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Editorial

What is happening to us?

The New York Times publishes an article about the presence of shamans into a hospital ward on the healing (not on the patient) side. Then the Magazine section has an article about spiritual surgery. How (The New York) times have changed!

I urge you to read the landmark paper of John Norman Hansen- reviewed in the Interview section. As a result of his work, Chi could be objectively measured and I venture to say, things will never be the same again.

A very promising energetic method originating in East Europe is making inroads into our community. The Bioenergy Life Project clinic was very successful on the West Coast (see article by Dr Enista in the July issue of the Newsletter). Now the organizers are going to hold another not for profit clinic on the East Coast focused on Parkinson, MS and Asthma-conditions difficult to control via conventional medicine. A documentary will be filmed. I optimistically anticipate interest from the medical community.

Lastly, Dr Nancy Rueben is announcing a seminar in self improvement using energy. She is both an MD and a doctor in divinity. How much better could it be?

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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 or via regular mail addressed to: Anton Baraschi, 9 Farm Lane, Spring Valley, N.Y. 10977

Editor



News and Links

An article in the New York Times: "A Doctor For Disease, A Shaman For the Soul" about the presence of shamans with clergy ID in the hospital at the request of ethnic Hmong patients – comments about "keeping bad spirits out of the ward" and the fact that in one terminal case it worked, to the pleasant surprise of the staff :

<http://www.nytimes.com/2009/09/20/us/20shaman.html?hpw>

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New York Times Magazine- article on psychic surgery that worked :

http://www.nytimes.com/2009/09/20/magazine/20lives-t.html?_r=1&ref=magazine

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The smell of space: Apparently, astronauts in orbit experience the presence of a smell that is different than anything else. "In the past, astronauts have described the smell of space as something akin to gunpowder or ozone."

<http://news.aol.com/article/pilot-says-he-wasnt-prepared-for-smell/657641?icid=mainhtmlws-main|dl1|link3|http%3A%2F%2Fnews.aol.com%2Farticle%2Fpilot-says-he-wasnt-prepared-for-smell%2F657641>

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More news about energy work-various interviews and blogs-mostly Reiki related:

<http://energyhealingdigest.blogspot.com/>

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 part two published in August, Peter developed the concept of the "vitality level"-of what makes a person heal. In part three he introduces the idea of destiny, why – when all things are equal, some people heal and some don't.

Ed.

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The Transforming and Emerging Healthcare Paradigm (part 3 of 7):

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

by **Peter Roche de Coppens PhD**

Thus far in my former two articles on the “transforming and emerging healthcare paradigm”, I have discussed some of the most significant paradoxes of the ever-changing medical paradigm together with some key insights to get to the heart and core of global health and wellbeing. Essentially, what I am attempting to do is to develop a developmental perspective to enable us to better understand what we are presently witnessing and experiencing concerning our integral health and wellbeing so as to be able to better maintain our health, prevent pathologies and enhance our overall wellbeing. My basic focus and essential “reference point” for doing this is the spiritual tradition coupled with my



encounter and discussions with some of the great medical doctors, Saints, Sages, and Healers, I have encountered in several continents. I believe that the time has come to now gain greater closure and seek to define what are “health, disease and the healing process?”

Having suggested that any cognitive and, therefore, medical paradigm is rooted in our explicit or implicit vision of human nature and human destiny, which vary according to our level of consciousness and being, but which are, ultimately quite simple and self-evident; and that our health, diseases, and healing can be anchored upon three basic concepts: those of *food* (nutrition), *energy* (vitality and information) and *destiny*. I would now propose the following definition of our core concepts of *health*, *disease*, and *healing*. Beginning with the vision and conception of man as a *homo triplex*, endowed not only with a physical body but also with four basic energy bodies and their psychospiritual centers (remember the ancients’ view that man and the universe were made of four Elements... which were symbols that had to be interpreted), I would claim that health, disease and healing take place on the four basic dimensions of our being: the physical and vital, the emotional, the mental, and the spiritual. Thus:

- On the physical-vital level health consists in our biological organism being free from pains and tensions and having the necessary energy and proper coordination to carry out the tasks that we impose upon it. Disease manifests itself as inflammation, infection, fever, and the lack of the necessary vitality and coordination which act as an alarm system, and which basically says: “pay attention! You cannot go on as you are and must change something in your values, beliefs, priorities, actions and relationships”. As such illnesses are really an effort on the part of our body and psyche designed to reestablish the proper harmony and growth of our being and consciousness. The healing process consists essentially in reestablishing the proper circulation, information and energy flow between our various bodies and their central organs and cells. In other words, it is the result of the proper functioning of our PNEI axis (psyche, immune, hormonal, nervous, and circulatory systems) so that this harmony and growth can be restored and that all the systems and organs of our being can perform their natural function!
- On the emotional level health consists in having the courage, the appreciation and the desire to experience whatever the day and our lives will bring. It consists in looking forward, being able to appreciate and be grateful for whatever experience we will be exposed to and will create through our own desires and choices. Disease manifests itself on this level as fear and anxiety, sadness and depression, and the rejection of certain experiences with a desire to return to the “security” of the unconscious. Essentially, it is a fear and rejection of whatever painful situations life can confront us with. Healing here consists in reestablishing the proper connection with the mental and the vital-physical level so that Light, energy and life can circulate properly and that the emotional psychospiritual centers can be properly activated. When this occurs, the person will reacquire courage, the desire to live, and the capacity to accept and appreciate whatever she is going through, letting go of the past and forgiving herself and others.
- On the mental level health manifests as clear and penetrating thinking, as the capacity to understand what one is experiencing and being able to find meaning, purpose and value in it. Illness, on the other hand is confusion and meaninglessness, no longer being able to perceive meaning and purpose and what one is living through and being blind to the cause and effect relationship that brought it about. Healing therefore implies being once again able to see clearly and perceive meaning, purpose and value in what one is living through. It means reactivating and feeding the mental psychospiritual centers and reestablishing the connection with the spiritual and the emotional levels.
- On the spiritual level health is simply being able to maintain the contact and connection with the spiritual Self, the divine spark, which is the inexhaustible Source of Life, Love and Wisdom that we all have at the superconscious level. It is avoiding a *dis-aster* in its etymological meaning, which means to be disconnected from one’s star, to be estranged from one’s spiritual Self and superconscious thus becoming a stranger to one’s self and to reality, and living in a world of fantasy structured by one’s fears and desires. The spiritual body cannot be sick or dysfunctional as it is still ruled by the spiritual Self, but it can be “cut off” from the mental, emotional vital and physical bodies. If we do not “feed” this body and its psychospiritual centers, it falls asleep (as it cannot die) and thus we forget that we also have a spiritual nature and body. Healing, therefore, implies reestablishing that connection, moving from the horizontal to the vertical level and reconnecting ourselves with the Great Chain of Being and with our own divine spark.

The spiritual dimension of healthcare and thus of the emerging medical paradigm of the future has nothing to do with the physical body and with biochemistry, with expensive technology or chemical remedies, or even with the medical



education and clinical experience of a person! Its heart and core is very simple: it consists of developing and maintaining a profound sense of peace and serenity, of accepting, appreciating, and being grateful for whatever we are experiencing, good or bad, pleasant or unpleasant, as a gift of God in that it will help us learn valuable lessons and thus grow and mature. This profound inner harmony and sense of joy and appreciation is what will best enable our PNEI axis to do its work and keep us healthy. It will not only preserve the essential homeostasis in our body and psyche but also help us grow, evolve and ultimately reach our final destination—becoming conscious Children of God with all the power and potentials of the universe at our disposal!

We have reflected upon and discussed, to a certain extent, the concepts of nutrition and energy, their nature, dynamics and contributions. Thus, we still have to put under our magnifying glass the final concept of *destiny* which is my personal contribution to the new emerging paradigm. First let us consider the following paradox and apparent injustice: there are many people who do heal by following certain therapies and taking certain remedies, but others who do not. There are many people who are healed in a sensational way by Saints, Savages and authentic Healers, but not all! Some will be healed almost instantly, others after a certain period of time which maybe more or less protracted, yet others who will not heal and die from their illness. Why? Again there are many reasons and hypotheses which can be proposed and ultimately it is also a question of the level of consciousness and being of a person... which in turn depends on the “destiny” of a person, of what a person has come to learn, experience, and achieve in this world... which may include suffering from and dying of a certain illness!

In the next article, I will be looking, in greater depth and detail at the concept of destiny as well as at what I call the “great paradox of medicine”: the fact that there have always been men and women, of all races and religions, in the world who became the instrument of extraordinary, complete and lasting healing without any medical training or clinical experience! This, I believe, is very closely linked with our second concept of *energy*, frequencies and information, and not with the arbitrary will of a capricious deity! For the final article of this series, I plan to develop a theoretical synthesis and a practical manual for working with the emerging paradigm of health and well being that will focus of what is truly essential and practical.

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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 & Spiritual Revolution](#)

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.

In Lieu of Interview

John Norman Hansen, PhD - the Man Who Measures Chi

Although it is not yet known among the scientific or energetic community, a milestone has been reached with the publication of a paper at the University of Maryland's DRUM (acronym for "digital repository University of Maryland") by John Norman Hansen, who is a professor of biochemistry at the University of Maryland, College Park; and Joshua A. Lieberman. Dr. Hansen did not agree to an interview with the Energetic Rejuvenation Newsletter. But I can't contain my enthusiasm. I believe that this is a genuine breakthrough in the scientific study of bioenergy because it satisfies 3 tenets of science:

- 1) An experiment with a result that has never been seen before,*
- 2) A report of the results and*
- 3) A description in a paper of how one did the experiments in sufficient detail that others can repeat the experiments using the same techniques and equipment that were used in the paper.*

In the paper, the authors urge that others repeat the experiments so that their methods and results can be verified. It is not until verification by other scientists that these results can be considered to represent a genuine new discovery, perhaps leading to recognition of a new “force of Nature.” Is it “bioenergy?” We will have to wait and see, but perhaps not for long. Not since Kirlian photography showed a picture of the energy of a full leaf when half was physically cut, did we get something as revolutionary as this. Perhaps the most astonishing aspect of the results is that the device that measures the energy produced by a subject (a torsional pendulum) continues to detect the energy for at least 30 min AFTER the subject has departed from the device. Moreover, when compared to the energy effects produced by other sources (puffs of air and a heat source) the presence of a subject produces effects that are substantially stronger and possess very different frequency components. Please open up the link and look at the simplicity of the pendulum device and its amazing ability to detect and measure the effects exerted by a subject. At the end of this presentation I will write a little of what I came to know of John Norman Hansen over the past few years.

Here is the link to this extraordinary paper:

<http://www.lib.umd.edu/drum/handle/1903/9421>



Below is the abstract:

Title

Construction and Characterization of a Torsional Pendulum that Detects a Novel Form of Cranial Energy

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Abstract

A torsional pendulum consisting of a dome-shaped energy collector and a nylon monofilament support fiber was suspended above the cranium of a seated human subject and the effects of the subject on the oscillations of the pendulum were measured. There were dramatic effects, with FFT analysis of the oscillation signal showing many new frequencies in addition to the natural frequency of 0.034 Hz. The lowest new frequencies (0.0-0.002 Hz) were accompanied by a shift in the Center of Oscillation (COO) of the pendulum, and the higher frequencies were associated with changes in the amplitude of oscillation. The ΔCOO (7.3 deg) and the amplitude (12 deg) effects were substantial, and would require forces equivalent to 34 and 56 mg, respectively. Residual effects on the ΔCOO and amplitudes persisted for at least 30 min after the subject departed, and the rate at which they subsided conformed to the kinetics of a chemical relaxation process with a relaxation time (τ) of 600 sec. Shifts in the magnitude of the ΔCOO with the subject present also conformed to chemical relaxations processes, with τ values of 35 and 200 sec. It is proposed that the energy that drives the anomalous oscillations when the subject is present is the result of enzyme-mediated energy transductions that convert metabolic energy into a form of energy that can affect the pendulum. Although highly speculative, it is suggested that aspects of quantum entanglement are involved in the energy transduction process.

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Several years ago, while attending a Rosalyn Bruyere seminar I met John Norman Hansen, he was together with Jan Brugel, a healer I knew. John and I made friends fast. He was interested in all the information and conversations taking place and was very observant and non judgmental. He was a "rara avis", and to give an idea how rare I will refer to Dean Radin from the Noetic Institute who said in the "Think about it" documentary DVD (paraphrased) that only about 60 scientists out of 3000 scientific institutions world wide are concerned with bioenergy. John must be the 61st!

Because of the mutual interest in Rosalyn Bruyere's lectures, John invited a few out of town friends to stay at his place while attending the Tai Sophia events. Thus besides interesting conversation, he introduced us to his experiments. In his basement he had constructed a rotating pendulum using what looked like a wire basked attend via a nylon string to a tripod. There was a chair under the rotating pendulum so one could sit. The rotations caused by our presence (we were



all taking turns on the chair) were measured originally by a small laser pointer attached to the basket and projecting on a scale taped on the wall. Then came the John of God event in Atlanta. John attended that event and passed by the entity. I could only speculate as to what went on. Perhaps by coincidence, from this point on the device underwent several incremental progressive developments. First the pointer was replaced by an optical mouse. With this came the software that allowed the recording of a Fourier curve. John was writing the programs himself. In one such visit I remember going with Dr Nancy Powell in the basement while John was out buying something, and we sat on the chair and observed the movements of the pendulum and then when we got up we tripped on the supporting tripod and changed the settings. We ran out like kids in trouble giggling, and that feeling is still in me.

John would send me an email every time a development happened. He replaced the optical mouse with a video camera. He found a recording program. He interested a former student in helping him with the experiments. Then he announced to me that he will be finishing soon with writing the paper. When he sent me the link to the article I went on hyperventilating with enthusiasm. Well- here it is:

Measuring chi directly was until now a relatively subjective affair. Barbara Brennan uses a hand held pendulum to describe chakra activity. Dr John Pierrakos used a hand held stylus moving against a mechanically rotating cylinder and drew the growth and shrinking of tree auras. Valery Hunt of the UCLA corroborated Rosalyn Bruyere's clairvoyant observations to signals captured by electrodes. There was an attempt in the 60ties from Dr. Eherenfried Pfeiffer using sensitive crystallization (drop of blood in potassium salt crystallized in patterns indicative of health and disease) to obtain some degree of observational objectivity. I saw in the same aforementioned documentary that recently, at the University in Ljubljana there was an experiment with a calcium carbonate solution that crystallizes differently when exposed to chi flow (see pictures in the article about the upcoming Bioenergy Life Project in this issue of the Newsletter). In the documentary about Faith Healers in the Filipinas (reviewed in the June issue of this Newsletter), it was shown that at the University of Utrecht there is an attempt to measure fluctuations of photon output in a healer. Apparatuses developed in relationship to Traditional Chinese Medicine measure fluctuation in resistance allowing to find acupuncture points; Russian gas discharge machines amplify electromagnetic biofields and some pictures of the effects could be interpreted in the manner of x rays. Kirlian photography is perhaps different because it shows, as I mentioned before, the presence of energy after the physicality is gone. A not for public eyes phenomena is the dancing tables of the Spiritualists. What I believe happens is that "perispirit" or chi is "lend" to an inanimate objects via collective intention, thus appearing to perform seemingly weird movements under the guidance of discarnate entities. This phenomenon does not last long. But it is reportedly possible.

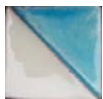
In the tradition of all human discoveries the fertilization of a human mind by the Spirit World, occurs first in one human being. Then like wild fire it spreads such that it becomes common knowledge. What I believe John Norman Hansen's pendulum demonstrates independently of tradition is a measurable manifestation of the chi. The world is not the same. This discovery is potentially the first time in history that the parallel worlds of the energy potential of the mind are intersecting with the powerful tools of modern scientific discovery. I could hardly wait to see what it will lead us to.

To see John Hansen's picture click on this link:

<http://www.life.umd.edu/grad/mocb/faculty/hansen.html>

John Norman Hansen is also the author of a philosophy book presently out of print, but one may find a used copy at:

http://www.amazon.com/Treefall-John-Hansen/dp/0533129893/ref=sr_1_1?ie=UTF8&s=books&qid=1253662966&sr=1-1



Workshop and Special Event

Domancic Method Level 1 Seminar and Bioenergy Life Project: First Time in the New York Area

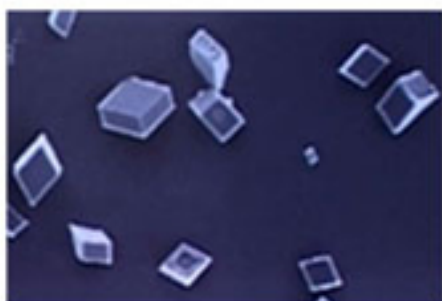
The New Dawn Foundation at 590 Davenport Ave in New Rochelle NY <http://www.theoaksndf.org/> is proudly hosting both training and a free Bioenergy Therapy clinic - see posters below.

This extremely effective bioenergy method has been documented in the DVD documentary "Think About It". It could be viewed on line at this link : <http://web.mac.com/bioenergy/HealingBioenergy/Movies.html>

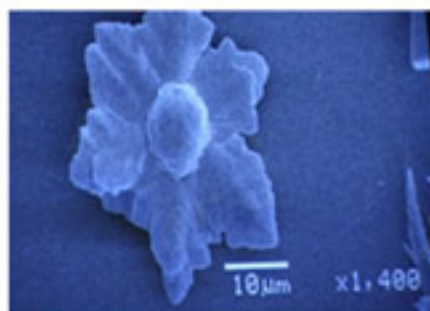
In the article about " John Norman Hansen, The Man Who Measures Chi" published above, we mentioned the studies conducted at the University of Ljubljana where calcium carbonate crystallizes after being treated with Bioenergy transforming into floral patterns in lieu of typical cubical formations:

Calcium Carbonate Crystals in a water solution

Before Bioenergy

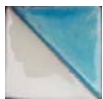


After Bioenergy



The man who produced those effects is Zdenko Domancic. His method of healing was honed in over 30 years of extensive practice during which over a million people were helped by his therapy. Presently he conducts a clinic in Slovenia where he and his therapists treat over 120 patients every week. The waiting list is about 6 to 8 month. Learning this method is now available in NY for the first time ever. More about the founder- <http://www.domanciczdenko.eu/> and for more info about the Domancic Method seminars in the USA, UK and Canada visit www.healingbioenergy.com

There are a few therapists in the NY area, but this is the first time in NY when a large healing event recreating the Domancic Clinic in Slovenia will take place. This is extremely enthusing!



Experience the energy



THE DOMANČIĆ METHOD

pure & simple

The Domancic Method of Bioenergy Therapy was created over 30 years ago by Zdenko Domancic, the pre-eminent bioenergy healer in Europe.

Hidden from the attention of the western media for decades, his method, being practiced at the impressive Domancic Bioenergy clinic in Slovenia, (the largest clinic of its kind in the world) is a phenomenon of documented and indisputable healing successes that has helped over a million people

gentle & safe

It is a serious but non invasive treatment that can be used by a professional therapist or a devoted family member and is the greenest and safest way of healing - using life itself.

powerful

Combine simple techniques in specific proven protocols to help all health conditions from Asthma to Parkinsons to a simple headache.

After the level one seminar a Domancic therapist has the knowledge needed to practice the therapy and obtain similar powerful healing results.

The therapy is also very effective on animals - large and small.

The Method is precise, effective and highly structured



The seminar will be taught by Zoran Hochstatter, who under the guidance of Zdenko Domancic, has been entrusted to officially represent and teach the Domancic Method in the USA

Zoran is committed to teaching and practicing the Domancic Method in its purest form.

LEVEL ONE SEMINAR

December 4 - 6

The New Dawn Foundation
590 Davenport Ave.
New Rochelle, NY 10805

TO REGISTER & FOR MORE INFO
PLEASE VISIT

WWW.HEALINGBIOENERGY.COM



**For the First Time Ever on the East Coast:
Invitation to Participate in a Free Event that Documents the Beneficial
Effects of Bioenergy on Parkinson's Disease, MS and Asthma**

The Bioenergy Life Project for MS, PD and Asthma
Dates - December 7 – 10 2009 10 am – 12 noon or 6 pm – 9 pm
Location – The New Dawn Foundation, New Rochelle NY

The project is open to anyone of any age who is diagnosed with Parkinson's Disease, Multiple Sclerosis (MS) or Asthma. While the project is focused is on these conditions, about a quarter of the participants may have any diagnosed health condition. By participating in this safe, non invasive, medicine less and side effect free event you will have an opportunity to discover how Bioenergy can improve your quality of life and over all well being.

The Bioenergy Life Project will offer 30-40 participants 4 sessions of complimentary Bioenergy treatments. Each participant will receive one individual Bioenergy therapy session each day for 4 consecutive days. Each session will be given within a group environment of therapists and other participants and lasts approximately 25 minutes. We offer participants either a morning or evening session each day during the four-day event.

To fully document the results of the Bioenergy therapy participants are asked to commit to attend the event for the full 4 sessions and be available for pre and post interviews. Think About It Productions will be filming the event for an upcoming documentary.

For more information and videos please visit:

www.BioenergyLifeProject.com

Participation is on a first come first serve basis and is free. Since places are limited we ask everyone to please register beforehand.

To reserve a place please call **310-754-6333** or
email - info@bioenergylifeproject.com

About the Bioenergy Life Project – Our Mission - To raise public awareness, explore and document the benefits of Bioenergy on health and well being through complimentary Bioenergy events and to organize donation based Bioenergy Centers in communities throughout the USA.
“Overall, I have had improvement in my mobility and balance. It is easier to move around and walking is easier. My general mobility is better and I am less slow, and this is reflected in finding it easier to get dressed and undressed, put my jacket on, and turn over in bed...” quote from a man with Parkinson's after 4 days of therapy.

The Bioenergy Life Project is a non profit 501 (c) 3 (pending) organization.



Book Review

The Crossing Over of Mattie Pearl

by Andrea R Garrison

<http://www.amazon.com/s?ie=UTF8&x=10&ref%5F=nb%5Fss%5Fhp&y=22&field-keywords=The%20Crossing%20Over%20of%20Mattie%20Pearl&url=search-alias%3Daps>

A rare find of an inspirational book rooted in the reality of experience. Written by a gifted daughter with natural faith, this book describes in synergetic poetical language something of the experience that we all are going to face at some point in our life journeys. As mom wanes away, she conveys to her daughters visions from the other side of life. This is a book written from the heart, a book of hope; the kind of book one gives away when people are in need. There is a corresponding DVD and Andrea is anticipating producing a play with this title.



*Andrea R. Garrison is a writer, producer, inspirational speaker and host of **onlinewithandrea** a Global heart focused Internet radio program featuring a variety of guests and topics. The Crossing Over of Mattie Pearl is Andrea's first book. For more information please visit www.onlinewithandrea.com or email Andrea at onlinewithandrea@yahoo.com.*

Ed

DVD Review

Leap! The movie

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

From the website presentation: "Filmmakers Isaac Allen & Chad Cameron set out to explore the ancient spiritual idea that our world is an illusion. As their journey deepened they were taken on a cosmic adventure to the source of reality itself, and through personal breakthroughs to more love, abundance and creativity than they thought possible. Along the path they made discoveries that will change your life profoundly for the better."

A nice review of this movie could be seen at this site:

<http://nonduality.org/2008/12/31/leap-the-movie-a-review/>

I liked the clip with Joe Vitale amongst many interviewed(I counted 23)- intelligent conversations on themes dear to us.

Ed.



Announcements



Self-Care & Self-Empowerment Through Energy Awareness *with Nancy Reuben, M.D.*

To be truly present for others, we must be present for ourselves. Within each of us exists a sacred place of absolute love, where our inner intelligence knows exactly what we need to grow into our fullest potential. We access this place by connecting with spirit and by becoming aware of the flow of life force energy within us. Self-empowerment is the ability to discern what is and is not in our best interest, and to act with authority on our own behalf. The foundation of self-empowerment is self-care.

This is a highly practical seminar that is given within the context of connection to Spirit and the Higher Self. During the seminar, you will learn about your human energy field and your connection to the Greater Consciousness. You will explore self-care and self-empowerment within the context of your role as a steward of the earth, here to care for and serve yourself as well as others, with joy and dignity.

This seminar is composed of talks, guided meditations and self-reflection exercises, all of which are designed to be transformative.

You will identify mental, emotional and physical stresses and patterns which take you out of balance, and cause you to lose energy. You will discover how to gain personal power and energy through awareness of your strong and loving parts, and by learning how to manage your energy with sensitivity and skill. You will explore these concepts as they relate to self-image, relationships, finances, work, and play.

At the end of the seminar you will emerge with a comprehensive inventory of your strengths, and your areas that need improvement. You will learn relaxation, stress reduction, self-care and self-empowerment strategies, and you will have generated a highly individualized self-care plan for yourself.



Ultimately, you will learn to become more self-empowered by making choices which are aligned with your highest purpose and authenticity.

The syllabus for this course is the CD volume,



**Self-Care & Self-Empowerment
Through Energy Awareness**

This is the home study material which accompanies the live seminar of the same title. Purchase of this CD volume is *not required for attendance* at the seminar, however, many people who have taken the seminar 'live' have found that being able to repeat the course at 6 or 12 month intervals at home, has been extremely helpful for benchmarking their personal growth and progress. They have also enjoyed being able to listen to the 5 guided meditations at home, at their leisure.

The CD course, which retails at \$99.98, will be available for purchase at the seminar at a 30% discount.

The CD volume is composed of 6 CDs and inserts of 6 of the class handouts. The remaining handouts will be given out at the seminar, and all of the handouts are available on line when the CD volume is purchased for home study. This allows you to print out fresh handouts for use when the exercises are repeated at home in the future.

Location: The Good Counsel Convent, 52 North Broadway, White Plains, NY. 10604

The Daily Schedule will be as follows:

- **Saturday, Nov. 14th: 9:30 AM – 5:30 PM**
- **Sunday, Nov. 15th: 9:30 AM – 4:00 PM**

The Tuition for this 2-day seminar is \$350

To Register: Please send a deposit of \$50 by Oct. 20, 2009

\$300 will be due at Registration on Sat., Nov. 14th

Payments may be made check or by credit card (through PayPal)

Please make deposit checks payable to: Nancy Reuben, MD

PO Box 1455

Guilford, CT 06437

My PayPal account is: nancyreu@gmail.com

More details (directions, food, lodging if desired) will be sent to you in the Welcome letter, upon registration.

Again, if you have any questions, please contact me at 203-506-1832 or nancyreu@gmail.com.



This course is facilitated by Nancy Reuben, M.D., M.Div.



Nancy Reuben is a medical doctor as well as a practitioner of energy medicine. She received her medical degree from Harvard Medical School, and did her post graduate training in Pediatrics and Adolescent Medicine. She has been trained in several modalities of energetic bodywork, including Flow, Alignment and Connection™, and Physical, Atomic and Cellular Evolution™. In addition, she is an ordained Interfaith Minister, and received her Masters of Divinity in 2005. She is currently Medical Director of the college health service at the State University of New York at Purchase, and she has a private practice in energy healing and spiritual counseling. Nancy has over 20 years of experience in teaching and facilitating seminars on meditation, stress reduction, self-care and self-empowerment through energy awareness, spirituality and healing, and integrative

medicine.

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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

Peter Roche de Coppens, PA; John Norman Hansen, MD; Andrea R. Garrison, USA; Nancy Rueben, CT; Christine Baraschi, UK; Anton Baraschi, NY.
