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**Editorial**

**Musings on unity**

What will it take to have people of various professional backgrounds talking about integrating energy work into mainstream? Will it take a powerful personality spearheading the effort of integration? Will it take a grass roots movement – people asking for it? Will it take a concerted effort from visionaries in health care to create procedures and protocols? Maybe all of the above and more....

Meanwhile, we spread the word. I feel that the very presence of this theme, energy work, into consciousness, will bear some fruit. Individuals are not alone in their quests, there are others of like heart. In this issue, we have a contributor from Australia, in likeness of heart – it's not that far "down under". Huw Griffiths, welcome aboard mate, welcome aboard!

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

**Editor**

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## News and Links

Extraordinary article from Dr Benor, when we change we affect everything:

[http://www.wholistichealingresearch.com/col\\_con\\_hooponopono\\_whee.html](http://www.wholistichealingresearch.com/col_con_hooponopono_whee.html)

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Recovery from stroke: A scientists journey, observer to one's own impairments and the process of healing. Fascinating account of a personal journey inspired a book on the New York Times bestseller list (see Book Review section below)

<http://www.aolhealth.com/condition-center/stroke/recovery?icid=main/htmlws-main|dl3|link3|http%3A%2F%2Fwww.aolhealth.com%2Fcondition-center%2Fstroke%2Frecovery>

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## Philosophical Essay

*In part one of this series, published in the July issue of this Newsletter, Peter Roche de Coppens develops the theme of homo triplex, man endowed with three basic natures, physical, psychic and spiritual (Body, Soul and Spirit). The proposed Emerging Health Care Paradigm must of necessity address all constituents of human nature. In this article Peter develops the concept of the "vitality level"-of what makes a person heal.*

*Ed.*

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## The Transforming and Emerging Healthcare Paradigm (part 2 of 7):

### How to get to the heart and core of health and wellbeing?

by **Peter Roche de Coppens PhD**

To understand anything else, to get to the core of the human cognitive process of what constitutes valid knowledge, we need to have a proper understanding of the “three ontological attributes of both God and Man”. These, according to the spiritual tradition, are three: Consciousness or knowledge (proper understanding or wisdom), Love or desire (sensibility and motivation) and Life or vitality (energy and information). If we reflect on the nature of God and Man, we discover, by studying the sacred traditions of humanity, that there are a *trinity*. Thus at the structural level, a human being is composed of a physical body (his biopsychic or animal nature), his psyche (human consciousness or psychosocial nature) and his spirit (the spiritual Self and soul or psychospiritual nature). At the functional level a human being is defined and manifests himself herself through thinking, feeling and willing—through what he/she knows, love, and can do or create!

As the spiritual tradition always taught and as the Greeks once asserted, self-knowledge, self-mastery and self-integration are the cornerstones of the great human adventure and the starting point for any kind of valid, objective knowledge that can have an impact and transform inner and outer reality! I would summarize this by saying that before we can study and investigate anything else, we need to know who we are, why we were born in this world, and what our final goal might be... which brings us back to the three basic definitions of man that we mentioned in the first part of this article: is a human being a *homo simplex*, *duplex* or *triplex*? The old country doctor I mentioned in the first part of this



article who claimed that the greatest medical discovery of the 20<sup>th</sup> century was the realization that “the human body and psyche were so designed by the Creator that they can heal themselves of all known and unknown diseases... provided they have the right *food* and *energy*” went further and backed his assertion by saying:

“We know that there is no known human disease that one, two or three persons did not go into full remission of... the only thing we don’t know is how they did it, what specific conditions and pathways were used”. He also told the story of the nun at Hiroshima who was deep in prayer at about 802 meters of ground zero (where the blast occurred) and who did not suffer any consequences from the terrible radiations at the time or later in her life! Moreover, for medical doctors who are still very concerned by the so-called “placebo effect”, there was a little plant located about 25 cm from the nun which also suffered absolutely no consequences from the radiations of the blast! Now obviously the plant did not take any antidotes and could not be affected by suggestion! The nun also had done no prevention and had not taken any vaccines or antidotes for radiation! She was deep in prayer and her prayers must have created a protected electromagnetic field of sorts which somehow protected both her and the plant!

We also know that a sophisticated computer has self-repair mechanisms that can fix most problems that are likely to occur... on the condition that there is the right kind of current to enable them to operate. We might ask the same question concerning human beings: has our Creator endowed us with self-repair mechanisms that can keep us healthy and heal us when we violate some law and fall sick? The answer to this question is a resounding yes. For a long time, the ancients had noticed that people tended to heal themselves when they fell sick or had an accident. They named these self-repair mechanisms the *Vis Medicatrix Naturae*, the healing force of nature of which the most important element was the *Vis Vitalis*, the Life-force of the person. Spontaneous healing and full remission of various diseases attest to this and confirm the fact that some self-healing force is always at work in human nature.

In the mid 19<sup>th</sup> century, we have the famous controversy between Louis Pasteur and Claude Bernard. Louis Pasteur basically said “the microbe is everything” and who developed the “war model” of modern medicine whereby through technology and biochemistry we can develop evermore powerful weapons to confront evermore powerful and muting pathogenic agents. Claude Bernard argued that “the microbe is nothing, the soil is everything” proposing essentially the presently emerging model which is based on the “harmony model” wherein whenever our organs and systems can do their natural work, no pathogenic agent can multiply and make us sick. At the modern core of this model we find the immune, the hormonal, the nervous and circulatory systems which are the only element that can keep us alive and heal us when we are sick, not doctors or pills! These are now called the “PNEI axis” (the psycho-neuro-endocrinological-immunological systems) which are studied by psycho-neuro-endocrinology.

For our PNEI axis to function properly, we need to provide our body with the proper food, energy and information, and our psyche with the proper attitudes and frame of mind, such that they can both find a proper equilibrium (homeostasis) and growth (evolution). This obviously involves our *values, priorities, and life-style*... which are presently dysfunctional and unsustainable and which must therefore change if we are to achieve global health and wellbeing. Speaking of which, it now appears from a biological viewpoint and from the lives of those who reach the oldest age that we should live to 120 years and “retire” around 100 years plus or minus 5 years! Again, to achieve those goals, I am convinced that that are three truly essential elements which are our *food*, our *energy* and our *destiny*. In the 20<sup>th</sup> century, we learned a great deal about proper *nutrition* (food) and its role for our health or illnesses even though we were still dealing with a physical component... which was more acceptable and intelligible to a materialistic and rationalistic mind-set.

The next step, once nutrition was properly understood and integrated, was to focus on *energy and information*: their nature, dynamics, expressions and consequences. Energy being at the threshold between the visible and the invisible, the material and the non-material dimension is somewhat more complex than nutrition. It also assumes that human beings have energy bodies with psychospiritual centers (transformers or “organs”) and a proper understanding of their distinctive nature, dynamics and manifestations—how it can be generated, accumulated, and circulated. As far as I am concerned, it is here that we find the connection between matter and spirit, the wave-like and the particle-like phenomena of quantum mechanics and of the holographic universe. The essential point being summarized in the emerging axiom: “exhaustion is the mother of all diseases”; that is, without a minimum of energy or vitality no therapy or remedy can truly work and be affective.



The emerging paradigm has come up with another interesting axiom or assumption: at the physical, biochemical level we can only have *effects*, or symptoms and not *causes* (unless a person is shot or has a physical accident that will cut, break or bruise physical organs). To get to the causal level, to the structuring and governing level of our biological organism and its self-repair mechanisms, we need to move up the ladder. The first causal level is unquestionably the amount of energy or vitality which a person has at her disposal. With a great deal of vitality even very simple and little things can produce remarkable results whereas when the vitality level is low much is needed to produce little results or require a much longer period of “convalescence”. Thus the importance of the *Vis Vitalis* or “vitalism” as it was once called. Here, I remember an interesting story which is worth telling:

Several years ago, when I began my “Medicine and Spirituality Series” for Guna doctors, just before leaving for Italy, I got a very bad flu. I also understood its cause which was the fact that going to Montreal with my wife a few days before, we had eaten too much and slept too little. Then, I gave final exams at the university when the class rooms are filled with a cocktail of various viruses in that students have studied and crammed their information at the last minute and would show up even if they were feeling exhausted or had minor colds or flu! My immune system and hormonal system were thus weakened and made more vulnerable... and I caught the flu. The question was “what to do now”? I had lots of pains and aches about 101 ½ of fever and 48 hours before my plane left for Milan.

Rather than going to conventional doctors, because I already knew what they would say, namely that I could not leave in 48 hours, I called a great homeopathic doctor in Paris, who suggested a couple of homeopathic remedies and a healer in Montreal who suggested I take the “Swedish Bitters”. Both told me that the deciding factor would be my fever. If a couple of hours before leaving my fever was above 99 degrees Fahrenheit. I could leave, otherwise, I would have to cancel my trip. The French doctor, who was also a renown psychiatrist, added that if I left, my unconscious would be so happy that it would quickly revolve any remnants of the flu whereas if I stayed in the US I would probably remain sick for a while as my unconscious would be unhappy about what transpired (my wife was waiting for me in Milan to celebrate Christmas and I had students that awaited my workshop in Rome).

Well what happened was that a couple of hours before leaving my temperature had fallen to 98.9 and thus I left. While still weak, within 3-4 days I was completely healed. Thus in Rome when I gave my workshop to the Guna doctors, I told them that I had discovered a new protocol for severe flu that would get rid of them in less than two days; that it was simple, inexpensive and without side effects consisting of a couple of homeopathic remedies and some herbs! Umberto Grieco, the “Miracle Doctor”(see *Healer of the Month* article in the June 2009 issue of this Newsletter) who was present chuckled and told us that this protocol would not work for others and could not become a new standardized treatment for flu and colds. Basically what he said was: “Peter, you pray a lot and thus your vitality level is quite high. With your vitality level even “little things” work well and rapidly, but for people who have a lower level of vitality, the results would be quite different”. Thus, I personally learned the importance of one’s “energy level” for the healing process.

In Italy at present, the state-of-the art medical approach through the work and experience some truly inspired and dedicated medical doctors is that your *vitality level* is the first “causal” or structuring and governing principle for what will happen at the biochemical level. The second level is “emotional re-equilibration” in that it is our emotions that control our vitality to a large extent. The work of Drs. G. Hammer and Janine Fontaine in France and of the Simontons in the USA has empirically demonstrated this interesting connection. In future articles, I will focus upon and discuss in greater details this interesting connection between our emotions and our health, and the power of thoughts, feelings, imagination and words upon our PNEI axis.

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**Peter Roche de Coppens PhD** teaches at East Stroudsburg University since 1970. He has graduate degrees in sociology, anthropology and psychotherapy. Previously he has taught at Sorbonne University (Paris) and McGill University (Montreal).

Dr. Roche de Coppens is presently a spiritual and medical consultant for GUNA (the leading Italian company in the field of Integrative Medicine) in Rome and Milan, Italy. He authored in excess of 60 books, and innumerable articles. Some of his more recent titles are listed below (see links):

[Prayer \(The Royal Path of the Spiritual Tradition\)](#)

[Religion, Spirituality and Healthcare \(How to Understand Them and Live Them Today\)](#)

[Medicine and Spirituality \(The Encounter of the 21st Century\)](#)

[THE FLOWERS OF LIFE. Vol. I \(What are Life and Death on Earth and How to Make the Most of Them\)](#)

[The Flowers of Life Volume II: What are Wisdom and Scientific Knowledge?](#)

[The Great Theory of Human and Spiritual Evolution. \(Available in August 2009, Ed.\)](#)

Following a severe motorcycle injury that left him crippled, he sought help from the best medical authorities of the USA, Italy, and Switzerland, only to be told that he would remain handicapped for the rest of his life.

Prayer was the vehicle through which he experienced healing. Such was his introduction to another form of medicine and healthcare that motivated him to study, practice and refine various approaches to prayer and to holistic health and wellness for the next 45 years.

Through his own personal experience, which changed the course of his life, he learned that the next great, “qualitative step” in medicine and healthcare is **the integration of the spiritual dimension**, the awakening of spiritual consciousness, holistic education and holistic health.

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## **Travel Column**

(Part two of two)

### **A visit to the spiritualist Community of Cassadaga**

by **Janet Lynn Roseman Ph.D**

In last month’s column, I shared with readers my experiences traveling to Cassadaga, one of the oldest and most respected spiritualist communities in the United States. Even though the trip was over three hours each way, it was well worth it; after all how often do you have a chance to visit a community of legitimate and well-trained psychics and mediums? During my weekend visit I had the chance to mingle with members of the psychic community, consult with two psychic readers and attend a séance. The previous column contained my interactions with Maeda Jones, and this month I would like to discuss my experiences with Dr. Suzanne DeWees and the séance.



DeWees lives in a charming Victorian home in the heart of the small town and holds a Ph.D. in Integral Health. She was also one of the founding members of the Kripalu Center for Yoga and Health in Massachusetts and during her tenure there, she directed the Spiritual Life Program. A certified healer, medium and teacher, Suzanne DeWees studied meditation for over 25 years and lived in an ashram for two decades. DeWees shared her philosophy about her healing practices with me.

“I believe that everyone has intuitive capacities and that people come to me quite often for affirmation,” she said. “My role is to provide assurance and affirmation that people are doing the best that they can and that they are protected and watched over by their loved ones.” Recognizing that her work is particularly affirming to those clients who are seeking spiritual clarity in their life, DeWees guides people to help them “resonate with their own spiritual dimension.” She believes that this process is frequently neglected in our daily lives when we don’t usually take the time to “just be.” Before our reading, she was quick to point out that her clients should take “everything she says with a grain of salt” because she feels that our lives’ circumstances are ever in flux and the information she receives may not be true, especially when there are major changes occurring in her client’s life such as job or health issues.

When she works with clients she offers them guidance in self-awareness, mindfulness and spiritual transformation to help them “see what direction they are going in.” Her approach was quite different than my reading with Jones, and I felt as though I received authentic information about my life but positive spiritual direction from both readers. I must confess that I have been visiting psychics since I was a teenager and have also trained in this field, yet, I always believed that everyone is different. Consulting a psychic is not a one-size-fits all prescription and your experience will probably be quite different than mine. In order to maximize your experience with a psychic, I suggest that you have an open mind and try to choose someone that you feel comfortable with. I chose to meet with Jones and DeWees after visiting the Cassadaga website and investigating the information that was available for each psychic in the community. I felt a connection with what they wrote and I would strongly suggest that if you wish to visit Cassadaga and arrange for a private reading, that you do the same and trust your intuition. Many of the psychics offer phone readings, including Jones and DeWees, and for those of you who don’t want to make the trek to Cassadaga or prefer receiving information in the privacy of their home, this is a viable option. A visit to a psychic can be a very intimate experience, so I would suggest you choose wisely.

## THE SÉANCE

So, are séances real? I can honestly tell you after participating on one that I don’t know the answer to that. I can tell you that I believe that something powerful happened in that room, and trying to explain the mechanisms of ‘how’ is beyond my ken. Victor Vogenitz and his wife Esther were the séance leaders and the innkeeper of the Ann Stevens House was kind enough to make the arrangements, although, there are others in the Cassadaga community who also hold séances that the public can attend. Before the small group of eager and somewhat nervous attendees participated, the Vogenitz couple spend over an hour educating us about the history of the séance which was quite informative. You may be surprised to know that the séance has a long history stemming from the Civil War, when families were eager to find out if their loved ones were lost in battle and at that time, there was not reporting of those killed in battle and the séance provided a vehicle for those left behind. I especially appreciated their lecture and their guidance for what to expect during this unique experience and their efforts to quell any Hollywood myths and offer support and safety succeeded.

The word séance is French, and means “to sit”, Vogenitz explained and during the 1920’s, the Spiritualist movement was very popular while people all over the country engaged in metaphysical studies by teachers from around the world, including Yogananda, Krishnamurti, Alice Bailey etc. This was an especially vibrant time for self-exploration, and consciousness studies.

The main focus of any séance is to try to make contact with those loved ones who have passed away. He explained; “We all possess electromagnetic organically produced energy and even our muscles have memory.” Both Vogenitz and his wife are mindful that all participants must “treat the departed with as much kindness and respect as they would with someone living,” and joked that “if someone was contacted during the séance who was grumpy when they were living, that their appearance at a séance would also reveal that personality trait.” He believes that the departed “love to live vicariously through you and like to hang around your energy fields but that most of all they want to see you happy. Their value is being remembered,” and he urged all of the participants to not only think of those they love often and to send healing prayers to them which they can receive.

This oldest form of mediumship (contacting the dead) is a séance that uses table tipping as a form of communication. As previously mentioned, séances which use table tipping was popular during the Civil War, however, the origination of



table tipping is ancient and stems from the Masons in Jerusalem which at that time was part of the Ottoman empire. The Masons were influenced by the Sufi mystics, the magnificent architecture, and the metaphysical high arts that included table tipping. All of the participants sit around a circular table to enable the participants to share equal personal power.

Vogenitz also recommended that those who attend a séance should spend time inviting the person that they want to make contact with ahead of time as a courtesy. "There are only two questions", he said, "Who would you like to talk with? Who would like to talk with me?"

A former Vietnam Veteran, he worked in the juvenile court system for many years and he is both a strong and kind personality and he took pains to assure everyone that the Hollywood version of séances are just that, Hollywood. "Nothing bad will happen to you during the séance, there are angels here, and anyone who shows up does NOT want to scare or frighten you, they only want to help because remember they have the ability to see things about your life from a spiritual viewpoint."

Because I believe that all psychic activities are sacred, I can't reveal the details of the séance experience, but I can tell you that each one of the participants including myself has the chance to communicate with someone who is (was) deeply important in their lives, and I know that this is not a game. At one point the table stood on its side completely, and spun a lot, and I mean a lot. One of the participants was a large man who told me later that he had "checked the tables and the room for wires" and that he didn't see anything, nor could he possibly have picked up the table himself, he wasn't strong enough.

The table has its own language and I would imagine the art is deciphering the language for each party who attends---it tips, spins, stops, and also glides gently towards the participant's heart line, which is called a "hug" that is intended from the Otherside to the living. Something certainly took place in that room and I can't explain it logically, but like most metaphysical occurrences, they don't lend themselves to logical explanations.

If you would like to arrange for a séance with the Vogenitz' they can be reached at: [www.cassadagamedium.net](http://www.cassadagamedium.net).

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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 is a frequent contributor to this Newsletter.

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## Interview

### On the Anatomy of a Concert with Bruce Sherman

*Shortly after starting to work for UBS 3 years ago I saw a flier in the cafeteria saying that Huun Huur Tu, the Tuvan throat singers will be performing in the Hartz Mountain Atrium in Lincoln Harbour, Weehawken, NJ. I stopped by on that date and saw a concert by unique musicians. It was so unusual that I started reading and listening to all that Tuvan music had to offer. My own horizon had been expanded. I also realized that Bruce Sherman (see biographical note at the end of this article), the man who promotes those concerts does a lot more than following his passion. Bruce Sherman introduces Art where there is none. He ensouls and enlivens dry corporate commercial space. His missionary work of promoting music is healing. On hearing Bruce talk about his tribulations, I could not help noticing organizational similarities with healing events such as seminars and clinics. I approached Bruce with a request for an interview for ER. Enjoy below the fun resulting interchange.*

*Ed*

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*ER. Bruce Sherman, who are some of the performers that you have promote? Could you describe some of the highlights?*

**Bruce S.** We've been fortunate to have presented many great artists over the years, some very well known and some less so. The overwhelming majority of the concerts are highlights in one way or another. Nine-time Grammy winner **Paquito D'Rivera** has headlined and been a guest on several of our concerts. He is an amazing artist and human being who lights up any stage. Other highlights include the **Claremont Trio**, which christened the UBS Atrium Series over five years ago, the legendary a cappella singing group, the **Persuasions**, the **Holmes Brothers**, **Huun Huur Tu**, the **Chico O'Farrill Afro Cuban Jazz Orchestra**, **Eddie Palmieri**, the **Assad Brothers**, and just this past year, **Vagabond Opera**. The newest highlight happened just last month. It was our biggest production ever – **An Evening of Broadway celebrating Jerome Robbins**, complete with 10 singers and eight dancers. The audience loved it!



**Paquito D'Rivera**



**The Claremont Trio**

But I take special pleasure in introducing artists to concert goers. My personal taste is very broad so regulars who come to our concerts are bound to hear artists with whom they are not familiar. Some that come to mind include **Huun Huur**





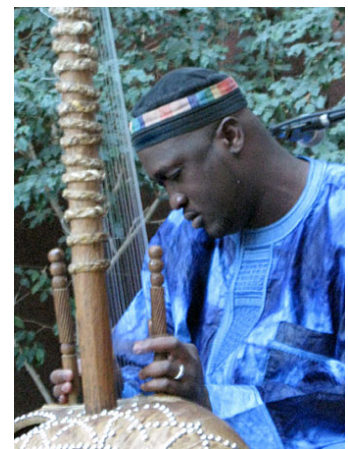
**Tu**, which comes to the Northeast rarely. The group is from Tuva near Mongolia and the musicians practice the art of Throat Singing, which sounds other-worldly to Western ears. It's really an astonishing sound. **The Django Reinhardt All-Stars** are comprised of phenomenal European musicians who are devoted to the music of the legendary Gypsy guitarist, Django Reinhardt. The music is upbeat and melodic and transports the listener to another era. One more is **Mamadou Diabate**, who is one of the world's great Kora players from Western Africa. Mamadou's facility with the kora, an indigenous string instrument, is a sight to behold.



Huun Huur Tu



The Django Rheinheart All Stars



Mamadou Diabate

**ER.** Bruce, could you tell us about the logistics of making a concert possible?

**Bruce S.** I think most people have no idea what goes into producing a concert. There are so many components but I will try to highlight the most important. Of course, the first thing is to research and book the artist. And then, once a decision is made, you have to make contact with either the artist or his or her manager and then negotiate a date and a fee. How smoothly this all goes depends to a degree on the reputation of the artist and the clout of the management firm. When I engage an artist managed by a bigger management firm, like William Morris or ICM, the whole process is much more difficult. Typically, they will present me with a very long contract and rider (this summer I received one that was 15 pages long) and I will need to put my "lawyer" hat on.

Once the agreement has been made, the actual producing of the concert involves marketing, promotion, and coordinating the logistics of actually getting the artist to the venue and on the stage. Typically we will need to provide a fully professional sound system. So, for instance for our large summer concerts, I will have to coordinate with several outside vendors to bring a stage, sound system, generator, seats, tents, and, in some cases, certain instruments and/or instrumental components, such as piano, drums, keyboards, and guitar amps. We will also need to provide artist hospitality such as food and drink. And for those coming from out of town, we will need to provide hotel rooms.

In the case of our summer concerts, we must be prepared to put Plan B into effect in the event that there is a threat of rain which might necessitate the moving or postponing of the concerts. And then there is the extremely tedious but necessary administrative side – dealing with the contracts and invoices and payments.

All of these concerts are produced by the Hudson Riverfront Performing Arts Center, which is a 501-c-3 not-for-profit. Since our concerts are free, we are totally dependent on donations. We receive funding from government, corporations, foundations and the public. As is the case with most non-profits, we are experiencing greatly reduced funding as the recession is having a tremendously deleterious effect. Our future is consequently very uncertain at this point.

**ER.** Bruce Sherman, could you tell us an anecdote or personal experience in regard to a particular concert? I am sure you have stories to tell....

**Bruce S.** There's always the possibility that a wrench will be thrown at you when you are producing concerts. There are so many people and specialties involved. You may have an issue regarding sound and lighting or a generator may go



down. An artist may be indisposed or have a problem with travel. Or, in the case of outdoor concerts, Mother Nature may give you fits.

I've been very fortunate over the years but I can point to a couple of times where something unexpected happened. Our inaugural concert was an interesting story. It was scheduled for Wednesday, August 15th, 2003. The opening band was Nathan and the Zydeco Cha-Chas, which had traveled here all the way from Lafayette, Louisiana. It was a beautiful day and I was feeling really good about the fact that we were blessed to have good weather for our first concert. Then I got a phone call from our sound engineer saying that there was a problem with the electricity in the park. This concerned me as we had tested out the electrical capacity a few times to make sure that the existing electricity in the park could handle the sound demands. Anyway, I figured that a fuse had blown or a breaker had been switched. I headed down to the park and when I got there, realized that we were in the midst of the great blackout of the Summer of 2003. Of course all of New York City was in turmoil and the Weehawken waterfront was a major destination for people who could not travel on trains out of the city. It was bedlam. All I could think at the time was: "What an auspicious debut!" Anyway, what could I do? We rescheduled the concert for the following year and our official opening concert became the Paquito D'Rivera Jazz Ensemble which wasn't too shabby. Paquito is a multi Grammy winner and a force of nature. The concert was a big hit and very well attended. So, as it turned out, we did indeed have an auspicious debut!

Later that same year we scheduled our first fundraiser, featuring the soprano, Maureen O'Flynn and tenor Bill Burden. Maureen is a good friend from my days when I worked as an opera manager. Lots of planning had gone into the concert and all the invitations had been mailed when I received a call from Maureen telling me that she had gotten a huge offer from Germany's leading opera company – the Deutsche Oper Berlin – to step in for an ailing soprano in Berlin. She would be singing a leading role in *I Puritani* for several performances and the fee was something quite sizeable. Clearly she could not turn down this work. I understood totally but was in a precarious position just two weeks prior to the fundraiser. Since I had a wonderful tenor still available in Bill Burden, I decided to present a concert which I had produced a few years earlier in Philadelphia, *The Four Tenors*. I was able to locate three other fabulous tenors and they quickly rehearsed some chestnuts from the great operatic tenor repertoire - lots of beloved arias and Neapolitan songs. The concert turned out to be a huge success.



**The Four Tenors**

It was a very intense two weeks but, as the say, "the show must go on." I will always remember that concert with great satisfaction and pride.



**ER** What does the immediate future hold?

**Bruce S.** Our final concert of the summer series happens on Wednesday, September 2nd with one of the greatest bluegrass bands on the planet - **The Sam Bush Band**. Sam is regarded as a superstar of Bluegrass, and is one of the founders of the "Newgrass" movement, which incorporates rock 'n' roll elements.

Once that's finished, I'll need to focus on keeping the organization going. It's a critical time and funds are very difficult to come by. Unfortunately, there doesn't seem to be any bailout coming for the arts."

**ER.** Bruce, how can our readers learn more about your programs?

**Bruce S.** Energetic Rejuvenation readers can learn more about our organization and series by going to our web site – [www.hrpac.org](http://www.hrpac.org) or calling our concert info line – 201-716-4540.

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**Bruce Sherman** has been the Executive Director of the Hudson Riverfront Performing Arts Center, Inc. (HRPAC), a New Jersey based not-for profit, since May 2003. He has served in many diverse positions in the performing arts management world. Upon completion of his coursework for an MFA in Performing Arts Management at Brooklyn College, he worked as a Business Representative at Actors' Equity Association, the national union for professional stage actors. From there, he became the Assistant to the Director and then General Manager of the Kaye Playhouse at Hunter College. A lifelong passion for opera led him to join Laifer Artists Management as an opera manager, during which he also developed an arts consulting practice.

One of the prime goals of HRPAC is to build a state of the art performing arts center on the west bank of the Hudson River taking advantage of the magnificent views of the New York City skyline. In his tenure as executive director of HRPAC, he has developed two concert series – the *UBS Atrium Series* and *Summer Concerts on the Hudson*. The first is a world music series and the second a large outdoor festival. Sherman has presented over a hundred concerts including many with the participation of Grammy winners and Grammy nominees. HRPAC also sponsors educational outreach programs to area schools where artists of great distinction share their talent and experiences with students.

Mr. Sherman received his BA from the University of Pennsylvania.

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## Book Reviews

*Originally published in the July August edition of the New Dawn Magazine, this thorough and extensive book review is reprinted here by permission. To learn more about the New Dawn Magazine or purchase a PDF version follow this link: [www.newdawnmagazine.com](http://www.newdawnmagazine.com)*

*Ed.*

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### **Healing the Body by Resolving Traumas of the Past**

© By **Huw Griffiths** (see bio note at the end of the article)

I've no idea how big the worldwide biogenealogy industry is at present, but I'm sure that amongst those who make up its numbers there would be unbridled interest in the recent publication of Christian Fleche's recently published book ***The Biogenealogy Sourcebook***.

[http://www.amazon.com/Biogenealogy-Sourcebook-Healing-Resolving-Traumata/dp/1594772061/ref=sr\\_1\\_1?ie=UTF8&s=books&qid=1250804223&sr=1-1](http://www.amazon.com/Biogenealogy-Sourcebook-Healing-Resolving-Traumata/dp/1594772061/ref=sr_1_1?ie=UTF8&s=books&qid=1250804223&sr=1-1)

<http://www.newdawnmagazine.info/Subscribe.html> As for the rest of us, that is those who have less of a grip on precisely what 'biogenealogy' means, I suspect that the impact of the book, along with its potentially enormous significance on the future of healthcare in general, is at risk of being smothered by its obscure and understated title. What caught my attention was the book's subtitle which reads 'Healing the Body by Resolving Traumas of the Past', which despite sounding just a little overly 'new age', is a far better strap line and one that is far more likely to result in the readership that it deserves. That was my one and only grouch, the rest is all good.

From the layman's viewpoint ***The Biogenealogy Sourcebook*** is, in fact, the latest addition to a small, but growing number of works on the subject of the mind/body connection. In this regard most of us would instantly recognize that 'mind/body' stuff covers territory that many regard as familiar, even though the expression tends to get articulated more along the lines of a mantra than as something that is genuinely known and fully understood. As a hard and fast healthcare concept, it tends to mean some very different things to different people. Fleche's book however, goes some distance towards clarification of this often abstract and confusing subject.

Even conventional medicine would acknowledge that stress can make a big difference to our health, yet it is loath to explore the notion beyond anything than a base, platitudinal context. Genuine pioneers of 'mind/body' research however, have begun to investigate its implications in far greater complexity and depth and to a point at which it is clear that different aspects of our thoughts, beliefs and personal issues can have very different and unexpectedly specific influences upon the many health issues and ailments that bedevil us.

The exploration of the intimacy between our minds and our bodies and the extent to which they interplay and engender either radiant health or disease is the backdrop against which Christian Fleche has authored his book. He has sharpened, at times with crystal vision, the extent to which it is possible to codify, identify and proactively treat the negative consequences on our health of events in our lives that have an emotional origin.

These negative 'events' can take the form of traumas, shocks, firmly held beliefs, attitudes, issues or whatever. What is crucial as to whether they have impact is not 'what' or 'how' they happen, but rather the precise nature of the impact and intensity that they have on the sensibility of the individual to whom they occur. In other words, it is all about how the individual interprets an event at a personal and emotional level that determines whether or not it delivers a negative outcome. The same event could be either water off a duck's back or significant enough that, at a cellular level, if left unresolved, it manifests physical changes at a very precise point and in a specific way at a position in the body where tissues closely match an individual's emotional template.

In the context of existing paradigms this rationale does more than lock horns with the medical establishment; it threatens its very foundations. Indeed, in the longer term if medical science doesn't at least begin to demonstrate a willingness to



get curious about the finely tuned relationship between mind/body and health, then biogenealogy, along with a few other emerging energy medicine techniques, looks set to make present day medical practice appear positively primitive and even barbaric at some point in the not too distant future.

The basic principles that underpin Fleche's work are consistent with that of other researchers in the field: Dr. Ryke Geerd Hamer and his German New Medicine, Greg Neville, author of *Our Emotional Links to Disease*, and Debbie Shapiro of *Your Body Speaks Your Mind* fame, are among those who immediately spring to mind.

Where *The Biogenealogy Sourcebook* forges new ground however, is the precision and detail with which it is able to identify and rationalize a particular emotional 'event' with a specific disorder. The extent to which Fleche seems to be able to pinpoint cause and effect marks, to my knowledge at least, a new level of sophistication and professionalism in the identification of the true cause of disease.

For example, shame and passive inaction in a situation where a factory foreman should have acted quickly and decisively resulted in thyroid problems, or a farm hand who was concerned that he smelled really bad came down with nasal polyps. The book doesn't attempt to explain every condition in existence of course, but by thoroughly exploring the general principles of this fast emerging science, it takes it to a much more technically usable and advanced level.

That emotions play a seminal role in the course of disease is far from new. The concept has been inherent to Traditional Chinese Medicine for thousands of years and has been given even greater prominence in the contemporary fields of homeopathy, kinesiology and, of course, flower essences. What fascinates and compels so much about Fleche's work though is the extent to which he is able to match each organ and tissue type to both an emotional as well as biological function.

The idea that the physical body can be viewed as if it were a physical template for our emotional being can be a hard one to swallow, particularly if one is entirely new to the subject. Taken step by step, as the book does, there can be a completeness and neatness to it. That we can view our legs as in some way associated with the direction that we move forward in our lives, or that our arms and hands correspond somehow to the way we manage and manipulate the many tasks and responsibilities that we need to handle in our day to day lives, is not so obscure that most of us can't see at least a tenuous parallel.

But when it comes to organ systems and the thousands of different types of tissue that make up the physical body, the emotional parallels and mapping that needs to be done makes the emotion/disease correspondences a bit harder to rationalize. Once you try to get into the swing of it, it turns out to be an enlightening way to learn about anatomy and physiology and the true purpose and function of the various parts of our body.

Nevertheless, it helps that *The Biogenealogy Sourcebook* is structured along the same lines as the human body's biological systems. It starts with cardiology and, system by system, works through skin, digestion, glands and so on, through ten other base functional systems. The broad emotional mapping of the biological template of the human body is simply and elegantly decoded by system, and then further drilled down through to progressively smaller and more complex component elements of each of the respective bio-systems. So, if you have a health problem and you know what it is and are inclined to some self-help, there is a fair chance that you will be able to place it, fairly accurately, on your emotional map somewhere.

The dynamics of biogenealogy resonate well with epigenetics, which is the study of molecular mechanisms where environment (in this case the mental and emotional environment) controls gene activity. It is a field being explored and popularized by Bruce Lipton and his 'Biology of Belief', which on several points finds a great deal of common ground with the mechanics of the mind/body connections described in *The Biogenealogy Sourcebook*.

Whilst medical science has charged off down the track of 'genetic blueprints' as being the cause of humanity's ills, epigenetics claims that factors such as stress, diet, lifestyle and emotions can change the gene without altering its basic blueprint and that these alterations are the cause of many diseases rather than the presence of the gene itself.

In maintaining this, epigenetics and biogenealogy appear to be in complete accord, albeit having arrived at the same



conclusion via very different academic routes. That is, that the physical body can be profoundly affected by the energy of the mind and moreover, that both are constantly playing and interacting within and upon each other in a constant and inseparable 'dance of life'. Thoughts are in effect energy and, as such, are able to activate or inhibit the trillions of individual cells that make up the human body in ways that depend upon the inherent emotional bias of that energy at the time of its inception.

If this is really the case, and at an empirical level it appears that it is, then there is an implication that the power of an emotionally charged thought, though infinitely subtle, is far more efficient and instructive as a biological messenger than any chemical that either the human body or medicine is capable of throwing at the human cell.

If all this sounds as if Fleche is a sandwich short of a picnic, then it needs to be emphasized, and indeed he does in the very first line of the book's preface, that his book is intended to be a "practical manual." Even though the collective subject of biogenealogy may present as a major conceptual challenge to the conventional belief that we are born, eat, sleep, breathe and then die, the notion that we in fact emote ourselves into disease and death can come across as abstract to say the least. The fact that he has written the book as a practical self-help manual, and is easy to use as such, makes a big and positive difference.

It's structured so that the reader can easily correlate a physical symptom, sign or illness with an underlying emotional cause, or at least make a good stab at it. There is easy referencing between a dysfunctional organ and a causal emotional dysfunction that preceded it. Fleche describes these seminal negative physical/emotional interactions as a "felt sense of biological conflict," which, when clarified to the subject empowers him or her to recognize, or lay bare, the inappropriateness of whatever held belief or emotion that catalyzed it in the first place. At such a moment, provided the individual is genuinely enlightened, the negative impact is neutralized and a new 'understanding' morphs the issue from the conflict stage to the resolution stage. From this point, whatever infirmity was involved, begins the process of remission (though not always the immediate cessation of symptoms).

Provided we are prepared to accept Fleche's word on the accuracy of his emotional mind/body mapping, anybody trying to use it to do some self-therapy would, I think, stand a pretty good chance of nailing down the roots of the emotional demon and to at least begin the process of exorcising it. However, to do this a certain degree of care and objectivity would be an absolute prerequisite.

As with any self-diagnosis, a principle concern would be that, human nature being what it is, there is a danger of too much subjectivity (and with it denial of negative emotions) might creep in to the equation. After all, who among us are ready and eager to admit to our faults? The only means of overcoming this potential tendency would be to go through the entire process in the experienced hands of a qualified practitioner.

A second concern that I have on the self-diagnosis issue is the value of having the input and authority of a qualified practitioner involved at all times within the process. Such a figure would, by their very presence with the patient, be capable of embedding the transition of an emotional element from a level of knowledge and awareness to one of belief, understanding and acceptance. Denial, as we all know is a constant human companion and its vagaries are more often than not the product of a constant battle fought between the conscious and the subconscious mind.

In almost all instances quoted in *The Biogenealogy Sourcebook*, the base platform for the emotional coding that catalyses ill-health is the subconscious mind. This is the same subconscious mind that Bruce Lipton describes as a kind of database of stored programs that exists only in the present and that effectively hardwires practical human behaviour. In other words it is the basis for all manner of ingrained behavior, be they likes, dislikes, phobias or any manner of fixation, some of which can be rigidly resistant to change. These behaviors can be activated by signals from both the external as well as the internal human environment the latter of which, according to Lipton, included emotions, pain and pleasure.

By contrast the conscious mind, despite being alert, creative, spontaneous, self-reflective and intelligent, is not hardwired at all. Indeed, despite all the benefits that we derive from having one, when placed in direct conflict with the subconscious mind, the conscious mind will seldom, without the appropriate mental training, overcome the subconscious. The subconscious mind is, after all, the mental automatic pilot that kicks in whenever we have a lapse of



conscious awareness. This isn't to say that I have any deep misgivings with what Fleche is saying; it's just that I suspect the practical application of biogenealogy may have some distance to go before it is capable of being confidently and widely self-administered. This isn't in any way a fault, rather it is a factor and as such an inevitable part of the evolution of this new branch of health care. Besides, a little knowledge being the dangerous thing that it is, who in their right mind would advocate self-diagnosis and prescription in any instance, especially when we're talking about people being judge, jury and final arbiter on the consequences of their own negative emotions.

One final and philosophical point that occurs to me and it's one that Fleche evidently didn't set out to address in the book (otherwise it would have lost its tight focus) is the issue of why disease or well being should be the end result of our emotional mind/body interactions at all. If the mechanics of the bio-emotional feedback system really does work the way Fleche says it does, surely it means there is some grander and more positive purpose behind the pain, disability, disease, and for that matter death, that we all suffer – but what?

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Most of us are brought up on the unshakeable belief that disease and the discomforts that come with it are events caused by a random mix of pathogens and plain bad luck. Few ever give much thought to the fact that we don't all react the same way when placed in identically hostile pathogenic environments. Why does that bloke catch a cold when the one standing next to him doesn't? Why should she get lung cancer after a lifetime's smoking, when her sister doesn't?

No one is saying that lifestyle, genetics and environmental stresses don't play a role in the development of disease, but there is an inherent implication in the science of biogenealogy that our personal attitudes, beliefs and issues play a far greater and more poignant and dominant role in the process than may have been previously acknowledged.

*The Biogenealogy Sourcebook* is as thought provoking as it is practical in showing us one of the true conduits between creation and nature. It opens up some of the secrets by which we were meant to live our lives and presents us with a template to align our physical and emotional needs. Reading it could well change your life and who knows one day it might even save it.

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*Huw Griffiths is a British-born naturopath who came to Australia in the early '90's. His interest and passion for natural and traditional health therapies was developed and nurtured alongside an international career in marketing and communications. He lives in Sydney's Northern Beaches and can be contacted via **New Dawn Magazine**.*

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

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## Book Reviews

### **My Stroke of Insight: A Brain Scientist's Personal Journey**

Jill Bolte Taylor Ph.D.,

[http://www.amazon.com/My-Stroke-Insight-Scientists-Personal/dp/0452295548/ref=sr\\_1\\_1?ie=UTF8&s=books&qid=1248902146&sr=1-1](http://www.amazon.com/My-Stroke-Insight-Scientists-Personal/dp/0452295548/ref=sr_1_1?ie=UTF8&s=books&qid=1248902146&sr=1-1)

*This bestseller book describes the true story of a brain scientist who accidentally became involved in a unique "experiment", becoming a witness to the inner workings of a stroke. Her descriptions of the right brain/left brain experiences, the disassociations and the long way of reclaiming what we all take for granted are landmark material.*

*Ed*

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## DVD Review

### **The New Medicine, 114 min, 2006.**

[www.thenewmedicine.org](http://www.thenewmedicine.org)

*A documentary film about the extraordinary changes taking place in the American Medicine today. Hosted by Dana Reeve - in one of her last public appearances, this PBS shown documentary emphasises the diversity of treatments including visualizations, hypnosis, accupuncture, energy therapy (however brief the clip) that many physicians are adopting as a result of treatment evidence.*

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## DVD Review

### **The Knowledge of Healing** A Film by Franz Reichle

<http://icarusfilms.com/new2004/know.html>

See trailer:

<http://movies.nytimes.com/movie/159979/The-Knowledge-of-Healing/overview>

*This is a Swiss made documentary about the Dalai Lama's personal Physician, DrTenzin Choedrak. We see treatments, we hear people describing the effects of the preparations- being saved from unnecessary surgery by Padma 28- a herbal preparation, testimony from a western MD, the efforts to preserve this deep medical knowledge. It is awe inspiring and stimulating.*

*Ed.*

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## Announcements

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

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## Credits

Peter Roche de Coppens, PA; Janet Roseman, FL; Bruce Sherman, NJ; Huw Griffiths, Sydney, Australia; Christine Baraschi, UK; Anton Baraschi, NY.

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## El Rincon Ha Ha



Kundalini, schmundalini,  
My aura is bigger than yours!

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