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Editorial

Regularity

During the month of May I attended a 10 day Tibetan Bon retreat with about 50 other participants, the subject of a review in the June issue. Tse Dup Yang Bod (Tse=life; Dup= accumulate; Yang=prosperity; Bod=invite) is an ancient Tibetan healing method traced to a teacher of the 7th century. Because of the seminar's timing I am issuing the May issue late. It is a Mea Culpa to the Mantra of Regularity.

Issuing this Newsletter on a regular basis has been a permanent challenge. On a typical month, soliciting contributions, corresponding back and forth, approving the final edits, creating a layout, getting the galley's proofread, takes time and endurance. Like in all labors of love there are rewards in the action and occasional feed back from readers and potential contributors. This is enthusing and inspiring. A community of like hearts, how much better could it be?

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Editor



News and Links

A great article on Homeopathy at Dr Benor's website:

<http://www.wholistichealingresearch.com/92vanderzee>

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A website containing an ultimate compilation of 209 movies and DVD's on Tibet, Tibetan culture and practices is found at the link below. Featured are tapes on Dzogchen practice, pilgrimage to Mount Kailash, many Dalai Lama interviews and teachings, Tantra, the meaning of Buddhist chanting, and much more.

<http://www.tibet.com/films.html>

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13th Annual Energy Healing Conference September 3-6, 2009 in Tucson, AZ

<https://secure.healingtouchinternational.org/index.php>

In Memoriam

Ron Roth, PhD, Teacher, Mystic, Medium.



Ron Roth, beloved teacher to many people, modern-day mystic and best-selling author, has crossed the threshold the morning of June 1 2009. An announcement appeared on the Celebrating Life Church website:

<http://www.ronroth.com/home/news2.cfm>

For those who did not meet Ron Roth in person or don't know of him, the interview at the first link below is representative of his directness, simplicity and depth. A more formal presentation is found at the second link below.

<http://www.shareguide.com/Roth.html>

<http://www.ronroth.com/home/ron.cfm>

In lieu of eulogy, I would like to share with readers my brief personal experience with this great man. I originally heard of him from Susan Scheffel of Westchester, New York, who went to a 3 day seminar. Susan told me that Ron cured her



neck ailment with a brief laying of hands. In research I saw Ron's name associated with Caroline Myss and John of God, people whose teachings I pursued. I read some of Ron's books. I was particularly impressed with "Prayer and the 5 Stages of Healing"(see link below. Ed.)

<http://www.ronroth.com/home/ron%20roth%20books.cfm>

My spiritual Mentors were whispering that I should meet Ron "because he is going to teach me how to pray". "I don't know how to pray?" I mentally argued, somewhat taken aback. Then the answer came: "It's about the Intensity".

I saw Ron Roth at the Omega Institute in 2006. I felt this attraction feeling and discovered more synergies. He was born a day before John of God, on June 23. Ron was exactly 10 years older than me, we shared birthdays. In teaching he was entertaining, sometimes clownish and alternately sublime. In prayer he was intense. He could evoke the Presence in a felt way. He invoked the Holy Spirit, simply, powerfully, directly. This was not book mysticism, this was experienced mysticism. He had been there and he was taking the audience with him. Later, I saw Ron laying hands on a child with problems. I felt the energy he was able to channel and gathered around him. This was the Big Leagues.

The last day of the workshop Ron followed guidance and got into a trance state and laid hands on the entire lined up audience, about 150 people. See the 6th picture down on this photo album at the link below which shows him in state.

<http://www.ronroth.com/home/photos.cfm>

Some people were falling down after being touched and Paul Funfsinn, long life partner of Ron and Teresa Cordova, an ordained bishop, acted as catchers and allowed people to recover from the experience. When my turn came, I sensed that when I approached, it was not Ron anymore; Ron had incorporated Padre Pio, the Italian Saint. I kneeled in front of the majestic pair into one body and said: "Padre, I have come". Gently one hand held mine and the other touched my head.

Oh Lord, a jolt of Divine Energy descended down my spine and arched my back backwards with the power of what seemed like electricity of high voltage. The catchers jumped forward. I did not fall. The Padre said- "now go do your work". I knew what he meant. I knew what I had to do. My longing had been exposed to myself by a miraculous empowering occurrence.

I did not know that was the last time Ron would come to the East Coast. Strokes incapacitated his great frame. Paul Funfsinn cared for Ron with the exemplary love and dedication of a great soul. E-mails from the Church would give short updates, lately requests for prayer.

When Ron's situation deteriorated last week, I organized a prayer circle of a few friends while attending a Tibetan Bon retreat. Some had second sight and were describing the amount of light they perceived while approaching Ron's astrality. The angelic realm was present. All perfect. Ron was bringing people together in prayer and allowing them the experience of the Light.

Like all clairvoyant information, what I am about to say is not confirmed by anything but faith. I checked with my mentors: "Why is this great man suffering"? They replied: "Ron is being prepared to be an Ascended Master. He is clearing the last ties to physicality. All is as it should be."

For those willing and in a position to make a contribution to those furthering Ron's work, see link below.

<http://www.ronroth.com/home/casadonation.cfm>

In Love, Light, Wisdom and Peace

Ed.



Interview

Judy Kosovich Esq.



Judy Kosovich was trained as a chemical engineer and a lawyer and recently retired from a career at the US Department of Energy. Judy is actively spending some of her time promoting solar energy and conservation. She helps businesses get FDA clearance for medical devices that use and measure various kinds of subtle energy (Ondamed, <http://www.ondamedcare.com/> and i-Health <http://www.i-health.com/>).

Judy is a member of the organization Sukyo Mahikari (since 1990) at the center in Washington, DC. (Hikari means Light in Japanese-Ed.): www.sukyomahikari.org or www.sukyomahikarieurope.org. Judy Kosovich could be reached via E mail at judy.kosovich@gmail.com

From what I could sense talking to Judy, the practice appeared similar to Reiki in origin, but appeared more structured. I had not encountered this practice previous to meeting Judy, so I thought this may be of interest to other energy practitioners. Judy was willing to share her experiences with ER readers and graciously agreed to this interview.

ED.

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ER. Judy, how did you encounter Sukyo Mahikari?

JK. My journey began in 1990. A friend who was having serious problems with her spine was trying everything she could find to avoid the risk and expense of surgery. She called me, very excited, about a place she had been. The vibes were great and she was sure I was going to love it. It all sounded very strange, receiving Light, but my friend knew me pretty well, so I at least out to try it. And so I went to the Sukyo Mahikari Dojo for my first experience of receiving Light, feeling a bit like Margaret Mead visiting some aboriginal people to learn about their culture. My experience was not unpleasant, though I could not say for certain what had happened. I thought that I felt more relaxed, maybe a little different, nothing I could describe. I was told that if I came back for several visits, I would be able to judge for myself how my life had changed. There was no fee and no need for an appointment, so I came back to see what would happen. After a few visits, I noticed two things – my co-workers got nicer and my singing improved. Gradually, my complexion improved and my eyes looked brighter. Better than that, I was experiencing more clarity and peace than I imagined possible.

ER. That is remarkable. After your condition improved, did you go into it deeper?

JK. Yes, shortly after that, I attended a monthly ceremony out of curiosity. The prayers were short and few, mostly in Japanese, but otherwise the event was similar to other religious experiences. A member of the congregation shared an experience of giving Light to the grandson of a co-worker, a young man who had destroyed his liver with alcohol. The family was hoping that he would live long enough for his father to come from Venezuela to say good-bye. Last rites had already been performed. Long story short, this young man received Light one time, 20 minutes, and checked out of the



hospital the next day, fully recovered. This alone was pretty cool, but what was even more impressive was the humility and the heart of the man describing his experience. Most of the people there were in tears, including the man sharing his experience.

ER. How would you describe this practice to a newcomer?

JK. There are two aspects to Sukyo Mahikari, giving and receiving Light and practicing the teachings. If one combines these, health, harmony, and prosperity will naturally improve. With the privilege of giving Light comes the responsibility to do so, and those who do not take some time for the practice of giving Light will find Sukyo Mahikari no better, perhaps even less satisfying, than other spiritual practices. The desire to give Light is not always present at first, though most people enjoy receiving it. However, people who diligently practice that art of giving Light notice that whenever they give Light, they feel more joyful. And over time, their life continues to improve. Many also derive great joy in helping others and observing how their countenance changes in the 50 minutes it takes for a session of Light. Miracles can occur at any time, though gradual progress is the norm.

ER. So what are the teachings like? Could you illustrate with a personal example?

JK. My first experience involved a study class, something that non-members do not normally attend. The lecturer addressed a variety of topics, ego, attachment, spiritual level. He explained that if there is conflict, it is because the parties in conflict are at the same spiritual level, like two hands clapping. The way to end the conflict (if you are one of the parties) is to raise your spiritual level (so that the hands do not meet). How? Apology is a good method. It so happened that I was engaged in conflict with a lady at work, someone at a much higher level in the organization. She was in charge of the "Technology Transfer" chapter in the National Energy Strategy and I was writing about the legal issues. As the format of the report was changed by others, she would simply change what I had written, unfortunately introducing errors. I tend to get attached to my work, and so her changes were very irritating. We were not getting along very well. In fact, I had reached the point of despising her. I allowed for the possibility that it was in fact true that I was on her level, in which case, I needed to do something about it. Apology was not something I was accustomed to, as I went to great pains to always be right. And I still detested her, so apologizing was going to be very difficult. And what did I have to apologize for? Finally, I could see that I could apologize for being too attached to my work, but only that. I could not bring myself to do it in person, so I left a brief note in her inbox. I was not prepared for what happened. At the next meeting, her attitude toward me was completely different. About 2 days later, she called me to say that she could not attend a meeting at the US Trade Representative's Office and could I go in her place? The topper was at the next meeting, when she publicly apologized to another person in the meeting for the same thing I had apologized to her for. There are monthly journals that contain teachings, as well as several books. Teachings are also discussed after the monthly ceremonies.

ER. When did you become a member-what is it involved?

JK. I become a member several months after my first session of receiving Light. Becoming a member involves 3 full days of lectures followed by a somewhat esoteric Ceremony that I leave to the curious reader to experience. Before becoming a member, it is recommended that one receives Light at least 20 times. There is an offering of about \$300 that covers the expenses of bringing the lecturer and a few other costs. There is also an offering of \$5/month (\$2/month for students) to maintain one's membership. There is a prayer in ancient Japanese that needs to be memorized and a few other preparations. Membership is available to anyone who has the desire. Getting started is easy. The hard part is finding the time and having the discipline to give Light on a regular basis. Although progress is much faster with daily practice, one can still notice changes if practice is only once a week.

ER. Is there an advanced practice? There are some similarities with Japanese Reiki, but this practice seems more structured. What else can one do in Sukyo Mahikari?

JK. There is more to explore: Some members of Sukyo Mahikari are former Reiki practitioners. Though the country of origin is the same and the practices look similar and may even feel similar, there are 2 clues that spiritually, they are quite different. One, although Reiki practitioners are not required to charge a fee, most do. Practitioners in Sukyo Mahikari do not receive any money for giving Light. Two, each practice has 3 levels of training. In Reiki, the time it



takes to go from level 1 to level 3 is getting shorter. In Sukyo Mahikari, it is getting longer because people cannot handle the “spiritual pressure” (the increased amount of Light they are able to give).

As to what else one can do:

- 1) There are ceremonies in Japan with participants from all over the world.
- 2) There are practices related to food, including gardening.
- 3) There are practices related to eating, such as praying before and after a meal.

Vegetarianism is not promoted, though many members are vegetarian. Moderation in portions and additive-free are practices that are highly recommended, though the most important practice is eating with gratitude for the blessings of the earth and the efforts of those who brought the food to your plate.

- 4) One can give Light in places with earthbound spirits (e.g., battlefields, areas of many traffic accidents) or in places where important things take place (e.g., government offices).
- 5) There are forums for educators who want to bring spirit-first education to young people.
- 6) There are various kinds of efforts that promote combining Light with the practice of medicine, including training for health care practitioners, research, and providing a clinic in Japan in which medicine and the giving of Light are practiced together..

ER. How could a reader find more information about this practice?

JK. To find a Sukyo Mahikari center near you, please visit the website for North America www.sukyomahikari.org.

ER. Thank you Judy, we wish you much Light in your ventures!

Healer of the Month



Ted Dugas Ph. D., Dipl. Ac., L. Ac.

Dr. Ted Dugas is an acupuncturist with clients in the theater district in Manhattan. He is specialized in pain management with over twenty years of experience treating the Broadway community.

Recently Ted returned from a trip to the Casa de Dom Inacio in Brazil and agreed to an interview.

Ed.

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ER. *Ted, you are a successful practicing acupuncturist, yet I understand this was not your first profession. I understand that you were originally a pastry chef. How did you come to change professions?*

TD. It all started when Moses (a biblical named waiter with I was working with) came to me in 1982 and said, 'you need to be rolfed'. Perplexed, I responded, 'rolfed', 'what's that?' He said- it's a very deep and sometimes painful type of soft tissue work that unlocks and separates the fascia from your muscles, essentially restructuring your body'. Surprised, I said 'I need fascia work separating my muscles that sometimes is very painful? Thanks!'

This was the initial scenario encompassing the start of a journey into the unknown resulting in many extraordinary voyages over the last twenty years culminating into what I am today.

Coming from a family of practically all chefs, except for my mother, (who really never even saw the inside of an oven), I was brought up in the hospitality business. My dad owned his own restaurant in the Midwest in a small town called Escanaba, Michigan. At age 27, after graduating from Indiana University, I moved to New York City where with no formal training I landed a job as pastry chef in a 3 star restaurant. Then came this faithful day when I was approached by Moses the waiter who proclaimed what my next step in life should be...Rolfing! Somehow, I felt as though this 20th century Moses was handing me the 'tablets of life'. With some resistance, I called for an appointment with a certified rolfer. The very next week I apprehensively entered his office. I felt as though I was 'white as a ghost'. I was ready for any thing, something life changing, something 'very painful' or both!!

ER. *Who was John the Rolfer? How did rolfing impact you? Did faith play a part? Rolfing seems something so different from your upbringing*

TD. John, now retired, was a protégé of Dr. Ida Rolf MD. She was the founder of 'rolfing'. (See link below-Ed.)

<http://www.rolf.org/about/how.htm>

John had studied with Dr. Rolf at the Rolfing Institute in Boulder, Colorado. After graduating John settled in New York City. My first experience with John's skillful work was in the summer of 1982. Compassionate, sensitive and intuitive as he was, John, 'the Rolfer' explained to me what was about to occur. To document the swift results, he was going to take a 'before and after' picture of the session. My first thought was, 'wow, I must be a mess'. Despite my thoughts I proceeded and was ready for anything at this point. I had made the commitment! I trusted this new venture and had faith, a faith that was developed over many years of Catholic schooling and church...6 years as an altar boy and subsequently 12 years of Catholic school education attending Catholic grade school, Catholic high school and Catholic college. My religious education contributed a firm religious background rooted in faith.

After the first treatment I just knew that something great would result from it and I decided to continue through the ten suggested sessions. I trusted this venture and recognized that this 'some thing' was not merely dissatisfaction of a baker's life but an extension of my soul seeking 'perfect healing' anticipating that I would and could some day find rest in my soul forming an exquisite serenity that was not merely an extension of my hyper active self but an ability to find a self reliant retreat in a chaotic worldly forest of life. Hopefully, some thing that I could call all my own and draw and rely upon at any time, effortlessly. I was ready to leave the world of "chefdom" to satisfactorily nourish myself and others *without* calories!!

My turmoil was great but the clarity I was seeking would be even greater. The restaurant business was no longer my community and it was time to move on. The day I made the decision to leave the restaurant business was the day of joyful soul celebration. However, I was unaware of the magnitude and magnificence that this decision would bring to my life.

ER. *How long did this process take?*

TD. I felt effervescent from the subsequent treatments. I had no discernable malady that was being treated weekly. I just felt that this would relieve any tension and bring a sense of peace to my being. Following two years of treatment with John he had suggested I get into 'the healing business'. He was the catalyst for me to move on from the pastry kitchen



and into the beginning of my own healing journey and cleaning up the kitchen's of my soul. I knew it would be the right decision at the right time of my life. The process really has taken twenty years. Now, twenty years later I have a Ph. D. in Acupuncture practicing in Manhattan specializing in muscular soft tissue injuries working with the Broadway community.

ER. Could you tell us a little about your education in acupuncture?

TD. My education started in the Midwest attending St. Norbert College in West De Pere, Wisconsin, graduating and proceeding directly to the University of Cincinnati for a Master's Degree. After graduation I taught high school for three years and decided to attend Indiana University for a second Master's Degree in Education. After a visit to New York City, I realized this city would be my destiny and had moved there several months later. I eventually attended school at the Swedish Institute for massage therapy specializing in therapeutic medical massage, received my New York State licensure, traveled to Russia to study Russian massage techniques, returned to the United States and studied various other massage techniques. During my early years as a massage therapist I worked in a New York City Osteopath's office and befriended acupuncturists who enlightened me on the benefits of acupuncture and its amazing ability addressing other pathologies that massage was unable to assist. A few months later I found myself enrolled in acupuncture school on yet another new discovery pursuing still another philosophy of helping the human in a body, mind and soul approach through an Eastern viewpoint.

The journey continues and still hasn't stopped.

ER. What do you mean?

TD. There was another synergy. With the help of a patient I discovered yet another way to improve body, mind and soul through an incredible healer in South America located in Abadiania, Brazil by the name of João Teixeira de Faria fondly referred to as 'John of God' Since then my life has changed significantly once again.

ER. Could you share some details?

TD. Jeff, a retired Broadway dancer and patient of many years had arrived one day for an appointment. After a brief consultation and muscular examination I discovered miracles had happened to this man. I knew this man's body through several years of treatments and I soon realized that many things were drastically different and he had dramatically changed since his last visit. With inquisitive raised antennas I proceeded to inquire what he had done for these chronic pathologies to suddenly 'disappear' i.e., eight painful plantar warts located on the bottom of both feet, fat pads that no longer existed from years of dancing and bone pain from a severe strain and sprain located in his right ankle ligaments that never was able to correct. Through surgery Jeff had one ligament cut and reattached that never healed properly. At the time of his initial visit he also reported pain in his lower back that radiated down his legs causing shortening of his hamstring muscles so that he lost a majority of his flexibility. Within three weeks after returning to New York City, all back pain was gone and flexibility returned to his legs! He said 'John of God' did it. I said 'John of God' took away all plantar warts, replaced your fat pads at the base of your feet and reduced your bone pain by 75%. And he longer experienced that sharp pain radiating in his hip socket. WOW. I was impressed. I thought 'John of God' must be some miracle man, who is he?

After Jeff's appointment I proceeded to GOOGLE John of God for the next hour and I had chills over my entire body while researching him. Generally 'body chills' indicate for me a significant alert to what must be pursued, researched, and investigated thoroughly. It tells me that a powerful draw, inner feeling and curiosity must be met. Even as a child when I would have these inner feelings and external manifestations I would not always 'listen' to them and I eventually realized when I did not listen to these signs I would 'make poor choices'. Ultimately, I did come to the realization that they were the better choices and they would guide me in the right direction. I had to learn the hard way through many disappointing decisions. We all learn the hard way when not listening. So, when I 'felt' these signs while researching 'John of God' I knew I had better listen and pursue yet another adventure. Within 2 weeks I was on my first journey to Brazil and 'John of God'.



ER. *You are really following your inner calling I may say. How many times did you travel to Brazil?*

TD. Since January 5, 2008 to the present I have made seven incredible healing visits to Abadiania, Brazil for 'John of God's' healing abilities. And I will complete my suggested 10 visits by November 2009.

While preparing myself for my healing encounter with John of God I went into my soul to question what needed assessing for an effective visit. Since my entire family had transitioned through heart attacks, I knew that this would be my first priority...cleaning up my heart both physically and emotionally.

At a certain age everyone in my family would have some kind of heart symptoms and I was no exception. After my initial visit all heart symptoms significantly dissipated and after 7 visits I no longer have any heart symptoms that I once experienced periodically. This was my personal confirmation as to John of God's incredible gift to mankind. Numerous other testimonials I heard through pilgrims I have met in Brazil after their own encounter with Medium Joao, each amazing and individual.

ER. *What would serve as a conclusion of your journey, to share with our readers?*

TD. I have met an array of incredible people from all over the world who have been healed through John of God in my 7 journeys and I look forward to many more journeys to Brazil finding, researching and cleaning up my soul. I have learned that through John of God he has enhanced my abilities to heal and these abilities are no longer my own but must be shared with mankind.

ER. *Ted, how do you want to be contacted?*

TD. Email is best: teddugasnyc@gmail.com

Book Review

Measuring the Immeasurable- the Scientific Case for Spirituality

with articles by **Bruce Lipton, Lynne Mc Taggard, Gregg Braden, Garry Small, Peter Russell, Larry Dossey, Dean Radin** and others.

Published in 2008 by **Sounds True, Inc, Boulder CO 80306** ISBN 978-1-59179-654-1

http://www.amazon.com/gp/product/1591796547/ref=s9_intb_gw_ir03?pf_rd_m=ATVPDKIKX0DER&pf_rd_s=center-3&pf_rd_r=0SYTZ65JF0Y8QFQ3KQ51&pf_rd_t=101&pf_rd_p=470938811&pf_rd_i=507846#

This is a compilation book presenting a cross section of scientists approaching spirituality in today's mind frame, articles on topics such as Compassion and Healing (Dossey), Exploring the Deep Mind (Russell), Not all Meditation is the Same (Hageman), Absorption and Dissociation in Spiritistic Brazilian Mediums (Kripner/Wickramasekara), Evaluating Biofield Treatments in the Laboratory (Yount), etc. Much information not found elsewhere.

Ed



DVD Review

European Quantum Energy Medicine Conference

<http://www.quantum-medicine.com/>

This conference took place in Copenhagen during September 2008. One could purchase the full set of 9 DVD's covering all 3 days of the event or individual days. The conference, according to the website description, "brought together cutting-edge theoretical, medical and natural scientists with some of the world's most experienced health practitioners in the domain of Quantum Energy Medicine." The "goal for the conference - to cross-fertilize methodologies and science, providing a more integrative and non-invasive, yet scientifically explicable, approach to medicine and healing - was reached beyond all expectation...It is becoming more and more acceptable for doctors, scientists and technologists to use and explain phenomena like the amazing effects of energy, such as light or bio-resonance and information on healing. Healers who have been using energetic or informational methods for decades (and it has, probably been going on for as long as humans have existed) without ever knowing the scientific ins and outs, are now being recognized and validated by the scientific world. An exciting example of one of the major findings for people working in this area is the scientific credibility that consciousness and intention have remarkable and pronounced effects on health."

Ed.

Announcements

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

Credits

Judy Kosovich, DC; Ted Dugas, NY; Christine Baraschi, UK; Anton Baraschi, NY.
