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Editorial

Cherry Blossoms, Emotions and Haiku.

The pictures above were taken in Washington DC earlier this month and the exuberance of blossoming cherry trees was emotionally affecting visitors. Some had come from as far as Japan. There must be something unusual about those blossoms. Perhaps the classic haiku of Basho (http://en.wikipedia.org/wiki/Matsuo_Bash%C5%8D) sums up this occurrence:

Kore Wa, Kore Wa To Bakari Hanna No Yoshino Yama	Oh, That is All Upon the Blossom Covered Hills of Mount Yoshino
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(R Blyth)

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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

Applying Science to Alternative Medicine is testing claims. Both interest and thoroughness are shown: While "80 million adults in the United States are estimated to use some form of alternative medicine....sweeping claims... and.... scientific evidence for them often lags far behind"

<http://www.nytimes.com/2008/09/30/health/research/30tria.html?ref=healthspecial>

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A Buddhist site where all is of quality, a fascinating story of grass roots success, how enthusiasm for an idea succeeded (read about Snow Lion on site below) , a place to find treasures and wisdom.

<http://www.snowlionpub.com/pages/N86.html>

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This "burgeoning field is called yoga therapy, and its practitioners include psychiatrists, psychologists and social workers who incorporate yoga poses and meditative breathing"

http://news.yahoo.com/s/time/20090415/hl_time/08599189127100

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A fascinating account from a brain study scientist who witnessed her own stroke who fully recovered and lived to report about it. Her description of "right brain" compared to "left brain" activity and feeling is a classic seldom matched.

http://clicks.aweber.com/y/ct/?l=O8NIF&m=1iyWBrO6MW0Dh1&b=MIjymiTEohI7rMN3yctBYgO8NIF&m=1iyWBrO6MW0Dh1&b=8ekjkGzuT1Mc3epdy.a_5g

Feature Article

Musings on Compassion

by Janet Lynn Roseman Ph.D.

(This article was adapted from a lecture delivered recently by Dr. Roseman to medical students at Nova Southwestern University in Ft. Lauderdale, Florida. Ed.)

I often wondered; if compassion could be pharmaceutically created, there is no doubt that doctors would not have a problem writing out the prescription and of course, whoever owned the patent at the pharmaceutical company would be thrilled with the additional revenue. A pill containing all the elements of compassion would easily circumvent the obligation (and an obligation that is rarely honored) to spend extra time with a patient and perhaps also alleviate any feelings of discomfort that a physician may have. However, they would be missing out on the beauty and gifts that compassionate healing has to offer for both patient and doctor.

We all admire virtues of faith, love, hope and compassion, however, who besides the most spiritually advanced can live these principles 24/7? I don't know of anyone except perhaps the Saints, Mother Theresa and the Dalai Lama. We are not



spiritual masters like they are, or were, but we can be masters of our spiritual interactions if we so choose. I believe that compassion is a spiritual attribute, not a religious one, however, not everyone will agree with me.

When I was working at Brown University Medical School's Department of Family Medicine my colleagues and I conducted research on the subject of Spirituality and Medicine with third year residents. We were trying to obtain feedback about the spiritual concerns (I.e. concerns about compassionate care) from the group. Overwhelmingly, we found that there was a huge yearning by these residents asking for education on how they could integrate spirituality and compassionate care into their patient encounter.

Among the challenges that they identified were:

- Lack of time
- Personal conflicting beliefs about God
- Beliefs that spirituality has no place in the medical encounter
- Wanting to pray with patients but feeling it was inappropriate
- Need for education about spiritual beliefs so they could have a conversation
- Need for learning how to conduct a spiritual interview

One doctor told me, "I am an agnostic, thank God".....and we had a good laugh.

It is significant however, that most of the people I interviewed yearned for spiritual tools--so to speak to help them. In medicine, as you know, usually everyone is a specialist and in the subsequent training of that specialty a patient is often a series of presented symptoms with a diagnosis, a medical plan.

I've personally experienced a young physician discussing a case with me and referring to the patients problems as "IT has an impacted colon." Sadly, this happened.

I am not a medical doctor; however, I have spent many years working with people with cancer using many systems of non-traditional healing including: colored light therapy based on acupuncture theory, Reiki, shamanistic healing techniques and other forms of energetic medicine. I am careful when I speak with physicians and patients that these therapies are not a "cure", particularly when I work with people with cancer. Based on what I have witnessed, these various modalities have helped reduce and often eliminate the side effects from chemotherapy and radiation including side effects such as: GI problems, nausea, diarrhea, anxiety, pain reduction in general and port pain in particular, especially when the implant of the port reduces the patients mobility.

Healing can mean many things. The root word of the word heal is "haelen", meaning to be or become whole. I would suggest that there are many ways to navigate the healing journey, however, I believe that compassion is probably the most important. A patient who trusts his or her physicians, who has an expectation that they truly care about their well-being may not "cure" them medically, but can provide a soothing balm. If you know of a woman with a diagnosis of ovarian cancer, as I did, the reality is that if her physician took the time to listen to her concerns, to even give her a glimmer of hope or tried to alleviate her panic at her end of life, it would have made an enormous difference to the quality of life for her during her last weeks. Instead, my beautiful friend Jane was told that there was nothing else he could do, and did not offer any comfort, solace or grace to her and she passed away soon after her meeting with him.

Unfortunately, this is not unique, physicians don't usually spend time acknowledging their patient's emotional status or even attempt to look at a holistic picture of healing; body, mind and spirit.

What a difference it would be for patients to actually receive phone calls while waiting for the results of important tests, or even a physician who takes the time to walk to another hospital to see his patient of many years who is doing poorly even if he doesn't feel like he or she wants to make that time.

I looked up compassion in the dictionary and found this: "Feeling for another's sorrow or hardship that leads to help, Sympathy, Pity." Pity I thought? I don't like this word but when I looked that up I found "sorrow for another's suffering."



I took the word compassion apart; and here it is:

Com: meaning with

Passion: meaning suffer

Hence; to suffer with.

If we are truly honest with ourselves and if we work in the healthcare field we know that some patients will arouse our interests and compassion while others are just more challenging to deal with. This is also true in life.

I believe that “compassion” is an integral to the practice of medicine as any education of the physical and psychological workings of the body. In fact, I would even proclaim, yes, proclaim that without compassion; one isn’t truly practicing medicine.

I like Dr. Rachel Naomi Remen’s definition - you may be familiar with her books:

(see link below quote. Ed.).

“When a person is seen as a healer, the relationship may be said to be a curing relationship but not a healing one. I don’t believe that one person heals another, I believe that what we do is write the other person into a healing relationship.”

<http://www.rachelremen.com/about.html>

I have seen some truly horrible things occur in medicine; a surgeon walking out of the operating room when the patient asked if he could use a child sized scope for her probably 8 or 9th colonoscopy. I have seen nurses deny a patient on her way to the operating room for a critical operation that could either save or end her life, deny her a cube of ice in her mouth, not because it wasn’t in the doctor’s orders, but because she didn’t feel like taking the time to walk to another part of the floor to get the ice because the machine closest to her was broken.

I have argued with physicians to take the few minutes of time to explain the details of a procedure so that the patient wouldn’t be terrified, and heard too many, (one is too many) oncologists talk to a patient like she was mentally impaired. These are only a few of the abuses I have witnessed during countless trips to physicians offices, oncology offices, radiation oncologist offices, the Del Ray Hospital, Jackson Memorial Hospital, Dana Farber, Bethesda Hospital, etc. etc. during my 9 year journey with my mother.

I became actively involved in a mission for creating a curriculum in spirituality and medicine and compassionate care in Rhode Island, and now in South Florida because of her. I knew my anger would kill me and I wanted to channel that energy into something positive so I created a curriculum to provide tools for physicians, nurses and other in healthcare to become compassionate healers and I hope to achieve this vision with others who are of like mind.

Admittedly, not everyone will see this as a compelling endeavor or something that needs to be cultivated or even is necessary. I have spoken to those people too. During one meeting with a CEO of a major hospital, I was told that they didn’t want to upset the doctors by talking about integrative medicine practices, without any regard for their oncology patients needs.

Things have to change. People are dying, alone, terrified, without allies and support and they are suffering whether they are battling cancer, or any other disease. I would like to offer a few ideas as to how you can cultivate compassion not only in your professional life, but in your personal life as well.

Integrating compassion into a medical (healthcare) practice is of course, a choice, however, I think it is pivotal to being a human being.

To understand compassion, it is helpful to think about what it isn’t.

Take a few minutes and think about an incident in your own life when you experienced a lack of compassion. Can you remember how it felt?



In my own experience, the lack of compassion is constricting, even suffocating...while true compassion actually expands us--it is a comfort, a grace, a sense of well being and wholeness--a welcome gift.

I am not going to tell you I am the most compassionate person all the time, in fact some days are better than others. But, I do try to be conscious of my behavior.

I would like to share some wisdom I have learned and also read that you may find helpful:

1.) First step in compassion is self-compassion.

One cannot offer compassion to someone else unless you have experienced compassion for yourself.

In the Thai language, the word for understanding (which is a component of compassion) means "entering the heart."

How often do we enter our hearts with compassion for ourselves?

2.) Silence is another important aspect of compassion.

Again, how often do we allow ourselves to be quiet with patients (or friends and family) so we can hear their narratives? How often do we take the time to be silent in our own lives? Silence has great gifts to offer if we take the time to receive them. The ability to be silent is not passive, it is actually empowering and an active stance.

3.) Connection.

Connection with patients, family and friends, children and community--yes, this is important; however there is also connection with animals, the skies, the wind, and connection to our spiritual beliefs. For the Native American, the non-human world was just as important as the human world. By allowing this connection, we are able to open up not only to greater purpose, but at times, we can even glimpse the Divine---in whatever fashion that we believe the Divine exists.

4.) Consciousness

A consciousness that allows us to observe our own behavior, good or bad. How do we behave with our patients? How do we behave with family and friends? Can we identify what triggers our lack of compassion? When does it arrive? Maybe there is a pattern to it. Why not include this behavior in a daily journal?

5.) Presence

Presence is the true gift, the highest and the most sacred aspect of compassion.

By offering your presence to another you are offering compassion. And I don't mean just physical presence which takes no effort at all. I mean true presence.

When you are engaged with a person, a patient, family member, colleague, friend, you are present in that moment without any other thought of where you need to be, what you need to do, etc. You are present.

This is not only a difficult awareness to cultivate, it is quite honoring. Often people think that somehow "being present" with someone who is ill somehow elevates them as a the 'good or compassionate one', and to some extent they are, but the real gift, the true gift in being present with someone who is ill is that YOU benefit. It is not really the other way around. If more people appreciated this, I think they would not hesitate to actually take the time to be present with others, not only with people who are critically ill. What you receive on the other side is without a price.

In conference settings I have conducted the following visualization:

Let's go back in occurrences in our own life when you felt a lack of compassion. Close your eyes. Think back to that experience. You only have to witness it, not relive it.

Notice how your body feels. Notice how your heart feels. Notice where your tension is. Notice your emotions. Now, take that experience and in your mind's eye, wrap it around a bubble- surround it with white light and place it outside of yourself. Let the bubble float away from you and above you like a balloon, higher and higher until it reaches up the sky.

When you are done, keep your eyes closed.



Take a moment and visualize pink light entering your heart. Surround your heart with pink light and let it penetrate your heart and any other part of your body where you are feeling tension. Offer this gift of healing to your self even if the other person was not able to do so.

When you are ready, open your eyes.

You just did a form of energy healing for yourself to cultivate self-compassion. We can't always forgive someone who has hurt us and sometimes, they don't deserve to be forgiven, however, we can remove the situation that is causing us pain.

I would suggest that by extension with patients we remember that we can't always remove the illness, the pain, the symptoms, but we can offer our hearts--we can offer our attention, we can offer our presence, and those gifts are medicinal.

It is easy to offer your heart or presence when the person you wish to connect with is well, that's easy. Offering one's heart and presence especially when a person is ill is not easy, and can be particularly difficult when the person you are with is suffering, however, if you can push to accept what is and actually "be" present with the person you love or care about, regardless of the intensity of their suffering and yours, you will know no greater love.

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Janet Lynn Roseman PhD. worked as Clinical Instructor in Family Medicine at Brown University Medical School from 2002-2008. She specializes in teaching Spirituality and Medicine curriculum. Dr. Roseman has a practice of long distance healing work combining energetic work with color and light therapy and Reiki. She is a Reiki Master and has studied shamanic healing techniques and various energetic healing systems. Dr. Roseman is the author of "Dance Was Her Religion: The Spiritual Choreography of Isadora Duncan, Ruth St. Denis and Martha Graham", "The Way of the Woman Writer", "Dance Masters: Interviews with Legends of Dance", and has contributed to several books including: "A Time for Listening and Caring: The Role of Spirituality in the Care of the Chronically Ill and Dying". Dr Roseman is currently writing several books on death, grief and transformation including: "The Death Wisdom Book: Opening the Lens to Death and Transformation". She is interested in aligning herself with others who seek to create holistic methods of healing in tandem with allopathic medicine. Janet Lynn Roseman can be reached at <mailto:Dancejan@aol.com> for further information. Dr Roseman was interviewed in the November 08 issue of this Newsletter where she had contributed an article on Color and Light Therapy



Healer of the Month

Steven Weiss D.O.

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Dr Rick Sheff recommended that since I am from NY, I definitely should contact Steven Weiss, a very special healer in the area. His name came in conversations with other healers that I know, John Hearst MD and Janis Brugel R.N. Both were talking about Dr Weiss with great admiration. I asked Dr Weiss if he would answer a few questions and he did in an eclectic and thoroughly engaging way, see On becoming a healer- following biography.

Ed.

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Dr Weiss treating an infant

Steven Weiss, D.O. Excerpts from Dr Weiss' biography on line:

"Dr Weiss is a licensed osteopathic physician, board certified in the specialty practice of "Neuromusculoskeletal Osteopathic Manipulative Medicine." He consults in the fields of chronic pain, sports and performing arts medicine, and the treatment of prenatal and pediatric problems. As stated above, for more than 20 years he has devoted his work to pursuing and applying those clinical/healing approaches that invoke and support the power of the human body to heal and regulate itself. He is internationally recognized for his clinical success- an uncanny ability to help people suffering from complex and seemingly unsolvable clinical problems.

In 1973, Dr. Weiss graduated from Washington and Jefferson College in Pennsylvania with a B.A. in biology/pre-medicine, and then completed several years of graduate study in ecology and zoology at the University of Maine from 1974-1977. During this period he established an environmental consulting business and was supported by the National Science Foundation for environmental curriculum development at the University of Maine. In 1985 he graduated from the University of New England College of Osteopathic Medicine with a doctorate in osteopathic medicine and was honored there with The Dean's award "for possessing those qualities that faculty would seek in their own family physician." In addition to a formal internship with Phoenix General Hospital, he has completed in excess of 2500 postdoctoral hours of study and apprenticeship: in advanced osteopathic training most notably with Dr James Jealous (founder of Biodynamic Disengagement) and with Rev. Rosalyn Bruyere, the founder of the Healing Light Center Church in California and one of the most studied and celebrated healers of our time. Dr Weiss is the Medical Director of the Medicine Lodge Clinic, and the founder and educational director of The Altar of Creation. Steven Weiss is intensely focused upon his relationship with the natural world. He has spent most of life practicing meditation. For over half of his life he has been an adopted member of the Zuni Bear Clan and has a great love for The Red Path's ways of prayer and ceremony. He is a long-time student of Taiji Quan and Qigong, as well as Chinese internal martial arts practices. Devoted to sustainability and environmental consciousness, Steven would consider himself an activist for organic food and alternative/sustainable energy and transportation. He has deep connection to music, and has played (and performed with) several instruments in the genres of classical, traditional, world, and folk music."

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On Becoming a Healer- Interview:

E.R. Steven, how did you become a healer?

S.W. I remember Master Chi'ang (*an ascended Master channeled by Rev. Rosalyn Bruyere. Ed.*) saying that becoming an orphan (*referring to an incarnation as a Bon orphan. Ed.*) was kind of a prerequisite to being on the Spirit Path...I don't know. I experienced quite a lot family violence growing up, and in my family, my schools, and my community felt more like I was from another planet and not just an orphan.

Interestingly my mom had spent time in Shanghai during the period when Chinese refugees were selling their precious objects, while preparing to run to Taiwan ahead of the advancing Mao's Red Army... she had purchased quite a collection and I often wondered if holding and playing with those Qi-soaked sacred objects had not somehow imprinted me. I definitely acquired the academic and mystical side from her.

E.R. How was dad?

S.W. Dad? He was athletic, and also a great lover of the Stone People- crystals, gems, precious metals. In addition to handling my mother's objects, also grew up holding and loving these Stone People!

E.R. What do you remember from the early years?

S.W. I sought solitude in nature. I often wondered in the woods of western Pennsylvania. What I was not getting at home led me to seek nature. My mother taught me to meditate when I was four. I would hold, for example, an old Dorje from my mom's collection in my hand, get really spaced with the Qi hit, and then have nightmares of snakes carrying me to scary ceremonies and the like. I would feel a longing for community; of being cared for. I would have a fleeting memory sense of things from an unremembered past... and somehow being in nature and meditating connected me to that. There I could be happy. Not until I was adopted by the Zuni tribe in '81 did I begin to integrate and experience those feelings in the outer aspects of my Earthwalk.

E.R. So how was your path?

S.W. Well, I was programmed to be a doctor by my family. I headed off to college and premedical studies, and then when close to actually applying to medical schools, I switched my major to study the Natural World: ecology, entomology, marine biology; fish, birds, environmental studies. I moved to Maine to live deep in the woods and did graduate study in entomology and zoology at the University of Maine.

E.R. Entomology? Bugs? What is your favorite bug?

S.W. I love dragonflies; such exquisitely engineered beings!

In my life, a pattern was emerging: I became stalled and was totally unable to finish my master's dissertation. And my life began to crumble and collapse around me. All the while having these sort of sour grapes that I always thought I was going to be a physician! This is when I found Osteopathy, or when it found me! It was a trauma that created the opportunity! It often is – like the hand of Creator moving our Path. An osteopath not only cured me of an ailment that was plaguing me and puzzling my doctors (it was trench foot from my marine consultation work), *and* he also did a brilliant manipulative procedure to solve a neuromuscular problem from which I was suffering (I was a mess!). The idea that a doctor could use his hands to change my anatomy and physiology and remove my pain instantly, on top of making a superior medical diagnosis simply blew my mind! There's that hand of the Creator again. Suddenly I was presented with the answer I was looking for as to what to do in my life to bring my various interests together, as a sense of my Path began to emerge.

E.R. When did the Zuni come in?

S.W. Whew! It began with a long series of tormenting dreams in my first year of osteopathic medical school. The dreams morphed into powerful visions of a Zuni sun face, and then set me off on a vision quest of sorts to the New Mexico in the following summer... where I met my long lost mother (an old Zuni matriarch who recognized me by the Zuni healer Spirit who is one of my Guides). You know, I did not learn healing there. I learned cosmology... a working relationship with the invisible world, and I learned how to pray! And I finally learned what it is like to feel like you belong! Spiritually, physically... even as a white-skin I had found a place where I felt at home and at peace that was not in the middle of the woods or on a mountain top.



E.R. *What teachers meant a lot to you on your path besides the Osteopath you mentioned?*

S.W. Rosalyn Bruyere, Dr Johnson (a discarnate doctor), Master Chi'ang (a discarnate Ascended Master), a Zuni Bone Doctor-you could read details about that on my webpage in the interview.... Oh, the osteopath I mentioned was never a formal teacher- I had the blessing to study directly under a collection of 80 and 90 year old luminaries at the end of what might be called the "Golden Age" of osteopathic medicine.

And then every patient has been a teacher! The good enemy of 9/11 has shown and taught so much! Each of my students has been a teacher as well! I have grown so much through the simple journey of trying to serve as a healer and as a trainer!

E.R. *How long did it take until you really knew what you were doing as a healer?*

S.W. That's assuming that I know what I am doing now! Some days (maybe most days) I am not so very sure about that... It's a tortuous Path of acquiring consciousness in layers... thinking that you might actually have figured something out- knowing "something" and reaching a place of wholeness, to listening to the body and (paradoxically) "getting out of the way"- what the Zuni bone doctor taught me... and then in one moment having it all disappear and reconfigure into something else that makes your feel like your are totally lost and deluded!

E.R. *Where do you take clues for your perceptions?*

S.W. Well it's a little complicated: first I do this thing I call "Getting out of the Way," so that I can listen, receive, and perceive deeply, then the data I "receive" are placed upon a map of the embryo- which is really how Spirit moves from non-duality into three dimensional space. That is our way of mapping and prioritizing what the client is telling us about where and what it needs us to "do" to support its healing...

(Steven proceeded to show me how he would change his inner stances in order to "get out of the way". He was shifting consciousness in his chakras system from the connectivity to earth in the First to the spirituality of light in the Seventh all the while I was trying to follow. I was witnessing clairvoyantly Steven shift focus and connect to layers of Life and Consciousness. Here was his experience with classical schooling, here was his connectivity with Teachers, here was his shamanic training, here was a sum total of his reassembly of the parts he was made off, his Shamanic Reassembly in the Healer he is meant to be....Ed.)

E.R. *Steven, thank you for this energetic confession; how would you sum up your learning?*

S.W. I learned how to sit in stillness and get out of the way and listen... and then to question everything I heard... and systematically map any condition in the context of the Whole Being. The specific techniques are pretty unimportant in comparison to this piece! Anyone can do something *to* a body. Only a healer can grow and learn to work *with* the body when what she has just attempted has failed! That's where real development as a healer begins!

E.R. *Would you have a word or two for the ER audience?*

S.W. 1. I suggest reading Ken Carey's book "[Return of the Bird Tribes](http://www.amazon.com/s/ref=nb_ss_gw?url=search-alias%3Dstripbooks&field-keywords=return+of+the+bird+tribes&x=8&y=16)".
http://www.amazon.com/s/ref=nb_ss_gw?url=search-alias%3Dstripbooks&field-keywords=return+of+the+bird+tribes&x=8&y=16

Read it not like a book, but rather as one of the voices in the book suggests, "like a sparrow listening for the sound of it's mate's song on the wind..." I think it's my all-time favorite book! It took me 18 months to finish it the first time. I kept on having to go back and re-read parts. Sometimes I would start sobbing and have to stop after a paragraph.

2. I love the idea of unacknowledged acts of mercy and service. By all means, do something wonderful that nobody will ever know about!

3. Do more ceremony! (Of course, when I consider who is going to read this, it is like preaching to the choir). My Guidance stresses that the loss of ceremonial life is one of the greatest tragedies of modern life... and the greatest tragedy of what we have taken away from the Aboriginal Peoples. It is in ceremony (any small act or thing can become



a ceremony) that we connect with Creator, Grandfather Sky and Grandmother Earth, the Breath that moves through all things, the Powers of the Six Directions, all of our Relations and Teachers... and connecting to this... we begin to know who we are in our own Hearts... and can walk our Earthwalk in a holy way!

Many Blessings!

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Dr Weiss could be reached at tel. 212.414.94351 fax. 212.414.9112 His office is located at 49 West 21st Street New York, NY 10011. More information at his web page: <http://altarofcreation.com/index.php>

Book Review

Return of the Bird Tribes

by Ken Carrey

Published 1991 ISBN 0-06-250188-7

I thought it was fitting to review this book. Dr Weiss was very enthusiastic about it (see interview above). Now I know why (after I read it).

Poetry is a language that is fitting to describe spirit, I believe because it shares the extended sphere of meaning with old languages, languages of image and feeling (in Aramaic-for example "what you sow you shall reap is one word including all"). This book is a channeled book masterfully clothed in poetry. In reading it your soul will sing with a merging into wisdom and the vast expanse of prairie land. Legend will fit in context. Christ, Hiawata, The White Buffalo Calf Woman, the Bird Tribes (Angels), will time-warp into the present in a felt, sensitive way. The introduction is carefully showing how the subject matter was obtained. The rest is the experience.

Ed.

http://www.amazon.com/s/ref=nb_ss_gw?url=search-alias%3Dstripbooks&field-keywords=return+of+the+bird+tribes&x=8&y=16

DVD Review

4 DVD's From the Ringing Cedars Press 2009- Anastasia lore.

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

The text below is copied from the web presentation of the DVD's. I watched 2 of the DVD's(#1 and #4). They are somewhat slow running records of lectures at Anastasia conventions. I feel they are presenting fresh and interesting points of view. For example the idea that Christianity in Russia introduced a "guilt based system" thus entitling authorities to enforcement of punishment. That led some of the former "one with nature" people to seek refuge in Siberia preserving the Vedic culture of which Anastasia is a proponent. The back to nature individualized farming shows a viable solution, eco farming tried and true. There are many examples, pictures, anecdotes.

Ed.

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Reconnecting to Nature through Spiritual Permaculture

DVD 1 - Presentation by Dr Leonid Sharashkin. Ringing Cedars Press 2009.

Dr Sharashkin shows how Russian families have preserved a unique traditional lifestyle grounded in self-sufficiency and self-reliance - offering a path to a more fulfilling, independent, connected and mortgage-free existence. As millions of people the world over begin to embrace these ideas, humanity may now be entering an age of harmony and peace. This insightful presentation - revealing how we may each play our part - met with a standing ovation at the 2007 Earth Transformation Conference in Hawaii.

Ancient Roots, Modern Shoots:

Seeing your Natural Environment as an Extension of Your Self

DVD 2 - Presentation by Dr Leonid Sharashkin. Ringing Cedars Press 2009.

Ancient wisdom holds that body and psyche are intricately linked to the living environment, and that direct contact with nature is essential for bodily and mental well-being. This inspiring presentation on our connectedness to the living world within and around us provides insights on how to restore this link and practical steps we can take to establish the reciprocal flow of nourishment and energy from humans to our environment and back.

Creating Your Space of Love: The Road Home

DVD 3 - Presentation by Dr Leonid Sharashkin. Ringing Cedars Press 2009.

Kick-start your new life and discover how to achieve in your own lifetime what formerly took generations to manifest! Inspiring, practical advice on creating your own living space, establishing a family domain and planning an eco-village. Learn where to start and the pitfalls to avoid - from the man who brought the Ringing Cedars Series to the West. Based on his own in-depth study of homesteading, organic agriculture, intimate knowledge of the RCS and his real-life experience of living in and creating an eco-village. Excerpts from Workshop held Oct '08 at Byron Bay, Australia

The Return of Anastasia

DVD 4 - Presentation by Dr Leonid Sharashkin. Ringing Cedars Press 2009.

"Stunning presentation. Over all the years, you are the first to bring tears to my eyes" - Kathy J.

Anastasia (Greek: "resurrection") was at the core of our ancestors' understanding of Life. They saw in the Universal cycle of birth, growth, maturity, death and re-birth a reflection of the Divine Thought. Until recently, their joyous culture had been hidden from our consciousness! But Anastasia is returning, restoring to the Earth its former splendor, and bringing in her footsteps the blossoming of Spring. Listen to the sounds of her approach...

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

Janet Lynn Roseman, FL; Steven Weiss, NY; Christine Baraschi, UK; Anton Baraschi, NY.
