder@hotmail.com



Interview

A Spiritual Psychiatrist -Ken Porter MD

E.R. Ken, I heard about you and your work from my friend Emma Bragdon. She told me that you have many spiritual preoccupations - which you are also using in your practice. How did you come about being who you are?

K.P. I was born as a nice Jewish boy to Brooklyn parents 65 years ago. I led a conventional life of trying to improve myself through academic achievement for most of my life, (not realizing that I was already everything I needed to be). But Harvard, medical school, and becoming a traditional psychoanalytic psychiatrist seemed the thing to do. Fortunately for my development, at age 42 I developed a mild cardiac arrhythmia, which led me to discover meditation, alternative healing and what we call the spiritual path. Also, fortunately for me, the heart problem turned out to be no problem. But as a result, I started to teach Buddhist (Insight) meditation. At age 47 I developed a Kundalini experience and wound up as the student of **Chandrasekharanand Saraswati**, a **Kundalini** and **Advaita Vedanta Swami** in **Rishikesh**. Around the same time, I became a student in the mystical school known as the **Diamond Approach**, based on the teachings of **A.H. Almaas**, which integrate the understandings of **Buddhism**, **Sufism** and **Gurdjieff**, with the Western understanding of depth psychology. Along the way I experienced decades of psychotherapy as a patient, which helped me understand and accept myself and relate to people in a more satisfying manner. But it has been the spiritual work that has brought me the deepest sense of happiness. (See Links Below-Ed.)

Chandrasekharanand Saraswati <http://www.kundalini3.com/aboutkundalini3.html>

Advaita Vedanta Swami in Rishikesh http://www.dmoz.org/Society/Religion_and_Spirituality/Advaita_Vedanta/

A.H. Almaas <http://www.ahalmaas.com/>,

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

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

Gurdjieff [http://en.wikipedia.org/wiki/G. I. Gurdjieff](http://en.wikipedia.org/wiki/G._I._Gurdjieff)

E.R. It seems that your development path allowed you to use spiritual self discovery in teaching others. Could you describe this process?

K.P. Naturally all this experience infiltrated, influenced and turned around my work as a psychotherapist/healer. I've come to see that experiencing emotional feelings and acquiring understanding is crucial, but that what truly heals is contacting, connecting with and identifying with the energy of spirit, or what I would call the core authentic or spiritual self. This is what brings a true sense of realness, aliveness, flow and joy to our lives. As a therapist I find that what helps most is to treat every life challenge and twist not as pathology but as path – an opportunity to experience fully without self-judgment, reject nothing, not act out, understand, and thus contact the deepest subtle energy levels of being. The therapist/healer helps her client sense more and more deeply into the most real levels of experience. The primary tool is for the therapist/healer herself, to be as fully as possible in contact with her own spiritual core, and then, through transmission, act as a catalyst or midwife to her client. The spontaneous flame of the healer's true self subtly touches the hidden spark at core of the client's heart, and ignites it into a purifying and enlivening flame. When the two flames dance together, healing – and love - occurs for both. This is magic.

E.R. What is your experience working with energy healers?

K.P. On a practical note, I find that brilliant and loving energy healers sometimes do not fully appreciate the value of profoundly exploring the depths of emotional experience, and at times may move quickly through the painful emotional depths of their clients in order to work directly with their energy and the blocks to their energy. Although this direct work with energy can be enormously healing, it is possible to overlook the extent to which deep emotional exploration, if carefully, skillfully and respectfully done, can also be a profound and sometimes necessary gateway to the subtle energetic depths. Emotional pain, conditioned ideas and trauma are deeply patterned into the body and soul, as we know. For optimal healing it is not only necessary to contact and liberate the deepest reservoirs of healing energy, but also to



rework – sometimes in slow and excruciating detail – the frozen patterns that, if not loosened, will prevent the flow of deepest healing energy from stabilizing itself into a new and healthier pattern in the soul.

E.R. I think that you speaking about having Kundalini experiences, especially because of your professional training, is absolutely fascinating. Could you share with us your insights?

K.P. Perhaps my personal experience with Kundalini will be of interest to other energy workers and healers. I'm a very linear and left-brain-oriented person who never was sensitive to subtle energy. So it surprised me in 2000, after two chanting and energy workshops, when I started to experience Kundalini symptoms. In my case this was intense burning in my feet and pelvis. As a physician I knew enough medicine to know that these manifestations did not indicate any known organic disease. I called every researcher and healer in the U.S. who claimed to know something about Kundalini. The two teachers who became my teachers were the first who made sense.

This great Goddess – **Kundalini Shakti** – is usually misunderstood in the West (and even in the East). According to the system of Kundalini Science in which I wound up a student – which is similar, though not identical with, **Kashmir Shaivism** and **Hindu Tantra**, Kundalini is not the same as prana or chi. Kundalini, better described by the word “power” rather than the word “energy,” is the immeasurably deep and vast creative power of the universe, which underlies all energy and matter. This is similar to what in modern post-quantum physics is known as the zero point field, the **Akashic Field (Ervin Laszlo)**, or the **Implicate Order (David Bohm)**. Prana or chi is a more superficial manifestation of Kundalini. Kundalini herself lies dormant in many of us in the muladhara (1st) chakra until released, and then, over a period of months, years or lifetimes works her way toward union with pure consciousness – symbolized in the traditional Hindu iconography of the sexual union of of Shakti with Shiva. (*See Links Below-Ed.*)

Kundalini Shakti <http://en.wikipedia.org/wiki/Kundalini>

Kashmir Shaivism <http://www.siddhayoga.org/teachings/scriptures/shaivism/shaivism.html>

Hindu Tantra <http://en.wikipedia.org/wiki/Tantra>

Akashic Field (Ervin Laszlo) http://en.wikipedia.org/wiki/Ervin_L%C3%A1szl%C3%B3

Implicate Order (D.B.) http://en.wikipedia.org/wiki/Implicate_and_Explicate_Order_according_to_David_Bohm

E.R. How long did it take for the symptoms to subside?

K.P. In my own experience of a two week, 6 hours daily yoga retreat, my Kundalini smoothed out and my symptoms disappeared. What I came to understand was that my asanas, pranayama, mantra and meditation helped my Kundalini rise to the upper portion of the ajna (6th) chakra, and as that stabilized, I began to experience an ongoing feeling of elevated consciousness which has never left me, but has continued to develop. Since then I've studied and learned a great deal about Kundalini.

E.R. Oh please –don't stop- I love this! What is Kundalini like?

K.P. Kundalini is like nuclear energy – it is not a power to be played with. When handled carelessly or greedily, it can indeed lead to negative outcomes, like any great power. This has given rise to the numerous stories of individuals with Kundalini risings who experience months or years of suffering in their lives. But this Goddess is not someone to be feared – only to be honored and respected, like any powerful female. When approached with dedication and reverence – and usually, for most of us, this means with the help of a skillful teacher – she will grant us the gift of her enormous creativity, and help transform our souls, and our lives, with love and beauty.

My personal and professional path as a student of spirit and energy continues to enrich my life and that of my patients. I am happy to share what I've learned.

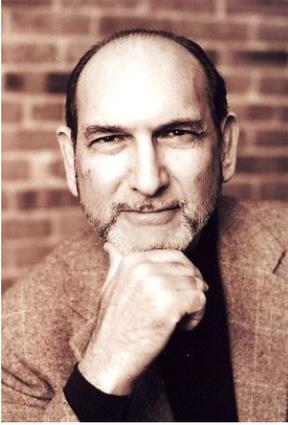
E.R. Do you have a few words for the readers of Energy Rejuvenation?

K.P. It is an honor and a pleasure to be part of this great adventure with you, Anton, and with your readers. As the world moves into the next 5 or 6 years of great transformation, there will be a need for guides – shepherds, if you will – to help



many people not be frightened of, understand, and work constructively with the great energies that will be released. We are in the vanguard of this great movement and I feel we are privileged to be of service in this magnificent time.

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Kenneth Porter, M.D. Is a spiritually-oriented psychotherapist and psychiatrist practicing individual, couple and group psychotherapy in Manhattan. He is Past-President of the Association for Spirituality and Psychotherapy and Co-Founder of the Eastern Group Psychotherapy Training Program. He is a student of Kundalini Science and of the Diamond Approach of A.H. Almaas, and is a teacher of Buddhist Insight Meditation. He can be reached at 212-289-7431 or at rokeisland@aol.com

Book Review

Entangled Minds- Extrasensory Experiences in a Quantum Reality

by **Dean Radin**

ISBN-10 1-4165-1677-8 copyright 2006-Paraview Pocket Books- division of Simon and Schuster

http://www.amazon.com/s/ref=nb_ss_gw_0_15?url=search-alias%3Daps&field-keywords=entangled+minds+extrasensory+experiences+in+a+quantum+reality&sprefix=entangled+minds

Excerpts from the back cover:

"Albert Einstein called entanglement "spooky action at a distance". In this illuminating book Radin shows how we know that psychic phenomena such as telepathy, clairvoyance, and psychokinesis are real, based on scientific evidence from thousand of controlled lab tests."

Dean Radin starts by sharing his own journey into coming to an understanding with the "Psy"(psychic phenomena). Then he systematically proceeds to explore conscious and unconscious "Psy", gut phenomena, presentiment- all leading to a description of the theories of "Psy" prevalent in our time. The title "entangled minds" sums it up in a great foundation book.



DVD Review

Soul Masters Dr. Guo & Dr. Sha

This is a DVD documentary about a living treasure of Traditional Chinese Medicine. Two MD's schooled in both worlds, of tradition and modern science forge an alliance. We have a first hand look through the eyes of an American film maker at a Chinese clinic where seemingly impossible cures take place. Then we see the fascinating relationship between Master and Disciple and then the dissemination of this body of wisdom in the US through the disciple. Some details not seen anywhere else- exercises for opening up the third eye, fire treatment, long distance protocols.

<http://www.soulmastersmovie.com/>

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The Living Matrix- The New Science of Healing

This documentary presents interviews with scientists, stories of "miraculous healings" with comments. This DVD was just released mid March and is featuring: Lynne McTaggart, Edgar Mitchell, Marilyn M. Schlitz, Dean Radin, Fritz Popp, Adam DreamHealer, and a few more luminaries. Most interesting, the idea that the heart influences the organism through pressure waves, pacing all form cell level to tissue, from head to toes, using the field and regulated by emotion.

<http://www.thelivingmatrixmovie.com/>

<http://www.emediawire.com/releases/2009/3/prweb2213584.htm>

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Stardreams- a feature documentary exploring the mystery of the crop circles

A feature length in DVD format, this is a documentary by Robert L. Nichol. Excerpts from the website presentation:

"An 85-minute documentary which shows the circles themselves for all to see and presents the top crop circle researchers. Investigating the over-all assumption of hoaxing, balls of light, sacred site connection, media and people's reaction to the phenomena, and outlining the basic understandings arrived at so far. Images of the major crop circles, interviews with top researchers and a narrative line dealing with the mystical aspects of the phenomenon."

<http://www.stardreams-cropcircles.com/>

Announcements

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

Credits

Santi Meunier, RI; Rainer Niederkofler, Bolzano, Italy; Kenneth Porter, NY; Valerie Tarangelo, NY; Chris Q. Harris, Vancouver, Canada; Christine Baraschi, EUR; Anton Baraschi, NY.
